

Backyard bird watching with Harry:

by Harry Johnson

Winter Hummingbird feeding:

With winter coming to the Illinois Valley some of you may have seen some very small friends flying in and out of your yard. Most Hummingbirds in the United States depart for Mexico where they will spend the winter. However, it is not uncommon to see hummingbirds during the winter in some parts of the United States. Anna's Hummingbirds are non-migratory and can usually be found on the West Coast of the U.S. Some Anna's have been known to stray into very frigid locations – one wintered in Ellensburg, WA a few years ago as

the temperatures dropped to near zero degrees Fahrenheit. Rufous Hummingbirds are also showing up more commonly in the Southeast United States during the winter.

If you want to increase the odds that you might see a wintering hummingbird, be sure to keep out some fresh hummingbird nectar. You don't have to worry about keeping nectar out and it stopping the hummingbird from migrating.

As temperatures get cooler, you will want to ensure that your nectar does not freeze, especially, if you have a hummingbird visiting you. Here are

some tips to reduce the chances of your nectar from freezing:

- When temperatures are consistently near freezing, you might want to use a stronger nectar solution of 3 to 1 (as opposed to 4 to 1). This stronger solution may keep your nectar from freezing down to about 27 degrees. The stronger nectar solution should only be used during periods of cold temperatures.

- Consider swapping feeders throughout a cold day. You could have a spare in the refrigerator, ready to swap, if your outside feeder starts to freeze. With the night time comes

the colder temperatures, you might also bring your feeder in at night and store it in the refrigerator.

- Another simple way to keep hummingbird feeders from freezing in the winter is to place a clip-on shop light equipped with a 150-watt bulb close to the feeder. When there is a chance that the temperature will dip below freezing, turn the light on. The heat generated by the light bulb should keep the feeder from freezing. You will want to determine how close you can place the bulb next to the feeder without melting plastic feeder parts. Mount the light at varying dis-

tances from your feeder and see what works best with your feeder. Be sure to test this prior to leaving your light on for extended periods of time.

I hope you enjoy feeding and watching these beautiful creatures. Please remember, I have breakfast each and every Saturday morning around 8:30am at My Place Café in Cave Junction. Come on by and join me and other bird lovers for a cup of coffee and some good food.

The above is from The Bird Watchers Digest and Harry Johnson.



Backyard Bird Watching by Harry Johnson is brought to you by

My Place Cafe

"Where Good Times, Good Folks and Good Food Come Together"

Healthy U News:

by Jody Conrad, M.S.

Humor

Did you know that an estimated 90 percent of visits to the doctor can be linked to stress? Poor sleep, headaches, gastro-intestinal distress, neck and back pain, compromised immune systems, and skin related issues are among the physical problems associated with stress.

Research has shown that women experience more stress than men due to differences in the brain. Women's brains tend to be more inte-

grated, while men's brains are more compartmentalized. This suggests that when a man comes home from work, he is able to leave the problems from work at work, while a woman may carry these burdens home more readily.

Now to throw a random question out: when was the last time that you really laughed, I mean a belly laugh that made your eyes water and took your breath away? It may seem frivolous in our busy and demanding schedule, but without joy and laughter in our day,

life can become dreary and tiresome. Young children ages 3-5 years old laugh a lot. They know how to have fun. They play, they romp, do silly things with their bodies.

Laughter has physical benefits: it provides oxygen, enhances endorphins in the brain, provides an enzyme in saliva that protects against upper respiratory infections as well as an enzyme in the stomach that coats and protects, and also promotes healthy heart and lung function. Other benefits include enhanced cre-

ativity, productivity, and emotional release.

Theories on humor suggest that it serves several purposes. One is "arousal relief," meaning that in an anxiety based situation, humor can release difficult emotions. For example, during events such as memorials, often there are funny stories shared as well that help lighten the mood and provide relief. Humor also promotes social bonding. We tend to like people who make us laugh. Much of the humor in our lives is about "seeing the

funny that is already there." The stress we feel is often ego related, that is, tied to our view of ourselves and how we think we are being perceived by others. Can you recall a time that you were mortified or embarrassed about something that happened to you, but later were able to laugh and see the humor in it?

Comic Leigh Anne suggests that when we change our perspective of the embarrassing moment, we can lighten up, thus shortening the time between the event and when

we can laugh about it. Even if you don't consider yourself a funny person, you can still find humor in everyday life and share it with others. When you make a mistake or do something silly, instead of being embarrassed, laugh at yourself. Life is full of surprises.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

Church News

Community Bible Church

Identity

"Therefore if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new." 2 Corinthians 5:17

Identity is an odd concept. I'm not talking about the documents we keep in our wallets and purses that state our names and addresses, but that which gives our lives meaningful existence. I am this... or I do this... Some people's identity is completely wrapped up in their work: what they do or make or how they accomplish the tasks before them. But no job lasts forever, and

when retirement comes (thankfully for some) a sense of loss inevitably arises. Some people are caught up in sports of one kind or another. It doesn't matter what starts your conversation, it always ends up focused on their team, favorite athlete, or sporting activity. Some people are deeply involved in some hobby, and are thrilled to talk about their latest project in the garden, in the shop, or in the garage. I am always blessed when I see people excited about their families – what their children are doing, their devotion to their wives, or what they are going to do together as a family. When I hear a young person speak with delight about a parent, a brother, or a

sister it cheers and encourages my heart. Some even find their identity in their church. There is nothing wrong with any of these things; in fact they are all good and healthy to a point. But jobs end, sports and hobbies can lose their appeal over time, children leave home, and churches change and even close. The one who finds their hope and identity in Jesus has this promise: "I will never leave you nor forsake you." Hebrews 13:5b. That is a promise now and forever.

In Christ,
Pastor Dave

Ministry at CBC

Sunday

Morning Worship 10:30 a.m.
Praise and Prayer 6:00 p.m.

Wednesday

A.W.A.N.A.
6:15-8:00
Age 3 to Grade 6

Community Christian Academy
Preschool – 12th grade

Seventh-Day Adventist Church

Preached As A Witness

The church family was happy to welcome our new associate pastor, Tony Rodriguez and his wife, who join us from San Jose, California. When they got the call to come to Oregon they felt God's leading in their lives. Soon all obstacles to their move were smoothed out and here they are. Pastor Tony says, "this is the right place and the right time for them to be in southern Oregon. The sermon was based on Matthew 24, the signs of the times and the end of the age. Special emphasis was on the promise of Matthew 24:14, "And this gospel of the kingdom will be preached in all the world as a witness to all nations, and then the end will come".

Which brings up the question, what is a witness? The dictionary defines witness as one who can give a firsthand account of something seen, heard, or experienced. As a Christian wit-

nessing should be an ongoing event. Have you seen Jesus? Do you see him everyday? Can you be his witness? We are promised in Acts 1:8 "you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me". In order to receive this power we must; 1) look to Jesus everyday, 2) pray, 3) wait and expect, by faith the Holy Spirit, and 4) be willing to be changed in His likeness to serve God.

Maybe you are not the type of person who feels comfortable giving a Bible study, but there are many other ways to witness. Christians should be the happiest people you know. Some of us forget to tell our faces that. The way we speak, dress and live our lives in every detail are all witnesses of our relationship with Jesus. So put a smile on your face and remember the comforting promise found in Matthew 28:20, "And lo, I am with you always, even to the end of the age".

CHURCH CALENDAR

Saturday

Bible study 9:30 a.m.
Worship hour 11 a.m.

Tuesday

Community Services
Clothing 9-11 a.m.
Food boxes 1-3 p.m.
Madrone Adventist School
Grades 1-8

madrone22.adventistschoolconnect.org

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop Rd., CJ
541-592-3923
"Come Join the Worship!"
Sunday Worship 10:30 a.m.
Pastor Sonny Moore
www.kbcc.us

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@gmail.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Annemarie Richardson
Lay Pastor.
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. James Boston
Worship Service - 5 p.m.
1st Sunday of each month

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Pastor Christian Martin
Church (541) 592-3218
Madrone Adventist School
541-592-3330

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

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.
Evening Service 6 p.m.
evfree@frontiernet.net
541-592-6160

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

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

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Morning Worship
9:30 & 11 a.m.
Wednesday - 7 p.m.
Adult Bible Study

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

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.



Illinois Valley History and Hearsay

Compiled by Sally Yarbrough

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Jett Sett Beauty Salon Cave Junction
Madd Moose Cafe Selma
The Kerbyville Museum Kerby
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Sallyya@frontiernet.net
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