

Backyard bird watching with Harry: by Harry Johnson

What do you feed your birds during the coming fall and winter?

I know it’s hard on the birds in this valley when the cold comes. Their natural source of food is gone or down to next to nothing and they need your help. Here are some tips to help keep your birds healthy during the cold snowy months.

1. Keep your feeders filled: Wild bird food is always important, even more during the cold and snowy winter months. Keep your feeders clean and free of snow and ice. I move my ground feeder over to my deck and place it under my table. There it’s safe from the rain and snow. I’ve notice the birds, especially the finches, love eating under it.
2. Winter is a great time to try suet. If you haven’t tried suet cakes, now is the perfect time to do so. It’s easy and can be fun for the whole family to make. Think of this as a great job for the kids to make and it gives them a chance to see their hard work go to something good. Render down some beef tallow (or use bacon fat) and mix in seeds (sunflower seeds work great), fruits and or nuts. Cornmeal and/or oatmeal are good binders. Put it in a wire basket and hang it from a tree or the side of a feeder. Once you do this, just sit back and

- enjoy the show.
3. If you’re not using black oil sunflower seeds it’s time you do. Black oil sunflower seed has excellent oil and nutritional content that makes it perfect winter feeding. The oil is a good source of protein for the birds to keep them warm. It’s very easy for the bird, because it has a thin shell. The other thing I use is cracked corn. They both are great sources of protein.
4. Try using a nut mixture that has chopped up nut pieces. The nut meat gives the birds a good source of protein. I use a mixture of cut up peanuts, cashews, pistachios, walnut and sunflower seeds. I buy my mix at the Grange Co-op Grants Pass.
5. Don’t forget the finches. During our winter months here in Illinois Valley we have a wide variety of finches visiting. They usually don’t like the nutty foods and the black oil sunflower seed, but they do like Nyjer seed. Yes, it can be expensive to buy, compared to the black oil sunflower seed, but it’s what they eat. It’s a great source of protein to keep them warm. I know that is what they say in all the books, but I have to tell you the junco and finches will eat cracked corn and black oil sunflower seeds. Don’t break the bank here

- folks.
6. You need to keep the water flowing. If you have bird baths, it’s important you keep them clean and flowing. What I’ve done in years past is take my baths in during the night and fill them with fresh water in the morning. You can buy electrical bird baths that have little heaters in them that keeps the water from freezing. It’s your choice. The birds will love you either way.
- Please remember if you have any questions about this or about your birds you

can write to me at, birdwatching@frontiernet.net. If you like a good breakfast, come join me and other bird lovers at My Place Café here in Cave Junction. I eat my Saturday morning breakfast there every week around 8:30 a.m. I’m joined by other bird lovers and friends. It would be great to meet you and talk about your birds in your backyard.

The above is from *Bird Watchers Digest Magazine* and Harry Johnson from O’Brien.



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 Lindsey Gillette

Yoga’s Eight Limbs

When Westerners think about yoga the first thing that usually pops into their heads is a skinny young woman in spandex bending like a contortionist. This association is furthered by commercials selling products that have nothing to do with yoga.

Why is this a popular advertising tool? Because yoga is a major industry. In America alone, over 20 million people practice yoga. Between classes, equipment, clothes, retreats, and trainings, American yoga is a \$27 billion industry and growing.

Why has yoga become so attractive? Because it provides tools

that can help us navigate this world regardless of culture, sex or age.

Yoga has stood the test of time, dating back over 5,000 years. Yoga was introduced in America in the early to mid 1900s and it caught like wild fire. Our world was becoming more industrialized, moving faster, and more confusing. People were looking for something to ground them.

Yoga, meaning, “to unite,” provides us with a holistic philosophy. Though we often just think about the physical exercise of yoga, that is really only one part of the practice. Yoga has eight limbs that, when practiced together, create the opportunity to live a life free from suffering.

The eight limbs are ordered from the yogi’s external relationship with the world to an introspective relationship with the self. The first two limbs serve as guidelines for living, are called Yamas and Niyamas. The Yamas suggest attitudes toward our environment: non-harming, truthfulness, non-stealing, moderation in actions, and non-greediness. The Niyamas suggest attitudes towards ourselves: cleanliness, contentment, fiery discipline, self-study, and reverence to a higher intelligence.

The third and fourth limbs are frequently the entry points into a Westerner’s practice: Asana, the physical practice of poses, and pranayama, the regulation of

breathing. When the physical practice can be done with equal parts of steadiness and ease, the obstacles that inhibit the mind are cleared, which is essential for going forth.

The next limb, Pratyahara, the withdrawal of the senses, occurs when the mind is able to remain focused on its goal with disregard to the stimulation and distractions of the outside world.

The last three limbs are subtle but powerful. When the mind reaches the ability to be directed to a goal in spite of countless other options, it is Dharana or concentration. When this connection from mind to goal becomes an uninterrupted flow of interactions, it is called Dhyana or

meditation. In this state, the mind remains aware while softening its focus. The final limb Samadhi, the mind becomes fully present and united with its goal.

Practicing the eight limbs of yoga brings us to an understanding of the interconnectedness of all things. The only way to experience this gift is practice. It is not something we can sell or money can buy.

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

The Point of Peter’s Preaching

“That whoever calls upon the name of the Lord shall be saved.” *Acts 2:21*

“Neither is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.” *Acts 4:12*

The first message of the church age is recorded in *Acts 2:14-39*. It was presented to those who were in Jerusalem to celebrate the feast of Pentecost. *Acts 2:9-11* gives quite a list of those present from different nations. Peter began his message in response to those who heard the assembled followers of Christ speaking in foreign languages declaring, “The wonderful works of God,” and couldn’t comprehend what was going on. Peter explained that what they were hearing was a work of God’s Holy Spirit, and that it was foretold in the Old Testament book of Joel. But Peter wasn’t just rambling as he spoke, he

had a point to his message – it’s found in verse 21 of chapter 2. “And it shall come to pass that whosoever calls on the name of the Lord shall be saved.” The salvation of mankind was foretold, and it was not by religious acts. Salvation was found by faith in the Lord. Jesus made a striking statement concerning heaven and how to get there in *John 14:6*. “Jesus said unto him, ‘I am the way, the truth, and the life. No one comes unto the Father but by Me.’” Jesus said He was the only path of God – it was the point of the first message of the church age, and it needs to be the main message of the church today. Have you looked into the claims of Jesus? You need to, because according to the Bible, “Neither is there salvation in any other.”

In Christ,
Pastor Dave

Ministry at CBC

Sunday, October 26
Morning Worship 10:30 a.m.
Praise and Prayer 6:00 p.m.

Wednesday, October 22
A.W.A.N.A.
6:15-8:00 p.m.
Preschool to Grade 6

Community Christian Academy
Preschool – 12th grade

Watch for the Harvest Festival
coming Friday, October 31st!

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. Bryant Bechtold Sunday Worship Service 10:30 a.m.
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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. 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 Larry Hammersmith 541-592-3919
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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	TAKILMA BIBLE CHURCH 10343 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	Illinois Valley Baptist Church 541-592-6149 102 South Redwood Hwy (in the County Building) Pastor Steve Root Sunday Worship 10:30 AM Wednesday Bible Study, Prayer & Youth Program 7:00 PM Friday Ladies Bible Study 11:00 AM

T-Mobile

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Residents of federally recognized Tribal Lands can apply by calling 1-800-937-8997. Oregon residents who do not reside on Tribal Lands can visit www.rspf.org to learn more and apply.

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