



BETWEEN THE ROWS

WENDY SCHMIDT

Feeding the birds is my wintertime obligation

At Last! The winter water for the birds is set up and the birds are good to go for the winter. The feeder is full and will last awhile and it seems like the chores are finished outside for now.

Feeding the birds has been a winter obligation of mine for many years. Although many people had birdfeeders when I lived in San Diego, I did not feel the need to feed the birds, as they really did have year-round food there.

When I moved to Missouri's four seasons and saw birds dealing with winter snow, wind, ice and food being unavailable, I began to feed birds in winter and more important: to supply a source of unfrozen water. Visitors to the water also include cats and deer — probably others as well.

Your water source for birds can be as simple as a heated dog bowl, or more complicated and larger like a calf water pan with a stock tank warmer. Birds need a safe perch so they won't fall into the water while drinking, and the container should hold adequate water so that you don't have to refill it numerous times per day. For food, birds like the suet and it is good for energy. I found that a lot of the suet was eaten by woodpeckers in Missouri, but in the middle of La Grande, very few birds ate my suet last year. Perhaps I did not have it in a good spot. I have had luck in the past with small birds eating thistle seeds, and also the mixed bird seed or corn, but always they seem to love sunflower seed.

The only bird food that I buy now is black oil sunflower seed (which is on every bird's list of food they'll eat). A high-energy food is important, one with a lot of oil, since fat has twice the calories per gram that carbohydrates do.

Shelter is important, though birds do well finding their own shelter. Some of the song birds have been known to roost in bird houses. Birds are warm-blooded animals who protect themselves from the cold by fluffing up their feathers to hold a layer of air for insulation and they have a unique circulatory system that interweaves capillaries and veins of heated and unheated blood to share the temperature and pre-warm the cold blood headed back to the heart.

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Extending Your Thanksgiving Meal



Linda Gassenheimer/TNS

Turkey pot pie

LOVING THE LEFTOVERS

By Linda Gassenheimer
Tribune News Service

Add some vegetables and a bought pie crust to your leftover turkey for this quick and easy Turkey Pot Pie. I find pot pies on the menus of many restaurants. They're warm and inviting and a great way to use leftover turkey. This pie can also be made with rotisserie chicken or other cooked poultry. This is a one-dish meal. It has the meat, vegetables and starch all in one and it takes only 25 minutes to make. If you like, open a washed ready-to-eat bag of salad to go with it.

Helpful Hints

- Use any type of sliced mushrooms.
- Instead of a pie crust, you can just sprinkle the top of the pie with seasoned breadcrumbs.
- If you don't have turkey leftovers, use any type of cooked turkey or chicken.
- If your dried tarragon is over 6 months old or looks gray, it's time for a new bottle.

Countdown

- Preheat oven to 400 degrees.
- Prepare pie ingredients.
- Make pie.

Shopping List

To buy: 1 package frozen diced onion, 1 package frozen diced green peppers, 1 package frozen peas, ¼ pound sliced baby bello mushrooms, 1 jar dried tarragon, 1 jar/can sliced sweet pimentos, ¾ pound cooked turkey breast and 1 small package ready-to-bake pie crust.

Staples: canola oil, flour, fat-free, low-sodium chicken broth, salt and black peppercorns.

TURKEY POT PIE

Recipe by Linda Gassenheimer

- 2 teaspoons canola oil
- 1½ cups frozen diced onion
- 1½ cups frozen diced green pepper
- ¼ pound sliced baby bello mushrooms (1 ¾ cups)
- 2 tablespoons flour
- ½ cup fat-free, low-sodium chicken broth
- 1 tablespoon dried tarragon
- 1 cup frozen peas
- ½ cup canned, sliced, sweet pimentos, drained
- 2½-cups cooked turkey breast, skin and bones removed
- Salt and freshly ground black pepper

1 ready-to-bake pie crust

Preheat oven to 400 degrees. Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, green pepper and mushrooms. Saute 5 minutes. Add the flour, mix it with the onion, pepper and mushrooms and add the chicken broth. Simmer to thicken about 1 minute.

Mix the tarragon, peas and pimentos into the sauce. Add salt and pepper to taste. Mix well and remove from heat.

Cut the turkey into bite-size pieces and place in a deep oven-proof pie dish or a souffle dish about 7 to 8 inches in diameter. Pour the sauce over the turkey and mix well. Place the pie crust over the top and cut around edge of dish to remove extra crust. Prick the crust with a fork in several places. Bake for 20 minutes. Serve immediately.

Yields 2 servings.

Per serving: 582 calories (33 percent from fat), 21.4 g fat (6.2 g saturated, 3.4 g monounsaturated), 100 mg cholesterol, 50 g protein, 54.4 g carbohydrates, 73 g fiber, 424 mg sodium

Don't wait until it's too late to reacquaint with special people

Earlier this month there was a seven-line obituary in The Observer that I almost missed and I'm sure that many La Grande residents may have glanced at it without realizing who "Betty Lou Carpenter, 90, of Kennewick, Washington," actually was. I probably would not have had it not been for an incident which happened this summer.

I happened to be in my friend Larry's antique shop checking out some old photographs of Adams Avenue — especially ones for 1012 Adams. Many of us remember this as the location of Genevieve's Children's Store. During my visit Larry produced for me a picture of the Palomar Club, a sleek modern looking diner in the late 1940s and early '50s located at 1012 Adams.

I was really excited and came home to do some research on Newspaper.com to see what I could locate regarding this newfound information. An article from the Oct. 7, 1953, Observer stated that the Palomar club had been purchased by Elmer Carpenter of Baker and had turned over the "managerial duties to Bill and Lou Macy." It went on further to say that "Mrs.



OUT & ABOUT

GINNY MAMMEN

Macy was born in La Grande and attended school here before moving to Baker."

The Nov. 24, 1953, Observer ran an ad for the Palomar Club inviting locals to come dine and dance. They boasted of entertainment nightly with Pete Olson, pianist and vocalist, who performed regularly at the Palomar. Pete was also an amateur boxer and an auxiliary policeman in La Grande.

The Dec. 8, 1954, Observer ran an article telling of a renovation of the balcony of the Palomar. I didn't move to La Grande until 1967, the era of Genevieve's, and I sure didn't remember a balcony in her store. Nor was there one in the businesses to follow. However, I knew there was a lower ceiling in the back part of the building than in the front.

The 1954 article reported that the father and daughter team of Lou and Elmer Carpenter had done "a nice job on the newest edition of plush eating places. The

balcony of the Palomar club has been transformed with bamboo and palm into something to see. Booths around the room are divided by bamboo partitions and a small dance floor at one end and can be filled with tables to accommodate large parties. Place can feed about 50."

Sometime later in 1954 or early 1955 Lou and Elmer changed the name of the Palomar Club to the Tropicidara. The November 1955 Thanksgiving ad for the Tropicidara (at 1012 Adams) offered tossed green salad or fruit cocktail, roast turkey with oyster dressing, mashed potatoes with gravy, vegetable, rolls and mince or pumpkin pie for \$1.75. Oh, don't we wish?

On May 7, 1959, The Observer reported that the city commissioners had "granted Elmer and Betty Lou Carpenter a license to move the Tropicidara Night Club from 1012 Adams to 1106 Adams now the State Theatre." This name changed into the Tropicidara Supper Club sometime before November that year when their Thanksgiving menu offered not only roast turkey but roast goose, country fried chicken or baked

hickory smoked ham with all the trimmings for still the low price of \$1.75.

From then until the mid-1980s the Tropicidara was a place where many of us enjoyed gathering with friends and neighbors for banquets, parties and other celebrations. Some of the most memorable things about the Trop for me were the paintings on black velvet that hung in the banquet room, the ceramic potato shells stuffed with seasoned mashed potatoes that accompanied nearly every meal and the hostess/owner with the upswept hairdo, known as Lou.

I don't remember when Lou moved to the Tri-Cities area, but about 10 years ago while shopping I looked across the counter at Macy's and said "Lou is that you?" She recognized me and came around the corner and we had a visit. She looked great and said that she had just returned from a safari in Africa. When I obtained the picture of the Palomar Club this summer, I decided to look up her phone number and give her a call. She and I had a long visit reminiscing about the days gone by and she told me she was still traveling and enjoying life.

She was planning a trip to Paris in the upcoming weeks.

I shared with her that my husband and I had purchased the building at 1012 Adams and were planning for its future which included a restaurant and an opening of the mezzanine which had been closed off many years ago. I sent her some old newspaper articles and the picture of the Palomar Club and she said she would like to come to La Grande when we got the building completed. We had not corresponded since that time and I was sad to learn of her passing.

However, what I was really glad about was that I had somehow been led to call her this summer and rekindle our connection and enjoy sharing about old times and getting up to date on the new happenings. Seeing her obituary made me realize that when we feel that nudge to do something or connect with someone we should not wait until a better time because there may never be a better time. This holiday season let someone from your past know you are thinking of them and are thankful for having them in your life. Enjoy!

