

COLESTIN VALLEY BUZZ

NOV/DEC 2006



LET'S TALK! CELL PHONE SERVICE UPGRADE

US Cellular has installed a booster dish behind Fire Station One which was promised to substantially improve digital coverage in our area. So far, reports are very positive. For many of us, anything over "one bar" is miraculous and I'm hearing tales of digital service registering full bars! Huzzuh! Reception in the human population area is apparently excellent, and definitely improved in the more far-flung spots also.

Cell service in rural areas is suffering insofar as the phones manufactured today are very low power (0.5 Watt compared to 1.5W or even 3W for the old analog "bag" phones, which were the standard for many off-the-grid neighbors before the age of cell phones). Cell service providers are definitely focused on the population-dense, urban market = higher profits. When my older, higher wattage Motorola phone got run over, none of the current model US Cellular phones (nor Singular) would work up here. I finally found a single LG phone through Sprint that would register one bar most of the time. By that point, I counted myself lucky to find any workable phone whatsoever!

This new US Cellular dish should be a great boon. For myself, I am going to give US Cellular another try. You can sign on to a contract with a 30 service guarantee during which time you can test one phone and if it doesn't work well, they will let you try a second phone. They do not permit more than two tries, unfortunately, although managerial imperative can usually make anything possible. One representative at the Medford store said they were having good luck with the basic Nokia 6019 open face style. There are other possibilities as well. Of course, what works in the Applegate may not work here, so trial and error is the only way. Good Luck, neighbors, may clear reception be in your future!

PLASTIC TUBS NOW RECYCLABLE!

At last, we can recycle tubs of salsa, sour cream, yogurt and the like. No lids as usual, and they cannot go into the co-mingled bin. So set them aside until the tower of containers threatens to topple, then take them to the recycling center in Ashland or the Valley View Transfer Station.

Head-On Collision on Snowy Road

This past week Colestin and Hilt Fire Department volunteers responded to a report of a vehicle accident on the upper Colestin Road, north of 40S06 ("Three Corners"). A neighbor out for a walk was passed by a fast-moving southbound Ford Explorer that was fleeing the scene of the accident. The collision was hard enough to deploy the airbags of the northbound vehicle, injuring the driver. He was taken to the hospital and is now recovering at home. The Sheriff's Department is looking for a newer teal green Ford Explorer with damage to the right passenger front, presumably sustained when the driver attempted to move to the left to avoid the oncoming vehicle.

This very unfortunate accident points out a recurring problem on the Colestin Road – driving down the center (or even in the on-coming lane) of the road. PLEASE, whether rain or shine, and especially in snow and ice, STAY TO THE RIGHT as you drive rural roads. On both Monday and Tuesday mornings, as I traveled up the road into town, the very dangerous habit of shying away from the right edge and cutting blindly into corners was patently obvious in the single worn track in the snow – running dead center. Folks apparently travel both up and down the road using the same track; surely a recipe for disaster! Boldly driving in the wilds of virgin snow to the right can be easier going than struggling in the worn ruts, and certainly eases the nerves going around corners. Winter has just begun and I hope we can work together to avoid another bad car accident in the neighborhood.

"In the century now dawning, spirituality, visionary consciousness, and the ability to build and mend human relationships will be more important for the fate and safety of this nation than our capacity to forcefully subdue an enemy. Creating the world we want is a much more subtle but more powerful mode of operation than destroying the one we don't want."

*Marianne Williamson
Thanks to Lisa Fuller and Sun*

Howdy Neighbor!



Introducing Andrea Morgan

Andrea Morgan was born Thanksgiving Day in 1988. This Senior at Ashland High School is an outstanding student, musician and theater technician. She also works part-time at the Varsity Theater in Ashland and volunteers with the Colestin Rural Fire Department.

Andrea's favorite activities include playing violin and working in technical theater, running lights and sound. She devotes many after school hours to these pursuits. Andrea has studied violin for seven years and currently plays in the Youth Symphony and in Ashland High School's select Chamber Orchestra. She is currently preparing Mozart's 4th Concerto and Bach's First Sonata for violin for her college audition for Portland State University.

On the theater side, Andrea was Sound Operator for the AHS play "Rumors" and will be the Assistant Stage Manager for their upcoming musical production, the title of which is still under wraps. Ashland High typically mounts 3 main stage productions per year, all student produced. It is an ambitious program that demands dedication and hard work from the students involved. For example, the technical theater class requires 75 hours of extracurricular work.

Andrea's "wildest dream" is to live in a European opera house.

The pure nature and seclusion of the Colestin Valley are Andrea's favorite things about living here. She values the fact that the Colestin still has its main root of community, and although there has been development over the years, it retains the beauty it's always had.

In the way of "hot tips" to share, Andrea recommends checking out Corelli's Concerto # 8 Opus 6, for two violins and cello with stringed orchestra accompaniment. This is one of the pieces she will be performing in the upcoming AHS Chamber and Concert orchestra performance on Nov 21st. Andrea will be a featured soloist and the Concert Mistress for this performance.

Andrea performs a very important service for the community – she is a dispatcher for CRFD. I can attest that she does a great job in this role and we are thankful for her participation and competence in this always demanding and sometimes highly stressful job.

Andrea is available for hire to play violin for weddings or special occasions.

PEOPLE & CARS & PEOPLE & CARS...

The 100 millionth American arrived in 1915 into a country with 2.5 million cars; the 200 millionth was born 52 years later, in 1967, when there were 98.9 million cars; the 300 millionth person was born 39 years later, to a country with 237.2 million cars.

www.grist.org / U.S. Dept of Transportation website

According to the U.S. POPClock Projection from the U.S. Census Bureau, as of this writing there is a net gain of 1 person every 13 seconds.

<http://www.census.gov/population/www/popclockus.html>



*Every person should have a garden, however small,
and, therefore, something deeper in themselves.
Carl Jung*

Hello, Fellow Neighbors of the Colestin Valley!

My name is Lisa Fuller and my partner, Sun, and I are assisting Brad and Tara Boucher at 2300 Colestin Rd in focusing and revving up the food growing commitment on the land. Some of you have seen the greenhouse and the changes we've made as well as tasted some of the incredible vegetables that have been produced this season. Thank you for your enthusiastic encouragement.

At the moment, our intention is to feed those who live on this land and to increase our self-sufficiency. As I've mentioned, we already have a few in the wider community who have also been benefiting from the food. Whether that turns into something like a CSA (Community Supported Agriculture) garden is an unknown as we have yet to see if there is a need or a strong desire from the larger population in the valley for it. We'd love your input.

We are devoted to this way of life out of the sheer joy of living in integrity with ourselves and our desires and in communion with the natural world around us. This way of life is also our solution to some of the major issues facing the world today including peak oil, diminishing quality food sources and global warming. We are actively choosing to minimize our footprint by living simply, using sustainable methods and using local assets. We offer ourselves as a resource to help others interested in doing the same and are excited to utilize the diverse offerings and talents of the local community.

Sun has been an organic, *bio-intensive farmer for about 20 years, mostly in Hawaii and now in Oregon. He is a communitarian and has been a key player in organizing other groups around growing food and living a life together focused on self-reliance, simplicity and sovereignty. I am an Oregonian RN with a 13-year hospice background and have been apprenticing with Sun for the past 2 years in organic farming and true self-awareness. For more information about us or for answers to specific questions, please call us at (541) 482-8568 or write to sunandlisag@yahoo.com.

We would like to take this opportunity to offer our sincere gratitude to Brad and Tara for their support and encouragement with this endeavor. We would also like to thank those in the valley who have made us feel welcomed and have assisted us with animal manure and plants for the garden: Indigo Ray, Peggy and Betsy from "Colestin Caprines", Michelle and Jacek Zagorski, Samantha, Temple Nuns, John and Stephanie, Bill Rooker, Lonnie and Jackie, Mona and Maria. You can ask any of them about us or about the food we are producing or, better yet, come up and visit us yourself sometime. All are welcome.

*Bio-intensive: a small scale, sustainable focus using only human power with attention to deep soil preparation, close plant spacing, seed saving, composting, diversity and whole system awareness creating a living soil, producing 10-30 times the amount of food of typical agriculture, consuming 1/8 the water and requiring no imported fertilizers.



Mill Creek Plantations Thin/Hazardous Fuels Reduction Project

I often ride my bicycle out 40So6 and was curious to know more about the forest work being done out that way. I spoke with Mr. Bill Bailey from the Klamath National Forest and he also forwarded me a short PowerPoint presentation they had prepared and a copy of the Decision Memo for this project. Here's what I learned.

The "Colestin Project - Partnering for Wildlife" is a thinning and hazardous fuels reduction project that is a joint effort of Klamath National Forest (KNF), Jackson County Oregon Resource Advisory Committee, the National Wild Turkey Federation, Oregon Hunters Association and the Rocky Mountain Elk Foundation. This project was initiated in 2005 and is 425 acres in size. It provides for hand thinning, piling, and burning, chipping, masticating, and logging in the area known as the Mill Creek Plantations. Overly dense pine plantations are susceptible to disease, crowd out other plant species and reduce forage and cover potential for game species. This project was conceived as a stewardship effort with long term benefits including increased resilience to catastrophic wildfire, maintaining and enhancing conifer growth, and improving wildlife habitat by increasing grass/forb productions and improving oak mast production.

After a fire in the 1930's, the area was replanted but most of that effort failed and the fire area became a brushfield. In the 1960's, the brushy areas were windrowed and replanted. Another planting followed in the understocked areas in the 1970's. Currently, most trees are ponderosa and Jeffrey pines, ranging from 2-36" in diameter (averaging 12.5") and 20-100' in height. Tree crowns are closing in and radial growth is declining. Bark beetle outbreaks have been increasing in size and frequency. Clumps of hardwood (black oak primarily) occur throughout the project area. The current vegetation and fuel attributes place these stands in a Fire Regime Condition Class 2.

At this point, 270 acres have already been thinned and piled and an additional 155 acres thinned. One can drive out 40So6 and note the difference between the untreated forest at the outset of the drive and that which has been thinned further out the road. According to the Decision Memo, the prescription for the area includes: retaining and enhancing hardwood (thinning some clumps to 2-3 dominant stems); thinning conifers from a current average of 300 trees per acre to 70-90 tpa; retaining of the healthiest trees, i.e., those that exhibit good color, form, needle complement and retention; are disease and damage free; have live crown ratios greater than 30%; and constant or increasing height growth. Most of the trees removed will be between 4-16" in diameter. Approximately 40% of the area (with slopes less < 35%) will be thinned with mechanized equipment, the remainder of the work to be done with chainsaws. Old barbed wire fencing will be removed, and meadow complexes will be enhanced by removing encroaching conifers. By Project end, the area will be a Fire Regime Condition Class 1.

The Decision Memo for this project, which details every aspect of the rules and regulations and planning, is no longer on-line, but the KNF hopes to post it before year-end under a "Stewardship" tab. I have a copy here if anyone is interested. Mr. Bailey of KNF, said that they began looking at the Colestin plantations as likely candidates for a stewardship project when they noted that the plantations were due for some maintenance and that the level of urban-rural interface has been steadily increasing as more homes are built in our area. Their approach is to do fire-hazard reduction work in areas more proximate to humans then to work their way out from there. This strategy is reflected also in our Community Wildfire Protection Plan. The idea is that risk to homes during fire season is reduced while the forests' ability to survive wildfire is increased.

For Sale

Fire Escape Ladder meant for 2nd story window. Like new, never used. \$25 OBO. Call 488-3571.



Book Review: Eat Right 4 Your Type

by Dr. Peter J. D'Adamo

I know, I know, not another diet book! Well, read on. What you see may interest you.

Dr. D'Adamo, a naturopathic physician, lays out diet plans in a unique way I've never seen before. The plans are based on one's blood type and research that his father (also a naturopathic physician) conducted over the course of his career (beginning in 1957) and that Dr. D'Adamo continued in his practice. The basic premise is that our blood type determines our susceptibility to types of illness, which foods we should eat, and how we should exercise. It is a factor in our energy levels, in the efficiency with which we "burn" calories, in our emotional response to stress and perhaps even our personality.

With this basis in mind, he has created specific plans for each blood type which include beneficial foods (those that act like medicine or are a strong functional supporter), neutral foods (those that are for energy mostly), avoid foods (those that can harm our bodies or hinder the healthy function of them), frequency and amount to be eaten of the different foods, hindrances and helps in weight loss, menu plans, recipes, stress/exercise profiles, and exercise guidelines. Each blood type seems to benefit from a different focus because of our different chemical make-ups related to that type: He also speaks of medical issues that certain blood types are susceptible to and strategies to protect us or minimized the effects of those susceptibilities.

I'm a Type "O". My partner didn't know his blood type so we sent away for a home blood test (available to order from the website www.4yourtype.com or at the toll free number 877-226-8973). He found he is Type "O" as well. This made it easy for us because we were focusing on the same diet. Much of what was in the introduction and explanation of this book intrigued us so we decided to try it and eat mostly from the beneficial list of foods and only eat out of the neutral list periodically. Plus, it was helpful to see the exercise and activities that most benefited the Type "O" body. Our farming lifestyle with its hard work in digging, shoveling manure, raking, cultivating and such was perfect for this type. The physical labor and the natural surroundings also minimize the stress in these bodies. The removal of wheat and cow dairy from our diet has proved to be a fun adventure in taste discoveries as replacements.

The results for me have been a weight loss of about 30 lbs. in the past year. I also have more energy than ever and my emotional mood swings are non-existent. A constant stuffy nose and dry cough have disappeared for both me and my partner. More benefits continue to occur.

As an RN and someone who has experienced it first hand, I highly recommend others check out this book and see for themselves.

- Lisa Fuller

SQUASH MUFFINS

MAKES 12 REGULAR MUFFINS OR 6 LARGE MUFFINS.

2 cups flour (organic brown rice for Type O)
2 tsp. baking powder (aluminum and corn free for Type O)
1 tsp. baking soda
1/2 tsp. sea salt
1 tsp. cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground cloves
2 eggs (duck preferred for baking)
1/2 cup yogurt (goat for Type O)
1/4 cup light oil (sunflower preferred for Type O)
1/4 cup light brown sugar (sucanate)
1 cup fresh sweet winter squash or pumpkin puree (delicata, acorn, hubbard...)
1/4 cup applesauce (organic preferred)
1/2 cup coarsely chopped dates
3/4 cup finely chopped walnuts (optional) (other nuts may be used for non-Type O)

Preheat oven to 450 degrees F.

Steam or bake the squash or pumpkin until soft. Cool. Scoop flesh out of the skin and puree in a food processor or mash by hand until smooth.

The puree should be relatively dry. If yours is like applesauce, heat it gently in wide saucepan or skillet until it begins to stick to the bottom. Stir frequently so that it doesn't scorch.

Combine flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves in a large bowl. Beat eggs and yogurt together in a separate bowl; beat in oil and brown sugar. Stir in squash or pumpkin puree and applesauce; mix.

Add to dry ingredients and mix well. Stir in dates and walnuts (if using). Pour into well-greased muffin tins and bake 20-25 minutes.

-Lisa Fuller

Wanted

- Ideas for what to do with the prolific abundance of acorns we have?
I'm thinking along the lines of food for humans.
- Free piles of animal manure for donation to the food-growing cause at
2300 Colestin Rd. Call Lisa Fuller or Sun at 541-482-8568

Wanted

Colestin Rural Fire Department (CRFD) is looking for a person to work 4-5 hours a week cleaning and maintaining the main fire station at 1701 Colestin Rd.

The position pays \$12/hr and the hours will be scheduled with the Fire Chief. Duties include but are not limited to: washing the fire trucks, cleaning and sweeping the station, keeping the station organized and neat.

Applicants CANNOT be active firefighters.

If interested, please send a brief written statement indicating your interest to:
CRFD, 1701 Colestin Rd, Ashland, OR 97520

Questions: Call Chief Avgeris 488-1768.

Upcoming Events

Schedule of performances for the Youth Symphony. Check out their website at www.yssso.org.

- Feb 12th Concerto competition - SOU music recital hall, 7:30 PM - Free
- Feb 23-25 Winter Concert Series featuring Concert Mistress Abby Young playing Bruch's violin concerto - \$10 general admission
23rd Grants Pass - Performing Arts Center, 7:30 PM
24th Medford - Craterian Ginger Rogers Theater, 7:30 PM
25th Ashland - SOU music recital hall, 3 PM
- Apr 20-22 String section of Youth Symphony playing with the Rogue Valley Symphony, check www.rvsymphony.org for cost info.
20th Ashland - SOU music recital hall, 8 PM
21st Medford - Craterian Ginger Rogers Theater, 8 PM
22nd Grants Pass - Performing Arts Center, 3 PM
- May 18-20 Spring Concert Series - \$10 general admission
18th Ashland - SOU music recital hall, 7:30 PM
19th Grants Pass - Performing Arts Center, 7:30 PM
20th Medford - Craterian Ginger Rogers Theater, 3 pm

Colestin Valley Buzz

Lisa Buttrey
1211 Colestin Rd
Ashland, OR 97520

Next BUZZ
Deadline
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Lisa Buttrey
(not "The Buzz" per "The Bank")
1211 Colestin Rd
Ashland, OR 97520

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541-821-5479, lisabuttrey@gmail.com

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