

# PINEWOOD NEWS

*The hometown newspaper of Munds Park, Arizona since 1993*

VOL. 28 NO. 2

FEBRUARY 8, 2021

FREE!

## MUNDS PARK VOLUNTEER

*Aids Domestic Violence Cause*

*By Beverly Medlyn*

Gail Van Deurzen knows how to get things done.

The Munds Park resident has supported the community through board service and fundraising on behalf of the Pinewood Property Owners Association, the Pinewood Sanitation Department and the Pinewood Fire Department Auxiliary. "Just about everybody's got my name and number," she said.

When Gail heard that Keri, a local domestic violence victims' advocate, needed groceries for an abused mother in Flagstaff, Gail bought a grocery gift card and arranged to meet with Keri. That was two years ago.

Now Gail and the Munds Park community are among the primary benefactors of Northern Arizona families assisted by Keri's organization, Protective Mothers Justice. Keri formed the informal networking group in 2013 as a way to help domestic violence victims establish new lives away from their abusers. Because the work is sometimes dangerous, Keri asked that her last name not be used.

Both Keri and Gail took up the cause to help victims of domestic violence, and the people of Munds Park have answered their call.

"I have become the central drop-off point for donations" Gail said. "If Keri gets a specific need, she sends me an email. I put that on the Facebook page. Within 24 hours, my deck is full of everything. It just comes! This community is so caring and so giving."



Gail and Keri, partners in helping domestic violence victims.

*Continued on page 7*

## THE VIEW FROM HERE

*The Melvina Munds and Myron Carrier Family, Munds Park Pioneers*

*by Bill Cowan*

Melvina Munds was born in Roseburg, Oregon, on November 18, 1858, the 1st child of William Madison and Sarah (Cox) Munds. She followed her father and younger brothers, Jim, Neil, and John, to Arizona in 1876 at age 18.

Myron Aldelbert Carrier arrived in the Verde Valley 5 years later in 1881 and first stayed with the William "Bill" Nichols family, who had a herd of milk cows near Jerome. Carrier had been born in Oneida County, New York, December 22, 1842, and as a young man had served in the Union Army; Co. A., 117<sup>th</sup> Regiment, New York Infantry. The unit was originally stationed around Washington, D. C., but then moved south and fought in various battles. Carrier was taken prisoner and spent time at Libby Prison in Richmond, Virginia, known for having windows with bars open to the elements, thereby increasing the inmates' discomfort. Carrier was freed in a prisoner exchange but blamed his lingering poor health on his Confederate prison experience.

Following the war, Carrier traveled west in a wagon train spending a winter just outside Salt Lake City trapping. After much thought about seeing so much sickness and misery in Libby Prison, he returned east to take up the study of

medicine. It was there he married Harriet Jane Lindsay, September 27, 1867. The couple moved first to Nebraska, where two daughters, Nellie Moroa and Ethel Jane, were born and then to Michigan, where Dr. Carrier practiced medicine for seven years. Harriet Carrier died in 1881, and Myron left his children with relatives in New York to come to Arizona, arriving in the Verde Valley shortly thereafter. He invested in mining claims and cattle and provided medical service for the rapidly growing community in the Verde.

Melvina Munds and Myron Carrier were married on September 27, 1884, in a ceremony conducted by Rev. J. T. Pierce in Flagstaff. The couple then spent summers at Munds Park and lived winters in Spring Creek near her father along a tributary of Oak Creek. The couple was rarely apart.

Myron Carrier was active in the Democratic Party and was elected Yavapai County Assessor in 1886, which he held through 1888. He was also elected many times to serve as a district supervisor representing the Upper Verde District of the Democratic Party.

The Carriers built a log cabin and corrals near Munds Canyon's head in Munds

*Continued on page 15*



Myron and Melvina (Munds) Carrier

*Photo courtesy of Frank Benedict*

# COMMUNITY CALENDAR

Sponsored by the Munds Park Business Alliance  
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Date	Happening	Location	Time
Every Sunday	Munds Park Community <b>Church Services</b>	17670 S Munds Ranch Rd	10:45 am
Every Monday	<b>AA Meetings</b> hosted at Munds Park Community Church	17670 S Munds Ranch Rd	7 pm
Every Thursday	Receive a <b>FREE cup of fresh roasted</b> coffee with your breakfast at Kota's Coffee House	17680 S Munds Ranch Rd	7 - 11 am
Every Thursday	<b>Spread the Bread</b> - Get some for your neighbors too! Munds Park Community Church	17670 S Munds Ranch Rd	10 am
Every Thursday	Agee's BBQ, <b>Trivia Night</b>	17730 S Munds Ranch Rd	6 pm
Tuesday, January 19	Pinewood Fire District <b>Board Meeting</b> - Public Welcome	475 E Pinewood Blvd	3 pm
Thursday, February 11	Pinewood Sanitary District <b>Board Meeting</b> - Public Welcome	18075 Fairway Dr	3 pm
Wednesday, February 17	Munds Park <b>Community Watch</b>	Pinewood Fire Station	6:30-8 pm

*“In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.”*  
*- Marianne Williamson*



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**Next Edition: March 8, 2021**

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Bashas - Camp Verde  
Chevron - Munds Park  
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# COMMUNITY

## TOWN HALL

### *Munds Park Community Watch*

The Munds Park community is welcome to participate in our quarterly town hall via Zoom.

The Pinewood Fire Department Chief, Josh Tope, will start the meeting with local updates.

Representatives from **Coconino County Sheriff's Office** frequently attend and provide community updates such as accident and crime rate statistics. Plans for security and traffic control are usually shared with the community.

Representatives from the **Coconino National Forest** will participate with information concerning the forest's health and activities involving prescribed burns.

**National Weather Service** representatives will attend with information on weather forecasts for our area.

The **Coconino County Emergency Management Office** will provide the latest plans for emergencies in our area for fire and floods.

**Coconino County Public Works** updates the community on road maintenance, snow plowing, flood control, Willard Springs Transfer Station, and other items of interest to our community.

Periodically our **District 3 Representative** on the Coconino County Board of Supervisors is present to provide information on county projects and funding issues.

The presenters will be available to answer community questions or concerns.

**Join us on Wednesday, February 17, at 6:30 pm**  
for the first-ever virtual Munds Park Community Watch meeting.

Information for joining this Zoom meeting is available at:  
**[www.coconino.az.gov/MundsParkCommunityWatch](http://www.coconino.az.gov/MundsParkCommunityWatch)**

Please contact Len Friedlund at (928) 600-3896 for additional information.

## PPOA PLANS FOR 2021

We at the Pinewood Property Owners' Association look forward to another exciting year, if the fear of Covid-19 passes. We plan to have the annual 4th of July parade again this year, and as always it will be on Independence Day, July 4. In conjunction with the Pinewood Country Club we will have Bingo on Friday nights starting sometime in May. All new Bingo equipment will be purchased, to include a camera to show the Bingo ball when it comes out of the chute. Of course, this all depends on what happens with the current Pandemic. The playground equipment needs paint on the swing set so we will do that. An ongoing project for our Beautification committee will be removing weeds from the playground, the ditch by the fire station and sprucing up the Memorial Garden. A holdover from 2020 is our discussion about working with the Fire Department in assisting to provide AED's for the restaurants in Munds Park. We will continue to recognize Munds Park residents who go above and beyond to help people in our community, as well as provide scholarships for deserving Munds Park high school graduates. We welcome your suggestions for projects that PPOA can do. Please send your suggestions to PPOA, PO Box 18673, Attn. President. All suggestions will be considered and a reply will be sent. Thanks to all of you that allow us to do our work by your generous response to our forthcoming annual solicitation. Let's make Pinewood Perfect!

### **PINEWOOD PROPERTY OWNERS ASSOCIATION**

Our mission, through the action of our Board of Directors, is to receive donations from the Munds Park Community to support community organizations and projects for the betterment of the entire Munds Park Community.

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Donation: ☐\$20 ☐\$50 ☐\$75 ☐\$100 ☐Other: \_\_\_\_\_

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PO Box 18673 • Munds Park, AZ 86017

## PINEWOOD PLAYERS DRAMA CAMP

### *Names Music Director for 2021 Camp*



Jennifer Adams

Pinewood Players Drama Camp Administrator Nancy Cummings and Assistant Administrator Lu Cross have announced Jennifer Adams's to their creative staff for the 2021 camp. Jennifer has been named Music Director for the original revue production of "Cheers to 20 Years!" Jennifer comes to us highly recommended by Dale Nakagawa, the award-winning children's theater Director who has directed our Pinewood Playhouse stage on multiple occasions. Jennifer will round out our creative team of Micah Lawrence (Director) and Rebecca Steiner (Choreographer), all of whom have strong ties to Dale.

An Arizona native, Jennifer has trained with world-renowned vocal instructors across the United States. Her love has always been for the classical voice, but music theater has won her heart over the years. A performer first, she has been seen on the stage in productions such as the World Premier of Blackbeard: the musical (Mary understudy), the Arizona premiere of The Secret Garden (Lily), an ariZoni Award for Brigadoon (Meg), She Loves Me (Amalia), Sweeney Todd (Beggar Woman), Narrator (Joseph... Dreamcoat), Footloose (Vi), among many others. She has worked extensively as a professional in both Operatic and Music Theatre repertory across the southwest for over 30 years. Jennifer is also an accomplished pianist and renowned music director for the countless award-winning productions for the past 25 years, primarily focused on youth theater. She is the Music and Theater Arts Director for a private school and the owner/proprietor of a private voice and piano studio in the valley.

Jennifer will bring a highly professional, experienced approach to drama camp music direction in the Pinewood Playhouse. Jennifer, Micah, and Rebecca have a common connection through Dale, and their creative career paths have crossed on multiple occasions. We expect this cohesiveness in our creative team, and the perfect combination of experience and youth will produce something special and magical on our Drama Camp stage. We are all anxiously awaiting the collaboration of these outstanding talents, which will culminate in the Pinewood Playhouse this summer!

Stay tuned for more exciting news about Drama Camp 2021. No guarantees, but your Drama Camp Administrators are working on another exciting enhancement to the camp, which could be announced in March! By the way, if you have not pre-registered your child or grandchild in Drama Camp 2021, please go to [www.pinewoodplayers.com](http://www.pinewoodplayers.com), scroll down and click on the flashing icon to access the brief pre-registration form and guarantee a place in the camp and production for your young performer. Official Registration materials will be mailed to all pre-registered families in late February 2021.

**Drama Camp dates are June 21-July 9**  
**with performances on July 9, 10 and 11**

We are looking forward to summer fun in the pines. We hope you will plan to join us for Drama Camp 2021 "Everyone is a Star" and our 20th-year celebration of Pinewood Players Youth Drama Camps featuring the original revue production of "Cheers to 20 Years!"



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# FOOD



**Sharon Moore**  
The Quick Cook

## THE QUICK COOK HANGS UP HER APRON

Before we get to today’s recipes, I must inform you all that this is my final column for The Pinewood News. It’s been a good run for me, and I hope for you as well, but the time has come, my friends, for me to step aside.

About a year ago, I noticed that my sense of taste had significantly diminished. Not a virus reaction, but old age and a genetic gift from my dad has made it very difficult for someone who loves cooking and tasting food. I simply am unable at this point to know if something is delicious, and that means I can’t honestly encourage you to try the foods I create. Therefore, this is my last column, and I am very sad about that.

But you all should keep cooking and experimenting and trying new cooking techniques and ingredients. The kitchen has always been my happy place, and I hope it is yours as well.



**Jubilant Cherries**



**Gummy Wine Hearts**



**Mini-Bundt Cakes**



**Cherry Garcia CopyCat Ice Cream**

This month’s foods are ones that I have made in the past and can vouch for as tasty and, given it is February, I am sharing red foods! And what else is V-Day about, other than love? Sweets! So here you go. Recipes to make for your sweetie(s)!

I always thought Cherries Jubilee fit that wonderful category of being easy to do with dramatic impact. Created for Queen Victoria in the late 1800s, this dessert has drama. My version of this simple dessert, traditionally made by cooking fresh cherries and using a couple of different liqueurs, can be even easier using canned cherry pie filling and one alcohol.

Because my recipe is not like the original, I call mine Jubilant Cherries. I figure they’re pretty happy guys with the extra sugar and alcohol.

I typically use brandy or sherry, but you can use other fruit liqueurs such as Kirsch, Chambord, Cointreau, Limoncello, or other favorites.

Have sugar, alcohol, and lighter or matches at the ready. Light the cherries in a spot that won’t set off your smoke alarm!

### JUBILANT CHERRIES

#### Ingredients

- 1 can of cherry pie filling
- 2 tablespoons sugar
- 3 tablespoons brandy

#### Directions

Heat cherries in a skillet to almost boiling. Remove from heat and sprinkle on the sugar. Immediately drizzle on the liqueur and light a match close to the skillet, flaming the cherries.

Scoop flaming cherries onto dishes of vanilla ice cream or, alternatively, wait for the flame to die down and scoop on then. Delicious!

### GUMMY WINE HEARTS

Even grown-ups like the childhood association of gummy snacks. But these are NOT for the kiddos. While they won’t make you tipsy, it’s still best to keep alcohol treats away from the underage, right?

#### Ingredients

- 1 cup wine
- 4 tablespoons gelatin powder (like Knox)
- 1/2 teaspoon stevia (optional)
- 2-4 tablespoons maple syrup

Note: The amount of maple syrup you use will depend on (1) how dry your wine is and (2) how sweet you want your gummies! You’ll have to taste it as you go and add more as needed. Also, you can double or triple this—it works just the same!

#### Directions

In a saucepan, warm the wine on low heat. Put a thermometer in it and make sure it doesn’t go much above 90 degrees. Wine boils at 159 degrees F, and so you want to keep it well below that so all the alcohol doesn’t burn off. No thermometer? Just keep it on the lowest heat.

Add the gelatin one Tbsp at a time, and stir very well before adding more. While stirring the gelatin/wine with a whisk, it might get frothy. This is ok! It still works, and the froth gels too—but if you want your gummies not to have a little froth on the bottom, scoop it off.

After the gelatin has completely dissolved, add the other ingredients. Taste the mixture after adding each one—you’ll have to use your taste buds as a gauge for how much sweetener to add! Keep in mind that the more sweetener you add, the less you’ll taste the flavor of the wine! I prefer a little less sweet than a regular gummy bear.

Once your mixture is ready, either use a spoon to fill a mold or dump the whole batch into a pan (for cut gummies).

Put them in the fridge to set. You don’t have to do this, but it speeds up the process. They’ll be the texture of Jello jigglers pretty quickly—go ahead and eat them this way if you want to. But they get better if you wait. In fact, I recommend chilling for at least 2-3 hours. They really do become the texture of gummy bears.

When firm, cut the gummies into shapes of your choice. Hearts are a nice idea!



# MUNDS PARK VOLUNTEER

## *Aides Domestic Violence Cause*

*Continued from page 1*

That caring spirit was evident at Christmas, when for the first time Keri launched an Angels program for 14 families needing assistance. Gail posted on Facebook about the need for volunteer adopters but didn't give a specific number. "I don't know how but I had 14 replies for 14 families. I call that a Godism!" Gail said.

More families were added to the list all the way up to Dec. 22, when a final Facebook post secured \$1,300 in donations for a family of eight kids. "We took care of 21 families for Christmas," Gail said. "Everybody got what they wanted."

Protective Mothers Justice currently is serving 10 mothers. The number varies from two to 20, and sometimes includes fathers who have been abused. The pandemic has resulted in a rise in domestic violence cases with the strains that come with economic hardship and confinement, Keri said.

Keri gets referrals from Flagstaff domestic violence shelters and Victim Witness Services for Coconino County, as well as the National Coalition Against Domestic Violence, which assists victims seeking to relocate, she said.

"When they get out of the shelters, they are still scared," Keri said. "That's where I come into play and say, 'What do you need?'"

Items for babies are always needed – diapers, formula, clothing, blankets, cribs and strollers. Clothing for older children – even teen-age boys – also is appreciated, along with food and household items. One traumatized 3-year-old girl eats only applesauce and macaroni and cheese, Gail said.

"I have some part-time Munds Park residents living in Phoenix who order through Costco and have things shipped to me," Gail said. "It's absolutely amazing what we receive!"

Keri hopes to establish Protective Mothers Justice as a nonprofit organization and is working now with a lawyer to accomplish that goal. She also plans to get the academic credentials needed to operate a shelter with programs to help mothers get back on their feet.

In the meantime, Keri will continue her volunteer service assisting families directly. Gail will coordinate the Munds Park donation center based on her front porch.

"I don't know these women personally, I never meet them," Gail said. "I hear just enough of their stories that I get sick to my stomach sometimes. I cry. I pray. I give my time. This is what I do. It gives me joy."

For more information, private message Gail on Facebook pages "What's Happening in Munds Park and Around the World" and "It's All About Munds Park," or contact her at 623.670.0255.

View: Protective Mothers Justice on Facebook.

### DONATIONS NEEDED

for Protective Mothers Justice

#### FOODS & DRINKS

- Bread
- Water
- Breakfast Donuts
- Cheese n Crackers Snack
- Fruit Snacks
- Scooby-Doo Graham Crackers
- Roaring Waters Capri Suns
- Kraft Mac N Cheese
- Angel Hair Pasta
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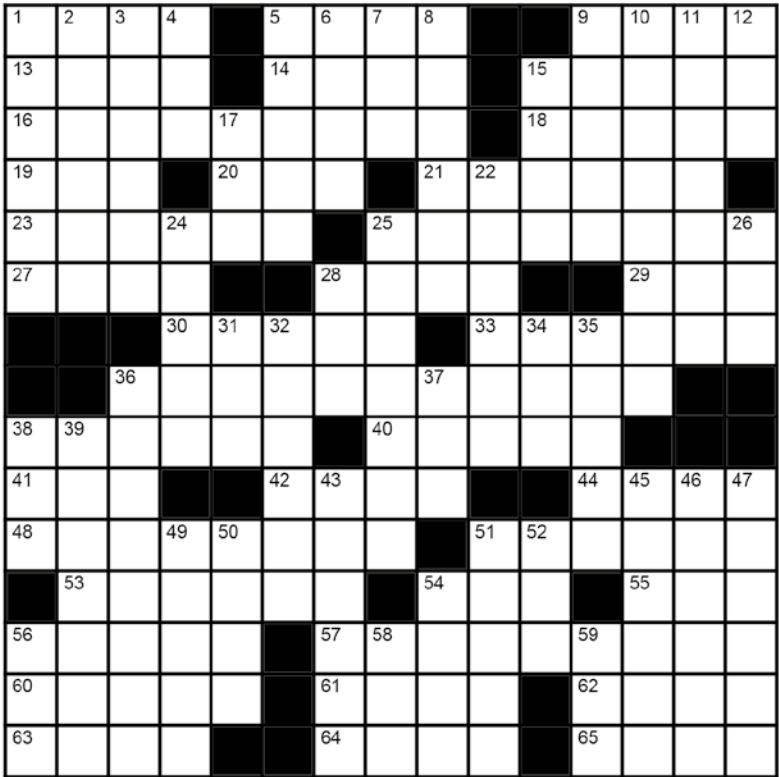
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# CROSSWORD PUZZLE

Created by Paul Mason  
Solution pg. 34

- ACROSS**
- 1. Small fruit pie
  - 5. 45, e.g.
  - 9. Cashless deal
  - 13. \_\_\_\_ vera
  - 14. Hodgepodge
  - 15. Olympics symbol
  - 16. Decorative covers for a bed
  - 18. Big name in stationery
  - 19. Lumberjack's tool
  - 20. Tyrannosaurus \_\_\_\_
  - 21. Sawbuck
  - 23. Salon jobs
  - 25. Baton wavers
  - 27. Prom partner
  - 28. Whirring sound
  - 29. Regret bitterly
  - 30. Make gender-neutral
  - 33. As a precaution
  - 36. Military decoration
  - 38. Constitution writer
  - 40. Skin layer
  - 41. Carbonium, e.g.
  - 42. Egyptian fertility goddess
  - 44. Actress Catherine \_\_\_\_-Jones
  - 48. America's only bachelor president
  - 51. A phenol that is a natural monoterpene derivative of cymene
  - 53. Part of a Western set
  - 54. Mauna \_\_\_\_ (Hawaiian volcano)
  - 55. \_\_\_\_ Dee River
  - 56. Link
  - 57. An aliphatic compound
  - 60. Make into law
  - 61. Gift on "The Bachelor"
  - 62. Overstudious sort
  - 63. Education station
  - 64. Abbey area
  - 65. Units of work

- DOWN**
- 1. Knight's tunic
  - 2. Word blindness
  - 3. Gnawing mammal
  - 4. Pulp fiction gumshoe
  - 5. Symbols of peace
  - 6. Holly
  - 7. \_\_\_\_ Huon (1906 Kentucky Derby winner)
  - 8. Share the marquee
  - 9. Point of view
  - 10. "The Wind in the Willows" character
  - 11. Like Pepé Le Pew
  - 12. Ballpoint, e.g.
  - 15. Sloughs
  - 17. Bauxite, e.g.
  - 22. More spine-tingling
  - 24. Five-petal flower
  - 25. Intermingled
  - 26. "Comprende?"
  - 28. \_\_\_\_ canto (singing style)
  - 31. "... \_\_\_\_ he drove out of sight"
  - 32. Time for a break
  - 34. "China Beach" setting
  - 35. Off one's rocker
  - 36. Insulin producer
  - 37. "For \_\_\_\_ a jolly ..."
  - 38. Taradiddle
  - 39. Everyday procedure
  - 43. "The English Patient" setting
  - 45. Caveat follower
  - 46. Angling in, as a nail
  - 47. Smart fellows?
  - 49. Raise suddenly
  - 50. Em, to Dorothy
  - 51. Home on the range
  - 52. "A likely story!"
  - 54. Smooch
  - 56. "The Mary Tyler Moore Show" character
  - 58. Chop (off)
  - 59. Amazement



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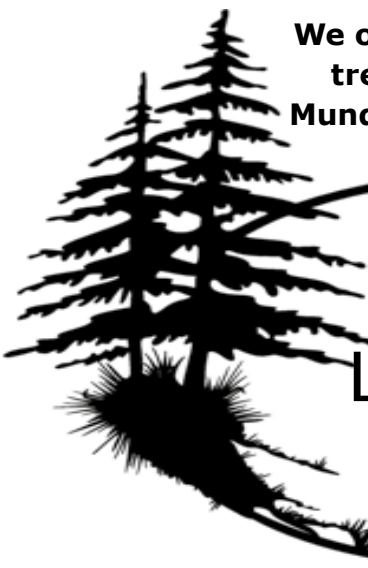
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1210 E. Pinewood Blvd - \$287,500



17805 E. Longbow Rd - \$485,000



855 E. Beaver Place - \$390,000



670 E. Meadow View Rd - \$590,000



17420 S. Peyote Dr - \$405,000



17973 S. Dixie Lane - \$198,000



17390 S. Shadow Rock - \$140,000



1440 E Wildcat Dr - \$459,000



195 E. Cedarwood Dr - \$157,000



570 E. Oxbow Rd - \$293,000



670 E. Midway Ln - \$118,500



1435 E. Bobcat Dr - \$550,000



55 E. Campfire Trail - \$334,000



17075 S. Grizzly Ridge - \$325,000



685 E. Turkey Trail - \$515,000

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# TRAVEL

## THE CALL OF THE WILD

### *Dog Sledding*



By  
Stacey Wittig  
Travel Writer  
Unstoppable  
Stacey

“15 years and 20 dogs ago, my wife told me ‘no more dogs,’” says Jim Feyen (pronounced ‘fine’) of Siberian Outpost in Malone, Wisconsin.

I look around at the eight dogs that are swarming around his feet. “How did you get by that?” I ask.

“What?” he says.

“How did you get over your wife’s demand?” I repeat.

“What?” he smiles, cupping his hand to his ear.

Jim has been running Siberian Huskies and leading dog sledding tours for 27 years. His kennels are meticulously clean, his dogs are healthy and happy, and his sense of humor is unfailing.

#### **Buckle up for adventure**

I’m at this Wisconsin dog sledding tour outpost to learn more about sled dogs and mushing. And so we jump right into it by hitching up the team. Each soft-nylon harness is custom fit for the dog, and Jim calls out the name on the harness as he picks each up, “Coco, come!”

From the swarm of dogs wandering the heated kennel or running in the outdoor, fenced paddock, Coco appears. She stands for the harness.

“Left,” barks Jim. Coco picks up her left foot, and the musher slides her leg into the harness.



Siberian Huskies are ready to run at the Siberian Outpost in Wisconsin

“Right,” he commands, and the pooch picks up the other foot, and the harness is on. During the process of harnessing 16 Siberian Huskies, Jim tells stories, all sprinkled with his sense of humor, of course. And the Huskies seem as playful as Jim.

Most of Jim’s dogs are rescues or surrenders. “Someone calls me and knows someone who must get rid of their Siberian or get evicted from their apartment,” explains Jim. He

also works with an animal foster organization. “Right now, I have 16 running and two in retirement.”

“The vet bills are a killer, and that’s just for checkups,” he says, patting Bear’s head.

Jim’s dogs leave prints on his heart

I step back into the warming house while Jim finishes the harnessing. This is where Jim talks with school kids during field trips to Siberian Outpost. There is an antique dog sled, books, posters and photos of his beloved dogs. I’m looking high up at blue harnesses hanging near the rafters. Jim notices my interest when he comes to fetch me.

“Those are the retired jerseys,” he explains. “Those are my dogs that I’ve lost over the last 27 years.” I read the sign that says, “Our dogs have left paw prints on our hearts.”

“They’re excited and ready to run,” announces Jim. “Time to get in the sled.”

*Continued on page 14*

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# FOOD

Continued from page 6

## MINI-BUNDT CAKES

Another alcohol-flavored treat I’ve made is mini-bundt cakes with red wine batter and glaze. I put the extra cakes (glazed) into the freezer for a fast dessert in a few weeks.

The cake batter was very thick, and yes, the wine will curdle the milk, but that’s okay! This cake isn’t hard to make, but it does take paying attention as you will have several things going at once.

### Red Wine Chocolate Cake with Red Wine Glaze

(makes 12 mini-bundts and 2 small bundt cakes)

#### Cake

- ½ cup sugar
- 1/3 cup butter, softened
- 1 whole egg + 1 white, lightly beaten
- 1 cup flour + 1 tablespoon
- ½ box sugar-free black cherry gelatin (heaping 1½ teaspoons)
- ¼ cup cocoa powder
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 ounces bittersweet chocolate
- ½ cup red wine (I used pinot noir)
- ¼ cup milk

#### Wine glaze

- 1 tablespoon unsalted butter, at room temperature
- ¼ cup red wine
- ½ cup confectioners’ sugar, plus more for serving
- ¼ teaspoon pure vanilla extract

### Red Wine Chocolate Cake

Preheat oven to 350°.

You are going to need one each of small, medium, large bowls.

In a medium bowl whisk together the flour, gelatin, cocoa powder, baking powder, baking soda, and salt. Set aside.

Melt chocolate in the top of a double boiler over simmering water. When chocolate is melted remove from the pan of water and let cool 5 minutes.

In a small bowl, combine red wine and milk. Set aside.

In a large bowl, with an electric mixer, beat the butter and sugar together until light and fluffy. Add eggs. Beat well. Mix in the cooled chocolate.

When chocolate is well-blended, add wine mixture and flour mixture to the butter mixture. Beat well, for about 3 more minutes, using a spatula to scrape down batter from the side of the bowl.

Spoon batter into prepared 12 mini-bundt and 2 two small bundt pans. Bake for 20-22 minutes and test with an inserted toothpick. Bake up to 25 minutes, if required.

### Red Wine Glaze

Add butter, wine, and confectioner’s sugar to a medium sauce pan.

Whisk ingredients constantly as you bring to a boil.

You are making a reduction, so occasionally tilt the pan. When the wine sauce is glazing the bottom of the sauce pan, remove from the heat.

Whisk in vanilla. Set aside until time to glaze the cakes. Spoon glaze evenly over the warm bundt cakes and let sit to absorb some of the glaze. Pick up each cake so the glaze spreads across the plate. Set cakes back down on the glaze so they absorb from the bottom, too.

Ice cream anyone? Cake and ice cream makes an even more decadent finish to your Valentine’s Day dinner. Here’s my version of Cherry Garcia

### Cherry Garcia CopyCat Ice Cream

#### Ingredients

- 2 cups heavy whipping cream
- ½ cup milk
- 14 ounce can sweetened condensed milk
- 3 teaspoons vanilla (if adding cocoa powder, omit vanilla)
- 2 tablespoons dark cocoa powder (optional)
- ½ cup shaved dark chocolate
- ½ cup frozen sweet dark cherries, quartered

#### Directions

Whisk for several minutes, all ingredients except shaved chocolate and cherries. You shouldn’t be able to see any color variation from the sweetened condensed milk.

Pour into your ice cream maker and process as the directions say (about one half hour). When ice cream is thick, toward the end of processing, add shaved chocolate and dark cherries.

Put in a container and freeze for a couple of hours before serving. Hmm. Maybe some Jubilant Cherries on top?



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# THE CALL OF THE WILD

## Dog Sledding

Continued from page 10

The dogs are anxious to get going. Once I climb aboard, we take off to the woods. “We’ll stay on the wooded trails to keep out of the wind,” says Jim giving a few suitable pumps from his foot at the back of the sled. It’s the musher’s pedal, he says.

Then we’re off!

The wind burns my cheeks as we pick up speed. The dogs dash through the woods on a tight, groomed trail. On his 37 acres of land, Jim has developed over three miles of trails.

“Back here, I have the nicest trails possible,” he touts. “Every snowfall needs to be packed.” Jim purchased a mini-snowmobile trail grooming machine to do the job. He also maintains the trails all summer long by hauling gravel and wood chips and cutting the brush away from the track.



UNSTOPPABLE Stacey’s dog sled adventure

have traveled from Germany, Israel and Australia to go dog sledding at Siberian Outpost. Lucky for me, I didn’t have to travel to Siberia to experience authentic dog sledding.

Siberian Outpost is only 30 minutes from Christi’s Inn in Elkhart Lake, Wisconsin, where I stayed during my recent Wisconsin winter adventure.

My winter getaway included hiking the Ice Age Trail on Sturgeon Bay in Lake Michigan, eating local cheese in cozy backwoods restaurants and going dog sledding in Wisconsin.

“UNSTOPPABLE Stacey” Wittig is a travel writer based here in Munds Park. Check out her winter adventures at [unstoppablestaceytravel.com](http://unstoppablestaceytravel.com).



The blue harnesses are the “retired jerseys” of beloved dogs over the past 27 years.

I’m surprised at the feeling of euphoria as we glide over a frozen pond. Just watching the 16 dogs working in harmony and running effortlessly makes me joyful. If I’d known that dog sledding in Wisconsin was so fun, I would have done it sooner...and more frequently!

After the adrenaline-pumping ride with trees whizzing by, I hang out with the dogs. Siberian Outpost certainly created memories that will last with me forever. I learned so much about dog sledding in Wisconsin and dog handling in general.

At first, I’d been a little nervous being around so many dogs that I didn’t know. But Jim quelled my fears right away.

“None of them bite,” he assured me and then laughed. “I’m the only one around here that bites.” He points to one of the Siberian Huskies’ ears that has a bite mark out of it.

“The school kids love that one,” he jokes.

Newspapers and magazines around the nation have featured stories about Jim’s dog sledding tours. People



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# THE VIEW FROM HERE

## The Melvina Munds and Myron Carrier Family, Munds Park Pioneers

Continued from page 1

Park and were granted a patent to their homestead in the summer of 1891. Myron was partners with Oak Creek rancher Frank Owenby on a herd of cattle branded DC Bar, which ran in Munds Park's vicinity along with other Owenby cattle branded ONB.

Myron's two daughters came to the Verde to be with their father, and both married well. Nellie married colorful William Loy, the brother of Jim Mund's wife, Hattie. Ethel Jane married Lee Hawkins, the dashing first dentist in Jerome, known for his love of contraptions as well as owning the first automobile in the Verde Valley. Melvina and Myron also had two daughters, Hazel and Iva.

Unfortunately, Hazel died in Jerome in the spring of 1892 and was buried next to her Uncle Neil here in Munds Park. Neil was killed while riding a bucking bronco at Willard Springs in 1886.

Jerome began to boom in the early 1890s. The Carriers moved into Jerome, where Myron served as the community doctor with an office in the Red Cross Drug Store. He was soon appointed Jerome Health Officer, which meant he had the authority to establish smallpox quarantines and regularly inspect the prostitutes and cribs in Jerome. He also kept a horse and buggy at the ready to make house calls from Clear Creek below Camp Verde to the upper end of Oak Creek. Life in Jerome was a happy and fulfilling time for the Carriers. William Munds was elected to be the first Mayor. Melvina, her stepmother Cornelia and her sister-in-law Fannie all served in Diamond Chapter 7 of the Order of the Eastern Star, putting on plays and doing other community service projects in the community.

In 1898 the Carriers sold their Munds Park Ranch to Flagstaff banker and sheepman E. S. Gosney, who soon sold to Charles H. Odell for whom Lake Odell is named. Most of the original Northernnaire subdivision, the golf course, and the Pinewood Club House are situated on the original land homesteaded and loved by Melvina and Myron Carrier – Important Arizona Pioneers.

If you get out into our spectacular Northern Arizona backwoods, please try to make the place better for your presence - do not litter and try to leave the area cleaner than you found it.

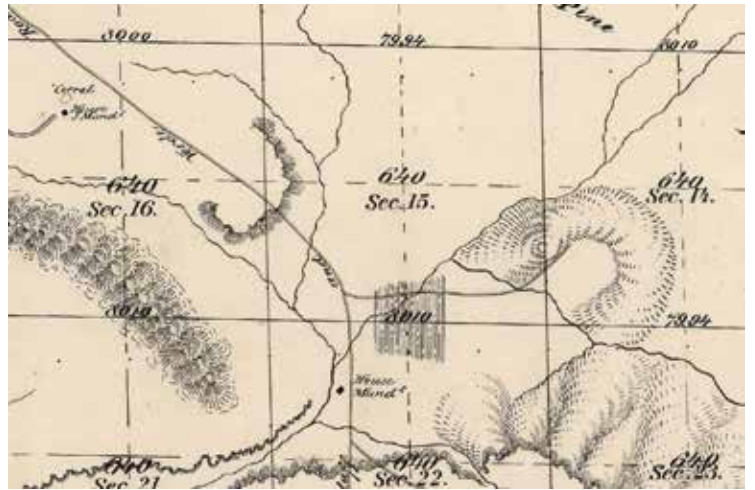
Enjoy Northern Arizona!!

My Arcadia book on the Verde Valley History is available at Candy's Creekside Cottage in McGuireville, Arizona and from Amazon, eBay, and various other retailers, including the Verde Canyon Railroad.

This article on the history of Munds Park is part 2 of a 12 part series.



Myron Carrier became a doctor following imprisonment in a Confederate prison. He and his wife Melvina Munds homesteaded the south half of Munds Park in 1892.



Myron and Melvina Carrier homesteaded the North 1/4 of Section 22, an area 1/4 mile by 1 mile, that today encompasses the south side of Munds Park and Lake Odell. The patent was issued January 20, 1892.



Ethel Jane Carrier married Jerome's first dentist, Lee Hawkins, who had a love for all things mechanical.



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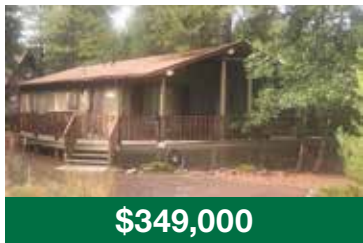


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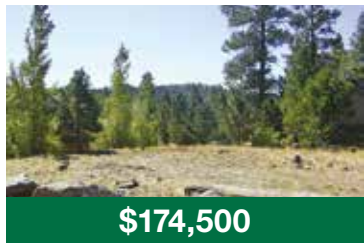
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**MLS#183414** Large chalet on a heavily treed lot. 3 large bedrm, loft & 2 baths. New flooring thruout, new kitchen, trex decking, concrete driveway, Freshly painted, alarm system, Seller owned propane tanks, Newer roof, Fenced yard.

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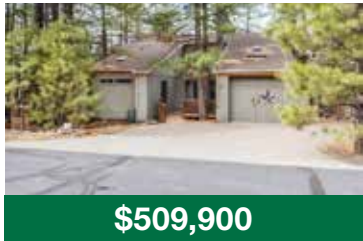


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**1330 E Fox Place**

**MLS# 184082** Beautiful Mountain Chalet with 3 beds, 2 baths, wrap around decking, large lot, large shed for you toys, hardwood flooring, granite kitchen counter tops, stainless steel appliances, walls of stainless tongue and groove. Large Master suite upstairs, loft overlooking the living area. Fenced in yard, plenty of parkin.

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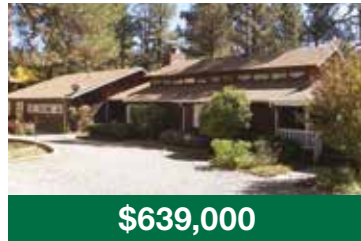


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**MLS#183001** Beautiful well maintained Chalet, 3bd/2ba, 11,696 sqft Lot, Wrap around deck, Large masonry wood burning Fireplace, Master suite has it's own balcony, Full kitchen, Views of Ponderosa Pines. 2 car garage with lots of storage & extra space for toys. Offered Furnished.

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**MLS#183001** 7 bdrm/6ba home perfect for a large family. Extra large bedrooms, Cathedral ceilings, oak floors, area for gathering in the middle of the home with full guest suite with it's own entry. Manicured backyard, sprinkler system, handicap accessible, Oversized garages and equipped for a motor home or boat, circular drive.

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**565 E. Hillside**

**SALE PENDING taking Back-up.**

**MLS#183001** MLS#181964 3/2, New Single level home. Appliances in kitchen will be supplied, tank-less water heater, metal roof and many more items. Home is under construction and targeted to be completed by late August.

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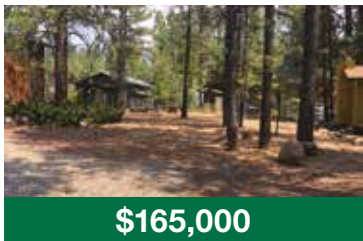


**\$410,000**

**335 Sandia Circle**

**MLS#183647** Beautiful high ceilings, two bedrooms on main level and a large loft upstairs with its own closet and its own bathroom. Open floor plan. Bright and light. Seasonal creek in the back yard off the large covered deck. New laminate flooring, newer roof, furnace and exterior paint.

**CALL DAVE**



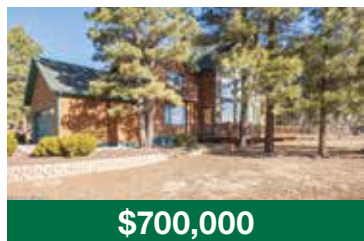
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**17055 Joy Place**

**SALE PENDING taking Back-up**

**MLS #182929** Large beautiful heavily treed flat lot, Electric to shed will be disconnected. Lot is partially fenced. Quiet cul-de-sac. This is the only mobile home lot available. One lot off the National Forest.

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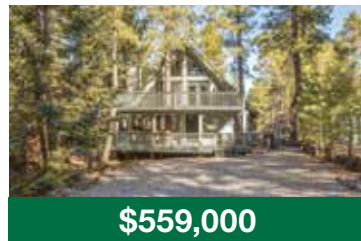
**\$700,000**

**25 E Apache Road**

**SALE PENDING taking Back-up**

**MLS#184180:** Large 3 bed, 2.5 bath with loft, 2 full baths & 1/2 bath. Great room with floor to ceiling windows that look over Pinewood Country Club golf course. Kitchen includes knotty hickory cabinets, stainless steel appliances. Granite Counters and Walk in pantry.

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**1380 E Bobcat Drive**

**SALE PENDING**

**MLS#184329:** 3 BD 2.5 BA 2,259 SF Warm wood tones thruout. Propane heater and central A/C. Jacuzzi tub. Wrap around decking. Newer appliances, roofing, flooring, ceiling fans, including new rain gutters. Quiet heavily treed location. Two sheds.

**CALL DAVE**



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**950 Raintree**

Elegant two story tucked into the large ponderosa pine and aspen trees, 3bdrm+ Loft, 2 1/2 baths, This home offers propane central heat and A/C. Updated kitchen w/granite counter tops, Large flagstone fireplace with gas starter. Dining room can sit many.

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**1144 E. Cougar**

**MLS#183046** Large double-wide with panoramic views overlooking lovely large ponderosa pines. Three bedroom, two large baths, w/basic furnishings to remain. Wraparound deck. Fenced yard. Ice cold A/C, Smart TV.

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**CALL SAM OR BOB**



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# SUDOKU

Created by Paul Mason

Solution pg. 34

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# LET'S ASK ABBIE!



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It's quiet out there Munds Park! I need you to submit questions about human communication and relationships so I can help. See below for my email, ask me a question, and I'll answer it in an upcoming column. Since I didn't get a question last month, I'm going to pick the topic this time...

Today I'm going to talk about silence as a communicative tool.

Some of us are familiar with the silent treatment and I am not talking about that. I do not recommend this type of punishment under any circumstances. Giving someone the silent treatment is never helpful and it's very detrimental to relationships.

Silence as a communicative tool can be helpful. Let's say you ask me something and I am quiet. I don't offer a verbal response right away like I usually do. It could mean several things. It could simply mean that I'm thinking as I ponder what you said. It could mean I'm actually giving you time to analyze and solve the problem on your own without my input. I could be giving you a particular look that complements my silence to indicate now is not the time to address this topic. You know the look. Mom or grandma can give it and we know exactly what she's saying without saying a word.

Some people use silence just to be mean. Please don't be that person. If you don't want to talk about something, or you need time to think, tell the person that! Don't just ignore them. Humans HATE being ignored. If you ask me something or try to engage me in conversation and it's not a good time, I should tell you "hey, can we talk later, I'm exhausted." That is so much healthier than simply ignoring you.

Sometimes we use silence when we are texting. For example, you text me something and I don't respond. Silence. Crickets. There could be many reasons for this including maybe I didn't have my phone on me. (This is such an older person thing. The younger generation has their device surgically attached and are never away from it.) The key is that I didn't ignore you because I'm punishing you (which is the silent treatment), but because I am actually not able to respond. Maybe my phone is in the other room. Maybe I am actually thinking about what you just sent me and need time to organize my thoughts before I respond.

Don't be quick to assume that silence is a bad thing. Be patient when you're waiting on a response from someone. And don't EVER use silence to punish someone by ignoring them.

\*please note, the advice in this column is meant to help everyday conversations in healthy relationships. This is not therapy. This is an offering of a different perspective on our communication within our interactions.

If you have a question about human communication that you'd like answered, please submit it via email to: [letsaskabbie@gmail.com](mailto:letsaskabbie@gmail.com)



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# WORD SEARCH

Created by Paul Mason  
Solution pg. 34



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| Adore       | Eros   | Poem      |
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| Beau        | Flirt  | Rose      |
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| Card        | Hear   | Sign      |
| Cherish     | Hole   | Six Weeks |
| Cherub      | Honey  | Spring    |
| Cold        | Hug    | Stormy    |
| Courting    | Kiss   | Story     |
| Crush       | Like   | Sunny     |
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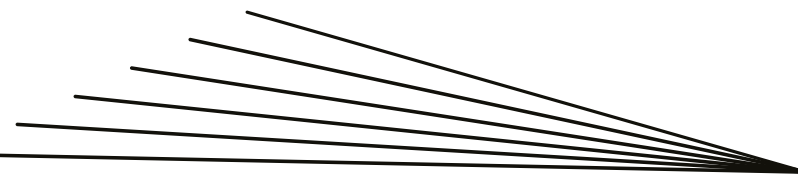


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## WINTER BIRDING ACTIVITIES

*By Margaret Dyekman*

In my last column I said I would report on the “Big Sit!”, but due to COVID, the planned trip was delayed until April. The “Big Sit!” is an annual, international, noncompetitive birding event founded by the New Haven Bird Club in Connecticut. The goal is to count as many bird species as possible while staying within a circle of 17 feet in diameter. The “Big Sit!” is a birding and social event, held sometimes during the early morning, sometimes at happy hour time, usually with no limit to participants. Our destination in April will be the Granite Reef Recreation Area on the lower Salt River.



Canada Goose

*Photo courtesy of Muriel Neddermeyer*

In the meantime, what activities can we birders participate in during the winter, when birds are not migrating or building nests and raising young? Here are a few suggestions:

- Coming up in February, the Great Backyard Bird Count will be held Friday, February 12, through Monday, February 15, 2021. Anyone can participate, it's free, and you provide important birding information by reporting what you saw and heard from your own back yard. Visit [birdcount.org](http://birdcount.org) to learn how easy it is to participate. Wouldn't it be great to have multiple Great Backyard Bird Count reports from Munds Park?
- Remote, online meetings from organizations like the Northern Arizona Audubon Society (NAAS) are COVID-inspired ways to connect to birding from the comfort of your own home. This past week I sat in (via Zoom) on the January meeting of NAAS, and the speaker, Chuck LaRue, gave a very informative presentation on the Puebloan peoples in the Colorado Plateau and their relationships with birds in art, ceramics, jewelry, and even feathers found in artifacts. The Maricopa Audubon Society also hosts similar on-line meetings, and the March one will be on Primates of the Amazon. For those of you who enjoy nature and hearing from live speakers, these presentations are wonderful ways to learn. There is no cost, but of course if you live in northern Arizona, joining NAAS for an annual fee of \$25 is a great way to stay involved and informed. Visit the organizations' websites to learn more.
- Field trips by bird groups have generally been canceled for now, but you can go birding on your own or with a friend. Kachina Wetlands is an excellent birding site on a nice winter day, especially when the sun is out and the wind is minimal. I recently took two day trips with friends, driving in separate cars, and on the first saw three species of thrashers I had never seen before, so they were “lifers”. We were way out past the APS nuclear power plants in west Maricopa County. The following Saturday I participated in the Fish and Game Urban Waterfowl annual bird count, and our assigned area was south Scottsdale. We counted waterfowl (like Canada Geese, Wood Ducks, American Widgeons, Neotropic and Double-crested Cormorants) and reported our findings so Fish and Game can monitor our wintering waterfowl. The Phoenix area is a great place for wintering waterfowl: no frozen-over ponds.
- Perhaps this is a good time to plan your spring birding activities, whether from your own home or at a new location to explore. Places nearby to go birding in Northern Arizona are found in a free, on-line book on the NAAS website, and excellent where-to-go guides for southern Arizona or Maricopa County can be purchased from Buteo Books or from the Tucson Audubon Society's online store. I'm planning a trip in May to central Oregon to look for the White-headed Woodpecker, among other species. Half the fun is in the planning!

You can reach me at [margaretdyekman@cox.net](mailto:margaretdyekman@cox.net) or by text at 602-620-3210. You can read all about my book, *Backyard Birding in Northern Arizona*, at [www.backyardbirdingaz.com](http://www.backyardbirdingaz.com) and order one online or get one directly from me. I welcome your questions, reports of sightings, and your suggestions for future articles.



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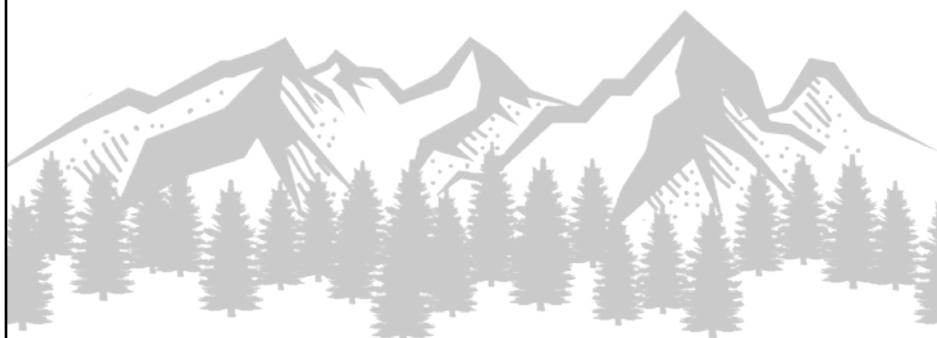
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# KEEP WILDLIFE WILD!

*Please Don't Feed*



**It is essential that people do NOT feed wildlife!**

Feeding, attracting, or enticing wildlife (except birds and tree squirrels) is illegal in Pima, Pinal and Maricopa counties. Violations can result in up to a \$300 fine.

Several other cities and counties in Arizona also have restrictions on feeding wildlife with varying penalties. Check your local city or county ordinances for more information.

## Keep wildlife wild and healthy with these tips:

- Do not intentionally feed wildlife; animals quickly associate access to food with humans.
- Keep bird seed off the ground and out of reach of other wildlife. A platform can be attached to the bottom of most feeders to catch spilled seed.
- Store all garbage securely. Do not discard edible garbage where javelina, bears, coyotes and other wildlife can get to it. Garbage cans should be put out on the morning of collection and secured as soon as possible to avoid animal scavenging.
- Feed pets indoors or remove leftover food immediately.

- Fence your garden or yard to provide a physical barrier to exclude wildlife. Poultry wire laid horizontally and buried just below the soil surface can prevent some wildlife from digging.

Securely close all openings to spaces under buildings and mobile homes. This is most critical in the spring when wildlife like foxes and skunks are looking for den sites.

Don't let your pets roam free – they may end up a meal for coyotes, hawks, owls, bobcats and other predators, or come into conflict with javelina and skunks. Keep your pets on a leash whenever they are out of the yard, and always supervise small pets when outdoors.

Trim shrubs up from the ground so they don't create hiding places for wildlife.

Plant native vegetation instead of tempting non-

native ornamentals. Contact your nearest Arizona Game and Fish Department offices for a list of javelina-resistant plants.

Discourage wildlife presence. You can often do wildlife a favor by going out of your way to make them uncomfortable. If wildlife maintain their natural fear of people, they are less likely to become a nuisance and more likely to live a longer life. Make wildlife feel uncomfortable by making loud noises, throwing rocks, etc.

Ask your neighbors to follow these steps (and share this information with them). Wildlife that are attracted to one home often visit adjoining lots. Neighbors working together are most effective.

Contact Arizona Game and Fish if feeding activity in your neighborhood is causing wildlife to become bold. Call our hot-line at 1-800-352-0700.



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Don't let your pets roam free.



Keep bird seed off the ground and out of reach of other wildlife.

*Photos by George Andrejko*



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Visiting Angels of Northern Arizona Receives 2021 Best of Home Care® – Leader in Excellence Award

Flagstaff, Prescott, Sedona, Cottonwood, Show Low, Payson – Visiting Angels of Northern Arizona announced today that it received the distinguished 2021 Best of Home Care –Leader in Excellence Award from Home Care Pulse, the leading firm in quality assurance for home care. The Leader in Excellence Award is the highest recognition awarded by Home Care Pulse and is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. As a Leader in Excellence, Visiting Angels of Northern Arizona is now ranked among the top 10% of home care providers participating in the nationwide Home Care Pulse Satisfaction Management Program.

This accomplishment demonstrated long-term dedication to excellent care and quality improvement. To qualify for this award, 10% of Visiting Angels of Northern Arizona clients and caregivers were interviewed each month by Home Care Pulse. Over a 12-month period, Visiting Angels of Northern Arizona received high client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, etc. Using feedback from clients and employees, as well as quality benchmarks from Home Care Pulse, the Visiting Angels of Northern Arizona management team set goals to reach the highest level of excellence possible.

Katrina Poole Director of Care for the Northern Arizona offices stated: “These awards are only possible when you have great caregivers and great staff. They make the difference”. We are so honored to once again receive this award for 2021”. The Best of Home Care – Leader in Excellence Award highlights the top-performing home care businesses in the nation. Home Care Pulse believes that by

honoring these providers, families looking for in-home care for a loved one will be able to recognize and choose a trusted home care provider.

“At Home Care Pulse, our mission is to help home care businesses create an experience that goes beyond client and caregiver expectations,” says Erik Madsen, CEO of Home Care Pulse. “When we see agencies like Visiting Angels of Northern Arizona that have made an effort to provide outstanding care and employment experiences, we know we’re on the right track. Visiting Angels of Northern Arizona has worked extremely hard to provide high-quality care and employment, and their work hasn’t gone unnoticed. This award allows them to provide proof of quality to potential and new clients and caregivers.”

To find out more about Visiting Angels of Northern Arizona commitment to excellence, please visit [www.visitingangels/Flagstaff](http://www.visitingangels/Flagstaff) or [www.visitingangels/Prescott](http://www.visitingangels/Prescott) or call 928-220-4100.

## About Home Care Pulse

Home Care Pulse is the industry’s leading firm in satisfaction research, quality assurance, and caregiver training. On behalf of home care businesses across North America, Home Care Pulse gathers unbiased satisfaction ratings from clients and caregivers and detailed feedback to ensure the best in-home care possible can be provided. Powerful online reports allow businesses to identify needs and take action to reduce increase satisfaction, reduce caregiver turnover, and address client needs. Home Care Pulse combines detailed client/caregiver insights with top-rated caregiver training through In The Know. For more information, please call Home Care Pulse at (877) 307-8573 or visit [homecarepulse.com](http://homecarepulse.com).



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## MUNDS MAGIC

*This is where it all started for The Valentine Family in 2008! Steve, Wende, Christian, and Chase right there at 935 Hillside. It was an invite to spend the weekend in Munds Park (by the way, we had no idea what this place was at the time). David and Judy Swartz, long-time family friends, invited us up one August weekend. It was always their goal to share their slice of heaven with 1 family every weekend during the summer. David and Judy Swartz didn't know the healing power, the dream, and the breath of fresh air and eventually what it would spark in us 8 years later. At the time, Wende and I were recovering from severe financial losses, including losing our home to foreclosure, raising 2 toddlers, our careers in the tank. On top of it, a tragic accident I experienced just 7 months before this visit when I was nearly paralyzed and broke my neck.*



*There is something magical about Exit 322 Munds Park that still to this day brings me back 13 years ago. Munds has been a journey for our family, and I will forever be grateful to Dave and Judy Fields Swartz for that weekend of walks, dreams, and for giving us hope. We spent many more 1 weekend summers with Dave and Judy until 2016, when we were blessed to buy our own place with great friends George and Jen. Then another This community is just something hard to find in today's age, and for all of you I have met, and those I have not yet met, thank you for continuing the Munds Spirit.*



I have not yet met; thank you for continuing the Munds Spirit. Christian and Chase, now 16 and 18, have had experiences they would never have had if it had not been for this community. From learning how to drive, shoot, and their first jobs at Agee's. The moral of this story don't be afraid to share your slice of heaven as you will never know the impact you might have, the marriage you might save, or the memory you might be a part of! Today we share our slice of heaven regularly with our friend's clients and anyone we can cram into our home. What was once a dream is now a reality, and we continue to re-write the book in our community as we break ground on our new home in the next couple of months. Thank you from the bottom of our hearts, Munds Park.

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*I handcraft real estate solutions so why not join up with local Artist Mike "the bear guy" with Grin and Bear it to create a welcome gift like no other. Mike creates and personalizes a 5ft tall bear and delivers it to each of my clients here in the park. This is just one way of adding a personal touch to their new cabin in the park. Thank you Mike for your partnership and for helping me welcome our new homeowners here to Munds Park.*



## **Something different in Munds Park**

Wende and I bring a little more than just real estate to Munds Park. We have been working in the real estate business in Phoenix for nearly 21 years and recently decided after owning in Munds park for many years we would spend more time here in the real estate and construction here in Munds. We are the opposite of most couples as Wende a licensed general contractor does the heavy lifting and Steve specializes in real estate strategies and together we bring value to each client in helping them understand what can and can't be done and help them determine the best course of action. I have a vast knowledge of the market but also investment strategies and Wende has a unique skill set in her ability to renovate all while seeing it from the real estate investment side. We looking forward to working with you here in Munds Park.



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# EVERGREENS CAN SAVE YOUR LIFE

## Get To Know Your Trees

By Tim MacWelch for Popular Science

Numerous evergreen species can provide us with useful supplies. The trees mentioned here are all conifers, meaning that they bear cones for reproduction. If the tree you are trying to identify has berries of any color, it is not a conifer, and it may be toxic. These three genera are:



**Pine:** These conifer trees have needles that are typically longer than spruce or fir. Pines generally have needles in bunches numbering two, three, or five, though they can number anywhere from one to seven needles in a cluster, depending on the species commonly used as Christmas trees, and they can also provide food, fuel, glue, and other helpful materials in the wild.

**Spruce:** An easy way to remember these conifer species is “sharp, square spruce.” These trees have solitary needles with square shafts and a sharp point on the tip.

**Fir:** Remember this: “flat, friendly fir.” The needles of a fir tree do not have sharp pointed tips, and their needles tend to grow on each side of the twig, giving the greenery a flat feather-like appearance.

**Tree Facts:** Pine needles can grow as solitary needles (like fir and spruce) but they generally grow in bunches of two, three or five needles. These grow from a little cup-like structure called a fascicle, which grows from a small bud on the pine twig shoot. Short-lived needles live for about a year and half, while hardier needles can live up to 40 years.

### Eight Ways To Use Evergreen Trees

#### 1. Make needle tea

The idea of bringing fresh greenery into our homes is nothing new. The ancient Egyptians would bring greenery indoors at winter solstice as symbol of rebirth, and other Old World ancestors would string evergreen boughs over their doors and windows to ward off evil spirits and illness. We can also bring this greenery indoors in the winter to make pine needle tea. Make a positive identification of a favorable fir, spruce or pine species (I prefer white pine, *Pinus strobus*), and chop up one tablespoon of needles. Add these to eight ounces of scalding hot water, cover the container and allow it to sit for 10 minutes. Strain out the needles, sweeten with a little honey and enjoy a drink that contains roughly four times your USDA daily allowance of vitamin C. Be advised that there is some conflicting information about the loblolly pine and ponderosa pine species (they may be too toxic to safely consume), and that no pine needle tea is recommended for women who are pregnant or might be pregnant (due to the abortive compounds they may contain).



#### 2. Build a fire in any weather

Most needle bearing trees produce a sticky sap that is loaded with turpentine. This flammable substance is a blend of burnable resins and volatile oils, which seep into every part of the tree. Once a tree (or a part of it) dies, the water leaves and the turpentine can burn freely. Loaded with this extra fuel, the dead dry needles of evergreen trees are one of my favorite tinder materials (especially when conditions are wet). Likewise, any dead dry twigs and branches from a “tannenbaum” will also make fine kindling material for wet weather fires. When the conditions are damp, I go to evergreens and collect the bounty underneath them. Thanks to the umbrella-like greenery overhead, the materials underneath usually stay dry. With their “booster” of turpentine, these dead needles and sticks will be even more flammable.



#### 3. Make some bark flour

Let’s clarify this one right off the bat. We’re not talking about eating the crusty or corky outer layer of tree bark. We’re talking about the living layer of inner bark, and only from certain species. The inner tree bark of tamarack, most pine species, Balsam fir, and spruces can be eaten after it’s shaved away from the wood and processed (to make it chewable). Most traditional methods call for slicing the bark into strips and drying it, then later grinding it into flour for cooking. Other methods call for frying the strips in oil to make them crispy. However you try it, shave down through the outer bark, slice off the soft rubbery inner bark and leave the underlying wood behind. This can be done on the trunk or branches. By focusing on bark removal from branches, you won’t kill the tree (which would happen by removing too much from the trunk). This dried bark powder contains more than 500 calories per pound. We use it for cookies in my household.



#### 4. Weave a basket

Basket weaving isn’t just for college students anymore. Many survivalists have warmed up to the idea of weaving their own containers, since it’s a useful skill in long term survival situations. There are many weaving techniques that are done with many materials throughout the world. Vines and strips of wood are two of the most common basket materials, used for wicker and splint basket styles. But don’t forget about pine needles and coil baskets. The coil basketry technique can be done with longer pine needles (like longleaf pine and loblolly pine). These baskets begin by gathering a bundle of recently deceased pine needles, a large sewing needle and some cordage material. Wrap a slender bundle of pine needles with your cord, then coil the bundle into a tight spiral. Thread the needle onto your cordage and use it between the “coils” to stitch the coils together. Keep extending your coil with more pine needles and cordage wraps until your basket is large enough for the intended use.



#### 5. Create pitch glue

When turpentine is present in evergreen tree sap, this “pitch” is sticky and soft. If we get rid of the turpentine, however, the sap will be rock hard. This is the secret of pitch glue. Collect some old crusty dried evergreen sap or fresh sticky flowing sap (or a blend of both). Place it in a can you don’t care about, and cook the sap over a medium heat, stirring often. It may flame up, but don’t be alarmed. You’re getting rid of the turpentine. When it has cooked for more than ten minutes (you’ll need more cooking time for larger batches), add some powdered charcoal to the hot sap and stir it in thoroughly. This can cool down for storage or be used immediately. Preheat the objects you intend to glue together, apply the hot glue and let the “glue job” cool completely before handling. Pitch glue makes a strong adhesive that is largely waterproof, though it can be brittle and it will melt if used near a hot fire.



#### 6. Filter water

One of the strangest water filters being currently researched is a wooden water filter. Pine and similar evergreens are the most common test species. Blocks of these woods are porous enough to let water drip through, but dense enough to filter out many of the larger pathogens. Most bacteria are one to 10 microns in





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## **Mary Copes with COVID**

*Mary slept in as usual, she had nothing to get up for.  
Harry was still sound asleep, she knew this by his snore.  
She lay there a few minutes thinking about the day ahead.  
Same old, same old, same old-- might as well stay in bed.  
But up she got and dutifully stepped on her scale to weigh.  
This was not the best way for Mary to begin her day.  
She washed her face, brushed her teeth, looked in the mirror and sighed.  
Her hair was a disaster, gray she could no longer hide.  
She thought about what she could do to occupy the day.  
She'd already organized her closets, made boxes for give away.  
She'd cleaned out cabinets and drawers, polished all her silver.  
They no longer went to stores, they had their groceries delivered.  
"Maybe I'll bake some cookies..." A red flag went up right away.  
"or I'll go for a nice long walk"...and so she began her day.  
When she returned from her walk her mood was a little brighter.  
Amazing how some exercise helps to make one's troubles lighter.  
Harry had made the coffee, bacon sizzled in the pan.  
She felt a rush of gratitude and love for this dear man.  
She thought about her single friends, how hard to be alone.  
She decided after breakfast she'd call a couple on her phone.  
As they ate in companionable silence, Mary had a sudden thought.  
The more she contemplated it, the more excited that she got!  
She thought of all the women who lived in the neighborhood.  
Having a little get-together would do them all some good.  
They could sit out on the patio, but not too close together.  
The long term weather forecast was promising pleasant weather.  
She'd make some pots of coffee, put some cookies on a plate.  
All she had to do was just decide upon the date.  
Harry put invitations in every mailbox around the neighborhood.  
They'd decided on next Saturday and hoped the response was good.  
She'd had a few phone calls from some who couldn't come,  
and each had expressed regrets about missing all the fun.  
Ten o'clock came and went and Mary began to fret.  
"Don't worry, honey," Harry said, "there's plenty of time yet."  
But soon the doorbell rang, three masked ladies stood at the door.  
Harry ushered them to the patio, and soon there came six more.  
Mary greeted each woman warmly, gave a name tag to each guest.  
They helped themselves to coffee, sampled the cookies with great zest.  
When one is wearing a mask it's difficult to eat and drink.  
"it's okay to pull your masks down," said Mary with a wink.  
Mary knew most of the women, but some of them were new.  
She asked, "Please introduce yourselves and tell a little about YOU!"  
It wasn't long before the patio was filled with eager chatter,  
and frequently there would come a sudden burst of laughter.  
Mrs. Wickam across the street said she'd take her turn as hostess.  
They all thanked Mary profusely, named her "Hostess with the Mostest".  
They decided to meet each month on the second Saturday,  
and if the weather was icky, well, they'd have it anyway.  
There were plenty of virtual hugs as they reluctantly said goodbyes,  
and after the last guest left, Mary sighed a happy sigh.  
She smiled as she remembered a favorite saying of her mother's:  
"The best gift you can give yourself is doing things for others."*

— Wilma Lentz





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## EVERGREENS CAN SAVE YOUR LIFE

### Get to Know Your Trees

*Continued from page 28*

length, and the gaps in the woody tissues are small enough to catch them. Cut a 1 ½ inch long and ¾ inch wide plug from your tree, insert it into a vinyl tube and clamp it into place. Hook this hose to a water container and allow the water to drip. If tightly clamped, the water should flow only through the woody tissues, not around the plug. This makeshift filter has been documented to screen out E. coli and larger microorganisms.

#### 7. Eat the seeds

If you want to eat a pine tree, there's more than just bark. Globally, there are about two-dozen pine species with seeds large enough to merit the trouble of harvesting. Many of these are native to Europe and Asia, but there are three available in the western United States. This group is called pinyon pine, and the three main species for nut production are the Colorado pinyon, the single-leaf pinyon, and the Mexican pinyon. These small seeds are fatty, soft, and delicious. They can be eaten raw or cooked. One hundred grams of pine nuts have approximately 640 calories and 10 percent of your daily allowance of potassium.

#### 8. Burn the boughs for smoke

When you've gotten lost in the wild, (but your friends and family know where you went) local search and rescue crews can be on the job with astonishing speed. Help them find you by signaling your whereabouts with a controlled smoke signal. Build a large fire in a prominent place (this can be done with the help of dead evergreen materials). Then toss on a massive pile of live evergreen boughs and needles. Their high water content will prevent them from burning quickly. This will cause them to smolder, producing a large column of whitish smoke. This may not be as noticeable on overcast days, but on a clear day your signal can be seen far and wide.



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## GOD IS A BETTER GOD THAN YOU

People who know Sara and me and know what a good cook she is, often ask me if I cook. My answer is always, “Why?” They assume because we are together and have a lot in common, we also share cooking duties. Not so.

I know my role in our marriage. Sara is a much better cook than me. My role is to clean up. Since she is so much better at it, why would I even try? I try to stay out of her way and let her do what she does best.

God is better at being God than me. He specializes in promising the impossible then doing it. He asks us to believe in what we cannot see, things that go beyond what seems possible. This creates a dilemma for us that is only solved by faith.

Abraham was almost 100 years old and his wife, Sarah, was 90. They had no children. God promised them a son who would produce a race of people that would lead to an heir through whom the entire world would be blessed.

Sarah grew impatient with God, doubted He could do the impossible, so she devised her own plan. Abraham agreed and slept with Sarah’s maid, Hagar, and that relationship produced a son, Ishmael (Genesis 16:2-3). It is a good thing for a husband to listen to his wife, but he must first listen to God

God had His own plan. Even in their old age, Abraham and Sarah were able to conceive and deliver their own son the old-fashioned way. This relationship produced Isaac.

The conflict that still exists in the middle east today dates back to these two sons. Ishmael’s descendants became the Muslim Arab nations. Isaac’s descendants become Israel. The entire mess can be traced to Sarah and Abraham trying to do their way what God only God can do His way. They tried to be their own god.

When God promises the impossible, He wants to show us, and the world, His glory and build our faith in the process. Do not try to devise your own plan to accomplish what He promises no matter how impossible it seems. God is better at being God than any of us are.

Be secure enough in your role as a follower, stay out of God’s way, and let Him do what He does best. He promises impossible things and does them to show you that your faith and trust are well-placed in Him. Let Him be God.

## WE ARE OPEN FOR WORSHIP

We invite you to come and worship with us on Sunday mornings at 10:45. The chairs are spread out and please wear a mask.

We have activities for kids so the whole family can join us in our worship service on Sundays.

For those not comfortable coming to church in person, we are recording and you can join us online and worship with us at [mpcc.church](http://mpcc.church). Sunday morning services are uploaded by Sunday evening for you to watch keep up with what we are doing.

## THESE ARE OUR CURRENT WEEKDAY ACTIVITIES

- AA Meetings: Mondays, at 7 pm in the fellowship hall.
- Pastor’s Bible Study: Wednesday nights at 7 pm in the sanctuary. We are currently studying the Gospel of Luke
- Spread the Bread: Thursdays, at 10 am in the parking lot. Munds Park residents can pick up bread for themselves and neighbors.

## WHAT WE ARE ABOUT

Our mission is to lead those close to us closer to Christ. If you know Him, we will encourage you to get closer. If you do not, we will introduce you. We will help you mature in your faith, discover who God created you to be, find a place of significance in this community, and develop great friends.

Our core values are maturity, identity, humility, and community. We prioritize everything we do around our mission and these values. The primary means of spiritual growth is Bible study. The primary means of discovering who God created you to be is prayer. The primary means of staying humble is service. And the primary means of community is fun.

We study to maturity, pray in our identity, serve with humility, and play for community. Please, come and join us in our journey.

# IN LOVING MEMORY



Rex Lee Sample of Mesa, AZ has passed. He was in The Citadel Acute Care Facility in Mesa receiving care for his kidney and heart failure conditions which were further complicated by Pneumonia. He was making progress and doing well but lost the battle and passed on Sunday January 17, 2021 at the age of 87.

Rex was born in Sidney, Nebraska on 7/1/1933 to parents Lloyd Edward Southard; who was adopted into the Sample family, and Opal Glee Muhr who took the Sample name when they were married. He had many interesting careers throughout his life, but his true love and passion was sharing and teaching the word of God, which he had the pleasure of doing as Pastor of the Munds Park Community Church from November 2009 to November 2014.

Rex Sample is lovingly remembered by his wife; Margaret Ann Sample, who currently resides in Mesa, AZ, his son Andrew Johnson Sample in Pueblo, CO, his two daughters Terri Louise Love and Alexis Diane Chapman in Mesa Az as well as his younger brother Leroy (Buddy) Sample, in Pueblo, CO. He also has 7 grandchildren and numerous great grandchildren.

Rex was predeceased by his parents, four of his brothers, two sisters and his first-born son, Anthony Lee Sample.

There will be a Memorial Service for Rex at the Munds Park Church to be held at a later date to be determined. The information for the service will be posted here when confirmed.

The family asks that in lieu of flowers, please make donations to the Kidney Foundation. Their organization paid for his dialysis for several years and without that support we would have lost him much sooner.



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# NOTABLES



**Sharon Moore**  
The Quick Cook

*Sharon, a deep and heart-filled thank you from all the publishers of the Pinewood News and your fans that have enjoyed your recipes over the years!*



*Happy Birthday Sweet Maigon!*  
**WE LOVE YOU TO THE MOON AND BACK!**



*Talk about being through everything together!*

68 yrs of marriage, George & Norma, parents of Jim & Sharon Emery, survived COVID-19! A Blessing hospital nurse in Quincy, IL snapped this photo on Jan. 2nd when they finally got them to see each other after 4 days of being in the hospital. They couldn't be in the same room but could visit when staff had time. It's miracle they survived Pneumonia caused by COVID. George & Norma both 89 yrs old, have underlying conditions but prove that they can get through anything together! (Also, George is a Korean War Veteran) — Sharon Emery

Flowers by Stacey Van Deurzen



Snow cone by Ernie Aponte



Flowers by Diane Deam





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