

## CASCADE observations

# A tradition of holiday cards

By PEGGY DILLS KELTER

Our home, built circa 1945, has a beautiful fireplace and mantle. Thanks to modern technology, it also has a functional gas insert, a welcome replacement to the wood-burning fireplace that inevitably filled our home with smoke. Over the 34 years we've lived in this house, we've frequently adorned the mantle with holiday decorations. But the most important decorations we hang on the mantle are those that come in the mail — annual holiday cards sent from family and friends.

Opening the mail is decidedly more interesting during the holidays, when the special cards arrive each day, eclipsing the pleading requests for donations and the endless ads for stuff I don't need and don't want. And what I want more than anything is to hear from loved ones.

My parents instilled in me a love for holiday cards. They were major supporters of the greeting card companies and the United States Postal Service, sending 350 cards every year. Come the early fall, a salesman would drop off large notebooks of card samples. We would all browse the notebooks and select the image that would be THE card for that year's greeting. When our order arrived, my dad would write the annual letter, pull out his card file with names and addresses, and pen personal messages. Sealed and stamped, we dropped off the heavy boxes at the post office, and waited with anticipation for people to send cards back to us.

In the mid-'70s, my parents began asking me to design a card for them, a task I enjoyed so much that when I married and started my own family, I continued the tradition, designing and sending cards to relatives and friends. This has become one of the most significant rituals of the holiday season.

This year, I mailed 100 cards, and though I didn't get 100 cards in return, I'm delighted to say the mantle was filled with cards from near and far. The younger generations (are they X, Y or Z?) favor photo cards; it's delightful to see families grow and change.

Since 1986, my artistic sister-in-law has been saving my cards in a beautifully designed scrapbook, one page for each year. Other than reading Truman Capote's "A Christmas Memory" annually, paging through the scrapbook is one of my favorite acts of the holiday season.

The received cards are gone from the mantle now, some in storage, some to recycling and others to my art studio, where they may be used in future collages. My friend Larry keeps a stack on his desk, choosing a card randomly each day. Then he says a little prayer for the person who was thoughtful enough to send him a card. He repeats this for the entire year.

Before carefully storing the scrapbook away, I revisit the cards I made and the messages I've sent along with the images I've created. The most joyful cards are those that feature my 2-year-old grandson; recent images are all about him. A few more serious messages still seem applicable, years after I created them. Herewith, a few favorites that have weathered time quite well.

1986: "Peace — let it begin in our hearts"

1992: "A recipe for holiday seasoning: Blend together 1 cup generosity, 1 cup gaiety, 2 cups tolerance, 2 ½ cups compassion, and 3 cups humor. Use liberally throughout the coming year."

1993: A drawing of an apple adorns the front of the card. Inside, an image of the apple sliced in half with the message "Look inside to find the star."

2004: I purchased a jigsaw puzzle with an image of a Pine Grove barn and Mount Hood. A small envelope glued on the front of each card holds just one piece of the puzzle, with the phrase "Peace on Earth." Inside, the card reads, "The piece you find adhered to the front of this card comes from a puzzle depicting the beautiful valley where we live. It represents our connections with each other. At a time when the world feels sad and broken, may we remind ourselves how we fit together as a human family. Together we have the potential to solve the puzzles of our planet. Peace on Earth." Sixteen years after I created this card, its message still resonates with me.

## CGGS to meet Jan. 11

The Columbia Gorge Genealogical Society will hold its next meeting on Saturday, Jan. 11 in the downstairs classroom at the Columbia Gorge Discovery Center, 5000 Discovery Drive, The Dalles.

This month's program will be the "Individual Research Assistance" project, said a press release.

"The project consists of collaboration between members with other members in solving their research dead ends or brick walls," said a

CGGS press release.

The project will run in January and February. Members are encouraged to bring their laptops and research data.

A short business meeting will begin at 10:30 a.m., followed by the beginning of the research assistance project.

There is no admission charge to the Discovery Center for attending CGGS meetings. A \$1 donation is appreciated to cover room rental.

## YESTERYEARS

# New Year's is 'most orderly' in 1940

1910 — 110 YEARS AGO

A very unique reception was held at the Mount Hood Hotel Friday afternoon when about 65 little girls gathered there with their dollies at the invitation of Mrs. C.A. Bell. The occasion was the entrance into doll society of the aristocratic young lady recently won by Miss Anna Dart in the contest at Cram's store. Her debut is said to have been the most elaborate ever given a society doll at Hood River and was attended by 65 of the swell-est doll set in the city.

1920 — 100 YEARS AGO

Speeders, beware! As the result of a visit of a delegation from the city council to the County Court on Wednesday, it has been decided by the latter body that a speed cop will be employed to bring an end to the reckless driving of autos that has endangered the lives of many in this valley. It is stated that the authorities are determined to check this abuse by recourse of heavy punishment and those who have succeeded in getting by the law in the past will, if they are wise, take no chances in the future.

1930 — 90 YEARS AGO

Hood River has experienced, during the past seven days, almost all kinds of weather, from that of balmy spring down to deep winter. One week ago, the weather resembled that generally experienced here about the end of March, with balmy breezes from the west and the hills almost bare of snow. Sunday morning there was a snowfall of a couple of inches, and while some of it thawed off the ground during the day, sufficient remained to cool the air. During the night, the wind veered around to the east and on Monday, those who traveled over the roads knew, by the slithering of the rear end of the car, that winter was here.

1940 — 80 YEARS AGO

"The most orderly crowds of New Year greeters we ever saw in Hood River," was the unanimous verdict of local police officers when asked to review New Year's celebrations. "We had three officers on duty New Year's Eve and all through the night, and it was the dull-est period of duty they had known in a long time, for not one call was put in," said another officer.

1950 — 70 YEARS AGO

Hood River County Court is calling for bids on the construction of an administration building and connecting utilities at the county airport. Included in the project are the administration building, sewer line and septic tank and underground electric cable. The proposed building is another work project in the improvement of the county's only airfield. Previously the county, with state aid, has provided for the leveling, drainage and turbing of the 1,900-foot airstrip.

1960 — 60 YEARS AGO

There are a total of 170 businesses in Hood River, according to statistics released by J. Harry White, district manager of the Portland office of Dun & Bradstreet, Inc. The number



Hood River News archives

## JANUARY 15, 1970

Signs going up here tell the story of Hood River's new snow regulations now going into effect. William Evans and Dan Mitchel are placing the new signs here on Oak Street, one of the routes where parking will not be allowed during declared emergencies. Appearance of the signs caused some confusion so Mayor Glen McPherrin clarified that the restrictions will be in effect only during declared snow emergencies, which will be announced. During other times, normal parking will be allowed.

## VERBATIM

### National Dial System Ready For HR Phones

The Oregon Washington Telephone Company plans expansion of Direct Distance Dialing from a local to a nationwide basis for telephone users in Hood River, Odell and Dee exchange areas starting Jan. 17.

At the same time, telephone users in White Salmon will be offered nationwide direct dialing, also starting Jan. 17.

At present, users in Hood River, Dee and Odell can direct distance dial parties in the Hood River Valley and as far as Portland and The Dalles. After Jan. 17, these users will be able to dial out on the nationwide direct distance dialing system.

This system allows the customer to dial many but not all of the telephone exchanges in the United States as well as some places in Canada and Hawaii.

A list of many of the more frequently called places will be mailed to telephone users in Hood River, Odell, Dee and White Salmon. This list will not include all dialable points and the telephone customer should call the information operator when he is in doubt whether a place may be dialed direct.

— Hood River News, January 7, 1960

1990 — 30 YEARS AGO

Odell Industrial Park was given top financial priority on the Port of Hood River's lengthy list of projects at a planning session this week. A platted subdivision for the property is set for a hearing before the county planning commission at their meeting Wednesday at the courthouse.

Clocks stopped in hundreds of Hood River homes at 12:30 a.m. on Monday. That's when strong winds uprooted a tall fir at 17th and Sherman streets, sending it crashing down onto one of Pacific Power's main feeder lines.

2000 — 20 YEARS AGO

Corporate restructuring means more changes at Sprint's Hood River offices. But the change should not result in any local job losses, according to a company spokesperson. The telecommunications company is closing its local customer call center, located at its Waucoma Center facility, and moving

those functions to its offices in Medford. As the customer care center is closed, the other local call center, which handles repair requests, will be expanded.

2010 — 10 YEARS AGO

A public meeting on the proposed Middle Mountain Wind Project has been scheduled for Jan. 12 at the Dee fire hall. The county is conducting a feasibility study for spending \$22-24 million on a set of wind turbines that would generate 9 megawatts of electrical power. Critics of the proposal argue that the investment is too expensive and the project will not pay for itself; that the turbines themselves would be visible obstructions and harmful to wildlife; and that the proposed small wind farm would lead to many more turbines being installed.

Compiled by Trisha Walker and Emily Fitzgerald, News staff writers

# Youth Mental Health First Aid training Jan. 28

On Tuesday, Jan. 28, the Hood River County Prevention Department and Educational Service District (ESD) 112 will be offering a Youth Mental Health First Aid training in Hood River County.

Registration is open to the

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public, and costs \$20 for the manual; space is limited, so participants are encouraged to reserve their spots early. The training will be at the Fish Food Bank, 1130 Tucker Road, Hood River.

The 8-hour training course is intended to give people the tools to identify when a youth might be struggling with a mental health or substance use problem and to connect them with appropriate supports and resources when necessary, according to a Prevention Department press release.

"One in five Americans has a mental illness, but many are reluctant to seek help or might

not know where to turn for care," said the press release. "Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. For friends and family members, it can be hard to know when and how to step in. As a result, those in need of mental health services often do not get help until it is too late."

Just as CPR (Cardio Pulmonary Resuscitation) can help those without clinical training assist an individual having a heart attack, Youth Mental Health First Aid is intended to prepare participants to interact with a person experiencing a mental health crisis, said the press release.

Youth Mental Health First Aiders learn a five-step action plan that guides them through the process of reaching out and offering appropriate support.

For more information or to participate in the Youth Mental Health First Aid training in Hood River County, contact the Prevention Department at 541-387-6890 or belinda.ballah@co.hoodriver.or.us, or visit their Facebook page, Hood River Prevents.

Mental Health First Aid originated as an Australian program in 2001.

The program is operated by the National Council for Be-

havioral Health in the U.S., in partnership with the Missouri Department of Health.

To learn more about Mental Health First Aid USA, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

LOCATION  
200 SOUTH WALNUT  
BINGEN, WA  
509.493.2751

RETAIL SALES HOURS:  
MONDAY - FRIDAY,  
7:00AM - 3:30 PM



VISIT OUR WEBSITE  
SDSLUMBER.COM

WE CARRY STOVE PELLETS

## LOCAL SALES

### STUDS

#2 & Btr, KD, DF, S4SEE  
2x4 - 6' thru 16'  
2x6 - 6' thru 20'  
4x4 - 8' treated posts  
4x4 - 8', 10' posts

### PLYWOOD

3/8" thru 3/4"  
CDX, ACX, T&G AND  
SANDED PANELS

### LANDSCAPE MATERIALS

BARK DUST DRAIN ROCK  
CHIPS GRAVEL  
YARD MULCH SAND  
SAWDUST RAILROAD TIES  
SHAVINGS  
"DIRT HUGGER" COMPOST  
FENCE POSTS & BOARDS

WE DELIVER

## Crisis support lines

If you're struggling — or even just want to talk or text with somebody for a few minutes — there are plenty of people willing and able to help:

- National Suicide Prevention Lifeline: Call at 1-800-273-8255 visit [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).
- Mid-Columbia Center for Living: Call 1-888-877-9147 for immediate support; visit [www.mccfl.org/services/mental-health/crisis/](http://www.mccfl.org/services/mental-health/crisis/) for more info.
- Oregon YouthLine: A teen-to-teen line; visit [oregonyouthline.org](http://oregonyouthline.org) for more info.
- Crisis Text Line: Text HOME to 741741 or visit [www.crisistextline.org/](http://www.crisistextline.org/) to learn more.
- Trevor Project: A support network for LGBTQ youth. Call the TrevorLifeline at 1-866-488-7386 or visit [www.thetrevorproject.org](http://www.thetrevorproject.org).