

# Happy Camp News: by Judy Bushy

Last Monday on our last trip out of town we stopped by Salmon River Outpost for hot coffee on a rainy day. When we were ready to go our '89 Toyota pickup wouldn't start, so we greatly appreciated the help to get it going. The stop was worth it as we found the neatest little book. It's delightful! It is "Linda Lookout" and it is published by Naturegraph right here in Happy Camp! The book has such fun illustrations by Keith Lundy Hoofnagle. A portion of the book is the original 1965 edition reprint. There's lots of interesting information about the life of a lookout. Of which some of the "Lookout Lingo" safety tips, dealing with the public and, of course, the wildlife. Vinson Brown accepted the book back when Naturegraph was operating out of Healdsburg, California. Now Barbara Brown has put out the 50th anniversary edition supplemented by Vintage Lookout cartoons and memorabilia. Barbara picks out the best books as we all love "Dear

Mad'm"! Since the Siskiyou Pioneer 2017 annual was on lookouts and Nancy Hood retired, this must be the year of the lookouts!

There is a lookout near the Oregon border that a friend and her husband stayed at awhile and the photos they shared were tremendous. While not for the faint of heart, they had a great time!

My aunt, actually two of my mothers sisters, Eva and Trudy, lived in Ocala, Florida. My children really thought we should visit them right there by Disney World, even if they were in a nursing home. Trudy got in trouble for running into people with her motorized transportation and moved to another nursing home and eventually to Minnesota. Well, septuagets can be active, as Mike Huckabee said of Samuel Williams of Ocala, Florida. Samuel Williams "was in an Internet café when two young armed robbers came in brandishing a pistol and a baseball bat. They probably never imagined that the

71-year-old Williams, who was just sipping coffee and using his laptop, was also a concealed carry permit holder with a .38-caliber handgun, which he proceeded to whip out faster than Marshal Dillon and put to use. The thugs will survive, but they'll probably never again assume that septuagenarian web geeks are easy targets".

It's been many years since I've wondered what to do for Thanksgiving. Thanksgiving is that national holiday which is coming up next week. In recent years, since one daughter is in Albuquerque and another in Loomis, and our son usually goes south too, we have gone to the community dinner to take photos of the volunteers making the dinner and see friends and neighbors who come out for the dinner that we haven't seen for awhile! This year will be different. The Family Resource Center usually put on the dinner, and they aren't in Happy Camp anymore. That doesn't change the holiday much

for us. We hope to visit the girls at a different time and see the grandkids too! That's always a time we are thankful for!

Turkeys are on sale, and there are always plenty of leftovers to last awhile. We have our memories of over thirty years when we did have a child or four children, then down to the last one at home again. At the time, it seemed those days would last forever, but the children really grow up fast. Now for the next thirty years we have new things to be thankful for on Thanksgiving! We have rather good health, and providence meets out needs. Besides living in some of the most beautiful scenery on two scenic byways that make it wonderful to be outdoors and enjoy fun with the family is a great blessing,

Doreen Mitchell was mentioning that 22 year old, Kristopher Martin's memorial was to be Saturday at 1 p.m. at the Grange with a potluck to follow. This community is utterly awesome when it comes to helping

out in time of need. Dan Effman and others raised enough money to pay for the final expenses and a few extras. To be discussed is the possibility of some type of memorial at one of the parks, such as a bench or something. Much more important than the surroundings we live in are the wonderful way that the people along the Klamath River help out when there is a need. It is truly heartwarming and makes one so very thankful for our Happy Camp neighbors!

In two weeks the Happy Camp Grange will kick off the holiday season with their Holiday Fair! It sounds like tables are going fast and there will be a good array of the homemade special things that our Happy Camp neighbors make, jewelry, custom soaps and lotions and yummy food. You won't want to miss the delicious soup for lunch and homemade bread. Be sure and mark your calendar and be sure not to miss this event!

# Wholesome Eating: by Laura Mancuso

It's Turkey Time! Every year I wonder what to do with my turkey leftovers, so this year I came up with a new casserole dish. I like to use the turkey breast for a more heart healthy dish, but dark or white meat will work (3 1/2 ounces of turkey breast without skin has 4 grams of fat while turkey dark meat without skin has 8 grams of fat). I also choose to use fresh garden herbs instead of salt to make it more heart healthy.

## Sassy Turkey Rice Casserole

- 1/4 cup unsalted butter
- 1 1/2 tablespoons of olive oil
- 1/3 cup whole wheat flour
- 1/2 teaspoon freshly ground pepper
- 1 1/2 cup of low sodium chicken broth
- 2 cups low-fat milk
- 2 cups cut-up cooked turkey
- 1 1/2 cups cooked brown rice
- 1 cup sliced mushrooms
- 1/2 cup diced green pepper
- 1/2 cup diced red pepper
- 1 small diced jalapeno \*optional
- 1/2 cup diced white onion
- 2 stalks of sliced celery
- 1 tablespoon of diced fresh sage (or 1 teaspoon of dried sage)

- 2 teaspoon fresh thyme (or 1 teaspoon of dried)
- 2 cloves crushed garlic

Heat oven to 350 degrees. Prepare and measure all vegetables. Heat up oil in large skillet on medium heat and add all vegetables and sauté until celery is soft. Set aside. In a large saucepan melt butter over medium high heat and stir in flour and pepper. Cook, stirring constantly, until bubbly; remove from heat. Stir in milk and broth. Heat to boil and stir 1 minute. Stir in all remaining ingredients including vegetables. Pour ingredients into an ungreased 9 x 2 baking dish. Bake 30 - 40 minutes until bubbly. Let it cool for 10 minutes and then enjoy!

Some other turkey leftover ideas I have: turkey enchiladas, turkey egg salad, turkey vegetable soup, turkey tacos, turkey springrolls and turkey tetrazzini (pasta). Have fun with those turkey leftovers and have a happy Thanksgiving!

If you would like to contact Laura Mancuso about recipes or food you would like to know more about, please call 541-592-2541 or email [laura@illinois-valley-news.com](mailto:laura@illinois-valley-news.com).

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