

## Short film festival returns to Hoffman Center for the Arts

MANZANITA — The Hoffman Center for the Arts' Manzanita Film Series will screen The Best of the 43rd Northwest Filmmakers' Festival at 7:30 p.m. Friday, Jan. 27. Admission will be \$5 and refreshments will be available.

The collection of eight short films was selected by the Northwest Film Center of Portland from its annual juried festival. The films were made in Oregon, Washington, Montana and British Columbia. Total running time is 72 minutes.

The films are:

- "Modern Dark" by Audrey Hall of Livingston, Montana. A young man attempts to view the universe through a childhood telescope but is met with the challenges of his earthly world.

- "Canned Fit" by Wood-

ruff Laputka of Portland. Internationally renowned sound artist Christine Shorkhuber uses an array of nontraditional instruments to create minimalist melodies.

- "Censored" by Isaiah Corey of Seattle. A man's life is forever changed when his roommate introduces him to a product he never knew existed or even needed.

- "Antipodes Rising" by Georg Koszulinski of Seattle. Traveling through a mountain tunnel in Alaska becomes a portal for an alternate vision of the Pacific Northwest.

- "Here Nor There" by Julia Hutchings of Vancouver, B.C. Nothing is what it seems to be when an investigator arrives at a funeral to speak with the family whose body he supposedly found.

- "Primal Flux" by Joan

Gratz of Portland. Colors and shapes shift and morph as images emerge and disperse in a play on the nature of conscious and unconscious communication.

- "Ranger" by Sandra Ignagni and Trevor Meier of Vancouver, B.C. The Canadian vessel M.V. Northern Ranger has traveled the narrow straits and unpredictable weather of the remote Labrador coastline for the last 30 years.

- "Me is Being Great" by Marshall Granger of Missoula, Montana. When relationships end among the confusions of growing up, one might be able to reconnect to personal identity and be set free.

The Manzanita Film Series is a program of the Hoffman Center. Films are screened monthly throughout the year.

## American Legion Crab and Oyster Feed set for Jan. 28

ROSBURG, Wash. — Members of the American Legion Post in Deep River, Washington, are making preparations for their annual Crab and Oyster Feed. This year, the event will take place on Jan. 28 at the Rosburg Hall.

"This is not one of those crab dinners where customers are run in to eat and then run out as fast as possible to make way for another group of diners," said Post Commander Ken Elliott. "Our patrons receive an entire evening of activities that include: happy hour; a meal of crab, all-you-can-eat oysters, baked beans, potato salad, cole slaw and garlic bread; a raffle; and a dance."

The cost for the event is \$28 per person. The cost for

those wanting to attend just the dance is \$5.

Happy hour is scheduled from 6 to 7 p.m. with the meal beginning at 7 p.m. The raffle begins at 8:30 p.m. followed by the dance at 9 p.m. Seating is on a first-come basis, so, as the long-time patrons know, it is best to get to the hall when the doors first open shortly before 6 p.m.

This year, there are 30 to 35 items in the raffle that include a Weatherby 300 Winchester Magnum rifle, jewelry, tools and more.

The popular King Brothers Band from Longview, Washington will once again provide music for the dance.

This annual event is the major fundraiser for the Amer-

ican Legion Post's activities supporting veterans, their families, students and community members in need.

Ticket sales are limited to 200 to make sure there is comfortable seating for everyone. There are still a limited number of tickets available for those who haven't yet obtained theirs and can be purchased through Mike Mouliot (360-795-3333), Ken Elliott (360-465-2274), Dale Rose (360-465-2234) or Nick Nikkila (360-465-2595). For those who are unable to be present but want to participate in the raffle, tickets can be purchased from Mouliot. Winners don't have to be present as long as their tickets are filled out and legible.

## Sou'Wester Lodge puts on Winter Workshop Series

Workshop topics cover personal wellness, yoga and creative writing

SEAVIEW, Wash. — The Sou'Wester Lodge is putting on a Winter Workshop Series this season.

The series kicks off Saturday, Jan. 21 with a Prose Writing Workshop with Portland musician and writer Nick Jaina. The workshop will take place from 10 a.m. to noon and costs \$30.

Jaina has composed soundtracks for feature films, plays and ballets. He is co-founder and musical director of the Satellite Ballet and Collective in New York City, which has featured dancers from the New York City Ballet, Ten Hairy Legs and Juilliard. His latest album, "Brutal Lives," is out on Fluff & Gravy Records.

Jaina's first book, "Get It While You Can," is a memoir about a love of music and the world. The book was a finalist for the 2016 Oregon Book Award for creative nonfiction.

The second workshop, led by Lara Pacheco, will take place from 10 a.m. to 2 p.m. Feb. 4. Pacheco will discuss the medicinal virtues of plants that help support the immune system during the cold/flu season. The workshop will involve a guided herbal plant walk and an elderberry syrup and fire cider demo and tasting. Cost is a sliding scale of \$10 to \$20. Participants should bring a sack lunch/snacks, pen and paper, and suitable outdoor gear.

Pacheco is a musician and clinical herbalist in Portland who runs Seed & Thistle Apothecary. She is also co-founding the

Seasonal Wellness Clinic, a pop-up clinic to serve the low-income community in her neighborhood.

Ivy Ross Ricci will lead the third workshop, Yoga: Service & Self-Care, taking place 10:30 a.m. to 1 p.m. Feb. 11. The workshop costs \$20, and participants should bring a yoga mat, journal and pen.

In this workshop, participants will examine how self-care leads to service and vice versa. It will involve meditation, reflection, connection and yoga.

Ricci is a nationally recognized yoga teacher, musician and youth development activist who incorporates philosophy, poetry, humor and storytelling into accessible yoga practices, songs and social service.

On Feb. 18, Portland holistic nutritionist and wellness coach Elyssia Schaeffer will lead a Winter Vitality Workshop. Learn how to use food, herbs, self-care routines, breathwork and yoga to support your body during the winter. The workshop will include homemade chai, snacks and a 30-minute yoga nidra session.

The workshop will take place from 10 a.m. to noon and costs \$15. Participants should bring a yoga mat, a blanket and wear comfortable and warm clothing.

On March 4, A.M. O'Malley will lead a workshop on Experiments in Writing and Zine-Making. This workshop will consist of two hours of generative writing and then two hours of zine making. It takes place from 10 a.m. to 2 p.m., costs \$40 each, and is aimed at students age 15 and older. Students should bring a notebook and writing utensil.

O'Malley lives in

Portland, where she is the executive director of the Independent Publishing Resource Center. Her writing has appeared in Nailed magazine, Poor Claudia and The Burnside Review among other publications. "Expecting Something Else" is her first full-length poetry memoir out on University of Hell Press.

On March 25, Melissa Favara will lead a workshop on Experimental Memoir Creative Nonfiction and Zinecraft. The workshop will take place from 10 a.m. to 2 p.m., and cost is \$30 plus a \$5 material fee. There is also an optional free meet-and-green at 7:30 p.m. March 24 and an optional, \$25 follow-up session from 10 a.m. to 1 p.m. March 26 for teens and older.

In this workshop, participants will type creative responses to experimental nonfiction and memoir prompts on vintage manual typewriters.

Students will spend time focused on short memoir and other nonfiction writing. Participants will be provided with writing prompts and their own vintage manual typewriter for creating one-of-a-kind zine artifacts for their favorite creative writing pieces.

Favara writes creative nonfiction, poetry and fiction; collects typewriters; teaches writing and literature at Clark College; and curates the 1,000 Words reading series. She writes the zine teen sleuth and more.

To RSVP for any of the workshops in the Winter Workshop Series, call the Sou'wester Lodge's front desk at 360-642-2542 or email souwesterfrontdesk@gmail.com. The Sou'Wester Lodge is located at 3728 J Place.