

# HAPPENINGS

Happenings may be edited for length. Listings may also be found online at [hoodrivernews.com](http://hoodrivernews.com); click the Events tab.

## FOR CHILDREN

■ **Story Time at Hood River Library:** Baby/Toddler storytime and Big Kids storytime, 10:30 a.m. Thursday mornings.

## ■ New Parent Services Playgroups

For parents and their children ages newborn to 5; for more info contact Nancy Johnson Paul at 541-436-0319 or [nancyp@nextdoorinc.org](mailto:nancyp@nextdoorinc.org).

Tuesdays, 10:30 a.m. to 12:30 p.m. at Cascade Locks City Hall gym.

Tuesdays, 9-10:30 a.m. at Hood River Alliance Church, 2650 Montello Ave. (Contact the church at 541-386-2812 for details.)

Fridays, 10-11:30 a.m. at HR Early Childhood Center (former Pine Grove School), bilingual, with developmental specialists available (follows school calendar). For more info call 541-386-4919.

■ **Jan. 31 — Hood River Library family matinees, "How to Train Your Dragon,"** 2 p.m. at the downtown library. The library bills its series "great books made into great movies" and is free.

■ **Through March 3 — Yoga for kids: Peace Warriors,** 4-5 p.m. at Trinity Natural Medicine Body Arts Studio, 1808 Belmont. With Stephanie Going. Sign up through Community Ed, 541-386-2055, [community.ed@hoodriver.k12.or.us](mailto:community.ed@hoodriver.k12.or.us), or [hrcommunityed.org](http://hrcommunityed.org). \$70.

## EXHIBITS

■ **Through Jan. 31 — "New Year, New Work,"** 11-5 p.m. at the Center for the Arts, 215 Cascade St. Featuring work of 10 local artists: Julie Abowitz, Laurel Bushman, Merilee Cooper, Charlene Fort, Sally Gilchrist, Barbara Murphy, David Ryan, Sally Reichmuth, Steve Stegall, and Jennifer Szolnoki.

■ **Jan. 31 — Columbia Gorge Discovery Center and Museum** in The Dalles presents Braceros of the Pacific Northwest presentation with Dr. Roberto de Anda, 5:30-8:30 p.m. Optional dinner (\$15) at 6 p.m.; presentation at 7. RSVP by Jan. 28 to 541-296-8600 ext. 201 or [gorge.discovery.org](http://gorge.discovery.org).

■ **Jan. 31-Feb. 15 — Braceros of the Pacific Northwest,** Columbia Gorge Discovery Center, 5000 Discovery Dr., The Dalles. Bilingual exhibition organized by the Smithsonian's National Museum and examines experiences of bracero workers and families, providing insight into Mexican American history and historical background to today's debates on guest worker programs. For more info call 541-296-8600 ext. 201.

## COMMUNITY EVENTS

■ **Jan. 27 — Hood River Watershed Group** presents "Fire Hazard Conditions along Indian Creek and Reducing Risk to Homes" by Fire Chief Devon Wells and "Indian Creek Stewardship: Successes and Challenges" by Indian Creek Stewards, 6 p.m. at the OSU Extension meeting room, 2990 Experiment Station Rd. More info at 541-386-6063 or [hoodriverswcd.org/hrwg](http://hoodriverswcd.org/hrwg).

■ **Jan. 27 — Harmony of the Gorge "Girls Night Out,"** 6 p.m. at HR Valley Christian Church, 975 Indian Creek Rd. Spend an evening with Harmony of the Gorge, have fun and learn new music under direction of Judy Beckman. For info call 541-645-0172 or 509-493-2006.

■ **Jan. 28 — Gentle yoga for beginning seniors 50 and over,** 10:30-11:30 a.m. at the Hood River Care Center, 729 Henderson Rd. Free. Taught by certified yoga instructor Christine

Shannon. Wear loose, comfortable clothing; bring yoga mat and water bottle; some mats available onsite. No experience necessary.

■ **Jan. 28 — Breastfeeding Support Group,** 12-1 p.m. at Riverside Church, Fourth and State. Mother-to-mother support led by Columbia Gorge Breastfeeding Coalition and facilitated by a Certified Lactation Consultant. For more info call Jennifer McCauley, RN, IBCLC, 541-387-6344.

■ **Jan. 28 — Brown Bag Workshop: Google Drive,** 12-1 p.m. at Gorge Innoventure, 1000 E. Port Marina Dr. Ste. 101. Learn to use Drive to create and edit files, upload and store files, etc. Bring your computer or smart phone; attendees are also encouraged to bring a brown bag lunch. \$5.

■ **Jan. 28 — American Red Cross blood drive,** 12:30-6 p.m. at Oregon National Guard Armory, 12th & Belmont. Visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed. A blood donor card or driver's license or two other forms of identification are required at check-in.

■ **Jan. 30 — Life & portrait drawing labs,** 9-noon at the Columbia Center for the Arts Studio. Every Friday. \$20 drop in; package discounts available. More info at [columbiaarts.org](http://columbiaarts.org) or 541-387-8877, ext. 114.

■ **Jan. 30 — Friday Fun Lunch with Andre & K.C.,** 11-1:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights. Dancers and listeners welcome.

■ **Jan. 30 — Friday Craft Night,** 6:30-8:30 p.m. at New Leaf Studio, Oak and Cascade. Learn to knit a hat, scarf or mittens. Class 2 of 3 (Feb. 6); \$45, including classes and yarn. For more info contact Amy Zacher, 541-386-3996.

■ **Jan. 31 — Gorge First Tech Challenge** at The Dalles Middle School, 1100 E. 12th St. Families and robot lovers of all ages are invited to watch the free all-day event at the FTC tournament. Best public viewing from noon-3 p.m. More info at [frommingb@nwasco.k12.or.us](mailto:frommingb@nwasco.k12.or.us).

■ **Jan. 31 — Estate Planning for Parents,** 10-noon at the Westside Elementary library. With Kristen Campbell. Overview of estate planning, including pitfalls of not having a will. Participants leave with health care directive and other useful documents. Sign up through Community Ed, 541-386-2055, [community.ed@hoodriver.k12.or.us](mailto:community.ed@hoodriver.k12.or.us), or [hrcommunityed.org](http://hrcommunityed.org). \$25.

■ **Jan. 31 — "Painting from the Heart,"** 10:30-1 p.m. at New Leaf Studio, between Oak & Cascade. Express your true ideal, shadowy, divine self. \$50; scholarships available. Second of three week class (Feb. 7). For more info contact Amy Zacher at 541-386-3996.

■ **Jan. 31 — Wild Bill's Bingo at the Elks Lodge,** fundraiser for Elks scholarship programs, 7 p.m. Open to the community. Minimum \$250 progressive blackout each week. Hosted by the Elks and the Mid-Columbia Knights of Columbus. Dinners, starting at \$8.50, are available from 5-7 p.m.

■ **Jan. 31 — HRVHS benefit show (rescheduled from Jan. 10),** 7-8:30 p.m. in the Hood River Middle School Auditorium. Variety show of current

and returning performing arts alumni. Songs, dances, and stage combat performance. Admission \$5 for adults, \$3 children 12 and under. Produced by junior Miguel Vasquez as an EA Project. Proceeds to benefit music and theater programs.

■ **Feb. 2 — Tai Chi for Balance,** 1-2 p.m. in the Mount Hood Town Hall's Mount Hood Room. Classes are free and for any level. No experience necessary; donations accepted.

■ **Feb. 3 — Senior meals,** noon at the Lyle Lions Community Center, corner of 5th St. and Hwy 14. Public always welcome.

■ **Feb. 3 — Big Bingo at the HR Valley Adult Center,** 2010 Sterling Place, off Brookside Drive. Doors open and food available at 5 p.m.; games begin promptly at 6 p.m. Funds raised support the Meals on Wheels program.

■ **Feb. 3 — Let's Cook Up a Meal Plan,** 6 p.m. at Hood River County Extension Annex meeting room, 2990 Experiment Station Dr. Create customized weekly meal plans with tips on organization, prep, grocery shopping and more. Cost is \$5 at the door. To register call 541-386-3343 ext. 252 or email [debbe.mcdonald@oregonstate.edu](mailto:debbe.mcdonald@oregonstate.edu).

■ **Feb. 4 — Brown Bag Workshop: Google Calendar,** 12-1 p.m. at Gorge Innoventure, 1000 E. Port Marina Dr. Ste. 101. Learn about the web time management system that comes free with your Google account. Bring your computer or smart phone; attendees are also encouraged to bring a brown bag lunch. \$5.

■ **Feb. 4 — GO! Sense of Place Lecture,** "Mosier Centennial: A Small Town with a Big Story," 6:30-8:30 p.m. at Columbia Center for the Arts. Learn about dynamic people who helped shape the character and economy of Mosier. Cost \$8 for general admission, \$5 for GO! members.

■ **Feb. 5 — Go Green: Growing and Enjoying Leafy Greens,** 11 a.m. at HR Extension Office classroom. Growing instructions and recipes, led by Lauren Kraemer; part of the Extension Service Family and Community Education study groups, who will share the lesson Feb. 12. More info at 541-386-3343.

■ **Feb. 6 — Life & portrait drawing labs,** 9-noon at the Columbia Center for the Arts Studio. Every Friday. \$20 drop in; package discounts available. More info at [columbiaarts.org](http://columbiaarts.org) or 541-387-8877, ext. 114.

■ **Feb. 6 — Friday Fun Lunch with the Good Times Band,** 11-1:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights. Dancers and listeners welcome.

■ **Feb. 6 — Friday Craft Night,** 6:30-8:30 p.m. at New Leaf Studio, Oak and Cascade. Learn to knit a hat, scarf or mittens. Class 3 of 3; \$45, including classes and yarn. For more info contact Amy Zacher, 541-386-3996.

■ **Feb. 6 — Poetry reading,** 7 p.m. at the White Salmon Valley Community Library Sprint/Baker Gallery. Readers to include Christopher Howell, Eastern Washington University, and White Salmon writers Debra Pennington-Davis and Frank See. Free. More info at 509-493-1132 or [fvrl.org](http://fvrl.org).

■ **Feb. 7 — Lyle Lions Breakfast,** 7-10 a.m. at the Lyle Lions Community Center. Everyone welcome!

■ **Feb. 7 — "Painting from the Heart,"** 10:30-1 p.m. at New Leaf Studio, between Oak & Cascade. Express your true ideal, shadowy, divine self. \$50; scholarships available. Last of three week class. For more info contact Amy Zacher at 541-386-3996.

■ **Feb. 7 — Pacific Crest Trail Mt. Hood Chapter annual celebration,** 1-3 p.m. at the Gifford Pinchot National HQ. Featured speaker Bernadette Murray will tell story of Murray family of 5, who rode the PCT in 1969-1970 from Mexico to Canada. 2014 PCT volunteers will also be honored.

■ **Feb. 7 — Author reading: Vikki Clafin,** 2 p.m. at the Hood River Library. Clafin will read from her new book, Shake, Rattle & Roll With It: Living and Laughing with Parkinson's. Free. More info at 541-386-2535 or [info@hoodriverlibrary.org](mailto:info@hoodriverlibrary.org).

■ **Feb. 7 — Wild Bill's Bingo at the Elks Lodge,** fundraiser for Elks scholarship programs, 7 p.m. Open to the community. Minimum \$250 progressive blackout each week. Hosted by the Elks and the Mid-Columbia Knights of Columbus. Dinners, starting at \$8.50, are available from 5-7 p.m.

■ **Feb. 7 — Café Musique,** 6:30-10 p.m. at Henkle Middle School, White Salmon. Dessert and music event hosted by WS Band Boosters. Music by intermediate, middle and high schools. Hot coffee, fresh pastries and desserts. \$8 adults, \$5 for kids 4-12; children under 3 free. Supports music enrichment at Henkle and Columbia High.

■ **Feb. 9 — Tai Chi for Balance,** 1-2 p.m. in the Mount Hood Town Hall's Mount Hood Room. Classes are free and for any level. No experience necessary; donations accepted.

■ **Feb. 10 — Senior meals,** noon at the Lyle Lions Community Center, corner of 5th St. and Hwy 14. Public always welcome.

■ **Feb. 10 — Friends of the Hood River County libraries meeting,** noon in the Gaulke Meeting Room at the Hood River County Library. Anyone interested in joining the Friends and/or volunteering is invited to attend. For more info contact Ruth Tsu at 541-386-5465 or Lani Roberts at 541-250-9027.

■ **Feb. 10 — USDA-Natural Resources Conservation Service meeting,** 1-3 p.m. at the OSU Extension Service. Gathers input for farmers, ranchers, state and federal agencies and ag and conservation organizations regarding natural resource conservation and opportunities in HR County. For more info contact Carly at 541-386-2815.

■ **Feb. 10 — Big Bingo at the HR Valley Adult Center,** 2010 Sterling Place, off Brookside Drive. Doors open and food available at 5 p.m.; games begin promptly at 6 p.m. Funds raised support the Meals on Wheels program.

■ **Feb. 11 — Free car seat check,** 11-1 p.m. at HR Fire Station, 1785 Meyer Parkway. Expectant parents, grandparents and parents of children under 4 feet 9 inches are encouraged to attend to have seat installations checked by car seat technician Elizabeth Stillwell. Second Wednesday of each month.

## PICK OF THE WEEK



Submitted photo

HOOD RIVER County Extension Office Specialist Debbie McDonald will teach a meal planning class in the office's annex kitchen on Feb. 3.

## OSU Extension Service offers meal planning class in Hood River

"Let's Cook Up a Meal Plan" will be offered on Tuesday, Feb. 3 starting at 6 p.m. in the Hood River County Extension Annex meeting room (2990 Experiment Station Dr. Cost is \$5, cash or check at the door.

Do you walk through the door at dinner time and wonder what you're going to prepare for your hungry family? Or maybe it's easier to pick up a fast food meal or individual frozen dinner? Would you like to make healthy meals fast and eat dinner as a family? "Let's Cook Up a Meal Plan" is a class designed to help each participant create a personalized

weekly meal plan with tips on organization, preparation, grocery shopping, and enlisting the whole family in meal time fun.

"I think families don't know how to start when it comes to planning meal times," said instructor Debbie McDonald. "All they need is a simple road map to eating at home and the desire to make it happen. This class will start the conversation."

Preregister by calling the OSU Extension Office, 541-386-3343 ext. 252, online at [signupdate.osu.edu](http://signupdate.osu.edu) or by email to [debbe.mcdonald@oregonstate.edu](mailto:debbe.mcdonald@oregonstate.edu).

■ **Feb. 11 — The Mellow Guitar of Bill Davis,** 11:30-12:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights.

■ **Feb. 11 — Breastfeeding Support Group,** 12-1 p.m. at Riverside Church, Fourth and State. Mother-to-mother support

led by Columbia Gorge Breastfeeding Coalition and facilitated by a Certified Lactation Consultant. For more info call Jennifer McCauley, RN, IBCLC, 541-387-6344.

■ **Feb. 13 — Life & portrait drawing labs,** 9-noon at the Columbia Center for the Arts Studio. Every Friday. \$20 drop in; package discounts available. More info at [columbiaarts.org](http://columbiaarts.org) or 541-387-8877, ext. 114.

■ **Feb. 13 — Friday Fun Lunch with Jack Shepherd & Friends,** 11-1:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights. Dancers and listeners welcome.

■ **Feb. 13 — Big Brothers Big Sisters 9th Annual Lasagna Feed and Raffle,** 5-8 p.m. at Grace Baptist Church, 1280 W. Jewett Blvd., White Salmon. Hosted by Beneventi's Pizza; features all-you-can-eat meat & vegetarian lasagna, garlic bread, salad, & dessert. Raffle. Adults \$10, children 7 and under \$6. All proceeds to Big Brothers Big Sisters of the Columbia Gorge.

For more info, contact Justine Ziegler, 541-490-9979.

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## Volunteers in Action - Providence Community Caregivers

**Volunteer Training**  
9 a.m. to 1 p.m.  
Saturday, Jan. 31, 2015

Providence Hood River Memorial Hospital

VIA-PCC offers non-medical volunteer assistance to older adults and those with chronic illness in Hood River and Klickitat Counties.

If you have an hour a week or an hour a month, you can be someone's "good neighbor."

Volunteer tasks might be taking someone to the doctor, picking up a prescription, friendly visits, grocery shopping and other assistance.

Call to register or find out more, call 541-387-6404 or email [clare.black@providence.org](mailto:clare.black@providence.org)

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