

ROGUE VALLEY



COUNCIL OF GOVERNMENTS

Food & Friends Menu

FRIDAY - SEPT 1

MEATLOAF W/ GRAVY

MONDAY - SEPT 4

CLOSED FOR

LABOR DAY

WEDNESDAY- SEPT 6

STUFFED

BELL PEPPER

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Chair Fitness

Are you a senior or person with limited mobility who wants to start exercising but feel like you can't do a lot? Chair Fitness may be right for you. This free class is offered on Tuesdays and Thursdays from 1-1:45 p.m. at Healthy U (535 E. River St., Cave Junction-in the very back of the Family Resource Building).

The entire class will be done sitting on the stability of a chair. Those in wheelchairs and scooters can participate too. The class consists of a combination of energizing, strengthening and stretching movements from head to toes. Some combinations work hand/eye coordination and others test response reflexes. Simple props like straps, blocks, and balls are used to enhance the practice.

Teacher, Lindsey Gillette reassures the guidelines are simple; if it hurts, don't do it and never stop breathing. She also emphasized that even if you don't do all the moves perfectly, you are still

benefiting by just moving something. "We laugh a lot!" Gillette added. "It is a lighthearted workout that's not pushy."

Though exercises are done in a chair, participants notice a difference in their bodies when they attend. Some have reported more ease in walking and everyday tasks such as putting on their socks. Some have noticed increased strength and the ability to stand up from the couch with increased ease.

And speaking of getting off the couch, many participants have reported they look forward to class because they have made new acquaintances they like to talk to before and after class. If this sounds like something you might enjoy, simply drop in to the next class. Feel free to call Healthy U with any questions: 541-592-4888.

You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @facebook.com/iwellnessresources.

SENIOR BULLETIN

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check. Please call Laura at I.V. Wellness Resources at 541-592-9781.

DISASTER REGISTRY

If you need special help in an emergency please register online at www.rvcog.org or call Senior & Disability Services at 541-664-6674 for more information.

ADRC

Looking for services? Call the Aging and Disabled Resource Connections at 1-855-673-2372 or visit www.ADRCoOfOregon.org.

2-1-1

Call 211 info for help with health & social services. Just Dial 211, visit 211info.org, search 211info App or text zip to 898211.



RESOURCES

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home
Caregivers - Handyman
Yard work - Firewood
Housekeepers -
Please call
I. V. Wellness Resources



541-592-9781

Afghanistan - the end is not in sight: by Dr. Glenn Mollette

October will mark the 16th year since President George W. Bush announced the first strikes against Afghanistan. In June 2010 we surpassed Vietnam as the longest conflict in U.S. history.

President Obama ended the combat mission in Afghanistan in 2014. But the U.S. and Afghanistan governments reached an agreement to keep some American troops in the country even after the combat mission ended. Coalition troops remain in the country as well.

Three Presidents now have their hands tied to Afghanistan. President George W. Bush addressed the nation from the White House to announce the first airstrikes in Afghanistan on October 7, 2001. Obama made major prime-time addresses to announce both troop build-ups and withdrawals, and President Donald Trump used his first prime-time address from the White House to speak about the war.

The number of troops serving in Afghanistan has been approximately 8,400. We are going to extend that number past 12,000.

We have lost 2,403 soldiers in Afghanistan. 2010 was the deadliest year losing 499 U.S. soldiers and 711 total coalition forces

killed. By comparison 4,523 U.S. troops have been killed since the Iraq war began in 2003.

The citizens of Afghanistan have paid a heavy price. Tens of thousands are thought to have died since 2001. The United Nations recently reported that 3,498 Afghan civilians were killed in 2016 alone and 7,920 were injured, making it the deadliest year for civilian casualties since he U.N. began counting in 2009. At the half year mark of 2017 in July 1,662 there had been 1,662 deaths and 3,581 injured.

Brown University has a Cost of War Project. The group estimates the total cost of the war to be \$783 billion through fiscal year 2016. That number swells to 1.8 trillion when factoring in long-term spending like veterans' care interest on debt, researchers found. One Congressional Research Service Report estimated the operational cost of the war in Afghanistan was \$686 billion through 2014.

When will it end? President Trump said he does not want to nation build but only stay long enough to eliminate the terrorists. If this is the plan then I don't think we will ever leave Afghanistan. There are always new terrorists

being raised up. Children are being taught by ISIS and the Taliban to hate America, Christian nations and countries were women and people are treated equally. We may kill more and have more control in the nation of Afghanistan but there seems to be a root of evil that will never be eliminated.

Sadly people in Iraq, Afghanistan and other Middle Eastern nations have fought among themselves for centuries. While we don't want Afghanistan to be wide open for terror cells to once again topple and control towns, just how long will we stay to fight this enemy? While I like President Trump's vision to eliminate all the bad guys and then we will get out of the country. I personally don't see it happening. Because as soon as we leave the terrorists who have been hiding out somewhere else will return and we will back in Afghanistan again. This means for the rest of our lives we will work in America to pay taxes to maintain military bases in Afghanistan so we can keep several thousand troops present and ship more soldiers there quickly as the tide of violence returns.

By the way, just a medium size military

base costs about \$1.553 billion to operate a year. A Small base costs about \$828 million more or less to operate each year. One spokesman for the U.S.-led International Security Assistance Force says there are nearly 400 U.S. and coalition bases in Afghanistan including camps, forward operating bases, and combat outposts. In addition, there are at least 300 Afghan National Army and Afghan National Police bases, most of them built, maintained or supported by the United States. So do the math and you can see why somebody in America has to work just to keep these mega money drainers operating.

Now you know why you can't have your full Social Security retirement check at 65. Your money is going elsewhere and will be for a long time - probably forever.

Will our war in Afghanistan ever end? The end is not in sight.

Glenn Mollette is a syndicated columnist and author of 12 books. He is read in all 50 states. Read his new book "Uncommon Sense: and listen to his surreal song titled, "Get us out of Afghnistan" found at iTunes, Amazon and all musical outlets.

Community Bible Church

Blackberry Vines

The foolishness of a man twists his way, and his heart frets against the Lord. Proverbs 19:3

On my Uncle Ralph's farm there was a large forested area we called the back pasture. Most of it was covered by trees, and it had several live springs that came out of the side of a gully that ran through it. The north side of the gully was covered with trees. The south side of the gully had large intermittent patches of blackberries. My cousin and I used to go back and wander this area whenever we had a chance. We would follow the well worn paths left by the cows; sometimes we'd take a lunch and generally have a great time of it. One of the odd things we would sometimes do would be to leave the established path and try to make our own path out of the back pasture. On a couple of occasions we chose to go through blackberry patches. If you have never done this, it

probably indicates you are of sound mind. We would work our way along until we made it over and through - getting very scratched up in the process, and then wondering why we had not stayed on the path.

Don't we all do foolish, wrong-headed things at times in our lives? And we take our lumps for our foolishness. Some people never seem to figure it out and make the same mistakes over and over. There is help, there is guidance - it's found in the Bible. Maybe it's time to leave the blackberry patch and get back on the right path. See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC

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

Community Christian Academy
Preschool - 12th grade
Now accepting applications -
School starts Sept. 6

Free Senior Exercise Class
Monday, Wednesday, & Friday
9-10 a.m.
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
Pastor Dan Robinson
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)
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer
& Youth Program 7:00 PM
Ladies Bible Study
Call for info

Wonder Bible Chapel
11911 Redwood Hwy.
Wonder, Ore.
Sunday worship 10 a.m.
Non-denominational Bible believing Church
Sunday School Nursery
Youth group meets
Sunday 6:30 p.m.



BINGO FOR ALL AGES WEDNESDAYS
EARLY BIRD 6 - 6:30PM
17 GAMES 6:30 - 9:30PM
HAMBURGERS FOR SALE
520 E. RIVER STREET, CJ
IV SENIOR CENTER
OPEN TO THE PUBLIC

Senior Breakfast
1st Saturday of every month
8 am to 11 am
ALL YOU CAN EAT!
Open to the public
\$6 - adults
\$3 - 12 & under
IV Senior Center
520 E River St Cave Junction

CJ Coffee
MONDAY-SUNDAY: 6AM-8PM