

ROGUE VALLEY



Food & Friends Menu

FRIDAY - DEC. 9

BEEF PATTY W/

PEPPERS & ONIONS

MONDAY - DEC. 12

TURKEY DIVAN BAKE

WEDNESDAY - DEC. 14

MACARONI & CHEESE

If you need meals delivered please call 541-955-8839.

SENIOR SPOTLIGHT

Sponsored by the Rogue Valley Council of Governments

Aging and Disability Resource Connection
The Aging and Disability Resource Connection, or ADRC, is a free service that offers the public a single source for information and assistance on issues affecting older people and people with disabilities regardless of their income. It is easy to access the ADRC. Simply call, walk-in or visit the website. Information and assistance specialists provide you with knowledge about public and private services and programs so you can choose what fit your personal situation. Today there are many ways to stay healthy and avoid injury as we age or live with a disability. The

ADRC can make connections to local programs that will support your best possible health and safety. Some of the services that they can connect you to include: In-home service and support: bathing, dressing, housekeeping; choosing a care facility; family and caregiver support; peer counseling; transportation; home-delivered meals; personal medication alerts; medicare counseling; medical equipment; programs and resources for healthy living; legal services; and other services you may need. To locate the nearest ADRC in your area, call 1-855-673-2372 or visit www.ADRCoforegon.org.

Sponsored by I.V. Wellness Resources

Preventing a fall:
Falling or tripping hurts. Sometimes falls cause serious injury. The potential for a fall, serious and minor, is something seniors should have in mind. Tripping over a pet happens quite often. Pets seek our company and try to attract our attention, especially if they want something from us. Trying to walk faster than usual or walking with a mental preoccupation can make us less wary. If one has a pet and is trying to move quickly with their mind on something other than walking safely, the potential for tripping over your pet increases. The same is true for that carpet or rug which seems to always catch your foot. Clearing the spaces you walk thoroughly of potential hazards, anything which might cause you to trip, is a good idea. Light-headedness, feeling dizzy, for example, when one gets up from sitting or lying down can easily predispose someone for a fall. This is especially true when getting up from bed at night. Even if you only experience this once in a while, it is a good idea to wait after you stand up before walking. If you experience this dizziness often or if it ever causes you to doubt your ability to walk until it passes, having something sturdy to hold on to right where you get up is a good idea. How about those slippery porch steps or that rickety step ladder or those sticks in the yard? There are many things which can predispose you to trip and fall. A safety survey and potential hazard clearance of your surroundings is in your best interest. To receive a low cost home safety evaluation you can contact Pat Jenkins, RN, MSN, vice president of I.V. Wellness Resources at 541-415-0465. Pat can also help you with setting up medications, doctor appointments and the hiring of caregivers. (You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com.)



Senior Bulletin
TRADITIONAL CHRISTMAS DAY DINNER
Free to Everyone
Noon -3 P.M. Christmas Day (Dec. 25)
Come for the sing-a-long
Co-hosted by Illinois Valley Baptist Church & Master Food Preserver Volunteers
At the County Building (102 S. Redwood Hwy)

FREE for Seniors
If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.

Backyard bird watching: by Harry Johnson

Winter hummingbird feeding:

I don't know about you, but I've had frost on my pumpkin the last couple of mornings and my bird bath is frozen. With winter starting to show its cold head and is settling in to the Illinois Valley. Not only has the temperature dropped, some of you may have noticed that your bird counts dropped along with it.

One of the birds that migrate south this time of the year is the hummingbird. Most hummingbirds in the United States depart for Mexico and Texas around this time of year, where they will spend the winter sunning and working on their tans. However, it is not uncommon to see hummingbirds during the fall and 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, Washington a few years ago as the temperatures dropped to near 0 degrees Fahrenheit. Typically it's the female who stays and winters here in the Illinois Valley. And they say men can't read a map? Over the last

couple of years, males have been seen braving our winters. 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. I've gone from five feeders to one. We keep it right in front of our office window so we can spy on the little critters while they eat. Don't worry; keeping nectar out will not stop the hummingbird from migrating. When the urge to fly south comes, the fact you have food out for them, won't stop the birds who want to leave and work on those tan lines.

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 (32 degrees), you might want to use a stronger nectar solution of three to one (as opposed to four to one). 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. That higher sugar count will help the birds during the cold night also.

- 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 night time colder temperatures, you might also bring your feeder in at night and store it in the refrigerator. Just remember to put it back when you get up in the morning. Trust me when you grab the nectar instead of your cream, it won't help your morning coffee taste better.

- 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 distances 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 through this cold winter.



Anna's hummingbirds can be seen in winter.

Community Bible Church

God is not Politically Correct

Matthew 22:15-18 (NKJV) 15 Then the Pharisees went and plotted how they might entangle Him in His talk. 16 And they sent to Him their disciples with the Herodians, saying, "Teacher, we know that You are true, and teach the way of God in truth; nor do You care about anyone, for You do not regard the person of men. 17 Tell us, therefore, what do You think? Is it lawful to pay taxes to Caesar, or not?" 18 But Jesus perceived their wickedness, and said, "Why do you test Me, you hypocrites?"

From listening to people today as they talk of what Jesus would and would not do in our current political environment a person might become completely confused by the multitude of "educated" opinions. They say ... Jesus would be aligned with liberal thinking and goals, or Jesus would not take any side, or Jesus would most likely be a conservative. It seems to me that everyone wants Jesus to be on their side, hoping to validate their particular point of view.

Did Jesus show any particular political leaning as He walked this earth? Maybe His most political statement was in Matthew 22:21 ... And He said to them, "Render therefore to Caesar the things that are Caesar's, and to God the things that are God's."

Jesus' message was not earthly/political, but was about a far greater "kingdom" - the kingdom of God. Jesus made many statements about the kingdom of God, and it would take more space than I have here to present them all, but here are a couple of them. In Luke

4:43 - but He said to them, "I must preach the kingdom of God to the other cities also, because for this purpose I have been sent." In Luke 17:20-21 - 20 Now when He was asked by the Pharisees (the Jewish religious leaders) when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; 21 nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."

An earthly nation or kingdom tries to control its citizens by making rules, passing laws, and enforcing penalties in the hope of changing the conduct of its citizens. We chafe against so much of the restrictions placed upon us in this old world. The kingdom of God is not like this. In the book of Romans, Paul says that the kingdom of God is, "righteousness, peace, and joy in the Holy Spirit." These are internal conditions that change a person from the inside out. No longer does the enforcement of law come from outward rules forced upon us, but the desire and even the power to do right wells up from within us. It's because the heart's desire to do right as a follower of Jesus becomes the motivating force of our lives. The embracing of that which is eternal (kingdom of God) and not temporary, changes the way we think, act, and even feel. This isn't an excuse to go off and become a hermit, but it can and will change how we conduct our everyday lives.

May the Lord bless you as you seek Him. Hope to see you Sunday.

In Christ, Pastor Dave

MINISTRY AT CBC

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

WEDNESDAY
A.W.A.N.A. 6:30-8 p.m.
Preschool - 6th grade

FRIDAY
Gospel Jam in the auditorium
6:30-8 p.m.

Senior Exercise Class
MONDAY, WEDNESDAY, & FRIDAY
9-10 a.m. in Dining Room

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.bridgeviewcc.org

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

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

Illinois Valley Praise Center
28569 Redwood Hwy. CJ
Non-denominational Bible-believing Church
Sunday school - 9:30 a.m.
Sunday Service 10:30 a.m.
Thursday Seekers 7 p.m.
Youth group Thursday - 7 p.m.
www.ivpraisecenter.com

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.

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

TAKILMA BIBLE CHURCH
10343 Takilma Road, Takilma
Bible Study / Prayer Time
9:30 a.m.
Morning Worship 11 a.m
Wednesday Bible Study
7 p.m

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.

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

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
Morning Worship
9:30 & 11 a.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. Bryant Bechtold
Sunday Worship
Service 10:30 a.m.

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

Illinois Valley Baptist Church
541-592-6149
102 S. 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



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