

January 1, 2022

Volume 42 Issue 1

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**

***The sun sets on 2021 ~ Welcome 2022!!!
The Sleeping Maiden, Christmas Valley, Oregon***

Next Desert Whispers DEADLINE
7 DAYS PRIOR
to publication on the 15th of the month.

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 Christmas Valley Park and Recreation District Board members, staff, personnel or advertisers. The Christmas Valley Park and Recreation District is not responsible for errors in articles and/or ads submitted to be published without change. The Christmas Valley Park and 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

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 Christmas Valley Park and Recreation for availability:
541-576-2216.

DESERT WHISPERS
is a bi-monthly publication of
CHRISTMAS VALLEY PARK and RECREATION

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

541-576-2216[PHONE]

541-576-2272[FAX]

DesertWhispers@yahoo.com
CVParkandRec.org



CV Park and Recreation

Christmas Valley Park and Rec Board Members

Glenna Wade..... 541-576-2216

Shara Shumway.....541-480-6461

David Uran541-576-4177

Gary Kelso.....541-410-3621

Barbara Ferrando....650-455-0052

Christmas Valley Park and Rec Office
Open: Monday - Friday • 10 am - 2 pm
Closed all Holidays

IMPORTANT NUMBERS

INFORMATION NUMBERS

| | |
|-------------------------------------|----------------|
| Emergencies | 911 |
| Air Link (Emergency Dispatch) | |
| | 800-621-5433 |
| Air Link (Business Office) | |
| | 800-353-0497 |
| A.A.A.(Central Oregon)..... | |
| | 541-548-0440 |
| C.V. Fire Dept..... | 541-576-2212 |
| or..... | 541-480-3979 |
| C.V. Post Office | 541-576-2657 |
| C.V. Water District ... | 541-576-2090 |
| C.V. La Pine Com. Health Center.... | |
| | 541-576-2343 |
| 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: Karen Morgan

LA PINE COMMUNITY HEALTH CENTER

541-576-2343

Optometric Physician
TIMOTHY ARBOW, O.D.

By appointment: 541-554-9888

Chiropractic Physician
HELMUT E. EICHNER, D.C.

By appointment: 541-633-6563

Lake Health District
Mental Health

By appointment: 541-947-6021

JAMA NELSON, CAD-C-I

HAYLEY ROARK, LPC

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*

LOCAL RESOURCES

FREE

Food, clothing, shoes,
household items and more!
We are open for you to browse,
exchange items and/or donate
Wednesday-Friday, 10 am-3 pm

Praise The Lord Fellowship

576-3079 • 35 NE Arrowhead

*Take CV Hwy to Snowflake, turn
left on Arrowhead
(come to NE corner)*

Food Share:

Third Tuesday
of every month.
9am-2pm
(closed 12-12:30)

Located next door
to Dorcas

NORTH LAKE COUNTY KIDS KORNER

Food Relief Outreach

87450 Spruce Lane
Christmas Valley, Oregon

541-410-3086

Open

**First and Third Saturdays of
the month; 11 a.m. - 2 p.m.**

*~ Serving the Youth of
North Lake County ~*

Lake County Public Transit Operated by Lake County Senior Citizens Association

Christmas Valley to La Pine
Shopping Shuttles are scheduled for
every Wednesday leaving from the
CV Community Center at 8 a.m.
Stops vary depending upon riders'
needs. Please call Linda at 541-947-
4966 ext. 106 to schedule. Bus fares
are *not* required, although donations
are accepted and encouraged for
shopping trips.

Routine Medical Trips:

- La Pine
- Bend
- Portland

Call our new Transportation
Coordinator, Linda, to be scheduled
to join any of these trips, or to in-
quire about additional trips as they
come in.

Promoting the health and safety of
all Lake County residents is our mis-
sion. We encourage seniors, those
with disabilities, and those who do
not have other access to safe trans-
portation to call us about availabil-
ity. Our vehicles are ADA-approved
for those with mobility aids, such as,
wheelchairs, walkers, etc.

Per OHA and ODOT requirements
under the COVID pandemic, rid-
ers and drivers are required to wear
masks or face coverings at all times.
Vehicles are disinfected between each
trip, and a 6 foot minimum distance
must be maintained between driver
and each rider-household at all times.

If you have OHP, please call:
EOCCO Ride Share at 877-875-4657
for non-emergency medical
transport.

CHRISTMAS VALLEY WEEKEND MARKET

at the Christmas Valley Community Hall

Biscuits & Gravy Chili
Cheese Nachos and
Hot Dogs!

Friday & Saturday
JANUARY 7TH & 8TH
9AM-5PM

Soup Kitchen
Bake Sale

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

A Thank You Note from The Soup Kitchen

The Christmas Valley Soup Kitchen would like to send out a BIG Thank You to all that have donated to the Soup Kitchen this year. Donations range from volunteers serving the people to the people who donate food or money to make sure that those in need receive a hot meal. We look forward to the years to come.

If you would like to make a generous donation to the food Kitchen, you can reach Barbara Ferrando at 650-455-0052 or stop by the Christmas Valley Park and Recreation Office located at 57334 Christmas Tree Road, Christmas Valley, Oregon 97641.

Thank you!

Barbara Ferrando and Crew

Well In the Wilderness Church
Bountiful Blessings

Food Bank
Open Every Wednesday
1 p.m. to 3 p.m.

Located on Old Lake Road
near the Seventh Day
Adventist Church.

For information call
Liz Ewell 541-410-5936

KPAI Radio
Live Radio Programs
Paisley Charter School's
Student Broadcast

Listen on 103.1 FM

or by logging on at

www.paisleyschooldistrict.com

Choose "Radio" at "Quick Links"
on the home page.



FORT ROCK RESTAURANT

Restaurant Hours:
Open Mon-Sat 11 am to 8 pm
Sunday 11 am to 6 pm

- Home Cooking •
- Full Bar •
- Lottery •
- Family Restaurant Seating •



Follow us on
facebook



Paxton Pipe & Excavation Inc.

We specialize in site prep,
utilities, septic, culverts, land
clearing, grading, road building,
full house builds and concrete.

24 Hour Emergency Service
CCB#234933 - bonded & insured.
541-248-0473

SUBSCRIBE!

To receive 24 issues send \$60 to
cover postage & handling to:

DESERT WHISPERS

P.O. Box 181
Christmas Valley, OR 97641

See subscription mail
in form in the back of
this issue.

Simple Habits To Improve Your Wellness In 2022 And Beyond

*By Dr. Kristy Lewis, Naturopathic Doctor &
Holistic Nutritionist based in Ottawa, Canada*

Can you imagine a life where you are full of energy, live pain-free, and feel connected to yourself? It's possible. And you deserve it!

Habits are actions you perform frequently. Over time, you don't have to think about them. You do them automatically because they become part of your subconscious mind. Habits have 3 parts:

- Cue: a trigger that initiates action
- Routine: the action you do
- Reward: your benefit from doing the action

For example, one habit that we've all developed is brushing our teeth. Bad breath or bedtime cues us to perform the action. The reward is our mouths feeling minty fresh!

To create a new habit, identify a cue, routine, and reward. Then repeat action daily for about a month. For example, if you want to start doing yoga every day, place a yoga mat next to your bed. You'll feel rewarded by the relaxation you feel in your body. Soon, you'll want to do yoga every day. It won't feel like hard work anymore.

Which habits matter? A holistic approach to your habits and lifestyle will have the biggest impact. I recommend focusing on your sleep, stress, nutrition, movement, and mindset.

Read on to see why each of these pillars matters, and how you can make small improvements to

each. Over time, you'll see big results!

Sleep is the most important component in achieving all health goals. So many of us begin, re-start or feel frustrated with the lack of success on our health journey because we bypass this crucial component of health. Studies are now confirming that without restorative sleep, you will be in a constant state of deficiency, caloric intake is higher with more sugar and salt cravings, body repair and detoxification is impacted and ideal health is impossible to achieve even with the perfect diet and exercise program.

Here's how to change your habits to improve your sleep today:

- Go to bed at the same time each night
- Keep your phone out of your bedroom
- Reduce screen time 1-hour before bed

Managing stress is the second foundation in achieving ultimate health. Most of us spend much of day in a fight, flight or freeze response which in turn influences every aspect of our health. With the body in a constant state of cortisol overload, it is virtually impossible to optimize health even with a whole food diet and a consistent exercise program. During this phase of recovery, sleep plays a crucial role in supporting our stress response and the focus on food and exercise become the medicine to support

our body in managing stress.

Here's how to change your habits to better manage your stress today:

Reduce your interactions with takers and negative people. If you can, block them entirely.

Reduce stimulants such as coffee and sugar that increase low-level stress all day.

Turn off work notifications in the evenings. That expense report can wait.

With improved quality and quantity of sleep as well as a new relationship with stress established, you can then fully receive all the benefits from an individualized nutrition program. At this point, discussion about elimination diets, detoxification programs, intermittent fasting etc. is relevant, not before this point.

Here's how to update your nutrition habits for big impact:

Eat small, nutrient-balanced meals every 3-4 hours. Balanced meals include lots of protein, fats, fruits and vegetables. They can also include carbs and sweets (in moderation).

Replace soda with sparkling water. All of the fizz, none of the empty calories.

Consult a healthcare professional to determine if you need any vitamins or supplements.

Continued on Page 6.

**North Lake
Point S is
here for all of your
car care needs.**

Call and book your appointment today!



TIRES · BRAKES · ALIGNMENT · SHOCKS



(541) 576-2032

AFTER HOURS: (541) 420-3215
87180 Christmas Valley Hwy

www.PointSTire.com/NorthLake

Wellness in 2022
continued from page 5.

High-intensity workouts and long-distance running programs yield incredible benefits but only with the other pillars balanced. Pushing the body before often results in further health declines and possible injury. With sleep improvements, stress supports in place and your individualized nutrition requirements intact your ideal exercise program will reveal itself.

Here are 3 easy habits to start moving more in 2022:

- Take a 10-minute walk break every day.
- Stretch when you get out of bed.
- Park your car at the back of the lot.

Often underestimated about its impact on our physical body, our beliefs and thoughts can absolutely influence our physiology. When the mind is caught in negative thinking and a trance of obsessive thoughts, we are producing internal stressors that will compromise our health. Our beliefs, create our thoughts and our thoughts influence our choices. Therefore, implementing supportive lifestyle choices and a solid pillar of health requires self-awareness and clarity of mind.

Improve your mindset today by implementing one of these 3 habits for a month:

- Think of one thing you are grateful for each night. Say it out loud or write it down.

Continued on Page 7.

Wellness in 2022
continued from page 6.

- Meditate for just 1 minute a day. Over time, increase to 5 or 10 minutes.
- Try a breathing exercise, such as a belly breathing or a box breath—inhale for 4, hold for 4, exhale for 4 and hold for 4.

You deserve to live your best life! Make that commitment to yourself to pursue wellness on a daily basis.

If you need help, reach out to your community.

Join a support group.

Work with a healthcare provider.

Study health and wellness. Read the Kardish Wellness Blog.

We're all rooting for you!

A few simple all body workouts:

- Lay flat on the floor and get up! Build up to 10 reps.
- Put on your favorite music and dance! 20-30 minutes.
- Stand like a tree; legs close together, arms raised like branches. Don't move or shift for 10-20 minutes. It is not as easy as it sounds.

*Have a happy, healthy
New Year
in 2022!!!*

Call the Local Guys FIRST!



Handde Pump & Electric, Inc.

And a whole lot more store!

- Zimmatic Sales and Service
- Huge selection of Plumbing & Electrical Supplies
- Sinks, faucets, water heaters, pressure tanks
- Galvanized, ABS, CPVC fittings & tools
- Landscaping pavers, railroad ties & more

Monday-Friday
8:00 am - 5:00 pm
Phone:
541-576-2206
Fax:
541-576-2702

CCB# 45220

Oregon Country

Shara Shumway
Principal Broker
(541) 480-6461



Realty, Inc.



With prices so low, it's a great time to buy.

Phone: (541) 576-2772
86872 Christmas Valley Hwy
Christmas Valley, OR 97641

www.oregoncountryrealty.com





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

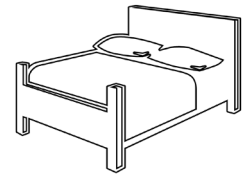
"Veterans, frontline workers, elders, and students get 10% off your labor."



DESERT INN MOTEL

Sixteen Units
FOUR SINGLE UNITS
w/Queen Bed, Small Refrigerator
TWELVE DOUBLE UNITS
w/kitchenette & two beds
some w/Queen size beds

Reasonable Rates



Mitzy Maple
PO Box 148
Christmas Valley, OR 97641
541-576-2262

CHRISTMAS VALLEY MINI STORAGE

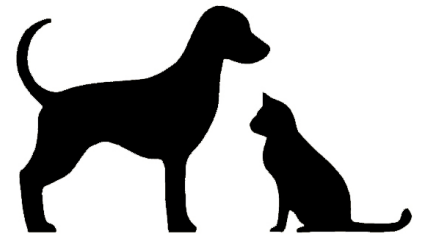
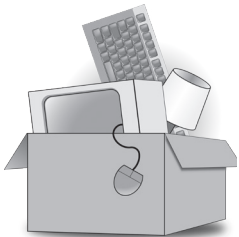
PO Box 783, Christmas Valley, OR 97641

10x12 - \$80.00/Month

12x20 - \$95.00/Month

20x24 - \$175.00/Month

(541) 576-2640



Dr. Hally Veterinary Services

will be coming to the
Christmas Valley area

January 10th - 12th
February 14th-16th
March 14th-15th

Call to schedule an appointment

541-460-1000
Hally Miles-Moore, DVM

High Desert General Contracting, LLC

CCB# 231638

Local business serving Christmas Valley,
Silver Lake, and Fort Rock areas.

(541) 220-0131/ (206) 802-5658


highdesertgeneralcontracting@gmail.com

We welcome construction projects of all sizes.

Please call or email to discuss your home improvement needs.

Did You Know????

By advertising in the
Desert Whispers you are
reaching over
2,000 people in print
and online.



Willows-West
Knitting & Flowers & More
86426 Christmas Valley Hwy
Christmas Valley, OR 97641
541-576-2117

HOLIDAY HOURS:
Nov. 26th through Christmas Eve
MON~SAT 10 a.m. - 5 p.m.
SUNDAY ~ 11 a.m. - 4 p.m.

The **Willows**
Antiques & Vintage & Gifts

Laura Parks
owner

87531 Christmas Valley Hwy | Christmas Valley, OR 97641 | 541-576-2199

HELENA AGRI ENTERPRISES, LLC



People...Products...Knowledge®

Seed - Fertilizer - Chemicals - Public Scales

Field Tech
Clayton Worman
541-419-2875

MANAGER
Tristan Grassman
509-330-0297

Part-time
Larry Turnbow

Sales Associate
David Kerkenes
209-390-2062



Band Of Brothers **Christmas Valley**

Band of Brothers Breakfasts
every Thursday at 9 am
at Stockton Farm Market &
Coffee Corner Cafe.

President: Charles Brown

541-576-4912

Secretary: Glenna Wade

541-977-0626

All Veterans

&

First Responders Welcome!

Come Join Us !!

We have free Clothing,
Blankets, Camping Gear, and
a variety of other things.

Free to Anyone!

Thank You Fire Department

Thank you to all who volunteer. Thank you for being there when the rest of us can't. Had it been up to me, my hay barn would have burned down while I slept unaware of any disaster, and then even if I had known about it, I don't know what I could have done. After the fire was all over, I realized I hadn't even offered hospitality to those working, no coffee, sandwiches, water; all things my mother would have upbraided me for having forgotten.

Long ago both of us volunteered a lot until we were burned out and other circumstances, like age and being away from home all changed our ability to respond. Why people won't volunteer is a favorite rant of mine. However, I remember the personal sacrifice, the meals not cooked, the times I forgot to gas up before I went on a call, the fatigue of volunteering all night and working the next day, the cost of maintaining your own training, the cost of time away from home and family for training in distant locations... etcetera that is not paid for.

On the 16th of December Jo Jo didn't hesitate to call in the fire before it got too big and out of control. The fire department's response saved the hay barn with minimal structural damage. They worked all night, into the next day, and came and checked on it repeatedly. Please add your personal thanks to these firefighters the next time you see them.

Thank you to firefighters: Chad Brown, Mike Clark, Steve Hilger, Paige Pline, Josh Buzzell, and Dino Aspiranti. Thank you Paige for fast thinking to call Dinsdale's crew for help.

Thank you to Tyler Meyer and Scott Dufner who brought in a squeeze and saved some of the hay before it burned and then used front end loaders to scoop the burning hay out of the structure.

Thank you again from Pat and Roger Widenoja



Applications Available at the
Christmas Valley Park and
Recreation Office or online at
<http://www.klcas.org/energy/>



87164 Christmas Valley Hwy
Christmas Valley, Oregon
(541) 576-2500

Fishing Poles \$16.99

**Aero Garden
In-home garden
system**

\$49.99



Follow us on
facebook

WINTER HOURS 7 AM - 8 PM



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

Herbie Says,
"When All Else Fails
Read The Instructions!"

Proverbs 19:17

Matthew 19:14

Matthew 25:40

James 1:27



**SHOP LOCAL
SUPPORT
LOCAL
BUSINESSES**

Santa's Hardware

Christmas Valley's
Biggest - Little
General Store



Garden Supplies



Plumbing Winterizing Supplies



WORKWEAR MEN & WOMEN

ALL
SIZES
OF
JEANS



HANES SOCKS

Toys, Crafts, Art & Games!



DVD RENTALS



Open 7 Days a Week

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

Call (541) 576-2999

87038 Christmas Valley Highway

Stockton Farm

Vintage - Creative - Handmade

Market



Farmhouse Decor

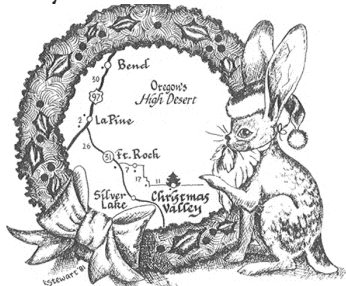
Bullets,
Breakfast & Bouquets

57276 Park Rd, Christmas Valley, OR | 541-203-0548 | customercare@stocktonfarm.com | www.stocktonfarm.com

COMMUNITY MEETINGS

Christmas Valley Boosters

Invite you to our next meeting!



Second Monday at 6pm at
The Booster's Building
(On Aspen, behind the Post Office)
See you there!

Lake County Planning

Meeting

Tuesday,

January 18th, 2022

at 6:00 p.m.

at the

Courthouse in

Lakeview

SCHOOL BOARD

The North Lake School Board meets on the second Monday of each month at 5:30 p.m. in the school library.

These meetings are open to the public. Community members who wish to address the board may contact the superintendent prior to the meeting or may sign up at the board meeting to speak to the board. A three-minute time limit has been established by board policy for community members to address the board.

Christmas Valley Boosters

Is not accepting used ink cartridges or yard sale items.

Thank you for your past help.

Christmas Valley Park and Recreation

**Regular Board Meeting
will be held at the
Christmas Valley
Community Hall**

**Tuesday,
January 11th, 2022, at
9:00 a.m.**

North Lake County E.M.S.

**Regular Board Meeting
the second Wednesday
of every month
at 7 p.m. at the E.M.S.
building located on
Holly Street next to the
Water District Office.**

**Lake County
Board of Commissioners
513 Center Street
Lakeview, Oregon 97630**

**Work Session
January 4th - Lakeview
9:00 a.m.**

**Regular Session
January 5th-Christmas Valley
Community Hall
10:00 a.m.**

Christmas Valley Rural Fire Protection District

**Regular Board Meeting
the third Monday of
every month
at 7 p.m. at the
CVRFPD station
located at
58733 Holly Street.**

CHRISTMAS VALLEY DOMESTIC WATER DISTRICT

**REGULAR BOARD
MEETING
THE SECOND
WEDNESDAY OF EVERY
MONTH AT 6:00 P.M. AT
THE DISTRICT OFFICE
LOCATED AT
87379 HOLLY STREET
CHRISTMAS VALLEY**

**NLHD
Regular Board Meeting
will be held
Monday, January 3rd,
2022
at 5:00 p.m.**

**at the District Office
87520 Bay Road**



PEOPLE'S RIGHTS

Uniting Neighbors to Defend Their Families, Faith, Freedom and Future.

*People's Rights is a National Organization made up
of individuals uniting with their neighbors.*

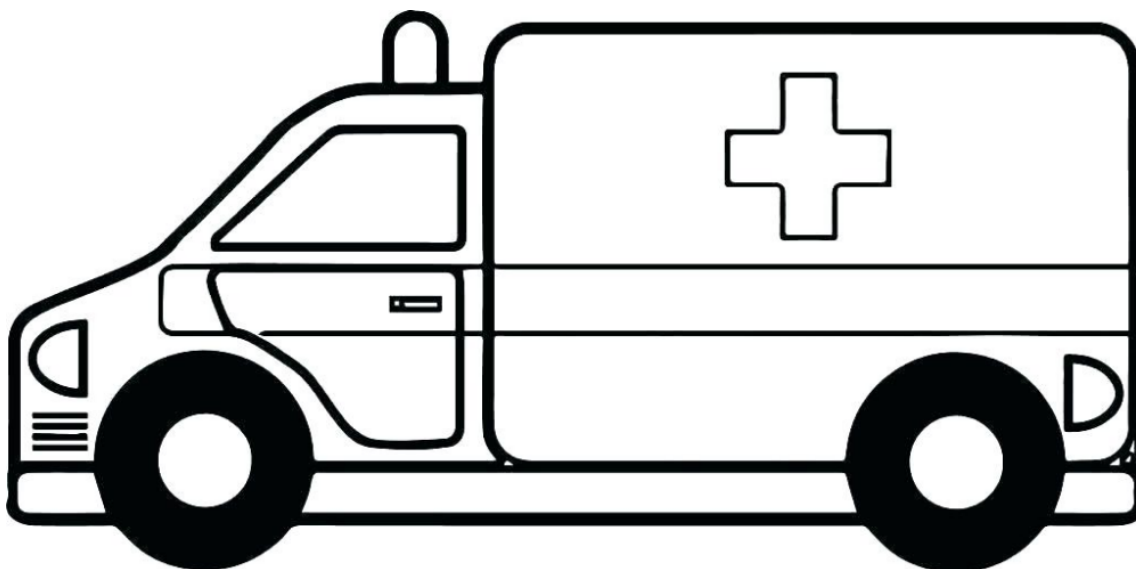
**If you are interested in
forming a Christmas Valley
chapter, you are invited to an
informational meeting on**

Saturday, January 8, 2021 at 11:00

**at the Stockton Farm Market &
Coffee Corner Cafe'
(formerly Gifts and More)**

**For more information contact
Becky Tocol 541-4081386**

**www.peoplesrights.org
www.peoplesrightsoregon.com**



**Frontier volunteer agency seeks two (2) Oregon-licensed EMT's
(or higher) to fill on-call positions.**

**Small stipend possible. Ideal position for online student or retired
'community-oriented' individual. Internet available for online
course-work. Additional benefits negotiable.**

Leave a message at 541-576-2759.

\$1

Any Size Coffee Every Sunday & Tuesday



5% proceeds go to local Veterans Charities

Applies to BrewNation Small, Medium, and Large Coffee Drinks only. Does not apply to Espresso Drinks.

Offer valid 1/1/22 - 3/31/22

Silver Lake Market
65504 Hwy 31
541.576.2401

Christmas Valley Market
87497 Christmas Valley Hwy
541.576.2200



New Years Resolution: Start Earning Points

- ☒ **3 Points per Dollar in Store**
- ☒ **5 Points per Gallon at the Pump**
- ☒ **Points Spend like Cash**



Silver Lake Market
65504 Hwy 31
541.576.2401

Christmas Valley Market
87497 Christmas Valley Hwy
541.576.2200





NEVER WONDER WHEN YOUR NEXT VISIT WILL BE

The daily worries and concerns of dealing with an illness can be overwhelming. Let us **EASE YOUR STRESS** by managing your medications and addressing your concerns. Allowing you **TIME** to do what **YOU WANT TO DO**.

Our team makes a positive difference during a difficult time!

Call today to schedule a **FREE Resource Consultation**.

GoHOSPICE.com



BEND

(541) 508-4036

LA PINE

(541) 536-7399



HIGH COUNTRY REAL ESTATE

209 North F Street
Lakeview, Oregon 97630
Office Phone: 541-947-2224
Deanna M. Walls - Principal Broker

Rich Bradbury-Broker
Cell: 541-417-0250

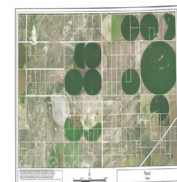
Featured Properties



#: 3006790
4.4 Acres
114 Blue St
Paisley, OR
\$675,000



Price Reduced
#: 3006598
5 Acres
Lot 905 Lost Forest
Christmas Valley, OR
\$11,000



New Listing
#: 3006803
5 Acres
lot 700 Bowens Ln
Christmas Valley, OR
\$11,000



REALTOR

Visit Our Website
www.hicountryrealestate.com



EQUAL HOUSING
OPPORTUNITY



Christmas Valley Concrete, Inc.

Dale Shumway
541-576-2218
541-420-2917

Ready-Mixed Concrete
Septic Systems & Repairs
Rock & Fill Material
Land Clearing
Ditches & Driveways

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

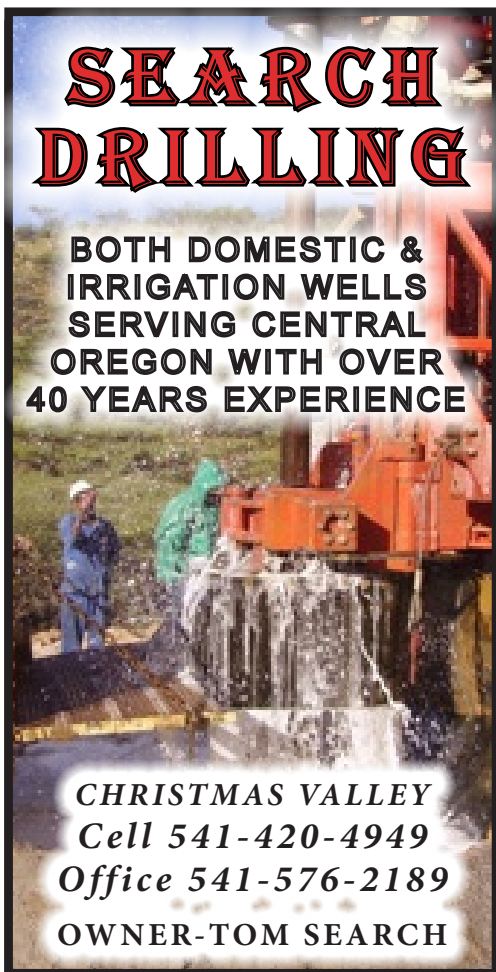
Licensed/Bonded/Insured
CCB#99796 DEQ# 38347



541-617-1010
www.bendsnip.org

SEARCH DRILLING

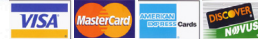
BOTH DOMESTIC &
IRRIGATION WELLS
SERVING CENTRAL
OREGON WITH OVER
40 YEARS EXPERIENCE



CHRISTMAS VALLEY
Cell 541-420-4949
Office 541-576-2189
OWNER-TOM SEARCH

Walk-ins Welcome

ANN'S STYLING SALON



Cuts • Styling • Color • Weaves
Perms • Manicures • Pedicures
Artificial Nails, Including Acrylic

87142 Christmas Valley Hwy.
at the JackRabbit Jct.

M - W - F 9:00 a.m. to 5:00 p.m.

541-576-3531



THE SHED
CENTER^{LLC}

Storage Your WayTM
theshedcenter.com

SHEDS, GARAGES,
COTTAGES, ANIMAL
SHELTERS, AND MORE
RENT-TO-OWN AVAILABLE
NO CREDIT CHECKS

Christmas Valley *****Free Delivery

541-325-1220

Christmas Valley Park And Recreation District

Christmas Valley Airport - Baert Lake -

Christmas Valley Community Hall -

Desert Whispers Bi-monthly periodical -

9 Hole Golf Course with golf cart rentals -

Rodeo Grounds with campsites available.

To see, and/or reserve any of the facilities, or for Golf fees and availability

call or visit our website.

SERVICES AVAILABLE AT THE OFFICE

Open Tuesday - Saturday 10 am - 2 pm

Free Public Access Computers with Internet Connection

Color & Black & White Copies, up to 11 x 17

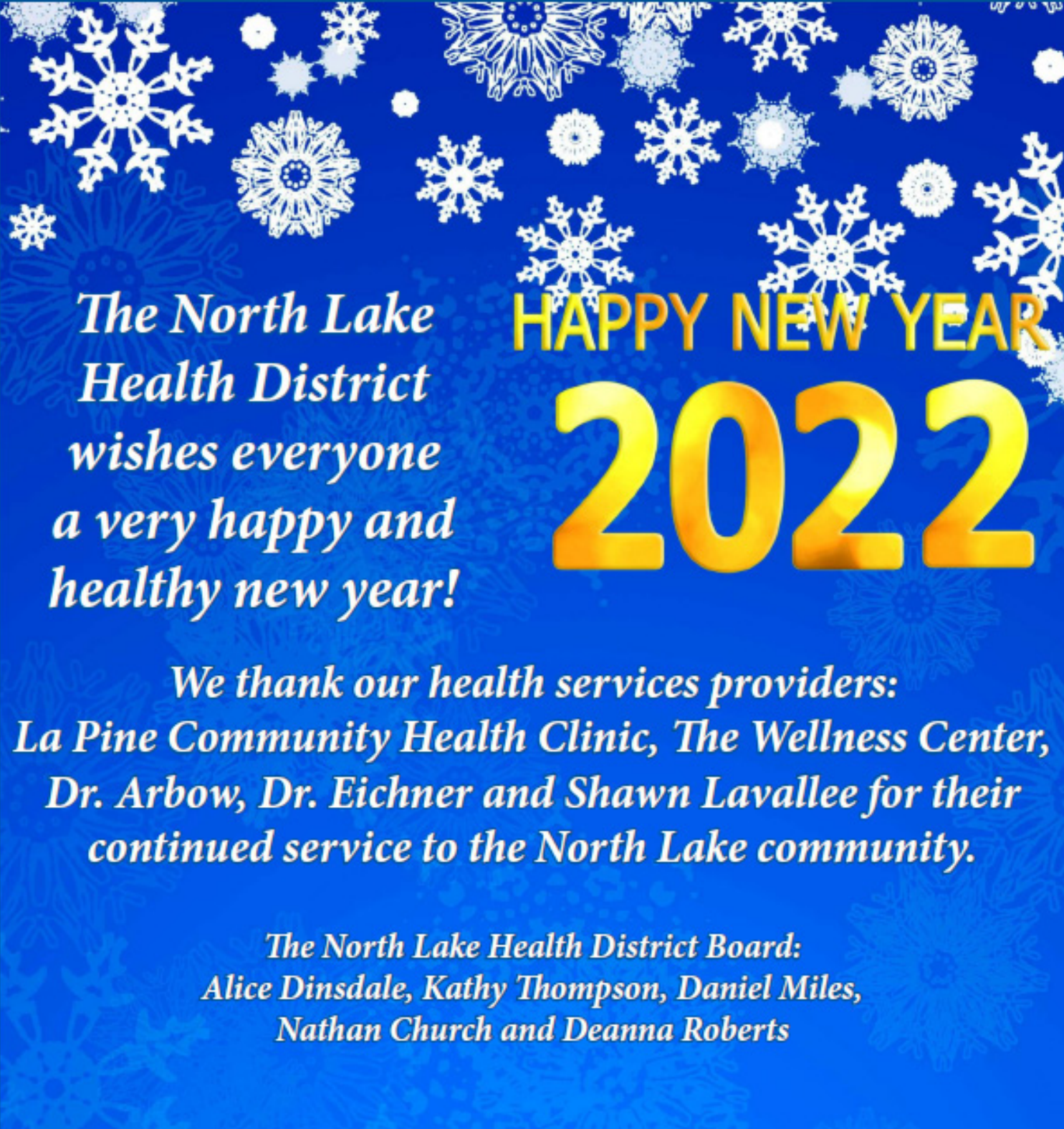
Reduce or Enlarge, Send Faxes & Printing

Phone: (541) 576-2216 Fax: (541) 576-2272

57334 Christmas Tree Road

PO Box 181, Christmas Valley, OR 97641

Website: CUParkandRec.org



*The North Lake
Health District
wishes everyone
a very happy and
healthy new year!*

HAPPY NEW YEAR
2022

*We thank our health services providers:
La Pine Community Health Clinic, The Wellness Center,
Dr. Arbow, Dr. Eichner and Shawn Lavallee for their
continued service to the North Lake community.*

*The North Lake Health District Board:
Alice Dinsdale, Kathy Thompson, Daniel Miles,
Nathan Church and Deanna Roberts*

**MOOOVE IT
ALL OVER**



**Simplify your life
Mooove your whole
banking relationship
to Pacific Crest***



*** Important disclosure: The grass really is greener.**

Mon-Fri, 11am-5:30pm
57269 Park Road, CV OR
myPCFCU.org | 800.570.0265
Federally insured by NCUA

**HAPPY
NEW YEAR**

PUBLIC NOTICE

NOTICE OF MEASURE ELECTION AND NOTICE OF RECEIPT OF BALLOT TITLE

Notice is hereby given that on Tuesday, May 17, 2022 an election will be held in Lake County, Oregon. This election will be vote by mail. The County's designated polling site, located in the Lake County Courthouse, Lakeview, Oregon, will be open from 7:00 a.m. to 8:00 p.m. on May 17, 2022.

Notice is hereby given that a ballot title for a measure referred by Lake County has been filed with the County Clerk of Lake County on December 16, 2021. The ballot title meets the single subject requirement. The following Ballot Title shall be submitted to the qualified electors thereof:

REFERRED TO THE PEOPLE BY LAKE COUNTY

Formation of North Lake Emergency Services District with Permanent Rate

QUESTION: Shall North Lake Emergency Services District be formed with permanent tax rate of \$2.64/\$1,000 of assessed value beginning FY 2022-23?

SUMMARY: This measure would create a taxing district authorized by ORS chapter 478 to provide emergency medical services to the area served by North Lake County EMS, currently a non-profit, volunteer organization. The measure also would approve a property tax levy of \$2.64 per \$1,000 of assessed value to provide a source of permanent operating revenue for the district.

The district would be governed by a five-member Board of Directors elected at large. The purpose of the emergency services district will be to provide a source of stable funding to provide emergency medical (EMS) services and pre-hospital care; upgrade and maintain buildings, vehicles and equipment; provide regular training and education for staff; add between two and three additional EMTs; and provide competitive compensation to attract and retain employees. A home with an assessed value of \$100,000 would pay approximately \$264 a year.

An elector may file a petition for review of this ballot title in Lake County Circuit Court no later than 5:00 p.m. on December 28, 2021.

Dated this 16th day of December, 2021.

Stacie Geaney

Lake County Clerk

Published December 22, 2021

PUBLIC NOTICE

NOTICE OF ELECTION OF BOARD MEMBERS

Notice is hereby given that on May 17, 2022, an election will be held for the purpose of electing board members to fill the following positions and terms; including any vacancy which may exist on the boards of the following districts:

NORTH LAKE EMERGENCY SERVICES DISTRICT

Vote for 5 – Directors

Three, 3-yr terms ending June 30, 2025

Two, 1-yr terms ending June 30, 2023

Election of directors will be contingent on passage of North Lake Emergency Services District formation at the same election.

The election will be conducted by mail.

Each candidate for an office listed above must file a declaration of candidacy or petition for nomination for office with the elections department of Lake County, Oregon, not later than the 61st day before the date of the regular district election. If the district election is held on the same date as a primary or general election, each candidate must file a declaration of candidacy or petition for nomination not later than the 70th day before the date of the election.

The deadline for filing a declaration of candidacy is 5:00 p.m. on March 8, 2022.

Stacie Geaney
Lake County Clerk

Published: December 22, 2021

BACK IN THYME

Article by: Sean Krager

Artemisia Frigida

Hi guys n gals in and around Christmas Valley area. I am going to write on a common desert herb found in the dried up mountain streams around us.

Well, whether alone or with my family we went for a walk down Silver Creek. As we were walking I came across two different silver-white looking plants that God pointed out to me. Nothing really special at that time until I realized this is also my lifestyle and started taking it seriously. Well, one of the herbs I ran across while hitting the dry creek bed close to the Silver Creek was "Artemisia Frigida".

Linnaeus named the genus in 1753. Artemis was Apollo's twin sister and daughter of Zeus and Leto. She was equal or like the Greek goddess Diana. The Greek goddess, Diana was goddess of the Moon, woods, and the wild.

Greek legend states that she derived so much benefit from these plants that the species was named after her.

Artemisia Frigida is a perennial with a woody base. The stems are covered in lobed grey-green leaves which are covered in silver hairs. The stem contains many flower heads and lined with grey-green, brownish fur. Self pollinating hermaphrodite flowers. Very aromatic, strong citronella-like smelling plant. This plant is a strong seed producer.

From various tribes of North America. It is used medicinally for coughs, colds, wounds, and heartburn by the Black Foot tribe. Cree people use it for headache and fever and the Tewa people took it for gastritis. Zuni people use it as an infusion for colds, sprigs of the plant and corn ears were also used by female dancers in a dramatic dance. Sprigs of this plant were also dipped in water and plated with corn for more abundant crops. It is also a wild animal forage and erosion control in landscaping.

Artemisia Frigida likes poor to semi-fertile soil that is dry well drained and in full sun. It does not like moist soils.

It may be used as an antispasmodic, deodorant, disinfectant, poultice, stimulant, stomachic, vermifuge, for women's complaints, dye, essential oils, and bug repellent and a non-predatory bug protector.

Wow guys, there is a plant with a lot of potential that you spot on a walk. Please folks be considerate to you forest. These plants are essential forage for all sorts of our wild herbivores.

I love the smell of fresh mint while walking the creek as well.

See ya next article.

Sincerely,
Sean



~ Baert Lake - 1964 ~

Christmas Valley Park and Recreation District

invites everyone to enjoy the Park and Rec properties.

We ask that while enjoying the properties; specifically, the Golf Course, the Rodeo Grounds, the playground, the multi-use field and Baert Lake, that you be a good steward and please do not litter, please maintain control of your pets by keeping dogs on a leash and/or maintaining constant supervision. If your dog should defecate on the premises, please be sure to pick up after it.

Horses and camping are only permitted at the Rodeo Grounds.

Being good stewards and taking pride in these properties reflects on our community as a whole.

Thank you for your continued support of Christmas Valley Park and Recreation District.

The best defense against serious illness is preventive health maintenance.

An established relationship with your primary care provider along with regular preventive care such as annual wellness exams, screenings, and routine follow ups for chronic conditions, will greatly improve your chances of avoiding serious illness.

Schedule an annual wellness exam at an LCHC location near you!

Your Christmas Valley Health Center!

North Lake Health District Medical Center

87520 Bay Rd | Christmas Valley, OR 97641

Monday - Thursday | 8 a.m. - 5 p.m.

(541) 536-3435 or (541) 576-2343 www.lapinehealth.org



LaPine Community
**HEALTH
CENTER**

ADRC

Aging and Disability
Resource Connection
— of OREGON —
NO WRONG DOOR

*The first contact to make for information and resources
related to aging or living with a disability*

What are ADRCs?

ADRCs provide information and services to seniors, people with disabilities, their families and caregivers regardless of income. With a statewide searchable database, consumers are able to access over 6,000 resources: www.ADRCofoOregon.org. There is also a statewide toll free number:

1-855-ORE-ADRC (1-855-673-2372).

It is one name, one number, and one website to make it easier for Oregonians to find the information and help they need.

ADRC Core Services:

- Information, referral and awareness
- Options counseling and assistance
- Access to public and privately funded long-term care programs
- Prevention and early intervention

The ADRC for Lake County is the Klamath and Lake Counties Council on Aging.



Direct line: 541-205-5400
Website: klamathlakeareaonaging.org

Licensed
Bonded
Insured

(541) 408-5531

VINCE PEREZ CONST.

Over 36 years experience

CAT and BACKHOE WORK
SEPTIC TANK INSTALLER
ROOFING - REMODELING
NEW HOMES - ADDITIONS
DECKS - CONCRETE

CCB #99026

ALL PHASES OF CONSTRUCTION
No job too small!

DEQ. 37783

541-408-5531

THE CHRISTMAS VALLEY
SOUP
KITCHEN

Sponsored by Christmas Valley Park and Recreation



Meals served every Tuesday
11:30 a.m. to 1 p.m.

at the Christmas Valley
Community Hall

Volunteers and Donations are welcome!

Contact Barbara Ferrando at
1-650-455-0052

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

January 6th & 20th 2022

For More Information

Contact Barbara Ferrando (650) 455-0052

Desert Whispers Subscription Form

Name: _____

Address: _____

Telephone Number: _____

Enclosed is Check # _____

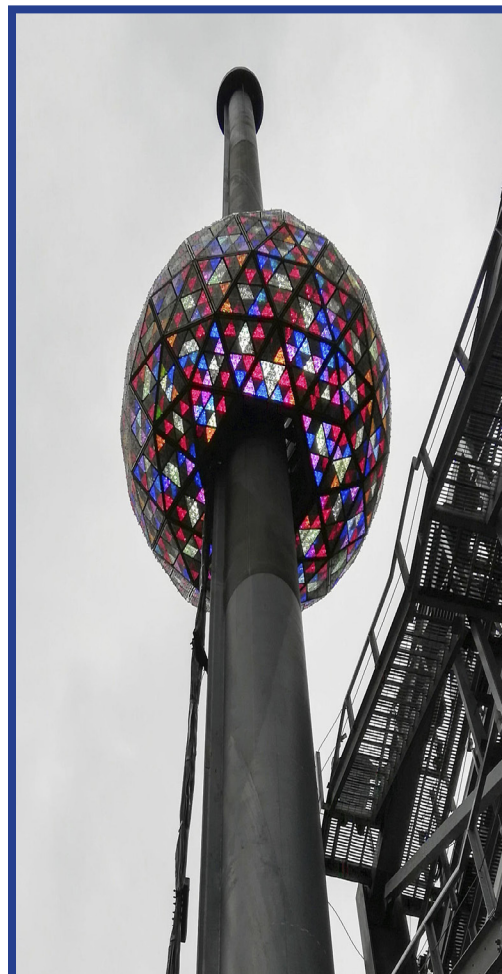
Amount: _____

*Current rate for 24 issues \$60.

**Please contact us if your address changes
during your subscription term.

Mail to:

Desert Whispers Newspaper
P.O. Box 181, Christmas Valley, OR 97641



CLASSIFIEDS

FOR SALE

40' Diesel Motorhome, 1989 Executive on Gillig Wide Body Chassis. \$29,500 obo. Call 541-815-4004

For Sale: Chicken eggs for sale. Organic fed. \$3 a dz; Hatching eggs \$8 a dz.; Rex rabbits for sale. \$20 each. Breeding or meat. Call or text 541-576-4802

New Six Gun Cabinet, 3 Lined Heavy Duty Horse Blankets, 12 New Horse Leg Covers (ankle to knee), 2 Glass Oil Lamps-\$10 each. Call 541-480-7085

Dell Laptop Latitude E5420 i3 2.5Ghz 4GB 250GB 14" DVD Win 10 Pro HDMI with MS OFFICE \$179.00. Call 541-815-4004.

For Sale: D7F Caterpillar, 84 Pete Big Cam 4 axle, International 10 wheeler FB, Call for pricing: Spence (541) 576-3595

GE electric 4 coil burner range with oven. \$100. 541-576-2236

IBM Wheelwriter 35 Series electric typewriter \$100.00 Call: 541-576-2367

Four each Michelin Tires on 5-hole wheels 225/50R17. \$400.00 Call 541-821-8307

For Sale: Pro-Tech 10" Bench Saw, very good condition \$50.00; 2-New Life Vests for boating, adult sized \$40.00 for both. Goat milking station-21.5" wide X 55" long, all wood built with wood screws, very good condition. Very heavy, U load, U haul. \$75.00 NO HOLDS Call: 541-706-1860 - Leave message.

FOR SALE: Seasoned Firewood. Will Deliver. Oak and Madrone. Will trade for hay. \$450.00 per cord, \$250 per half cord, \$150.00 per quarter cord. Call to set up delivery 541-671-6072



HELP WANTED

Please contact the Silver Lake cafe and bar if you have experience in cooking, waitressing, and bartending. Please come to the cafe and fill out an application if you have experience.



WANTED

Wanted yarn for making hats and afghans for the children at Ronald McDonald House. To make donations call 541-576-2022

BUSINESS FOR SALE

For Sale: Silver Lake Cafe' & Bar, house, shop, store room, stables and tack room on over 5 acres of property. Please call 805-990-8592 and leave your contact information for Maria.

FOR RENT/LEASE

Vacation Home on the Golf Course for rent. Call for details and pricing. 541-419-2826

SMALL CONFERENCE ROOM for Meetings, Depositions, for rent call 541-480-6461

REAL ESTATE

20 Acres Industrial property on Rainbow, south of batch plant. Needs cleaning up. \$60,000. Call or text (541) 420-3587

Three adjoining parcels at the corner of North Oil Dri Road and Salt Flat Road. Two twenties and an eighty. \$95,000 (707) 815-8614

4.2 Acres on Old Lake Road \$14,500; 3.34 Acres on Rose Lane near the Black Hills \$14,500; 2 one acre parcels on Chinook Road \$3,500 each - - - Call 541-306-1983

1.63 Acres in the town of Silverlake, OR \$22,500.00 - Surveyed N.E. corner of First Street and Mahogany Street; Tax Lot #802. Driveway constructed South edge extending West 208.96 feet length and width 25 feet North. Call 503-366-4424

SERVICES

Detailed Handyman Services CCB License, Bonded and Insured. Professional window washing, detailed residential & equipment cleaning, small construction & renovations. 916-990-7662

Triple-T Firewood, Yard work, Hog Mowing, Clean up work, Brush Hauling. \$40.00 a hr. \$85.00 hr. Tractor work. 2hr min., 2 man team. 541-408-4852

North Lake Towing & Service AAA Service Provided. Doug Polhans 541-771-6645

Dog Grooming! Over 30 yrs experience with tons of references. Can only do dogs under 50 pounds. Call 541-420-2365

Piano and Voice Lessons. Call Sam at 541-480-9938

A1 All Star General Services: General Contractor, General Clean Up, Decks, Site Prep, Manufactured Homes, Septic Installation & Repair, Hot Water Heater Repairs. 541-653-6536

Alora's Outback Cleaning Services Specializing in rental, move out, move in cleans, carpet cleaning, painting! 503-882-5609

Sage Brush Salon open Mon-Sat by appointment only. Call Robin to schedule appointment. Women, Men & Children. Cuts, Color, Perms, Highlights and Massaging Scalp Treatments. 541-576-4229

Peters Creek will open March 1st. Remote Camping, RV Hookups, on the Oregon Desert Trail, Shed hunters discount. 541-225-8839

Paparazzi Jewelry by Tina. Call Tina to host a party or to place an order at 971-237-6572

Gray's Painting Service - Indoor & Outdoor 458-232-7819

John's Gardening - Lawn & Lot Care 541-990-1929

Chimney Sweep 541-576-4562

Property Clean Up by the hour or by the job. FREE ESTIMATES Call: 503-949-0580

Providing 3/8 chainsaw loops for sale. Full skip chisel tooth round file sold for \$1 per bar inch plus \$3. Call Cody Murphey @ 541-576-4927

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 Life-line at:
1-800-273-TALK (8255).

SOBRIETY IN THE DESERT

AA
FRIDAYS @ 5:00 PM
ON THE BACK SIDE OF
NORTH LAKE CLINIC
87520 BAY ROAD
CHRISTMAS VALLEY, OR 97641

North Lake County Church Directory

Christmas Valley Community Church

87921 Christmas Vly Hwy **541-576-2757**
Interim Pastor: Greg Melendes
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

CHRISTADELPHIANS

A non-Trinitarian Christian group patterned after the early Christian church;
INFORMATION: 541-815- 4004

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 **541-536-3571**
Paster Fr. Paul Antao, SDB
Reconciliation:Sundays at 2:50 - 3:15 pm
Weekend Mass: Sundays at 3:30 pm
Contact - Mike & Laura House: 541-576-2415

National Domestic Violence

HOTLINE

1-800-799-SAFE (7233)

NARCOTICS ANONYMOUS
Meeting 6:00 pm Wednesdays
Christmas Valley Community Hall
(Behind Chevron station turn right
on Holly Street.)



Literature Study

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.

Celebrate Recovery

Mondays @ 6:30 p.m.

CV Community Church
Sherry 541-576-4509
or Tim 541-977-4944

Visit Klamath Basin Equipment

BUILT MY WAY

**ORDER NOW
AND SAVE!**



**WE'VE GOT
A MACHINE FOR
THAT...**

**Pre-order Model Year 2019 New Holland combines
and high-horsepower tractors NOW!**



klamathbasinequipment.com

Serving you in: ●Klamath Falls ●Central Point
●Redmond ●Lakeview ●Christmas Valley

87000 Christmas Valley Hwy
Christmas Valley, OR 97641
541-576-3026

307 North P Street,
Lakeview, OR 97630
541-947-2188

Take advantage of the New Holland **Built My Way** Program. Pre-order Model Year 2019 New Holland combines and High horsepower tractors NOW to get the best deal and get your equipment built when you want.

The earlier your unit is ordered and and built, the better the deal*. You also get these Built My Way benefits:

Models factory-built to your request

The latest innovations and improvements from New Holland

The best financial package

Precision Land Management (PLM) Solutions



*For commercial use. Offer subject to CNH Industrial Capital America LLC credit approval. See your New Holland dealer for details and eligibility requirements. © 2018 CNH Industrial Capital America LLC. All rights reserved. New Holland Agriculture is a trademark registered in the United States and many other countries, owned by or licensed to CNH Industrial N.V., its subsidiaries or affiliates.