



Birthdays!

Andrea Powell & Natasha Atkinson, Oct 1; Bri Lanyon, Oct 10; Breezy Simmons, Oct 11; Joanne Hamrick, Oct 12; Destiny Snider, Oct 13; Andrea Powell & Natasha Atkinson, Oct 1; Bri Lanyon, Oct 10; Breezy Simmons, Oct 11; Joanne Hamrick, Oct 12; Destiny Snider, Oct 13; Mia Lewis, Oct 19; Christian Powell, Oct 20; Rhonda Flick & Diana Sharrai, Oct 28; Hailey Mead, Oct 31.

Work Anniversaries!

Amelia Hawkins, 22 years; Ashley Knudsen, 10 years; Chris Wedeles, 7 years; Robin Williams, 6 years; Rachael Bradley, Brian Miller, & Lea McCarthy, 3 years; Zoe Buehner, 2 years; Cherlynn Bender, Hailey Mead, & Brittany Reams, 1 year.

WHAT'S ON: OCTOBER

- Fall Fest, Brosi Sugartree Farms, Winston: 1st & 8th, 10am-4pm
- Fun run/walk, Stewart Park: 2nd, 8.30am
- Blocktober Fest, downtown Roseburg: 8th, 11am-6pm
- Fall Festival, Douglas County Fairgrounds: 15th, 2pm-6pm
- Trunk or Treat, Fir Grove Elementary: 21st, 6pm
- Spooktacular Halloween Carnival, North Douglas County Fire & EMS, Drain: 29th, 5pm
- Haunted Hucrest: 31st, 5.30pm



NICK PAPPAS ROAMS THE SHORES NEAR BANDON

Tree of Life

Corp '22



Adventure is good medicine. Oak Program Manager Brenden Burge, pictured above hiking with Tim Watkins, shares what he has learned about getting into the wild with supported individuals.

Research the area. For trail hikes I use an app called AllTrails, which shows the elevation gains/drops. People add pictures so you can see the terrain.

Proper shoes for all walking: staff and supported people.

Count the blessings, not the problems. Pushing a chair through a dirt trail is difficult, but so are a lot of things. If the goal is worth it, we will push through. Feeling a waterfall's power or finding great views are experiences I want to share.

Be patient when it's going to plan. Take as many stops as you or the person you are with needs. It's a good chance to explore the surroundings you are in and might otherwise miss if you kept trucking straight through the path.

Be patient when things don't go to plan. I've been stuck in the snow. I've blown a tire on the way back from a trip. I've had a van die on me. I've had my supported dude refuse to walk while we were out on trail. The list goes on.

In those situations, take a breath. What does the problem affect? Usually just time. In all the situations I mentioned I had to either make a phone call and wait, or sit with the person and wait, and think outside the box a little. Sure, we weren't returning when planned, but we would get back.

If I could give the dude who stopped walking a reason to stand up, I knew he'd follow. Offering a new spot to sit, or a trail snack, usually does the trick.

The snow situation was poor planning and bad luck. I couldn't just wait that one out: not up a snowy mountain with no phone service. We backed slowly down to a clearing and learned from our mistakes. It's all a learning process. We returned when the snow was gone and knocked that trail out.

Best advice is just try; be open to it, even if it's hard. The worst that happens is you turn back, in which case you still made it to a fun location to explore. CJ and I found the Bonneville Dam after missing our planned stop when a parking lot was full. So we just explored a little further up the road and found new adventure.

*Never forget:
to have fun! Trips are made for
laughing so hard you cry!
(A thought from CLS staff
Robin Helm-Greaver)*



RON TUCKER AT THE PENDLETON ROUND-UP