

Parents Page



JULY 2016

SUMMER ACTIVITIES FOR FAMILY FUN

The pull of electronic games and social media is overwhelming, and at times, it seems impossible to get your family (and yourself) to look up from your phone to enjoy quality time with your loved ones. Add to that the importance of staying active, and it can seem like quite the mountain to climb. Luckily, summer offers several opportunities to have fun with your family, while also getting everyone moving and active. As an added bonus, you'll get quality bonding time and create memories with your brothers, sisters, kids and/ or spouse—something you'll appreciate now and in the years to come.

So pry away the phones and game controllers, grab your family, and get out of your house to try these summer activities for family fun...

HIKING

An easy and wallet-friendly way to get out of the house and have fun with your family is to go hiking. Head to your local trails or forested park and spend the morning or afternoon hiking. Your whole family will get some much-needed cardio exercise, and at the same time, enjoy nature and its refreshing effects. Pack a simple picnic of sandwiches, fruit and water, and bring a bug, bird, plant or animal guide to identify things you come across on the hike—this is especially fun and educational for children.

Local Trails

For more information on trails: www.gcoregonlive.com
Malheur Nation Forest (541) 575-3000 or Prairie City Ranger District (541) 820-3800

Arch Rock Trail - 0.3 miles in length. Trailhead at the junction of Forest Service Road 3650-428 Classification: Easy

Joaquin Miller Trail - 0.6 miles in length. Trailhead is located on Forest Service Road 6510 Classification: Difficult

Malheur Rail Trail - 12.5 miles in length. Trailhead is located on Forest Service Road 1600097 Classification: Difficult

Malheur River Trail - 7.6 miles in length. Trailhead is located at the end of the 142 road Classification: Difficult

North Fork Malheur Trail - 12.4 miles in length. Trailhead is located 3 miles up Forest Service Road 1675 Classification: Easy

Road's End Trail - 1.5 miles in length. Trailhead located 11 miles up Forest Service Road 1640 Classification: Easy

Strawberry Wilderness Trailhead - Located 11 miles N. Prairie City on Forest Service Road 6001 Classification: Easy to Moderate

SWIMMING

Whether it's a pool, pond, or beach, swimming is an ideal way to fit in fun exercise. Swimming has many benefits, from improving flexibility and increasing muscle tone to strengthening the heart and relieving stress. As a family, depending on where you're swimming, you can play a lot of games in the water. In the pool, you can dive for items or race with laps. At a beach or somewhere that you can stand, you can play catch with a water ball, Frisbee, or football. If a beach has waves, jumping in them, trying to balance on a raft, or simply staying upright is fun and active for everyone. Of course, children should be supervised and have life jackets when appropriate.

John Day Canyon City Parks and Recreation

Gleason Pool
541-575-9930

The following website lists information for Gleason Pool, Football, Volleyball, Soccer, Basketball, Baseball and the Daddy Daughter Dance. jdccparksandrec@weebly.com

MUSEUMS & MONUMENTS

Dewitt Museum at Depot Park

(541) 820-3605 or (541) 820-3330
425 South Main St
Prairie City, OR 97869

Built in 1920 and once the western terminal for the Sumpter Valley Railroad, houses 10 rooms of pioneer memorabilia from Grant County's early days.

Open: Mid May-Mid October
Wed-Sun 10:00 to 5:00pm

Admission: \$3.00 / Children 9 and under free

Grant County Genealogical Society

(541) 575-2757 or (541) 932-4718
281 W. Main
John Day, OR 97845

The Grant County Genealogical Society has a research center in the old parsonage building behind the Historic Advent Church on West Main Street. Information is available at the Research Center including cemetery books, obituaries, marriages, births, old atlases and local family histories.

Open: 1:00pm to 4:00pm Thursday-Friday and 10:00am to 4:00pm Saturdays and by appointment

Grant County Historical Museum

(541) 575-0362
101 S Canyon Blvd
Canyon City, OR 97820

The museum exhibits include a focus on the lives of the pioneers who first came to the area, the Joaquin Miller Cabin and the jail from the town of Greenhorn.

Open: May 1- September 30

Monday-Saturday 9:00am to 4:30pm

Admission: Adults \$4.00 / Children 7-17 years \$2.00
Seniors \$3.50 / Children 6 and under free

Grant County Ranch & Rodeo Museum

(541) 820-3624 or (541) 575-0747
241 E. Main St
John Day, OR 97820

This museum captures the legacy of American cowboys, past and present. The entire museum collection of photos, tools and literature chronicles cowboy lifestyle in the best and the worst of times.

Open: May 1-September 30

Thursday-Saturdays 10 am to 4 pm

Admission: Adults \$3.00 / Children under 7 free

CAMPING

Big Bend
3 miles NE of Kimberly on Hwy 19. Fee \$5

Big Creek
21 miles E of Seneca on forest road 815. Fee \$8

Billy Fields
20 miles SW of John Day on forest Road 21. No Fee

Canyon Meadows
20 miles SE of John Day on forest Road 1520. Fee \$8

Crescent
17 miles SE of Prairie City on Co. Road 62.

Deerhorn
Four miles NW of Austin Junction on Co. Road 20. Fee \$8

Dixie
Eight miles NE of Prairie City on U.S. Hwy 26. Fee \$8

Elk Creek
25 miles SE of Prairie City on forest Road 16. No Fee

Frazier
20 miles SW of Dayville on Forest Road 5800-500. Fee \$10

Lone Pine
1.5 miles NE of Kimberly on co. road 402. Fee \$8

Magone Lake
26 miles N of John Day on forest Road 3620. Fee \$13

Middle Fork
Nine miles NW of Austin Junction on Co. Road 20. Fee \$8

Murray
21 miles E of Seneca on Forest Road 924. Fee \$8

North Fork Malheur
29 miles SE of Prairie City on forest road 1675. No Fee

Oregon Mine
26 miles SW of John Day on forest Road 2170. No Fee

Parish Cabin
11 miles E of Seneca on Forest Road 1520. Fee \$8

Slide Creek
Nine miles S of Prairie City on Forest Road 6001. No Fee

Starr
16 miles S of John Day on Hwy 395. Fee \$6

Strawberry
11 miles S of Prairie City on Forest Road 6001. Fee \$8

Trout Farm
15 miles SE of Prairie City on Co. Road 6001. Fee \$8

Wickiup
18 miles S.E. of John Day on Forest road 15. Fee \$8

John Day Fossil Beds National Monument

(541) 987-2333
32651 HWY 19
Kimberly, OR 97848

www.nps.gov/joda

A host of activities available: the museum at Sheep Rock, trails at the Painted Hills or viewing plant fossils in the ground at the Clarno unit by Fossil. Trails available. Open daily, year round, except Federal holidays, between Thanksgiving and Presidents Day.

Admission: Free

Kam Wah Chung Heritage Site & Museum

Oregon Parks & Recreation

(541) 575-2800
125 NW Canton
John Day, OR 97845

www.oregonstateparks.org/park_8.php

Once it was a general store, a doctor's office, a post office, a library and a center of Chinese social and religious life, now it is a State Heritage site and museum—one of the most unusual you will find anywhere.

Open: May 1-October 31

7 days a week from 9:00am-5:00pm

Tours start at the top of each hour.

Admission: Free, Children must be accompanied by an adult.

Long Creek Historical Society

(541) 421-3621
Long Creek, OR 97856

The Long Creek Historical Society is a nonprofit corporation, striving to relocate the fort built by settlers during the Bannock Indian War of 1878, and build a permanent interpretive center.

FISHING

Lakes/Ponds

Bull Prairie Reservoir

10 miles N of Spray on Highway 204

Cavender Reservoir

½ mile W of Monument

Holliday Park Pond

½ mile W of Mt. Vernon

Long Creek Pond

Four miles W of Long Creek

Magone Lake

26 miles N of John Day on Forest road 3620 Camping Fee \$13

McHaley Pond

East of Prairie City

Olive Lake

26 miles SE of Dale on Forest Road 10

Prairie City Trout Farm Pond

14 miles SE of Prairie City on County Road 62



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Strawberry Wilderness Community Clinic

Zachary Bailey, M.D. David Hall, M.D.
Emily Lieuallen, DO Shawna Clark, DNP
Nora Healey, FNP Dana Shuey, DNP

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