Backyard bird watching with Harry

Do you know birds? Here are bird facts on some local birds that we frequently see in the Illinois Valley. By the way, it is winter and the cold wet weather is here. It's important that you keep the food supply for your birds full and fresh. You may want to think about adding some nuts to your seed mix. The protein in the nuts will help the birds during these cold months. Be sure to use raw nuts – no salt, not roasted.

Black Capped Chickadee:
• Maine and Massachusetts claim the chickadee as their official state bird.
• Chickadees typically mate for life, but occasionally a chickadee will get a "divorce" in order to pair up with a higher ranking bird.

Dark eyed Junco:
• The dark eyed junco is the No.1 feeder bird in the United States.
• Juncos are actually a type of sparrow.

The American Goldfinch:
• The goldfinch is the official state bird of New Jersey, Washington State and Iowa.
• Unlike many birds, goldfinches molt twice a year, in spring and fall (most birds molt in fall only).
• Goldfinches are one of the few song birds that are almost completely vegetarian.
• They can satisfy their need for water by eating snow.

Purple Finch:
• The purple finch is the official state bird of New Hampshire.
• The male purple finch may lift the feathers atop its head slightly, creating the appearance of a crest.
• The purple finch isn't really purple; it is red.

Evening Grosbeak:
• Evening grosbeaks are members of the finch family.
• A single grosbeak is capable of eating almost 100 sunflower seeds in 5 minutes.

Nuthatches:
• Nuthatches feed exclusively on insects in summer, but in winter switch to a seed based diet.
• Curved claws and strong hind toes help nuthatches cling to tree trunks. They go headfirst down a tree trunk, which helps them spot hidden insects that other birds missed.

Tree Swallows:
• Because of their taste for mosquitoes, tree swallows often make their homes near water.
• Cold, wet summers are rough on hatchling tree swallows. In a lean year, only about 20 percent make it to adulthood.

Northern Flicker:
• The northern flicker is the state bird of Alabama, where it's known as the yellowhammer.
• A flickers diet is about 60 percent animal and 40 percent vegetable. Most of the animal portion is ants and the vegetable portion is berries.

Blue Jay:
• When surprised or agitated it points it crest forward and when excited it holds its crest erect, when resting or quietly feeding it flattens its crest.
• Birds rarely use tools, but jays were observed using paper strips to corral pellets of food.
• Jays sometimes groom themselves by combing through their feathers with live ants, which may help kill lice and other parasites.

I hope you enjoyed learning more about the birds in your backyard. You can reach me at birdwatching@frontiernet.net.

Harry Johnson
O'Brien, OR.

"Mad Doctors" tour coming to Selma

A group of physicians advocating a single-risk pool national health insurance program took a national tour in 2009 and 2010.

This year, Oregon Physicians for a National Health Program (PNHP) and Mad as Hell Doctors (MAHD) are following up with rallies in Medford, Grants Pass and Selma.

According to an MAHD news release, the tour will come to the Selma Community Center from 12 to 2 p.m. Monday, March 28, and the Anne Basker Auditorium in Grants Pass at 6 p.m. March 26.

The tour includes documentary videos, testimony from doctors and nurses, music by bluegrass singer/composer Bob Wickline and 'Mad as Heck Minutes' with audience members.

Doctors in the two groups are proposing their improvements to the Patient Protection and Affordable Health Care Act passed in 2009 that they believe is a start, but does not go far enough to protect patients and families.

In late 2009, the tour reportedly stopped in more than 40 venues in 22 states and appeared on MSNBC's Ed Schultz show, Keith Olbermann and other media outlets.

Good Shepherd Lutheran Church

Some people may be confused by Jesus' words in the Gospel of John, Chapter 3, where he says, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit." It may seem that Jesus is saying that people must be born again physically. But He is speaking of spiritual birth ... a birth in which the Holy Spirit enters a person's inner being ... making them new or re-born.
And what does that spiritual re-birth mean for us? In Jesus' words, John 3:16, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish by may have eternal life." In other words, our re-birth enables us to look forward to heaven as our eternal home.

Church Calendar

Wednesday, March 23
7:00PM Midweek
Lenten Bible Study
Thursdays, 4:00 PM
Good Shepherd
Singers rehearse
Sundays, 9:15 AM
All-Comers Bible Class,
Sundays, 10:00 AM
Worship & Communion.

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Say it in the

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THURSDAY, March 17	FRIDAY, March 18
NO SCHOOL TODAY Spring Break Continues	NO SCHOOL TODAY Spring Break Continues

MONDAY, March 28	TUESDAY, March 29	WEDNESDAY, March 30
Beef soft tacos, chicken strips, spicy chicken burger, hamburger; pepperoni, cheese, vegetarian or sausage pizza; ham & cheese or turkey & cheese sandwich, turkey wrap; chef, garden or Mandarin chicken salad	Chicken fajitas, RibB Q sandwich, chicken burger, cheeseburger; pepperoni, cheese or Hawaiian pizza; Italian or turkey & cheese sandwich, spicy chicken wrap; chef, antipasto or garden salad	Taco salad, teriyaki beef rice bowl, spicy chicken burger, hamburger; pepperoni, sausage, cheese or Italian griller pizza; veggie or turkey & cheese sandwich, turkey wrap; chef, garden or Mandarin chicken salad

GOOD GRIEF

April 14th - May 19th

Thursdays 6:30 - 8:00 p.m.

Q. What is the Good Grief Program?

A. Good Grief is a six-week family-based support group for children who have experienced the death of someone important in their lives. Parents learn new ways to support their grieving children and themselves.

Staff and volunteers guide the children in groups from preschool through high school in creative and engaging activities related to grieving.

Space is limited and pre-registration is very helpful. There is no charge for Good Grief. If interested, please register by phone and speak with our Bereavement Coordinator.

Lovejoy HOSPICE

541-474-1193

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop, CJ
541-592-3923
"We celebrate God's Presence in our lives!"
Sunday Worship 10:30 a.m.
* * *
7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Prayer/Praise 7 p.m. Tuesday
Pastor Marvin Clark
Church (541) 955-4943
Madrone Adventist School
541-592-3330
* * *
FIRST BAPTIST CHURCH OF SELMA
18285 Redwood Hwy., Selma
541-597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.
** *
COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@cavenet.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children
Web Page:
http://UMCImmanuel.org
* * *
ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River St., CJ
541-592-3658
Fr. William Holtzinger, Pastor
Mass - Sunday 11 a.m..
Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA
* * *
GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Pastor Don Torala
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Tuesday Youth group - 6 p.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

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ILLINOIS VALLEY PENTECOSTALS
987 Caves Hwy., CJ
541-592-4716 or 541-218-2792
Sunday - 2:30 p.m.
* * *
TAKILMA BIBLE CHURCH
10300 Takilma Road, Takilma
Pastor Dan Robinson
Bible Study / Prayer Time
9:30 a.m.
Morning Worship 11 a.m.
Wednesday Bible Study
7 p.m.
* * *
VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road, CJ
P.O. Box 1248
Pastor Marvin Porter
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
541-592-6160
* * *
FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Worship - 6 p.m.
Wednesday - 7 p.m.
Adult Bible Study

CALVARY FELLOWSHIP OF CAVE JUNCTION
meeting at
Evergreen Elementary School
520 W. River St., CJ
Sunday Worship - 10 a.m.
Wednesday Bible Study
6:30 p.m.
Pastor Pat Henderson
541-592-3092
* * *
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
209 S. Junction Ave., CJ
Sacrament Meet - 10 a.m.
Sunday School - 11:20 a.m.
Priesthood, Relief Soc. - 12:10 p.m.
Bishop G. Frank Sybrant
541-245-3394
* * *
ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. James Boston
Worship Service - 5 p.m.
1st Sunday of each month

***

COMMUNITY CALENDAR

- Beyond Loss Support Group ~ Mondays 2:00 - 3:30 p.m.
- Oak Lane Retirement-March 16-"End of Life Issues" by Lovejoy Hospice (time to be announced)