

2024 Q1 (01/01/2024 - 03/31/2024)

HORIZON Quarterly Issues Programs List

Horizon Broadcasting Group is involved in their communities. Management and staff regularly attempt to ascertain the most pressing issues and needs of the community, and then to present programming which addresses those issues and needs. The following list shows some of the significant issues responded to by the station notes along with examples of programming aired to treat those issues during the quarter noted. The listing is by no means exhaustive and the order in which the issues appear does not reflect any priority or significance.

RADIO STATION: KRCO-FM

ISSUE	PROGRAM	DATE(S)	TIME(S)	DURATION(S)	DESCRIPTION OF PROGRAM OR SEGMENT
VARIOUS (PUBLIC AFFAIRS)	COUNTRY'S GREATEST HITS	DAILY	HOURLY	20 TO 90 SECONDS EACH	ROTATING PUBLIC SERVICE ANNOUNCEMENTS, ONCE AN HOUR, IN ALL LOCALLY PROGRAMED HOURS (PUBLIC SERVICE ANNOUNCEMENTS ATTACHED).
VARIOUS (PUBLIC AFFAIRS, NEWS AND INFORMATION)	INSIDE CENTRAL OREGON	SUNDAYS	7:30 AM	30 MINUTES	PUBLIC AFFAIRS PROGRAM COVERING ISSUES THAT AFFECT CENTRAL OREGON AND BEYOND. (SCHEDULE ATTACHED). HOSTED BY DAVE CLEMENS.
VARIOUS (NEWS & INFORMATION)	WHAT'S TRENDING	WEEKDAYS	6:00 AM To 10:00 AM	60 Seconds	NEWSCAST THAT INCLUDES NATIONAL, STATE, REGIONAL AND LOCAL NEWS, AS WELL AS WEATHER, FIRE REPORTS, SCHOOL CLOSURES AND DELAYS AND ROAD CONDITIONS.
VARIOUS (NEWS & INFORMATION)	LOCAL NEWS ALERTS	VARIOUS	VARIOUS	VARIOUS	LOCAL NEWS ALERTS INCLUDING WILDFIRES, SCHOOL CLOSERS, WEATHER ALERTS, TRAFFIC SAFTEY AND OTHER EMRGENCIES AFFECTING OUR COMMUNITIES.
VARIOUS	KRCO MORNINGS	WEEKDAYS	MORNINGS	2 TO 5 MINUTES	INTERVIEWS WITH LEADERS AND MEMBERS OF THE COMMUNITY ABOUT ISSUES THAT MATTER TO THE PUBLIC. TIMES, DATES AND GUEST INFORMATION IS ATTACHED.

INSIDE CENTRAL OREGON 2024 - QUARTER 1

01/07/2024	Andrea Smith Bonnie Vandiver Dave Clemens	Agricultural Support Manager, High Desert. Food Alliance Pin-up Model, Patriot Pin-Up, Inc – OR Chapter Radio Host, Inside Central Oregon	Food Insecurity, Grants, SOUPer Bowl Veterans & Active Military Public Service Announcements
01/14/2024	Joy Christiansen Dave Clemens	Founder, Choose Joy Foundation Radio Host, Inside Central Oregon	Children of Substance Abuse Bend Fire and Rescue Media Release & PSAs
01/21/2024	Chloe Honaker Kelsey Spencer Maureen Dooley	Operations Director, Reach Another Foundation Community Outreach Coordinator, Family Access Network Communications Director, Partners in Care	Medical for Children in Ethiopia Children's Needs Hospice
01/27/2024	Sam Vanderbeck Karina Diaz Victor Madena	Park Ranger, Smith Rock State Park Development Coordinator, Oregon Natural Desert Association Advocate for the 2 nd Amendment	Raptor Season, Environment, Tips Conservation of Desert Lands, Events Open Carry, The 2 nd Amendment, Texas Border
02/04/2024	Sherri Gorbet Paige Hamp	Patient Advocate, BISA: Breast Implant Safety Alliance Manager of Corporate Giving, Tower Theatre	Breast Implant Safety & Recalls, Fundraiser Community Theater, Sponsor Opportunities
02//11/2024	Andi Buerger	Founder, Voices Against Trafficking	Human Trafficking, Projects to raise awareness.
02/18/2024	Kristen Elrod Derek Abbey	Executive Director, Street Dog Hero President & CEO, Project Recover	Pet Rescue, Mexico Clinic, March Gala Recovering Military MIAs (Repatriations)
02/25/2024	Christian Moller-Anderson Dave Clemens	Executive Director, A Smile for Kids Radio Host, Inside Central Oregon	Braces for Underserved Children Public Service Announcements

03/03/2024	Bess Goggins Scott Pelham Dave Clemens	CEO, Boys & Girls Clubs of Bend Executive Director, Central Oregon Collective Radio Host, Inside Central Oregon	Youth Programs Developmental Disabilities Public Service Announcements
03/10/2024	Meagan Iverson	Executive Director, Sunriver Music Festival	Bringing Classical Music To Central Oregon
03/17/2024	Lisa Hurley Maureen Dooley	Director of Business Development, Partners In Care Communications Director, Partners In Care	End of Life Care Hospice
03/24/2024	Carol Stiles Jim Patterson	Executive Director, Stroke Awareness Oregon Board President, Stroke Awareness Oregon	Stroke Stroke
03/31/2024	Dr. Mike Caba Sarah Mahnke Morgan Schmidt	The Telescope Guy Executive Director, Thrive – Central Oregon Executive Director, American Red Cross, Central & Eastern OR	Eclipse Eye Health Low Income Housing Emergency Preparedness, Blood Donation

Think Wild Week

February 26th – March 1st, 2024

Think Wild is a Wildlife Hospital and Conservation Center for Central Oregon.

Catch the Think Wild Week Interviews.

105.7 KQAK at 9:35a and 4:35p

95.7 The Ranch at 8:50a and 4:50p

The Peak 104.1 at 10:35a and 5:35p

RESCUE & REHABILITATION

A Wildlife Hospital to treat and rehabilitate native wildlife - providing care for patients who have been injured or orphaned so they can be released back into the wild.

EDUCATION & OUTREACH

An education resource to teach and inspire the public to live respectfully with urban wildlife - offering Think Wild Education, awareness events, and online resources.

WILDLIFE SERVICES

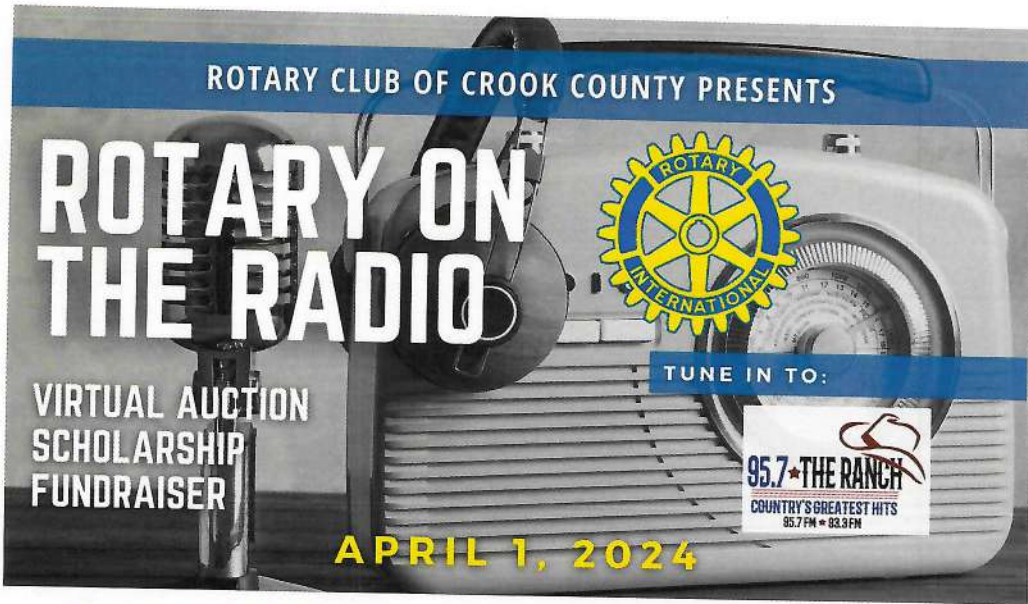
We provide email, phone, and site consultations, as well as habitat feature and humane exclusion installations to support positive human-wildlife interactions.

BEAVER WORKS OREGON

A program to build awareness of beaver as an essential keystone species and provide landholder support in establishing the conditions necessary for their success.

- Monday 2/26 Sally Compton, Executive Director Intro to Think Wild
- Tuesday 2/27 Sadie Pollack, Education & Volunteer Manager Education + Volunteering
- Wednesday 2/28 Pauline Hice, Director of Wildlife Rehabilitation Wildlife Rehabilitation
- Thursday 2/29 Maureen Thompson, Beaver Works Prog. Manager Beaver Works
- Friday 3/1 Jake Sandler, Wildlife Services Coordinator Wildlife Services

This week is Think Wild Week on Horizon Broadcasting Group radio stations, highlighting the importance of the relationship between people and wildlife in Central Oregon and beyond. Think Wild is a Wildlife Hospital and Conservation Center for Central Oregon. Learn more about Think Wild at [Think Wild C O.org](http://ThinkWildCO.org).



CROOK COUNTY ROTARY ON THE RADIO ANNUAL ONLINE AUCTION

Get registered & start bidding - Check out the amazing items, all locally donated! Item pickup at the Crook County Library beginning April 2nd at noon.

- [ONLINE AUCTION](#)
- [PREVIEW ITEMS](#)
- [REGISTER TO BID](#)

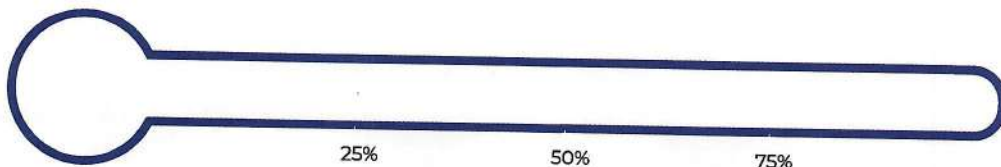
I can't bid, but I want to donate!

We appreciate any donation, big or small.

Donate now:

\$.00

Our Fundraising Target



1) Your Better Bathroom - 1/4/24

City of Bend

Review pieces of Indoor kit, indoor water use 1025 MG/YR (Residential)

	MG/YR	
Toilet	32.6	334
Faucet	27	277
Shower	26.9	276
Clothes Washer	22	226
Leaks	17.8	182
Bath	4.4	45
Other	4	41
Dishwasher	2.2	23

2) Bend water 101 – 1/11/24

Bend is fortunate to have two main sources of pristine water, surface water from mountain springs in the Bend Municipal Watershed below Broken Top and groundwater pulled from the Deschutes Basin Aquifer through our 20 active wells. We produce and deliver avg. 4.5 billion gallons of water per year. Our surface water is diverted to our filtration facility and then to the water system in town by gravity, this supplies our baseline use (indoor). When summer demands increase due to landscape irrigation we turn on our 20 wells to meet demands. Water travels through a system of approx. 500 miles of pipe through town and through 27,000 water meters to our homes or business's.

3) What's the deal with Water Conservation in Bend? – 1/18/24

Some people may ask why does Bend have a Water Conservation prog? We're sitting at the foothills of the Cascade range, and atop an enormous aquifer? We're also a high desert that receives less than 12" of precipitation a year and have been experiencing consecutive years of drought. All that aside, Bend has a water conservation program as a necessity not a nice to have, all municipalities serving more than XXX customers must have some basic water conservation efforts in place.

The City of Bend has invested in additional Conservation efforts to be effective as a source of supply, and a form of adaptive management to mitigate against drought, infrastructure needs, and growth. Even if there was more water available our rights limit us to a maximum amount we cannot exceed, and there are no new water rights that are cheap or easy to come by. Conservation isn't meant to be the end game meaning we will never need more water, but it does help us kick that date farther into the future. Our latest analysis done in our water master plan identified the need to save 7 billion gallons of water over the next 20 years to offset the need for \$21 million dollars in new infrastructure. So our conservation program will be adding several new programs and are currently working on some development code that will make new developments more water efficient.

4) How does Bend measure up with water use? – 1/25/24

GPCD =Gallons per Capita per Day is a metric that looks at aggregate water use across their service area, city or state.

CA -137

Bend -149

St. George-170

Las Vegas-104

State across the West have invested in programs to reduce this number through water use efficiency measures. Some states have legislation in place to create a framework for municipalities to reach these goals. The City of Bend has seen a downward trend since 2016 and with our current goals would like to see that number reach closer to 130 in the next decade. Therefore our conservation program has in place lots of existing programs and will be rolling out new programs this spring to help support these goals along the way. Simple things everyone can do:

- look at your water use
- Pursue our webpage for resources
- Take advantage of our programs- technical assistance, rebates, workshops and education
- All are free

Water Wise Tips February '24

Feb 1- Get pumped for Spring during these snow free warm ups we can dream of spring. In Bend we have plentiful opportunities to experience beautiful gardens exhibiting water wise plantings ranging from true Central Oregon natives, more ornamental species, pollinators and even edibles that can make up an attractive low water us garden. Some spots to check out include the collaborative OSU extension demonstration garden Hollins Head park, another at Alpen glow park, Franklin community garden and 8th st pocket park. Also don't forget your local nursery, they are good resources for finding your water wise plants.

Feb 8- Save the date This March we are bringing back our exciting Water Wise workshop series Partnering with the Green Gardens Group. This year's webinars are titled *Good bye grass Hello garden* is all about how to properly plan and carry out a lawn to xeriscape garden conversion. We'll walk you through the process step by step from removal to planting to irrigation. We'll also cover the process of how to take advantage of our turf removal rebate program and get \$3 per sqft of turf removed. We will have three opportunities for folks on **March 9th, 12th and 21st**. There are only 100 spots in each class and this always fill up so make sure to get registered cause its first come first serve. You can register for free at greengardens.group.com or waterwisetips.org.

Feb 15- How to measure your success. We often get asked how much water does a normal house use? We want to know how we compare to the average household to figure out if we have an issue. So here it is , in 2023 the average household in Bend uses 104 gpd in the winter and 388 gpd in the summer. So you may say that's nice how do I use that number? We can't save what we can't measure, luckily City of Bend customers have access to their water use through Water Smart our customer water us portal. One of the metrics you can see on your portal page is a current GPD you used that month, so knowing the numbers we just talked about you can see how your water use measures up and decide if you need to take action. Of course, if you have any questions about you r water use you can contact our department and we can talk through the specifics of your use and even schedule an evaluation during the summer.

Feb 22-Student video contest- students from grades 6 through twelve have a chance to enter their video for a chance to win a \$1,000 grand prize and get their video professionally produced by a t.v . producer and turned into a commercial. The subject is "My own front yard: it's part of the Deschutes Watershed". Call to teachers and students to create a 30 sec video, go to <https://www.bendoregon.gov/government/departments/utilities/educational-resources/student-video-contest>

Feb 29- In the pipeline for 2024 – this spring the water conservation program has a host of exciting things we are rolling out for the community. Starting in March

- March 9,12, 21Good by grass webinar class series,
- April 17th – Master Gardens spring garden seminars Lawn to Xeriscape basics
- April – Roll out our SFR turf removal rebate program and Water Wise Communities prog.
- June 8th – Our Water Wise Field Day event at Hollins head park

Water Wise Tips March 2024

3/7/24- **A few Seats available-** if you haven't heard we have a free series of webinars happening this month starting this Sat. March 9th, Tuesday March 12th and Wed March 20th. We increased capacity due to demand and now have a max capacity of 200 per webinar. We have 33 seats left for Sat, 42 for the 12th, and 113 for the 20th. This will give you the basic rundown of what to consider and pieces of undertaking your lawn conversion project as well as how to get a rebate from the City of Bend.

3/14/24- **Swag that saves!**- All next week from March 18th through the 22nd its national fix a leak week. We partner with the Water Sense organization to bring you a 10 min challenge competition. Each day of the campaign we'll post a City of Bend Facebook post with instructions to check a different area of your home for leaks, snap a photo of you checking and email it to us for a chance to win a Water Sense bathroom set, Each post you reply to puts another entry in your name. A winner will be randomly selected on Monday 3/25.

3/21/24- **Secure the No.1 "seat"**. Its march madness, more importantly it's also Fix a Leak Week. Hopefully you're already participating in our 10 min challenge to win the High Efficiency bathroom set. If your just hearing about this there still time to compete, check the City of Bend Facebook page for the daily leak check and send in a photo you completing the task for a chance to win. Also don't forget to pick up your free indoor kits and plumbing handbook form the Utility Department office all this week.

3/28/24- **Spring Break plans-** thinking about making a change in your yard this spring? The City of Bend is launching its turf removal rebate program this April offering \$3 a sqft for converting unused lawn areas to xeriscape gardens, and it's not too early to plan your project to get in early on this great program. A well thought out plan is the key to a successful long lasting landscape conversion. 1st step identify your priorities- lower water bill?, less yard maintenance?, improve curb appeal? This will help you make decisions on plant choice, irrigation type, functional elements (living space, materials to use). If you're not sure where to start join us at the Central Oregon Master Gardeners Spring Gardening Webinars on April 17th. Registration opens March 1st. www.gocomga.com

PREPARING FOR THE COLD WEATHER AHEAD

News Release from [Bend Fire & Rescue](#)

Posted on FlashAlert: January 12th, 2024 11:16 AM

With several days of predicted below-freezing weather upon us, the Bend Fire Department would like to remind everyone that a little bit of prep now can help prevent disasters during and after the freezing temperatures, especially due to frozen pipes. This is for everyone from homeowners, tenants, maintenance managers to contractors alike.

Winterizing your home should be done in the fall as the first freeze comes around. Now that we're into the middle of winter and prepping for a winter storm, ensure those preparations are done and take these extra precautions around your home. All of these are much easier when the snow is fresh and not frozen solid like it will be later this weekend.

- Ensure outdoor faucets and water outlets still have their covers on them.
- Identify your home's water shut off valve so it can be quickly accessed in the event of a leak.
- Clear any snow off a fire hydrant in front of your house.

Clear off your sidewalks, driveways, pathways, accesses to utilities, access to pets/farm animals, and vehicles. This is very important for access in the event of an emergency. If the snow accumulates too much, doors may not open, those with disabilities may not be able to traverse the snow and will slow down emergency services from getting to you in a time of need. As a public service reminder, if you know your neighbor, friend or family member can't clear their walkway or driveway, please help them out.

For your businesses, Bend Fire & Rescue would like to remind building owners, facility managers, and building maintenance personnel to take actions before the cold weather hits to prevent fire sprinkler systems from freezing. Our department responds to several fire sprinkler activations due to pipes breaking from freezing every year. These breaks can cause significant water damage but can easily be prevented. Also, frozen fire sprinkler pipes, even if they don't break, render the sprinkler system inoperative to protect buildings from fire, thus jeopardizing lives and property.

Most fire sprinkler systems that do freeze are the result of lack of maintenance. Ensure that all periodic maintenance has been completed. Contact your fire sprinkler service company to schedule service if it is overdue. Frequencies for maintenance vary depending on the type of system that is installed. Empty any drains for the sprinkler system to prevent water from building up on the exterior or exposed areas of these systems.

Another common cause of water line and sprinkler system freezing is inadequate heating in normally heated spaces. This often occurs in vacant areas when the heating system is turned down or off when no one is home or the space is vacant. While some sprinkler systems are designed to operate in cold temperatures, the majority of fire

PREPARING FOR THE COLD WEATHER AHEAD

News Release from [Bend Fire & Rescue](#)

Posted on FlashAlert: January 12th, 2024 11:16 AM

sprinkler pipe must be installed in areas that can maintain a minimum temperature of 40 degrees Fahrenheit. Make sure your heating and ventilation systems are in good working order. For homes, consider opening up the cupboards below sinks at night to allow warm air to get into the cabinet to prevent freezing.

These simple steps can prevent the costly damage from water line breaks, not to mention time lost to restore your building/home back to full operation. Check your fire sprinkler system today. Call your service company to schedule maintenance. Check your heating and ventilation system. Use safe heating practices. Call us for any questions related to fire sprinkler systems and how to prevent a freeze.

When using supplemental heating equipment utilize only equipment that is listed and approved for its intended use. Many gas powered heaters are not designed for indoor use. Always provide at least 3 feet of clearance when using portable space heaters. Ensure all electrical heating appliances are plugged in safely into an outlet or approved surge protector.

Ensure all your smoke and CO alarms are in working order. As the weather gets colder, we tend to shut the house up much more tightly. This can lead to a quicker build up of smoke and CO inside a home. The quicker build up can lead to less time to escape, making those alarms even more important.

Please contact your local fire department for more information about preparing for winter.

###

Contact Info:

Dan Derlacki, Deputy Fire Marshal, Bend Fire Department, 541-322-6386, dderlacki@bendoregon.gov

INTERVIEW

Wednesday, January 10th, 2024

Guest:

Bonnie Vandiver
Patriot Pin-Ups, Inc – Oregon Chapter

Topic:

- Calendar Fundraiser for local veterans

Length: 4 Minutes, 26 Seconds

Interviewer: Dave Clemens

Stations: KQAK, KWPK & KRCO-FM

Find in NexGen NEWS. Cart 15005-001

INTERVIEW

Tuesday, January 23rd, 2024

Guest:

Karina Diaz

Development Coordinator, Oregon Natural Desert Association

Topic:

- Desert Conservation
- Bees

Length: 4 Minutes, 26 Seconds

Interviewer: Dave Clemens

Stations: KQAK, KWPK & KRCO-FM

Find in NexGen NEWS. Cart 15005-001

INTERVIEW

Thursday, February 1st, 2024

Guest:

Lauren Olander
Chief Development Officer, Ronald McDonald House

Topic:

- Lodging for families receiving medical care away from home.
- The Sunriver Brewing Company K-9 Keg Pull fundraiser'

Length: 4 Minutes, 29 Seconds

Interviewer: Dave Clemens

Stations: KQAK, KWPK & KRCO-FM

Find in NexGen NEWS. Cart 15005-001

WEDNESDAY - MARCH 13, 2024

INTERVIEW

Thursday, March 14th, 2024

Guest:

Scott Douglas
Founder & CEO, Cascade Relays

Topic:

- Saint Patrick's Day Dash!
- Supporting children and families facing hardships

Length: 6 Minutes, 3 Seconds

Interviewer: Dave Clemens

Stations: KQAK, KWPK & KRCO-FM

Find in NexGen NEWS. Cart 15005-001

INTERVIEW

Tuesday, March 19th, 2024

Guest:

Lynne Ouchida
Director of Community Partnerships,
Humane Society of Central Oregon

Topic:

- Pet Adoption
- Pup Crawl
- Health & Beauty Expo

Length: 3 Minutes, 18 Seconds

Interviewer: Dave Clemens

Stations: KQAK, KWPK & KRCO-FM

Find in NexGen NEWS. Cart 15005-001



Telescope Guy

Dr. Michael J. Caba
2636 NW Lemhi Pass Drive
Bend, OR 97703
541-420-0385
mike@telescopeguy.net
www.telescopeguy.net

3/19/2024

RE: PUBLIC SAFETY ALERT

There is an important safety issue that people should be made aware of concerning the upcoming eclipse on April 8, 2024. People should NOT use old eclipse glasses, especially ones that they used during a prior eclipse such as the one in 2017. The protective coatings on some eclipse glasses deteriorate over time and will not protect a person properly. It is entirely safe to use new glasses, and those who experience the period of totality do not need any glasses during those few minutes. But used glasses should not be reused, and should be discarded after this upcoming eclipse.

Astronomy Magazine (April 2024, p. 15) elaborates on this danger in the following way:

No one can deny the beauty of a solar eclipse, but seeing one is not worth endangering your eyesight. Even a momentary look at the Sun with your naked eye during the partial phases risks long-lasting vision problems. A view through binoculars or a telescope can cause permanent blindness in a second or less. And the damage occurs painlessly, so you might not be aware of problems until hours later. Eclipse glasses are the easiest and cheapest way to protect your eyes. . . . One note of caution, however: If you saved your eclipse glasses from seven years ago, toss them. The protective coating deteriorates over time and typically doesn't last more than three years.

I have encountered a number of people that were planning on using their glasses from 2017, so I would like to suggest some public announcements on this danger.

Thank you.

Sincerely,

A handwritten signature in black ink that reads 'Michael J. Caba'. The signature is written in a cursive style.

Michael J. Caba

Interviewed 3/26/24 ^{-Date}
2

PUBLIC SERVICE ANNOUNCEMENTS **HORIZON BROADCASTING GROUP 2024 Q1**

[End 01/01] Bend Police would like to remind the community of the dangers of **driving under the influence**. They have arrested nearly 600 drivers for DUII in 2023. Please do your part to keep our roads safe – if you're going to drink or do drugs, please be responsible and call a cab, use a rideshare or otherwise arrange for a sober driver to pick you up.

[End 01/03] **High Desert Food and Farm Alliance** invites you to their first annual SOUPer Bowl Saturday, February 3 at Unitarian Universalist Fellowship on Skyline Drive in Bend. The fun, family-friendly event is a fundraiser to help ensure that everyone has access to good food! For \$15, attendees will get to sample soups from over a dozen local restaurants. Ticket sales begin on January 3rd at HDFFA.org

[End 01/04] The **Council on Aging of Central Oregon** is hosting a flu and COVID vaccine clinic for people 60 and over. Stop by the Senior Services Center in Bend on Thursday, January 4th from 11am - 1pm. Call 541-699-5109 for more information or click on EVENTS at MyCentralOregon.com *

[End 01/05] Central Oregon Scouts BSA will be collecting and **recycling Christmas trees** in your community on the weekend of January 6th and 7th. They request a donation of \$10 but will gladly accept more. The money raised from the scouts' efforts will go to support the local Scout troops of Central Oregon. Go to TakeYourTree.com to learn more. *

[End 01/07] Join Dr. Josh Collins, Chair of the Sage Science Team for the East Cascades Audubon Society to learn about research into native wildflowers, as the missing link to sage-grouse recovery at McMenamin's in Bend on Monday, January 8th. This is a free event when you RSVP at **High Desert Museum.org**.

[End 01/12] Someone, who identifies themselves as a member of the Deschutes County Sheriff's Office, is calling people to ask for money to clear up a warrant issued after missing jury duty. They say you can clear up the warrant by paying the bail with pre-paid gift cards. Law enforcement doesn't ask for money to clear up warrants or any other legal matter. And the

only people asking for prepaid gift cards are **scammers!** Be careful out there! *

[End 01/12] The Timber Culture exhibit opens at the **High Desert Museum** on Saturday, January 13th and tells the story of Maxville—a segregated logging town that boomed in Oregon during the '20s and '30s. There's more information at High Desert Museum.org when you click EVENTS

[End 01/14] **Connect Central Oregon** is inviting you to join hands in service and celebrate the legacy of Dr. Martin Luther King Jr. on the MLK Day of Service on Monday, January 15th. To volunteer for a project of your choice, visit Volunteer.Connect Central Oregon.org. *

[End 01/14] The Bend Fire Department would like to remind everyone that a little bit of prep now can help prevent disasters during and after the freezing temperatures. Ensure outdoor faucets and water outlets still have their covers on them and clear any snow off fire hydrants near your home. You can contact your local fire department for more information about **preparing for winter.**

[End 01/15] Oregon State University – Cascades' Science Pub series continues on Tuesday, January 16th at Edward J. Ray Hall on the OSU-Cascades campus in Bend with "**The Roller Coaster of Hemp in Oregon,**" a talk on the history of the hemp industry in Oregon from its legalization in 2018 to today. To register, visit OSU Cascades.edu/event [dash] registration.

[End 01/17] **City Club of Central Oregon** is doing a program called "Belonging in Bend: How Lonely Are We?" on Thursday, January 18th at Unitarian Universalist Fellowship of Central Oregon. The event aims to delve into the crucial topic of community connection, addressing the challenges of loneliness and exploring ways to foster a sense of belonging in the city of Bend. Registration is required at city club c o.org *

[End 01/18] The American Red Cross is experiencing **an emergency blood shortage** as the nation faces the lowest number of people giving blood in 20 years. To help, make an appointment by downloading the Red Cross Blood Donor App, visit Red Cross Blood.org or call 1-800-RED CROSS.

[End 01/19] Come to The High Desert Museum for 1920s-era music and signature cocktails at their speakeasy. Come dressed to impress in your

finest threads for this 21 and older **prohibition party** on Friday, January 19th from 6 to 9pm. Find out more at [High Desert Museum.org](http://HighDesertMuseum.org)

[End 01/22] **Girl Scouts** are embarking on a fun, skill-building adventure through the Girl Scout Cookie Program! So, if you know a Girl Scout, let her know you're ready to support her. The official Girl Scout Cookie season for Girl Scouts of Oregon and Southwest Washington starts near the end of the month!

[End 01/23] **Oregon Natural Desert Association** is inviting you to an online presentation delving into the diverse species of bees thriving in Oregon's high desert on Tuesday, January 23rd. It's free, and you can get more information at onda.org/events *

[End 01/30] Join the Skeptoid team for a beer, some grub, and science trivia this Tuesday when they do their monthly **Nerd Night** from 5:30 to 7:30pm at The Pour House in Bend. It's another free local science event from your friends at Skeptoid Media, your local 501(c)(3) producer of the best science movies and podcasts.

[End 01/31] **Stroke Awareness Oregon** has a new free program called Stroke 101 that includes a slide show, trained presenters and needed materials that they offer to any group in Central Oregon that wishes to learn about stroke and stroke prevention. Get more information at [Stroke Awareness Oregon.org](http://StrokeAwarenessOregon.org) *

[End 01/31] **Museum & Me-** a quieter time for children and adults who experience physical, intellectual and/or social disabilities is an event to enjoy the High Desert Museum after hours on Thursday, February 1st between 4 and 6pm. It's free when you RSVP at highdesertmuseum.org/events *

[End 02/02] **The Red Cross** Cascades Region is urging people to give blood or platelets after those back-to-back winter storms forced the cancellation of more than 70 drives, which resulted in the loss of nearly 2,100 units of blood. Don't wait – to make an appointment, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS. *

[End 02/02] **High Desert Food and Farm Alliance** invites you to their first annual SOUPer Bowl Saturday, February 3 at Unitarian Universalist Fellowship on Skyline Drive in Bend. The fun, family-friendly event is a

fundraiser to help ensure that everyone has access to good food! For \$15, attendees will get to sample soups from over a dozen local restaurants. Get more information, and tickets at HDFFA.org *

[End 02/02] **Heart of Oregon Corps** has sponsorship opportunities available for the 7th annual Farm to Fork Dinner & Fundraiser on May 31st. Align your company with one of the top fundraising events in Central Oregon, while supporting a deserving non-profit! Heart of Oregon Corps powerfully engages local youth ages 16-24 in meaningful, growth filled workforce development and educational opportunities. Get more information at [Heart of Oregon.org](http://HeartofOregon.org). *

[End 02/03] The **Sunriver Brewing Company K-9 Keg Pull** supporting Bend Ronald McDonald House is this Saturday the Village at Sunriver. Participate or just be a spectator. Come out and support families that need a place to stay while having to travel for medical care for their sick or injured child. Get more information at [Village At Sunriver.com/events](http://VillageAtSunriver.com/events)

[End 02/03] Join Chris Gannon, director of the Crooked River Watershed Council, to learn how steelhead and salmon are reentering the Crooked River for the first time in over 50 years at McMenamins Old St. Francis School in Bend on Monday, February 5. It's free when you RSVP at **High Desert Museum.org/events**

[End 02/08] **Oregon Natural Desert Association** is inviting you to an online presentation about Oregon's Owyhee [oh-wah-hee] Canyonlands, one of the largest conservation opportunities in the country online on Thursday, February 8th. It's free, and you can get more information at onda.org/events *

[End 02/09] Don't miss **Donkey Basketball**, Friday, February 9th at Culver High School. The Culver FFA Alumni have this annual fundraiser to help the students with financial assistance to be able to attend the State and the National FFA conventions. It's 8 bucks at the door, kids under 5 are free and the doors open at 5 for a 6pm tipoff.

[End 02/11] The "**Wolves – Photography by Ronan Donovan**" exhibit at the High Desert Museum is closing soon. Don't miss the stunning exhibit, created by the National Geographic Society and the National Museum of

Wildlife Art in Jackson, Wyoming. It wraps up on Sunday, February 11th. More info at HighDesertMuseum.org

[End 02/11] This Valentine's Day, **Think Wild** is partnering with local businesses to offer local, sustainable gifts and delivery services throughout Central Oregon. To purchase a Valentine's gift, visit [Think Wild C O .org](http://ThinkWildCO.org) and order by this Sunday, [February 11th]. *

[End 02/14] **City Club of Central Oregon** is inviting you to "What is on the Horizon for Oregon Election Reforms," scheduled for Thursday, February 15. Dr. Jim Moore will explore with you what is different about the Oregon election system, review the initiatives being proposed and what they could mean for future Oregon elections. Get more information and register at [City Club C O.org](http://CityClubCO.org) *

[End 02/15] Join Redmond police officers for "**Coffee with a Cop**" Thursday, from 9 to 11am at the Redmond Coffee Company. This will allow opportunities to ask questions, voice concerns and get to know the officers in your neighborhood. There's more information on the Redmond Oregon Police Department's Facebook page.

[End 02/16] The **Central Oregon Shrine Club** is hosting a crab feed dinner on Saturday, February 17th in support of local kids and Shriners Children's Portland at the Bend Masonic Lodge and will include a hosted bar and live and silent auctions! Get your tickets at [Central Oregon Shriners.com](http://CentralOregonShriners.com). *

[End 02/18] **Oregon State Police are ramping up patrols** in Central Oregon this weekend. It's a long President's Day weekend that coincides with Bend Winterfest, which always increases local traffic. OSP and City of Bend patrols will be focusing coverage along Hwy. 97, Hwy. 20, and within the city of Bend.

[End 02/21] The third Wednesday in February is known as **School Exclusion Day** and that's February 21st. Under state law, all children in public and private schools, as well as certified childcare facilities, must submit documentation showing they are up to date on their required immunizations or have an exemption. *

[End 02/24] **The High Desert Museum is doing a free day** on Saturday, February 24th. Daily Programs are subject to capacity, so be sure to view their daily schedule online. Check it out at HighDesertMuseum.org/events
*

[End 02/25] The **community heat pump rebate and grant program** through Neighbor Impact aims to increase access to energy efficient heat pumps in order to provide energy savings to Central Oregon Households by providing funds to offset expenses toward new heat pumps. The program is available to owner-occupied households in Crook, Deschutes, and Jefferson counties, and all of Warm Springs. Get more information at neighborimpact.org/heat.

[End 02/25] The **Oregon Old Time Fiddlers** District 3 will be performing live music at their monthly event on Sunday, February 25th, at the Terrebonne Grange Hall from 1pm to 3pm. It's free, dancing is welcomed and encouraged and you can get more information at centralOregonFiddlers.com

[End 02/28] Commemorate Black History Month by rolling up a sleeve to give blood or platelets. Use the **Red Cross Blood Donor App**, visit [Red Cross Blood.org/Our Blood](http://RedCrossBlood.org/OurBlood) or call 1-800-RED CROSS to schedule an appointment. All who give blood, platelets or plasma, this month, will receive a \$20 Amazon gift card by email. *

[End 02/28] In honor of Leap Year, **Ronald McDonald House Charities of Oregon & SW Washington** is offering you the chance to escape your winter blues and 'Leap Away on a Hawaiian Getaway'! Enjoy a four-night stay for two at Fairmont Orchid Hawaii on the Big Island AND two round-trip Alaska Airline tickets! Get more information at [Ronald McDonald House Charities of Oregon & SW Washington's Facebook page!](https://www.facebook.com/RonaldMcDonaldHouseCharities) *

[End 03/01] **Volunteers in Medicine** Clinic of the Cascades is accepting new patients! They are a charitable healthcare clinic, staffed by volunteer healthcare providers and support volunteers, for low-income working adults in Central Oregon that are uninsured or ineligible for Medicaid (Oregon Health Plan) and meet the clinic's eligibility criteria. You can get more information at [vim \(dash\) Cascades.org](http://vim(dash)Cascades.org)

[End 03/01] **Bend FFA Alumni & Booster Club's Benefit Dinner** and Auction is happening on Saturday, March 2nd! Happy hour, games and silent auction begin at 4pm with dinner starting at 6pm and live auction to follow. It will be held at Beaver Coach Sales and Service again this year. Get more information at MyCentralOregon.com *

[End 03/01] **Think Wild**, Central Oregon's wildlife rehabilitation, education, and conservation center, is offering several internships this year for applicants interested in learning about wildlife conservation in Central Oregon. There are three different internships being offered: a Beaver Habitat Internship, Wildlife Education Internship, and nine Wildlife Rehabilitation Internships. Learn more at [Think Wild C O.org](http://ThinkWildCO.org)

[End 03/05] The Bureau of Land Management is holding a virtual public meeting on Wednesday, March 6th at 10 a.m. to provide information on the Department of the Interior's ongoing efforts to support appropriate renewable energy development on our nation's public lands through an updated Western Solar Plan. More information is available on **BLM's Solar Program website**. *

[End 03/07] **High Desert Food & Farm Alliance** is inviting farmers, ranchers, and food businesses to join their network of over 140 local food producers and businesses committed to supporting the local food & farm community. Partners who sign up by March 8th will also receive a detailed, highlighted listing in the 13th annual Food & Farm Directory, Central Oregon's #1 guide to local food! Learn more at [H D F F A.org](http://HDFFA.org)

[End 03/12] There is **free preschool** available in Bend to families at the 200% of poverty level, on food stamps, SNAP or TANIF. The free preschool slots are on a first come - first serve basis. You can call 541 604-9894, or visit [Bend Preschool.com](http://BendPreschool.com) and click LEARN MORE near the bottom of the HOME page, where it says "free preschool". *

[End 03/21] There's a free 3-hour workshop tomorrow in Bend about reducing wildfire risk for Central Oregon homes. Topics include local wildfire history, fire science, defensible space and home hardening best practices, and how to assess your home's risk. Get more information about the **Wildfire Home Protection Strategies Workshops** at [Central Oregon Fire Services.org](http://CentralOregonFireServices.org)

[End 03/22] The High Desert Educational Service District is partnering with Oregon Adaptive Sports and Mt. Bachelor to make skiing possible for students with visual impairment. The special **V.I. student ski day** is taking place at Mt. Bachelor this Friday from 10 am to 12 pm.

[End 03/28] The Bend Police Department will host its 40th **Community Academy** beginning in April. The class will meet once a week for 10 consecutive weeks, on Tuesday evenings. There is no charge to participate and preference is given to those who live in the Bend city limits. Learn more by visiting the Bend Police website. *

[End 03/30] There will be a special Easter Edition of Not'cho Grandma's Bingo to benefit **KIDS Center** at Silver Moon Brewing on Sunday, March 31st. You can find a link to more information at the bottom of the home page at Kids Center.org *

[End 03/30] Oregon State Parks are hosting **Spring Whale Watch Week** along the Oregon Coast Saturday, March 23rd through Sunday, March 31st. Trained Oregon State Park volunteers will be stationed at 15 sites along the Oregon Coast to help visitors spot whales and their calves and answer questions. The sites are some of the best places to watch for whales on the Oregon Coast. Get more information at Oregon State Parks.org *

[End 03/30] The Deschutes Historical Museum has announced the **Leon Devereaux Scholarship** for graduating seniors planning to attend college next fall. Applications are open to graduating seniors living in the tri-county area of Deschutes, Crook and Jefferson counties. The application is available online at Deschutes History.org/L D Scholar. Deadline to apply is March 31st. *

[End 03/31] Oregon Lottery is putting a focus on increasing awareness of problem gambling during March – also known as **National Problem Gambling Awareness Month**. To explore online tools and other resources or to chat with a counselor, go to Oregon Problem Gambling Resource at O P G R.org, or call 1-877-MYLIMIT. Professional help is free, confidential, and effective. *

[End 04/01] The Rotary Club of Crook County will have their annual **Rotary on the Radio** scholarship fundraiser on 95/7 The Ranch on Monday, April 1st! Listen in, and be sure to check out the online auction at Charity

Auction. Bid/Crook County Rotary. They'll wrap up the day by hosting a Pint Night at the Wild Ride in Prineville from 5 to 8p as a fundraiser. *

[End 04/01] **Oregon Parks and Recreation Department** is recruiting 250 seasonal park rangers and assistants for positions across the state. Duties include janitorial work, landscape maintenance, visitor education and visitor services. For more information about current openings, visit [State Parks.Oregon.gov](http://StateParks.Oregon.gov).

[End 04/01] All Oregon resident taxpayers preparing their own returns in 2024 can file electronically at no cost using one of Oregon's free file options. You can find all kinds of **state tax** resources and information at Oregon.gov/dor *

[End 04/01] If you would like to contribute to the **High Desert Droids High School Robotics Club**, so they can raise funds to build a robot and create experiences that will last a lifetime, go to "team 753.org". Click on the dropdown, choose "Donation Page", and follow the instructions. *

[End 04/01] **The Trinity Lutheran Car Show** is scheduled for Saturday, May 18th, from 10:00 am to 3:00 pm. You can participate in the show by registering at [Trinity Lutheran Bend.org](http://TrinityLutheranBend.org). All proceeds will go to support local Veterans through the Battle Buddies of Central Oregon.

[End 04/06] This spring, **the American Red Cross** is inviting donors to rise together and give blood. When donors give through April 7th, they'll receive an exclusive Godzilla x Kong: The New Empire and Red Cross T-shirt, while supplies last. Details available at [Red Cross Blood.org/GXK](http://RedCrossBlood.org/GXK)

[End 04/05] Join **Think Wild** at East Bend Public Library on Tuesday (April 5th) from 4:00pm - 5:30pm, to discover the power of the iNaturalist app in citizen science. Learn to identify and record local flora & fauna, fostering a global effort to map wildlife. Bring your device and be part of the City Nature Challenge! Learn more at [Think Wild C O.org](http://ThinkWildCO.org)

[End 04/06] Ready to time travel? Join the Boys & Girls Clubs of Bend for the ultimate blast from the past at the **90s Throwback Prom Fundraiser**. Saturday, April 6th at the Downtown Boy & Girls Club! For tickets & Information go to [B G C Bend.org](http://BGCBend.org)

Additional Information:

- *90's attire encouraged.*
- *A 21+ event with Brews from Kobold, cocktails from Backdrop distilling, and era-inspired appetizers and treats catered by Zydeco.*
- *DJ playing the best of the 90's, and that old-school gymnasium feel that'll transport you back in time.*
- *Dive into a night of nostalgia with your best 90s outfit and support a great cause. From grunge to glam, all styles are welcome. It's your chance to relive the best decade ever, groove to classic tunes, and make a difference for our Club youth.*

[End 04/07] **Join Think Wild for an International Beaver Day celebration!** They'll be offering an interpretive beaver walk along the Deschutes River as well as an axe-throwing fundraiser at Unofficial Logging Co. in Bend on Sunday, April 7th! They'll also have raffles, merch for sale, and have an interpretive table featuring Chewy, the taxidermy beaver. Get more information at [Think Wild C O.org](http://ThinkWildCO.org)

[End 04/07] In recognition of the 50th anniversary of the Endangered Species Act, the **High Desert Museum** is embarking on a yearlong series of exhibitions and public programs to explore and reflect on the ESA's impact in the High Desert and beyond. "Andy Warhol's "Endangered Species" exhibit is open to the public through April 7th. For additional information, visit highdesertmuseum.org. *

[End 04/10] Inspired by American painter and PBS television personality Bob Ross' love of the outdoors, Oregon Parks Forever has joined a virtual 5K race started four years ago to help plant trees in parks & forests. Registration is open for the **2024 Run for the Trees / Happy Little (Virtual) 5K**. Ten trees will be planted in Oregon for each registration and you can register now at [O R Parks Forever.org/happy little trees](http://ORParksForever.org/happylittletrees)

[End 04/13] Join Thrive Central Oregon at the Tower Theater on Saturday, April 13, for the **We Are Home Film Festival!** This event kicks off the Spring for Thrive fundraiser- a week every year where Thrive raises funds to support those in our community with rental, deposit, and application fee assistance. Get more information at [Thrive Central Oregon.org](http://ThriveCentralOregon.org).

[End 04/15] Taxpayers in Central Oregon can now file their returns using a special kiosk set up in the Bend regional office on SW Simpson. The computer can be used to file **taxes** through the free fillable forms and Direct File Oregon e-file options. Use of the computer to file taxes is on a first-come, first-serve basis. Employees cannot help prepare returns but can answer basic questions.

[End 04/18] The **8th Annual Locavore Gala and Fundraiser** is Friday April 19th! Get involved with the biggest local food event of the year that impacts Locavore's mission to support local farms and ranches in new and different ways. A feast and extraordinary auctions are just the beginning...learn more at [Central Oregon Locavore.org](http://CentralOregonLocavore.org)

[End 04/27] The Timber Culture exhibit at the **High Desert Museum** runs through Sunday, April 28th and tells the story of Maxville—a segregated logging town that boomed in Oregon during the '20s and '30s. There's more information at [High Desert Museum.org](http://HighDesertMuseum.org) when you click EVENTS

[End 04/28] Join NeighborImpact on Sunday, April 28, for **US Bank's Foodie Crawl!** You'll sample small plates and beverage pairings from a select group of chefs and restaurants in downtown Bend, at your own pace, for a good cause! *The after-party at McMenamins will include a complementary drink, a selection of culinary desserts, mingling, music from DJ Dave Clemens, and a chance to win door prizes and amazing raffle items.* For a full list of participating restaurants and to purchase tickets, please visit [Neighbor Impact.Org/Foodie Crawl](http://NeighborImpact.Org/FoodieCrawl)

[End 04/30] Get tickets to this summer's biggest wine-tasting party! Explore wineries from the Napa Valley! Plus, small bites from local restaurants and food carts, live music, local breweries, and lots of chances to win! And it's all to support **KIDS Center**...helping local children and families impacted by abuse. Find event details and tickets at [Cork and Barrel.org/sip](http://CorkandBarrel.org/sip)

[End 04/30] The High Desert Museum is accepting submissions for the 2024 **Waterston Desert Writing Prize**, which honors creative nonfiction that illustrates artistic excellence, sensitivity to place and desert literacy, with deserts as both subject and setting. The submission deadline is May 1st. You can find more information at [High Desert Museum.org](http://HighDesertMuseum.org). Just do a search there for "Waterston".

[End 05/03] The "Remember When!" **High Desert Christian Academy Live and Silent Auction** will be on Saturday, May 4th, at Carey Foster Hall, in Prineville. You can get more information at [HD Christian Academy.com](http://HDChristianAcademy.com)

[End 05/14] Test your knowledge of local wildlife while supporting Think Wild. **Wildlife Trivia** is the second Tuesday of each month at The Lot. Help Think Wild protect native wildlife, win awesome prizes and learn more at [Think Wild C O.org](http://ThinkWildCO.org)

[End 05/18] **The Trinity Lutheran Car Show** is scheduled for Saturday, May 18th, from 10:00 am to 3:00 pm. All proceeds will go to support local Veterans through the Battle Buddies of Central Oregon. Click on EVENTS at [Trinity Lutheran Bend.org](http://TrinityLutheranBend.org)

[End 05/18] The Deschutes County Sheriff's Office is hosting a **free community shred event and drug disposal** with the assistance of Republic Services on Saturday, May 18th, at the Deschutes County Sheriff's Office in La Pine from 10:00 AM to 12:00 PM. This is a residential free shred event and are not intended for business or commercial shredding. Food donations are also accepted during the event, which will go to a local foodbank.

[End 07/20] The Deschutes County Sheriff's Office is hosting a **free community shred event and drug disposal** with the assistance of Republic Services on Saturday, July 20th, at the Deschutes County Sheriff's Office in Sisters, from 10:00 AM to 12:00 PM. This is a residential free shred event and are not intended for business or commercial shredding. Food donations are also accepted during the event, which will go to a local foodbank.

[End 09/21] The Deschutes County Sheriff's Office is hosting a **free community shred event and drug disposal** with the assistance of Republic Services on September 21, at the Terrebonne Elementary School, from 10:00 AM to 12:00 PM. This is a residential free shred event and are not intended for business or commercial shredding. Food donations are also accepted during the event, which will go to a local foodbank.

[TFN] Have a drug problem? **Central Oregon High Desert Area of Narcotics Anonymous** can help. Their 24-hour Helpline is 541 416-2146. Or you can find them online at COHDANA.org. You never have to use again! *

[TFN] **Voices Against Trafficking** seeks justice for all victims of human trafficking and child exploitation. A collective voice for the voiceless, they are committed to ending human bondage and sexual slavery. Learn more and help in the fight by going to [voices against trafficking.com](http://voicesagainsttrafficking.com) *

[TFN] The **Council on Aging of Central Oregon** is seeking volunteers interested in helping support seniors. They need Meals on Wheels drivers in Bend and people interested in helping them connect volunteers with isolated tri-county seniors over the phone in their Caring Connections program. Get more information at [Council On Aging.org](http://CouncilOnAging.org) *

[TFN] 1 in 8 children in the U.S. live in a household with a parent with a substance abuse disorder. **The Choose Joy Foundation** provides children in Central Oregon with basic needs, and they need your help. To learn more and support their ongoing effort, go to [Choose Joy Foundation.org](http://ChooseJoyFoundation.org). *

[TFN] **Heart of Oregon Corps** is looking for 16-24-year-olds that need work, are looking for a place to gain real-life skills or want to get their GED or High School diploma while earning a stipend and meeting amazing friends? Heart of Oregon Corps has 6 programs hiring youth from all over Central Oregon. Visit [heart of oregon.org](http://heartoforegon.org) to find out more. Heart of Oregon Corps, Training Tomorrow's Workforce Today.

[TFN] **Every Child Central Oregon** advocate and supports local children and families impacted by foster care; committing to finding safe, nurturing homes where they can flourish during their time in care. To learn more about ECCO, how to become a resource provider, donate, or volunteer, please visit [every child central oregon.org](http://everychildcentraloregon.org)

[TFN] **CASA of Central Oregon** is looking for volunteers to help children in foster care. If you'd like to learn more about becoming a Court Appointed Special Advocate, go to [CASA of Central Orgon.org](http://CASAofCentralOregon.org).

[TFN] If you have a local event or information you'd like to share, tell us about it at **My Central Oregon.com**. [My Central Oregon.com](http://MyCentralOregon.com), click on events and select submit an event!

[TFN] **What If We Could.com** is a website for you to connect with over 100 local nonprofits with new opportunities every month to volunteer, give with in-kind donations, or participate in a small fundraising project. Get a

co-worker or grab a family member to check it out and get involved at what if we could dot com

[TFN] If you care for someone with Alzheimer's, you are not alone. **The Alzheimer's Association** is here to help. Visit alz.org. Or contact the 24/7 Helpline at 800-272-3900. *

[TFN] **Street Dog Hero** serves dogs in need around the world and their communities through rescue, adoption, wellness, spay/neuter, and education. They also offer low-cost and free sterilization, advocacy, education, and outreach that makes lasting positive change in the lives of dogs (and cats) and their humans. To learn more about SDH, to foster or adopt, to volunteer, and to donate, go to streetdoghero.org.

[TFN] **Sleep in Heavenly Peace** wants to make sure that every child in Central Oregon has their own bunk bed and mattress. The national organization has provided more than 100,000 beds across the country, including 380 purchased, assembled and delivered to children in Central Oregon in just the last two years. SHP has free beds available and is looking for families who need them. You can apply for a bed for a child, donate, or sign up to volunteer at shpbeds.org

[TFN] Think Wild's mission is to inspire the high desert community to care for and protect native wildlife through education, conservation, rescue and rehabilitation. Check out **Think Wild's volunteer calendar** at [Think Wild CO.org](http://ThinkWildCO.org) to learn about different ways that you can help native wildlife and their habits in Central Oregon.

[TFN] The mission of **Rimrock Trails Treatment Services** is to provide comprehensive, evidence-based treatment services to improve the lives of individuals and families affected by mental health and substance use concerns. Learn more at rimrocktrails.org.

[TFN] The **High Desert Museum** brings together wildlife, cultures, art, history, and the natural world to convey the wonder of North America's High Desert. The Museum is a 501(c)3 nonprofit organization, and you can learn more about it at highdesertmuseum.org

[TFN] **City Club of Central Oregon** is here to build a civic minded community through dialog that results in responsible civic engagement. To learn more, got to [City Club C O.org](http://CityClubCO.org)

[TFN] **Sparrow Clubs** provides financial and emotional support for children in medical need, they also empower kids of all ages to help others through charitable service in their communities. The Sparrow Clubs Program teaches life lessons in compassion and selflessness through building relationships between a Sparrow family, a school student body and our community. Learn more at [sparrow clubs.org](http://sparrowclubs.org).

[TFN] **Boys & Girls Clubs of Bend** provides youth opportunities for growth that inspire and empower them to reach their full potential in the classroom, at home and in our community. To learn more go to [B G C Bend.org](http://BGC Bend.org)

[TFN] **New Each Morning** is post-recovery support for women graduates of local recovery treatment programs. They need what you have to offer in supporting connection and hope. To volunteer or donate, go to [New Each Morning.org](http://NewEachMorning.org)

[TFN] **Partners In Care** is a community-based non-profit that has been serving Central Oregon for over forty years with compassionate end of life care. Learn more about the services they provide at [Partners Bend.org](http://PartnersBend.org)

[TFN] If you care about a Veteran in Deschutes County, make sure they know about **Deschutes County Veterans' Services**. Their team is standing by to provide no cost support in understanding and filing for benefits. Call (541) 585-VETS, or email vets@deschutes.org.

[TFN] **The American Red Cross** shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood and is the primary blood supplier to 65 hospitals throughout Washington and Oregon; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. To help, please visit [red cross.org](http://redcross.org).

[TFN] **The Giving Plate** is on a mission to end hunger by reimagining food relief. From their flagship Grocery Program that serves over 1,000 families monthly to the transformative Kid's Korner program empowering children,

The Giving Plate is creating a stronger, more compassionate community where no one goes hungry. To learn more, go to the [giving.plate.org](http://the.giving.plate.org).

[TFN] **Neighbor Impact's Early Head Start and Head Start** programs are designed to support children and families so that children are ready to go to school and be successful. Learn more by going to [Neighbor Impact.org](http://NeighborImpact.org) and clicking on Get Help.

[TFN] **Family Kitchen** is looking for volunteers to help with their regular meal service. You could cook, serve, master the dish pit or help hand out desserts, among other things. Learn more at [Family Kitchen.org](http://FamilyKitchen.org)

[TFN] **Madras Community Food Pantry** supports the residents of Jefferson County & Warm Springs who are at risk of food insecurity with high protein nutrient dense food choices. More information at [Madras Community Food Pantry.com](http://MadrasCommunityFoodPantry.com)

[TFN] The **Bend Food Project** is an easy and inexpensive way to help feed the hungry in Central Oregon. Every time you hit the grocery store, throw an extra non-perishable food item in your cart. And then put it in the Bend Food Project bag they provide you with when you get home. Every two months, they pick it up. Learn more at [Bend Food Project.com](http://BendFoodProject.com) *

[TFN] **Reach Another Foundation** is a Central Oregon Based Nonprofit that focusses on prevention, treatment and after care for Ethiopian children born with preventable neural tube defects. To learn more about how you can help, go to [Reach Another.org](http://ReachAnother.org)