



NORTH COLUMBIA MONTHLY

— WHERE AND HOW WE LIVE —



February 2017 | Free!
ncmonthly.com

Colville Hardware **Do it center**

Southtown Plaza

984 S. Main, Colville

509-684-6505

Open 7 days a week

Monday - Saturday, 8 am - 6 pm

Sunday 9 am - 5 pm

*Got Projects? Come
See Our Helpful Staff!*

Shop Online • Ship-to-Store
Another great way to shop!

www.colvillehardware.doitbest.com



Building Relationships

KETTLE RIVER DEVELOPMENT & CONSTRUCTION, LLC

WA CONTRACTORS
LIC # KETTLRD8420T



- GENERAL CONTRACTING
- PROJECT DEVELOPMENT
- CONSTRUCTION MANAGEMENT
- DESIGN & BUILD
- RENOVATIONS
- ADDITIONS
- ROOFING & SIDING

- POLE BUILDINGS
- KITCHENS
- BATHROOMS
- CONCRETE FOOTINGS, FOUNDATIONS & FLAT WORK
- WOOD FLOORS & INTERIOR TRIM
- CERAMIC TILE



**27 River Ranch Road
Kettle Falls, WA
509-237-2813**

Piano and Voice Lessons

Jessica Reed, Master of Arts, Music

- No registration fees!
- All musical styles encouraged
- Experience the fun of recording a CD!
 - Free trial lesson
- All ages and skill levels welcome
 - Performance opportunities
- Earn free lessons for referrals
 - Family discount



(541) 579-1806

inlandnorthwestschoolofmusic.com

Keep Your House Warm With A Blaze King Stove!

Heavy Duty Stove for Heavy Duty Heating

*Heats 2000 sq. ft.
23 inch wood.
40 hr+ burn time.
Incredible 82.5%
efficiency.
Thermostat
controlled.*

*Rated #1 Most
Efficient by EPA!*



**You'll love your new wood or gas
Blaze King® Sales
stove! &
Service**

R-RATE PLUMBING & HEATING

284 W. 1st • Colville • 509-684-1605

Hours: Mon - Fri 8 - 5 Saturday 9 - 12

Lic # RRATE**016JZ

What's Inside

- 5 Random Acts of Community**
by Christine Wilson
- 6 Life Matters**
My Dark Room, by Dr. Barry Bacon, MD
- 8 North (& South) of the Border**
The Red Threads, by Tina Wynecoop
- 10 Boundaries**
Legacy of a Boundary Crosser, by Jack Nisbet
- 12 In Nature**
Bald Eagle Automobile Encounter, by J. Foster Fanning
- 14 Conversations**
Richard Taylor: The Art of Peace, by Loren Cruden
- 16 What's Happening**
Arts, Music, Dance, Events & More
- 18 A Good Read**
Book Reviews by Loren Cruden
- 19 Silver Screening**
Movie Reviews by Sophia Aldous
- 20 Listen Up**
Music Reviews by Michael Pickett
- 21 To Your Health**
Along the Mountain Path, by Sarah Kilpatrick
- 22 From the Soil**
by Louanne Atherly
- 23 The Writer's Way**
Editing Your Way to Excellence, by Linda Bond
- 24 This Great Big Life**
by Tina Tolliver Matney
- 25 Waffle Watch**
by Alex Panagotacos
- 26 What's Happening**
Continued from page 17
- 27 A Year On the Farm: Pruning Fruit Trees**
by Michelle Lancaster



February 2017

Vol. 24 ~ Iss. 9

Publisher & Senior Editor

Gabriel Cruden

Copyeditor

Si Alexander

Contributing Writers

Sophia Aldous • Louanne Atherley
Dr. Barry Bacon • Linda Bond
Loren Cruden • J. Foster Fanning
Sarah Kilpatrick • Michelle Lancaster
Tina Tolliver Matney • Jack Nisbet
John Odell • Alex Panagotacos
Michael Pickett • Christine Wilson
Tina Wynecoop

Advertising Sales

Gabriel Cruden • 509-684-3109
ncmonthly@gmail.com

Becky Dubell • 509-684-5147
mkbeckyl@gmail.com

North Columbia Monthly

P.O. Box 541, Colville, WA 99114
509-684-3109 | ncmonthly@gmail.com
www.ncmonthly.com

Cover

Photo by Patricia Ediger.
Colville River at Greenwood Loop Rd.,
Kettle Falls. Contact: edigers@gmail.com.

The *North Columbia Monthly* is published 12 times per year. Copyright 2017 © by *North Columbia Monthly*. All rights reserved. Reproduction of the contents, or use in whole or part without written permission from the publisher is strictly prohibited. Advertising, views and opinions expressed herein are not necessarily those of the publisher. Printed in the USA.

MARCH 2017

ISSUE DEADLINE

ADVERTISING COPY
CALENDAR LISTING
SPACE RESERVATION

*Friday,
February 17th
(but sooner is better!)*

LISTEN AND USE GOOD HUMOR
~ JOHN ODELL, WORDS OF WORDS

Woodland Theatre
presents
Rogers and Hammerstein's
Once Upon a Mattress

Music by **Mary Rodgers**
Lyrics by **Marshall Barer**
Book by **Jay Thompson, Dean Fuller, and Marshall Barer**

Tickets available at
Main Street Floral
104 N. Main Colville
509-684-9096
(NO Ticket sales on February
13th or 14th)

March *3, 10,*16 & 17 - 7:00 PM
March 4, 5, 11, 12, 18, 19 - 2:00 PM
*Family Night Specials Mar. 3, 16 - \$10 per person
All Others: Seniors (65+) \$12.00 Adults \$15.00

VINTAGE • ANTIQUE • RETRO
Salvaged Goods & Craft Market
PRESENTED BY
FORGET ME NOT

JUNK DRUNK EST. 2011
vintage market

APRIL 8th and 9th 2017
SATURDAY 9 AM TO 4 PM SUNDAY 9 AM TO 3 PM

NE WA FAIRGROUNDS
ag trade center
Colville, Washington

\$5 ADMISSION | KIDS FREE
ADMISSION GOOD FOR BOTH DAYS

VENDOR INFO: JUNKDRUNK2011@YAHOO.COM
LAYOUT & DESIGN BY COLVILLE PRINTING LLC

The Colville Chamber of Commerce, Long Irrigation & Curbing, Sandra's Furniture & Design and Greenman Agency Farmers Insurance invite you to participate in this year's...

COLVILLE 2017 HOME & GARDEN SHOW!

March 17th - 10 am to 6 pm
March 18th - 9 am to 4 pm

NOW ACCEPTING VENDOR REGISTRATIONS
at the
Colville Chamber of Commerce Office
986 S. Main, Suite B ~ 509-684-5973 ~ Colville.com
for the
2017 HOME & GARDEN SHOW!
Colville Community College
965 East Elm Street, Colville WA

Sandra's FURNITURE & DESIGN
COLVILLE CHAMBER OF COMMERCE
FARMERS INSURANCE
Long Irrigation & Curbing

KPBX
RECORDINGS and VIDEOS SALE

SATURDAY, FEB. 25 9a-5p
SUNDAY, FEB. 26 11a-5p

at The Lincoln Center
1316 N. Lincoln Street, Spokane

starring Vintage & Used
EQUIPMENT. VINYL. CDs. DVDs & MORE!

proceeds benefit
SPOKANE PUBLIC RADIO.ORG
KPBX 91.1 KSFC 91.9 KPBZ 90.3

DONATE MUSIC & MOVIES!
DETAILS AT SPOKANEPUBLICRADIO.ORG

Random Acts of Community

By Christine Wilson

“I know there is no name for what you go through, but how can you do it alone?” ~ The Who

“Time to take time, ‘cause spring will turn ot fall / In just no time at all...” ~ from “Pippin”

There was plenty of naïveté to go around in 1979, when I got hired at the Stevens County Mental Health Center, now called NEW Alliance. We were all dreadfully young, textbook-ready, and limited in street smarts. Hired in June of that year, I had three clients by Christmas. They all went on vacation over the holidays and I had two weeks with no counseling sessions.

Being still in the habit of studying, I took the time to work my way through the *Diagnostic and Statistics Manual* and to read anything I could get my hands on about Hans Selye and stress management. Since it was before computers, I relied on the local library, whatever the mental health center had on hand, and what I could mine from my graduate school collection.

Within a couple of years, we were a booming operation as we frantically tried to keep up with the varied psychological problems presented to us on a daily basis. There was no talk about trauma or attachment disorders yet. We were using diagnoses based on what we observed on the surface of a person's “presentation,” as we called it.

To cheer ourselves up in the back rooms, as we slowly discovered the depth of man's inhumanity to man, we invented tongue-in-cheek diagnoses that helped us cope with and understand ourselves and the people we worked with. We even had a true and false test an anonymous person had invented, duplicating the MMPI but with ridiculous assessment questions like “True or false: I like to put chameleons on plaid cloth.” (Total sociopath!) Most of the people there cared deeply about our clients and those diagnoses we invented were a pressure valve.

I have, these many years later, discovered a new diagnosis, which has risen from the dark corners of my mind and exists to help me understand my aging process. I realize, as in those early days at the mental health center, that my compelling need to comprehend my inner world is shared by many others curious about their own process. The term I am using for this phenomenon, shared I am sure by many, is Age Narcissism. Here's how it works:

We age narcissists have an exaggerated sense of our ability to prevent aging. We believe we are superior to others because of our diet, our exercise regimen, or just because we don't at all like the idea of getting old. We can go on and on about the groovy things we do to suppress our aging process and believe, sometimes secretly, sometimes loudly, that we have found a cure for aging. We may exaggerate our health, perhaps even corner people at parties about our grand adventures with healthcare professionals who may or may

not have agreed with our grandiose assessment. If they agree, we sing their praises; if they don't, we might disparage their skills. (Did I tell you I have zero clogging of my carotid arteries?)

We may corral younger people and report tales of prowess. We may be preoccupied with food plans, activity levels, positive health tests and/or the lack of necessity to have any tests at all. We may expect admiration for having a strong countenance, or we may have given up on outside admiration and just make those pronouncements ourselves.

This diagnosis involves a significant sense of entitlement. We deserve to stay young. We don't deserve the pains others experience. This entitlement, I have come to believe, is all based on a terrible and internalized prejudice we have absorbed from the culture around us. Gone are the days when tribal elders are revered for their wisdom and supported when they need help. The prejudice is deeply rooted in our society and many of the planet's other societies at this point. Like any bias that surrounds us throughout our lives, it becomes a part of our internal theory of mind, which we use to make meaning out of our own experiences.

I have a clear memory of, about 13 years ago, walking across a grocery store parking lot feeling relaxed and unhurried. A woman was rushing out of the store, herding children and balancing several grocery bags. From an unwelcome and deeply biased center in my brain, I heard this thought: “She must be more important than I am. She is in a hurry and has children to raise.”

That experience launched me into a journey of undoing my bias. I link my age narcissism to internalized injustice because in that moment I caught myself associating being older and quieter with being less important. Add a few wrinkles, the need to do yoga daily to keep from breaking, and the sense that my metabolism is coming to a

screaming halt, and it's just too much. Give me a sense of entitlement over that, any day of the week!

But the reality is: aging is not a disease; it is a natural process. Those exercises, that healthy eating, the attitude of dogged determination are all important as we adapt but none of them eliminate the inevitable. We can incorporate the belief a client of mine has, which is that we are born as shape shifters. From the minute we crawl out into the world, we are changing. Adapting is optional; resistance is futile; suffering follows a refusal to adapt. Life with an aging body works out better when we strike a balance between accepting our circumstances and taking authority over what we can actually do to promote the healthiest life we can have. Additionally, succeeding in that balance reduces the narcissistic shock and resultant torment.

That innate shape shifting can work for us as we age. One answer to The Who's question is that there is no reason to do it alone. At one point in the song, Peter Townsend sings “I need your help so I can do it by myself.” It's all very much the search for center, between taking care of ourselves and seeking support from others.

I get out of bed in the morning with creaking, stiff joints in cold weather, and I know what I plan to do during the course of the day to help with all that. I also know that I am not the only person getting out of bed with creaking, stiff joints, and find comfort in knowing I am not alone in this journey. And when I walk or ski or do yoga or commiserate with others, that gives my experience a collective feel. Since we are pack animals, it doesn't make sense to isolate ourselves; as usual, balancing self-care with communal empathy is such a relief.

Christine Wilson is a psychotherapist in private practice in Colville and can be reached at christineallenwilson@gmail.com or 509-690-0715.

EAVESDROPS What people have written about the north Columbia region

“Multiplying like embryonic cells, tiny raindrops band together gaining strength on the northern mountainsides. Streams are born. They cavort and play over rocks and sand as they wend their way onward toward youth, soon to become indomitable rivers. One grows into a giant – the mighty Columbia – while the other remains its helpmate – the stable Kettle.”

~ Ruth Lakin, from Kettle River County

My Dark Room

By Dr. Barry Bacon, MD

There are dark places in our minds, places we try to keep secret, but which find their way to the surface, sometimes at the most inopportune times. It happened to me last night, and I'm not exactly sure why.

I was working in an emergency room not far from here, and a variety of folks came through the doors to be seen, some of whom I was personally acquainted with, many of whom were strangers. I tried my best to help each of them, but I was a bit overwhelmed.

Little ladies with brittle lungs gasping at life around the edges. Brave men climbing on metal roofs and falling off into snowbanks. Tiny girls with appendages nearly bitten off by favorite pets. Elderly women with dislocated hips. Hernias that needed to be put back into place, older men simultaneously having life-threatening infections, mental confusion, electrolyte disturbances, anemia and heart attacks.

Perhaps it was the enormity of the suffering around us, overwhelmed by the human con-

dition, emergency rooms on diversion, whole hospitals that could not accept any more patients, sending them to us and to Spokane because there was no room to take any more, that drove me to despair. Perhaps it was because I hadn't eaten all day. We may never know.

Suffice it to say that by the end of the day, I was reflecting on that dark place, my dark room, a place in my mind that I rarely visit and no one else has access to. I reflect on the sorrows of my life. I dare not stay there long, or I may not find my way out.

I believe that a large portion of the problem with that dark room is not that I have more sorrows than other men or women, but because I was raised in what I call the Minnesota way.

In northern Minnesota where I grew up, you don't ever really share your problems. You just stuff them away somewhere. One didn't talk about such things, and counselors or psychiatrists were a sign of personal weakness. We just lived with our stuffed-away baggage, pushed our way through life, kept putting one foot in front of another, kept a good face,

kept greeting people in the usual friendly way without ever showing our pain. It is a way of coping. It's just not very effective in the long run. You wake up some day and you find the sorrows never really left you.

Feelings of worthlessness. Self-doubt. Sorrows of childhood about which we do not speak. Broken families. Substance abuse. Mental illness. A son in prison for eleven years. To whom do I speak about these things? In my busy life, I still find myself pushing through using the technique first perfected by immigrants from Norway and Sweden and Germany to the new world, in places like Bemidji, Duluth and Two Harbors.

There have been moments when I have found myself in that dark room after life has thrown me a left-handed curve ball and I'm in a little boat on the Sargasso Sea, sails limp, no wind for miles, not moving anywhere. I still had to go to work every day, and as a healer I found myself sitting in my office listening to someone else's sorrows, but wanting desperately to blurt out in the middle of the conversation, "Do you have any idea what I have



Valentine's Day Dinners

Feb. 11 & Feb. 14

Call for Reservations!

509-732-6179

101 Center St., Northport, WA • Open Daily 7:30 am - 2 pm



Colville's only jewelry store

Repairs done in-house


- Ring sizing
- Chain repairs
- Diamond setting
- Prong repair
- Custom design
- Watch batteries



COLVILLE JEWELERS

226 S. Main 684-8821 Tues-Sat 10am-5:30pm

MOUNTAIN PATH YOGA



Open your Heart to Yoga!

ONGOING CLASSES FOR
ALL LEVELS OF PRACTICE

Now accepting registration for:
INTRODUCTION TO YOGA
Call 684-0965 for full schedule and details

CLASSES WITH TIFANIE WELLS
Wednesdays, 9:30 - 11:30 am
Call 722-5281 for info

SARAH KILPATRICK, E.R.Y.T.
818 E. COLUMBIA • COLVILLE
(509) 684-0965

Life Matters

been going through? Let me tell you about MY sorrows!”

But of course this would be a very ineffective counseling technique, so I don't do that. There is far too much of Minnesota still drilled into me to shout out such inappropriate things. The point is, who do you talk to when you are the doctor? To be honest, sometimes I talk to my patients. Here's how it works.

One of the most effective things – perhaps I learned this in Minnesota as well – is to gently come alongside the person in need and say unpretentiously, “I'm so sorry for your pain. I wish I could help you, take it away. Here is what I am going through, and here is what I have found to help me.” It gives me legitimacy in the eyes of my patients to share, appropriately, from the vault of pain that is stored in my mind.

It does one thing more. It allows my patients to see me not just as a professional, untouched by human grief, but as a fellow sojourner through life, suffering with them on a common path, shouldering our burdens together. And not infrequently, one of my patients will reach out to me with heartfelt grief over my suffering. It is one of the kindest gifts that I know. They are not professionals. Some are poor, uneducated, salt of the earth folk. But they come alongside me, just for the moment, and they say to me, “I understand some of what that must be like.” It doesn't fix everything, but man, it helps. And in that moment, it is all that I need.

Helping to share the experiences that are common to our species isn't rocket science. But it is good medicine. It can be done by anyone who has a compassionate heart for others' suffering. It's why we are exploring the option of peer counseling – training people who are suffering with various maladies common to humanity to provide support to others who are struggling with similar conditions, to come alongside them and gently tell what has worked for them.

So, for what it is worth, here is what works for me when I am feeling overwhelmed, lonely, ashamed, abandoned, desperate.

I sing. I write music, sometimes too dark to be sung. The emotions flow from my brain out through my arm through the pen, and I write and write. I exercise. I garden. Digging in the dirt and picking up baby killdeer eggs and moving them out of the way of the tiller, feeding raspberries to baby cedar waxwings, watching fawns and baby quail – each provides joy, which I need. Reminding myself that I am not alone in this world. I have faith. I trust that justice will win, that good will overcome evil. I pray. A lot sometimes. I share glimpses of my



dark room with the beloved woman who has become my best friend and life partner with whom I have shared the past 37 years, giving her glimpses into that dark space that has haunted me since childhood. And she honors me by traveling to that room and sharing it with me. I find that it is not so scary after all, being vulnerable with someone you can trust. It actually helps.

It doesn't fix everything. The abuses of my family, its brokenness and dysfunction, mental illness and addiction are still part of my past and of who I am today. I still sorrow over those things.

But what's special about life is that sometimes what appears on the surface to be the worst of curses can become, if we let them, our greatest gifts. This is so because we have the authority and legitimacy to come alongside someone else in their deepest moments of despair and say to them, “I understand something of what you are going through. Can I share some of my journey with you?”

I hope that in this year, 2017, you take a step away from the way we were raised, all of you who were raised in the Minnesota School of

Dealing with Life. Break from tradition. Look around you. Carve out time from the busyness of your life. Turn off the TV. Get off Facebook and look into someone's face. Visit your neighbor. Find out about how you can be kind to those who are suffering. Listen, empathize, be a true friend.

If you are one who is suffering, don't do something you will regret for the rest of your life; don't allow yourself to become so overwhelmed that you can't move or think anymore. Get the help you need. Find a way to turn your greatest sorrows into something good. Find out about peer counseling, so that you can help people to redirect their lives from despair to hope. Write to me, and I will connect you with people who are doing exactly that.

By the way, I love Minnesota people. In many ways I still am one of them. I just allow myself to talk and feel more now. Life is good.

Barry Bacon is a family doctor in Colville who specializes in full spectrum family medicine and works on health disparities in local communities and in Africa, and teaches family medicine in those locations.



Threads of Red

By Tina Wynecoop

Note: Eileen Pearkes is in the midst of a new book project and so Tina Wynecoop has kindly stepped in during her absence.

That red thread – let's follow it: The squirrel, known both as red squirrel and pine squirrel, *Tamiasciurus hudsonius*, inhabits the North Columbia region. Its boundaries are defined by the wide range of coniferous forests, not the international boundary. *Tamas* means “storer” and this smallest of our tree squirrels stores its food supplies, winter nests and birthing nests in whatever cavity looks promising. Or not.

Four decades ago blood poured down from the tree The Logger was felling. He had read that trees bleed. He didn't believe it – until he unknowingly cut through a red squirrel's nest. Grisly details aside, two of the nestlings had survived. He gently wrapped them in his red sweatshirt and brought them to me to care for.

In the wild the mother nurses her babies for 8-10 weeks before they are able to venture off on their own. These kits were furless and blind and

they languished until I learned that goat milk might bring them around. I found a goat lady in Springdale who supplied me with this life-saving fluid. It worked! Bottle feeding became my job and my joy for several weeks.

Soon the squirrels were scampering after each other around the house. My desk was *their* playground while remaining *my* workspace as I composed daily lesson plans for my first grade class at Wellpinit. The squirrel siblings went for outdoor walks with me, safely tucked in the hood of the red sweatshirt The Logger had swathed them in on that sorry day in the woods. The last time I saw the kits was the same day they were asleep in the pouch of that sweatshirt. I had to teach so I hung the garment by a nail on the trunk of a tall pine tree outside my back door. They ventured off on their own without a tail wave goodbye. It was spring, 1971.

Spring turned to summer and The Logger invited me to go on a fishing trip at Upper Tshimakain's beaver ponds with his daughters and their cousins. I wore the red sweatshirt. The ponds were rich with native trout. The Logger made each kid a fishing pole out of a slender

branch, with a fishing line attached. The flies he had made dangled at the end of the lines and fooled the fishes to think *they* had found dinner. We had the fish for dinner. The Logger unraveled a red string from the frayed sweatshirt and wrapped it around my ring finger. Who would have guessed there was a “jewelry store” available on a camping trip! The engagement, I now realize, was as dear and unconventional as the baby red squirrel experience.

After a lifetime on the reservation, The Logger moved his family to a conifer forest closer to town – to a home surrounded by Ponderosa pines and Douglas fir trees, which is the perfect habitat for both little boys and squirrels. Red squirrels acknowledged our presence with their chattering scolds and by dropping freshly-severed pine cone grenades on our heads. Then they gave us a house-warming by moving in with us. They raised their babies in the walls and attic. The red cedar siding was so easy to chew holes in.

Our inter-species relationship took a downturn. A squirrel household cached within the walls of our home was an attention-getter. In our naiveté we thought the little fur family was

North (& South) of the Border

trapped and couldn't return to the outdoors without our help. Ever agile, and inventive, The Logger climbed to the attic and lowered a sturdy rope, weighted with a large rock, down the inside wall. It was meant to be their lifeline. Through many days we heard the family playing "tetherball" with their new toy. The clanks and whumps reverberated day and night (red squirrels are diurnal).

With the home's entryways newly sealed, the cars in the garage provided the next nesting opportunities. It is warm under the hood of a car and nesting material is right at hand. The car's insulating sound barrier attached to the underside of the hood is made of heavy cloth which can easily be shredded. The whole piece of insulation would do nicely! A brood was born and removed (by us) ever so carefully. At the Honda repair shop a new piece of insulation was installed and held in place by a sheet of chicken wire. We drove the other car for a while.

Red squirrels have one litter each year. House and Honda were now out of bounds. Tree cavities were already "rented" by bluebirds, chickadees, woodpeckers and nuthatches. Wait, thought Mama, what about the Toyota? A few weeks later, while she was out foraging, the Toyota's owners made a trip to town – oblivious of the nursery

under the hood. The car jerked and sputtered, acting like it was gasping for air. It wasn't an act – the red squirrel mama had changed her address to the Toyota's air filter. She had chewed and fluffed the material into a nice soft nest for her babies. A check under the hood revealed a pine cone. The air filter case held her five baby red squirrelings.

Fortunately, there was a Toyota dealer nearby and the replacement installed. Later that afternoon the babies made the return trip, still tucked in their nest and resting on my lap. The Logger always wore a red checkered wool vest at work and it served another purpose when we arrived home. We gently laid the kits on the vest on the ground where their mother could find them. She lost no time coming to us and bumping our legs hard with her nose – which, though not hurtful, expressed her frustration and relief. She rightly placed blame on her babies' captors.

Then she sniffed each of her babies and carried them off, one by one. She hid them in a nearby woodpile in the garage. Rescue accomplished. She turned to us and scolded: *tsik tsik tsik chr-r-r-r-rr siew siew siews*. Her fluffy tail, raised in an obscene gesture, told us what she thought of the kidnapping. She disappeared.

J. Allen Boone states in *Kinship with All Life*

that "Life to the Ancients was an all-inclusive kinship in which nothing was meaningless, nothing unimportant. They didn't make separating barriers – every living thing was seen as a partner in a universal enterprise."

Elder Spokane Indian women recalled the kinship and kindness their mothers had with animals, including the red squirrel, as recorded in John Ross's book, *The Spokane Indians*: "While gathering tules for mat-making, the women thoughtfully left neat piles of leaves for the express purpose of providing construction material for squirrel nests in nearby fir trees. Of interest is the explanation the elders gave for this annual autumn practice, [an explanation] that acknowledged the similarity of technologies between humans ... and red squirrels for building winter 'homes.'" Similarity indeed!

The Logger is one of many descendants of Arrow Lakes/Sinixt Indians who were compelled to search for "home" outside their traditional territory. The Spokane Tribe adopted his grandmother, Nancy Perkins Wynecoop.

"Home is the dearest spot on earth," claimed a wise spiritual woman. And we know, from the thread of experiences mentioned, that location, location, location keeps *home*, no matter the color, safe.

Winter in NE Washington



Windermere
REAL ESTATE
Columbia

Dave Jones • (509) 675-1816
davejones@windermere.com



The Wild Eye



Field Notes from
a Wildlife Refuge

Lisa Langelier

Also available from:
Gray Dog Press, Spokane, Washington
www.GrayDogPress.com

The Wild Eye: Field Notes from a Wildlife Refuge is a collection of essays written during the time the author managed Little Pend Oreille and Turnbull Refuges in eastern Washington.

Get your copy at:
Meyers Falls Market,
Kettle Falls, WA
Auntie's Bookstore,
Spokane, WA
The Well-Read Moose,
Coeur d'Alene, ID

\$12.95

Lisa Langelier is a former columnist for the *North Columbia Monthly* and a retired wildlife refuge manager who has been writing about the natural world for more than 35 years.

Legacy of a Boundary Crosser

By Jack Nisbet

David Lyall was a Scotsman born in 1817 at a time when the skills of physician and botanist were intimately connected: Plant knowledge, as it had been since the beginning of human culture, provided the key to all healing.

Lyall entered medical school in Edinburgh at the age of 21 but took a leave of absence to serve as surgeon on a whaling ship bound for the waters around Greenland. Upon his return he joined the Royal Navy, which allowed him to pursue his twin interests as surgeon and naturalist for an Antarctic expedition led by John Ross. The aspiring doctor spent the next four years circumnavigating the globe, probing the southern ice, and collecting all kinds of plants and mosses.

He landed in Scotland long enough to get his medical certificate and show off a great sea beard when he joined the Linnean Society, but was soon off again: The doctor had found both his calling and the connections necessary to travel the world. During that era of colonial expansion, European scientists were trying to name everything that was new and strange to them, and nothing spoke of success more than having your personal title Latinized beside some exotic plant, animal or bird.

In 1847-51, Lyall plied his dual trade as part of a naval survey off the New Zealand coast. Going ashore at every opportunity, he collected several

species that now carry *lyallii* in their Latin species names, including the spectacular Mount Cook buttercup. Then, beginning in 1852, he served as senior medical officer on the Belcher expedition, one of the many brigades dispatched to track John Franklin's lost voyage in search of the Northwest Passage. Although four of Belcher's five vessels were locked up and destroyed by pack ice, Lyall returned with the most extensive Arctic collections yet seen at London's Kew Gardens, including many mosses and lichens.

Next, Lyall secured an appointment with the International Boundary Commission, charged with determining the line between British Columbia and the United States. He spent 1857-58 in the waters of the Salish Sea, cruising between the San Juan and Gulf Islands.

With that job complete, he moved inland, far from his familiar ocean postings, to serve as doctor for crews of ax men as they cut a 410-mile swath along the 49th parallel to the Continental Divide. Based at Fort Colville for the next two winters, Lyall found rich country for a botanist, especially in the mountain ranges. With the assistance of enthusiastic cohorts, he cataloged all kinds of new treasures on his way to what we now call Waterton-Glacier Park.

Commission secretary Lieutenant Charles Wilson (profiled in the *Boundaries* column of February 2007) and veterinarian J. K. Lord (columns of June 2004 and February 2008) fished, hunted and botanized with Lyall all along the way.

Wilson may well have been responsible for many of the alpine collections that currently reside at Kew Gardens, because apparently Lyall's many years in the field had by this time taken their toll on his health. In the summer of 1859, Wilson wrote that "we are all of us ... a good deal pulled down by want of sleep and continual irritation by mosquitoes ... Lord and Lyall especially look some years older than before, their faces drawn in as if they had been on short food." After their final season of 1861, Wilson wrote that "Dr. Lyall will have to invalid as he is far from well."

Over the course of the Boundary Commission surveys, Lyall and his helpers collected almost 1,400 plant species. For any North Columbia residents who have made it to the cabin fever stage of our present winter, several that carry his name evoke dreams of spring wildflowers and alpine peaks. We all, of course, have our personal favorites.

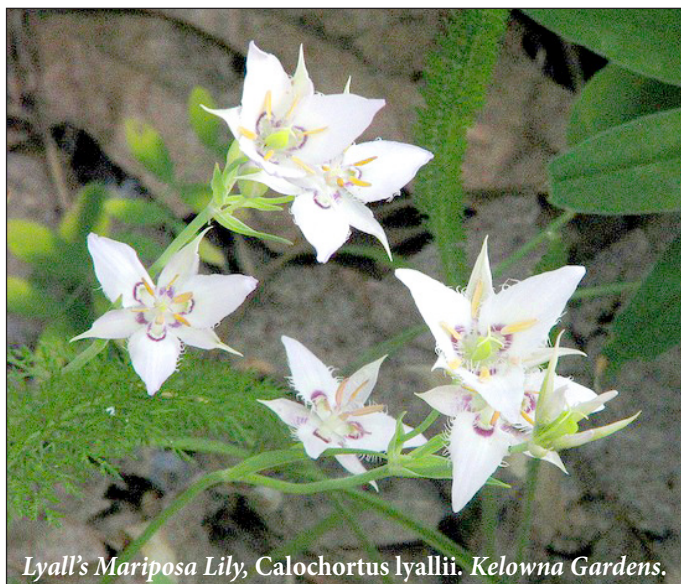
Lyall's mariposa lily, *Calochortus lyallii*, is a striking white member of this lily tribe. Individual plants range up to two feet tall, and sport a single deeply channeled leaf about halfway up the stem. The three petals of each flower end in sharp points and are entirely fringed with delicate hairs, which gives rise to an alternate common name for many similar *Calochortus* lilies: cat's ears.

These flowers display a whole universe of shape and color inside. The base of each petal carries an indented, semicircular greenish gland tipped with a crescent of royal purple. The anthers and filaments that rise from within this tapestry come in all kinds of creamy shades that compliment the marks below. It's a spectacular bloom, but what botanists find even more intriguing is the plant's range.

Lyall collected this mariposa lily in the Wenatchee Mountains, on the east slope of the Cascades above the Columbia River. Except for a few rare appearances up the Okanagon Valley into British Columbia, that is the only place anyone has ever seen it. Within this limited range, Lyall's mariposa can appear in great abundance, as a simple walk through the Sinlahekin Valley or the Loomis Forest in early summer can attest. Whole hillsides and meadows of this magical plant make winter seem far away.



David Lyall, Royal Navy ca. 1844. Image courtesy the Linnean Society.



Lyall's Mariposa Lily, Calochortus lyallii. Kelowna Gardens.

Lyall's penstemon, *Penstemon lyallii*, brightens up the other side of our north Columbia country, cascading purple-pink flowers across rocky cliffs from the northeast corner of Washington and southeastern British Columbia, east through the Rocky Mountains. Anyone who has ever followed the Ice Age flood features of Glacial Lake Missoula along the Clark Fork River to Lake Pend Oreille in the early summer has seen

their beard-tongues licking out from dense clumps of foliage. Lyall's can be separated from other rocky penstemons by their long, narrow, pointed leaves and open, branching character.

Then there is alpine larch, *Larix lyallii*. This is a high-altitude cousin of our familiar tamarack. One of the characteristics that separates alpine from the much taller western larch is the presence of fine, white woolly hairs that blanket its new needle growth each year.

Alpine larch appears only at significant elevation: in the high Cascades from the Wenatchee Mountains north to Manning Provincial Park, and again in the Rocky Mountains from the Salmon River drainage north to Banff, Alberta. A walk along the crest of the Bitterroots or Purcells will wind through bands of this stout, open-crowned tree. In 1861, David Lyall passed through a grove of alpine larch that still crowns South Kootenay Pass between B.C. and Alberta.

Lyall published only one paper about all his thousands of collections, a 20-page summary of his work along the 49th parallel. But botanists have been studying his specimen papers ever since, defining new species, changing their names over and over, transferring this plant into that category. In the long run, it is not the name *lyallii* that excites us about what he saw here a century and a half ago, but the plants themselves: those lilies and penstemons, saxifrages and silenes, that remain buried under high country snow right now, waiting for the proper moment to join us in welcoming back the spring.

Author Jack Nisbet will give a presentation about mammoths in the north Columbia country on February 22 at the Northwest Museum of Arts and Culture in Spokane. For more information, go to www.jacknisbet.com.



PPG
PITTSBURGH
PAINTS

PPG COLOR WORK STATION

Big Screens aren't just for the movies! Watch your favorite paints in action with our interactive Color Station. See trends and collections, play the color game, paint a room and more. Save those ideas! Email your colors and projects to yourself and they will be waiting when you get home.

FOR THE MONTH OF FEBRUARY:
10% OFF ALL PAINT SUPPLIES
WITH THE PURCHASE OF 1 OR MORE GALLONS OF PAINT



HANEY

Tools
Materials
Expert Advice

Lumber & Supply Inc.

1101 N. Hwy 395, Colville • 509-684-2150

Last stoplight north of town

M - F: 7 - 5:30 • Sat: 8 - 2

*Your Prom
Headquarters!*

Gowns ~ Tuxedos ~ Suits
Rent or Buy



Wanda Louise

Boutique & Formal Wear

Mon - Sat 10 - 6

509-685-1613

161 E. Third Ave, Suite E
Colville



Bald Eagle Automobile Encounter

Article & Photos By J. Foster Fanning

Catching an unobstructed view of a bald eagle soaring effortlessly across the sky or a good observation of an eagle perched appeals to most everyone I know. Quite simply, these birds are majestic, large, highly distinguishable (when mature) and notably powerful.

Besides the emblematic assignment of this magnificent bird as the national symbol of the United States, there are many cultural and social attachments for this member of the *accipitridae* family.

Native American tribes accord special significance to eagles and eagle feathers, equating eagles with spirit visions particular to their ability at soaring close to the heavens. In ceremonies and other special occasions, eagle feathers signify qualities and traits such as trust, strength, honor, wisdom, power and freedom.

In 1776, the Continental Congress of the newly formed United States appointed a committee to design an official seal for the country. By 1782 a design was accepted to accompany the nation's recently minted flag. The main feature was an eagle taken from the ancient symbol of Jupiter, king of the

gods – a representation of ultimate authority. The young nation, eager to model many of its institutions on the Roman Republic, accepted the proposal of an eagle from William Barton, despite Benjamin Franklin's preference for the turkey. Later Charles Thomson, the Secretary of the Continental Congress, was allowed to modify the design by inserting an American bald eagle, which perfectly blended the classical symbol with a species native to the New World.

In many respects and to differing groups of people the bald eagle remains a symbol of individual liberty.

Worthy news on the topic of bald eagles is that on Dec. 10, 2016, the Washington Fish & Wildlife Commission, a civilian panel appointed by the governor to set policy for the Department of Fish & Wildlife, removed bald eagles from the "sensitive species" listing as their populations in the state have grown.

Even so, regional and national wildlife officials estimate 20-30% of reported bald eagle mortalities are from accidents along roadways. In 2015, the nation's oldest banded bald eagle – a bird known as 03142 – died on a road in western New York while scavenging roadkill. Based on the eagle's band, it was 38 years old.

The simple fact is that eagles don't fare well when encountering motor vehicles. And this time of year, when food is scarce due to ice developing on rivers and lakes, restricting their ability to fish, bald eagles are especially at risk as they turn to feeding on roadkill. While we all know an eagle is graceful once in flight,

such a large bird launching from a road ditch, often across the traffic flow, is anything but graceful. Regrettably I came across a bald eagle (talons pictured here) that didn't make it on the morning of Dec. 28. I found it still warm but dead along the Kettle River road in north Ferry County. It's the third automobile-killed eagle I've come across in six years.

As drivers, we may see an eagle on a roadkill and think we have plenty of room to zip by it. What might not be in our equation of motion, time and speed is that the eagle doesn't reason the same way we do. Meaning that this large bird is not only rather clumsy in gaining flight, but unpredictable as well.

The U.S. Fish and Wildlife Service recommends: "Slowing your vehicle if you happen to spot an eagle near roadkill is a good start."

How else are humans causing the death of eagles?

LEAD POISONING: a common cause of death in eagle populations. When an eagle's prey is shot with lead ammunition or fish have swallowed lead weights, the bird ingests the lead as it eats the prey, causing toxicity in the eagle's blood. Eagles scavenging in gut piles left behind by hunters may ingest the lead used in killing the prey. Ducks will also consume lead fishing weights when scouring the bottoms of lakebeds. Eagles eat ducks and ... you get the idea. Lead poisoning can cause symptoms within two days, and result in death within a week. An eagle suffering from lead poisoning will appear wobbly, depressed and thin, and



ChewVino
WINE BAR & SHOPPE

DELI NOW OPEN!
Soup • Sandwich • Deli

Check out our wide selection of
WINE, WHISKEY AND CIGARS!

Introducing a large collection
of **NEW WINES!**

Plan Your Holiday Party Now
at **CHEWVINO.COM**

Wed-Sat, 11-8pm • 509-935-8444
309 E. Main, Chewelah, WA





have its talons curled.

RODENTICIDES: another major cause of death for eagles. A rodent will stagger around for several days slowly dying from ingesting the poisons. Unfortunately, eagles aren't discerning enough to tell a poisoned rodent from a healthy dinner entree.

ELECTROCUTION: Eagle fatality from electrocution on utility wires is a national issue, although not as high a statistic in Washington State due to our prolific number of trees.

WIND TURBINES: A study conducted by U.S. Fish and Wildlife found that the highest number of eagle deaths from wind turbines between 1997 and 2012 occurred in Wyoming, which had 29 deaths, and California, which had 27. Oregon came in a distant third with six deaths, and three states – Washington, Colorado and New Mexico – each had five eagles killed during that period. The researchers warned that the survey most likely understates the number of eagle deaths, because of a lack of rigorous monitoring and reporting. Fortunately, newer

wind units with bigger, slower rotating blades show promise in reducing bird impact injuries and fatalities.

PLASTICS: Petroleum-based products pose a unique threat to bald eagles. When birds weave bailing twine, pieces of disintegrating tarps and discarded fishing line into their nests (which happens frequently), nestlings are at a higher risk of becoming entangled in the fabric and, unlike with natural fibers, they may not be able to chew their way out. One of the saddest wildlife scenes I witnessed was a dead juvenile osprey hanging upside-down from the nest entangled in bailing twine.

SHOOTERS: Regrettably, there are still a small number of people who justify shooting bald eagles for various reasons – threat to farm animals or pets, competitors at favorite fishing spots – or for illegal taking of the birds themselves. Thankfully these illicit activities can carry substantial fines and imprisonment as a deterrent.

Our country has evolved enormously since

13 rural states adopted the bald eagle as their symbol of strength and freedom. With the delisting of our national bird from many endangered and sensitive lists, the bald eagle has assumed a new mantle as symbol of the power of free people to solve environmental problems. Let's encourage each other to continue to do our part and keep the wilds safe for wildlife.

Resource note: <https://www.raptorresource.org/learning-tools/dealing-with-dead-or-injured-bald-eagles-and-other-birds-of-prey/>.

Remember to sign up for the Great Backyard Bird Count (GBBC), a free, fun event Feb. 17-20.

J. Foster Fanning is a father, grandfather, retired fire chief and wannabe beach bum. He dabbles in photography as an excuse to wander the hills and vales in search of the perfect image. Learn more at <http://fosterfanning.blogspot.com>.

Richard Taylor: The Art of Peace

By Loren Cruden

On one of those sub-zero days of early January, I met with artist, musician, peace activist and long-time resident of the area Richard Taylor in a handy room at the Colville Chamber of Commerce. Perfect for a quiet chat on a cold day, though perhaps a wee bit *metropolitan* for log-cabiny sorts like us. Ten minutes into the conversation, Richard's partner Eleanor arrived, turning the interview into a gathering, all the warmer. Talk roamed here and there in the small room, but began with Richard – who hails from the Detroit area – answering my question about what brought him west.

"The back to the land movement, probably," he said. "I was looking for something, didn't know what. It's pretty here; I could be in the woods, which was where I wanted to be. That was around 1975. A friend and I had a little peanut trailer and built a little log structure. Later I went out to Twin Lakes and built a home there."

I speculated that it must've been quiet around here back then.

"Oh yeah, it reminded me of the Fifties. There was one streetlight in Colville. You could buy wood stoves and kerosene lanterns in every store in town."

Q: Did you ever live anywhere else, after moving here?

Richard: I tried. I lived in Phoenix for a while but it just didn't work out. I liked it here better. It was exciting when I was down there, but too much traffic for me. So I came back.

Our talk veered to music. Richard's band was the first local music I heard when moving to the area in 1990.

"Around 1984 a friend asked me to come sing some stuff at a party. We ended up forming a band – the Planetary People, later changed to Planetary Refugees. I was in Veterans for Peace, so started doing peace songs, stuff like that. Right after the first Desert Storm, the band got more political with our peace-and-love songs. We were banned from the Marcus Cider Fest for being too political."

An outburst of merriment at this made Richard exclaim, "Hey, it was an endorsement!"

Continuing, Richard pointed out that "there wasn't much political music in the area. It's hard to make money, doing that. It was easier to find venues in those days, though. Now, people have videos and all, not so many peace rallies or barter fairs; the scene has changed quite a bit in that way."

Q: Tell me more about Veterans for Peace. What were you doing?

Richard: I was in Veterans for Peace for many years. We started off as a rap [discussion] group. We went to the county fair here, passing out information. The group was told we'd have to have individual counseling instead, then they got a whole new collection of guys for the rap group. Dan Rather – I think it was him – came to interview them; they got rid of us so as not to have a bunch of peaceniks talking to Dan Rather [on national television]. The original guys weren't involved anymore, which was too bad because a lot of those people really needed it.

Q: What about your involvement? Did you quit?

Richard: Some of us went to rallies in Spokane. The Planetary Refugees performed at rallies and marches. We had Veterans for Peace puppet shows. That was in Chewelah around 2001 – we did a skit, too. It upset some people. I did Veterans for Peace stuff for twenty or thirty years.

A moment of silence, contemplating this. I asked whether he's still doing work with veterans.

"Well," he said, "Eleanor has been more the activist lately, working with different groups involved with clean water in the area."

Eleanor modestly deflects this by telling me that Richard is still the contact person for Veterans for Peace, responding to calls; and reminds Richard that younger veterans, from Desert Storm and Iraqi Freedom, often delay before getting in touch.

"Oh yeah," Richard acknowledges. "They don't want to join anything; already joined something and didn't like what happened. That's why lots of vets are street people. They don't want to get involved anymore. They've been fooled and lied to, and don't know what will happen to them."

I wondered what most helped Richard, drafted before turning nineteen, in coming to terms with his Vietnam War experience and the PTSD that followed.

"Being put back together in Walter Reed Hospital for sixteen months, probably. Then came the Summer of Love and I became a hippie in the military – got ragged-on by the guys all the time," he chuckles. "After I went home to Detroit I went to peace rallies there; then it all

Celebrating 15 Years in Business!

*Downtown in the
Heart of Colville!*



295 W. 1st
509-685-9653
855-877-9653



*Our team of experienced Automotive Service Professionals:
Brian, Cary, Ryon, Gordon, Paula & Norm*

**Colville
SIGN**

Want something unique?
We specialize in custom sign
and design work,
and we love to hear about
your special project!

153 North Wynne St., Colville, WA
509-685-2185 • colvillesign@plix.com

kind of died down with the hippies and everything. We got lulled into calming down. Now, with the internet, a lot of people just stay home. It's easy to get distracted. Somebody will be looking up what's happening at Standing Rock and: 'Hey – look at those cute kittens!'"

Richard's artwork started with therapy drawing during his time at Walter Reed. He attended the Detroit School of Arts and Crafts, and learned to hand-make paper at Belle Artes in Mexico. Textural and dimensional experimenting with this led to painting with acrylics – abstract art, some of which has been displayed and sold over the years.

Shot through the right arm during the war, Richard lost most of his dominant-hand feeling and function. I imagined that learning and doing artwork as a forced left-hander must've been challenging. Richard shrugged it off. "That's life," he said, adding, "I got shot in the left arm, too."

Art and music: the stuff of connection; an on-going path of expression and participation in life for Richard. I asked him about the upcoming Foodstock event.

"We've been holding these food bank benefits for six years," Richard explained. "This is the fifth year of doing it at Northern Ales, in Kettle Falls. I did some food bank work 25 years ago and this seemed a good way to get back into it. This year's event is in memory of Bob Esvelt. He was the person I approached the first time we did Foodstock. His death leaves a big gap in the community."

Before venturing back into the frigid day, Eleanor said, "There are a lot of young people out there connected by social media, with fresh visions for forging a better world. They have kindness, manners, education – and

resolution. It makes me hopeful; Richard, too – am I correct?"

"Oh yeah," Richard almost absently agreed, having kept that vision of well-being alive for decades, a veteran in it for the long haul.

Foodstock takes place on February 4, from 3-10 p.m. Youth bands will play during the day, followed by music for the evening, including Richard taking the stage with the Planetary Refugees. No cover charge. All cash and food donations will benefit the Kettle Falls Community Chest. Richard can be contacted for more information at 509-690-7162.



Richard Taylor and Eleanor Mattice at the mic. Photo by Sophia Aldous.



Home Suite Home

141 S. Main St. • Colville, WA 99114

Great Reasons to Shop Locally!



Speed Queen



684-9745 www.colvilledeals.com

Monday-Saturday 9-6  Flexible Delivery!






WHAT'S

February 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MORE LISTINGS & DETAILS AT NCMONTHLY.COM!

APPENZ

Events

Feb 4: Foodstock 2017 featuring the Northern Aliens, Planetary Refugees, Chipped & Broken, Kettle Creek, Stazya w/ Johnny & the Moondogs, Cross-Current, Checkmate Reality, and Primitive Pines at Northern Ales in Kettle Falls from 2-10 pm. No cover, but all cash and food donations benefit the Kettle Falls Community Chest in memory of Bob Esvelt. Call 509-690-7162 for info.

Feb 10: 2nd Annual Valentine's Day Extravaganza at the HUB Senior Center, 231 W. Elep, Colville, at 5:30 pm. Hors d'oeuvres, desserts and live music! \$10 per person. Tickets available in advance at The HUB or at the door. Call 509-675-1479 for more info.

Feb 11: The 3rd Annual N.E.W. Hunger Coalition "Local Farm Fresh Food" Gala Dinner at the Ag Trade Center, 17 W. Astor, Colville. Doors open at 4:30 pm for social hour, preview silent auction and Valentine-themed desserts. Tickets are \$25 and include dinner featuring prime rib and produce grown by local farmers. Call 509-738-4565 for more info.

Feb 12: BINGO, hosted by the Northport Lions Club and NHS Girls Basketball at the Northport School Cafeteria, 1-4 pm. Doors open at noon, games begin at 1 pm. Early bird and regular games, fast pick and blackout Bingo with \$500 jackpot! Refreshments provided. Must be 18 to play.

Feb 13: AAUW hosts health speakers at 6 pm at the Colville Library lower level. Sandy Perkins, Community Health Director, NE Tri County Health District and Katrina Gardner, MD, and Mary Selecky, Board member of Providence Health Care and Empire health Foundation. Topics: How healthy are we and our community? What impacts us in NE Washington that makes a difference throughout our lives?

Feb 17: Rolling 20's Sweetheart Gala to celebrate Habitat for Humanity's 25th Anniversary of operation and mission to engage and serve the community, at the Ag Trade Center in Colville, featuring a catered dinner, DJ and silent auction from 6-9 pm. Call 509-684-2385 for more info and see ad on back page.

Feb 24: Leeches & Laudanum Victorian Health Practices. Public health practices in Victorian times were a scary combination of chance and quackery. Fashion historian Leslie Shuhda will combine humor and history with a free presentation on the very real dangers of living in the Victorian era, offering plenty of interesting insights for visitors of all ages. Parkview Senior Living, 240 S. Silke, Colville, at 1 pm.

Music, Dance, Theater & Film

Feb 1: *Screenager*, a free screening at 7pm at RSS Auditorium, 2390 Jubilee Ave., Rossland, BC. A documentary about the amount of time people spend on social media and how it can affect their lives. Discussion afterwards with Sean Larsen from the Ministry of Children and Family Development. Visit <https://www.youtube.com/watch?v=LQx2X-0BXgZg> to see the trailer.

Feb 2-3: Colville High School Jazz Fest 2017. On Feb 2, 5-7 pm, is the Senior Citizen's Ball: The CHS Key Club in association with Kiwanis of Colville presents an evening out for area seniors and their families and friends. This event is free of charge. Performing in the CHS cafeteria will be members of Colville Jr. High, Colville HS, and Jenkins HS jazz bands, with special guests from the University of Idaho. On Feb 3, 7 pm, Festival Concert in the CHS Auditorium. CHS and Jr. HS jazz bands will open up for special guests from the University of Idaho. \$12 for adults and \$8 for students or seniors, available at the CHS office or at the door.

Feb 3: Open Mic at the Pend Oreille Playhouse, 236 South Union, Newport. All are welcome to share their talents or just listen. \$3/person. Pre-recorded accompaniment is accepted. Call 509-447-9900 for more info.

Feb 4: Bridget Ryan, part musical theatre, part stand-up comedy, "Here's to the Ladies Who Laugh" at the Pristige Mountain Resource, Rossland, BC, 7:30 pm

Feb 9: Free movie at the HUB Senior Center, 231 W. Elep, Colville, at 1 pm: the true story *Miracle of the White Stallions* (Disney). Free popcorn.

Feb 9: Jazz at the Griff: Laura Landsberg will play at the Bailey Theatre, 1501 Cedar Ave., Trail, BC, 7:30-9 pm. Call 250-368-9669 or visit www.trail-arts.com for more info.

Feb 12: Captain Future Saves the World! With his trusty ukulele, Myron, and his slightly less trustworthy time machine, the Timeswozzler 8000, Captain Future will take audiences back through time to bring the history of our imaginations vibrantly alive, using songs, raps, puppets, and interactive performance at 2 pm at the Bailey Theatre, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 or visit www.trail-arts.com for more info.

Feb 17-19: The 18th Annual Community Arts Show at the Chewelah Civic Center, 1-5 pm and 12-3 pm on Sunday. Participation and admission are free. Artists of all ages, media and proficiencies welcome to display work. Registration packets at the Chewelah Library and www.chewelahartsguild.org. Call 509-675-0910 or 509-935-4652 for info.

Feb 17-26: *Choices*, a new play by Brad Field on family relationships and suicide will show at the Pend Oreille Playhouse, 236 S. Union, Newport at 7 pm (Sundays at 3 pm). Call 509-447-9900 for more info.

Feb 23: Jazz at the Griff: Mike Fahie Quartet, 9 pm, at the Muriel Griffiths Room, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 for info.

Feb 25: Tom Cochrane, Mad Mad World Tour with Red Rider, 7:30-10 pm at the Bailey Theatre, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 or visit www.trail-arts.com for more info.

Feb 27 (Mar 4): Missoula Children's Theater, with the support of Colville Parents for the Performing Arts and the Vinson Fund, will present *Aladdin* on Mar 4 at the Colville High School auditorium. Auditions for students grade K-12 will be Feb 27 from 3:15-5:15, also at the CHS auditorium. Email Colvilleppa@gmail.com for more info.

Music at Republic Brewing Company, 26 Clark Ave., Republic, republicbrew.com, 509-775-2700.
3rd: Casual acoustic w/ Justin Johnson 7-10 pm

Music at Northern Ales, 325 W. 3rd Ave., Kettle Falls, northernales.com, 509-738-7382:
2nd: Sara Brown, 6-8 pm
9th: Justin Johnson, 6-8 pm
10th: Fire Creek, 7-10 pm
16th: Finessa Fann, 6-8 pm
17th: Open Mic, 7-10 pm
23rd: Michael Pickett, 6-8 pm
24th: Northern Aliens, 7-10 pm

Music at The Flying Steamshovel, 2003 2nd Ave., Rossland, B.C. Visit theflyingsteamshovel.com or call 250-362-7323 for more info.
2nd: Kytami w/ Phonik Ops, 9 pm
18th: The Faps w/ Guests, 9 pm
27th: Parsonsfield w/ Guests, 9 pm

Mar 3-5, 10-12 & 16-19: Whether it's Family Night Out or Date Night, *Once Upon A Mattress* is the musical version of *The Princess and the Pea*, presented by Woodland Theatre Productions in Kettle Falls. No one in the kingdom can marry until the Prince marries. Enter an over-bearing Queen, a bold Princess and play full of laughter. See ad on page 4 for details.

Arts & Crafts

Feb 2: Busy Hands=Happy Hands. Bring your favorite needlework or other craft project to the HUB Colville Senior Center, 231 W. Elep. At 1 pm. Games will be provided as an alternative.

Feb 3: Valentine's Day reception at Gold Mountains Gallery featuring new member Amanda Thon, an accomplished silversmith of unique, one-of-a-kind jewelry and crafts. Reception is from 4-6 pm at the Artists Coop located at 600 S. Clark Ave, Republic (refreshments will be served) and the show will run through February.

Feb 16: Free upcycled decoupage flower vase making class at the HUB Senior Center, 231 W Elep Ave., Colville, at 1 pm. RSVP by Feb 13 at 509-675-1479.

Featured Artist of the Month David Wermuth of Republic, has hand-crafted furniture and other items on display through the month of February at Tri County Economic Development District, 986 S Main Suite A in Colville. Stop in and view his work Monday - Friday, 8-4.

Colville Piecemakers Quilt Guild meets on the 3rd Tuesday of the month at the Assembly of God Church in Colville at 6:30 pm. Visit colvillepiecemakers.webs.com.

Cross Borders Weaving Guild meets on the 2nd Saturday of each month at the VFW Hall, 135 Hwy 20, Colville. Email woodtick50@aol.com for more info.

Colville Valley Fiber Friends, (CVFF) meet every Monday at the Ag Trade Center, 317 W. Aster, Colville, noon - 3 pm. All interested in spinning, weaving and other fiber arts are welcome. For more information, contact Sue Gower at 509-685-1582.

Farm, Field & Forest

Feb 9: Winter tour NE WA Haygrowers Association. Call Jon Paul Driver at 509-671-2804 for more info.

Feb 16: Northeast Washington Permaculture Guild meets at 5 pm to network at the Community Connections Room, Meyers Falls Market, Kettle Falls. Please park in back; bring a snack or dish for afterward potluck. For info, call 509-680-1480.

Feb 19: Learn how to make kombucha at Parkview Senior Living, 240 S. Silke, Colville, at 1 pm. Take home a free, live SCOBY.

Wellness

Feb 18: Learn to Make and Use Apple Cider Vinegar, Meyers Falls Market, Kettle Falls, at 2 pm. Health benefits, recipes, uses around the home, and more,

will be covered. \$12/person; pre-register at 509-738-2727 or Meyers Falls Market.

Gentle Yoga for Seniors every Monday at the HUB Senior Center in Colville, 8-9 am, free. Class is taught by Care Tafoya and is sponsored by Parkview and Buena Vista. Please RSVP at 509-675-1479.

Leisurely Walk About Group leaves every Thursday at 10:30 am at the HUB Senior Center in Colville.

Narcotics Anonymous is a recovery group that meets every Monday at 215 S. Oak in Colville (County Commissioner's Building, brown door) at 7 pm and Thursdays at 401 N. Wynne St. in Colville (The Youth Center) at 7:30 pm. The third Monday of every month, we celebrate "clean" birthdays with a potluck and cake at 6:30 pm.

Caregivers Group meets at Parkview Senior Living the last Thursday of each month, 3:30 - 4:30 at 240 S. Silke, Colville. Call Nancy at 509-684-5677 for info.

Friday Night Rebels has an AA meeting weekly on Fri. from 7 - 8 pm at the Providence Mount Carmel Hospital Health Education Center-lower level (1169 E. Columbia Ave, Colville).

Flu Clinic: 1st and 3rd Thursday from 8-3, Tri County Health District 240 E. Dominion Ave. Colville. Walk-in or by appointment. Adult \$20, child \$7.

Overeaters Anonymous meets on Mondays at 11:30 am at the Nazarene Church, 368 East Astor, Colville. Call 509-680-8674 for more info.

Colville Multiple Sclerosis self-help group meets the third Friday of each month in the lower level of the Providence Health Education House, 1169 E Columbia, Colville, at 1 pm. All those living with MS are invited. For info, call 509-684-3252.

Rape, Domestic Violence & Crime Victims, help is available. Confidential, 24 hours a day at 509-684-6139 or toll free 1-844-509-SAFE(7233).

Miscellany

Feb 8: Northeast Washington Genealogical Society morning Computer Interest Group meets in the basement of the LDS Church, Juniper Street, Colville, at 10:30 am. Sue Richart, will share on "The WPA Historical Records Survey: A Guide to the Unpublished Inventories, Indexes, and Transcripts" which began in 1936. Lunch at Noon, then Don McConnell, a Civil War historian will speak on resources regarding deserters from the US Army to Confederate forces in Texas. All visitors are welcome.

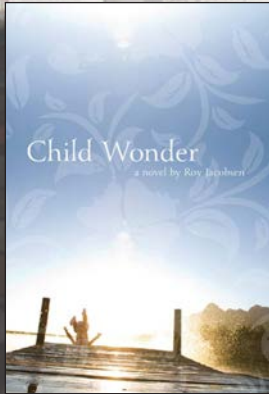
Continued on page 26

CALL HOSTING PARTIES TO CONFIRM LISTING INFO. THE NORTH COLUMBIA MONTHLY WILL NOT BE HELD RESPONSIBLE FOR ERRORS OR SCHEDULE CHANGES. VISIT NCMONTHLY.COM FOR DAILY LISTING UPDATES OR TO SUBMIT A "WHAT'S HAPPENING" LISTING.

A Good Read

Child Wonder, by Roy Jacobsen

Reviewed by Loren Cruden



Child Wonder, by Norway's Roy Jacobsen, is the kind of coming of age story with a dorky title – perhaps sparkier in its original Norwegian – that I don't usually pull from the shelf. But something in its voice, that of a nine-year-old boy in 1960s Oslo, drew me.

The boy, Finn, is a regular smart kid, no tragic history or congenital challenges other than that of not having a living father. He's an only child, close-teamed with his mother, an ardent woman of secrets and moods. The pair's practiced duet is interrupted by the arrival of a disadvantaged young stepsister. "... It is easy to exaggerate when there is progress; in our house we take things one step at a time, we are prepared for the worst and we are caught on the hop if things go moderately well, for example a whole evening in front of the television without Linda having any relapses, as Mother calls the last vestiges of her old life."

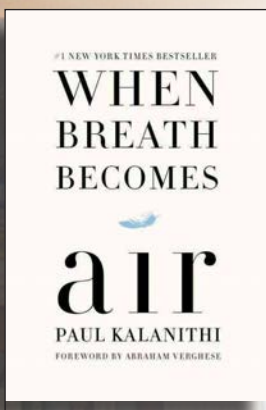
One step at a time is how the book develops, with the touchstones of childhood and the nine-year-old beginnings of self-reflection – and insights that go beyond the bubble of self – and a self whose mysterious complexities start to be realized. Finn's voice is age-appropriate but also reveals the man he will become.

This unfolding of realization is perhaps the child wonder of being nine in whatever country or decade in which one grows up, though Finn's 1960s Norwegian setting provides the simple pleasures and gradual ripening into knowledge that today's children may not experience. This is one of the story's charms – its portrayal of an unjaded era, kids being kids, adults being adults, the future seeming full of marvelous possibility. "It is always silence that puts the world in another light than its own. The silence of snow in winter. The silence of the industrial holiday. And now a silence which is not ours, because we are not in it, but standing outside ready to enter with kitbag and satchels and summer-tanned arms and legs and backs. We step into our town and do not recognize it because it is evident it has been ours even without us."

The plot tightens, hastens, as Finn matures, the idyll passing, the decade passing, tough things happening, wrongs coming to light. Finn tunes more and more to his own compass for direction, though the relationship with his mother remains central. As Jacobsen so sympathetically summarizes in the Author's Note, "... that eternal subject: how to lose one's innocence without losing one's soul."

When Breath Becomes Air, by Paul Kalanithi

Reviewed by Loren Cruden



A friend in Wisconsin sent Paul Kalanithi's memoir, *When Breath Becomes Air*, to me. I read its 225 pages in one attentive sitting.

Kalanithi, a second-generation East Indian, was by all accounts a young man with remarkable aptitudes, education and potential. He received degrees from Stanford in English Lit and Human Biology and from Cambridge in History and Philosophy of Science and Medicine, and graduated cum laude from the Yale School of Medicine. This was followed by training in neurosurgery and neuroscience back at Stanford. By his mid-thirties he'd won prestigious awards in neuroscience and was an accomplished surgeon. Job offers poured in. Kalanithi was poised for a radiant future.

Instead, he died. The memoir was written (though not finished) during his illness.

Kalanithi's consuming drive from his early years was to understand what makes life meaningful to people. He looked for answers, first from literature, then from study of the brain. "It was the relational aspect of humans ... that undergirded meaning. ... There must be a way, I thought, that the language of life as experienced – of passion, of hunger, of love – bore some relationship, however convoluted, to the language

of neurons, digestive tracts, and heartbeats." He sought the place where "biology, morality, literature and philosophy intersect," and imagined that practicing medicine would be a direct path to "a serious biological philosophy."

Kalanithi's actual experience as a surgeon, however, was not what he expected, though it brought personal realizations, earnestly conveyed in his story. In the final months of his life Kalanithi said, "I plod. I ponder. Some days I simply persist," but what he writes has urgent movement, like the hurrying last grains of sand in an hourglass: "... The physician's duty is not to stave off death or return patients to their old lives, but to take into our arms a patient and family whose lives have disintegrated and work until they can stand back up and face, and make sense of, their own existence."

Whether or not the reader believes there is any intrinsic sense or meaning to existence, Kalanithi's contribution to the discussion is passionately sincere.

Loren's fiction, nonfiction and poetry can be found at Meyer's Falls Market in Kettle Falls, and at lorenbooks.com.

In Theaters: *Hidden Figures*

Reviewed by Sophia Aldous

To think I almost missed out on this one because I thought, "It looks good, but I can wait until it comes out on DVD." So glad I didn't listen to myself.

Hidden Figures, directed by Theodore Melfi and starring Taraji P. Henson, Octavia Spencer and Janelle Monae, is a good reason to go to the movies. I laughed, I cried, I never felt like the movie was dragging on too long. The audience even clapped at the end, which has been a rarity in my movie-going experiences.

Based on the nonfiction book of the same

name by Margot Lee Shetterly, the plot of *Hidden Figures*, revolves around Katherine G. Johnson (Henson), the African American mathematician who calculated flight trajectories for Project Mercury and other NASA missions. The film also features Spencer as Dorothy Vaughan and Monae as Mary Jackson, with Kevin Costner, Kirsten Dunst, Jim Parsons, Glen Powell and Mahershala Ali rounding out a strong supportive cast.

The film touches on themes of racism and discrimination that all three women faced

during that time and does it in a way that is neither pandering nor dry. Everyone – the actors, the director, the screenwriters (Melfi co-wrote the script with Allison Schroeder) and the production crew – draws us into the world of these three women, making it easy to feel for them and root for them. Plus, the film is rated PG, so the kids don't have to stay home.

Hollywood churns out a lot of banality, so when the cream rises to the top like *Hidden Figures* does, it's worthy of your time and hard-earned money.

The Classics Corner: *Cat Ballou*

Reviewed by Sophia Aldous

She's mean and evil through and through! So says the song sung by narrators Stubby Kaye and Nat King Cole, opening up this 1965 comedic gem starring a young, doe-eyed Jane Fonda as the titular Cat Ballou and a hilarious Lee Marvin as gunfighter Kid Shelleen and also as the menacing assassin Tim Strawn.

Directed by Elliot Silverstein, *Cat Ballou* is a western with a funny streak, centering on Fonda, the school teacher-turned-outlaw, out to avenge her father's death at the hands of a development corporation looking to steal his ranch.

The movie was popular critically and commercially, becoming one of the top-ten moneymaking films of 1965 and nabbing a Best Supporting Actor Academy Award for Marvin, who famously thanked his horse in his acceptance speech.

Although Fonda has the spotlight in this film, Marvin steals it from her with his physical clowning as the washed-up gunfighter whose penchant for liquor overshadows his once renowned quick draw. Marvin is uproariously effective, and the

supporting cast aren't slouches either. Tom Nardini as the Native American ranch hand with a wry sense of humor, Michael Callon as the roguish cattle rustler with a crush on Cat, and Dwayne Hickman as his well-meaning Uncle Jed all contribute to the enjoyment of the film. The singing description of the story provided by

Kaye and Cole is catchy and flows easily enough where it's interspersed.

All in all, *Cat Ballou* is an entertaining film with a slightly different twist than your average popular western. Kick back and enjoy.

Check your local library for a copy of this classic film.

PARKER'S
GLASS
LLC
AUTO GLASS REPAIR & REPLACEMENT
(509) 684-6034

AUTO GLASS LOG TRUCKS HEAVY EQUIPMENT
LOCALLY & FAMILY OWNED
MOTOR HOMES FARM EQUIPMENT CLASSIC CARS

ROCK CHIP REPAIRS FREE UNDER MOST COMPREHENSIVE INSURANCE PLANS!

STOP BY OR CALL FOR A FREE QUOTE!
790 NORTH HWY 395 COLVILLE
RIGHT NEXT TO WALMART

THE HIGHLANDS

**Senior/Disabled Units
Nice Quiet 1 Bdrm
Apartment in Colville**

Subsidized, quality, like-new affordable housing with many amenities, heat included.

Rent based on income.
Must be Income Eligible

For Information:
509-684-4387

or TDD

1-800-545-1833

Ext. #530



*This institution
is an Equal Opportunity
Provider and Employer*



SAGO

NATURALS & MORE

SYLVIA ALLEN, C.H., M.H., C.N.

Finest Quality Vitamins & Herbals
Homeopathics • Aromatherapy
Jewelry • Stones

Mail Orders Welcome

10 % off for cash!



Hours: Tues, Wed, & Fri, 9:15 - 5:30
509-935-4388 • 1-877-935-2633
110 S. Main, Chewelah, WA 99109

LISTEN UP

Starset: Where Most Bands Haven't Gone Before

Reviewed by Michael Pickett

It should be a no-brainer: sci-fi and rock music. You'd think you'd see more acts doing a version of this awesome combination, but aside from Floyd, Celldweller, Rush and—if you stretch it—Kiss, most acts stay fairly grounded

in the lethargic, woe-is-me ho-hum that Earth has to offer.

Not Starset. Equipped with space suits and dazzling effects in their live shows, their seamless blend of rock and EDM reveals a sprawling interstellar vision. From the cinematic, rumbling opener leading into the uber-melodic "Satellite," Starset makes no apologies for channeling more Evanescence than Foo Fighters on their big new album *Vessels*.

While some material here breaks little ground, both the drum-rumbling stutter of "Frequency" and the EDM-meets-metal "Into the Unknown" grab tons of groove and melody, while incorporating elements of trap, dub and screamo quicker than you can say Junkie XL. Offset by power ballads

like the glitchy "Ricochet," standout tracks like the movie-trailer-ready "Gravity of You" and "Starlight" soar in their own way.

Anticipating a blast of Nickleback-ish hate,

I will say that if you don't like melody or a vocalist who could easily front something like Linkin Park, Starset might not be your particular cup of Earl Grey tea (did you like that Jean-Luc Picard reference?).

Frankly, I can't stand Nickelback either, but Starset is an inventive and fun listen that carves out a cool niche between

metal and dance music while remaining accessible to people who like a sci-fi slant to their rock. Beyond having caught them at the Knitting Factory in Spokane, you can grab the album anywhere, or stream on Amazon Prime.



Buy! Sell! Trade!

FREE
on Partyline

Wed & Sat

8:30 - 9:30 a.m.

on

AM 1240 KCVL

Call 684-5031

Hwy 395 in Kettle Falls

509-738-2727

MeyersFallsMarket.com

Valentines Day
WINE SALE!

February 6th-11th

SAVE 10%
on all wines

Wine Tasting
February 17

4:30- ♡ Sample 3 wines ♡

6:30 Appetizers provided by

Sunny Pine Farm

Meyers Falls Market

"The Natural Choice"

Bad Mary Keeps on Burning

Reviewed by Michael Pickett

Somewhere between the Ramones, Green Day and vintage Blondie there is Bad Mary. Headquartered in Long Island, this band shows a spirit right in line with everything awesome that came out of the NYC club CBGB's punk incubator back in the day.

Sporting a blistering EP, *We Could Have Saved the World*, this old school punk quartet spits out the right blend of melody and monster stripped-down guitar rock over the course of six ballistic songs. The ferocious and fun "Marz Attaqz" is the perfect showcase for Bad Mary's high-velocity delivery and songwriting, with Amanda Mac's Chrissie-Hyn-de-on-steroids vocals leading the way.

The skull-slamming groove on "Trouble," laid down by Mike Staub (bass/vocals), Bill Mac (drums) and David Henderson (guitar), is phenomenal as Amanda Mac's vocals suddenly shoot up an octave. All in all, the songs

here are well-crafted, high-octane fun. Bad Mary has no problem finding perfect balance between mayhem and melodic sensibility.

If you grew up "wanting to be sedated" or feeling like an "American Idiot," this band is absolutely for you. Check out Bad Mary's *We Could Have Saved the World* EP (and their

other releases) at <http://badmary.com>.

Stream Pickett music free on Apple Music, Spotify, Rhapsody and Beats. Just search "Pickett magnetic feedback" and enjoy a whole album's worth of music!



Along the Mountain Path

By Sarah Kilpatrick, E.R.Y.T.

Aparigraha = the fifth of the Yamas in classical yoga. It means “noncovetiveness” or “not striving or grasping.”

Supta Baddha Konasana = Reclining Bound Angle Pose



Whenever I teach this pose, I am reminded of being in various workshops with senior teachers who say, “most of us don’t practice this enough!” Supta Baddha Konasana is the “queen” of recuperative poses, and is a balm for everything from jet lag to the common cold. It relaxes the hips and groins, cools the digestion by lifting the diaphragm off the stomach and liver, and is good for the urinary system. It relieves menstrual cramps, and opens the heart and lungs for full breath and deep relaxation.

When we approach any yoga pose, the first thing is to be clear in our intention. In Supta Baddha Konasana, our intention is to open the heart, lungs, belly, hips and groins, and to experience deep relaxation. Please notice that I said “open,” not “stretch.” This is not an active pose. The words we choose help to clarify our intention. This is a wonderful practice of Aparigraha.

To begin, you will need a bolster, three blankets, and a strap. (If you do not have a bolster, you can fold a couple of blankets into a firm rectangle, or even use the cushion from a chair or couch.)

Place the bolster on your mat, in a vertical position behind you. Place one of the blankets, folded to make a pillow for your head, at the top end of the bolster. Sit in Dandasana (staff pose) in front of the bolster, and bring the soles of your feet together, knees out, in baddha konasana. Your feet can be brought in close to the pubic bones, or taken out to make a diamond shape

with the legs. Press the outer edges of your feet together, and let the big toe side of the feet open like the pages of a book.

Take the strap and place it across the sacrum (not up on your kidneys!), taking the long ends of the strap across the tops of the thighs, near the hip joint. Take the buckle end of the strap under the balls of the feet, and buckle it up and tighten it so that it puts a firm but gentle pressure on the top of the thighs. Do not put the buckle on your flesh, and keep the strap smooth to make this very comfortable.

Now, take the other two blankets and fold or roll them to make firm supports for your thighs. The thighs are heavy, and we want to let them relax onto the props without pulling on the groin in an aggressive way, so place the blanket up at the top of the thighs, near the hips.

Ease yourself down onto the bolster, and place the pillow blanket so the firm edge just touches the tops of your shoulders. Make sure that you have come onto the bolster in your lumbar curve, and that the lower ribs are supported on the bolster. If there is any pinching in the lower back, lift your buttocks and tuck your tail toward your feet to lengthen the lower back. You can even lengthen the buttock flesh toward your feet.

Take the arms out in external rotation to open the chest. If this is too much stretch in the chest, or the arms pull uncomfortably on the shoulder joints, you can support the arms on folded blankets or cushions.

Close your eyes, letting your internal gaze go down to the openness of your heart and surrender into the props.

Stay in Supta Baddha Konasana for 10 to 20 minutes, letting your mind follow the simple rhythm of your breath. You will notice holding, which you can encourage to release upon exhalation, and you will notice letting go.

As you walk along the mountain path, remember to give yourself the gift of recuperative time, and clear intention. The practice of Aparigraha will support the peace of your journey.

Namaste

Sarah practices and teaches at Mt. Path Yoga studio, 818 E. Columbia Ave., in Colville.

KYRS
THIN AIR COMMUNITY RADIO
88.1 FM 92.3 FM

THINK GLOBALLY
LISTEN LOCALLY
KYRS ORG
thin air community radio
88.1 | 92.3 FM

**INDEPENDANT
LOCAL
MUSIC
AND
PERSPECTIVES**

423 W. 1st, Colville

www.floener.com

FLOENER
LICENSED • BONDED • INSURED



ELECTRIC
RESIDENTIAL • COMMERCIAL

- Service Changes
- Electrical Design
- Troubleshooting
- Voice/Data/Video
- Home Automation/Security
- Underground Cable & Fault Locating

Retail Sales

- Lighting
- Electric Heaters
- Sign Maintenance
- Poles & Overhead Wiring
- 36' Reach Bucket Truck

(509) 684-8353

WA Contr. #FLOENE*070N7

From the Soil

By Louanne Atherley

Now that the holiday season has passed and a good part of my freezer has been cleared out, I can see what is left. Black currants caught my eye. Last year was a great year for black currants but, when they came on, I was up to my ears in other things so I just bagged up the harvest and put it in the freezer.

Every year my garden teaches me patience, humility and detachment. There were three or four currant bushes on the west side of the abandoned homestead house we bought in the early '80s. We transferred them to the garden but they were mostly left to fend for themselves. They produced a bit of fruit each summer.

A few years ago, I began paying them more attention and have been rewarded for my efforts. I cleared out the grass around them, mulched, pruned, and put in a watering system. I always look forward to the scent of this early spring bloomer that greets me each year with a sweet perfume, plus brilliant red leaves in the fall. Last summer we harvested about a gallon.

Now what to do with them? We don't eat a lot of jelly, which is the first thing that comes to mind. Black currants, like apples, have a lot of natural pectin so they are a good choice for jelly. In years past I have put them in our morning cereal when the blueberries ran out, but we harvested more than enough to cover that base.

I have a fond memory involving our black currants. Our neighbor Steve called one day and said he'd shot a deer that morning and asked if we would be interested in helping him butcher it in exchange for half. That sounded like a pretty good offer so we spent the afternoon cutting and vacuum sealing in



our kitchen. When we came to the back strap, or tenderloin, we realized it was going to be impractical to share so we decided to eat it on the spot. We cut it into medallions. I seared them in butter and then removed the meat from the pan, threw in some shallot, rosemary and currants, deglazed the pan with red wine and poured that over the meat. Served with some French bread and a quick salad, it made a wonderful meal and maybe the best venison I've ever eaten.

Black currant (*Ribes nigrum*) is one of those fruits that is rich in vitamin C, phytochemicals and antioxidants. Long recognized for its medicinal qualities, the leaves, bark and roots were all used as traditional remedies and it was often found in monastery gardens. Both the leaves and fruit can be used as a dye.

Commercial currant farming was banned in the early 1900s when black currants were considered a threat to the logging industry. White pine blister rust alternates between two unrelated hosts, black currant and white pine. This fungus caused damage to forests when the fruit was first introduced into North America, where the native white pines had no genetic resistance to the disease. As a result, the black currant was, for most of the 20th century, restricted in parts of the United States. The effectiveness of these restrictions is questionable, since other *ribes* species native to North America also host the disease, but it probably explains why black currant is not more commonly found in backyard gardens.

Lately I noticed our local grocery store sells shrubs as a bottled, carbonated drink or undiluted as an ingredient for cocktails. Shrubs, basically fruit-infused vinegar, were very common in Colonial times and during the Temperance Era. Shrubs were also commonly drunk by sailors for their vitamin C content and were a great way to preserve fruit or use overripe or damaged fruit.

This Christmas I received four varieties of cocktail shrub: blueberry basil, blackberry cardamom vanilla, strawberry vanilla and raspberry almond. We don't drink cocktails that often but we have been enjoying them added to carbonated water. This inspired me to do a little experimenting with my frozen black currants.

I used about a cup of black currants, ½ tsp. dried rosemary, 1 tsp. grated fresh ginger, ¼ cup of sugar and 2 cups of apple cider vinegar. I mashed the fruit, heated the vinegar to just below boiling and added it to the other ingredients and let it sit in the refrigerator for several days. You can use just about any combination of fruit, sweetener and type of vinegar that appeals to your taste. Keep them refrigerated, just in case.

Chatting with Lauri, my acupuncturist, I discovered she had been experimenting with shrubs as well and she gave me several of hers to compare. Her flavors were apple spice, peach ginger, apricot vanilla and my favorite, cherry vanilla balsamic. I found the homemade shrubs pretty similar to the commercial ones, quite acidic and subtly fruity. If you are looking for a little spring tonic or something to spark up these last days of winter, you might want to give shrubs a try.

Louanne Atherley says, "I was born into a farming family and raised on a meat and potatoes diet, but exploring the diversity of foods from other cultures has been a lifelong passion."



N.E. Washington
Health Programs

Northport Community Health Center

Hours

Mon, Wed, & Fri
10 a.m.—5 p.m.
Tues & Thurs
8 a.m.—3 p.m.



Please Call for Women's
Health Dates

Phone: 509-732-4252

411 Summit, Northport, WA 99157

More Health Center Locations

Colville • Chewelah • Ione • Springdale • Loon Lake • Lake Spokane

Dental Locations: Colville • Springdale • Lake Spokane

Kettle River Community Health Center



Hours

Tues & Thurs
8 a.m.—5 p.m.

Please Call for Women's
Health Dates

Phone: 509-684-5521

141 Third Avenue, Orient, WA 99160

www.newhp.org

Writing Your Way Around the Block

By Linda Bond

Most writers have a short list of things that negatively impact their progress. These can be hurtful or discouraging, or act as barriers, and they can be temporary or long-term. Your list may be different, but I suspect it would include:

- severe critique or review of your work
- rejection slip from a publisher or agent
- need for major editing overhaul
- writer's block

Such negatives can stall our writing or even knock us out of the game for a while. In my experience, writers are often sensitive people. Consequently, outside influences can sneak up and bite us. And we writers know the negative reality of writer's block; but how do we deal with it?

While there's no one way for a writer to get under, over, past or around such barriers, with a little practice (and humble advice) you may be able to discover what works for you. Here are a few suggestions from someone who, herself, has been around the writer's block a few times.

Writing to Deadlines

One of the worst nightmares a regular contributor of articles or short stories can have is being unable to meet a publisher's deadline. For some writers, even the threat of this blockage keeps them from pursuing a freelance career. But one particular way around this problem is to prepare one or more emergency articles for submission in the event you become unable to write something new in time for the next issue. If you write to specific topical assignments, this may be more difficult. However, you can always run a couple of things past the publisher to get them pre-authorized.

Procrastination

Some of us (I include myself here) have an impediment when it comes to time. We like to spend time in the moment, which evidently does not include looking forward to deadlines. Whenever possible, set yourself an early deadline or two that you must meet on your way to the final product. By achieving the sub-deadlines, you'll feel more positive about getting to the last one.

No Deadline

As funny as it may sound, this may be the worst problem of all. Unless we feel driven to write, we may let time just slip by. There's always tomorrow, as Scarlett so iconically said in *Gone With the Wind*. Unfortunately, we may wake up

some day to find we have allowed a tremendous amount of time to blow by without any progress in our writing.

Content Blocks

Having trouble with a plot line? Maybe your characters have shown themselves to be shallow and drab, or maybe they are fickle and do something so out of character it stops the reader in his or her tracks. If you find yourself continually slipping into this kind of block, one way to move beyond it is to take the advice of masters who tell us to:

- have a basic, clear idea of the beginning, middle and end of your project.
- create characters ahead of time, each complete with a history, personality traits, a job, hobbies, etc.
- map out a basic plot line that can serve as a guide as you travel through the novel with your characters.

Especially for nonfiction writing (such as biography, history, nature), it is important to avoid overwriting. Going off on tangents can tangle our writing so badly that we ourselves get lost and have to backtrack. If we let the tangle get too

bad, we may give up on the project altogether.

Health Concerns

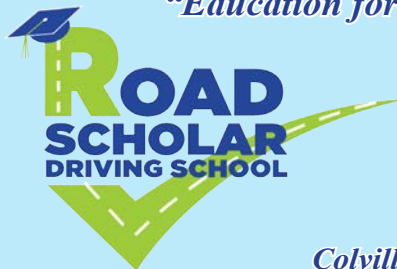
One of the areas often overlooked by writers in our quest for ongoing success is our state of health. If we are ill, we need to allow time for healing. We should try to get enough rest so we are not too fatigued to write well. And we need to maintain good brain health if we want to rely on the little grey cells to give us inspiration and clarity.

Resources

While there are numerous causes for writer's block, a little observation and research will help you define your own worst offenders. One reference I discovered is *Around the Writer's Block* by Rosanne Bane. If unavailable at your local bookstore, try ordering it or finding it at your library. And remember: Your own creative spark is your best resource. Just plan ahead, do your best, and come out smiling!

Linda Bond is cofounder and leader of the Inland Northwest Writers Guild and Outreach Coordinator at Auntie's Bookstore in Spokane, WA. Write to her at lindathewriter@gmail.com.

"Education for the Road Ahead"



- Driver Education Classes
- State Department of Licensing
Knowledge and Drive Testing
- Individual Instruction

Colville's locally owned driving school!

162 East 1st, Colville • (509) 684-3164 • www.roadscholardrivingschool.com



VINTAGE & ANTIQUES

101 W. LINCOLN
(509) 936-2824

CHEWELAH!

This Great Big Life

By Tina Tolliver Matney

Often it seems that those of us who live out here in the hills and valleys of northeastern Washington have been left behind in the dust of the latest technology breakthroughs that are offered up to the rest of the world.

I drove home from town one summer afternoon and saw that a cable was being laid down the shoulder of the highway and it appeared to be heading our way. I was giddy with joy as I anticipated a brand-new fiber optic world of internet so fast that my days of eating all my popcorn before the movie loaded would be over!

When I attempted to share my joy with friends and neighbors, I was met with cynically raised eyebrows. No one had “heard a word” about such a thing. “It ain’t happenin’ – not out here,” I was told by one of the more colorful locals. But I eagerly awaited the news and updates that would surely be arriving from whomever was laying this great cable to the north. I waited. And waited.

And then one morning, while sipping my coffee, I found an article that explained that the cable had crossed the bridge and traveled up over the mountain pass to another small town that isn’t so far off, but at that moment seemed worlds away. Lucky souls.

High speed internet would be nice but I wonder if it would really boost my work production. We’ve learned to take care of internet business and do downloads and updates in the wee hours of the morning, when internet usage is considered bonus time. We get by and we do just fine while the status meter hovers up in the corner of the screen, continually monitoring our usage like a stern parent, right down to the very last byte, before it turns red and reminds us that we shouldn’t have watched that YouTube video on how to fix the washing machine.

But the telephone is another matter entirely. Many of us rely on our telephones to keep in touch with family and far-away friends and neighbors. Some folks rely on them while doing business or working from home. I count on my phone to help

me coordinate efforts for wildlife rescue. There is no cell service here, so we rely on land lines with poles and wires above ground, a phenomenon that astounds the people who staff the “help line” of the telephone company.

One morning I noticed that one of the phone lines and what appeared to be an electrical line were sagging dangerously low to the ground. The power line was promptly rerouted. And by promptly, I mean the next day. The power company blamed a fallen tree. The tree faller blamed the wind. The phone company finally admitted that the pole was most likely rotten and had “tilted a little.” The line itself fell slowly, sagging a bit at first, then hitting tree branches, tangling in bushes and then finally making its way to the ground over the course of a couple of years.

The telephone actually worked during this time. Although there were moments of ear-splitting static, which I learned to use to my advantage. Nothing cuts off a tiresome conversation like a good crackling phone line.

I did call the phone company, several times, and was always assured that the line would be repaired promptly. By promptly they meant maybe never. It laid there until it became just another part of the forest floor that was covered in grass and pine needles. It was after I found a deer tangled in the line that I called again and finally spoke with a supervisor, who promised to “promptly” send out a repairman. By “promptly” she meant nine days.

He arrived one morning, very kind and courteous. He drove his truck through the field and was back on my doorstep practically before the dust settled. “Alright, I fixed it. It’s going to need a new line but it’s good for now,” he said. I was thrilled to have it taken care of.

The next morning I went for my usual walk



and cut over to admire the repairman’s quick handiwork. The line was indeed back up over my head ... until it wasn’t. Until it dove right back down to shoulder level and then waist level as I walked along and came to the end point. And that is when I found it taped and zip-tied to a pine tree.

I looked around, wondering if anyone was watching, wondering if maybe it was a joke. But it wasn’t, it was just me and the trees. Maybe the deer was watching. The vision of the cable being laid down the shoulder of the highway and up over the mountain came to me as I stood there and realized that this was likely as close as I would come to a technological telephone breakthrough in my lifetime. Right there. Taped to a pine tree.

I did make one more phone call on the matter. Between bouts of laughter and disbelief the supervisor once again assured me that she would make sure the line would be promptly secured overhead to a new upright pole. And by promptly she meant some day next spring.

Tina is a mother, grandmother, artist, rescuer of owls, eagles, hawks and other wild creatures, children’s book illustrator, gardener and hobby farmer who makes her home on the Kettle River. Write her at grandmamatina@gmail.com and check out the Kettle River Raptor Center on Facebook.

All Natural Ingredients!



509-738-3166 • 509-675-9132
430 S Meyers St., Kettle Falls
UPHAUSBAKERY.COM 
Tue - Fri: 7 am - 5 pm • Open Sat in Spring



WHITE LAKE
PICTURE FRAMING

Pam Milliette, CPF
Please call for an appointment!
Quick turn-around time!

571 White Lake Way, Colville
675-5675 684-1694
www.whitelakepictureframing.net



REMEMBER YOUR VALENTINE!

Happy's Gift Shop
173 S. Main • Colville • 509-684-3350
happysgiftshop.com



By Alex Panagotacos

Waffle is a Bernese Mountain Dog training to be a therapy animal at Rural Resources Victim Services and Kids First Children's Advocacy Center in Colville.

This has got to be my favorite time of year. I love the snow so much! As you may already know, my ancestors are from Switzerland. Bernese Mountain Dogs were bred to be a hardy farm animal that could handle the cold weather. So this time of year is my cup of tea. When it's cold enough for your pipes to freeze, I'm at my happiest!

This weather isn't great for all critters, though, humans included. For instance, right here in our community, there are people who struggle to stay warm. I especially worry about the kiddos. During cold months I make sure to give extra warm hugs to all the children who visit Rural Resources Victim Services.

It is a sad reality that sometimes families who have experienced trauma are also having trouble fulfilling their basic needs. Rural Resources and area churches work hard to help. Other groups help our community thrive, too.

The Northeast Washington Association of Realtors donated nearly 100 backpacks for kids this year. These packs are filled with essential items such as toothpaste, tooth brushes, shampoo, and cozy blankets. These packs also provide a sense of comfort during a really tough time. When a family is fleeing a violent home, for instance, they often leave behind a lot. Thanks to the Northeast Washington Association of Realtors, victim advocates are able to provide some self-care items to these children. It warms my heart to know that these kiddos go home with a snugly blanket.

We have seen so much generosity this holiday season. Sometimes people stop in and give us art supplies for children to use. Many bought Waffle Memory Games to support my training program. Community members donate money

Waffle Watch



and gift cards. To all of you, thank you! We could not provide the breadth of services to survivors of violence without your help.

For more information on Waffle and the work of Rural Resources Victim Services and Kids First

Children's Advocacy Center, visit them on Facebook (@RuralVictimHelp) or call 24 hours a day 1-844-509-SAFE(7233). Rural Resources Victim Services provides support to survivors of violence and crime in Ferry and Stevens Counties. Services are confidential and free.



Check out our LARGE selection of used tires!

434 S MAIN ST, COLVILLE
509-684-3762
MON - FRI: 7:30 - 6 SAT: 7:30 - 5

Don't Trust Just Anyone For That Once-In-A-Lifetime Investment

Call "The Water Professionals!"



- Water Well Drilling
- Pump Systems
- Water Treatment
- Full Service Store
- Hydrofracturing
- Geothermal Heat Loop Systems

www.foglepump.com

Serving Northeast Washington Since 1981

Lic. #FOGLEPS095L4

A+ BBB Rating

MEMBER  Water Quality ASSOCIATION

COLVILLE	REPUBLIC	SPOKANE
509-684-2569	509-775-2878	509-244-0846
1-800-533-6518	1-888-845-3500	1-888-343-9355

What's Happening... Continued from page 17

The Greater Springdale/Loon Lake Chamber of Commerce meeting is the first Thursday of the month at 11 am at the Stevens County Fire Protection District 1, Station #7, 52 West Aspen in Springdale. **The Chewelah Chamber of Commerce Weekly Meeting** is at 7 am at the Chewelah Casino, 2555 Smith Road south of Chewelah off Hwy. 395. **The Colville Chamber of Commerce meeting** every Tuesday at noon at the Eagles Lodge 608 N Wynne Street. Check the website for schedule of events www.colville.com. **The Kettle Falls Chamber of Commerce** meets on the third Thursday of each month. For info, call 509-738-2300 or visit <http://www.kettle-falls.com>. **The Northport Chamber of Commerce** meets the fourth Tuesday of each month at 7 pm at the Northport City Hall, 315 Summit Ave in Northport.

Full Gospel Business Men's Fellowship in America (Colville Chapter) meets on the 3rd Thursday of each month at the Stevens County Ambulance & Training Center in Colville. Call 509-684-6144 for more info.

The Panorama Gem and Mineral Club meets the third Tuesday of each month at the Arden Community Center at 7 pm. Our website is www.PanoramaGem.com.

The Stevens County Veteran's Information and Referral Line is available Mondays, Wednesdays, and Fridays (except holidays) from 9 am to 3 pm. Call 509-685-AVET (2838) for more info.

The NE WA Amateur Radio Club meets the first Saturday at 11 am in the Abundant Life Fellowship, E. 2nd & Clay (basement).

Girl Scouts is more than just cookies and camp! Activities for girls ranging from ages 4-17 and adults from ages 18-100. For information, call Debbie at 1-800-827-9478 ext. 246.

Looking for breastfeeding support? Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, crtsl11@gmail.com, or on Facebook, "La Leche League of Colville."

Give a Preschooler a Head Start: Call 509-684-8421 or 877-219-5542. Head Start and ECEAP are programs of Rural Resources.

Child Advocates Needed: Join Stevens County Court Appointed Special Advocates (CASA) investigating child abuse and speaking up for a child's best interest in court. All training is provided. Call 509-685-0673.

Foster Parent Care Givers Needed: Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Contact Fostering WA at 509-675-8888 or 1-888-KIDS-414.

PFLAG: Parents, Families, Friends and Allies United with LGBTQ meets in the lower level of First Congregational United Church of Christ, 205 N. Maple, Colville, the last Tuesday, 6:30 - 8 pm. Call 509-685-0448 or email info@newapflag.org for more info.

MORE LISTINGS & DETAILS AT NCMONTHLY.COM

58% OFF LIST PRICE

Stop by our KraftMaid Cabinetry showroom at Haney Lumber & Supply to experience all we have to offer.

- * Free design service and quotes.
- * Delivery available.
- * Appointments Welcome!

Haney Lumber & Supply Inc.
1101 N Highway
Colville, WA 99114
509-684-2150
haneylumber@plix.com



For inspirational ideas visit kraftmaid.com

For a kitchen so personal, it could only belong to you.



AUTHORIZED DEALER

KraftMaid
Cabinetry

Since 1984
CAREY'S AUTO BODY INC

Collision Repair Specialists

Call Us Today to:

- Arrange for a tow truck
- Write your estimates for repairs
- Get through the insurance process
- Schedule your repairs
- Set up a loaner or rental car
- Provide a written warranty

DuPont Lifetime Refinish Warranty

684-2587
1101 S. Main St. • Colville



A Year On the Farm: Pruning Fruit Trees

By Michelle Lancaster

In 2012 my husband and I moved home to Washington state to a farm with an established orchard. At first we were overwhelmed with apples, pears and cherries – trying to find ways to use them up. Since then, we have planted more trees, learned picking and processing methods, and are quite excited to learn more. One area of knowledge I really needed to buff up on was pruning.

Were there any definite rules? *Would I kill a tree by making one wrong cut?* Pruning seems to be a lost art, a subject not many truly know or understand. I studied several online articles, wrote out a few rules to remember, and consulted with my dad – the person who has up until now always pruned the trees for us. Learning the basic principles of pruning a fruit tree provided me with a much better understanding of the reasons for pruning. The knowledge is satisfying, knowing there will be tasty fruits next fall as a result of my labor this late winter.

Pruning shapes a tree to stimulate fruit-bearing wood, promote strong branches and allow for an open structure providing good air flow and sunlight to all the branches.

Fruit trees are usually shaped into one of three styles: vase/goblet, central leader, or modified central leader. I picture an ideal fruit tree as having a similar shape as the symmetrical veining on a leaf: One main vein (“trunk”) with smaller veins (“limbs”) and then tiny veins (“branches”) at uniform intervals. With a few basic tools for pruning (a ladder plus sharpened hand pruners, loppers, and small saw) anyone can learn to trim a fruit tree – and maybe even learn to enjoy it!

My dad’s advice is to cut out everything you know you do not want, then look at the tree to see how to shape it from there. Branches should be removed just past the collar where the branch is attached. Headed (shortened) branches should be removed at an angle just past a bud facing the direction you want the branch to grow in the future. Online sources give further clarification

on “what it is you do not want”:

First, cut out DEAD, DISEASED, DYING, AND DAMAGED. An example: During some years, one of our trees has a small case of fire-blight (a blight that kills a branch, making it look black/charred). In those years, we should cut beyond the blight, burn the diseased wood, and disinfect the cutting device. A good practice is to disinfect tools with isopropyl alcohol between each tree use.

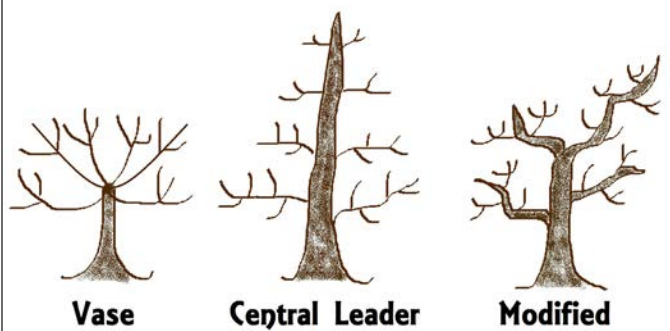
Second, eliminate branches that are CROSSED, CLUSTERED or have ACUTE ANGLES. If branches cross or are too crowded, the fruit that grows in that area may touch other fruit or wood, promoting disease and pest infestation. Branches growing at a sharp angle from the trunk (think Y compared to T) are more likely to break when heavily loaded with fruit. Remove branches that grow 45 degrees or less from the trunk. Young tree branches can be clothes-pinned or weighted temporarily to broaden the angle of a branch.

Third, remove INWARD or DOWNWARD growth. Inward-growing branches block sunlight and reduce air flow, thus promoting disease. Locals know that deer prefer short branches – so prune branches to grow upward unless you want to provide deer with an easy snack.

Now that the worst of the tree is pruned away, review the shape of the tree and finish by thinning to create a balanced tree. Old or neglected trees may take years to re-shape.

Keep in mind: A tree’s lowest branches will always stay at the level of the first layer of branches, so you want that first level to be at least two

Main Styles of Pruning



feet up the trunk, or higher if you plan to mow or walk under the trees a lot.

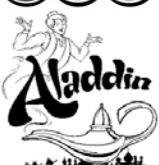
When a tree is first planted, one important step is to plant above the graft line (don’t bury the tree below the graft point or the rootstock may send out unproductive branches). Also, keep in mind some trees have branch grafts, which allows one tree to grow several varieties. Don’t cut those off!

Mature trees can be fully pruned during dormant season (preferably late winter, cool weather but not freezing) but young trees may need some summer pruning in addition.

A rule of thumb is to remove one third of growth each year in order to promote fruiting and proper shaping. Learn to observe what is growth wood (smooth, usually growing straight up) and what is fruiting wood (shorter, gnarled branches that bear fruit).

After pruning, trimmed branches can be repurposed as kindling, chipped for mulch, or twisted into wreaths. Oh, and do not worry about making a fatal cut – trees are resilient and they will grow more branches.

Michelle Lancaster homesteads with her family on Old Dominion Mountain in Colville. She writes at Spiritedrose.wordpress.com.



Aladdin

Presented by: Missoula Children's Theater, CPPA, and the Vincent Fund
 Auditions: Feb 27, 3:15 for Students K-12
 Colville High School Auditorium

Shows: Sat. Mar 4, 2 pm & 4:30 pm
Tickets: \$6 adult and \$3 students
 For info: Call Pam Floener 509-680-2997

Addy Second Hand
Open Mon. - Sat.
10 - 5:30

Check us out on
Facebook.com/
addy2ndhand to view
our inventory!

935-4619
1383 Hwy. 395 S.

Pro Bodyworks

The Spa

VALENTINE SPECIALS!

MY TRUE LOVE

90 min Massage & Face Treatment: \$110

PASSION FOR CHOCOLATE

Choc. Mud Body Wrap w/ Choc. Strawberry Facial: \$90

MY LOVELY NAILS w/ TAYLOR PRATT

New Full Set of Acrylics: \$30 ~ Fill: \$20

Gift Certificates Available!

524 S Main Colville 509-684-1420

25TH ANNIVERSARY ROARING 20's SWEETHEART BALL

BY HABITAT FOR HUMANITY

DINNER

SILENT AUCTION

NO HOST BAR

TICKETS: \$25/PERSON \$35/COUPLE

TICKETS AVAILABLE AT HABITAT STORE, MEYERS FALLS MARKET, CHEWELAH CHAMBER OF COMMERCE

FEBRUARY 17TH, 2017
COLVILLE AG-TRADE CENTER 6-9PM