

See Page 9 for Part V of Baker's Japanese History Series

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Hiking Mt. Kilimanjaro

By Gina Perkins

Julie Winton's husband thought for sure she was having a mid-life crisis. After all, what could possibly explain his wife's seemingly-out-of-the-blue desire to climb Mt. Kilimanjaro? Planning to hike the summit of the tallest mountain in Africa, Mark Winton was concerned for his wife's safety on many levels....not only would she be traveling to a third world country, but frankly, she was not a hiker and didn't even own the most basic equipment.

Winton is, however, a nurse specializing in helping patients with blood disorders such as hemophilia and others affecting the body's ability to coagulate blood. Working for a company called BioRx, she manages teams within a very large area from Texas, all the way north and all the way west, which instruct patients on home infusion.

A non-profit organization which Winton had been familiar with for years called Save One Life, helps individuals in developing countries who suffer with bleeding disorders. Combining a hiking adventure with a fundraising effort to get patients in Africa the medicine and supplies they needed, seemed like a great "get-out-of-her-comfort-zone" idea to Winton.

At a cost of about \$12,000 per person, the financial obligation was significant. In addition, Winton and her travel partners raised \$65,000 to directly assist individuals and families in very rural and poverty stricken communities in Africa. Sometimes, the items donated were seemingly very small like Band-aids. In other cases, precious (and costly) medicine which helps blood clot was given.

As it turned out, Winton was the only medical person who made the trip. "Anyone who knows me, knows I always come prepared. But I didn't know I was going to be doing as much medical care as I did. It's a good thing I packed what I did," Winton said.

After arriving in Nairobi, she and her travel companions stayed in a hotel complex which was surrounded by armed guards. The first six days were spent traveling, sometimes for hours, to visit families in extremely remote places. Winton was moved by the poverty and circumstances of the people she saw.

"It was emotionally overwhelming. We are so spoiled, we have so much," she said.

Always though, the people were gracious hosts and shared everything they had.

"The food was good. The tea was not good," she said of a particular visit to a family who lived in the mountains. "I snuck to the outhouse and threw that out...but you don't want to be rude," she said laughing.

Most hemophilia patients and their families here have access to the medication they need and are trained how to give themselves IVs to administer it. In Africa, patients who manage to have their condition diagnosed, often lie for hours in hospitals year after year, waiting for the help and medicine they need. More often than not, it does not come. Many die without ever being diagnosed.

Winton asked a hospital administrator what equipment would make the biggest impact and would help save more lives. Thinking it likely would be a large, costly item, she was taken aback to learn a simple pediatric blood pressure cuff and masks were needed.

Following the exhausting six days of providing medical care, focus once again turned to hiking the "Rooftop of Africa," Mt. Kilimanjaro. Winton explained each person carried a 20-25 pound pack and could bring another bag which could not be over 40 pounds. The latter is carried by porters who earn \$7 per day. A sub-zero sleeping bag was also required as temperatures dip well below freezing, and sometimes below zero. Keeping hydrated was essential and they did not carry oxygen.

"You feel like you're suffocating at times," said Winton who trained for months before the trip. She also made sure she kept well hydrated. The porters would race ahead of the hikers and their guides to set up camp and have meals prepared. Altitude sickness is a real problem and some do succumb and are not able to complete the climb.

"Sometimes it's the person who seems to be the most fit who is unable to summit because of altitude sickness," Winton explained.

A 15 year old young man who was part of the group, did make it to the top, but almost seem to sleep every step of the hike as the elevation increased. Being fit and very young, Winton was surprised. "But their lungs aren't fully developed at that age," she said.



Photo submitted by Julie Winton

Summit of Mt. Kilimanjaro, Winton is center back.

On summit day, the weather was exceptionally bad. They were told to wear five layers of clothes on their lower body and four on the top. "Because they want you to summit at sunrise, you actually make the final climb at night," said Winton. The hikers had already climbed all day, had dinner and went to bed only to be awakened at 10:30 p.m. to begin their ascent to the summit.

"My bottom lip got frost bitten," she said. "We spent 15 minutes at the top, took some pictures, and then we immediately began our very rapid descent, not returning the way we came," Winton added. Interestingly, they were each given a can of Red Bull and were taken straight off the side of the mountain where the footing was solid scree.

"We were off of the mountain in three hours and had hiked 20 of 24 hours that day," she said.

After what seemed to be not nearly enough rest and relaxation, the group traveled to the Maasai Mara, a massive game reserve famous for its exceptional population of cheetahs, lions, and leopards, as well as the annual migration of wildebeest, zebra, and Thomson's gazelle to and from the Serengeti. They viewed the stunning wildlife and scenery from hot air balloons and were treated to a spectacular Maasai Warrior Dance.

Winton understands her African experience was something that not everyone

would endeavor to do or have the resources to complete, but encourages people to step out of their comfort zone, nonetheless.

"Traveling to Africa to help people and hiking Mt. Kilimanjaro doesn't have to be what you do. There's so much right here. Read with kids. Help someone get their G.E.D. Help people right here!" she exclaimed. Winton said she has a desire to return to Africa, but not to climb Mt. Kilimanjaro.

"I'm on a mission to teach people in Africa how to give themselves IVs. I also want my hemophilia families who have extra supplies to get them to African families," said Winton.

Those who might want to learn more about the Save One Life non-profit organization can visit their website at www.saveonelife.net.

Winton and her husband, Mark, own and operate two ranches in the Keating area and raise commercial Angus cattle. They have lived in the area for 10 years and were commercial fishermen in Alaska.

"It's a privilege to live where I live. It's like coming home to Heaven," she said of their ranches in Keating.

Editor's note: Winton recently shared her presentation with the Keating Cub Scout Pack and is very happy to speak to any other interested organizations. To schedule her to talk or to find out how you can donate to Save One Life, Winton can be reached at 541-523-5293.

Eastern Oregon Mining Summit Largest Ever Held in Oregon

Story and photo by Gina Perkins

The Eastern Oregon Mining and Aggregate Summit held Tuesday in Baker City at the Event Center organized under the direction of Baker County Economic Development Director Greg Smith, is the largest ever held in the state of Oregon according to Rick Angstrom, president of Oregon Concrete and Aggregate Producer's Association.

"If we compare what is happening here economically in an area that is so rich in minerals to Humboldt County in Nevada where it's robust and growing...we can see we have the opportunity for economic prosperity for the whole region," said Angstrom.

Angstrom was just one of the heavy hitters from the mining industry and a variety of government agencies present who spoke to over one hundred people in attendance of the six hour event. Dave Hunnicutt, Executive Director of Oregonians in Action, Nevada Mining Association's Executive Director Dana Bennett, Representative Cliff Bentz, and Jan Alexander of Eastern Oregon Mining Association were among several speakers who made presentations during the day.

Also speaking was Larry Givens, Umatilla County Commissioner who serves as the Chair of the Governing Board of the Oregon Department of Geology and Mineral Industries (DOGAMI). Givens is also the vice president of the Association of Oregon Counties.

"There was a really good spectrum of individuals here today from policy makers, miners, ranchers, and governing bodies. If we continue to work together, listen to each other and use a rational approach, we can move forward and have success. We've got to build re-



Rep. Cliff Bentz and Greg Smith Director of Economic Development discuss mining summit

lationships with one another," Givens said.

Representative Cliff Bentz echoed those sentiments and said that it was great to see so many disparate voices brought together in an organized fashion to discuss mining.

The event featured different panels and included the following topics: Benefits of Mining; How Eastern Oregon Can Prosper; Legal Analysis: Why is it Hard to Mine in Oregon; and How We are Trying to Fix the Problem. There were also opportunities for those in attendance to ask questions of the speakers.

During the first session, Mark Ferns a retired geologist from DOGAMI, discussed the significant deposits of limestone in northeast Oregon saying, "For those interested in developing limestone resources, we have a good set of data." He went on to point out that a significant talc resource has been identified near Sumpter on the headwaters of the North Fork of the John Day River. Ferns also addressed a question posed by local miner Ed Hardt about the difficulty of obtaining permits for cyanide in gold mining.

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East Shrine Queen Chosen

By Gina Perkins

Cymbrie Ann Lagao, 14 year old daughter of Heidi and Philip Lagao of Sisters, Ore., and granddaughter of Bill and Colleen Taylor of Baker City, was named the 2015 East Shrine Queen. Lagao is an eighth grade student at Redmond Proficiency Academy and spends a great deal of time visiting her grandparents here, as well.

Lagao was injured three years ago while her mother was in Baker City working on a photography project for Baker County Economic Development. She was at her grandparent's ranch at the time and had climbed up on a haystack.

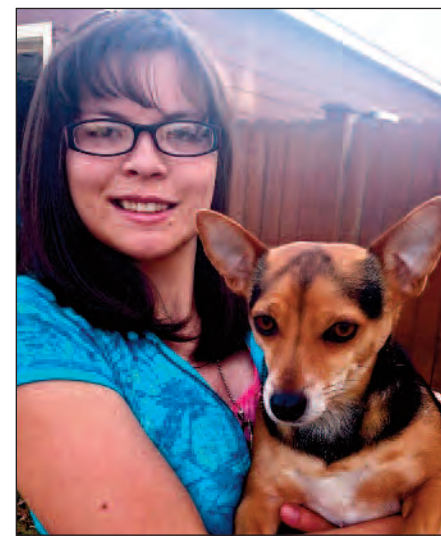
"She started to fall and grabbed some tin roofing which cut her 'pinky' and other fingers on her right hand to the bone," said her mom, Heidi.

"Following surgery at St. Luke's in Boise, she had therapy and rehabilitation at Shriners Hospital," Heidi explained.

Currently, Cymbrie has 70 percent usage in her right hand and will go back for more surgery on Feb. 20.

A typical teen who likes to be with her friends, Cymbrie also likes to draw comics, write and read. She also enjoys computer programming, and riding her bike. Heidi shared that her daughter has autism but is high functioning and loves her companion dog, Dusty.

"I love the Shriners and all they do."



Submitted photo

Cymbrie Lagao and Dusty, her companion dog


The hospital is so neat and I always want to go because they treat me so good. I am very thankful for the hospital and getting to be able to have my fingers. But most of all, I love the Shriners and all who help make the hospital the way it is," said Cymbrie.

Heidi says that Cymbrie is thrilled at being chosen as the East Shrine Queen and has the love and support of her parents, grandparents, and sisters Codie, Cylie, Angel and Kelsey.

Harvey to Hold "First Friday with the Commissioner"

Baker County Commission Chairman Bill Harvey will be holding "First Friday with the Commissioner" on Friday, Feb. 6, 2015 from 9-10 a.m. in the Commission Chambers of the Baker County Courthouse located at 1995 Third Street in Baker City. This time will be used to allow the citizens to visit with Harvey about issues impacting Baker County.





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MON-THURS 7:00

THE IMITATION GAME PG-13
FRI & SAT 7:00 9:40
SUNDAY 7:00

* = No Tightwad Tuesday () = Bargain Matinee

MINING from page 1

"Not all deposits are amenable to leeching and, in fact, many deposits can be targeted without a single drop of cyanide," Ferns stated.

Terry Drever-Gee who is the Director of Governmental Affairs for Eastern Oregon Mining Association said she was pleased with the event and was impressed with the amount of high level officials who were present. "It was very, very good," she said.

Baker County Commission Chairman Bill Harvey said that it was wonderful to see so many people attend. "And they stayed the whole time, the whole six hours," he said.

"Today was a great opportunity for the industry, the community and Baker County to evaluate where we are now and where we want to be tomorrow," said Greg Smith.

"Anything we can do for mining is positive," Bentz said. "The environmental concerns from years past have been mooted by the modern and environmentally sound means utilized now. Mining is one of the biggest assets this state has available and this resource can be utilized to help pay the state's bills. I hear people say that the middle class has vanished. That's false. The middle class is still there--it's middle class jobs that went away. We can bring jobs back through mining. And, it's not only about the local economies, it's about the state's economy. Again, while we benefit, we can also help pay the state's bills through mining," Bentz concluded.

First Annual Watershed Council Membership Meeting

The Powder Basin Watershed Council will hold its first annual Membership Meeting on Wednesday, Feb. 4 from 6-7:30 p.m. at the 5J School District Building in Baker City. Help celebrate the partnerships and volunteers and plan for the year ahead.

The meeting will start at 6 p.m. with a welcome

from the Board Chair and a Meet & Greet with appetizers, coffee, and tea. A discussion of the annual report and work plan will follow. Local participation helps ensure that the projects and priorities the council sets meet the needs of our community. No special knowledge is needed—just a desire to make our watershed a better place to live, work and play!

Seven Breeding Pairs of Wolves are Documented

"It's a first step toward de-listing," said Todd Nash, Chairman of the Wolf Committee for the Oregon Cattlemen's Association in response to the fact Oregon is moving to Phase 2 of its wolf recovery plan after wildlife biologists documented seven breeding pairs of wolves in Oregon in 2014.

Of nine known wolf packs, only the Imnaha Pack is not a breeding pair. The Umatilla River pack still needs to be surveyed.

A breeding pair is a pair of adult wolves which produce at least two pups that survive to the end of each year. Six of Oregon's 2014 breeding pairs are in eastern Oregon.

"It's positive as far as having more options for lethal control, but we still have a lot of issues," Nash said.

Non-lethal measures to prevent wolf-live-stock conflict are still emphasized in Phase 2. Producers in the easternmost portion of the state are allowed to take (shoot) a wolf caught chasing livestock under certain circumstances. Producers should visit www.dfw.state.or.us/wolves or contact ODFW for the latest information regarding this and other information regarding wolves.

While surveys are not completed on all of Oregon's wolves, confirmation of at least four breeding pairs for the third consecutive year in eastern Oregon moves the eastern part of the state to Phase 2 of the state's Wolf Conserva-

tion and Management Plan.

"This is an important step for Oregon. Wolves have now met one of the initial milestones envisioned by the public and the Commission," said Russ Morgan, ODFW wolf coordinator. "In the past seven years, Oregon has gone from no known wolves, to resident and reproducing wolves, and now to meeting our conservation objective for the eastern part of the state."

"The fact that we have more wolves to put us into Phase 2, means the likelihood is increased for more conflict," said Nash.

Next steps: Annual report, potential de-listing of wolves from Oregon ESA

ODFW biologists are now working to finalize 2014 wolf population counts. Population surveys are nearly complete and the number of wolves may be updated through Feb. as biologists continue to collect information. The 2014 population will be reported in March when ODFW publishes its annual wolf report.

The transition to Phase 2 also marks the initiation of the state de-listing process in Oregon as outlined in the Wolf Plan. ODFW will begin conducting a full status review and will present the results of that review to the Fish and Wildlife Commission in April 2015. Delisting from the Oregon List of Endangered Species is a public process and the Commission could make their decision as early as June 2015.



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- Oregon Bird Photography Workshop: **April 28-May 3**, Malheur National Wildlife Refuge www.topbirdingtours.com/trip/Oregon-bird-photography-workshop
- Birding and Blues Festival: **May 1-3**, Pacific City, Oregon www.birdingandblues.org
- LADD MARSH BIRD FESTIVAL- 10th Year Bash: **May 15-17**, LaGrande www.friendsofladdmarsh.org
- Dean Hale Woodpecker Weekend: **June 18-21**, Sisters www.ecaudubon.org/woodpeckers
- Mountain Bird Festival: **May 29-31**, Ashland www.klamath-bird.org/index.php/community/mountainbird
- 29th Annual Oregon Shorebird Festival: **September 4-6**, Charleston www.fws.gov/oregoncoast/shorebirdfestival
- Birdfest & Bluegrass: **October 3-4**, Ridgefield National Wildlife Refuge, Ridgeville, Washington. www.ridgefieldfriends.org/birdfest

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