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Holidays

IN THE COUVE

DECEMBER 2020

 The Columbian



Holidays

IN THE COUVE

What is The Couve?

The Couve geographical name

\ 'thē cōv \ rhymes with 'move'
(noun)

1 —Nickname for Vancouver, Washington.

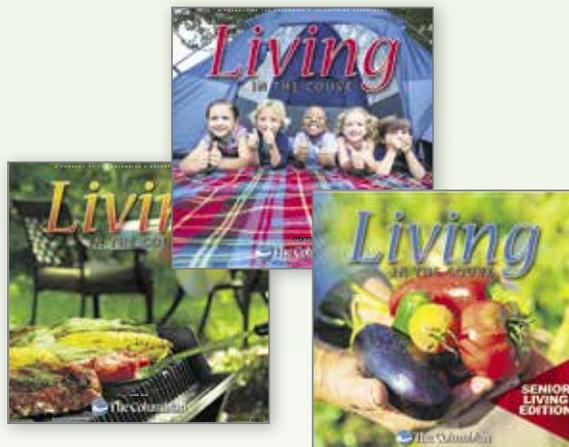
2 —The original Vancouver.

3 —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

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Find past issues archived online at
www.livinginthecouve.com



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Holiday Edition

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Exchanging gifts with loved ones is a holiday season tradition. That tradition figures to continue this year, though families will almost certainly have to adjust the ways they exchange gifts.

The outbreak of the novel coronavirus COVID-19 in the winter of 2019-20 changed how people across the globe live their lives. Social distancing guidelines encouraged people to limit get-togethers, particularly indoor gatherings. Experts anticipate restrictions on indoor gatherings will continue in the early part of the winter of 2020-21, which could force families to rethink how they get together during the holiday season.

Families also may want to think outside the box when buying gifts for their loved ones, targeting items that can make social distancing easier. The following gift ideas can make a socially distant holiday season that much more special for a loved one.

STREAMING SUBSCRIPTION

Movie theaters have been closed for months in many areas. But movie lovers still want to see their favorite flicks, so a streaming subscription to a service such as Netflix or Amazon Prime can be just what they need to stay entertained while social distancing this winter. For fans of classic films, including indie movies, foreign films and big studio productions, a subscription to the Criterion Channel might make the perfect gift. Curated by the Criterion Collection, this streaming service provides access to a library of more than 1,000



classic and contemporary films, making it an ideal gift for the family film buff.

COOKING CLASSES

Many people have spent the last several months honing their culinary skills. Gift givers can help them take those skills to the next level by enrolling them in online cooking classes. The options are endless and some even include access to legendary celebrity chefs like Gordon Ramsay. Many online cooking classes feature monthly memberships or single classes, making them ideal for loved ones of all skill and interest levels.

TECHNOLOGY

Technology has helped many people stay connected with friends and family while social distancing, so a new tablet, laptop

or desktop computer can be just what people need to fully engage in family Zoom sessions or weekly virtual happy hours with coworkers and friends. If a new tablet or laptop stretches your budget, consider a pair of noise-canceling headphones, which can make it easier to concentrate while working remotely in a crowded house.

CRAFTING KIT

Hobbyists may have had their passions for crafting reinvigorated while social distancing, making a crafting kit an ideal gift to help them fill their downtime. Beginner's kits also can make an ideal gift

for novices looking for an engaging, time-consuming hobby.

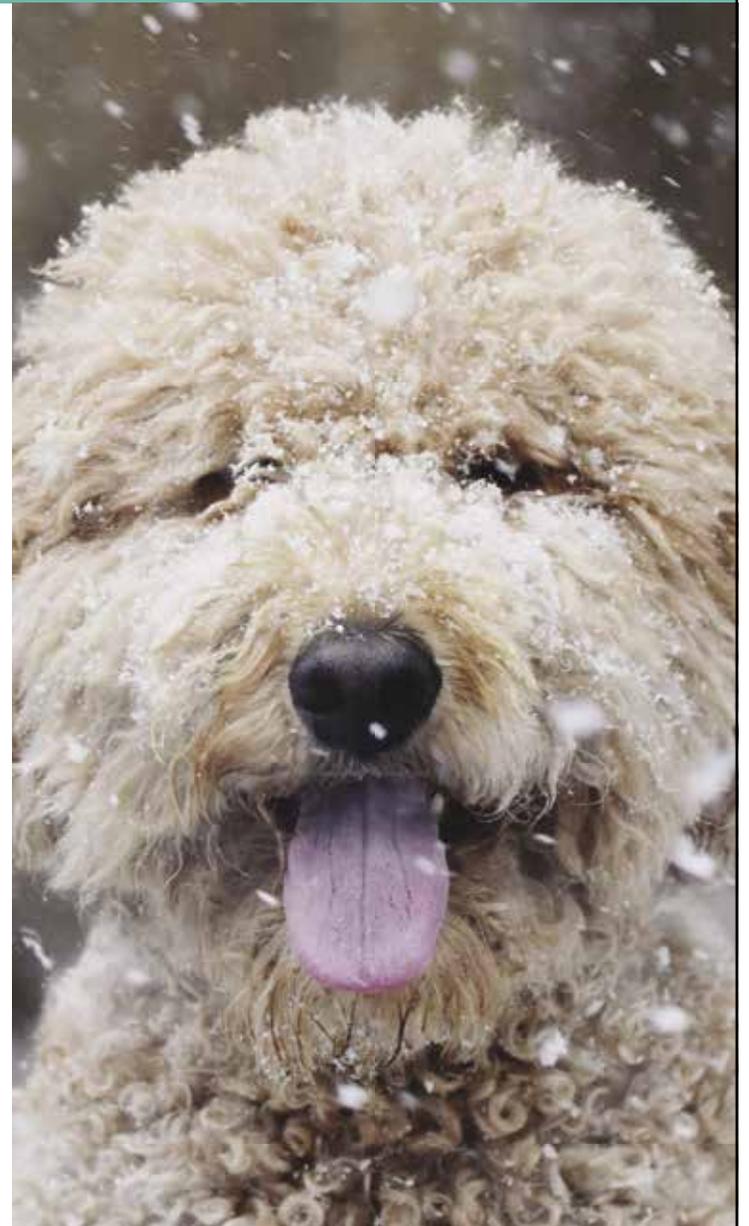
Certain gifts can be a perfect fit during a socially distant holiday season. -MetroCreative



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How You Can Help People in Need

THIS HOLIDAY SEASON

Even under normal circumstances, the holiday season can be a difficult time for many residents of our community. With the ongoing pandemic, local needs are at an all-time high this year with increased rates of homelessness, joblessness, and hunger in Clark County. Charities and outreach organizations work especially hard during the holidays to make the season brighter for those in need and this year they need extra support from the community.

There are many different ways you can help your less fortunate neighbors right now by supporting the efforts of local agencies who are collecting clothing, toys, food, and monetary donations to meet local needs.

CLOTHING & TOYS

Santa's Posse santasposse.com

The Clark County Sheriff's Office Santa's Posse has partnered with Chuck's Produce to help less fortunate families this holiday season. Through December 11 drop off new unwrapped toys, hats, gloves, coats or socks at the designated areas at both Chuck's Produce (chucksproduce.com) store locations. You can also support Santa's Posse all year when you shop at smile.amazon.com or donate to their PayPal Giving Fund.

KPTV Toy Drive kptv.com

Through December 13 drop off new unwrapped toys at any Les Schwab, Al's Garden & Home, or Jack In The Box. Or send a toy directly to participating nonprofits by purchasing one from the Amazon Wish Lists at KPTV.com/ToyDrive.

Toys for Tots toysfortots.org

2019 Local Impact: 37,352 Toys Distributed, 31,474 Children Supported.

Go to portland-or.toysfortots.org for drop sites and donation information.

Randall Children's Hospital Toy Drive-Thru legacyhealth.org

Every child at Randall Children's Hospital receives a toy, and kids who are hospitalized during the holidays or a birthday get a special toy, book or craft project to lift their spirits. You can help Randall Children's Hospital replenish their stock of toys this year. On December 12 and December 19 from 10:00 am - 3:00 pm donors can drive past the main entrance of Randall Children's Hospital to a donation tent where they will be greeted by Randall Children's Hospital staff accepting new toy/activity donations. Only brand new items will be accepted. Masks will be required.

FOOD & GIFTS

Salvation Army vancouver.salvationarmy.org

Help Salvation Army rescue Christmas! With fewer Red Kettles to aid those in need and more people facing poverty this season, your generosity is needed more than ever in your community. Your donation will provide essential gifts of food, shelter, bill-pay assistance, and hope to those hurting right here in your community. When you donate online your gift stays in our local community to help provide vital programs and services.

Society of St. Vincent de Paul svdpvancouverusa.org

Providing food boxes and gifts to families at Christmas is a favorite yearly tradition. Approximately 400 boxes are distributed every year, usually on the Saturday before Christmas. In addition to the food boxes, over 1000 children also receive Christmas gifts each year through this program. Every year, Christmas gifts for children (up to age 17) are available to those receiving food boxes. Call 360-694-5388 or go online for current information on how to donate.

The Columbian's People In Need columbian.com/adoptafamily/

Thousands of Clark County residents are struggling to afford bare necessities let alone gifts for their children during the holidays. Donations to The Columbian's People In Need Fund are distributed to the local non-profits serving the urgent needs of children and families throughout Clark County including the local Salvation Army's Adopt A Family program during the holidays which has a *deadline of December 10* to adopt a family. To make a difference in your community donate online to Community Foundation (www.cfsww.org/donate/people-in-need) or send a tax-deductible check payable to "The Columbian People In Need Fund" to: The Columbian People In Need Fund c/o The Community Foundation for Southwest Washington 610 Esther St, Suite 201, Vancouver, WA 98660

Walk & Knock Food Drive walkandknock.org

Walk & Knock will continue supporting those in need in our community through December 14. Drop off food donations at all Riverview Community Bank, Les Schwab Tire Center and Cost Less Auto Parts locations. Go online or call 877-99-KNOCK for more information about how to donate.

Share Holiday Cheer Program sharevancouver.org

Collecting donations of gift cards, holiday meal boxes, and Wish List items. Donations can be dropped off by appointment only. Contact Sara Johnson at 360-952-8312 or sjohnson@sharevancouver.org for more donation information.

Continued on next page ▶





YWCA Clark County
ywcaclarkcounty.org

More than 12,000 families, children, youth and adults access YWCA's programs for free every year. With your donations they can continue bringing HOPE and JOY to community members when they need it most. Purchase new gifts for kids, youth, and families to enjoy during the holiday. Gifts purchased through online Wish Lists at *Amazon.com*, *Wal-Mart.com*, and *Target.com* will be delivered directly their office. Or, make a secure online donation at support.ywca.org or mail it into P.O. Box 2206, Vancouver, WA, 98668-9921.

ANIMALS IN NEED

Don't forget about the animals during the holiday season—they are part of the family too!

SW WA Humane Society Pet Food Drive
southwest.humane.org

Donations support animals currently in shelter care as well as pets in low-income families in our community. Supplies most needed include adult dog food (dry), adult cat food (wet and dry), and kitten pâté style wet food, dry food, kitten milk replacer.

You can donate to the adoption center by purchasing from their Charity List at Amazon Smile (smile.amazon.com) or find pet food donation barrels at these locations:

- HSSW Adoption Center-Shelter and ReTails Thrift Store
- All Natural Pet Supply
- Columbia River Veterinary Specialists
- East Mill Plain Animal Hospital VCA

Furry Friends Giving Tree
furryfriendswa.org

Help this organization stock up on supplies for the coming year. You can shop their wish list on Amazon Smile (smile.amazon.com) and have items shipped directly to their mailing address (6715 NE 63rd St, Suite 450, Vancouver, WA 98661) or, find collection boxes at these participating businesses:

- **Jared the Cat Groomer**,
2904 NE Burton Rd, Suite B, Vancouver
- **MudBay**, 2100 SE 164th Ave, Vancouver
- **DHL**, 15509 NE Airport Way, Portland
- **Tiny's Place Cat Boarding**,
9228 NE Hwy 99 Suite 101, Vancouver



A single grandmother caring for a 5-year-old granddaughter, who likes Barbie items, is stressed for income as the Christmas season approaches. She awaits a hearing for Social Security income, so she is asking for assistance from the community this year. Grandmother suffers from several illnesses.

Domestic violence led this single Mom of two little ones to seek her own safe residence, for which she receives public rent assistance, but bills are hard to meet. She struggles as she tries to face life on her own. To help, a 13-year-old girl needs clothing and shoes, as does her 3-year-old brother. "Christmas help would mean a lot," says Mom.

A single father with a 6-year-old girl lives in a car (she stays with others on cold nights, he says). Even though he is working, "it is difficult to find a place to live and pay utilities," he says. Some help would be appreciated, Dad states, for food and Christmas gifts.

Dad says that Mom passed away early this year, and he is seeking some help for a 7-year-old son who would like a new bike from Santa this Christmas. "Every paycheck goes to rent and bills," he says. "but just can't catch up." Some community help would be appreciated to help this father and son enjoy the Christmas season.

Art and learning items are requested for the four children of a homeless single mother currently finding some shelter with a family member, but finding it hard to save up for their own place while paying for storage of their personal items. There are two boys aged 5 and 9, and two girls, 2 and 7.

A mother escaping a domestic violence situation has been homeless recently with a 7-year-old daughter who likes Shopkins, Mario and Pokemon items. Some community help this Christmas season could bring cheer for them.

A single mother with three children is asking for a helping hand from the community this Christmas a 10-year-old boy likes building toys, a 7-year-old boy is into Transformer toys, and their 5-year-old sister could make happy use of Paw Patrol toys. This family also needs frying pans.

A single working Mother of two little girls, as well as an 18-year-old daughter, tries to make ends meet. The oldest girl helps with the rent, but Mom says there is nothing left for Christmas presents this year. An 11-year-old needs shoes and hopes for a soft blanket. Her 5-year-old sister who likes Barbie and Scooby-Doo toys, needs a winter jacket.

If you are touched by one of these stories drop-off your donation of toys for children, food for gift baskets, and gifts for young teens at: Salvation Army
 11018 NE 14th Street
 Vancouver, WA 98684
vancouver.salvationarmy.org or send your tax-deductible donation to: People In Need - Adopt A Family
 c/o Community Foundation
 for SW Washington
 610 Esther Street, Suite 201
 Vancouver, WA 98660.

For more information call 360-448-2880 or visit www.columbian.com/adoptfamily

TIPS FOR A GREENER HOLIDAY season

BUBBLE WRAP, AIR PILLOWS, PLASTIC SHIPPING ENVELOPES, OR OTHER FILM PLASTIC

These items should **NEVER** go in your recycling cart. The film wraps around the machinery sorting the recyclables at the transfer station and workers have to crawl inside and de-tangle the mess.

How to recycle: Most grocery stores accept plastic film. Find locations at www.plasticfilmrecycling.org



by **KALEY MCLACHLAN-BURTON**
for Clark County Public Health
Solid Waste and
Environmental Outreach

WRAPPING PAPER

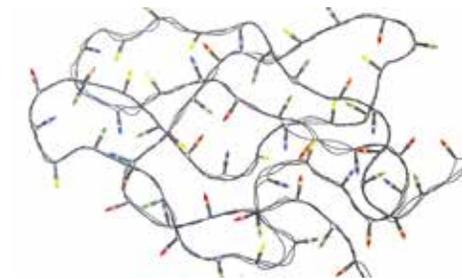
Half of the paper Americans consume annually is used to wrap gifts. If every family wrapped just three presents in reused materials, it would save enough paper to cover 45,000 football fields.

How to recycle: Wrapping paper can go in your recycling cart unless it contains foil or glitter! Shiny and glittery wrapping paper needs to be reused or go in the garbage. Ask creative reuse organizations and community groups if they can use wrapping paper for art and craft projects. Ribbon and bows should **NEVER** go in your recycling cart.

STRING LIGHTS

String lights contain metals and other materials that can be reused to make new products.

How to recycle: **NEVER** put string lights in your recycling cart. Earth Friendly Recycling

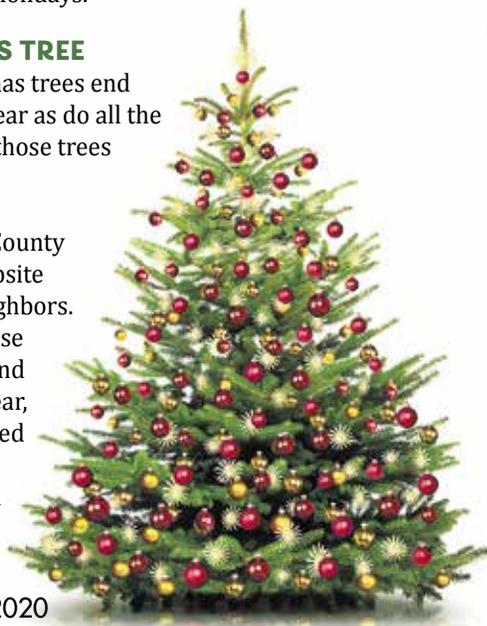


(www.earthfriendlyrecycling.net) in Vancouver recycles string lights for free. Many retail and hardware stores also collect string lights for recycling during the holidays.

CHRISTMAS TREE

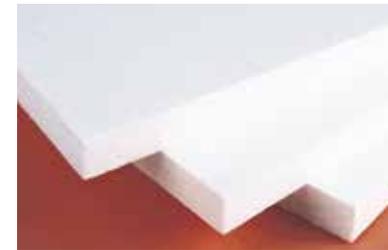
Millions of Christmas trees end up in landfills each year as do all the nutrients and water those trees soaked up.

How to recycle: Check out the Clark County Green Neighbors website (www.clarkgreenneighbors.org) for how to dispose of natural, artificial and flocked trees. Next year, consider using a potted tree that you can plant, or one that can happily live in a pot year-round.



It's hard to find an example when "waste" describes something good. We hate wasting money, time and energy. So why do we create so much waste, especially during the holidays? Between Thanksgiving and New Year's Day, an additional 1 million tons of waste is generated each week in the United States.

Even the most eco-conscious merry makers may still find themselves with extra waste this holiday season. Here are some tips for recycling your holiday waste.



BLOCK FOAM

Block foam crumbles easily during the disposal process and is hard to keep out of the environment. Block foam can also

quickly overfill your garbage can.

How to recycle: Take block foam to one of the transfer stations for recycling. You can also take it to Earth Friendly Recycling.

HOLIDAY CARDS

An estimated 2.6 billion holiday cards are sold each year in the United States; that's enough to fill a football field ten stories high.

How to recycle: Holiday cards are great to reuse. You can cut out the front design and create a gift tag, or use them to make fun patterns, collages, and more. If you're not feeling crafty, you can put any cards that are paper and do not contain any foil, glitter, fabric or other embellishments in your recycling cart.



BATTERIES

40 percent of all batteries sold each year are sold during the holiday season. If placed in the garbage or recycling, batteries can cause fires that damage trucks, equipment and facilities, and endanger workers.

How to recycle: For small household batteries, put a piece of tape on each end of each battery, place in a clear zip-top bag, and set the bag on top of your recycling cart on collection day. For batteries found in rechargeable electronics, tools and appliances, and vehicle batteries, take them to one of Clark County's three transfer stations for disposal at the designated household hazardous waste areas. Many retail stores also collect batteries for recycling.

When it's time to un-deck the halls, find options for tree recycling at ClarkGreenNeighbors.org



Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt.



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STRATEGIES TO HELP SENIORS FEEL LESS ISOLATED THIS WINTER



by Lala Roles, MD

People are social animals who need contact with others for their mental wellness. Without interaction, people can become lonely and depressed and experience physical health consequences. The pandemic has put seniors at particular risk of isolation. Fortunately, with a little ingenuity, friends and families can find ways to ease the situation for their loved ones. Many elderly individuals also have good options for staying engaged and connected.

BEING ALONE IS A PROBLEM

First, it's important to recognize just how detrimental being alone is. In seniors, too much time alone can lead to a failure to thrive. Individuals may stop taking care of themselves, eating well, or managing their personal hygiene. They may withdraw and have issues with depression. They may also see some measurable health effects, such as trouble controlling their blood pressure or blood sugar.

Seniors who cut back on activities may not get the physical exercise they need to keep their muscles strong. For patients dealing with memory problems, less social engagement can lead to a cognitive decline. What's more, isolated individuals

are more at risk of elder abuse because there are fewer people to notice if they are being injured or taken advantage of.

Because there is wide variation in the age and well-being of the senior population, certain individuals may feel the effects of isolation more acutely than others.

FRIENDS AND FAMILIES CAN HELP

No matter where the seniors are in terms of their health and living situation, it's important for people in their circle to make sure they're doing okay and to ease the burden of being alone. Many seniors are afraid to ask for help or need more support than they are willing to admit. Below are some ideas that can help seniors feel cared for:

- ✳ Schedule a daily or weekly phone call the person can look forward to.
- ✳ Drop a meal off once or several times a week.
- ✳ Go grocery shopping so the person doesn't have to go out in the stores.
- ✳ Offer to walk a pet when the individual can't.
- ✳ Be pen pals and send things through the mail.
- ✳ Let the person share their wisdom and feel valuable; set up video chats

to transcribe family history or learn how to knit.

- ✳ Leave care packages at the care facility or arrange for a window visit.
- ✳ Engage with caregivers, asking them to facilitate video calls.
- ✳ Order pictures through photo-printing sites and send them directly to the individual.

SENIORS CAN TRY NEW THINGS

Seniors can also take steps to care for their own mental health. Many individuals are comfortable with technology or are willing to learn, which can open up new possibilities for connection. For example, seniors can:

- ✳ Take their hobbies online by linking up with virtual book clubs, quilting clubs, and more.
- ✳ Learn how to video chat with friends and family.
- ✳ Participate in pre-recorded or livestream exercise classes.
- ✳ Play cards and board games online with people they know.

Simply seeing other people—even at a distance—can also improve mental resilience. Going on a walk and waving at the neighbors, watching kids play, seeing animals run, and enjoying the trees and the sky is a great way to pass the time. Engagement can still happen even when people are wearing a mask and staying 6 feet apart.

Depending on their health, some seniors may choose to form a small bubble so that they can socialize with others. However, as with any bubble, it's critical that everyone agrees to forego interactions with people outside their group, wear a mask in public, and keep trips to indoor places, such as stores, to a bare minimum.

HOLIDAYS CAN STILL BE SPECIAL

The holidays can be a particularly tender time for those dealing with isolation. The more families and friends can plan ahead to make seniors feel remembered and included, the better. Mail or drop off gifts early. Find ways to update family traditions for the current environment. Pick up the phone and make an extra call. People can still find ways to celebrate while staying apart physically.

HELP IS CLOSE BY

If the isolation the coronavirus is creating feels overwhelming for you or for a loved one, reach out to your doctor to discuss strategies for managing symptoms and provide a referral for mental health care for additional support.

Dr. Lala Roles cares for older adults with complicated health conditions at Vancouver Clinic's Vancouver Plaza Neighborhood Clinic. She enjoys being able to create tailored

plans for each individual, taking into account their unique conditions, concerns, and hopes. She believes that the key to practicing medicine well is to really listen to the needs of patients.



Gentle Prices *at a difficult time....*



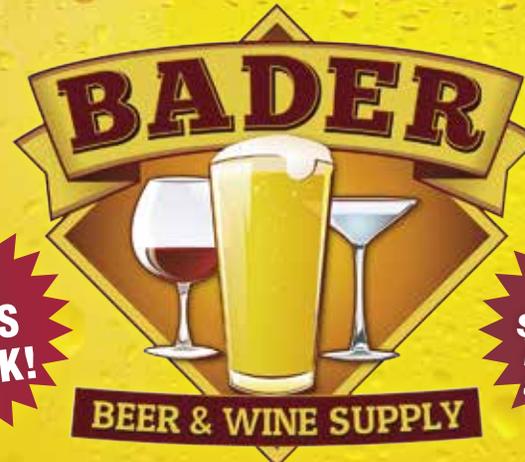
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tvc.org/meet-lala

2020 CHRISTMAS SHIP PARADE SCHEDULE



2020 WILLAMETTE RIVER

DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Friday, 4	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	North Portland Harbor – Combined Fleet
Saturday, 5	6:00PM	Camas/Washougal	Camas/Washougal – Combined Fleet
Sunday, 6	NO PARADE TONIGHT		
Monday, 7	NO PARADE TONIGHT		
Tuesday, 8	7:00PM	RiverPlace Marina	Fremont Bridge
Wednesday, 9	7:00PM	RiverPlace Marina	Milwaukie
Thursday, 10	7:00PM	RiverPlace Marina	Fremont Bridge
Friday, 11	7:00PM	RiverPlace Marina	Milwaukie & Oregon Yacht Club
Saturday, 12	6:00PM	St. Helens City Docks	St. Helens to Columbia City to RV Park at Woodland, WA – Combined Fleet
Sunday, 13	4:30PM	Coon Island	Scappoose/Multnomah Channel – Combined Fleet
Monday, 14	NO PARADE TONIGHT		
Tuesday, 15	NO PARADE TONIGHT		
Wednesday, 16	7:00PM	RiverPlace Marina	Milwaukie
Thursday, 17	7:00PM	RiverPlace Marina	Fremont Bridge
Friday, 18	7:00PM	RiverPlace Marina	Milwaukie
Saturday, 19	4:30PM	RiverPlace Marina (Meet & Greet 8PM – 10PM)	Lake Oswego – Combined Fleet
Sunday, 20	5:00PM	RiverPlace Marina (Meet & Greet 2PM – 4:30PM)	Downtown to St. Johns – Combined Fleet
Monday, 21	7:00PM	RiverPlace Marina	Milwaukie
Tuesday, 22	7:00PM	RiverPlace Marina	Fremont Bridge

All performance times are approximate and subject to safety, commercial river traffic, weather and water conditions which are beyond the control of Christmas Ships, Inc.



2020 CHRISTMAS SHIP PARADE SCHEDULE

2020 COLUMBIA RIVER

DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Friday, 4	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	North Portland Harbor – Combined Fleet
Saturday, 5	6:00PM	Camas/Washougal	Camas/Washougal – Combined Fleet
Sunday, 6	NO PARADE TONIGHT		
Monday, 7	NO PARADE TONIGHT		
Tuesday, 8	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Vancouver Waterfront
Wednesday, 9	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Washington Shores/Wintler
Thursday, 10	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Vancouver Waterfront
Friday, 11	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	North Portland Harbor
Saturday, 12	6:00PM	St. Helens City Docks	St. Helens to Columbia City to RV Park at Woodland, WA – Combined Fleet
Sunday, 13	4:30PM	Coon Island	Scappoose/Multnomah Channel – Combined Fleet
Monday, 14	NO PARADE TONIGHT		
Tuesday, 15	NO PARADE TONIGHT		
Wednesday, 16	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Washington Shores/Wintler
Thursday, 17	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Vancouver Waterfront
Friday, 18	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	I-205/Steamboat Landing
Saturday, 19	4:30PM	RiverPlace Marina (Meet & Greet 8PM – 10PM)	Lake Oswego – Combined Fleet
Sunday, 20	5:00PM	RiverPlace Marina (Meet & Greet 2PM – 4:30PM)	Downtown to St. Johns – Combined Fleet
Monday, 21	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	Vancouver Waterfront
Tuesday, 22	7:00PM	James M. Gleason Boat Ramp (NE 42nd and Marine Dr.)	North Portland Harbor

All performance times are approximate and subject to safety, commercial river traffic, weather and water conditions which are beyond the control of Christmas Ships, Inc.



Winter bird feeding

by TODD KAPRAL for *The Columbian*

Fall is one of my favorite times of year. The trees are full of color. There's a chill in the air and my backyard bird feeders are busy as ever. This year, getting back to nature seems to be important to a lot of people, including me.

Here in the Pacific Northwest, we have many year-round residents when it comes to feeding backyard birds. Most of the usual suspects are here all the time and readily avail themselves to a feeder full of sunflower chips. All the **finches**, **Chickadees**, and **Nuthatches** love these and can't seem get enough. The **American Goldfinch**, which is the Washington State bird, loves the sunflower chips too. They can be easy to overlook because they aren't bright yellow this time of year. If you happen to see a finch with brighter yellow on it this time of year it is likely a **Lesser Goldfinch** (a close cousin). Tube style feeders accommodate these perching, seed-eating songbirds very well. The feeders can get dirty fast in the winter with all the rain so I have plastic domes or covers over them to help keep the rain off. I clean my feeders with a 10% bleach/water solution to kill the bacteria and keep things healthy.

There are many ground feeding birds that love to eat white proso millet or cracked corn on the ground or a flat tray with short legs. This provides a foraging surface as opposed to perching surface. Keeping these seeds dry can be done with a feeder that has a cover built on to it and a tray made out of screen that helps the rain drain out and air circulate around the seeds. **Sparrows**,

Spotted Towhees, and **doves** all feed off the ground. Another type of sparrow we see mainly in the winter is the **Dark-eyed Oregon Junco**. They are recognized by their dark hood and slashes of white on the sides of their tail when they flutter around. The Junco's elevational migration brings them to the valley floor this time of year. I know its fall when they start showing up.

Another winter visitor is the **Varied Thrush**. They resemble a colorful, chunky Robin (also a thrush). These birds prefer the millet and sunflower chips on the ground. Sometimes they can be enticed with an orange cut in half.

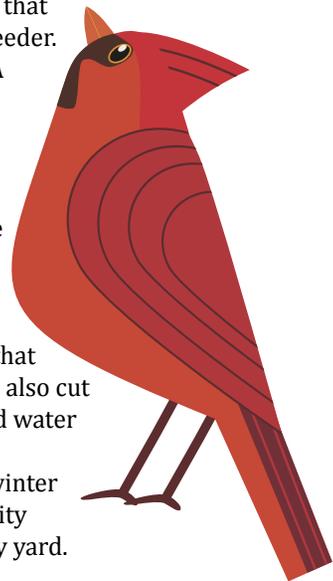
Hummingbirds are here in the winter too! The Anna's hummingbird is the only one that is here year-round. They happen to be the largest hummingbird in North America and do not migrate out of our area. The Anna's have green backs with a whitish belly and breast. The male Anna's head is a fuchsia /red color that covers their entire head like a hood. This brightly colored area (gorget) is not due to pigment but is the result of light refracting off the feathers. If it is a dark and cloudy day or the light isn't hitting it just right, it can look dark or de-void of color. I make my own nectar with a 1-4 ratio of sugar and water. I avoid red or premade nectars because the coloring and preservatives can be very harmful to the birds. Hummingbirds are also insect eaters and in

the winter will eat spider eggs and tree sap. For regular cleaning I use dish soap and warm water. To keep your feeder from freezing you can bring it in at night or get a feeder with a built in heater which can be found at your local backyard bird feeding supply store.

I also have a busy suet feeder. I like feeding insect suet because many of the birds that eat suet are insect eaters. **The Downy woodpecker** and **Northern Flicker** are very common at a suet feeder as are the **Chickadees** and **Nuthatches**. There is also a tiny bird called a **Bushtit** that travels in large groups that will completely cover the feeder.

Water is important too. A clean supply of water can be a welcome sight to all your backyard visitors. You can add a de-icer or get a birdbath with a built in one to keep things thawed out. For cleaning, I use 10% bleach and water solution. Adding birdbath enzymes that are safe for the critters will also cut down on the algae and hard water deposits.

As we get into the dark winter days, the endless bird activity brings a bright spot into my yard.





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How to involve

KIDS

with

holiday baking



The holiday season is steeped in tradition. Many holiday traditions are centered around food, with much of the focus on all of the decadent treats and desserts taking center stage.



Many parents hope to involve their children in as many family holiday traditions as they can. Holiday baking is one kid-friendly tradition, and parents can make it even more so by taking a few simple steps before they get started.

 • Purchase kid-friendly baking equipment. Bakers rely on lots of tools to make cookies, cakes and other delicacies. That equipment is even available in kids' sizes. Kids may be more excited about baking if they have

their own equipment, and such gear also can make it easier for them to lend a hand. A spatula made for youngsters can make it easier for kids to move cookies from a baking sheet to a platter, while colorful measuring cups and their own whisk can excite youngsters about baking.

 • Plan ahead. Seasoned bakers know that it's imperative to have the right supplies, including ingredients, on hand before beginning a baking session. That's even more necessary when baking with kids, who might not be as patient as moms and dads hope if a baking session has to be paused to run to the store for a missing ingredient or to dig out some tools from the back of the pantry. Plan ahead by setting everything out and assembling all the necessary ingredients the night before you plan to bake.

 • Delegate wisely. Young kids may want to do everything mom and dad do, but baking is a delicate science that requires careful attention to detail and a strict adherence to recipes. So it's important that parents delegate wisely when

involving children in holiday baking. Whisking, stirring and topping off cookies with frosting and sprinkles are fun, kid-friendly tasks.

 • Add some fun foods to the menu. If you plan to bake holiday cookies, purchase kid-friendly holiday cookie cutters before your baking session so youngsters have as much fun as possible. Kids may have more fun if they get to make Santa Claus, Frosty or Rudolph cookies.



 • Make a mess. Don't be afraid to get a little messy when baking with children. Moms and dads may love a clean kitchen, but kids tend to have more fun in the kitchen when things get a little messy. Douse each other with a little flour and make a joke of things if some ingredients find their way onto the counter or the floor instead of into your mixing bowl.

Parents can make the holiday baking that much more fun by letting their kids pitch in this year.

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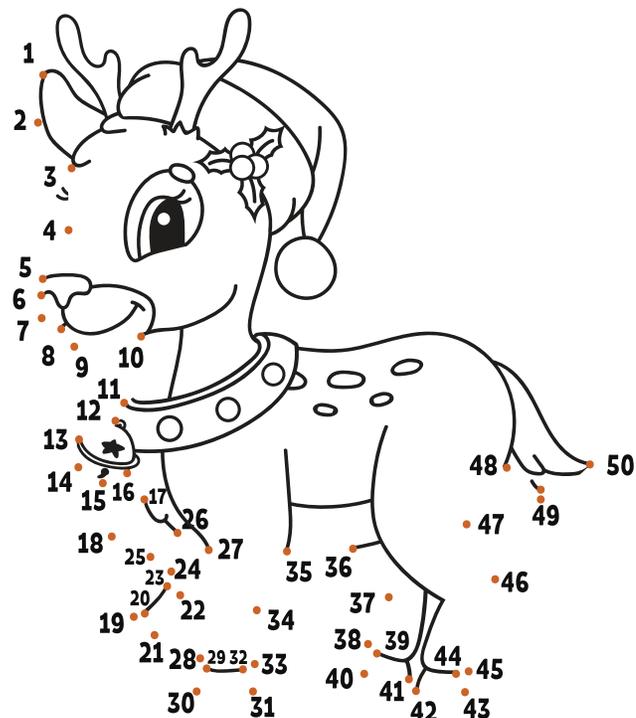
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WINTER THINGS

— crossword puzzle —



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Your **WORD** for 2021

by LETHA BRANDENBURG

I hope you'll decide to join me in one of my most important traditions; choosing a word for the year. I've been choosing a word since 2001. It started out as a fun and light-hearted tradition and is now one that challenges and transforms me. The process of choosing a word and the practice of living it out has become more significant for me throughout the years. I've found that the words take on a life of their own and manifest themselves in my life in unexpected ways.

I love how choosing a word for the year has changed me and I'm excited to think it will do the same for you.

Why Choose A Word?

Words create impressions, images and expectations. They build psychological connections. Words dictate how we think. And since thoughts determine our actions, there's a powerful connection between the words we speak and focus on and the results we get.

Poorly chosen words can kill enthusiasm, impact expectations and hold people back. Good words carry enormous power to help, encourage and move us to a greater level of living.

Well-chosen words can motivate, offer hope, create vision, impact thinking, and alter results.

Did you know there are 800,000 words in the English language? That gives us a lot of word choices! There are great opportunities to come up with an amazing word for your year!

This step-by-step guide will help you select a word that helps you create a visual of your desired outcome. Choose it with purpose because it matters.

You might find as you go through this process that sometimes you choose your word ... and sometimes your word chooses you.

The Process

Give yourself time to work through everything in this step-by-step guide before you finalize your word. Enjoy the process and don't rush yourself.

You can start working this guide at any time. The word you choose doesn't need to start and end based on a calendar year. Perhaps it's your word for the year from your birthdate, or from the date you complete the process.

How To Choose Your Word

STEP 1 - REVIEW

Review this list of words. As you go through the list, think about how the word makes you feel. Use this activity to kick-start your creative side. If you've chosen a word of the year in the past, write it down here or circle it if it's on the list.

Joy, peace, love, redeemed, faith, awaken, health, heal, bonding, adventure, compassion, grow, balance, unwavering, rest, change, purpose, honesty, determination, contentment, focus, commitment, perseverance, confidence, strength, vision, patience, kindness, unstoppable, fun, laugh, trust, happiness, truth, grace, family, believe, courage, surrender, gratitude, friend, passion, worship, practice, humility, hope, warrior, restore, nurture, forgive.

STEP 2 - REFLECTION

Sit down in a quiet place with this guide. Create a relaxing, peaceful space for yourself. You might want to light a candle, pour cup of coffee, and grab a blanket. Be sure to give yourself the time you need to go through these steps. Don't rush the process.



Start by answering these questions:

Consider your current season of life. How would you describe it? Describe where you want to be. What are you desperate for more of in your life? What are you passionate about? In other words, what makes your heart sing?

STEP 3 - TOP 10

After examining how you want your life to change, what are the top 5 - 10 words that come to mind?

Write those words below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My word choices for the year have been inspired by the seasons of my life.

CHANGE, when I knew change was critical but it's what I feared!

BALANCE, when I was focused on my career but needed to take better care of myself.

UNWAVERING, when the economy took a nosedive and I had to be unwavering in my resolve to keep *The Healthy Weigh* open.

PEACE, when tough decisions had to be made and I needed peace to move forward.

REDEEMED, when I made one of the most life changing decisions of my life; to redeem and heal lost time from my adolescents.

Continued on next page ▶

STEP 4 - WORD SEARCH

Go to Google or grab a dictionary and look up your top 5 to 10 words. Those searches might expand to show you other words that have more meaning for you.

STEP 5 - INVESTIGATION

Do some additional investigation. Look up the opposite of the word – most likely you're living there now. What is the root of your word? What is its origin? Spend time investigating these things and make some notes.

STEP 6 - TOP TWO

This is a great time to step away from the process. You'll start to notice how your top words interact with you throughout the day.

After giving it time, write your top two words below.

1. _____
2. _____

STEP 7 - GO DEEPER

Answer these questions about the top two words.

What would my life look like if I had more of this? How would the lives of the people around me be influenced if I mastered this word? If this word was my focus, how would I care for myself? How would this word influence my goals for the year?

At this point, one of your words has probably risen to the top of the list.

What To Do Once You've Chosen Your Word For The Year

Part of the fun of having a word for the year is finding your word in unexpected places. People have collected books, rocks, jewelry, artwork, scrabble tiles, t-shirts, journals, songs, and more. It can be a treasure hunt and although it's fun, it can be incredibly powerful. You will be surprised how your word will show up and change you throughout the year in subtle and not so subtle ways.

Here are a few other ways to keep focused on your word:

- Tell your friends/family your word for the year.

- Use your word as inspiration when you're setting your goals.
- Put your word on your screensaver, mirror, and calendar.
- Create a playlist of songs with your word.
- Use your word as a journaling prompt.
- Become a student of your word. Learn from it.
- Read books that directly relate to your word. Live your word. Let it change you. Decide now to plant this word in your heart. It will make a difference in your life this year and beyond.

I've had some great experiences sharing this tradition with friends and family. One holiday season I created little cards with words and hung them on pretty twig trees in the corner of my dining room. Throughout the season as friends and family came to our home to celebrate we encouraged each one of them to choose a word off the tree. From the professional businessmen to the teenagers in the youth group, words were chosen and great conversations were had.

My four sisters and I have a "sister day" each January to celebrate each other, plan and dream together. The first order of business each year is to share our word for the year. It's become such a meaningful tradition for us.

Since I've been teaching this concept I've heard from many people who have passed it on as well. Teachers with their students, employers with their employees and parents with their children have benefited from choosing a word for the year.

Once you've experienced the impact choosing a word for the year can have on your life, you can't help but pass it on.

I'd love to hear your story. *Email me at: wordoftheyear@lethabrandenburg.com*

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and polar bears to lions and mice and a few in between, volunteer decorators transform the Mansion's rooms into enchanting animal havens. Tickets for this year's event are limited due to capacity restrictions. All tickets must be purchased online in advance by selecting a date and start time. First timed entry begins at 10am with last timed entry starting at 3:30pm. Please note: Pittock Mansion Christmas is an event. General admission discounts do not apply. Due to the one-way path through the exhibit, some undecorated rooms and permanent exhibit features will not be viewable. Please review our reopening visitor guidelines before your visit. Tickets: pittockmansion.org/events

SANTA'S ENGINEHOUSE

Through December 13

This year, Portland's historic steam locomotives will stay parked in their airy shelter near OMSI, while Santa and his elves transform the Rail Heritage Center inside and out into Santa's Enginehouse,

full of holiday magic for children of all ages. Outside, vintage rail cars and a sleek diesel locomotive will twinkle with colorful holiday lights, while the Center itself glows in holiday hues. Inside, Portland's three historic steam locomotives will tower over newly built model railroad displays—one encircling the OR&N 197 engine and another literally climbing like a Polar Express holiday garland up, down and around a 9-foot-high holiday "tree." The Great Northern Lego Club will present model trains operating in a realistic recreation of some of Portland's iconic features, decorated in holiday splendor and made entirely of Lego blocks. Up front and up high, Santa will hold court from the cab of the legendary SP 4449 steam locomotive, welcoming "visits" by kids looking in, safely distanced, from a wooden staircase. In front of Santa's workshop, children can write personal letters to Santa, drop them in a North Pole special delivery mailbox, and in a few days receive a personal, handwritten response from Santa or his elves. 2250 SE Water Ave, Portland. Tickets: orhf.org/events/santas-enginehouse



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December 12 & 13

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KIGGINS THEATRE - RE-IMAGINED RADIO: A CHRISTMAS CAROL

December 17, 7pm

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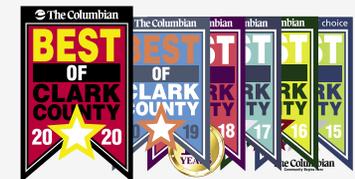
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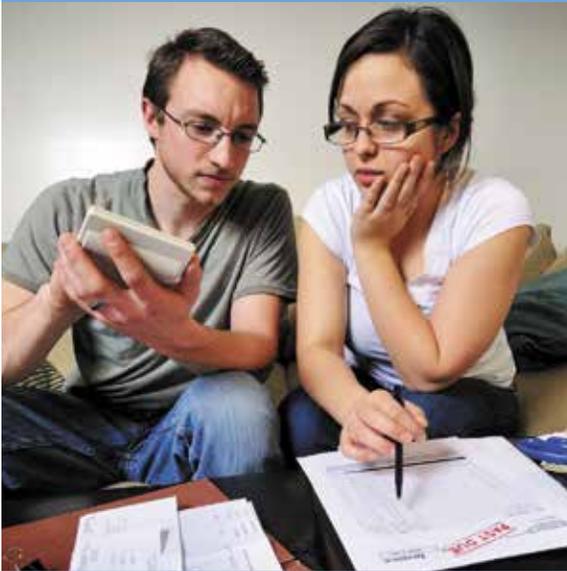
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- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs
- Offer personalized and affordable services and products
- Reach out to the greater community

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