## December 15, 2019 Volume 39 Issue 24

"WHISPERS

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

# Merry Christmas!

You Are Invited to a Free Christmas Party!

DESERI

Where: C.V. Community Hall When: Christmas Day 10:00 am Fry Bread & Coffee 1:00 pm Christmas Family Din

1:00 pm Christmas Family Dinner The Prince of Peace. Isaiah 9:6

Come and Have Fun!

If you have a favorite dish, you would like to share, please feel free to bring it!

## Everyone Is Welcome!



For more information, call 541-576-3079 Sponsored by Praise The Lord Fellowship The Konaway Nation And Other Caring People

#### 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 Christmas Valley Park & Recreation District Board members, staff, personnel or advertisers. The Christmas Valley Park & Recreation District is not responsible for errors in articles and/or ads submitted to be published without change. The Christmas Valley 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  $52^{\circ}$  (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 CHRISTMAS VALLEY PARK & RECREATION

57334 Christmas Tree Rd. / P.O. Box 181 Christmas Valley, Oregon 97641 541-576-2216[рноме] 541-576-2272[FAX]

DesertWhispers@yahoo.com CVParkandRec.org

CV Park and Recreation

Park & Rec Boa	rd Members
Glenna Wade	. 541-576-2216
Barbara Ferrando	541-576-2140
Shara Shumway	541-480-6461
David Uran	541-576-4177
Frank Crocker	541-576-4943

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

#### **IMPORTANT NUMBERS**

#### **INFORMATION NUMBERS**

Air Link (Emergency Dispatch)
Air Link (Business Office)
A.A. (Central Oregon)
C.V. Fire Dept 541-576-2212
or541-480-3979
Emergencies911
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
State Police (Lakeview)
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)
or 1-800-850-4838
St. Charles Hospital. 541-382-4321
Women's Crisis Center.

#### 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 Volume:639 Issue: 24 December 15, 2019

DESERT WHISPERS • 3



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 <u>the right to refuse to print</u> <u>anything for any reason.</u>

## 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

We have new things and decorations to put out for Christmas. Please check it out more every week, you may find that special gift Lake County Public Transit Operated by Lake Co. Senior Citizens Association

Upcoming trips:

LaPine Shopping shuttle 12/18

Bend: 12/18, 12/19

Lakeview: 12/16, 12/18, 1/15, 1/29

Summer Lake lunch at The Lodge 1/14 and 1/28

Christmas Valley lunch at Lakeside Terrace 12/19, 1/16

Closed 12/24-12/26 & 12/31 noon-1/1

These scheduled trips are <u>FREE</u> to all riders- donations are accepted but not required.

For more information Transportation Coordinator @ 541-947-4966 ext. 106

Please be aware that schedule is subject to change

Veteran Medical trips available

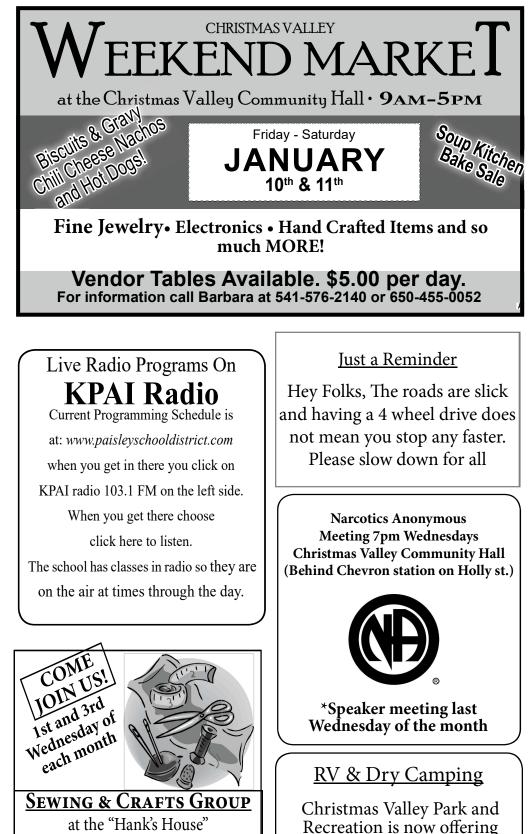
Non Emergency Medical are available to those who have Medicaid, a medical appointment and qualify.

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



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

December 15, 2019



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. Sandie: 541-815-5683 Kathie: 541-548-8816

541-576-2216

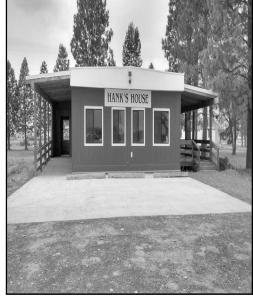
Dry Camp and RV Camping

at the Rodeo Grounds.

Due to the limited space

available please call our office

for pricing and availability.



How To Rent Hanks House:

The Activity Center at the Outback Retirement Center, Inc. also called "Hanks House" in memory of our founder Mr. Hank Warkentin is now available 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 determined by ORC Board as presented

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 calendar to see if your date is open: https://www.outbackretirementcenter.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.

Volume: 39 Issue: 24

Walk-ins Welcome

DESERT WHISPERS • 5





**541-617-1010** www.bendsnip.org

## 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



87142 Christmas Valley Hwy. at the JackRabbit Jct. M-T: 9am - 5pm • TH-F 9am - 5pm

# 541-576-3531



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

Christmas Valley \*\*\*\*\*Free Delivery







## A COUNTRY CHRISTMAS

Seventh Day Adventist Church has the Christmas program the 21 dec. at 6:30

Please come invite your friends and family for this special Christmas program. Worship together and fellowship with one another remember and celebrating our Savior's birth. Gifts and free snacks available after program. Dress like cowboys or cowgirls if you like. All welcome.

December 15, 2019









# 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

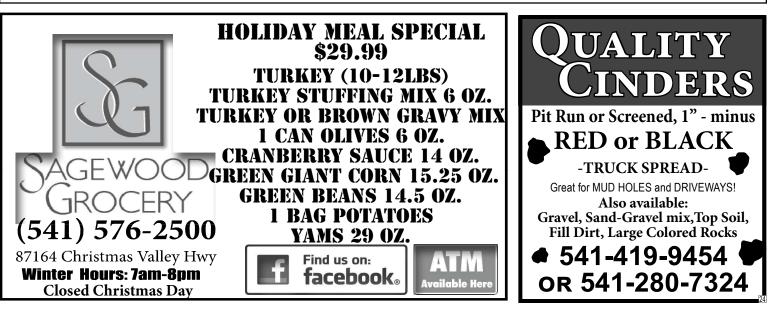
(Closed 12 pm - 1 pm for Lunch)

# (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!



Quality Care. Right Here, Right Now.



## **Angel Flight West**

Some angels fly on wings of sheet metal. They're the volunteer pilots of Angel Flight West who donate their time, skills, and all expenses to fly people to and from far-off medical appointments.

On any given day, more than a dozen of these selfless men and women take to the skies across the 12 Western states, each carrying a passenger on their journey to health. "Our awesome pilots," says Angel Flight West (AFW) Executive Director Josh Olson, "donate all flight costs. Our passengers fly for free."

Christmas Valley's Buckley "Buck" Church is one of those awesome pilots. He joined AFW last year and eight-year-old Gage was the passenger on his first mission.

Gage lives in Baker City and has a medical condition that makes it hard for his heart to pump blood to the rest of his body. The nearest specialist is at Lucile Packard Children's Hospital in Palo Alto, an impossibly arduous 12-hour drive.

Thanks to AFW, the family doesn't have to worry about long, expensive road trips -- and not just for Gage. Three of his four siblings have the same disorder and his older sister Sierra has been flying with AFW since 2009.

"Being a Command West is very rewardis such a wonderful tion that puts those pilots like myself. I for me as a volunteer fly.»

Angel Flight West and 11 other Westsomeone who could you>re a pilot and visit the website or email info@angel-



Pilot with Angel Flight ing, "says Church,." This professional organizain need with volunteer feel it is as rewarding as it is for the patients I

serves all of Oregon ern states. If you know use their services, or if would like to volunteer, www.angelflightwest.org flightwest.org

## Winter Driving Tips

Severe weather can be both frightening and dangerous for travelers. Winter storms, bad weather and sloppy road conditions are a factor in nearly half a million crashes and more than 2,000 road deaths every winter, according to research by the AAA Foundation for Traffic Safety. Drivers should know the safety rules for dealing with winter road emergencies. AAA urges drivers to be cautious while driving in adverse weather.

AAA recommends the following tips while driving in snowy and icy conditions: Cold Weather Driving Tips

Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.

Make certain your tires are properly inflated and have plenty of tread.

Keep at least half a tank of fuel in your vehicle at all times.

Never warm up a vehicle in an enclosed area, such as a garage.

Do not use cruise control when driving on any slippery surface, such as on ice and snow.

Tips for Driving in the Snow

Stay home. Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.

Drive slowly. Always adjust your speed down to account for lower traction when driving on snow or ice.

Accelerate and decelerate slowly. Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.

Increase your following distance to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.

Know your brakes. Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

Don't power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.

Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

LOOK WHATS COOKING

# **Celebrate Nourishment**

Adapt, Create, Inspire by Crystal Coulter

#### **Uncooked Fruit Cake**

\*Check out "Life is a Joy" on youtube for this recipes and more (https://youtu.be/hjdeBeverjQ)

Ingredients 1 lb marshmallows - chopped 1 lb pecans - chopped 1 lb dates - chopped 1 lsp vanilla 1/2 c candied pineapple - chopped 1 lb candy orange slices - chopped 1 lb graham cracker crumbs 1/2 c sugar 1/2 c cream or milk 1/2 c candied red cherries - chopped 1/2 c candied green cherries - chopped	Directions Mix marshmallows, candy orange slices and dates. Add cream and sugar. Let stand until gooey. Add nuts, vanilla, candied fruit and graham cracker crumbs. Mix all together and make into rolls on wax paper and then wrap in foil. Keep in refrigerator. Slice when ready to serve. This will keep several weeks in the refrigerator.
Lemon Angel Pie	
Ingredients 4 eggs, separated 1/4 tsp cream of tartar 1/2 tsp salt 1/2 tsp vanilla 2 cups sugar 4 Tbsp cornstarch 1 1/2 cups water 1/2 cup lemon juice 2 Tbsp butter 1 cup heavy cream + butter for pan Directions Generously butter a 9-in pie plate. Beat egg whites with cream of tartar, 1/4 tsp salt, and vanilla in a large bowl, until foamy white and doubled in volume. Using an electric mixer, gradually beat in 1 cup sugar, until sugar dissolves completely and meringue stands in stiff peaks (about 25-min).	Spoon meringue into pie plate. Spread almost to sides of plate, hollowing center and building up the edges slightly to form a shell. Bake at 275° oven for 1 hour or until firm and lightly golden. Cool completely in pie plate on wire rack. While shell bakes, mix remaining 1 cup sugar, cornstarch, and ¼ tsp salt in a medium-size saucepan. Stir in water, then beat in egg yolks and lemon juice. Cook stirring constantly, until mixture thickens, and boil, 3 minutes; remove from heat. Stir in butter, until melted; pour into med-size bowel; cover. Chill until completely cold. Beat cream in a med-bowl until stiff. Layer lemon filling, alternating with whipped cream, into meringue shell. Chill 5 hours or overnight before cutting.
Gingerbread	12
Ingredients 2 <sup>1</sup> / <sub>2</sub> cups all-purpose flour, sifted 1 <sup>1</sup> / <sub>2</sub> tsp baking soda 1 tsp ground ginger 1 tsp ground cinnamon <sup>1</sup> / <sub>2</sub> tsp salt <sup>1</sup> / <sub>2</sub> cup vegetable shortening <sup>1</sup> / <sub>2</sub> cup sugar <sup>3</sup> / <sub>4</sub> cup molasses 1 egg 1 cup hot water	Directions Sift flour, baking soda, ginger, cinnamon and salt onto wax paper. In a bowl beat shortening with sugar until fluffy; beat in molasses and egg. Stir in flour mixture, half at a time, until blended; beat in hot water until smooth. Pour into a well-greased 13x9 baking pan. Bake at 350° for 30 min or until center springs back. Leave in pan to cool on a wire rack for 10 minutes, then Loosen around the edges with a knife and turn out onto rack.



DESERT WHISPERS		December 15, 2019		Volume: 39 Issue: 24
	WE N	EED YOUR HELI	P!!!!!!!	
	Plea	se spread the w	vord!	
North I	Lake	Communi	ty Fi	December, 2019 <b>r e w o r k s</b>
Commun	ity	of No	orth	Lake!

How Many Fourth of July fireworks displays have you and/or your families enjoyed in Christmas Valley? Or did you think they needed improvement? Either way, we would like to present you with an opportunity to help us continue what you enjoyed, and/or to improve our performance!

The North Lake Community Fireworks team does our best to raise the funds necessary **by January** 1<sup>st</sup> to provide the entertainment that so many in the community enjoy on our nation's Independence Day, the 4<sup>th</sup> of July. We voluntarily participate in several fundraising events through out the year to generate the money that directly funds the order of fireworks for our display. Our waterparks, carnivals, and donation boxes have been very successful, and ALL of that money goes towards our order, but they alone are not enough to put on the display that the community has come to know and love. We depend to a great extent on charitable donations, and this year we need extra help!

Due the past years global economy, our cost to put on a show comparable to last year's has increased dramatically. Our goal is to secure \$10,000, but whatever we have is what we use to sign a contract for our display before January 1<sup>st</sup>, 2020. We still have quite a way to go to meet our goal this year. This is where you can help us, your community, and yourselves! It is a potential win, win, win!

The season to be giving and receiving gifts is right around the corner... and preparing for the tax season that comes immediately after this joyous time of the year! Great news! <u>All</u> <u>donations to the North Lake Community Fireworks Fund are tax deductible</u>. If you wish to give your whole community a gift AND have a direct impact on the coming year's fireworks display, why not help yourself with a receipt for a charitable donation to a non-profit organization? Give your donations now to take advantage of this deduction this coming tax season! And remember; <u>every cent you donate goes directly to buying fireworks</u>.

The community relies on us for the fireworks displays that remind us all of what Independence Day is all about, and we rely on the community to help us provide the funding that facilitates these displays. Our most memorable displays come from the support of those who can afford to give more monetary donations than they can afford to give their time, since none of the team or our volunteers are paid. So... you know you are getting your money's worth when you get to enjoy watching every cent of your donation go up in smoke!

Please consider making a donation to the North Lake Community Fireworks fund. Make checks payable to **North Lake Community Fireworks Fund**. Donations may be given to Patty Effingham at her office, Erica Anderson at the Water Department office, Carrie Mace or Becky Widenoja at CV Market, Lloyd Mace at Robin's Equipment, or Jim Anderson or Ben Widenoja at Point S Tires. Please ensure we have an address to send your receipt to and specify if you need it by a specific date.









DESERT WHISPERS • 13

SEARCH

DRILLING

BOTH DOMESTIC & IRRIGATION WELLS

SERVING CENTRAL

**40 YEARS EXPERIENCE** 

CHRISTMAS VALLEY

541-420-4949

**OWNER-TOM SEARCH** 

OREGON WITH OVER



Early introduction of gambling raises the chance that kids will try other risk-taking activities, like drugs and smoking, and that they will develop a problem with gambling later in life.

If you, or someone you know, has a gambling problem, call the Oregon Problem Gambling Resource Helpline at 1–877–695–4648 or visit: www.OPGR.org

A message from Lake Health District Prevention/Wellness This agency is an equal opportunity provider and employer



## M & H Produce & Verity Store

We have Gift Idea's

Turkey & Ham Drawings December 19<sup>th</sup>



Open Monday - Thursday 12pm - 4pm Closed Dec 22<sup>nd</sup> - Jan 5<sup>th</sup> Reopens Jan 6th



541-350-9583



December 15, 2019

#### Volume: 39 Issue: 24



## Band Of Brothers Christmas Valley Band of Brothers Breakfasts

every Thursday at 9 am For the Month of December we will be at Gifts & More in Christmas Valley. President: Charles Brown 541-576-4912 Secretary: Glenna Wade 541-977-0626 All Veterans & First Responders Welcome! Come Join Us !! We have free Winter Clothing, Blankets, Camping Gear. And a Variety of other things Free to Anyone

## Missing Dog

Lost Dog who is a tiny 6 pound, Elderly Toy Wieher and answers to Itsybitzy. Itsybitzy is a older dog and an Epileptic.

A reward is being offered of \$500.00 for a safe return or a \$200.00 reward if it leads to her whereabouts . Please help this pup be returned to her parents and her special diet and medical needs. 541-841-8995

# Holiday Spirit.

It doesn't have to come from a bottle.

A message from Lake District Prevention/Wellness

This agency is an equal opportunity provider and employer

Local business owners live here & hire locally. "Choose Local."

## Mass For Christmas

Tuesday December 24th

<u>4:30 PM Holy Trinity Church Sunriver</u> <u>6:30 PM Holy Trinity Church Sunriver</u> <u>12:00 AM Holy Redeemer Church La Pine</u>

Wednesday December 25th

8:00 AM Holy Trinity Church Sunriver 10:00 AM Holy Redeemer Church La Pine 12:30 PM Our Lady of Snows Church Gilchrist 3:30 PM Holy Family Church Fort Rock -Christmas Valley

DESERT WHISPERS • 15





All Veterans and first responders are invited to join us for some complimentary coffee.

STARTING January 9th! January 9th! The Farmhouse Café 87114 Christmas Valley Hwy









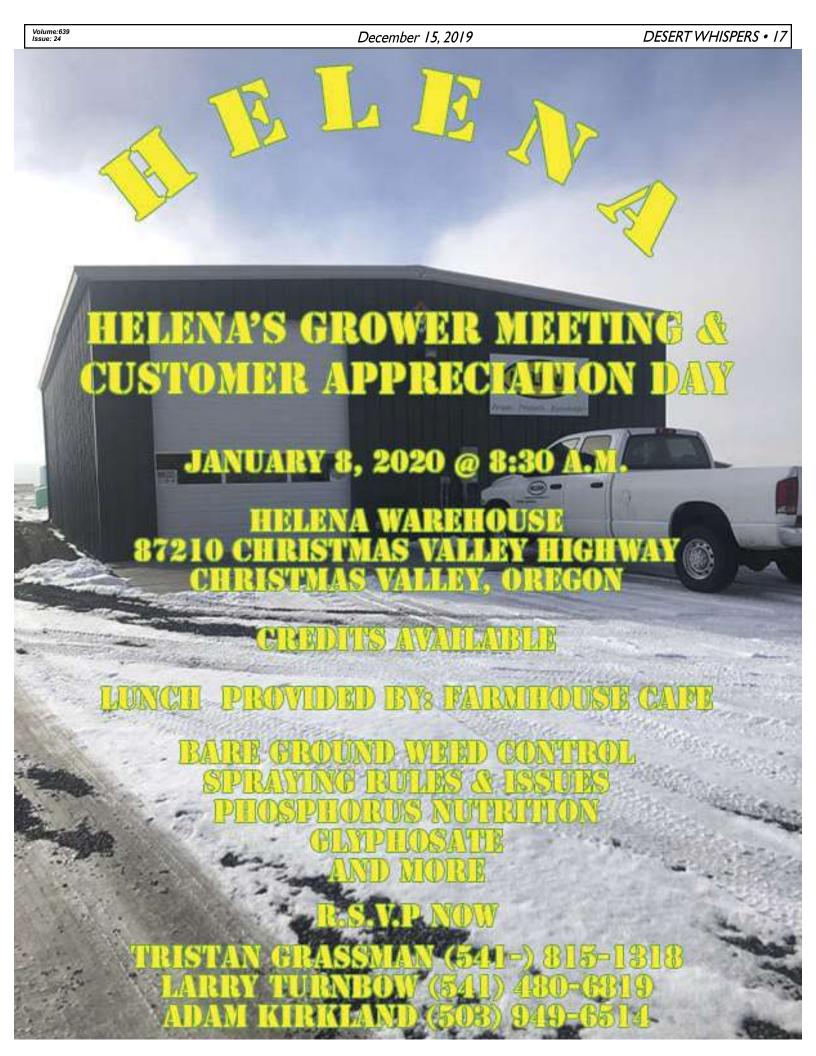
Email: maryestherhart@gmail.com 53959 Old Lake Road

#### 'Twas the Night Before Christmas By Clement Clarke Moore

Twas the night before Christmas, when all through the house, Not a creature was stirring, not even a mouse; The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there; The children were nestled all snug in their beds, While visions of sugar-plums danced in their heads; And mamma in her 'kerchief, and I in my cap, Had just settled down for a long winter's nap, When out on the lawn there arose such a clatter, I sprang from the bed to see what was the matter. Away to the window I flew like a flash, Tore open the shutters and threw up the sash. The moon on the breast of the new-fallen snow Gave the lustre of mid-day to objects below, When, what to my wondering eyes should appear, But a miniature sleigh, and eight tiny reindeer, With a little old driver, so lively and quick, I knew in a moment it must be St. Nick. More rapid than eagles his coursers they came, And he whistled, and shouted, and called them by name; "Now, DASHER! now, DANCER! now, PRANCER and VIXEN! On, COMET! on CUPID! on, DONNER and BLITZEN! To the top of the porch! to the top of the wall! Now dash away! dash away! dash away all!" As dry leaves that before the wild hurricane fly, When they meet with an obstacle, mount to the sky, So up to the house-top the coursers they flew, With the sleigh full of toys, and St. Nicholas too. And then, in a twinkling, I heard on the roof. The prancing and pawing of each little hoof. As I drew in my hand, and was turning around, Down the chimney St. Nicholas came with a bound. He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot; A bundle of toys he had flung on his back, And he looked like a peddler just opening his pack. His eyes -- how they twinkled! his dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, And the beard of his chin was as white as the snow; The stump of a pipe he held tight in his teeth, And the smoke it encircled his head like a wreath; He had a broad face and a little round belly, That shook, when he laughed like a bowlful of jelly. He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself; A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread; He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk, And laying his finger aside of his nose, And giving a nod, up the chimney he rose; He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!









- 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



#### 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.

Α

## **PUBLIC MEETINGS**

**Christmas Valley Boosters:** 2<sup>nd</sup> Monday @ 6:00 pm **Booster's Building** 

**Christmas Valley / North Lake** Chamber of Commerce: December 17th @ 2:00pm Gifts and More in CV **Christmas Valley Fire Board:** 

3<sup>rd</sup> Monday @ 7:00 pm CV Fire Hall

**Christmas Valley Water Board:** 2<sup>nd</sup> Wednesday @ 1:00 pm **CV** Community Hall

EMS: 2<sup>nd</sup> Thursday @ 7:00 pm **EMS Building** 

Fort Rock Grange: 2<sup>nd</sup> Wednesday @ 6:30 pm Fort Rock Grange Hall, Potluck TBA, 541-576-2335

Fort Rock Historical Society: 2nd Tuesday @ 9:30 am Homestead Museum

FR/SL SWCD: 541-947-5855

Lake Co. Commissioners: 1<sup>st</sup> & 3<sup>rd</sup> Wednesday @ 10 am Lake County Courthouse

Lake Co. Hay & Forage Association: 1<sup>st</sup> Thursday @ 6:00 pm Lodge at Summer Lake

North Lake Health District: 1<sup>st</sup> Monday @ 5:00 pm NL Health District Conf. Room

Christmas Valley Park & Rec Board: 2<sup>nd</sup> Tuesday @ 9:00 am Park & Rec. office 541-576-2216

North Lake School Board: 2<sup>nd</sup> Monday @ 5:30 pm North Lake School Library

Silver Lake Lioness: 2<sup>nd</sup> Wednesday @ 10:00 am Silver Lake Fire Hall

Silver Lake Rural Fire District: 2<sup>nd</sup> 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

All events, dates, times and locations are subject to change and/or cancellation.

# BACK IN THYME

by Linda McCoslin

## **DIABETES DETERRENT**

There is a strong correlation between magnesium deficiency and Type 2 diabetes. Studies show high levels of dietary magnesium reduce the risk of diabetes, due to magnesium's role in the creation of insulin, low intake aggravates insulin resistance, intensifies the condition and increases complications.

Without enough magnesium, the body tightly regulates the availability of Evanescent by reducing excretion of magnesium from the kidneys and increasing absorption of the mineral into the body. Alternately, magnesium gets pulled from bones to maintain an adequate supply in blood and tissues. Chronic magnesium depletion can be caused by an increasingly poor diet, physical exertion, heavy alcohol consumption, and medications such as oral contraceptives you may have a deficiency in, check with your health care provider and request a blood test. As a nation in general, we don't consume enough magnesium rich foods, especially those of us who avoid leafy greens, seafood, avocados, whole grains, and nuts and seeds, such as pumpkin seeds, almonds or cashews.

Perhaps our most enjoyable source is dark chocolate or cocoa powder. The RDA for magnesium is over 300 milligrams for adults, those with deficiencies may find consuming more then the recommended amount can increase its healing effects. Severe deficiency can manifest as hypertension, low bone density, muscle cramping, headaches, diabetes, anxiety, or insomnia, a change in diet along with daily supplements may provide a safe, cost effective intervention.

It is important to note that the gastrointestinal system absorbs some forms of magnesium supplements better than others: Magnesium citrate, magnesium glycinate, and magnesium taurate don't tend to upset digestion and are readily absorbed.

AVOID - Magnesium oxide or magnesium carbonate - These are poorly absorbed. I have two for healthy magnesium intake:

#### MASSAGED KALE SALAD WITH EDAMAME

Feel free to adapt by adding a variety of nuts to increase magnesium intake.

2 TBLSP Creamy Cilantro Pepita Dressing, 2 Cups Chopped "Lacinato Kale, 1 Cup Thin Sliced Sweet Pepper, 1/3 Cubed Avocado, 1/2 Cup Edamame

Add dressing to Kale, work into leaves let sit 5 to 10 mins. Toss massaged kale with peppers and edamame and enjoy

#### CREAMY CILANTRO PEPITA DRESSING

This dressing derives magnesium primarily from the pumpkin seeds. It has a bright flavor and a hint of Latin flair diverted by the inclusion of fresh basil. Massage into Kale, or toss into cold sweet potato or whole grain noodles. If you don't like cilantro try parsley.

1/2 Cup raw pepitas (Shelled pumpkin seeds), 1 1/4 cup unsweetened coconut milk, 1 Tblsp miso paste, Juice from 1 lemon, 1Tsp. salt free seasoning blend, 1 medjool date pit removed finely chop, 1 Cup cilantro finely chopped, 1/4 Cup fresh basil chop, 1/4Tsp ground coriander, 1Tsp each salt & pepper.

Mix all in jar, shake vigorously pour over salad! Enjoy!

RE: Mother Earth Living Nov/Dec 2019

December 15, 2019



We here at Christmas Valley Park & Recreation and the Desert Whispers would like to wish you a Very Merry Christmas and A Joyful New Year Happy Holidays





DESERT WHISPERS • 21

# CLASSIFIEDS

#### FOR SALE

Elec. Cook Stove for sale in working condition . \$100.00 Call 541-728-8075 leave message

**FOR SALE—TINY HOME:** Motorhome (doesn't run repairable). Great living space. Heater & air conditioner work great. Sleeps 4, queen bed & 2 sofas. Large fridge & freezer. Large bathroom, plenty of storage in-side & out. Must see \$3.500.

For Sale Older 25ft Layton 5th wheel, Has new Aunto-Matic Refer, Stove & Oven works good, New Plex water lines, 4 new tires \$1500.00 541-226-1859

Table Saw 10 in craftsmen \$275.00 541-226-1859

Craftsmens 12 in. band saw \$275.00 541-226-1859

**2003 Diesel Pusher** 40ft Motor home 2 large slide outs, diesel generator, solar, big cargo bays low miles. 5.9 cummins turbo diesel w/ Allison transmission on a freight liner chassis. \$45K may trade for acreage or horse / stock trailer 541-841-8995

Set of four 16" Wheels, Five holes, Asking \$80.00 or best offier Call 541-410-6366

2003 Subaru Forester excel cond. \$6,000.00 Almost new motor. New brakes etc Donna 541-576-2022.

That Dragonfly Stuff All Natural Pain Relief including Arnica and Hempseed oil! Free samples available. (503-882-5609) or (thatdragonflystuff.com)

1988 Volvo Wagon \$850.00 Cash or trade 5 speed manual, dependable, some miner damage to grill. 541-841-8995

1997 Chev. 4x4 Truck \$ 3500.00 Cash or trade 541-841-8995

#### **WORK WANTED**

Experienced Heavy Equipment Operator seeking work. Have 35 years experience call 514-841-8995

#### EMPLOYMENT

NEEDED - Housekeeping \$15 per hour, 5 hours twice a month.kitchen includes doing dishes cleaning counters, bathrooms. vacuuming, dusting & mopping. must be reliable. off millican rd. 971 327-1355

The Lodge in Summer Lake is now hiring for IMMEDIATE COOK. Apply in person.

#### FIREWOOD

Firewood: Excellent well seasoned Firewood, Cut, Split and delivered for a small fee \$265.00. a cord, serving Christmas Valley, Silver Lake & Fort Rock Call 541-841-8995

Firework for sale in Christmas Valley \$150.00 a cord of Pine 541-799-8922

#### **REAL ESTATE**

**84.87 ac. in six tax lots in NW1/4 sec 4 T27SR16E.** Power on west side. Owner carry \$27,500.00 call 541-589-0888

1.4 AC in Townsite Christmas Valley OR across from Quarter Horse racetrack next to public rodeo corral. Water at property \$10k Unit 3, Block 7, Lot 6 on Pine St. between Nole Lane and Mistletoe Rd. Water , Utility, at street lot line 503-366-4424

#### FOR RENT/LEASE

FORT ROCK GRANGE Community hall is available for rent. There is a main hall with stage, rest rooms, and fully equipped kitchen. 541-576-2335

CHRISTMAS VALLEY COMMUNITY HALL for rent. desertwhispers@yahoo.com or 541-576-2216

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

#### WANTED

Wanted Good Used Reasonably Priced Manufactured Home. We can move. 541-841-8995

Wanted: Round Trip ride to bend Email your name and number to petnpalcem@yahoo. com

Wanted T Post 5ft to 8ft tall cheap. 541-841-8995

Wanted Reasonably priced 5 to 160 ac. in the sinks area or Christmas Vally, Silver Lake area. Can do cash/payment or trade for service. 541-841-8995

#### Yard Sale

Seventh Day Adventist church is having a huge garage sale inside the old church. Is a lots of stuff. Are Christmas stuff in there and we figure we having a garage sale for Christmas valley community before Christmas. Stuff are very cheap. We try to help the community out also. The money would go for our camp meeting next year. Dates are Thursday December 19, 2019 hours are 9:00-4:00.

#### SERVICES

Mr. Handyman Service. Siding, Doors, Windows, Sheetrock, Tape & Texture, Trim, Tile, Sinks, Toilets,, Painting No Job to small 541-576-4618

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. 541-408-4852,,

North Lake Towing & Service AAA Service provided Doug Polhans-Owner Operator 541-771-6645

Certified Home Caregiver looking for clients in the Christmas Valley Area. Call Merrie 541-576-4580

GOT SULFUR? Remove it permanently from your well without filters & chemicals. Call 541-280-3581 Free Testing

**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. 541-576-2022<sub>25</sub>

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

**A&L Property Management** Services we do remodeling, home sale prep, estate sales, we repair drywall, fencing flooring, roofs, decks, painting. Let us do the heaving job of cleaning your property. Tree trimming and removal ,etc. Call 541-841-8995

**Handy Man Services.** You name it I can do it. 20 years of local experience Call 541-841-8995

Speedy and efficient Carpet Cleaning service \$25/hr. Call 541-213-3309 to book your cleaning today

**CAT WORK**, Clearing, Road Building, BIG JOBS, small Jobs Call Spence 541-576-3595

Alora's Outback Cleaning Services Specializing in rental, move out, and move in cleans. Yes, we clean carpets! We also do painting! Please book in advance! (503-882-5609)

SageBrush Salon by appointment. All day Thursday & Saturday's call to set up appointment with Robin. Women, Men, & Children. cuts, color, perms, highlighting, massaging scalp treatment, 541–576–4229

Chimney Sweep and Odd Jobs Call 541-576-4821

## Advertise in DESERT WHISPERS

Twice monthly issues are distributed, on the 1st and 15th, throughout the north end of Lake County, including Fort Rock, Christmas Valley, Silver Lake, Summer Lake and Paisley. Additionally, there are a growing number of subscribers, and many readers that see *DESERT WHISPERS* online.

The chart to the right outlines the cost for display advertising in *DESERT WHISPERS*. Organizations with 501(c)(3) status receive a discount. Printready artwork is appreciated. <u>We can design your</u> <u>ad for an additional fee.</u> Prices shown in the chart are per issue.

Deadlines are seven days prior to the publication date. *IF* space allows, ads may be accepted after the deadline for an additional \$15 fee. Email us at: *desertwhispers@yahoo.com* or call 541-576-2216 with questions.

#### SUBSCRIBE!

To receive 24 issues send \$27 to cover postage & handling to:

DESERT WHISPERS P.O. Box 181 Christmas Valley, OR 97641

Call 541-576-2216 or 541-576-2640 for more information.

## December 15, 2019

## BLACK & WHITE

t , , a s	1 column x 2"\$7.00         1 column x 3"\$10.00         1 column x 4"\$13.00         1 column x 5"\$16.00         1 column x 6"\$19.00         1 column x 10"\$31.00	1 column x 2"\$10.50 1 column x 3"\$15.00 1 column x 4"\$19.50 1 column x 5"\$24.00 1 column x 6"\$28.50 1 column x 10"\$46.50
- s - <u>r</u> t	2 column x 2"\$14.00 2 column x 3"\$20.00 2 column x 4"\$26.00 2 column x 5"\$29.00 2 column x 6"\$32.00 2 column x 10"\$44.00	2 column x 2"\$21.00 2 column x 3"\$30.00 2 column x 4"\$39.00 2 column x 5"\$43.50 2 column x 6"\$48.00 2 column x 10"\$66.00
- 1 1 -	3 column x 2"\$21.00 3 column x 3"\$30.00 3 column x 5" (half page)\$40.00 3 column x 10" (full page)\$80.00 (1 column = 2.5" width. 2 columns =	3 column x 2"\$31.50 3 column x 3"\$45.00 3 column x 5" (half page)\$60.00 3 column x 10" (full page)\$120.00 5.25" width. 3 columns = 8.0" width)

#### PUBLISHERS NOTICE:

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitations or discrimination based on race, color, religion, sex, handicap, familial status, marital status or national origin, or an intention to make such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under 18. This newspaper will not accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination, call HUD toll free at 1-800-877-0246. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

#### FREE CLASSIFIED AD POLICY

Please submit your ad in writing, either by e-mail or in person. **DO NOT** "call-in" your ad. You may run up to FIVE Free Classified Ads per issue but are limited to 35 words per ad. If you need more space, please purchase a DISPLAY ad.

All Free Classified Ads (FOR SALE, WANTED, SERVICES, EMPLOYMENT, REAL ESTATE, RENT-ALS, ETC.) will run until your item sells or for **SIX issues, whichever comes first.** When your item sells please let us know so we can remove your ad. To have your ad continue beyond SIX issues you **MUST** re-submit your ad in writing, either by e-mail or in person.

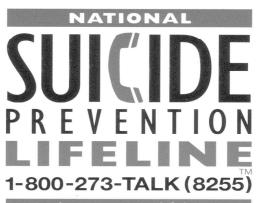
To remove your ad please contact the North Lake Park and Recreation office by calling **541-576-2216** or by e-mail: office@desertwhispers@yahoo.com

These local classified ads are a Free service to the community. Adhering to the stated policy will help ensure this service can continue. – Lisa Cooper, Editor

YOUR NAME: YOUR PHONE:			This information is for our records and will not appear in the ad.
	PLEASE PRINT CLE	EARLY	
	_		
		_	
		_	
		_	

#### Volume: 39 Issue: 24

## COLOR



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

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.<sub>2</sub>

## North Lake County Church Directory

Christmas Valley Community Church

87921 Christmas VIy 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**

#### 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

#### 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.

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

#### 

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 VIy **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

> 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



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

APITAL

December 15, 2019



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.

Volume: 39 Issue: 24