

SHOOTING THE BREEZE



Contributed photo

The Single Six Convertible uses .22 Long Rifle loads and has an extra cylinder for .22 WMR.

The convertible

A couple years back, I wrote an article extolling the extensive virtues of the .22 pistol. In that article I had written that I preferred the extra magazine capacity of the various semi-automatic pistols chambered for the ubiquitous rimfire .22 Long Rifle cartridge. One reader kindly dropped me a note a short time back, thanking me for my articles, and in a very professional manner reminded me of an omission I made in my “all-inclusive” article. Readers are good like that: They will keep us writers on our toes, whether we like it or not.

Our friend was referring to the versatile brainchild of Mr. Bill Ruger, the .22 Single Six Convertible. This handgun may well be the ultimate .22 pistol; yes even more so than the semi-automatics if versatility is the idol you choose to imbibe. For with a Single Six Convertible you’ve got the ability to use either standard .22 Long Rifle loads or with the simple change of an included extra cylinder, you convert your revolver into a .22 WMR handgun! Now that is versatile.

My Uncle Mick Jenison gave me my initial tutelage with his Single Six handgun when I was knee high to a grasshopper. He didn’t turn me loose with it, no, but under his direct supervision I was allowed to bust a few caps now and then. He took that pistol everywhere he went, and as was the practice in our area in those days, it was loaded and ready for

come what may. His was one of the early models, without the modern transfer bar safety, which prevents any accidental discharges due to a blow to the hammer. No matter, he loaded it like folks did back in the day, with an empty cylinder under the hammer. Uncle Mick is a wise man, for many reasons. And when each of his sons, my cousins, graduated high school and were about to go out on their own, he bought them a Single Six Convertible.



Dale Valade

Without attempting to repeat the many merits of the general usefulness of a quality .22 handgun, suffice it to say whether you’re a first-time handgun buyer or a longtime pro, room should be made in every gun collection for a Single Six Convertible. For those times you cross paths with a rattler on that summer hike, or run amok of a badger when fencing the back forty. When you want to casually plink cans on the weekend or you’re the first to fill your tag in camp and want to pop a few grouse for dinner, there is no better choice. The romance of a .22 pistol is just as real as its efficacy. You would’ve been hard pressed in years past to find a pickup truck on any ranch or in any logging camp that didn’t have some sort of a .22 pistol under the seat. That’s a hard popularity contest to win.

Do you like the Single Six? Write to us at shootingthebreezebme@gmail.com!

Dale Valade is a local country gent with a love for the outdoors, handloading, hunting and shooting.

John Day Golf Club kicks off 2021 with Snowflake tourney

By Steven Mitchell
Blue Mountain Eagle

The John Day Golf Club kicked off 2021 with its annual Snowflake Tournament over the weekend.

Five teams competed in the New Year’s Day tradition, according to organizer Kathleen Lee.

Lee said golfers competing in the event donated three cans of food, which, along with the tourney’s proceeds, were donated to the Grant County Food Bank.

She said those who won prize money in the tournament and chili cook-off put their winnings toward the event’s total donation to the food bank.

“Thank you all for your generosity,” Lee said to those

who donated.

As for the competition, two teams tied for first in the golf tournament.

She said those teams included herself, Chuck Coffman, Randy Horner, Mike Kemper and Craig Watson, and Scott Cole, Chris Reed, Chip Grove and Tobey Eidem made up the second.

The third-place team included Clay Tanler, Melody Jackson, Roy Densburger and Joe Densburger.

Lee said Tobey Eidem won the chili competition while Roy Densburger had the second-place chili.

She said a variety of six chilis made the contest interesting, and ultimately, there were no real losers.

“All of the chilis were great,” Lee said.

Community HEALTH BEAT



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In 2021, A Healthy You Starts with a Healthy Mind

By: Dr. Robyn Jennings

As we enter January, this is typically the time that people create New Year’s resolutions - we think about losing weight, quitting smoking, exercising, etc. However, given the unusual year that we just finished, I encourage you to take a different approach to New Year’s resolutions this year- put an emphasis on mental health.

During this pandemic, our nation’s mental health has suffered. We don’t need CDC data to tell us that the prevalence of anxiety and depression has increased this year. Among my patients and family, the number of people with covid pneumonia is far fewer than the number of people with pandemic related anxiety and depression. These mental health symptoms stem from fear of catching the disease, financial hardship from shutdowns, or feeling disconnected socially during this difficult time. So let’s talk about ways to make your mind healthier in 2021.

1) Take an honest assessment of your mental health. We screen patients for anxiety and depression by asking questions such as: Do you have little interest or pleasure in doing things? Do you feel hopeless? Do you feel nervous or irritable? Do you feel like you can’t stop worrying? If you are not acting or feeling like you normally do, make sure you recognize this.

2) Ask for help. Finding someone to talk to about your concerns is important- be it friends, family, your local pastor, a professional counselor, or a physician. If you don’t know where to start, I or one of my colleagues would be happy to see you in clinic or for a telehealth visit.

3) Stay active. Now more than ever, it’s important to exercise. This helps your body and your mind. Bundle up and go for a walk, put on some music and dance, or find your own way to move. My family and I moved to Grant County this summer, and we like that there are so many local places to enjoy nature and exercise.

4) Think of others. Let’s also remember to check in with our family and neighbors. Try to reach out to someone who might be struggling. A small act of kindness can make a difference to someone else.

As we start 2021, let’s address our mental health before we tackle other goals. Wellness is not merely objective measures, it’s holistic and multifaceted. Please keep this in mind as you make health goals for 2021. I’m wishing you a happy and healthy new year.



Blue Mountain
Care Center
Resident of the Month

Donna Faye Cox

Donna was born December 27, 1945 in Heppner, Oregon to Darrel and Oleta Farrens. Donna joined a sister, Dorinda Kaye Harding (Farrens) at home. Then a few years later came baby brother Glenn Farrens.

Donna was raised in the small town of Monument, Oregon where she attended all of her school years. Donna played volleyball in high school. Donna went to school with Robert C. Cox and later married her high school sweetheart, Robert (Bob). They were married September 5, 1964 in the Monument Presbyterian Church.

Bob and Donna moved to Portland, Oregon for a short time, where their daughter, Donna (Missy) Michelle was born on March 19, 1967. A short while later, Bob and Donna moved back to their home town of Monument, Oregon. Next came a bundle of joy, they named Robert Troy Cox on February 11, 1970.

Donna was a stay at home mom with the kids, while they were small. Donna had a huge vegetable garden to take care of every year, for her family. After the kids finished school, Donna went to work for the Post Office in Monument, following in her mother’s footsteps.

Donna and Bob celebrated their 51st wedding anniversary in 2015.

Donna’s pride and joy are not only her kids but her grandsons, all five of them: Tyler, Kurt and Jarret Boyer and Tell and Reece Cox. She also has two new great grandbabies, twin girls; Aubrey and Addison.

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