

# Winding Trails: by Al Hobart

Thursday, May 12, 1966  
Illinois Valley News

## Winter Wrens

Strictly speaking, the nice cozy wren roost on the ridgepole, against the cabin's front gable end, rightfully belongs to Jennifer and Johnny. It was they who first discovered that here close under the roof peak the air seeps through from inside the cabin and keeps tiny inactive bodies warm on cold winter nights.

Jennifer and Johnny, with their pretty dark-brown plumage, stubby barred tails and characteristic quick jerky movements, are a pair of winter wrens who always make their winter home on the ridgepole under my roof, and always their reappearance there in the fall gives me a little thrill – the prodigals returned to the family circle.

Before I discovered where the little busybodies gained entrance, squeezing through tiny openings between the wall and roof, I was kept busy catching them and tossing them outside. They seemed to enjoy having me pursue them about the cabin, as though it were some sort of game. One would flutter across the room and perch on some object or cling to the wall, its beady little eyes following my every movement. Then, just as it was within grabbing distance, he'd flit back across the room and dare me to come after him. Finally I found out I could immobilize the slippery little midgets with a powerful flashlight. Once they were blinded by the bright beam they didn't dare take off, and soon found themselves imprisoned in a big harmless paw.

Last summer, while Jennifer and Johnny were on vacation, a pair

of the lighter-colored, longer-tailed house wrens discovered the winter wrens' home site and built a nice big nest on the ridgepole, working all day long carrying twigs and other bits of forest debris up to the new home. They were there most of the summer, and I either wasn't home or didn't notice when the young ones left the nest. And I don't know whether their plans call for a return to the nest next summer; but I do know how the wee winter wrens feel about the summer interlopers.

When Jennifer and Johnny returned in the fall to check up on their winter quarters, and perhaps do a little redecorating, their indignation knew no bounds when they found their cozy cave-like shelter plugged up with a big ugly nest. Angry demolition proceeded forthwith, with a zeal that soon had the porch floor cluttered with twigs, old feathers,

moss and guano. They soon had the old, satisfactory situation restored, with a neatness and dispatch that would have aroused the envy of our rehousing experts.

I've never seen anything so independent as the little winter wrens. I suppose all wrens are the same in this respect but I've only had the privilege of becoming acquainted with winter wrens. They seem to eat only insects and their larvae, and they prefer their meat fresh. They even turn up their pert noses at the suet I have placed near their hideout.

They are the friendliest and most fascinating of my bird acquaintances. When I'm working in the woodpile out back of the woodshed my wrens are always there, almost literally underfoot, bobbing and skittering about, on the alert for bugs and worms that

I might dislodge from under the loose bark. Sometimes I wonder how they escape being hurt by the tumbling, flying wood, but they're so remarkably quick that I guess the danger is slight. They dive into the woodpile between the close-packed chunks, and before you can say presto-log, they emerge from the pile 10 feet away. They remind one of little brown mice dashing about the woodpile, and in fact one of their common names is mouse wren.

None of the feathered visitors that condescend to call on me or to live throughout the year at my house are more welcome than are Jennifer and Johnny. And if they ever fail to return I hope their offspring will carry on the tradition of keeping a certain warm spot on a certain wormy old ridgepole well-polished and in apple pie order for their winter housekeeping.

### ROGUE VALLEY



COUNCIL OF GOVERNMENTS

#### Food & Friends Menu

**FRIDAY - MAY 13**

HOMESTYLE PORK PATTY

**MONDAY - MAY 16**

LEMON HERB CHICKEN

**WEDNESDAY - MAY 18**

TURKEY SANDWICH HALF

If you need meals delivered please call 541-955-8839.

## SENIOR CORNER

Sponsored by Rogue Valley Council of Governments

#### What is adult abuse?

Abuse of adults aged 65 and older and adults with physical disabilities under the age of 65 can include: physical harm or injury; failure to provide basic care; financial exploitation; verbal or emotional abuse; involuntary seclusion; wrongful restraint; unwanted sexual contact; or abandonment by the caregiver.

In addition, self-neglect is when individuals lack the cognitive ability to care for themselves, which can also lead to harm.

Abuse can happen wherever someone lives, such as a person's own home or the home of family or friends. It can also occur in a profes-

sional care setting such as a nursing facility, a residential care facility, an assisted living facility or an adult foster home.

Everyone should report abuse. We all have a responsibility to protect those who cannot protect themselves.

After abuse is reported, DHS (Oregon Department of Human

Services) and local aging and disability offices provide protective services and investigate report of suspected abuse. State law protects the confidentiality of all individuals reporting abuse. Call 1-855-503-SAFE (7233) to report abuse. For more information go to [www.Oregon.gov/dhs](http://www.Oregon.gov/dhs).

Sponsored by I.V. Wellness Resources

#### Did you know that Healthy U has a local senior counselor available?

If you or someone you love needs to meet with a counselor to go over help and resources that are available, please just call the ADRC (Aging and Disability Resource Connection) and let them know you would like an appointment.

Some examples of reasons or situations you might need help finding resources for may include the following: meals, health care, home care, transportation, living wills, housekeeping, home projects, housing, neglect/abuse, medical equipment, therapy, and medicine.

Laura Mancuso, health educator at Healthy U is available for person-centered options counseling appointments in the Illinois Valley. (Healthy U is a nonprofit located in Cave Junction that offers health promotion classes and counseling to the Illinois Valley.) To be referred for an appointment you can call the ADRC at 1-855-673-2372 and/or to look up resources you can visit [www.adrcforegon.org](http://www.adrcforegon.org).



#### Senior Bulletin

**FREE CHAIR FITNESS**  
These classes are great for seniors and those who have limited mobility.

#### Healthy U

Mondays & Wednesdays  
2 - 2:45 p.m.  
535 E. River St., CJ  
(In the very back of the Family Coalition building.)  
[www.healthyucenter.org](http://www.healthyucenter.org)  
541-592-4888

#### FREE for Seniors

If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email [laura@illinois-valley-news.com](mailto:laura@illinois-valley-news.com).

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FRIDAY, MAY 20, 5 TILL?

CHICKEN FRIED STEAK MAY 27

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### 2 WEEK SPECIAL

Asstd. Blue Diamond  
**Nut Thins**  
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Special Features		Meat
<p><b>Smart Chicken Organic Drumsticks</b> GMO free chicken and free range. Perfect for the BBQ. <b>\$2.99</b> lb. Reg. \$4.09 lb.</p>	<p><b>Buffalo Burger</b> Your choice of cheese, vegetables and condiments with a side salad or chips. <b>\$6.99</b> ea. Reg. \$7.69 ea.</p>	<p><b>Eel River Ground Beef..... \$6.99</b> lb. 100% organic and grass fed. Reg. \$8.99 lb.</p> <p><b>Diemel Turkey Chunks..... \$7.99</b> lb. All 3 flavors. Cut up and put on a salad. Reg. \$9.99 lb.</p> <p><b>Niman Ranch St. Louis Ribs..... \$3.99</b> lb. All natural pork. Coat them in BBQ sauce. Reg. \$4.79 lb.</p> <p><b>Aidell's Sun-Dried Tomato Sausage..... \$4.99</b> pkg. All natural chicken. Reg. \$6.09 pkg.</p>
<p>2 liter <b>1907 Water</b> <b>\$2.89</b> ea. Reg. \$3.79</p>	<p>Crimini <b>Mushrooms</b> <b>\$3.79</b> lb. Reg. \$4.29 lb.</p>	<h3>Produce</h3> <p><b>Blueberries (Pkg.)..... \$4.59</b> ea. Reg. \$6.19 ea.</p> <p><b>Raspberries (Pkg.)..... \$5.49</b> ea. Reg. \$6.29 ea.</p> <p><b>Pineapples..... \$5.79</b> ea. Reg. \$6.69 ea.</p> <p><b>Broccolini..... \$2.69</b> lb. Reg. \$3.69 lb.</p>
<p><b>HABA</b> Pacifica <b>Solid Perfume</b> <b>\$8.29</b> ea. Reg. \$10.29</p> <p>Earth Friendly <b>Lemongrass Hand Soap</b> <b>\$3.19</b> ea. Reg. \$3.99</p>	<p><b>Groceries</b> Woodstock <b>Asstd. Pickles</b> <b>\$5.69</b> ea. Reg. \$6.69</p> <p>Asstd. Jovial <b>Pasta Noodles</b> <b>\$3.99</b> ea. Reg. \$4.79</p>	<h3>Bulk</h3> <p><b>Sesame Crunch</b> A Light And Quick Snack..... <b>\$3.89</b> lb. Reg. \$4.69 lb.</p> <p><b>Mt. Baker Trail Mix</b> Great Way To Energize Out On The Trail..... <b>\$7.99</b> lb. Reg. \$9.29 lb.</p> <p><b>Yellow Popcorn</b> Perfect Late Night Snack..... <b>99¢</b> lb. Reg. \$1.79 lb.</p>
<p><b>Grill Menu</b> <b>Pulled Pork Sandwich</b> <b>\$4.99</b> ea. With a side salad. Reg. \$5.49</p> <p><b>Grab-N-Go</b> Asstd. Wraps Cranturkey, Vegetable, Tuna, Caesar or Chicken Salad with side salad &amp; cookie. <b>\$5.49</b> ea. Reg. \$5.99</p>	<p><b>Salad Case</b> <b>Orzo Salad</b> <b>\$4.09</b> lb. Orzo, sun-dried tomatoes, green onion, olives. Reg. \$4.59</p> <p><b>Breakfast Menu</b> Two eggs, your choice of meat, cheese and vegetables. <b>\$3.99</b> ea. Reg. \$4.39</p>	<p><b>WE SUPPORT OUR LOCAL FARMS!</b></p>

We Accept Oregon Trail Cards • Prices effective Weds., 05/11/16 - Tues., 05/24/16 Ad Specials - While Supplies Last.  
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