



First Quarter 2019
(January, February, March)
Issues and Programs
Compiler: Sam Scholl

January 4:

Crater Lake Spirits on Bond is doing something special for First Friday on January 4. Americana band Larkspur Stand will be playing and they're hosting a pop-up shop from Fences for Fido. The event is from 5:30 to 8:30 tomorrow evening. No cover charge to get in.

January 7:

If fitness was on your list of resolutions, Bend Parks and Rec is offering free classes throughout the week of January 7th as part of their "Winter Kickoff." Check out the full list of free classes at www.bendparksandrec.org.

January 10:

Monday, January 21 is the MLK Day of Service. Sign up now to help out in honor of Dr. King's legacy. All ages and skillsets are welcome. Projects include (but are not limited to) cleaning buildings, painting walls, mentoring children, serving meals, and more! Sign up at volunteercentraloregon.org.

January 14:

If volunteering is a priority in 2019, Big Brothers Big Sisters of Central Oregon – specifically in Redmond - is always looking for interested folks who can spare a couple of hours a month to be a guiding force in a kid's life. Find out more at www.bbbsco.org.

January 16:

The Bend Spay and Neuter Project is putting out a call for interested volunteers. In addition to assistance in the clinic, they also need help with public events and caring for the community cat population. Find out more about volunteer opportunities at www.bendsnip.org.

January 17:

The Polar Plunge is coming returning to Bend on Saturday, February 9 at Riverbend Park. Check in begins at 9 AM. The costume contest begins at 10:30 and the plunge itself is at 11 AM sharp. Get more details and register at www.plungeoregon.com.

January 18:

From 9 - 12 PM on Monday, January 21 you can craft a handmade Valentine's Day card for a hospitalized veteran. The event is free and open to all ages. No registration is required. Simply show up at the First United Methodist Church at 680 NW Bond Street to participate.

January 23:

The Rubbish Renewed Eco Fashion Show - a fundraiser for Realms Middle and High Schools - is returning to the Midtown Ballroom on Friday, January 25. This is an event where students and community members craft wearable fashions out of trash and re-purposed materials. Tickets are \$22 for adults, \$12 for youth 17 and under and are available at www.eventbrite.com.

January 25:

The Fat Bike Festival is coming to Pronghorn Resort on Saturday, January 26 from noon to 3 PM. Enjoy bike demos, libations, food and music. No admission but donations are encouraged and will go straight to the Central Oregon Trail Alliance.

January 28:

The Bend Spay and Neuter Project offers a Preventative Walk In Pet Wellness Clinic on Saturdays from 10:00 - 1:30. They offer vaccinations, deworming and microchips for a ten dollar visit fee and the cost of the procedure. No appointment is necessary. Find a complete list of services at www.bendsnip.org.

January 30:

Worthy Brewing is celebrating its sixth anniversary by hosting “Sweet Bites and Brews” a fundraiser for Family Resource Center. Enjoy desserts and local beers, while supporting a non-profit that provides free parenting classes to all who need it in Central Oregon. Tickets are \$30 for one, \$50 for two. You can purchase them through a link at www.frconline.org.

January 31:

There is a special evening of art, music and discussion at Spoken Moto on Thursday, January 31. The evening is entitled “Dark Night of the Soul.” From 7 - 9 PM local bands will be playing and an important discussion will be held about depression and suicide. No cover to get in.

February 5:

The 5th Annual Pup Crawl begins on Tuesday, February 5 at 10 Barrel. The event runs Tuesday through Friday for the next four weeks. Different breweries in town will offer drinks from 4 - 8 pm with 100% of the proceeds benefiting the Humane Society of Central Oregon. On the 5th, the Pup Crawl begins at 10 Barrel. Check out a full schedule of participating breweries at www.hSCO.org.

February 6:

February 6th is National Girls and Women in Sports Day. According to research, women who participate in sports are more likely to graduate from college. They also increase their chances of landing leadership positions in the workforce, too. For more info on how to support women and athletics check out www.womenssportsfoundation.org.

February 11:

The annual Backcountry Film Festival is coming to the Volcanic Theatre Pub on Saturday, February 16. They are offering two showings - one at 6 PM and another at 9:30 PM. Tickets are \$15.00 and a portion of the proceeds benefits Project Snow - an organization that provides free outdoor experiences for children in Central Oregon. Find out more and purchase tickets at www.backcountryfilmfestival.org.

February 19:

There's a benefit on Tuesday, February 19 at the Volcanic Theatre to help local community member Rebecca Burleigh with the costs associated with her cancer treatment. The evening features music from Soul Providers and Problem Stick. Doors open at 6:30. The event runs from 7 PM to 10 PM. There's a 10 dollar suggested donation to get in.

February 20:

There is a free presentation from Project Animal Migration at the Environmental Center on Thursday, February 20th from 6:30 - 8:30. Experts will be on hand to discuss establishing free migration for wildlife - specifically along Highway 97. For more information, visit www.ecaudubon.org.

February 28:

There's a benefit concert for Healing Reins on Thursday, February 28 from 7 to 9 PM at Spoken Moto. Healing Reins offers therapeutic horseback riding as a form of physical therapy and mental health. The benefit includes musical performances from local artists. Families are welcome. No cover to get in.

March 11:

There is a Tedx Bend Salon with the topic of "Gender Equality 2.0" at Tykeson Hall at OSU Cascades from 6:40 to 8 PM on March 11. Free to attend, but registration is required at bend.ticketdot.com.

March 14:

Today is World Kidney Day. To learn more about kidney donation - both live donation or becoming a donor after you've passed - visit the National Kidney Foundation's website at www.kidney.org.

March 18:

Neighbor Days at Cracker Barrel! The 2nd Tuesday of every month 5 percent of proceeds in both the restaurant and retail store will be donated Neighbor Impact.

March 20:

On Wednesday, March 27 from 10a-Noon, The Sunriver Owners Association is hosting a job fair. Plus, a free 'How To Write a Resume' and 'Prepare for an Interview' class will be offered at 9a.

March 22:

On Wednesday, March 27 Jersey Mike's on NE Emerson in Bend will donate 100% of proceeds from Sandwiches purchased to Central Oregon Veterans Ranch..

March 26:

Thursday, March 28 is the final HSCO Pup Crawl night. Head to Worthy Brewing from 4-7:30pm. Get a beverage and commemorative glass for \$10.

March 29:

Bingo night at Ochoco Brewing in Prineville on April 3rd will benefit Camp Eagle Cap, a camp that helps severely neglected children.