



Community Health Beat



What's new at BMHD?

Two New Providers to Join BMHD Team in August

Gillian Seton, M.D. General Surgeon; comes to us with nearly 10 years of surgery experience. Dr. Seton will be doing screening and diagnostic colonoscopies, all general surgeries, as well as assist in the ER.

Charlie Price, D.O. is a Family Practice Physician who recently completed his residency through OHSU Skylakes Program in Klamath Falls. Dr. Price has an open panel for patients of all ages for general and family medicine needs. Now scheduling! Call 541-575-0404.

Saturday Same Day Appointments

Available for sudden, non-emergent symptoms.
 Dates: August 6th & 20th
 September 10th & 16th
 8am - 4pm
 Call to schedule 541-575-0404

Dine & Walk with a Doc

Join us the second Tuesday of each month for a complementary catered meal while you enjoy a talk on health and wellness topics from your local healthcare providers/professionals. After we eat, we'll take a walk around beautiful 7th Street Complex. A new topic will be presented each month.

What Time: Dinner will begin at 5:30pm by the duck pond and a walk around the complex will follow.



When: August 9th, September 13th
 This is a FREE event and people of all ages are invited!

Locally Grown Prenatal/Postpartum Classes

Register now for August prenatal/postpartum classes by visiting our website. Classes are FREE, dinner is provided.
 Dates: August 17th, 24th, 31st.
 5:30pm-8:00pm



25
 Babies have been born at BMH so far this year!

We're Hiring!

Recruiter | Human Resources - (Full Time)
 Staff Accountant | Finance - (Full Time)
 Activities Director | Care Center - (Full Time)
 Nurse Informaticist | Hospital - (Full Time)
 Many other full-time, part-time & casual positions open,
 visit our website for more information & to apply.

SAVE THE DATE:
 Strut, Stride, Straddle & Stroll
 &
 Hilton Half Marathon
 Saturday, September 10th, 2022
www.bluemountainhospital.org



SHOOTING THE BREEZE Pregame prep is key to a successful hunt

The draw results are out — if you'll be hunting there's no time to waste.

All of the great professional athletes became great by mastering the fundamentals of their respective sports. Likewise, hunters must have their own winning pregame preparations. Physical fitness goes without saying, and practice is pivotal. Whether a novice or a veteran, some preparation with focus on fundamentals will greatly increase your chances for success in the field.

Hiking in the hills is an activity that we as a society seem to find the exception rather than the rule. If you don't regularly engage in some sort of PT, please start doing so immediately. One of the recurring complaints I hear from informal surveys of guides and outfitters alike is the poor physical condition of their clients.

Being so winded as to put themselves in danger of medical emergency, too out of breath to make their shot when game presents itself and being too worn out to aid with field dressing and extraction are chief among these complaints.

Rather than worrying about how to whittle 10 ounces off of your hunting rifle and gear, it would go farther to lose 10 pounds off of your posterior.

Check your gear. Now is the time to see if the batteries in your rangefinder need replaced. Check to see if the action screws on your rifle and corresponding scope mounts and rings have remained torqued to specifications. Spec on gun screws is NOT the same as the lug nuts on your Ford F-150; please don't strip them out

from overtightening.

After you've checked everything out, it's time to get to the range.

Regardless of our skill levels, we need to practice shooting with the weapon and load we plan to use on our hunt. Dumping four different brands of cartridges into your magazine and printing a shotgun-like pattern onto a Keystone Light beer box at 25 yards is simply not a course for success.

Once you have properly zeroed off of a solid bench rest, practice from field positions as much as possible. If you plan to use a bipod or tripod, practice deploying it on uneven ground, getting into position and taking shots.

Scouting is always time well spent. Get out your binoculars or spotting scope and hit the hills. Learning the routines of the animals and hotspots they frequent will give you a leg up come opening day.

It's good to have a plan for extraction and, more importantly, where you will hang it to cool out. I have heard that Russell's Custom Meats is once again taking game animals, but if they run out of space, you will need a backup plan.

Proper preparation prevents poor performance, as the saying goes. Here's to everyone having a satisfying and successful hunting season!

What are some of your pregame preparations? Write to us at shootingthebreezebme@gmail.com and check us out on Facebook!

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



Dale Valade

Grant to fund testing of new wolf deterrents

By GEORGE PLAVEN
 Capital Press

WASHINGTON — The U.S. Department of Agriculture has awarded a \$100,000 grant to the nonprofit Western Landowners Alliance to test new non-lethal tools ranchers can use to protect their livestock from wolves.

Funding comes from the Natural Resources Conservation Service through its Conservation Innovation Grants program, which supports the development of new management strategies to improve natural resource conservation on private lands.

The alliance will work with four ranchers and three county wolf committees in Oregon, evaluating different approaches to minimize wolf-livestock conflicts — including range riders, high-tech cameras and composting dead animal carcasses.

"My goal, or my biggest hope, is that this project is going to help working lands remain viable," said Ellie Gage, who is administering the NRCS grant. "The deck is already stacked against these producers."

Gage and her husband, Mark, ranch in Central Oregon, where they run a small herd of cattle near Prineville and Powell Butte. She is also chairwoman of the Crook County wolf committee.

For the last several years, Gage said she has been involved in the alliance, participating in the group's Women in Ranching program. In May, she was asked to do outreach for the NRCS grant proposal, recruiting partners interested in studying non-lethal deterrents.

"The response was really overwhelming," she said. Four livestock producers signed up — two in Wallowa County, one in Baker County and one in southwest Oregon.

Wolf committees in Wallowa, Baker and Grant counties agreed to collaborate, as well as Prairie City in Grant County, which has a site for composting roadkill and dead livestock.

The grant was awarded July 15, and will reimburse ranchers for half their costs as they implement non-lethal methods aimed at keeping wolves away from sheep and cattle.

Gage said two producers will experiment with high-frequency radio ear tags on their cattle. The idea is that will allow range riders to locate herds more quickly and efficiently in large pastures, lowering costs and maintaining a more consistent human presence among herds to scare off wolves.

"Some of these allotments might be several thousand acres," Gage said. "If you can spend less time looking for your cows, and locate them quickly with the help of ear tags, then you can get to them ... more efficiently."

Another piece of technology that Gage said she is excited to try is a new game camera being developed with artificial intelligence that can be programmed to identify specific animals and notify producers.

"There is a huge need for the producer to have real-time information on where the predators are, and when they are there," she said. "They can go and incorporate their non-lethal tools and human presence when they need to be there. Hopefully, it will make non-lethal tools that much more effective."

In Prairie City, Gage said composting dead livestock may prove to be an effective technique for ridding ranches of carcasses that might otherwise attract wolves.

"If we can minimize those attractants, everybody wins," she said.

The NRCS grant is meant to build on similar livestock-predator conflict prevention work the alliance is undertaking in other states, including Washington, Idaho, Montana, California, New Mexico and Arizona.

By proving which tools are most effective in different areas and terrain, Gage said it could lead to a more permanent source of funding to assist ranchers.

"The end goal of this project is to provide durable funding for producers who are facing the challenges of sharing working lands with wildlife," she said. "The work that they're putting into preventing conflict with their livestock is not sustainable financially."