

The Crooked River Ranch "Telegraph"

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Phone – 541-548-8939



November 2023

Breaking News

It's not too early to collect
**Mittens
Gloves
Hats &
Socks**
For the CRR
Christmas Mitten Tree

Address Label

HOA and Community Life at
Crooked River Ranch in the
Heart of Central Oregon

Relevant Hashtags

When sharing your Thanksgiving celebrations, gratitude, and holiday moments on social media, consider using these relevant hashtags:

- #Thanksgiving
- #Gratitude
- #FamilyGathering
- #ThanksgivingFeast
- #HolidaySeason
- #Thankful



Happy Thanksgiving!



תודה
Dankie Gracias
Спасибо
Merci Takk
Köszönjük Terima kasih
Grazie Dziękujemy Dekojame
Đakujeme Vielen Dank Paldies
Kiitos Tänname teid 谢谢
Thank You Tak
感谢您 Obrigado Teşekkür Ederiz
Σας ευχαριστούμε 감사합니다
Bedankt Děkujeme vám
ありがとうございます
Tack

From all of us, to all of you.

Inside...

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Where Does Our Plastic Go? A Sea Adventure to the “Great Pacific Gyre!”

Reserve Your Space Before
this ship sails!
Researcher-Sailor-Adventurer
Willy Kunkle

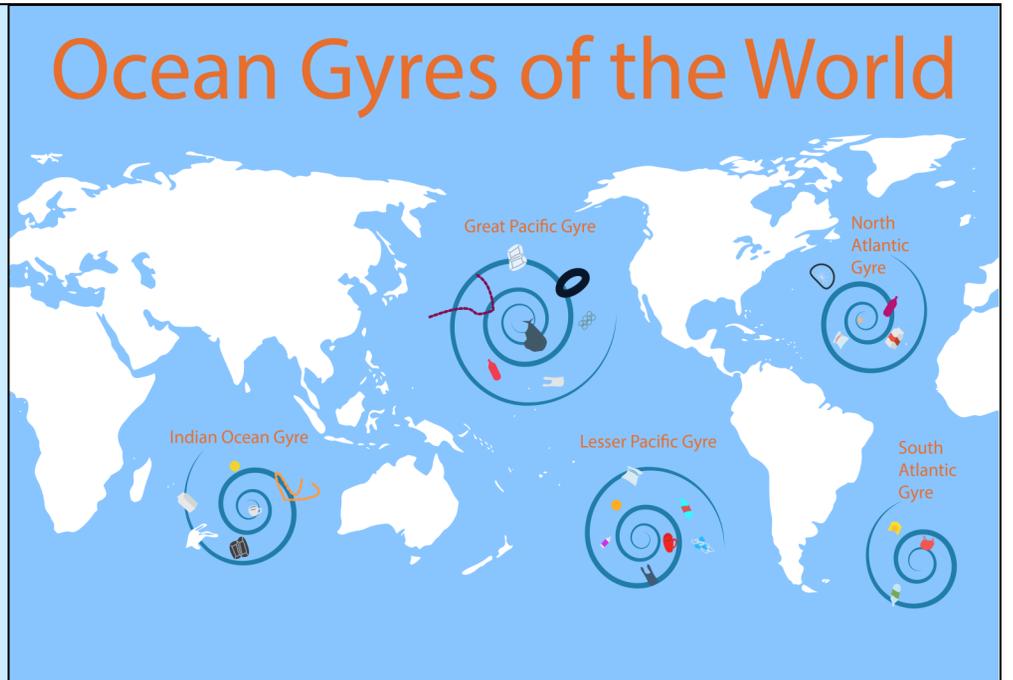
Friends and Neighbors of the Deschutes Canyon Area
Lens on Learning
November 18, 2023, 4:00 pm - 6:00 pm
Juniper Room
Crooked River Ranch

Willy is quite literally the son of a son of a sailor. He has logged 30,000nm sailing from the Indian Ocean, Red Sea, Gulf of Aden, Mediterranean, Atlantic, Pacific and the Southern Ocean, professionally and recreationally, as both captain and engineer (and a lot as deckie as well).

In May of 2020, just as Covid was starting to shut down the entire world, Willy embarked on one of his favorite voyages of all time onboard the sailing cargo ship SV Kwai. They sailed out to the middle of the North Pacific Gyre, also known as the “Great Pacific Garbage Patch”, and for seven weeks straight collected as many “Ghost Nets” and as much plastic debris as they could.

Returning to Honolulu with 103 tons of plastic waste recovered from the North Pacific Ocean, they set the world record for a single ocean clean-up operation!

Willy would love to share with you some of the most impactful photos from this journey, as well as the strategy, process, and insights gained from this experience, ultimately in hopes to raise awareness to the massive issue of Ghost Nets and plastic debris endangering our beautiful One Ocean.



FRIENDS AND NEIGHBORS
OF THE **DESCHUTES CANYON AREA**

Local Option Levy on November 7th Ballot, Outdoor Burning Season Opens

By Fire Chief Sean Hartley

Crooked River Ranch Fire & Rescue has Measure 16-107, a local option levy, on the November 7th ballot. This local option levy replaces an expiring levy. The new local option levy will help improve our ability to respond to the increasing call volume by retaining two grant-funded Firefighter/Paramedic positions and hiring a third. Over the last 10 years we have seen a 36% increase in call volume and of that increase 66% of those calls are for emergency medical services/ambulance transport. The funds from this local option levy will allow the District to improve service and meet our community’s needs. More information is available at <https://www.crrfire.org/local-option-levy-information>.

Outdoor debris burning opened for private properties within Crooked River Ranch on a day-to-day basis on Tuesday, October 3rd. Remember each day before doing any debris burning you must call the Burn Information Line at 541-923-4633 to find out if there are any restrictions in place. Download the Burning Regulations and Safe Debris Burning pamphlet and review it before you burn. For more information visit <https://www.crrfire.org/outdoor-burning>

In September CRRF&R responded to 51 calls for service. This included three (3) fire responses, forty-two (42) medical calls, and six (6) service/

good intent calls. Please remember if you have an emergency call 9-1-1, tell them you live on Crooked River Ranch and whether you have a medical or fire emergency. Always answer all the dispatchers’ questions, they will update us while we are responding.

Once again you can help make the holidays a little brighter for less fortunate families on the Ranch. This Holiday season, we will have our Giving Tree in the Fire Station lobby, with tags that have a person’s needs and wants. You can choose a tag *beginning November 27th*, purchase gifts for them within your budget, and bring them back (unwrapped) to the Fire Station by December 18th. We will wrap and distribute the gifts to the families for the Holidays. (see pg. 17)

As always if you would like to know more about CRRF&R or have comments or concerns, please drop in, call, or visit us on our social media (Facebook, Instagram, or Nextdoor).

Our regular Board Meetings are on the third Thursday of the month at 6:30 pm at the fire station. These meetings are streamed via the Zoom platform and information is available on our website crrfire.org.



Heritage House Historian, Barbara Lokting, puts her natural curiosity to good use

By: kRafiq



Barbara Lokting

Meeting up with Barbara Lokting is a journey down memory lane and you better come prepared to see her array of notebooks, files pictures, maps and hear a history lesson about the pioneers and land settlers of Oregon. With just a bit of prompting, she is off and running with a deluge of stories about families with various fun and historical facts that eventually all form to create a great picture of who settled here in Central Oregon.

Lokting had a fascination with genealogy that began while researching into her own family of Oregon pioneers. While living in Portland, Oregon most of her life, she made friends with other like-minded descendants joining a group that met annually for their own pioneer reunions.

Following the death of her husband, she decided it best to join her daughter and son-in-law, Diane and Danny Nunley already living on the ranch. Relocating proved to be too removed for regular meet ups with her Portland pioneer friends, thus creating a big void in her life. It wasn't much later she became the tag-team to her daughter, Diane, in the historic restoration of the Heritage House. It renewed her *spark of natural curiosity* that got her once again on the sleuthing trail to learn as much as she could about the history of Crooked River Ranch and the Gates House, now known as the *Heritage House*.

On any given Tuesday, you can find Lokting managing the Heritage House library with her co-librarian, Evelyn Eads. They both intake books, categorize and file them all on the neatly lined shelves for anyone who wants to come looking for a good read. Also available are movies on DVD.

Spare yourself a few minutes and ask Barbara about the many families that either inhabited the Heritage House or owned the ranch, she's happy to tell you all about it. If you're lucky, you can also get a little tour of the Heritage House with all its interesting factoids and pictures associated with each room. Upstairs you'll

find two rooms set aside for the bride and groom and their accompanying parties as they ready themselves for a country wedding on the beautiful grounds.

Upstairs in what they call Dale's room, prominently sits the branded ZZ Cattle Ranch baseball cap in a display case. It was donated by a son of Thomas Bell, a previous owner, one year while visiting. Another room is dedicated to many other memorabilia and historical pictures. Quite often you can find any number of Crooked River Ranch groups holding their monthly meetings.

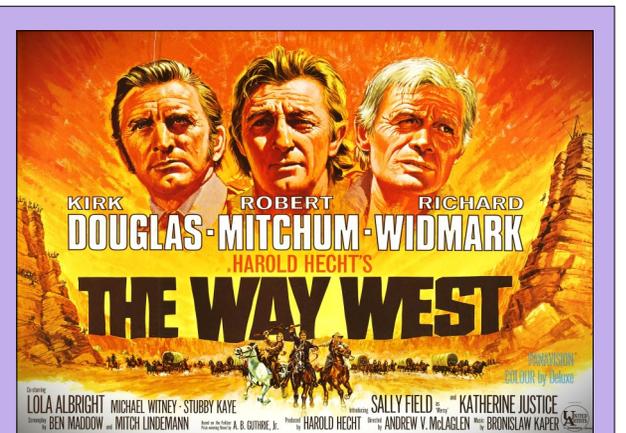
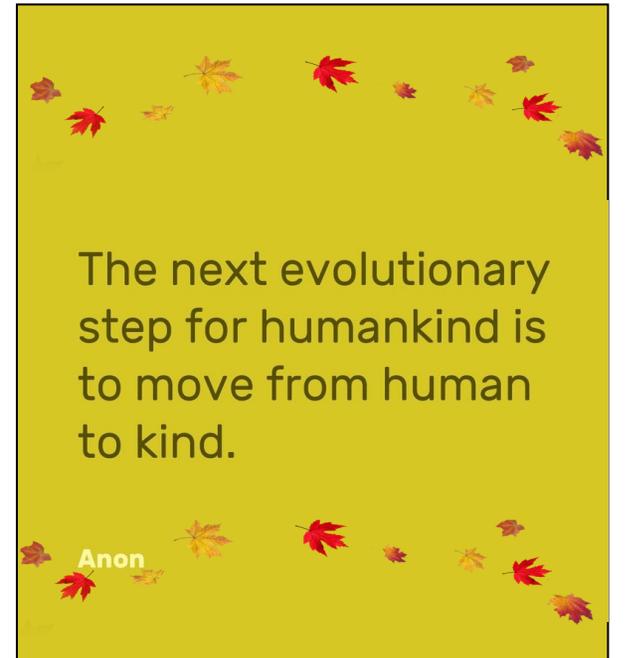
Culver resident and friend of Lokting, Sandra Ihrig, began a quest to put the Heritage House on the national register. While the Heritage House has been on the Oregon Heritage Register since 1976, together they are forging ahead the long and arduous journey of gathering all the necessary data so they can apply to the *National Register of Historic Places*.

But that is just the beginning. The National register is a comprehensive multi-page form comprised of documentation supporting facts, events, pictures, and firsthand accounts for consideration. Once it passes the local review boards, it moves on to the governor, then to Washington, D.C., where every detail is scrutinized. And that is where Lokting shines, and her notebooks come in handy. Besides tracking down previous ranch owners, they managed to track down and host previous family members who have actually lived in the Heritage House. All this documentation and recounting of the many firsthand stories of life on the ranch and actual events in the house puts Ihrig and Lokting much closer to formally applying for the coveted National Register Program.

While the function of the Heritage House and ranch has changed many times through the years from family to family, Lokting hopes to see that the beauty of the historical restoration of the Heritage House is not only appreciated locally but recognized nationally. Lokting can rightfully claim that she was a significant contributor to the last historic remodel as well as a historical documentarian. One thing for certain, however, is that Barbara Lokting will make sure the history remains intact.



Heritage House



Did you know?

Filming locations for the 1967 Film, "The Way West" starring Kirk Douglas, Robert Mitchum, Richard Widmark and Sally Field included Bend, Mount Bachelor, Christmas Valley and "Crooked River Ranch."



CRR Men's Golf Club

November 2023 – Newsletter
By: John Smallwood, President

The CRR Men's Club had two tournaments in October
"Two Man Chapman" and a "Best Ball"
The results of the two tournaments are listed below.

Two Man Chapman

Flight 1 (NET)

T1 st Dean Cooper / Wylo Schwartz	64
T1 st Patrick Barnes / Chris Arnold	64
3 rd Ron Fitzpatrick / Bill Hume	68
4 th Bruce Beyer / Jamie Frantz	70

Flight 2 (NET)

1 st JD McCulloch / Odie Carter	63
2 nd Eric Price / Wes Price	67
T3 rd Michael Callagan / Kriss Krzycki	68
T3 rd Joe Griffin / Bob Carsow	68

Best Ball

Flight 1 (Gross)

T1 st John Smallwood / Pat Fahey	68
T1 st Rigo Montes / Steve McCann	68
3 rd Randy Ballard / Steve Skinner	69

Flight 2 (Gross)

1 st Monty Modrell / David Kervin	78
2 nd Michael Callagan / Kriss Krzycki	80
3 rd Odie Carter / JD McCulloch	81

Flight 1 (NET)

1 st Jamie Frantz / Bill Hume	60
T2 nd John Smallwood / Pat Fayhey	62
T2 nd David Linkel / Gary Olds	62

Flight 2 (NET)

1 st Monty Modrell / David Kervin	60
2 nd Rocky Plucar / Leon Risch	62
3 rd Michael Callagan / Kriss Krzycki	63

(CRR Men's Golf con't on pg. 6)

Around the Ranch Groups and Organizations

- Alternative Funding Committee**
10am -first Thursday of the month, Juniper Room
- Art & Spirit Mingle**
Classes available
Contact - Patricia Kirk 406-396-1379
- Cancer Support Group**
Contact - Karen Jamison 541-815-8435
- Classic Cars & Hotrod Wednesdays**
Wed. 3:30 Over the Edge Taphouse
Contact - Joe Schafer 541-797-1936
- Crooked River Ranch Classic Car Group**
Wed. 4:00 p.m. Big Dog Saloon
Contact - Ted Cook 541-923-2438
- Crooked River Ranch Amateur Radio Group**
1st Wed. Fire Hall
Contact Sean Hartley
- Crooked River Cribbage Players**
Mon. 1:00 p.m.
Contact - Jim Babcock 971-219-3332
- CRR ATV Group**
1st Mon. 6:30 p.m. Over the Edge Taphouse
Contact - Mike Glowack 480-652-0063
Mike Grover 541-643-6726
- CRR Canyon Quilters**
Mon. 9:00 a.m. - 2:00 p.m. Chapel Family Ctr.
Contact - Tina Wilson 541-280-0837
- CRR Lions Club**
2nd & 4th Tues. 5:30 p.m. Sandbagger Saloon
Contact - Cathy Schroth
- CRR Riders**
crrhorsriders@gmail.com
- CRR Pickleball Group**
M-S 8:00 a.m. Tennis courts
Contact - Jim Manser 360-910-0130
- CRR Senior Group**
Thurs. 10:30 a.m. - 1:30 p.m. Heritage House
Contact - Al Albin 541-815-5356
- Dutch Oven Group**
Contact - Mark or Sue Schneider 541-504-8765
- Free Food Market**
1st and 3rd Wed. 5:00 p.m. Old Fire Hall
Contact - Steve & Stephanie Proffitt
541-604-1628
- Friends and Neighbors of the Deschutes Canyon Area**
Board Meeting - 2nd Sun., 4:00 p.m..
Contact - Robin Galloway 541-740-6865
- Farmers & Artisans Market**
1st and 3rd Sat. April - Dec. 9:00 a.m. - 3:00 p.m.
Old Fire Hall
Contact - Jolie Armas 541-419-5923
Contact - Barbara Rybarczyk 541-390-3781
- Honeybee Conservation Group**
Contact - Ann Lewis 541-610-6886
- Ladies Golf Club**
Contact - Judy Parker 971-275-0833
- Mahjong**
Tues. 1:00 p.m.
Contact - Bobbie Miller 503-593-0658
- Men's Golf Club**
Contact - John Smallwood
- Morning Star Gathering**
Thurs.. 6:00 p.m., 12770 SW Eagle Vista Pl, CRR
Contact - Jack & Louise Baldwin 541-699-8043
- Ranch Chapel** - 541-923-8081
Sunday School 9:30 a.m.
Sunday Services 10:30 a.m.
- Sage Quilters**
2nd & 4th Tues. 1:00 - 3:00 p.m. Senior Ctr.
Contact - Carlen Leber 541-815-3058
Contact - Marge Remillard 541-548-6015
- Shooting Stars**
1st Tues. (April - Oct.) 6:30 p.m. Senior Center
Contact - Victoria Tolbert 704-989-6909
- Twin Rivers Community Church**
6094 SW Tarpon
Contact - Frank Woods 541-647-0709
- Terrebonne Grange**
Contact - Joan Proffitt 541-923-6035
- Upper Room Christian Fellowship**
Sun. 10:00 a.m.
Contact - Glenn or Dodie Sand 541-548-0622



November 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:00 PM Free Food Market	2 9:00 AM -3PM Senior Center Food Pantry 10:00 AM Alternative Funding Cmte.- Juniper Room 1:30 PM Events Cmte Mirror Room	3	4 9:00 AM Farmers and Artisans Market
5	6 10:00 AM Board Work Session 6:00 PM SRD Mtg Juniper Room 6:30 PM CRR ATV Group	7 NIA: 9:30 am 10:00 AM CRR Sr. Group Board of Directors Meeting 10:00 AM CRR Sr. Group Library open 5:30 PM CRR Lions Social Hour 6:15 PM CRR Lions Mtg	8 3:30 PM Classic Cars & Hotrod Wednesdays 4:00 PM CRR Classic Car Group	9 9:00 AM -3PM Senior Center Food Pantry	10 Veterans Day Observed	11 9-NOON Lion's Limb Dump OPEN Veterans Day
12	13	14 NIA: 9:30 am 10:00 AM CRR Sr. Group Library open	15 3:30 PM Classic Cars & Hotrod Wednesdays 4:00 PM CRR Classic Car Group 5:00 PM Free Food Market	16 9:00 AM -3PM Senior Center Food Pantry 11:30 AM—Senior Thanksgiving Luncheon FREE with all the trimmings!	17	18 9:00 AM Farmers and Artisans Market 1-3 PM CRR Senior Group Bingo
19	20 6:00 PM Board Mtg.	21 NIA: 9:30 am 10:00 AM CRR Sr. Group Library open 5:30 PM CRR Lions Social Hour 6:15 PM CRR Lions Mtg	22 3:30 PM Classic Cars & Hotrod Wednesdays 4:00 PM CRR Classic Car Group	23 Administration Offices Closed Happy Thanksgiving		25
26	27	28 NIA: 9:30 am	29	30 9:00 AM -3PM Senior Center Food Pantry	What ARE you Thankful for?	



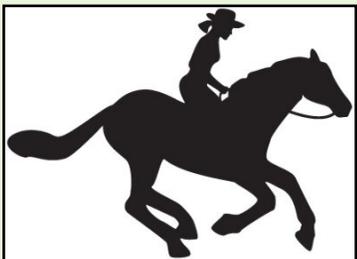
Crooked River Ranch Social Media

We use.....



Website:

www.crookedriverranch.com



Crooked River Ranch horse happenings

By Heidi Olds

Those little blue ETS signs! I'm sure many of you noticed the little blue ETS signs and wondered what ETS is. ETS stands for Equine Trail Sports, a laid-back competition hosted by Endurance riders Sharalyn Hay and Shawna Bowin. The first event was held in May of this year and the second Sept. 8-10. ETS has a pretty comprehensive website at www.equinetrailsports.com, and they also have a Facebook page.

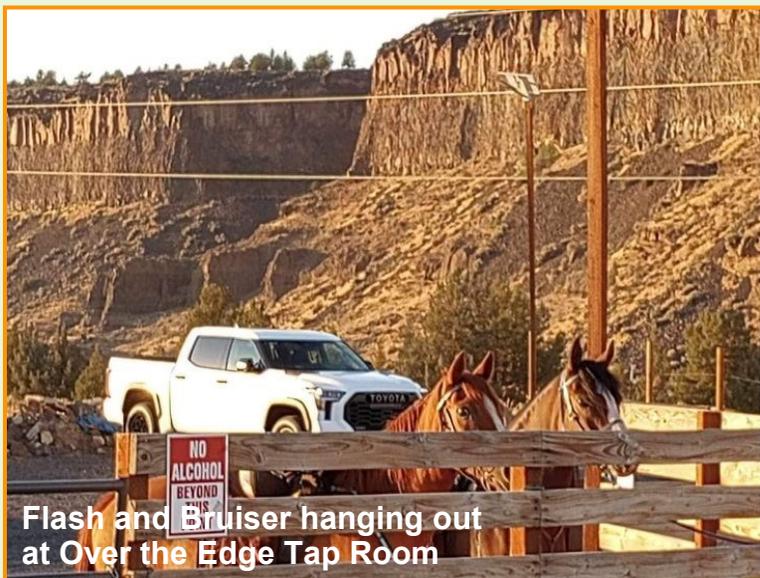
Reports are that the event was well received and well attended. The competition was previously held in Sisters. When that venue was no longer available Sharalyn approached the CRR Board of Directors about using the Buffalo place area as the new venue. Approval was granted and that put Sharalyn, Shawna, and Sharalyn's husband, Richard, into action. They had to move all of the obstacles previously built by Richard from the Sisters location to Sharalyn's home, then, choose which ones to take to the new venue here on the ranch. Sharalyn says she has approximately seventy-five obstacles to choose from.

There were a little over thirty competitors, with seven camping for the weekend. It mostly consisted of local folks but a few did travel a fair distance to compete.

The course took about 2.5 hours to complete. Riders completed an obstacle at camp, then rode toward the senior center, completed an obstacle along the road, then on to the steel stampede to complete an obstacle, and on to the arena for 2 more obstacles, and then back to camp for the final obstacle. The weekend included two trail rides that were around four miles each that went along the rim with fantastic views of the mountains and the Crooked River.

The prizes included first through sixth place ribbons, for each of the three divisions: novice, intermediate, and advanced. The first-place winner in each division also received another prize, such as a latigo set with a bag of horse goodies (hoof pick, mane brush etc). I asked Sharalyn if ETS would be back in 2024, she told me unfortunately she and her co-host Shawna would not be able to host ETS due to a conflict with the National Endurance Championship being held in Central Oregon. Sharalyn, also said she had been approached by several folks that might be willing to take on the role of hosting a couple of ETS events in CRR, for 2024. Sharalyn really hopes it will happen for 2024, but she and Shawna will be back to host 2025!!

If you would like to consider hosting ETS in 2025, please contact Sharalyn Hay or Shawna Bowin, they are both on Facebook, or you can contact me and I will put you in touch.



Flash and Bruiser hanging out at Over the Edge Tap Room

I would love to hear from anyone and everyone about anything you would like to read about regarding horses, trail riding, horse care, etc. email: horsieheidi@comcast.net Ph or text: 503-913-2534

Riding Incentive Program (RIP) Year-End Celebration

All Equine Enthusiasts Welcome!
Come Meet New Riders

Refreshments, Items for Sale, and Fundraiser Auction

Sunday, December 3rd
Over The Edge Taphouse
1:00 - 4:00



For Information, contact
Priscilla Karr
541.405.0951

CRR Men's Golf (con't from pg.4)



2024 CRR Men's Golf Club Board

(From L to R) Denis Glender, Jamie Frantz, Bruce Beyer, Nels Peterson, Ron Fitzpatrick, Pat Fahey, Herb Parker, John Smallwood

The office of president for the CRR Men's Golf Club will change effective November 2023. Bruce Beyer will be our new incoming president and John Smallwood is the outgoing president and will fill the "Past President" position on the Men's Club board which Ron Fitzpatrick held previously. We are grateful for Bruce stepping forward and offering his skills and talents in this way. Thanks Bruce!

INTERESTING FACT:

Located 100 miles inside the Arctic Circle, Lofoten Links, Norway, allows golfers to play 24/7 for two months of the year.

You're invited to join Twin Rivers Community Church for 3 upcoming community events!

We will be honoring our local Veterans and their families on:



Veterans Day,
Saturday, November 11, 2023 from
8:00 am to 10:00 am.

We wish to celebrate those whose courage and service to our country have blessed us with our freedom!

We're inviting our community public servants to this special event as well in recognition for your faithful commitment to our community.

A free breakfast will be served to all those who attend.



Our 2nd Annual Christmas Tree Lighting event will be:

Sunday, November 26th at
6:00 pm.

Please join us for traditional Christmas Carols, cookies, hot chocolate, and the lighting of a 20ft Christmas tree!



Twin Rivers Community Church is honored present their annual Christmas event, **"The Greatest Gift."**

This presentation will take place on
December 2nd, 2023

There will be two showings:
5:00 pm and again at 7:15 pm

Our program is a live dramatization depicting the 'Light of the World' from the stable to the cross!

Please join us for this great family event.

Please place these dates on your calendars—we're looking forward to sharing this special time with you!



See pg. "8"



It's that "Giving" time of year again. Be thinking about donating:

-  *Mittens*
-  *Gloves*
-  *Hats*
-  *Mufflers*
-  *or Socks*

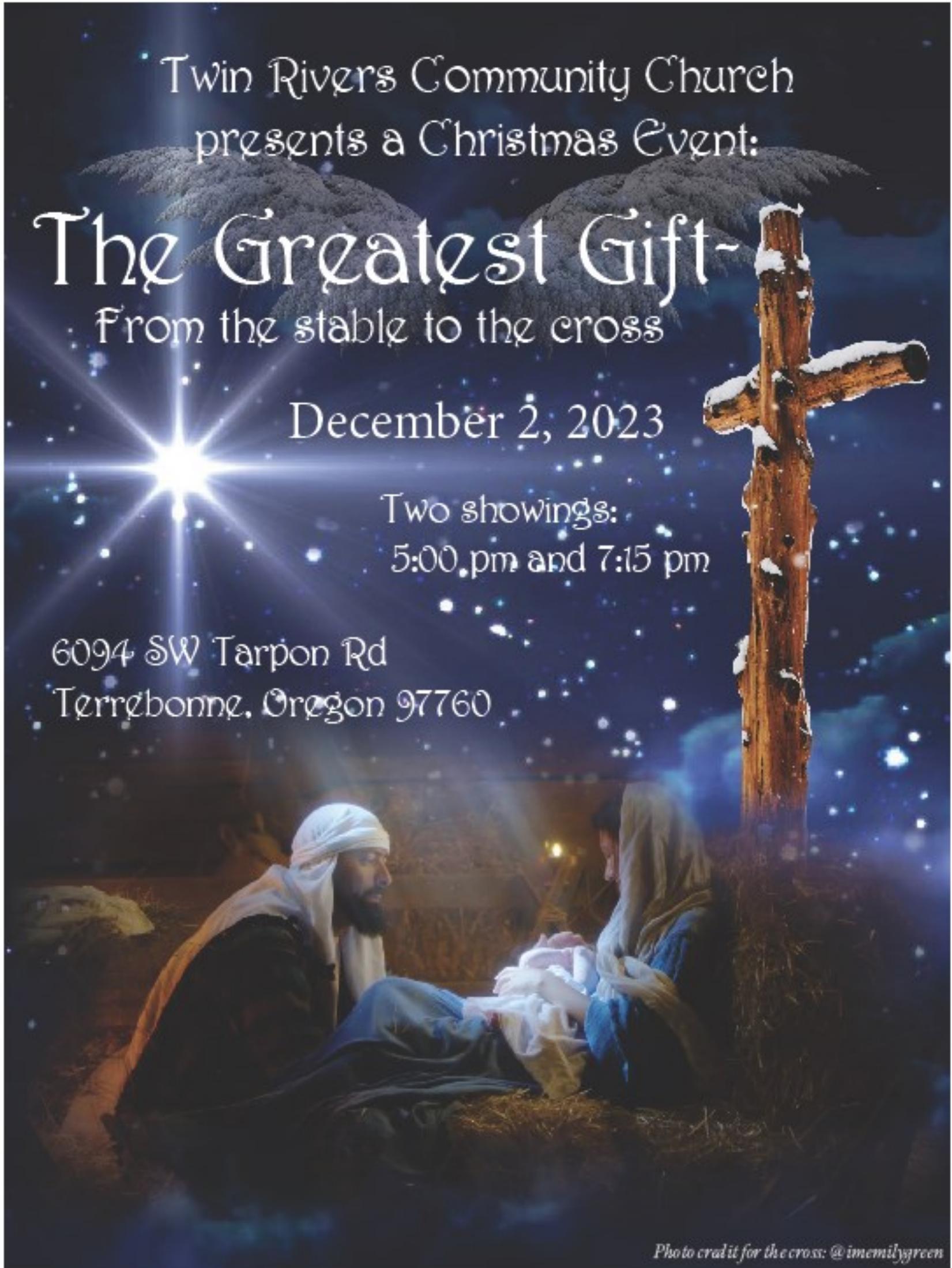
For the Annual Crooked River Ranch Giving Tree

Just after Thanksgiving, we will accept your donations for our tree in the Administration Lobby.

Donations will go to Terrebonne & Culver Elementary Schools and adult items will be donated to Bethlehem Inn.



Years past mitten, hats, socks, ear muffs and more with Phyllis Carlin and fellow volunteer



Twin Rivers Community Church
presents a Christmas Event:

The Greatest Gift-

From the stable to the cross

December 2, 2023

Two showings:
5:00 pm and 7:15 pm

6094 SW Tarpon Rd
Terrebonne, Oregon 97760

Photo credit for the cross: @imemilygreen



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CCB# 125749



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- Lawn & Yard Maintenance
- Interior Maintenance
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- Pet Sitter






CRR Senior Activities at the Heritage Ranch House

By: Al Albin

We continue to host a variety of activities and events at our House. We had a special guest at our potluck luncheon on October 12th.

Kevin Smith joined us to present a program on his experience as the photographer for Lyndon Johnson and the Johnson family during his term as President. The presentation and the photos provided a unique perspective on official functions and private family moments.



Kevin Smith presenting
Photo by Earleen Arthur



Photo by Earleen Arthur

SAVE THE DATES

The **Senior Group luncheon** on **November 16th**, will be a full Thanksgiving dinner with roasted turkey and all the trimmings.

The **Morning Star Group** will be serving Thanksgiving dinner on **Thanksgiving Day, November 23rd**.

They serve their dinner in two settings. You can call **Jack or Louise Baldwin** at **541 699 8287** to reserve a place or you can take your chances.

Please come to one or both luncheons and enjoy Thanksgiving with your friends and neighbors.



Good Luck Luncheon
Photo by Earleen Arthur



Photo by Earleen Arthur

Cathy Schroth, *President of the Crooked River Ranch Lions Club*, was another special guest at our October 12th luncheon. Cathy was presented with a certificate of thanks and appreciation for the Lions Club's generous donation of \$2000 to the Senior Group. These funds will be a big help in keeping our doors open and continuing to provide services to our community.



Last month's luncheon on October 26th had a Halloween theme. Prizes were given for the best costumes in three categories:

the scariest, the funniest, and the most original or creative.

Luncheons are scheduled to continue through November with two special luncheons.

One of the many activities we host is *Creative Hands*. You can join this friendly group on Mondays from 9 AM to 12 for handy crafts such as beading, crocheting, knitting, coloring, and painting. Come by to participate in your creative activity or just enjoy a cup of coffee or tea.

The back porch pantry at the Heritage Ranch House has new hours for the fall, Thursdays only from 9 AM to 3 PM. One of the reasons for the change is that some of our food donations have been curtailed, temporarily we hope. We are still receiving regular donations of food from our other sources. In addition, we have received wonderful support from the community. Over the Edge Tap House has an ongoing food drive benefiting our food pantry. Lynette, the owner has allowed the Senior Group to have a box at the Tap House to collect canned and boxed food.

The Food Pantry received a very generous donation of 150 pounds of frozen beef from the Jefferson County Livestock Association which we greatly appreciate. We have also received donations of garden vegetables from various people on the Ranch who chose to share their abundance with their neighbors.

If you would like to donate to our Food Pantry, you may contact Marie Carter at 541. 350. 0970 (donations of food only, no clothing or other items)

Bingo, one of our popular activities, has been put on hold for the months of November and December due to the holiday season.



Marie Carter, Dandy Borges split \$76.00. Sept.16 pot.
Photo by Earleen Arthur

The activities, events, and services the Seniors provide are accomplished by the efforts of many volunteers. If you would like to participate, the opportunity awaits. Contact us by phone, 541 504 8236, or by email, crrheritagehouse@gmail.com



RANCH BULLETIN BOARD

Crooked River Ranch Committees, Keeping Crooked River Ranch Running...

By Kari Vickery, President

I want to take this opportunity to let our community know about the many generous people who take time out of their lives to support Crooked River Ranch on committees. All eight of our committees are seated with volunteers. The Architectural Review Committee (ARC) is the only committee in which the committee members are elected. The ARC reviews, analyzes and approves applications for all property improvements to comply with the architectural guidelines of our community. Their efforts help maintain the aesthetics and property values of the Ranch.

The CC&R Review Committee has the role of investigating CC&R violation complaints submitted. They adjudicate whether claims are valid or don't meet violation standards. This committee works closely with county code enforcement officer on problems that represent county code violations. This is all in addition to educating homeowners and renters regarding CC&Rs and county code requirements.

One of the summer season's most popular committees is Parks and Recreation. They provide two fun filled sessions in July for kids from kindergarten thru grade six. Activities include crafts, swimming lessons, pickleball, golf, soccer, and snacks. They end each session with a picnic in Mac Park. The other responsibility of this committee is to provide advisory input to the Board concerning issues related to park improvement and use.

The Events Planning Committee is responsible for the planning, coordination, and production of Board-sanctioned events on Crooked River Ranch. The EPC will promote participation in community events by residents and guests and will ensure all events are organized and conducted in a manner that reflects well on CRR. The committee will procure vendors, entertainers, and special interest groups for events. They coordinate with local businesses, sponsors, and volunteers to facilitate events including the Independence Day Celebration & Barn Dance, Western Holiday Village Christmas, Annual Yard Sale, Art Events, and more.

The distribution of information between the Board of Directors and the Ranch members and renters is the role of the Neighborhood Phase Rep Committee [NPRC]. Residents subscribe to the system to receive important emails providing notices of emergencies, events, meetings and more. Each Phase will have one or more representatives with approximately 24 total, if positions can be filled.

The Ranch Enhancements Committee utilizes the profits from the Steel Stampede event and other funding sources such as donations, for projects that benefit the Ranch as a whole, separate from the operating funds of the Ranch. Any CRR member in good standing can sponsor a Ranch project by submitting a Project Proposal Form. After the committee reviews the request, they will present the selected projects to the BOD for the Board's approval.

The mission of the Alternative Funding Committee is to create reliable non-revenue funding streams to be used for programs and services that promote the preservation and betterment of the Ranch and its residents. This committee has been successful in assisting the Lions Club in obtaining a grant to purchase fire abatement equipment which will be used on the Ranch.

The final committee would be The Budget Audit Committee [BAC]. This committee works with Ranch staff to create both an Operating and a Capital Reserve Plan budget. The process begins in October and the committee submits the budgets to the Board for its review and adoption in March of the following year. In addition, the BAC makes recommendations concerning the funding of the Capital Reserve Plan [CRP] from operating funds to the Board for review and implementation during the next fiscal year.

Crooked River Ranch committees make it possible to provide events and activities that engage our community and foster a sense of belonging. They ensure compliance with the CC&Rs, rules and regulations that help to maintain property values and quality of life. Volunteers are vitally important to the Ranch community as we rely on their time and efforts to continue to move forward. Grateful for those who choose to contribute is an understatement.

MEETINGS

CRR ASSOCIATION

BOD Work Session

10:00 a.m. / 1st Mon/Juniper Room

Monthly Board Meeting

6:00 p.m. / 3rd Monday / Juniper Room
Contact: Admin Office 541-548-8939

Architectural Committee

3:00 p.m. / 2nd & 4th Monday / Admin Bldg.
Contact: Gail DesBrisay
Phone: 458-666-5044

Budget/Audit

Juniper Room
Contact Herb Parker for
Information, dates and times
Phone: 503-998-8872

Parks & Recreation

6:30 p.m. / 4th Monday
Contact: Ara Erdekian
Phone: 541-350-3246

Phase Representatives

6:00 p.m. / Quarterly
Contact: Karen Atwood
Phone: 503-351-9250

Nominating Committee

Contact: Mike Carey
Phone: 541-548-8939

Events Planning Committee

1:00 pm / 1st Thursday / Juniper Room
Contact: Judy LaPora: 541-548-8939

CC&R Committee

1:30 p.m. / 3rd Tuesday
Contact: Stephanie Proffitt
Phone: 541-548-8939

Ranch Enhancements Projects Committee

Contact: Carl Harbour
Phone: 541-420-5011

OTHER CRR GOVERNING ENTITIES

Special Roads District

6:00 p.m./ 1st Monday / Juniper Room
specialroaddistrictcrr@gmail.com

CRR Fire Protection Board

6:30 p.m. / 3rd Thursday / Fire Hall
Contact: Sean Hartley
Phone: 541-923-6776



RANCH BULLETIN BOARD

CC&R Corner

2023 Crooked River Ranch Western Holiday Celebration



Saturday,
December 2,
2023
10:00am—
4:00pm

- 11:00am–4:00pm Free Pictures with Santa in the Clubhouse Courtesy of Crooked River Realty
- 11:00am–2:00pm Free Hay Rides provided by the CRR Events Committee
- 10:00am–4:00pm Artisan, Craft and Commercial Vendors in the Clubhouse, Junior Room and in the Annex of the Sandbagger
- Free Cookies Courtesy of the CRR Events Committee throughout the day!



For more information, call Crooked River Ranch Administration at 541-548-8939

Burning Season is open

Let's clean up our properties for fire safety
Remember: Get your Burning Permit from the Fire Department

Defensible Space Tip of the Month



Weekend project idea! Look at your deck and make sure it is clear of anything that could catch fire like pine needles and other debris. Clean both above and below. Also, during times of high fire danger, remove patio furniture that could catch fire.

Thanksgiving is the leading day of the year for cooking fires and kitchen accidents.



While your first instinct might be to take a flaming pot or pan and put it in the sink, it's not safe. Here are a few tips for a safer way to react:

- 1) First, if it's a large fire get out – yell "fire" so everyone gets out and call 911.
- 2) Do NOT pour water on it. Water can cause splashes which would burn you and cause the fire to spread.
- 3) Baking soda can help put out small grease fires, but you need a lot of it. (Note: Do not use any other baking ingredients. Only BAKING SODA.)
- 4) Salt is a great absorber of heat for its volume. A moderate amount – about a cup – can help extinguish a decent size grease fire



Corrections to the announcement in the October issue and CONGRATULATIONS to the new members of our Crooked River Ranch Special Road District Board.

NEW SRD BOARD

Lynn Breeden, President
lynn.crrsrd@gmail.com

Ed Thompson, Treasurer
ed.crrsrd@gmail.com

Jeff Parcel, Secretary
jeff.crrsrd@gmail.com



The Crooked River Ranch "Telegraph"

5195 SW Clubhouse Rd., Crooked River Ranch, OR 97760
www.crookedriverranch.com

Crooked River Ranch Club & Maintenance Association

Admin: 541-548-8939 Fax: 541-548-0278
newsletter@crookedriverranch.com

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Rates, Deadlines & Policies Available at www.crookedriverranch.com (click on "newsletters" for rates-policies-submission worksheet).

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BOARD MEETING HIGHLIGHTS

October 16, 2023

- The meeting was called to order by President Vickery. All Directors were present with the exception of Director Carey.
- In the monthly Supervisor reports, it was noted that the RV Park has completed tree cutting and new tree planting will be completed soon. Grease disposal at the Snack Shack was also discussed.
- Planning is underway for the annual CRR Western Christmas Celebration. Crooked River Realty will continue to take Santa pictures but will be in the Mirror Room, rather than upstairs to improve safety. The Sandbagger has again agreed to allow vendors to use the Annex.
- Director Jones reported that the submission date for the Recreational Trails Program grant is November 15, 2023. They are on track and will meet the deadline.
- Current BAC Chair Herb Park announced the kickoff meeting to elect officers and confirm the calendar will be held on Wednesday, October 27, 2023 at 10:00 in the Juniper Room. They are looking for additional members to join the committee. Chair Parker summarized the duties of the BAC committee for the BOD and attendees.
- Director Erdekian asked Ranch Manager LaPora if we are getting the best interest rates on our funds given the current state of the economy. Ranch Manager LaPora explained the distribution of money and reported that she works with the financial advisors where the funds are kept to make sure we maximize our return.
- Herb Parker, Stephanie Proffitt and Carol Orr all spoke during public input.
- It was announced that Over the Edge Tap House will be hosting Trunk or Treat on Sunday, Oct 29 at 4:00 pm.
- The Regular Meeting was adjourned at 7:28pm.

2022/2023 Crooked River Ranch Board of Directors

Please send all inquiries to: info@crookedriverranch.com

President Kari Vickery541-548-8939
kari.vickery@crookedriverranch.com

Vice President Bob Beveridge.....541-548-8939
Bob.beveridge@crookedriverranch.com

Secretary Mike Dries.....541-233-8388
mike.dries@crookedriverranch.com

Treasurer Kelly Davis.....541-548-8939
kelly.davis@crookedriverranch.com



DIRECTORS

Michael Carey541-548-8939
Mike.carey@crookedriverranch.com

Sheryl Jones541-546-4083
sheryl.jones@crookedriverranch.com

Julia Randall541-420-0674
julia.randall@crookedriverranch.com

Sarah Woolverton541-548-8939
sarah.woolverton@crookedriverranch.com

Ara Erdekian.....541-350-3246
ara.erdekian@crookedriverranch.com

ASSOCIATION TELEPHONE NUMBERS

Crooked River Ranch Club & Maint. Assoc. Office.....(541) 548-8939

Crooked River Ranch Golf Pro Shop.....(541) 923-6343

Crooked River Ranch RV Park.....(541) 923-1441

Crooked River Ranch Club & Maintenance Association

Mission Statement

The mission of Crooked River Ranch Club & Maintenance Association is to its members by working for the preservation and betterment of property values; by ensuring a safe, secure and clean living environment; and by the continuing improvement of the quality of life for Ranch residents.

Vision Statement

We envision Crooked River Ranch to be a place where members, staff and elected leaders all work together effectively to create a strong sense of community and maximize the quality of life for homeowners, renters and guests, so that Crooked River Ranch remains a "Great Place to Hang Your Hat."

Phase Representative Notice

If you're a Ranch resident, please take advantage of our Phase Rep email program. The program has undergone many changes and we continue to modify our messages based on feedback from our residents. This email system is designed to keep you apprised of upcoming Ranch events, meetings, and other important notices that affect residents or that our Phase Reps determine would be of interest to our residents.

This email system is never used for solicitations and your information will not be shared. If you would like to be added to the list, please contact the Administration Office at info@crookedriverranch.com or 541-548-8939. You may contact the Phase Rep Chairperson, Karen Atwood at 503-351-9250 or krayon22@outlook.com.

Outreach for Veterans at CRR

David Chambers
541-475-6575

davidc@bestcaretreatment.org

Over The Edge Taphouse
Presents
Christmas in the Canyon
December 10th

Kids Face painting! 10:00-4:00

Santa, Vendors, Free Hot chocolate and more!

Drop off at
Over The Edge Taphouse

Jefferson Co. Fire & EMS Holiday
COAT DRIVE
November 5th - 30th

HELP US MAKE A DIFFERENCE IN OUR COMMUNITY, BY KEEPING EVERYONE WARM AND COZY!

WE ARE IN NEED OF THE FOLLOWING ITEMS
- NO NEED TO BE NEW, BUT CLEAN AND IN GOOD CONDITION-

SWEATERS - COATS - JACKETS
- SOCKS - GLOVES -
SCARVES - BLANKETS - BOOTS

Drop off location
765 S. 5th. St. Madras Oregon
8:00 am - 5:00 p.m.

**CROOKED RIVER RANCH
CRIME WATCH
SEPTEMBER 2023**

SEPTEMBER 2023

There were 1,079 county wide calls made to Jefferson County Sheriff Department in the month of September. CRR actions and calls for service: 126.

Of a total of 71 incidents in the Jefferson County Sheriff's Department Press Log for the period September 4, 2023, through October 1 2023, six (6) involved Crooked River Ranch.

- **Sept 9** - A Deputy with the Jefferson County Sheriff's Office responded to SW Dove for a report of a dog killing chickens. Two dogs were located and transported to the humane society.
- **Sept 11** - A Jefferson County Sheriff's Deputy took a report of Theft II on Crooked River Ranch.
- **Sept 12** - A Deputy with the Jefferson County Sheriff's Office received a report of a theft through online deception on Crooked River Ranch. A report was taken.

- **Sept 20** - A Jefferson County Sheriff's Deputy responded to St Charles Medical Center - Madras to investigate alleged child endangerment that occurred on Crooked River Ranch. This investigation determined there was no crime committed but DHS - Child Protective Services was contacted.
- **Sept 24** - A Deputy with the Jefferson County Sheriff's Office took a report of a hit and run in the parking lot of the Crooked River Ranch Golf Course.
- **Sept 28** - A Jefferson County Sheriff's Deputy arrested a resident of Crooked River Ranch for Driving Impaired.

Important

newsletter@crookedriverranch.com

If you have questions regarding the Telegraph, please call
541-548-8939.



**Leave
the Details
to Us!**

6917 SW MUSTANG RD \$289,900 ~ NANCY POPP



- 5.23 Acre lot
- RV approved use!
- Septic installed, 1000 gal concrete tank, 340 linear ft.
- Power available at road
- Community water to developed site

14295 SW PENINSULA DR \$749,000 ~ SERGIO GAIRO



- 1.76-Acres
- 2486 Sq Ft of Living Space Built in 2014
- Frame home, 4 bed, 2.5 baths
- Rim lot with exceptional views
- Two oversized, 2-bay, detached garages
- Two large concrete patios with sitting areas.

LOT 3 BLUE JAY RD \$219,500



- 5-Acre property, with Grey Butte rim-type views.
- Cascade Mt view from 2-level home.
- Power on Property Line.
- Approved for standard septic.
- Lot loans available with 25-30% down.

**1268 SW RIMROCK WAY, REDMOND \$725,000.
~ SHANNON FALK-JOHNSON**



- .23-acre lot in desirable Stonehedge development, in Redmond
- 1994 Sq Ft, single level home on east facing rim lot, with RV parking
- Separation of bedrooms and living space, for multi-generational living
- Gas Fireplace, large deck, beautifully landscaped, attached 3-bay garage
- 15-acres of common area, within the 270-acre Dry Canyon park complex

CINDER DRIVE \$399,000



- 1620 Sq Ft, 3 bd, 2 bth
- 1.01-acre, w/fenced yard & patio
- New solid surface flooring throughout,
- Remodeled kitchen, granite counters
- Dbl carport & 2 bay garage.
- Paved rd.

LOT 18 STEELHEAD RD \$218,000



- 5.2-Acre property, with Cascade views.
- Desirable location, near Crooked River Ranch entrance.
- Power at the Road
- Seller to obtain septic approval prior to closing.
- Well depths in area are 500'-550'

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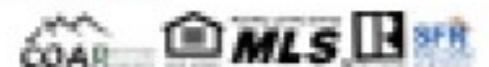


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The Big Dog Saloon

Announcing it's 20 year Anniversary/Veteran's Day Celebration and fundraising benefit for the OVMA (Oregon Veterans Motorcycle Association)

Enjoy live music
Saturday, November 11th from 1pm to 4pm

Food and beverage specials, door prizes and group picture of all 20 year Big Dog Alumni.

Also come view the numerous pictures and memorabilia from the past 20 years. Participate in a 50/50 raffle benefiting the Oregon Veterans Motorcycle Association.

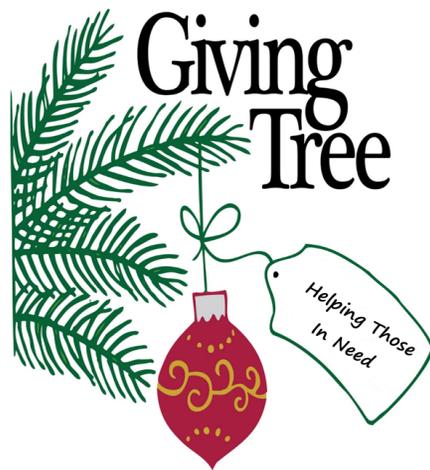


Enjoy an afternoon of reminiscing with old friends, story-telling, and Willie's BBQ.

Holiday Giving Tree







Help make the holidays a little brighter for less fortunate families on the Ranch.

During the Holiday season, there will be a Christmas tree in the Fire Station lobby, with tags that have a person's needs and wants. You can choose a tag beginning November 27th, purchase gifts for them within your budget, and bring them back (unwrapped) to the Fire Station by December 18th. We will wrap and distribute the gifts to the families for the Holidays.

For more information, or to sign up for the Giving Tree, visit www.crrfire.org

This event is a community service provided by:
Crooked River Ranch Fire & Rescue
Crooked River Ranch Volunteer Fire Assoc. Inc.

Farmers & Artisans Market

Yay!! Fall and the Holidays are upon us!!

By: Barbara Rybarczyk

Each statement is what the Farmers & Artisans Market at Crooked River Ranch is all about!

Our goal is to let Central Oregon know how much hidden talent and skill there is in the CRR community. The immense variety of lost skills and talent of this community is ready and willing to show, share and offer their amazing products to the public.

We are currently gearing up for the Holiday Season. It is just amazing what these crafters, artists and skilled people create! There are over 50 potential participants that partake in this event throughout the year, so... we just never know who or what may be available. An example of the variety could be... a produce grower, wood carvers, jewelry makers, homemakers, folk/yard art maker, and a snack vendor just to name a few. Plus...these crafty residents are some of the nicest people anyone could ever meet.

A bonus for all our shoppers comes in the form of our Customer Rewards program. We are in our fourth year offering this simple punch card that all our



Wreaths...\$35.00

We look forward to meeting you and we thank you for helping our local economy!

★ Lost Art! ★

★ Support Community! ★



★ Shop Local! ★



Jams & Pickles



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- Doing business for 28 years
- Family owned and on site managers
- Lighted, secure and gated property
- Offering assorted size units
- Open and covered RV storage
- Yard open 6:00 AM to 9:00 PM



There is Much to be Thankful for:

We live in a great Country;
We live in a great Community;
We are cared for by a great God

Adult Sunday School - 9:30 a.m.
Worship Service - 10:30 a.m.
Ranch Chapel 541.923.8081

5060 SW Clubhouse Drive
Crooked River Ranch, OR 97760
Website: ranchchapel.org



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Volunteers are Needed !

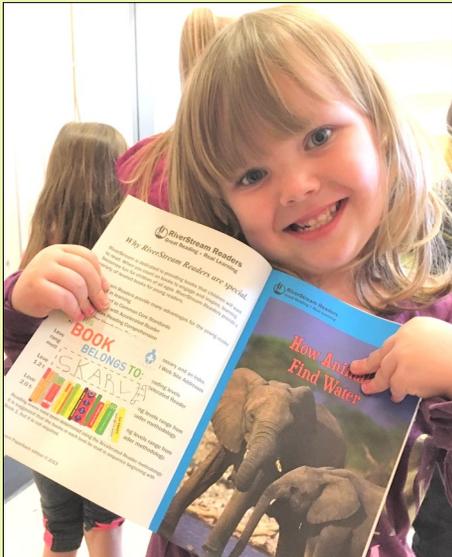
By: Jennifer Zardinejad

Reading is a critical skill for helping kids start, and stay, on a path to success in school and beyond. Across Oregon, students in early grades are still behind in reading skills as a result of the pandemic, which is a concern not only for educators and parents, but for the entire community. SMART Reading, a statewide children's literacy non-profit, is committed to providing two key ingredients to support young readers: reading support and access to books.



Reading pair

Volunteer readers are needed in Terrebonne and Madras. Readers are paired with the same child or classroom weekly, sharing the joy of reading, building confidence, and helping set students up for a lifetime of success. Many residents of Crooked River Ranch are already signed up!



Brand new book!

To learn more about this fun and rewarding experience, please contact Amy or Jennifer at 541-797-7726,

or visit our website at

www.SMARTReading.org.



Meals on Wheels appreciation info meeting

The Redmond Senior Center would like to invite all Crooked River Ranch Meals on Wheels drivers and helpers to an appreciation info meeting.

November 15th

1:00 pm

Upper Room Christian Fellowship,
13735 SW Commercial Loop
Crooked River Ranch.

We will also be available to answer questions and have information about volunteering opportunities and the Meals on Wheels program for those who may be interested in applying for the program.

Come join us for treats and info – everyone is welcome.



Lions Club Limb Dump

Winter Hours
Starting November
2nd Saturday of the month
9-NOON

Mike O'Brian
971.219.7351



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Tim Hutchison | PLS 72563

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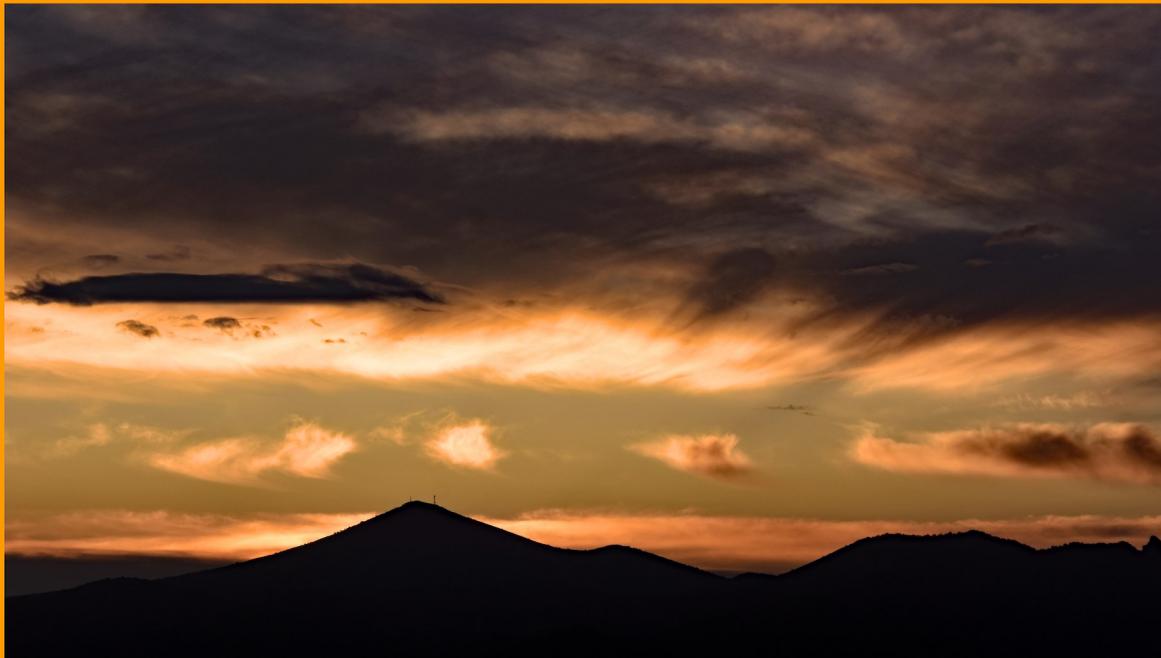
Cell: 541-420-0674

Office: 541-475-3030/Fax: 541-475-3833
63 SE 5th Street Madras, OR 97741
julia@dreamsrealtygrp.com



www.DreamsRealtyGrp.com





Around the ranch in October by Max Blake

FROM THE OFFICE OF:
Senator Lynn P. Findley (R-Vale)
Republican District 30 (Baker,
Crook, Grant, Harney, Lake,
Malheur and Parts of Deschutes
and Jefferson Counties)

Record Breaking Kicker \$5.61 Billion (*with a B*) The kicker will be returned to taxpayers

Following the August 20th Revenue Forecast, the final numbers have been released and this will be the largest personal income kicker in Oregon History.

I have heard from many constituents during the session and the interim who are passionate about keeping the kicker. Know that I have always and will continue to adamantly support the kicker.

The Oregon Department of Revenue has shared the following information- The Oregon Office of Economic Analysis (OEA) has confirmed a revenue surplus of more than \$5.61 billion in the 2021-2023 biennium, triggering a tax surplus credit, or “kicker,” for the 2023 tax year. The surplus will be returned to taxpayers through a credit on their 2023 state personal income tax returns filed in 2024. The credit is based on tax liability for the 2022 tax year. Taxpayers who have not yet filed a 2022 tax return, should file now so they can claim their kicker credit when they file their 2023 tax return.

DOR Kicker Calculator

Personal income taxpayers can determine the amount of their kicker using a “*What’s My Kicker?*” calculator available on [Revenue Online](#). To use the calculator, taxpayers will need to enter their name, Social Security Number, and filing status for 2022 and 2023.

Taxpayers may also hand-calculate the amount of their credit, by multiplying their 2022 tax liability before any credits—line 22 on the 2022 Form OR-40—by 44.28 percent. This percentage is determined and certified by OEA. Taxpayers who claimed a credit for tax paid to another state would need to subtract the credit amount from their liability before calculating the credit.

How is the kicker returned to taxpayers?

The kicker will be returned to taxpayers through a credit on their 2023 state personal income tax returns that may be filed starting in 2024.

Taxpayers who have not yet filed a 2022 tax return – possibly making them eligible for a kicker - should do so, and pay any tax owed, so they can claim their kicker credit when they file their 2023 tax return.

Other important kicker information

The state may use all or part of a taxpayer’s kicker to pay any state debt they owe, such as tax due for other years, child support, court fines, or school loans.

Taxpayers may choose to donate their kicker to the Oregon State School Fund for K-12 public education using a checkbox on their return. The donation is for 100 percent of a taxpayer’s kicker and may not be revoked if selected.

Taxpayers may also choose to donate all or part of their kicker to any or all of the 29 charities approved by the Charitable Checkoff Commission. Taxpayers use Form OR-DONATE to designate any amount, or all of their refund, to donate to charity.

2024 Tax Filing Season

The filing season for 2023 Oregon Income Tax returns will open in mid-January 2024. The department will begin making any refund payments owed to taxpayers in mid-February 2024. The timing of return processing and refund payments will depend on the date filed by a taxpayer, completeness of a return, volume of returns, refund amount, and other factors. We look forward to serving taxpayers in this historic season.

Email: Sen.LynnFindley@oregonlegislature.gov | phone: 503-986-1730
Address: 900 Court St NE, S-403, Salem, OR 97301
Website: <https://www.oregonlegislature.gov/findley>



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Katie Dries
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All advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free number for the hearing impaired is 1-800-927-9275.

- Cost:**
- \$2 per line per single edition.
 - \$1.75 per line with 6 months prepaid-3 line minimum.
 - Minimum \$5 charge for any classified.
 - Characters per line: approx. 35-40, all punctuation and spaces are 1 character each.

Deadline: 5 PM 3rd Monday of the month for publication in the following month.
Placement: Bring all written ads with payment to admin office M-F 8:00 – 4:30 PM. By email for repeat customers upon approval.
Payment: Due upon placement by cash, check or credit card. Billing available for repeat customers upon approval.

- Categories:**
- 101 Real Estate
 - 102 Rentals
 - 201 For Sale
 - 205 Garage Sales
 - 202 Lost & Found
 - 301 Vehicles For Sale
 - 401 Horses, Livestock & Pets
 - 500 Services
 - 601 Construction/Contractor Serv.
 - 701 Domestic Services
 - 802 Help Wanted
 - 901 Wanted

Do you have Medicare questions?
 I'm here to help you find answers.

Call Laura Harrison, your independent insurance agent on the ranch.
541-704-5082

Did you know?

- Thanksgiving has been an official holiday since the days of George Washington, who, in 1789, issued the first proclamation of Thanksgiving to honor the new national constitution.
- During the early 19th century, numerous states began to observe Thanksgiving on their own, setting different dates state by state.
- In the 1860s, Mrs. Sarah J. Hale, editor of Codey's Lady's Book, mounted a vigorous campaign for a national Thanksgiving Day to be on the same date each year, coast to coast.
- This gained presidential attention, and subsequently, on October 3 of 1863, Abraham Lincoln proclaimed the last Thursday of November as a National Day of Thanksgiving. We celebrated the official holiday together as a nation on November 26, 1863.
- For the next seven decades, each U.S. President issued his own proclamation confirming the date. Then, in 1939, Franklin D. Roosevelt re-set the day as November's third Thursday.
- But, in 1941, a resolution was made to change it to the fourth Thursday of November, and it has remained thus ever since.



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Jerud Rhen DVM
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Ladies golf notes the passage of summer as fall days arrive

By Judy Parker

Summer seemed to leave abruptly, bringing in some rain showers and cooler nights but also some of those wonderful fall days that happen in every part of Oregon; crisp in the morning but with vibrant blue skies and wonderfully warm afternoons. The leaves changed colors and the flowers started to become dormant, but that didn't stop the lady golfers. Some days were skipped because of inclement weather, but for the most part, we just kept playing and took advantage of every opportunity.

The Ladies Club calendar for playdays included some of our favorite formats like Pink Lady and Porcupine. In Pink Lady, each 4some is given a pink ball to use for the round. The ball gets traded around to each lady as the round is played and if it is lost, there is a stiff penalty for the team. Porcupine is usually played just as four winter cups are placed on each green and for this format, all of the cups are uncovered. You can shoot for the closest cup but you must declare which one you chose. We love it.



Shout-out to all the ladies that helped with this setup and provided food for the event.

Photo courtesy of Julie Jensen



In foreground, Kevin Anderson, to his left Richard Jensen, golf course superintendent and golf course maintenance crew sharing lunch with the ladies club members.

Photo courtesy of Julie Jensen



Judy Parker, Jana Dunham, Valerie Kennedy, Bonnie Gregerson, Bonnie Gaston and Charlyn Hughes enjoy lunch with the crew.

Photo by Julie Jensen



Table decoration created by Jana Dunham. Photo by Julie Jensen

Of course, this had to be set up by our golf course maintenance crew and to let them know how much we appreciate them, the ladies club invited them to an annual potluck lunch. Known as the "Barb Roberts Memorial Lunch," this was started maybe 10 years ago by none other than Barb Roberts, a long time and much missed member who was a special friend to the maintenance guys. Barb has since passed but the lunch remains a necessary part of our fall schedule and we hear that the guys really look forward to it. It gives all of us a chance to get better acquainted with the crew and gives them an opportunity to meet some of our ladies.

A ham was prepared as a main dish and the members all brought their favorite side dish or dessert. Water and soft drinks were included. We had a great time and plenty of food; enough to send some home in containers for the guys to have for lunch the next day. Kevin Anderson (the longest employee on the maintenance crew) was just several weeks into his recovery from a double bypass surgery but he was present, saying he wouldn't miss it.

To our sadness we lost another long time member, Judi Price. She had been battling several forms of cancer for a number of years and was at home under hospice when she passed. Our sympathy to her husband Wes and her son Eric.



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Respect your gut!

*By Robin Gaudette, RN, ACSM-HFI
 Aquatic Wellness Coordinator RAPRD*

The gut is both an internal and external organ that is the primary avenue of exposure of the internal body to the environment. The stuff inside the gastrointestinal tract (stomach and intestines) is considered to be outside the body until absorbed by the lining. The surface area of the gut is the largest in the body, about the size of a doubles tennis court. Approximately 90% of the body's immune system's activity occurs in the gut...the gut is connected to the outside environment.

Microbiomes are bacteria, viruses, yeasts and fungi that reside deep in our body, on our skin and inside cells. Our unique microbiome is influenced by; age, birth route, breast fed or not, travel, medications, environmental influences, diet, illness and many other factors making it similar to your fingerprint. Research shows the microbiome has a profound influence on health and well-being. This important system is made up of 3.5-5 pounds of non-human life forms!



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The numbers are mind-boggling, the gut hosts more than 100 trillion microorganisms representing tens of thousands possibly more species. There are microbes that can cause diseases, beneficial microbes that don't cause harm and ones that actually benefit the host and the microbe.

Diet appears to play a crucial role in the balance and composition of the gut microbiome. Research is being done to understand the microbiome's role in glucose response in diabetics, weight loss, personalized medications and treatments, production of neurotransmitters, probiotics, some areas of treatment for depression and mood control, and boosting the immune response to name a very few.

Fascinating research being done into this world that seems like another solar system, is mind numbing. Keep your eyes and ears open for advances occurring at unbelievable speed, the best medicine continues to recommend eat less sugar and refined flour, more whole foods and vegetables.



November 2023

A Great Place to Hang Your Hat



Coming Attractions in our December Issue:



Photo of the Month -Thank you Leslie Pouillion



Sun setting on the canyon walls in September



Calling all photographers.....

Announcing the "Photo of the Month"

For all you photo enthusiasts, the Telegraph would like to introduce a new feature called **"Photo of the Month."** If you have taken a print-worthy photo of life on the Ranch, send it to newsletter@crookedriverranch.com.

Please write a little blurb of when and where the photo was taken. Include your name so we can credit the photographer.

Photos can be of the weather, our amazing clouds, sunrises and sunsets, wild animals, plant-life, the canyon and mountain views.

Can't wait to see what you send us!

Crooked River Ranch lies on a peninsula of land near the confluence of the Crooked and Deschutes Rivers. These high desert rivers travel through miles of basalt canyons that have played sentinel to centuries of rich history. This gorgeous "River Canyon Country" plays host to those fortunate enough to live and play in this unique rural setting guarded by the majestic peaks of the Cascade Mountain Range. Golf, swimming, tennis, hiking, fishing, abundant wildlife, and a wealth of opportunities for a rich community life serve as the crown jewels in Crooked River Ranch's crown. If you are visiting us, we welcome you and invite you to stay awhile. You just might discover, as we have, that Crooked River Ranch is "A Great Place to Hang Your Hat".