

Ukiah Community Newsletter

Ukiah Quick Response Team Needs Volunteers



Chris Helberg, Ukiah's resident EMT. With two first responders and two volunteer drivers, she provides the only emergency medical care in 50 miles.

The Ukiah Quick Response Team has basic medical supplies, an ambulance and a place to park it. But with only three trained volunteers on call, what the team needs most is more people.

"We desperately need EMTs," says First Responder Rose Gatens.

With the nearest hospitals 50 miles away, the Ukiah QRT performs an essential service. During the "golden hour," when medical attention can save lives, the QRT provides first aid and stabilizes patients.

Becoming a volunteer emergency medical technician isn't easy. The first responder level requires 100 hours of coursework and additional hands-on training. The job also calls for compassion, nerves and a willingness to face the unknown.

"We respond to 30 to 70 incidents a year," says Chris Helberg, the team's only EMT-Intermediate. Calls include auto and ATV accidents, injuries, broken bones and heart attacks.

Membership in the team has gone up and down since it started in 1979, with a high of 12 at one point. Today,

with a handful of volunteers and an antiquated ambulance, the team just manages to keep operating.

Because state law does not allow the ambulance to transport patients, the QRT usually meets the Pendleton ambulance or an air ambulance. That can take an hour or more, during which the QRT prepares patients for transport and moves them to a pickup point. Team members also help with phone calls and tow trucks and provide a calming presence.

"We've packed people out of wilderness areas," Helberg said. "We've packed them out on ATVs. We've been out in the snow, in the summer, on fires. We get the patient all shipped and packaged and ready to go. It saves the Pendleton ambulance a lot of time."

"It takes a special heart for a person to want to sacrifice themselves to go out and take care of somebody else," Gatens said.

Do you have that special heart?

Find out more about the Ukiah QRT from Chris Helberg at 541-427-3149 or Rose Gatens at 541-427-3083.

Ukiah Senior Teaches to Learn

By Tyanna Billings

As part of her senior project, Italian international student Chiara Arduini meets every week with the elementary students in the Ukiah School gym. In the drama class she works with students on understanding space, working together, music and acting.

One of the activities Chiara has done is the mocking game. The game starts out with individual papers in an envelope with an action word on each one. The children pick a paper and act out the action for the class to guess.

"Before they played the game the kids were scared and didn't want to do it. I had them try and they all enjoyed it very much," Chiara said.

Chiara is a dancer. She has had very little experience working with children or drama. As she works with the children she is learning new things. Chiara hopes the children will become very confident in themselves, while working alone and with other students.

Chiara has been learning every day while working with the children. She enjoys seeing how clever they are. She hopes she now pays more attention to children, listening when they are near and listening to them more often.

Chiara believe the children are helping her learn just as much as she is helping them learn.



Ukiah senior Chiara Arduini with her drama class of elementary students. Photo by Paula Lo Sardo.

Meetings and Events

Ukiah City Council meets in the Senior Center at 7 p.m. on the first Tues. of the month.
 Ukiah School Board meets in the school at 7 p.m. on the second Wed. or Thurs. of the month.
 Stitch & Chatter Quilters meet in the Presbyterian Church on Wed. and Sat.
 Lunch is served at the Senior Center every Fri. at 11:30 a.m.
 The Ukiah Food Pantry is open once a month at the Presbyterian Church from 12:30 to 2 p.m. Check the church reader board for dates.
 Bingo at the Senior Center Wed. evenings at 6 p.m. through March.
 Bunco at Granny's Store Thurs. March 15, 6 p.m.
 Bunco Tournament Sat., March 31, 9 a.m.-3 p.m. at the Senior Center.

March Senior Lunch Menu

March 2--Pot roast, potato/carrots/onions, gravy, tossed salad, fruit, roll, ice cream.
 March 9--Creamed tuna over biscuits, peas and carrots, cabbage salad, fruit, toasted bread, banana cream pie.
 March 16--Corned beef, cabbage, carrots/onions/red potatoes, cottage cheese and fruit, grilled bread, Luck of the Irish cake.
 March 23--Spaghetti with meat sauce, corn, tossed salad, garlic bread, fruit, brownie.
 March 30--Breakfast. Sausage links, sausage gravy, hashbrowns, biscuits, stewed tomatoes, orange slices, pineapple cake.

Suggested donation - Seniors \$3.50
 all others pay \$6.00



BUNCO! Melinda Scarlett, center, rolls the dice while Rose Gatens and Stephanie Picard track their scores. Janel Lacey hosted the game on February 23. The next game is scheduled for 6 p.m. Thursday March 15 at Granny's Store. The Battle Mountain AmVets Auxiliary is hosting a bunco tournament at the Senior Center on Saturday, March 31, from 9 a.m to 3 p.m. with a baked potato bar. Cost is \$10, with proceeds going to the Ukiah Food Pantry.

City Council Notes

Residential sewer rates will go up to a total of \$27 and business rates to \$35, with similar increases for ODOT, the Forest Service, the school and Stage Stop. The increase comes in two steps, one in April and the second in August. Churches are exempt from sewer fees. Trailer spaces occupied for more than 30 days need their own water and sewer accounts. The council expressed great appreciation for the work of the sewer rate committee.
 The city now has an ATV policy that requires operators of ATVs used in the city to comply with state and federal laws. Any trespass on or damage to city property will be prosecuted, with ATV owners/operators liable for up to three times the amount of damage.
 The council accepted the resignations of Rick Icenogle and Mitchell Judd. During public comments, Ed Neumann praised Icenogle's work as Public Works Director. The council approved letters of appreciation for both Icenogle and Judd and adopted a Maintenance Superintendent job description. The position closes March 2

School Board

Ukiah School District approved a new local service plan with the InterMountain ESD that continues the ESD's role in providing fiscal and other services to the district. New services include visits by a technology instructor for teachers and a nurse.
 A spectator at the Prairie City basketball game sent a letter praising the girls team for their determination and sportsmanship.
 Ukiah School will not change its open enrollment policy. Transfers in or out of district must still be approved by the board.
 Spring is budget time. The school budget committee will meet on May 10.

City of Ukiah

PO Box 265
 Ukiah, OR 97880
 Phone 541-427-3900
 Fax 541-427-3902
 email CityofUkiah@centurytel.net
 Carole Picard, Mayor
 Council members Clint Barber, Rose Gatens, Linda Kerr and Randy Scarlett

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 6 p.m. Thursdays
 For more information call
 Pastor Ray Contreras
 541-427-3720



Ukiah Profile

Rose Gatens, a Heart for Helping



Rose Gatens has never been one to walk past a sick or injured creature. She keeps pet rabbits and cats and shares the family dog, Rocky, with her husband Tom.

"I've always been interested in helping people," Rose Gatens says.

Rose grew up in a military family that traveled all over the country and spent three years in Mexico as missionaries, distributing Bibles and helping the poor. She worked as a certified nursing assistant when she was in high school in Eugene.

At 18 she married Tom Gatens, the fisherman who lived next door to her family in Newport. She worked for 13 years at Pacific Communities Hospital, first as a CNA, then as a pharmacy technician and then in human resources. All positions that focus on helping people.

The Gatens hunted in Ukiah for many years before making the move permanent in 1999, when they purchased Granny's Store. They sold a few years ago.

"When we had the store, people would come in and want help," Rose says. "I wasn't certified to do anything. All I could do was wait with them until the ambulance got there."

EMT Chris Helberg asked Rose if she was interested in the Ukiah Quick Response Team. A few months later she

took the classes for the first responder certificate.

"At least I can do something," she says. "One time a doctor said, don't think a first responder is nothing--if you don't try to help them breathe and stop the bleeding, we can't do what we need to do."

Confidentiality is important to the QRT. Team members don't discuss details of their calls with others.

"I do it because of the thought of maybe saving someone's life," Rose says. "I know if someone doesn't help them they might not make it. I've always had a heart for people that are sick or injured. That's kind of been my calling."

Today Rose works in the front office at the NFJD Ranger Station. In 2008 she was elected to the Ukiah City Council.

"To me, the role of the city council is to stand up for what's right for our community," Rose says. "Not just for the city government, but for the people, too. They don't always meet together."

Rose and Tom have no plans to leave, except for their regular salmon fishing trips back to the Alsea River on the coast.

"This is where our home is," Rose says. "I love the mountains, I like the small town. At heart I'm an outdoor person."

UKIAH HIGH SCHOOL



COUGARS



Head Coach: TC Conner
 Superintendent: Dan Korber
 Athletic Director: Melinda Scarlett
 Color: Blue & Gold

No.	Name	Pos.	Ht.	Yr.
10/21	Paula Lo Sardo	G/W	5-4	11
11	Phutthida Thai-Nguan	G	5-1	11
15	Pim Deewong	G	5-1	11
22	Chiara Arduini	W	5-2	12
23	Marie Remmen	W	5-6	11
32	Kate Tatiunangkiy	W	5-3	11
33	Elise Bjornstad	W	5-3	11
41	Falica Steelman	W	5-3	11
43	Brittini Gulden	G/W	5-4	11
45	Gun Wiriyasajja	W	5-3	11
55	Toni Dong	G	5-8	11

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No.	Name	Pos.	Ht.	Yr.
10	Mike Ping Shen Lin	G/W	5-7	10
12	Tyler Lynch	G	5-10	10
14	Dew Tanaprasertchai	W	5-8	12
22	Ricardo Maciel	W	6-0	11
24	Alex Tiedemann	W	6-1	11
25/23	Donggeon Lee	W/G	5-7	10
30	Jack Yang	G	5-10	10
32	Lynch Long	W	6-0	10
34	Sylwester Ciba	W/G	6-1	11
40	Jun Heo	G/W	5-7	11
42	Vitek Stary	W	5-11	12
44	Terence Kindness	W	6-4	12

Sponsorship ads courtesy of the Blue Mountain Eagle

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Ukiah, Oregon Businesses proudly sponsor Ukiah athletes!

Congratulations on a great season Ukiah boys!

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Wintering Eagles



Bald eagles winter along the North Fork John Day River and in the Camas Prairie-Albee areas. Photo courtesy ODFW.

The 2012 midwinter bald eagle survey, conducted in January, turned up a dozen eagles in the Ukiah area and another three along the North Fork John Day.

"Fifteen eagles is a pretty good year. This winter, the way it's been, the eagles could have been anywhere," said Randy Scarlett, wildlife biologist for the south end of the Umatilla National Forest.

Eagles feed on carrion during the winter. They like to perch in dead trees near bodies of water where they have a good

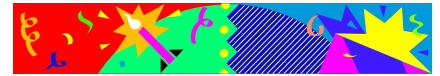
view of the river and the surrounding winter range. But with so little snow this year, elk and deer are not as concentrated along the rivers. So the eagles could be feeding on carcasses up in the canyons, where Scarlett would miss them during the annual count.

He follows the same two routes every year, one along the North Fork from Sulphur Creek down to Potamus Creek, and the other in the Camas Prairie-Albee area. About 100 routes are surveyed in Oregon each year by public agencies, volunteers and private landowners.

Ukiah is a good place for the big birds to spend the winter, but when spring comes most of them leave to nest and raise their young elsewhere. Only one breeding pair has been verified in the Blue Mountains.

"In the summer they feed on fish. The rivers just aren't big enough to support enough fish in the summer to keep an eagle nest going," Scarlett said.

Oregon State University researcher Frank Isaacs began compiling data on bald eagles in 1979, when fewer than 65 nesting pairs were identified in the state. By 2007 that number had climbed to 496.



March Birthdays

March 15--On her 17th birthday, Pat Vincent drove to a neighboring farm with her two-year-old niece, Arla Barber, to pick up a gallon of milk. When they got back home Pat opened the front door for Arla, who stepped inside and came to a sudden stop. Gaily-wrapped presents covered the top of the family's piano. "Aunt Pat!" she shouted. "Look! It's Christmastime!" Then Pat's friends burst out from the next room crying "Surprise!" and "Happy Birthday." "I'll never forget that birthday," Pat says.

March 19--When he turned 21, Duane Hinkley was fresh out of the army, living in Pendleton, married and already the father of three children. "I probably went out and partied, but it was so long ago I don't really remember," Duane says.

The Ukiah Community Newsletter is published monthly by the City of Ukiah. Display ads are \$30 and \$15. Classified for sale ads are \$5, all others free. To place an ad contact Lee Farren at 541-427-3047 or leefarren@centurytel.net or Linda Kerr at 541-427-3109 or happylane22@hotmail.com

CLASSIFIEDS

FARM-FRESH BROWN EGGS for sale, \$2 a dozen. Available at Rhodes on request or call Laura or Ted at 541-427-3134. Butcher lambs coming up--call now to reserve yours.

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UKIAH SATURDAY MARKET--Plans are in the works to have a Saturday Market at the Ukiah City Park each week between mid-May and mid-September. If you are interested in participating or would like more information, please give Stacie Schock a call at 541-427-3303 or send an email to ukiahsaturdaymarket@yahoo.com.



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