

January 15, 2019

Volume 39 Issue 02

DESERT WHISPERS

57334 Christmas Tree Road
P.O. Box 181
Christmas Valley, Oregon 97641
Phone: 541-576-2216
Fax: 541-576-2272
desertwhispers@yahoo.com

Photo by: Alex Pfeiffer



Next Desert Whispers DEADLINE
7 DAYS PRIOR
at 2:00 p.m.

DESERT WHISPERS

The intent of *DESERT WHISPERS* is to publish a variety of information from all aspects of life in North Lake County. We neither support nor condemn any ideas, creed, religion, custom, attitude, belief or law. Opinions expressed are not necessarily the opinions of the North Lake Park & Recreation District Board members, staff, personnel or advertisers. The North Lake Park & Recreation District is not responsible for errors in articles and/or ads submitted to be published without change. The North Lake Park & Recreation District Board of Directors reserves the right to reject any submitted material for any reason.

DESERT WHISPERS welcomes letters to the Editor. Letters should be printed or written clearly. Each letter **must be signed**. *DESERT WHISPERS* reserves the right to condense long letters or to edit for content. We will avoid this whenever possible. *DESERT WHISPERS* reserves the right to judge the acceptability of a letter in regards to vulgarities, profanities, or slanderous content.

Deadlines for *DESERT WHISPERS* are at least seven (7) Days before issue dates of the 1st and 15th of each month. Please have your ad or article to the *DESERT WHISPERS* office BEFORE the published deadline. If the ad or article is NOT received by 2 pm on the deadline, it may not make it into that issue. Ads and articles can be received by mail, by e-mail, or dropped off at the office.

- The Editor



Renting the Christmas Valley Community Hall

Park and Rec

The Christmas Valley Community Hall, located at 87345 Holly Lane, in Christmas Valley, is available for rent.

A refundable cleaning/damage deposit of \$50 is required for the rental of the building. The deposit will be returned if the building is left in the same (or better) condition as you found it.

At the conclusion of your event, if the heater in the main area of the hall is not turned down to 52° (as the instructions posted state), you will be billed \$9.00/hr for fuel, until the setting is corrected.

Call for availability:
541-576-2216.

DESERT WHISPERS is a twice-monthly publication of NORTH LAKE PARK & RECREATION

57334 Christmas Tree Rd. / P.O. Box 181
Christmas Valley, Oregon 97641

541-576-2216[PHONE]

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DesertWhispers@yahoo.com

CVParkandRec.org



North Lake Park and Recreation

Park & Rec Board Members

Ron Wilson..... 503-250-3134
Glenna Wade..... 541-576-2216
Barbara Ferrando 541-576-2140
Jack Mason..... 707-845-3372
Dan Sickels.....541-260-3494

Christmas Valley Park & Rec Office
Open: Monday - Friday • 10 am - 2 pm

IMPORTANT NUMBERS

INFORMATION NUMBERS

Air Link (Emergency Dispatch)
.....800-621-5433
Air Link (Business Office)
.....800-353-0497
A.A. (Central Oregon)
.....541-548-0440
C.V. Fire Dept..... 541-576-2212
or..... 541-480-3979
Emergencies.....911
C.V. Post Office 541-576-2657
C.V. Water Supply..... 541-576-2090
Lake Co. Sheriff CV.. 541-576-2781
Lake Co. Sheriff-Lakeview
..... 541-947-6027
State Police (Lakeview)
..... 541-947-2267
Midstate Electric..... 800-752-5935
NLC, EMS Business #541-576-2759
NL Health District.... 541-576-2165
NL Public Health..... 541-576-2115
New Beginnings (24hrs).....
..... 541-576-3051
or..... 1-800-850-4838
St. Charles Hospital.. 541-382-4321
Women's Crisis Center.
..... 800-338-7590

LANDFILL SCHEDULE

Christmas Valley (on Rainbow Road):

Thursday - Saturday, 8:30 am - 4:30 pm

Fort Rock (1.5 miles west of town):

Sunday 9:00 am - 12:00 pm

Paisley:

Saturday 8:30 pm - 4:30 pm,

Wednesday 12:00 pm - 4:30 pm

Silver Lake:

Sunday 1:00 pm - 4:00 pm

All transfer sites closed on: Easter,
Thanksgiving & Christmas. Bring
washers, dryers, stoves, etc., to the
Christmas Valley Landfill ONLY for the
North end.

541-417-1255

North Lake Health District



87520 Bay Road, Christmas Valley

541-576-2165

NLHD Office Manager: Kelly McCord

**LA PINE COMMUNITY
HEALTH CENTER**
541-576-2343

Massage Therapy Services
SHAWN LAVALLEE, LMT
By appointment: 576-2110 or 576-2043

Optometric Physician
TIMOTHY ARBOW, O.D.
By appointment: 541-554-9888

Naturopath/Acupuncture Services
NATASHA RUDD, N.D., LAC
By appointment: 541-385-6249

Chiropractic Physician
HELMUT E. EICHNER, D.C.
By appointment: 541-633-6563

Mental Health
TARA JONES, LCSW, CADC1
By appointment: 541-515-9233

Food Share:

3rd. Tues. of every month.
9am-2pm (closed 12-12:30)
Located next door to Dorcas



Freedom of the Press

Christmas Valley Park and Rec

Freedom of the press gives Christmas Valley Park and Recreation exclusive control over what we choose to publish in Desert Whispers, including the right to refuse to print anything for any reason.

LOCAL RESOURCES

FREE

Food, clothing, shoes,
household items and more!

Exchange items & donate.
Wednesday-Friday, 10 am-3 pm
Praise The Lord Fellowship
576-3079 • 35 NE Arrowhead
CV Hwy to Snowflake,
turn left on Arrowhead
(come to NE corner)

DORCAS DEPOT THRIFT SHOP



*All proceeds
are used for
needs in the
community*

On Aspen Lane next to Food Share
12 - 4 PM

Wednesdays and Saturdays!
Sponsored by Christmas Valley
Community Church

\$1.00 Bag Sale!
Wed. Jan 30th

Lake County Public Transportation
Operated by Lake Co.
Senior Citizens Assoc.

January Lunch & Bus Schedule

LUNCHES: No Bus

Summer Lake Jan 8th
Christmas Valley Jan 17th
Summer Lake Jan 22nd

TRIPS:

Bend Jan 10th
La Pine Jan. 16th
(Please make appts. after 9:45 am &
before 1:00 pm)

Call Debbie @ 541-480-3600 for a
reservation on the bus.

Please be aware that schedule is
subject to change

Veteran Medical trips available

**Non Emergency Medical are avail-
able to those who have Medicaid, a
medical appointment and qualify.**

Please call Ecolane @ 877-875-4657
to see if you qualify.



NORTH LAKE

Soup Kitchen

at the C.V. Community Hall

For more information call: 541-576-2140 or 650-455-0052.

Tuesdays

11:30 am - 1:00 pm
at the
CV Community Hall

WEEKEND MARKET

CHRISTMAS VALLEY

at the Christmas Valley Community Hall • 9AM-5PM

Biscuits & Gravy
Chili Cheese Nachos
and Hot Dogs!

Friday - Saturday

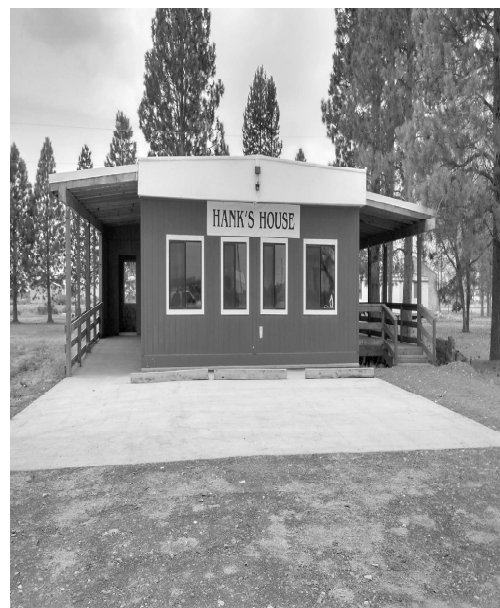
FEBRUARY8th & 9th

Soup Kitchen
Bake Sale

**Shar's Baked Goodies • Gifts
Valentines Gifts • Fine Jewelry**

Electronics • Hand Crafted Items and so much MORE!**Vendor Tables Available. \$5.00 per day.**

For information call Barbara at 541-576-2140 or 650-455-0052



How To Rent Hanks House:

Live Radio Programs On

KPAI Radio

Current Programming Schedule is

at: www.paisleyschooldistrict.com

when you get in there you click on

KPAI radio 103.1 FM on the left side.

When you get there choose

click here to listen.

The school has classes in radio so they are
on the air at times through the day.



The Activity Center at the
Outback Retirement Center,
Inc. also called "Hanks House"
in memory of our founder Mr.
Hank Warkentin is now avail-
able to the public for private
events. The fees are as follows:

- Kitchen Only: \$50/day
- Building w/Kitchen: \$100/day
- Building Only: \$75/day
- Long term use: To be deter-
mined by ORC Board as pre-
sented
- Additional Set-up day: \$30/day
- A \$100 refundable cleaning fee
and proof of insurance will be
required

To make reservations or to get
additional information: Call
541-576-2225 or Email: outbackretirementcenter@gmail.com

To check out the online calen-
dar to see if your date is open:
<https://www.outbackretirement-center.org/events-calendar>

Renting Hanks House is one way
of supporting our mission of
providing affordable housing for
the elderly. Thank you for your
support.

Something to Think About

One of the **Greatest Pleasures**
in Life is Doing What People
Say **You Cannot Do!!**

The Editor

**COME
JOIN US!**
1st and 3rd
Wednesday of
each month



SEWING & CRAFTS GROUP

at the "Hank's House"

9:30 am - 3:00 pm \$4.00 each

Bring a sack lunch and join us for a
fun day. We are sorry we can not
allow children due to liability.

Karen: 541-576-2364**Sandie: 541-815-5683**



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541-325-1220

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87142 Christmas Valley Hwy.
at the JackRabbit Jct.

M-T: 9am - 5pm • TH-F 9am - 5pm

541-576-3531

ATTN VETERANS: CENTRAL OREGON VET CENTER IS VISITING YOUR LOCATION!

WHEN/WHERE

Christmas Valley-Community Clinic

February 1st

March 1st

March 29th

April 26th

March 29t

WHO ARE WE?

CENTRAL OREGON VET CENTER

1645 NE FORBES RD, SUITE 105

BEND, OR 97702

541-749-2112

WWW.VETCENTER.VA.GOV

Mission Statement:

To welcome home and honor those who served, those still serving, and their families by reaching out to them, engaging their communities, and providing them with quality readjustment counseling and timely referral.

READJUSTMENT COUNSELING

Civilians...they just don't get it!

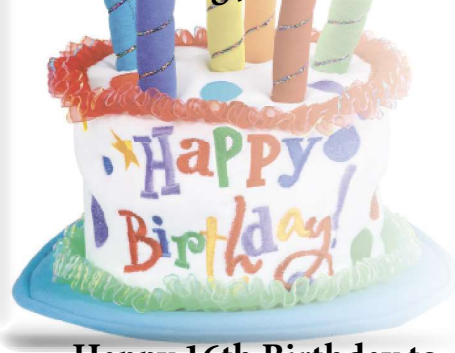
Come down and let's talk...Veteran to Veteran.

BENEFITS

Find out about what is available that you may have earned.



Tiffany Morehouse Jan. 16th
Madelyn Mace Jan 19th
Carla Rook Jan 21st
Lisa Cooper Jan 21st
Dale Shumway Jan 21st
Angel Forbes Jan 23rd
Skyler Hays Jan 23rd
Malachi Sickles Jan 23rd
Amber Absher Jan 26th
Jon Treber Jan 27th
Claude Blackman Jan 28th
Amy Conrad Jan 30th
Leah G Willden Jan 30th
Robert Young Jan 31st



Happy 16th Birthday to
Jacob Phillips Jan 21st

HIGH DESERT MX**CHRISTMAS VALLEY, OREGON
503.488.9190****OPEN EVERY WEEKEND****10am - 4pm
(Weather Permitting)****\$25.00/Rider****highdesertmx@gmail.com
highdesertmx on Facebook****Looking for PAID
EVENT WORKERS!!**56721 S. Fandango Rd.
Silver Lake, OR 97638**Check FB page
for updates**

Did You Know

Fun Fit Friends Weight Loss-support group meets every Thursday night @ 5:30 PM in the Senior Center behind the Tumbleweed Thrift Store? They say come join the fun and that all ages are welcome and best of all its Friendly and Free

**Narcotics Anonymous
Meeting 7pm Wednesdays
Christmas Valley Community Hall
(Behind Chevron station on Holly St.)**



***Speaker meeting last
Wednesday of the month**

**V&V AUTOMOTIVE****Auto & Diesel Repair Mobile Available
Welding and Fabrication****Verlyn Foster****Owner/Operator
dodgeman1269@gmail.com****85872 Christmas Valley Hwy.
Christmas Valley Oregon****(541)647-8019**

**Oil change on most cars and light
trucks \$34.95. Some vehicles
excluded.
Call for details or to make an
appointment.**



Help Fill a Local Need: Volunteer Your Time

Find something in your community that suits you. This community primarily functions through volunteers. We have many new community members and this community can benefit from a little bit of your time. The many new community members tax the already over stretched, long standing volunteers that oil the works of the under supported needs of the north end communities.

If you have questions of how you can help feel free to contact me, Glenna Wade, via Facebook [glennasonly] and I can help you find an activity that suits you.

Keep Lake County Warm

You can drop off Clothes, shoes, blankets etc. at the Christmas Valley Library on Christmas Tree Road.

The Library is open Tuesday, Thursday and Saturday. This is a Drop Off site only

Corn Fritters

- 2 cups corn Canned whole kernel or fresh
- Add 2 beaten eggs,
- Mix 1 cup flour, 1 tsp baking powder, dash of salt together
- Add to corn, mix well with 1 Cup of milk
- Drop into Hot Deep Fat turn and brown on each side.

Thank You Ethel Nisula

Santa's Hardware

Christmas Valley's
Biggest - Little
General Store



AMMO

.17 HMR
38 Special
9 mm Luger
380 Auto
357 Mag
.22 LR
223



Plumbing Winterizing Supplies



WORKWEAR MEN & WOMEN

ALL
SIZES
OF
JEANS



HANES SOCKS

Toys, Crafts, Art & Games!



Breyer

DVD

RENTALS



PET
SUPPLIES!



YOUR PROPANE HEADQUARTERS!

If your tank is out of date...NO PROBLEM, we've got you covered



Open 7 Days a Week

9am-6pm Mon-Sat, 10am-4pm Sunday

Call (541) 576-2999

87038 Christmas Valley Highway

QUALITY CINDERS

Pit Run or Screened, 1" - minus

RED or BLACK

-TRUCK SPREAD-

Great for MUD HOLES and DRIVEWAYS!

Also available:

Gravel, Sand-Gravel mix, Top Soil,
Fill Dirt, Large Colored Rocks

541-419-9454
OR 541-280-7324

BAND OF BROTHERS

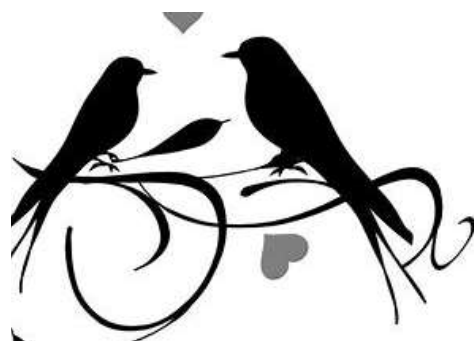
Local Chapter

Call: free supplies

for our Vets

Ask for Amador Aguirre:

541-576-4503 local rep.



LOOK

Excellent Fill Material

Pivot Track Fill

25yd Load Del

\$165.00 to \$225.00

Depending on Location

541.576.3595

Lakeside Terrace

Motel, RV Park, and Restaurant

"Meeting all your lodging needs in Christmas Valley"

- Motel on the Lake
- RV Park with Full Hook-Ups
- Fully Furnished Vacation Homes on the Golf Course

WINTER HOURS:

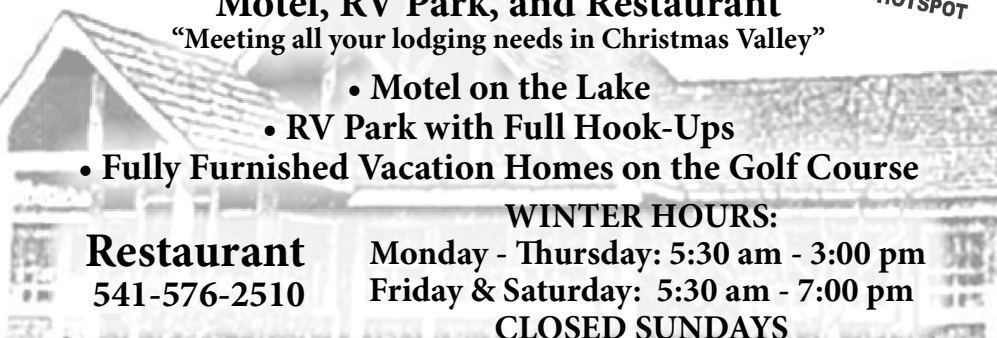
Restaurant
541-576-2510

Monday - Thursday: 5:30 am - 3:00 pm
Friday & Saturday: 5:30 am - 7:00 pm

CLOSED SUNDAYS

For Reservations & Info: **541-576-2309**

87275 Spruce Lane • Christmas Valley • Kerry and Carmen Cardwell, Owners
www.lakesideterracecv.com • lakesideterracecv@yahoo.com



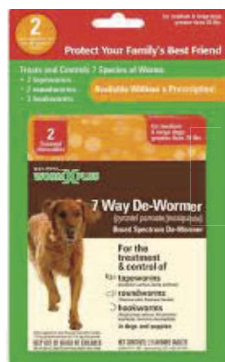
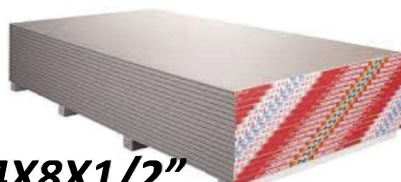
J.W. KERNS HARDWARE & FEED

87226 CHRISTMAS VALLEY HWY – 541-576-2814

OPEN: MONDAY-FRIDAY 8-5 & SATURDAY 9-5

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7 WAY DE-WORMER

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OFF**PRODUCT FOR ALL DOGS
OVER 6 LBS IN STOCK**SAGE COUNTRY****VETERINARY
SERVICE
JANUARY****16TH****HERE AT J. W. KERNS****ALL
ROUTER BITS****INSULATION
GOOD SUPPLY IN
STOCK****\$21.25****R13 15X32' ROLL****\$31.99****R19 15"X39' ROLL****SHEET ROCK
\$12.99****4X8X1/2"****Your
Christmas Valley
Health Center!**La Pine Community
Health Center

87520 Bay Rd

Christmas Valley, OR 97641

Monday-Thurs

8:00 am - 5:00 pm

Friday

9:00 am - 4:00 pm

(Closed 12 pm - 1 pm for Lunch)

(541) 536-3435

- Family Medical Care
- Women's Health
- Men's Health
- Pediatric Care
- Preventative Services
- Behavioral Health
- Digital X-Ray
- Lab
- Referrals to specialists
- Transportation assistance
- Dental vouchers
- And more!

Like us on Facebook!

www.lapinehealth.org

Prices are valid during January 2019. All sales limited to stock on hand.

Quality Care.**Right Here, Right Now.**



SAGEWOOD
GROCERY

(541) 576-2500

87164 Christmas Valley Hwy

Winter Hours: 7am-8pm

Valentines Day Limited editions:

**Hostess Cupcakes &
Twinkies \$ 4.99 a box**

New Items:

**Yoo-hoo \$ 1.49 + dep.
Langers Singles: Apple &
Cranberry \$1.49 + dep.**



Find us on:
facebook®

ATM

Available Here

Seniors Lunch

It's a New Year so start the year out right with lunch at the Lakeside. I know Carman is waiting to wish you a Happy New year and as always their food is Great! So don't forget to save the date and don't be late

**Thursday January 17th @
11:30 am**

Story Time

Come join us at the Christmas Valley Library on the 2nd and 4th Thursday of every month (excluding holidays) from 10am -11am.



Christmas Valley Library
57338 Christmas Tree Lane
541-576-2336

Dr. Hally

will be coming to the
Christmas Valley area

January 14th & 15th

For an appointment, call

541-460-1000

Hally Miles-Moore, DVM

Places to Eat In Christmas Valley

Lakeside Terrace 541-576-2510

Coopers Chicken 541-576-2200

The Lodge 541-576-3333

Gifts & More 541-576-3600

The Hay Shed 541-640-6712

Cowboy Preserves

Heat 2 Cups of old fashioned unsulphured molasses. While this is getting nice and hot, beat 4 eggs in a bowl till they are frothy. Pour Hot molasses into the eggs, slowly. Beating all the time. Put back on the stove and cook till thickened. Nutmeg can be added

Ethel Nisula

Christmas Valley Golf Course reminds you:

Playing without Paying is

THEFT OF SERVICES.

Library News

Military Mouse

The Annual Art Show is almost here and will be at the Community Hall February 15th and 16th. The categories are : Arts, Crafts, Photography, Rodent, and Found Art which is made of recycled material and the artisan decides which category their pieces are entered.

The Friends acknowledge that we all have busy lives and you can arrange special accommodations such dropping off and picking up your pieces at the library when it is open the week before or the week after by calling/texting 541-306-9607

THE SCHEDULE!!

February 14th You can enter your pieces starting at 8:30am to 11:30am

Public judging is 12pm until 5:30pm

February 15th Doors open at 9am with the awards posted and pieces for sale will be flagged with price. All pieces must be picked up between 4 and 4:30pm

THE COST!!

\$5.00 per person for three pieces. Each of the pieces may be in different categories.

\$5.00 per family—3 family members may enter 1 piece each FREE! Kids 10 and under with a 2 piece limit

Can't wait to see what the kids bring this year!!

DATE TRIVIA!!

January is National Braille Literacy Month; Louis Braille was born in 1809, January 18th is Winnie the Pooh Day January 19th is Edgar Allan Poe's birthday

Military Mouse signing off--

Friends of the Lake County Library

Randy Dary, 541-880-4778, randydary@gmail.com

Amy Hutchinson, 541-947-6019, amyh@lakecountylibrary.org

IMAGINATION LIBRARY A SUCCESS

In 2018, Lake County pre schoolers received 1,746 free books mailed directly to their home by the Dolly Parton Imagination Library, thanks to the Friends of Lake County Library, the 93.5 The Goose, and dozens of local businesses, organizations, and individuals. As of December 31, 2018, over 200 Lake County kids were registered for the program, which mails a free, age-appropriate book per month to children under 5. Parents can register their children at any time at their local library or online at imaginationlibrary.com.

The Imagination Library is free to every Lake County child under 5 no matter their income. The goal of the program is to inspire a love of reading, which is a key indicator of future school success. Parents are encouraged to register their preschooler today to bring home the benefits of reading together.

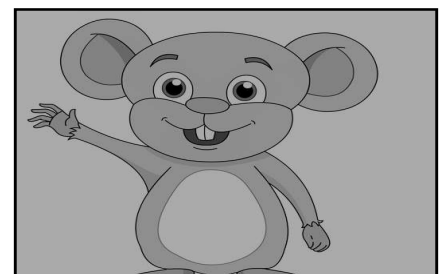
Studies have shown that when parents read to their children, kindergarten readiness improves. Parents reading to their children from birth can have lifelong positive benefits. The Imagination Library puts books directly into children's homes, and research has shown signifi-

cant positive benefits for children in the program.

"We are very proud of the success of our first year in the program," said Shelley Batty, Friends Imagination Library Committee member. "We have already registered over 60% of Lake County children for the program – a level most communities do not reach for several years. Our high registration and the amount of financial support we've received from local people and organizations really shows Lake County's strong commitment to education in action."

The program costs local sponsors \$25 per child annually. If all eligible preschoolers registered, the program would cost over \$8,000 per year. Fortunately, an Oregon family foundation will cover half of the local costs for the first three years. The Friends' are over halfway to their goal of beginning each year with two years' full operating costs in the fund. If you would like to support the program, stop by your local library and make a donation or mail a check to Friends of Lake County Library at 26 South G Street, Lakeview, OR 97630.

Questions about the program may be directed to your local library or Amy Hutchinson, Library Director, at 541-947-6019.





HELENA CHEMICAL CO.

Christmas Valley Warehouse



SEED • FERTILIZER • CHEMICALS

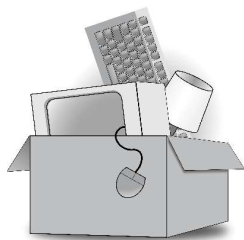
Adam Kirkland
503-949-6514

Larry Turnbow
541-480-6819

Clayton Worman
541-419-2875

CHRISTMAS VALLEY MINI STORAGE

PO Box 783, Christmas Valley, OR 97641



10 x 12 \$50/month

12 x 20 \$80/month

20 x 24 \$100/month

(541) 576-2640



**BUY LOCAL
SUPPORT
BUSINESS IN
CHRISTMAS
VALLEY**



Dr. Natasha S. Rudd, N.D., L.Ac.

Acupuncture, botanical medicine, Bowen Therapeutic Technique, Cranial Sacral Therapy, family health care, flower essence prescribing, general internal medicine, homeopathy, primary health care, personalized nutrition, shiatsu massage, stop smoking treatments, and vitality longevity evaluations.

Dr. Rudd is accepting new patients and referrals for patients seeking natural therapies. To schedule an appointment to be seen by Dr. Rudd at the **North Lake Health District's Medical Complex**, please call **541-385-6249**.

Outback Retirement Center, Inc. Board of Directors meets monthly on the 4th Mon. at 6 pm at the Outback Office.

SPECIAL ANNOUNCEMENTS

A very Special Thank You to all who helped with the Special Dinners for Thanksgiving and Christmas.

Thank you for Setting up and all the Cooking and Baking, Fixing Special treats and all the other things that you have done. The Konaway Nation and Praise the Lord Fellowship is very deeply touched and to thanks each and everyone of you!!!

May the Almighty God Bless You for all you have done.

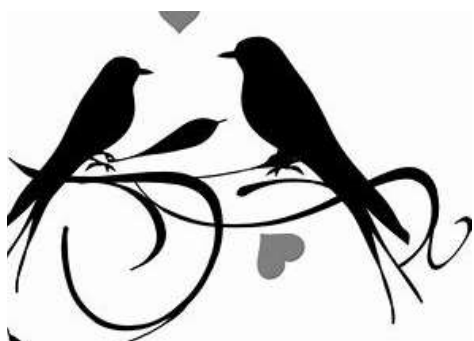
Troy and Sandy Cheek would like to express appreciation to dear friends for coming to the aid when Troy fell at 3 am and could not get back up. After all was settled we enjoyed coffee and visiting. Brian, Chad and Bree We Love you and thank you so much for coming to help.

Troy and Sandy Cheek

Valentines Day

Don't forget Valentines Day is just around the corner.

Just a Reminder



A CHRISTMAS VALLEY CHRISTMAS

My good friends Basil and Elizabeth Rogers invited me to their home for Christmas which gave me a good excuse to escape from the hectic pace of Bend. When I told my friends in Bend I was going to Christmas Valley for Christmas they simply said – how ironic – Christmas in Christmas Valley. They laughed.

Upon arriving, Elizabeth was preparing the most delicious sweet potato dish imaginable where she must have gotten the recipe from Old Saint Nick himself. They were busy taking care of the animals and enjoying the company of family from out of town so said "lets go to town and have Christmas dinner at the lodge". My first thought, can we get reservations, and can we afford it? I was politely told we did not need reservations and the dinner was a community effort with no charge. So, Liz grabbed that delicious pan of sweet potatoes and away we went.

Upon arriving we were greeted with open arms and I was introduced to many new friends that day. Everyone was genuinely kind and made me feel as a part of their community family. The dinner which was put on by many of the townsfolk was beyond awesome and that home cooking was better than any I have seen in my lifetime. The hospitality and kindness I find difficult to put into words.

I thank you Christmas Valley for making my Christmas one to never forget! I am sure every day in Christmas Valley is like Christmas.

Warm Regards,
Gary

30 December, 2018

Bunny's Note:

I want to thank those who commented to me about the article, DEAF in the December 15, 2018 newsletter. I need to clarify one thing. I forgot to include who wrote it as it wasn't written by me. It was from an "Unknown Author" but what he/she wrote applies to many of us (Deaf people) ...

I want to share my experience that I had years ago. After my Dad passed away and a month later it was Thanksgiving Day. My ex-husband's family invited my Mom & us to join them for dinner. There were about 12 of us at the table. Of course everyone was talking (voice) so Edwin and I (being in "a fish bowl") were talking with each other in sign language. Then we felt that someone was tapping on the table and we looked up to see who did it. It was my Mom. She said, "Nola, why don't you and Edwin use your voices so we can hear what you are talking about." Of course, I was embarrassed as well as fuming inside but I tried to stay calm and said, "Why don't all of you use sign language so that we would know what you are talking about?" Boy, it became very quiet in the room, the eyes were wider and no one said anything. Later on, Mom apologized and never did it again. The family even apologized to us.

All was forgiven.

Bunny Hovey

SEARCH DRILLING

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IRRIGATION WELLS
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www.bendsnip.org

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Dale Shumway

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541-420-2917

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Land Clearing
Ditches & Driveways

\$80⁰⁰ Hourly Rate*

Over 20 years experience servicing
Christmas Valley, Fort Rock, Paisley,
Silver Lake & Summer Lake areas.

***2 hour minimum**

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Christmas Valley Market

87497 Christmas Valley Hwy.

Christmas Valley, OR 97641

541-576-2200



**Purchase a Chevron gift card
and use it in the pumps to
bypass the prepay wait!**

***Fuel Pumps are self serve
after Market closes.***

Call the Local Guys FIRST!

Handde Pump & Electric, Inc.



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- Galvanized, ABS, CPVC fittings & tools
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Monday-Friday
8:00 am - 5:00 pm
Phone:
541-576-2206
Fax:
541-576-2702

MONDAY-FRIDAY
8:00 am - 5:00 pm
Phone: 541-576-2032
Fax: 541-576-2702
After Hours: 541-420-3215

Full Service
Oil Changes,
Batteries,
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and More.

NORTH LAKE TIRE, Inc.



All Your Tire Needs:

- Installation
- Rotation
- Repair
- Special Orders

ONE BUILDING • TWO GREAT COMPANIES

PUBLIC MEETINGS

Christmas Valley Boosters:

2nd Monday @ 6:00 pm
Booster's Building

Christmas Valley / North Lake Chamber of Commerce:

Meets Quarterly
Call for location: 541-576-3838

Christmas Valley Fire Board:

3rd Monday @ 7:00 pm
CV Fire Hall

Christmas Valley Water Board:

2nd Wednesday @ 1:00 pm
CV Community Hall

EMS: 2nd Thursday @ 7:00 pm
EMS Building

Fort Rock Grange:

2nd Wednesday @ 6:30 pm
Fort Rock Grange Hall,
Potluck TBA. 541-576-2335

Fort Rock Historical Society:

2nd Tuesday @ 6:30 pm
Homestead Museum

FR/SL SWCD: 541-947-5855

Lake Co. Commissioners:

1st & 3rd Wednesday @ 10 am
Lake County Courthouse

Lake Co. Hay & Forage Association:

1st Thursday @ 6:00 pm
Lodge at Summer Lake

North Lake Health District:

1st Monday @ 5:00 pm
NL Health District Conf. Room

North Lake Park & Rec Board:

2nd Tuesday @ 9:00 am
Park & Rec. office
541-576-2216

North Lake School Board:

2nd Monday @ 5:30 pm
North Lake School Library

Silver Lake Lioness:

2nd Wednesday @ 10:00 am
Silver Lake Fire Hall

Silver Lake Rural Fire District:

2nd Monday @ 7:00 pm
Silver Lake Fire Hall

If you know of corrections, changes, or additions to this list, please call Park and Rec. at 541-576-2216. or email desertwhispers@yahoo.com

BACK IN THYME

by Linda McCoslin

Restless Leg Syndrome: (RLS)

I recently had a request for information on RLS from a young lady who suffers quite a lot from this. It is also known as Kborn's syndrome. One in Twenty people have RLS. It causes one or more symptoms., including cramps or a "antsy" feeling in the legs, jumpiness and leg trashing, numbness, painful pins and needles sensations, or the feeling that something is crawling under the skin of the leg. Typically, the discomfort is felt deep within the calf, also many have had discomfort in the arms, the trunk and or genitals. The exact cause is unknown, however it is believed to be a genetic neurological condition activated by a chemical imbalance in the brain or spinal cord. It has also been linked to iron or folic acid deficiency, especially in people with kidney disease. It is also believed to be caused by decreased circulation to the legs.

RLS can be difficult to treat. Weight reduction (if necessary) and regular exercise are recommended, avoidance of alcohol, alleviation of any stress related situation, avoidance of caffeine in all forms at least 3 hours before bedtime, the elimination of food allergies and sensitivities, and a supplement of blue or green algae (as a substitute for L tryptophan and especially for people whose symptoms can be relieved by massage or movement of the limbs. Folic acid supplement is recommended. Also take recommended dosage of any calcium/magnesium supplement at bedtime.

- Stop Smoking, as it impairs blood flow to the leg muscles.
- Vitamin E- 400 IU, two or three times a day in extremely effective in alleviating this condition.
- California Poppy and Corydalis work well and cause no stomach upset.
- Iron Supplements taken for a maximum of three month, can reverse symptoms.
- Keep Bedroom quiet and Cool. Soak feet in cool water for relief. Massage legs from knee down calf all the way to anklebone and back up to knee vigorously.
- Passionflower Tea induces muscle relaxation and sleepiness.
- Rooibos Tea reduces spasms, induces sleep, stops generalized inflammation and pain.
- Valarian Tablets sedates muscles: reduces time required to fall asleep.

- RE:
1. Prescriptions for Herbal Healing
Phyllis R. Balch, CNC
 2. Alternative Medicine The Definitive Guide
Burton Goldberg
 3. Medical Herbalism
David Hoffmann, FNIMH, AHG



at the Christmas Valley Community Hall
Twice a month on Thursdays at 5:30 pm

Jan 24TH

Feb 7TH & 21ST

March 7TH & 21ST

For more information call:
Barbara Ferrando
650-455-0052

Sponsored by:
Christmas Valley Park and Recreation

poster by:
Mark Joseph Russell

Golf Fees for C.V. Golf Course

2019-2020 Golf Season.

Fees are as follows:


Single Year Pass- \$225
Family Year Pass-\$300

9-holes - \$20
18-holes - \$25

It's never too early to come
sign up for the new season

Did you get that perfect photo
that you would just love to
share?
send it to

Desertwhispers@yahoo.com.



Willows-West
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Christmas Valley, OR 97641
541-576-2117

10 am to 5 pm - Tues thru Sat
both stores

The Willows
Antiques & Vintage & Gifts

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Laura Parks
owner



CLASSIFIEDS

FOR SALE

Bicycle-Mongoose XR 200-7 speed with disc Brakes Excellent condition, rarely ridden. Can be boys or girls \$60.00 OBO 541-815-5683₂₅

2-5 Gal Red Barn Paint, Stored in insulated room best offer 541-576-2237₂₆

1978 Chev. 3/4 ton Pickup bed trailer Metal box with side and back doors \$400.00 458-221-0407₂₇

1948 GMC Silversides Bus Motorhome Conversion 35' Needs work to make run. Call for information \$8000.00 Part trade for truck 458-221-0407₂₇

15' Johnson Boat & Trailer, Seats 3 Center Steering 40hp Evenrude \$500.00 458-221-0407₂₇

Kubota 175 tractor, 3 point hitch, PTo good rubber, diesel, runs good would be a great tractor to tow rototiller, harrow, brush hog asking \$2500.00 OBO 541-536-3889 or 420-6215

2010 Ford Focus SE \$5500 OBO Excellent Condition with 56K miles 541-410-6366

Murphy Bed 8.5" tall 55 3/4" wide 15 1/2 deep \$850.00 541-576-2268

That Dragonfly Stuff is a locally made, all natural soothing balm available at: thatdragonflystuff.com or call (503) 882-5609 (MASSAGE OIL ALSO AVAILABLE)₁₅

2002 Chevy Blazer 4x4 Automatic excellent condition. \$3500.00 541-576-2904

Truck, Cargo, 1 1/4 ton, 4x4 M-1008 Tactical 1 1/4 Ton 4x4 1986 Diesel very low miles excellent condition. Perfect Bug-out or wood hauler \$5000.00 or \$8000.00 with trailer. Call 541-815-4004

2002 Volvo S 60 4 door sedan, front wheel drive, sun roof, priced to sell. Needs a few minor repairs and cleaning. \$2500.00 Call 541-815-4004

1989 Executive Motorhome 40' Class A Diesel pusher. Cat 3408T Allison 4 speed Very nice and ready to go south. \$ 29,500 Call 541-815-4004₇

HAY FOR SALE

Grass Hay dirt free 80lb bales \$200 a Ton or \$8.00 a bale one ton minimum 541-576-2352₂₇

FOR RENT/LEASE

For Rent Larger office with private Bathroom, Handicap excessable. Call Shara 541-576-2772

FORT ROCK GRANGE Community hall is available for rent. There is a main hall with stage, rest rooms, and fully equipped kitchen. 541-576-2335₂₅

CHRISTMAS VALLEY COMMUNITY HALL for rent.desertwhispers@yahoo.com or 541-576-2216₂₅

REAL ESTATE

Christmas Valley 21.37ac \$20,000.0 obo Township 27 South Range 16 EWM Section 19 west one half Government Lot 1 Tax lot 800 Arrow Gap Rd. turn Bowens Rd. One Mile turn Left property starts next intersection 530-366-4424₁

40 Acres off the Grid. Base of table rock east side, lots of Juniper trees, Nice View of the Valley \$32,000. 541-410-9621 or 541-576-2639₂₇

40 Acres South Oil Dry Road on Power and Pavement \$ 32,000.00 541-410-9621 or 541-576-2639₂₇

Baert Lake waterfront lot for home or recreational cabin, all utilities in, fenced, gated, \$59,500 Call Dave @ 503-502-4662₂₁

5AC bare flat land , \$5000.00 OBO off Cook Rd. Great location 11 miles West of Christmas Valley, 2 Miles From School Call Rebekah or Wayne at 541-771-3748₁

Garbage business for sale. Includes 1999 Volvo front load truck. Approximately 50 front load bins and customer list. Call Adair Brown at 530-233-2433 or 530-640-0162.

FIREWOOD

Firewood for sale. \$125.00 Pine rounds or Juniper rounds \$150.00 Call or Text Connor 541-508-6217

WANTED

Wanted a Wheel for Subaru 02-03 reasonable) 541-576-2022

Anyone willing to help pay for gravel to finn in big hole on N. Tinsel call Donna 541-576-2022

Looking for someone with the equipment to reposition a 40ft metal storage container in Fort Rock Area. Please call 541-733-2155 or 541-733-2869₂₈

Wanted a small Camp Trailer 60's or older 16ft or smaller Fixer okay if not to bad, No Bathroom preferred Call 541-419-5870 or 541-447-5000 leave message

WANTED: YARN for free projects for the community. Can be left-overs. Thanks. Donna 541-576-2022.

SERVICES

SageBush Salon by Appt. only. Call Robin @541-576-4229. Men, Women & Children. Cuts, Color, Perms, Foils, Scalp Massaging Treatments, Great nourishment for your hair.₂₆

Alora's Outback Cleaning - dependable and reputable cleaning services available for move in/out's, commercial, and residential properties. (541) 213-3309₂₆

Stephanie's Cleaning Services

Providing home cleaning & auto detailing. Basic cleaning services as well as deep cleaning. One time -weekly or monthly, can customize a schedule to meet your needs. Price based on job. 541-576-4461



Dog Grooming! over 30yrs experience w/ tons of references. Can only do dogs under 50 pounds. Call for Price and Appointments 541-420-2365

Mobile Shear Care Specializing in Salon Shears, Grooming and veterinarian Instruments Charlie 208-369-7227

Triple-T Firewood, Yard work, Hog Mowing, Clean-up work, Brush Hauling \$35 a hr yard work, \$65 hr tractor work 2hr min. 2 man team. 541-408-4852₂₂

Barlow solutions will get your RV ready for the hunting season give Terry a call at 541-576-4280 Terry can do maintenance on appliances, wheel bearings, water systems, roof repair, & more.₂₅

North Lake Towing & Service

AAA Service provided Doug Polhans- Owner Operator 541-771-6645

Mobile Forklift Service: I will bring my Towable Forklift to you & Do the lifting up to 4K lbs. capacity. \$50 first hour \$35 thereafter 541-815-4004₂₄

THE TINSEL TAILOR: Sewing/alterations shop in CV. Zipper replacement, knit or crochet repairs, general clothing repairs, reasonable rates. Hem jeans \$6 & up; slacks \$9 & up. 541-576-2022₂₅

If you are ready to QUIT,
we are ready to help!

1-800-QUIT-NOW 1-800-784-8669



PLEASE PRINT CLEARLY

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated or behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicide Is Preventable. Call the Lifeline at:
1-800-273-TALK (8255).

Mommy & Me Group

Submitted

Do you have a little one, age birth to three years old, who doesn't meet the requirements for Preschool on Tuesdays? You and your child are invited to join Mrs. Anthony on the first and third Thursdays of each month from 10:00 a.m. - 11:30 a.m. at the North Lake School annex building for a **Mommy and Me Play Group**. "We will be exploring our world around us through music, movement, and sensory play," says Mrs. Anthony. "We will also be doing **Make and Take** activities once a month that you can do with your kiddos at home."

If you have questions, please call Mrs. Anthony at 503-351-7855.

North Lake County Church Directory

Christmas Valley Community Church

87921 Christmas Vly Hwy **541-576-2757**

Pastor: Dustin Peterson

Youth Leader: Fred Chugg

www.christmasvalleycommunitychurch.com

Sunday School 9:45am

Morning Worship 10:45am

Youth Group Wednesday @ 7:00pm

Christmas Valley Seventh-day Adventist

Old Lake Rd & Sunrise Circle.....

mssg. phone.....**541-306-0384**

www.bibleinfo.com

Sabbath School 9:30am

Sabbath Worship 11:00am Saturdays

Midweek Bible Study & Worship 6:00pm

Fort Rock Community Church

Downtown Fort Rock **541-576-2888**

Pastor: Jeremy Warkentin

Sunday School 9:45am

Sunday Morning Worship 11:00am

3rd Sunday Potluck

Saturday Men's Breakfast at 7:00am

Free Church Of God

www.freechurchofgod.org

True theology lies with the Apostles that Jesus, himself, trained and ordained.

Lutheran Bible Study and Worship

call for location/directions **541-576-2593**

Pastor Peter Pagel of Faith Lutheran Church in

La Pine leads a local meeting

Tuesdays at 6:00pm

New Life Fellowship of Christmas Valley

87218 Glitter Lane

Pastor: Doug Polhans**541-591-4067**

Visit us on FACEBOOK

Sunday School 9:30am

Sunday Worship 11:00am & 6:00pm

Praise The Lord Fellowship

35 NE Arrowhead Rd, CV..... **541-576-3079**

Pastor: Rev. Suzan Burch/Fowler

Assistant Pastor: Marvin Fowler

Worship Gathering Sunday 11:00am followed

by Potalatch (Blessing Meal)

Song & Praise Sunday 4:00pm • Bible Study

Wednesday 4:00pm • Prayer Saturday 4:00pm

Silver Lake Church of the Bible

Hwy 31, Silver Lake **541-576-2367**

Pastor Leon Baker

Sunday School 10:00am

Morning Service 11:00am

Second Sunday Potluck

Well in the Wilderness Church

Sunrise Circle, Christmas Vly **541-977-5296**

Pastor Kerry Cardwell: 541-977-5296

Pastor Bon Puckett: 541-576-4765

Sunday School (for all ages) 9:45am

Morning Worship 11:00am

Wednesday night 6:00pm

Holy Family Catholic Church

57255 Fort Rock Rd **541-576-2415**

Sundays at 3:30pm

Contact - Mike & Laura House: 541-576-2415

The Konaway Nation

Council Meetings every 2nd.

Saturday of each month at

Noon at the Chief's home.

Potalatch to follow.

Call 541-576-3079 for info.

SOBRIETY IN THE DESERT

AA AND NA

FRIDAYS @ 5:00 PM

ON THE BACK SIDE OF

NORTH LAKE CLINIC

87520 BAY ROAD

CHRISTMAS VALLEY, OR 97641

Rev. Suzan Burch will be teaching Coastal Jargon. This is one of 14 Native American trade languages. if interested, call
541-576-3079

Celebrate Recovery

Mondays @ 6:30 p.m.

CV Community Church

Sherry 541-576-4509

or Tim 541-977-4944

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The latest innovations and improvements from New Holland

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Precision Land Management (PLM) Solutions



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