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— WHERE AND HOW WE LIVE —



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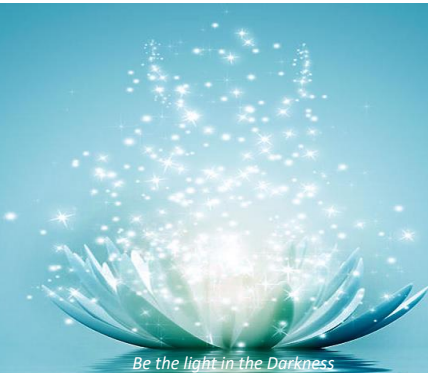
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# VOICE OF THE ELECTORATE

~ JOHN ODELL, WORDS OF WORDS



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Sunset from Colville Mountain.  
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## NOVEMBER 2016

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by P. J. Barry



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# From the Publisher's Desk...

By Gabriel Cruden

I believe in storytelling as a vehicle for transmitting ideas; for fostering a sense of kinship; association and collective identity; for celebrating achievement and survival; for the purpose of historical and cultural connectivity; for entertainment; for growing as individuals; and for meaning making. As we each walk our path in life, in our own ways, we tell stories, to others and ourselves. We take in the stories of others. We *are* stories.

More than a year ago, in choosing to take on the honor and responsibility of carrying forward this publication as the new owner, I

became a community curator of stories. The perspective and intention I bring to this role is something I have shared in the past and shall, as with all important stories, repeat.

In telling stories that inform, illuminate, educate, explore, encourage and celebrate, it is my hope and intention that readers will learn, be entertained, make connections, build bridges, strive for peaceful solutions to strife and difference and think deeply.

I believe in giving preference to what is good and right in community and to encouraging these things to proliferate and

be celebrated as the norm. That doesn't mean shying away from difficulty. It means not flushing energy down the drain of unproductive negativity. It means marshaling our creativity, our passions, our collective intelligence, our determination, our vision, and our care for ourselves, our families and neighbors and the places we call home, and doing, not just good things, but great things.

This is what the *North Columbia Monthly* is about and is continuing to become. As noted in the ad on the facing page, I invite anyone who is interested in participating in this storytelling journey, to get in touch with me. This is a unique opportunity to share and explore ideas. A place to inspire community conversation and self-reflection. A way to discover and remember our history. A context for gaining new perspective and appreciation for this place we live and share.

Here is a list of possible topics of interest:

- Food / Recipes
- Gardening / Landscaping
- Agriculture / Farmer's markets
- Animals as companions / Therapy animals
- Health / Yoga / Exercise
- Sightseeing / Tourism
- Wildlife watching / Outdoor recreation
- History / Natural history / Native history
- Indigenous cultures
- Community design / Community development
- Business development / Entrepreneurship
- Home building / Architecture
- Family support / Resources
- Social science
- Humor
- Neuroscience
- Education
- Technology / Robotics
- Invention
- Math / Theory / Science
- Arts (fine, performing, folk, old world)
- Literature / Music / Film
- Festivals
- Civic groups / Events
- Causes for good / Charity / Grants

Some of these topics are already represented in the *Monthly*, but that doesn't preclude other voices from offering content on the same subject matter – in fact, that is encouraged.

Thank you for reading and for your continued feedback and participation in our collective story. Let's make it a good one.

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# Random Acts of Community

*"The most powerful antidote to the world's evils is the world's heroes."*

*~ Philip G. Zimbardo, PhD*

*"Stand up. Speak out. Change the world."*

*~ The Heroic Imagination Project*

*By Christine Wilson*

There's a lot of cynicism and negativity mucking up our lives these days, not just internationally but locally as well. Hopefully more influential is the powerful force of positive action. Dr. Philip Zimbardo knows a little bit about the polarity of those two forces.

He set up the Stanford Prison Experiment in 1971, which simulated a prison, with the roles of guards and prisoners being played out by students. The subjects had been seriously vetted and it was just supposed to be a little Navy research on the psychological effects of being a guard or a prisoner. The role-playing guards became so brutal, the prisoners so destabilized, and Zimbardo himself so lost in what he later called his role as warden, that he stopped the research early.

He has devoted his life to understanding the circumstances of unmonitored "power over" and whether there are evil people versus situations that create the opportunity to become evil. His observations have shown that anybody can make positive choices and anyone can make evil ones. Confirming this, he studied the Iraq war Abu Ghraib prison and found that the soldiers were told they could do whatever they wanted to and were then not monitored for long periods of time.

As a result of his work, Dr. Zimbardo has developed programs that promote what he calls heroic behavior in ordinary people. His work shows that it is a mistake to think heroism is a special quality of unique people, such as Wonder Woman or Superman or someone other than you. We each are "heroes in waiting," he says. The Imagination Project was developed to teach children how to become those heroes.

In Calabria in the south of Italy, a local mafia relies heavily on "protection money" it exacts from the local farmers. If the farmers don't pay, they are terrorized into giving in. However, some organic farmers have joined together to support each other in standing up to organized crime. This group calls themselves GOEL Bio and they are succeeding. After an organic olive farmer had 13 of his trees cut down as punishment for refusing to pay, he planted 26 in their place. The strength and courage they show together are extraordinary but come from the core of ordinary people.

The three factors Zimbardo has found that interfere with heroic action are conformity, obedience, and the bystander effect. There is

nothing wrong with conforming to social norms and obeying rules. I've explained to so many people about the fruit trees on our property being privately owned that I'm considering posting a sign stating "Teaching young people to be polite since 1991." The problem comes when conformity and obedience slide into rigidity and a distrust of one's own judgment. The bystander effect is a heavily researched phenomenon that has shown that the more bystanders there are, the less likely people are to intervene when something untoward is happening. Those three factors in combination can lead to terrible results.

Dr. Zimbardo has been thinking about what it takes to be a hero since his then-girlfriend threatened to break up with him if he didn't stop the Stanford Prison Experiment. It was her heroism that helped him fully see his role as warden. The latest work he has focused on is called "heroic imagination." The two core principles of heroism are:

1. Heroes act when others are passive.
2. Heroes act sociocentrically, not egocentrically.

They don't worry about what other people think, they take action, and they focus on the good of others, not on their own ego protection. Apparently, they also don't brag about their efforts. It is often true that, when interviewed, ordinary people who do extraordinary things say that anyone in their position would do the same.

The imagination project recommends we find heroic stories and repeat them often to each other. They are physically and emotionally satisfying to pass on and leave a more hopeful feeling than the miserable recitations that are so easy to keep going. Bad news travels around the

world twice before good news gets out of bed.

Dr. Zimbardo recommends that we be "waiting for the right situation to come along, to put heroic imagination into action. Because it may only happen once in your life, and when you pass it by you'll always know 'I could have been a hero and I let it pass me by.' So the point is thinking it and then doing it." He says you don't have to fight to be a hero; you can be a peace hero. And anyone can foster that in themselves.

When Mahatma Gandhi was shot, as he lay dying, he repeated his name for God. He had chanted it so much in his life, he just slipped into saying it. He didn't yell, shame others, or act shocked; he just chanted. He did that because it was second nature to him. We get good at what we practice. So, if we practice thinking in terms of creating a more positive community, then we get good at that.

We recently finished streaming a show called *Once Upon a Time*. The end of the fifth season got pretty dark and the characters had snuck into the underworld to rescue a friend. The underworld was full of people with "unfinished business" who had not achieved some expectations they had for themselves while they were alive. Usually it had to do with not mustering up the courage they needed to help someone else. These travelers kept helping people complete their tasks so the people could go to "a better place." The lord of the underworld was furious because, he said, they were bringing the one thing that was contraband in the underworld: hope. Hope was ruining his plans of keeping people stuck there.

What's not to love about that metaphor! And, to stand up to bullies, to move into a more compassionate place toward others, or to even just get off the couch and do something for your community, hope is a necessary component. It is best developed when you surround yourself with other hopeful people.

*Christine Wilson is a psychotherapist in private practice in Colville and can be reached at [christineallenwilson@gmail.com](mailto:christineallenwilson@gmail.com) or 509-690-0715.*



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# Why It's Impossible to See Your Doctor When You Want To

By Dr. Barry Bacon, MD

I was casually inspecting broccoli in the produce aisle when a patient approached me. "Why is it so hard to get in to see you?" she asked.

Where do I start? Working as a rural family doctor has become an impossible task. It is also one of the most rewarding things that I can imagine doing with my life. Which is why some of us older practitioners are still hanging on, hoping that things will improve. Current trends tell us that if things don't change, we will continue to move from bad to worse.

For some, seeing a doctor is something that they just never do. But for many, having a relationship with someone they know and trust in their community who helps them through a difficult episode in their lives, or through a lifetime of suffering, is extremely important. People share with me their deepest suffering, their greatest joys, their moments of doubt, their pinnacles of triumph. I am privileged to walk through such moments with people who call me their doctor. I know that I speak for my colleagues who share

this same sentiment.

The question remains, however, if we love our jobs so much, why are we feeling overwhelmed, trying to cram a few more patients into our overcrowded schedules, and why can't we find new people to come alongside us to take our places as we age into retirement? Let me give you my perspective, and that of a young physician who thinks about such things as well.

A usual work day for me is 12 hours. I typically start at 7 a.m. and don't get home until after 7 p.m. I often add patients on my days off, see patients at the hospital in the mornings prior to going to the clinic, and deliver babies in my "free" time. But somehow it seems harder than it used to be. Is it that we were getting older? Maybe. But I think there are other factors at work.

We are overwhelmed by paperwork. A recent *Forbes* article estimates that two-thirds of a doctor's time is spent in paperwork – even while we are seeing patients. My nurse's time is consumed as well by authorizations for medicines. It's costly, it takes my nurse away from doing what she loves, it reduces her job satisfaction, it drives up the

cost of medical care, I can't see as many patients without her help, and it adds no value or benefit to anyone except it arguably saves the insurance company some money on drug costs.

Electronic medical records take more time as well. We are on the computer with every patient encounter, and not all doctors are good with a keyboard. Who would have thought that the most important class of my entire medical career was the ninth grade typing class I took on a whim? (Although, being the sole male in a class of beautiful ninth grade girls had its advantages.)

Then there is something called meaningful use, which has to do with clicking the right buttons in the computer program to get credit for certain specific tasks that a bureaucrat somewhere decided made for better medical care. I have become to a great degree the coder, the biller and the transcriptionist. It seems like a good idea, but it's not. The things I used to delegate to others, I am now doing, and I'm not an expert on any of it. I'm a good doctor, but I don't know much about coding and billing or clicking boxes. It slows me down from seeing the patients who are clamoring to get



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# Life Matters

in to see me, and I know it is the same for my colleagues elsewhere.

Because people can't get in to see their primary care doctors, emergency room visits are at an all-time high. People have to make tough decisions. I feel their angst, but I can't fix our broken system. Being a mere mortal has its limitations.

We are slowed and hampered by the systems that are touted to improve patient care or safety or save money. I don't think they do any of those things. And it gets worse.

There are medical wars in nearby cities, wrestling matches between competing hospital systems that fight over market share, profit margin, and payer mix, grappling over the paying customers, and leaving the poor in the shadows, silently watching, wondering how it has come to this.

What's frustrating from a doctor's point of view, besides the poor being left on the sidelines, is that trying to recruit new rural doctors in such an environment is nearly impossible. New doctors don't want to practice in such a conflict zone. Young doctors find themselves being heavily recruited to stay and work in urgent care clinics or hospitalist positions, propping up hospitals and institutions rather than serving people in under-served areas like they dreamed of doing. The offers they receive for working three 12-hour shifts in an urgent care center in a big city are embarrassing to someone like me who has worked in family medicine for the past 29 years. None of us in rural areas can compete with the salary packages the big guys can offer, especially when we serve poor people. For those looking primarily at salary and benefits packages, we rural doctors are a laughingstock.

The only way we can get anyone's attention is to compete differently. We have to beat the bushes to find those altruistic individuals who still hold to their dreams. They look at our offer, they look at their student debt, they swallow hard, and maybe they are willing to jump in with us.

One of the most effective strategies to retain rural doctors is to train doctors in rural environments. The family medicine residency program in Colville, first developed by Northeast Washington Medical Group (the first such model in the country), and inherited by Providence Mt. Carmel Hospital, is one of the greatest assets that we have to ensure the future of healthcare in north-east Washington. Its expansion to two physicians per year is just beginning this year. I think it is a very positive development. The track record for such programs is far different from that of programs anchored in big cities. Doctors trained in rural places stay in rural places, by and large.

The following is part of a short article my daughter Allison, also a family doctor, wrote as she reflected on the top-heavy medical system we have inherited. I think it speaks for itself.

*The American Association of Medical Colleges has announced significant changes to the MCAT, or Medical College Admission Test, a standardized, computerized assessment designed to aid in selection of the most apt and appropriate candidates for acceptance to medical school.*

*The new MCAT will assess the Pre-Med's ability not only to complete medical instruction, but to withstand the rigors of a 40-year career in primary care.*

*Below are sample questions released by the AAMC, all of which are in essay format.*

*1) On a scale of 1-10, how much more fulfilling do you expect the practice of medicine to be than the summer you spent as a research assistant repeatedly cutting the heads off of mice?*

*2) Much has been written on the subject of work-life balance, both within and outside the field of medicine. Please discuss your plans for balancing work and home life, referencing classical Newtonian physics, or Quantum Theory, but not both.*

*3) Given  $c/d=x$ , if  $c = \$500,000$  (the average salary of an orthopedic surgeon), and  $d = \$189,000$  (the average salary of a family physician or a pediatrician), solve for  $x$ .*

*Then, using as many expletives as are necessary, write a letter to Congress asking why the \*%\*%\*#? this is acceptable given a projected shortage of 20,000 primary care physicians by the year 2020.*

*Alternatively: Give an economic analysis of the effects of the intersection of capitalism and health care with regard to health outcomes. Compare specifically: per capita health care spending vs. quality, equity and all-cause mortality in at least seven developed nations including the United States.*

*4) Are you prepared to contribute to the continued dependence of millions of Americans on opioids? Please consider, in your response, the extent to which the war on drugs has contributed to the Taliban's rise to power and the subsequent human rights violations.*

*5) Please weigh in on the topic of physician burnout. Include references to Albert Schweitzer, David Livingstone, and Mother Teresa.*

*6) Considering the human cost in developing nations participating in dangerous mining of rare earth metals used in smartphones, have more lives been lost or saved by the widespread implementation of electronic health records? Explain your answer. Also, please list three proposed neologisms to describe homicidal ideation toward computers.*

*7) Vivian is 23 and pregnant. She is not eligible for insurance because she was born in Mexico. She*



*receives no prenatal care and suffers complications in childbirth as a result.*

*Examine the ethics of withholding medical care from anyone, regardless of place of birth, income status, race or tribe.*

*Include crayon drawings of international borders within the North American continent over the past 600 years, and at least three lines from the Hippocratic Oath.*

*8) Name another career that can break your heart, exhaust your soul, take you to the edges of life and death and restore your faith in humanity all in the same week.*

You get the idea. She is expressing the conundrum that we family doctors embrace. A deep, compassionate love for our patients and our work, juxtaposed against a deep, passionate disdain for what has been lost in our broken healthcare system where gluttons are lining their pockets and many are left out on the sidelines. (Hint: Look at the salary packages of the CEOs of large hospital systems and ask yourself why they need to be paid like professional athletes or rock stars. Or, ask yourself why rock stars need to be paid like professional athletes, and vice versa.)

To be human, to be American, is sufficient in my book to warrant entry to healthcare. It is why I continue to do what I do. In my quest to leave no one out, I just pray that I don't burn out, and better yet, that I recruit others who want to do what I love doing.

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.

## How Change Came to the Medicine Tree

By Eileen Delehanty Pearkes

Each autumn, the mountains and valleys of the North Columbia Country put on a spectacle. Amid the evergreen spires, the leaves of cottonwood, birch, vine maple and other deciduous trees shout out their last days, fluttering many flat, leafy suns across the descending light. Set off against the verdant conifer towers, the gilded song of the broad leaves always stirs my heart. As the gold drifts to the ground, the air grows colder, the days shorter. It's about then that the final verse of autumn's song strikes a resounding note for its latecomer, *Larix occidentalis*, the western larch.

The needled larch is a peculiar sort of tree, part-conifer like the evergreens, part-deciduous like the birch, maple and cottonwood. While our region's evergreen trees always grow a few new needles each spring and shed a small portion in their own annual cycle of growth, they don't shed *all* of their vegetation every year. The larch does.

During my first autumn in the upper Columbia region nearly a quarter-century ago, I thought all the conifers lighting up the hillsides in mid-October must be dying. They had the shape and form of the evergreen fir, pine and cedar. So why were they all turning color? I watched as their needles transformed from bright gold to burnished copper, then fell to the ground along with the autumn rain.

In 1969, a member of the upper Smilkameen River tribe, Pierre John, described the larch to a cultural researcher as a medicine tree. A resident of the river valley north and west of Oroville, Washington, Pierre John had lived all his life watching the larch spires turn color, die, and then come magically back to life. As the story goes: Coyote, the great Transformer of the Interior Plateau culture, turned a people-eating monster into a more helpful and healthful being. Through Coyote's magic, the threatening monster became a tree known for its healing gifts.

For millennia, the bark, branches and needles of the larch have been used by tribal people to make a general health tonic and treat ulcers, chest infections, breast cancer and throat trouble.

Perhaps only Coyote could have gifted the tree with such a striking ability to change and a reminder that anything is possible. Every living thing finds its niche, drawing on natural abilities and strengths to occupy a place, whether a forest, an aquatic system or a human community. We all have different capacity, too. The lives of all beings express transformation in small or large ways.

In general, evergreens are equipped to survive more rugged conditions due to their narrow needles, whose smaller surface area results in a slower and more deliberate processing of carbon, water and sunlight to make nitrogen (food) for their growth. They may not process nearly as efficiently as the broad-leaf trees, but they are often more



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successful in colder or less nutrient-rich landscapes. They resist insect damage, hold or shed deep snows with grace, and tough their way through drought.

The larch combines both the rugged food cycle of a needled tree with the more efficient and exuberant seasonal growth of deciduous trees. After it sheds its needles, it stores the pulse of sugars deep in its branch-heart during the dormant season. The bare branches shed snow even more effectively than the other conifers do.

In spring, the branches burst forth with thousands of new needles. This energetic spring flush once again sharply distinguishes the larch from its conifer cousins in April. By mid-summer, when the other evergreens have slowed their carbon cycle in response to dry conditions, the larch continues to draw on both stored and recently manufactured sugar with those fresh, feathery-soft needles. Uniquely adapted to dry conditions, Coyote's gift processes carbon with enthusiasm right up to the mid-autumn shift of light and temperature.

At that point – this month, in fact – the larch food-cycle shuts down and the tree sends its needles to the ground. According to the Arrow Lakes (Sinixt) people, any female bear still out wandering about late in the season whose back is struck by the falling

needles carries a greater risk for miscarrying her cub. We two-legged beings are familiar with the need to reach for scarves, hats and woolen socks about the time of the annual larch-needle-fall.

The tree's adaptation has supported and shaped the larch to be what forest ecologists call a pioneer species, one that moves in effectively after a fire, or spreads into new habitats as these open up. If and when insects or disease strike a tree, its resilient structure allows it to sprout new needles quickly and makes it more rigorous in the face of the kind of attacks that have killed white pine (blister rust) or lodgepole and ponderosa (pine beetle).

The only great test to the survival of a larch tree is shade, but the tree turns this weakness easily into a strength. In its urgent quest for the sun, a seedling larch grows fast, straight

and true. All the good medicine stored in this remarkable tree may contribute to its fine posture.

As I have come to know and admire this wonderful western conifer, I have learned to enjoy its winter shape and form almost as much as the golden spectacle. My eyes trace the delicate branch network of the bare-limbed larch, reminiscent of a dancer's arabesque. This ballerina elegance is rooted in the ability to survive just about anything the shifting climate of the upper Columbia region can offer up.

*Eileen Delehanty Pearkes lives in Nelson, B.C. Her book on the Columbia River Treat, A River Captured, will be released by Rocky Mountain Books in November, 2016. For more of her explorations of the western landscape, visit [www.edpearkes.com](http://www.edpearkes.com).*

## EAVESDROPS What people have written about the north Columbia region

*"Into all this water come salmon, wave after wave, run after run. Two centuries ago the numbers were astonishing: in a good year, sixteen million of those magnificent fish entered the river, forging ahead with an inner mandate to find the waters where life began."*

By William D. Layman,  
author of *River of Memory:  
The Everlasting Columbia*



# Another Kind of Trapper and Explorer

By Jack Nisbet

If you take a group of kids out for a late-summer mountain ramble, sooner or later some explorers among them will come panting back to the main group with wildflowers to look at. And if you're in the right place, someone will find a singular blue blossom that seems to top them all among the rugged scree slopes of the taller peaks. The prize here is an alpine gentian that goes by many different common names, including mountain gentian, mountain bog gentian, Mount Rainier pleated gentian, or explorer's gentian, *Gentiana calycosa*.

This little plant barely peeks above the surrounding vegetation, so it's always a surprise to come upon a clump of them. Several stems with opposite leaves will rise from a common base, and fresh closed buds appear dark purple from a distance. When open, the five rounded petals display a spectrum of deep blue shades that vary from place to place. A strange tiny fork, shaped like a trident, separates each petal from its mates. The petals are rendered even more beautiful by a scattering of fine greenish-yellow flecks on their insides – dots that form into dense patterns as they approach the nectar-rich interior of the flower. These dots, in fact, are pathways to lead bumblebees inside the

cup in order to pollinate the plant.

Explorer gentians and their many cousins make up an astonishingly widespread group, with representatives on all six populated continents. Asia is especially rich in numbers, with China claiming over 300 different species, and taxonomists worldwide spend a lot of time arranging and rearranging gentian names and relationships.

Gentian colors are almost always flashy, but also range all over the place. There are lots of red-hued gentians in the Southern Hemisphere, with a concentration of white flowers in New Zealand. Many in the upper reaches of the Northern Hemisphere are blue, like our explorer's gentian. Europe's most famous example, however, comes in bright yellow – *Gentiana lutea*, whose range extends from Spain and Portugal east all the way around the Mediterranean to the Balkans. That is where the ancient kingdom of Illyria was located.

According to Roman scribes, their armies defeated Gentius, the last king of Illyria, in present-day Albania in the year 168 BC. Gentius was captured and brought back to Rome, where he soon passed away, but not without a king's legacy: at least two different Roman writers claim that it was Gentius who discovered medicinal values in yellow gen-

tian. The plant named after him has been utilized extensively in Europe ever since.

The real story is probably not so magical. Natural medicine in all cultures has long been based on essential qualities in plants. "Bitter" is always included among the categories, and all parts of the many gentians are extremely bitter to taste. The yellow gentian used in Illyria back in those days is still locally known as "bitterroot," even though the yellow flower is also very attractive. The situation echoes the way Columbia Plateau peoples have always placed high nutritional and restorative value on our own pink bitterroot, *Lewisia rediviva*.

Since the time of King Gentius, and probably long before that, Europeans have employed the bitter properties of gentians to treat a great variety of ailments. These range from digestive problems, fever, hypertension, muscle spasms, simple wounds, and parasitic worms all the way to sinusitis, malaria, and complex cancers, and as an antidote to acute poisoning.

The most general application today is as a general tonic. Before the introduction of hops, gentian was one of many bitter herbs that brewers tried as they practiced their craft. A host of products that came out of such experiments remain on the market, as

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# Boundaries

is demonstrated in a remarkable illustrated website created at Rutgers University. If you want to sample this bizarre variety of gentian elixirs, the handy guide is available at [http://gentian.rutgers.edu/ethno\\_drink.htm](http://gentian.rutgers.edu/ethno_drink.htm).

But for all the fun of discovering that gentian is a key ingredient in both Moxie Soda and Angostura Bitters, there are other gentian mysteries to consider. I saw the explorer's gentian in August during a field trip with a Coeur d'Alene tribal youth group heading for Crystal Lake, a glacier-carved jewel above the town of St. Maries, Idaho. While several of the peaks around Crystal Lake are craggy, and their slopes flow with the kinds of extensive ice-carved scree that this gentian loves, their elevations are lower than the high peaks of the Kettle and Selkirk Range. And yet explorer's gentian, while fairly common in the Cascades of Washington and British Columbia, and well-documented from sites up and down the northern Rockies, does not appear on the plant list for the Colville National Forest. While the plant thrives in the St. Joe and Clearwater mountains of the Idaho panhandle, it is not found above Priest Lake or Bonners Ferry. What could keep such a cosmopolitan plant from growing in such suitable places?

The explorer's gentian has a very close cousin known as trapper's gentian, *Gentiana affinis*, that doesn't play by logical rules either. While most gentians fit the explorer mode, appearing up past 11,000 feet in the peaks of Wyoming and Utah, I found trapper's gentian this August while ambling along a shady stream in the Spokane Valley, barely above 2,000 feet.

Blooming long after our familiar spring wildflowers, this plant looked very much like an out-of-place explorer's gentian, with the same striking blue color, curious tridents between the petals, and pathway flecks inside each petal to guide pollinators. After I learned that they were indeed different species, I could see that the trapper petal flecks looked a little whiter. Its leaves were broader and spaced more widely. The stems were less bunched and upright, and there were distinct differences

in how the green calyx held the bloom. None of that explained for me why the explorer is a gentian of high exposed rocky places, while the trapper lurks in cool shade much lower down.

The range of trapper's gentian starts in the prairie country of North America, where it may be found from Minnesota south to Texas, and works its way west. In Washington, there are records from Spokane, Stevens, and Pend Oreille Counties, but none from west of the Cascades. What factors have kept them out of all the moist shady woods on the west side?

The beauty of these two gentians erases all such questions from the mind. Mary Vaux Walcott was a plant lover and artist who accompanied her husband Charles west while he made fossil-hunting expeditions in the early 20<sup>th</sup> century for the Smithsonian Institution. As Mr. Walcott and his crew sent back railroad cars full of rocks from what became the famous Burgess Shale layers in British Columbia, Mrs. Walcott found and painted both trapper's and explorer's gentians. Her work shows how closely these flowers resemble each other, right down to the delicate three-pronged forks between the petals and the light-colored flecks leading into the flower cups. Late each summer they bloom in their very different places, waiting for some excited young explorer to arrive on the



Explorer's gentian *Gentiana calycosa*. Mary Vaux Walcott (1860-1940).

scene to try and sort out their mysteries. You get the feeling that King Gentius would approve – his likeness still appears on a modern Albanian banknote, wearing a necklace woven from what appear to be gentian leaves.

Jack Nisbet's book, *Ancient Places*, is a finalist in the non-fiction category of this year's Washington State Book Awards. Winners will be announced on Oct. 8, after an authors' reading at the Seattle Public Library that begins at 7 p.m. This event is free and open to the public. For more information go to <http://www.spl.org/audiences/adults/washington-state-book-awards> or visit [www.jacknisbet.com](http://www.jacknisbet.com).

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# Tangled Traditions from Old Europe

By Loren Cruden

*Editor's Note: With the changing of the season and the bustle of wintertime preparations underway, it is with this edition of the "Monthly Muse" that we find some levity in considering alternate interpretations of ancient seasonal traditions.*

Many of us living in the north Columbia area have ancestral roots in northern Europe with its ancient cycle of seasonal celebrations, which are not *altogether* accurately recalled here.

Traditionally, the northern European round of festivities began in autumn with Samhain (pronounced SOW-in), later known as All Hallows Eve or Halloween. At this time, celebrants ingested nonprescription drugs and held raves as a way to cope with the fact that winter was on its way and many of them would doubtlessly starve.

Death was the theme of this holiday. Drugs and loud, repetitive electronic music brought about a "thinning of the veil" between alert and spaced-out. A dreaded feature of Samhain was "The Great Hunt," a powerful apparition of giant horsemen and baying hounds sweeping down from the sky to snatch up hapless after-dark travelers. There is academic disagreement, however, about whether this apparition was indeed that of *huntsmen* or was instead "The Great Hunk," a large, buff bodybuilder. (Typos have long been the bane of anthropological transcription work.)

The ancient cycle's next stop was Winter Solstice or Yule (pronounced "Yule"). Winter Solstice, the year's longest night, shortest day, got

stretched out a bit as, due to scarcity of proper kindling that time of year, it took an excruciatingly long time to fully burn the humongous Yule Log. The log smoldered and huffed for days (usually twelve), filling the chimney-less houses with dense smoke. People blundering around in the smoke or crawling along the floor to avoid it would snarl "Yule be sorry for stepping on my hamster!" or "Yule regret knocking over my favorite spear!" to their equally grumpy housemates, then would have to offer apologetic gifts to one another, instituting another lasting tradition. Evergreen boughs were a part of the celebrations, though these sometimes got toppled onto the Yule Log, seriously adding to the smoke. With the development of chimneys came the invention of carol-singing (first done by a Swedish woman named Carol Braw-Legs), which replaced the older practice of snarling.

At the beginning of February was Imbolc, in recent years translated as "Groundhog's Day," though some researchers hold the opinion that Celtic linguist Paddy O'Sullivan made up this translation late one night at his local, after much refreshment was taken. Imbolc marked the quickening of the light and the first milk from sheep, signaling that either spring would in fact arrive at some point before everyone starved, or that, as is sometimes the case, the sheep were simply daft for lambing in February.

Another aspect of Imbolc was it being considered an auspicious time for initiation and divination practices. Initiation rites pertained to esoteric societies such as the Sons of Lugh, the Daughters of Danu, and

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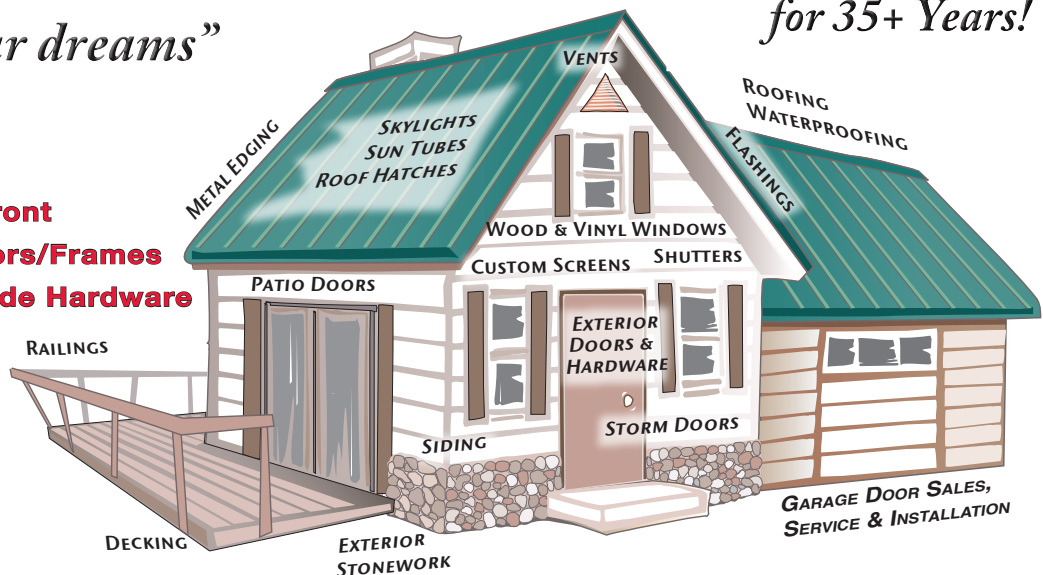
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the original Kingston Trio. Divination methods included staring into a chicken's eyes (or examining its entrails if the chicken's rapid blinking proved too unsettling), being rolled into a bull's hide and wedged into the fork of a tree for three days (very effective for vision induction; not so good for coherent reportage afterward), and interpretation of the flights of paper airplanes or the sediment at the bottom of a mug of Guinness. Many of Imbolc's ceremonial elements honored Brigit, goddess of the hearth (and French cinema).

Six weeks after Imbolc came the celebration of Spring Equinox, also called "Ostara," after the lively nun Sister Ostara of Iron Age Irish television fame. The arrival of equinox, with its equality of day and night, was much welcomed. Everyone was very hungry (or dead), so the dawn of a growing season was a big deal. But March was often so cold and rainy that celebrations were canceled until Beltain, when outdoor rites could be performed without catching pneumonia. In the meantime, the populace honored the occasion by sitting indoors watching "Sister Ostara" reruns and finishing off the last of the mead.

Fertility was the May 1<sup>st</sup> Beltain theme, as Death was the Samhain theme on the other side of the seasonal wheel. Children conceived during the Beltain free-for-all were regarded as special babies. (Trigger warning here for dating-sensitive readers!) After the usual rousing Maypole Dance adults strolled away from the main ceremonial area in search of "Beltain Eggs" who were in the process of quickly hiding themselves in the surrounding vegetation. When an "Egg" was found, the searcher "took possession," adding to his "Basket" of finds. Other searchers might glimpse bobbing bits of anatomy in the underbrush as "Egg" and "Possessor" vigorously greeted one another, the searchers shrieking "I see a bunny! I see a bunny!" All this was carried out in a festive fertility-loving spirit. Cattle were driven between two large ceremonial bonfires on Beltain, cleansed and blessed by the smoke, which also prepared them for conditions during Yule when cows were housed indoors with humans (and the Yule Log).

Summer Solstice or "Litha" (pronounced "LEE-tha," an endearingly lipped pronunciation of "Lisa," the name of a popular character in the "Sister Ostara" series) marked the longest day of the year and the first of the cycle's harvest festivals. It also marked the first step in the inevitable slide into winter darkness. You wouldn't think they'd be worrying about hunger at this time of year, but since northern Europeans on the whole tended to be pessimists, Summer Solstice had something of a funeral atmosphere beneath the usual drinking and singing and cavorting around the fire wearing wormwood garlands. A chronic though underplayed part of "Litha" (who on "Sister Ostara" was always provoking trouble with the monks), were the shoving matches among those who, at Beltain, had gone off into the gorse with "Eggs" not their own. It was a very Celtic thing, to play and then to pay. In the long light of Summer Solstice, the bills were not hard to read.

Lughnasad was the formal name of the next harvest festival, at the beginning of August. Also known as "Lammas," there is dispute among historians about whether, instead of in northern Europe, this festival originated in the Peruvian Andes as "Llamas," a pastoral celebration that migrated to Europe and on to Tibet where, among Buddhists, it was called "Lamas," a time when monks ventured out of their caves and monasteries to catch a few August rays. At this juncture, as with the Peruvian llamas, the monks would've been most easily rounded up for festivities. It makes sense, doesn't it?

In Celtic countries the occasion honored Lugh (pronounced "Loo" with a wee hairball noise at the end), who had a silver prosthetic hand that probably required a lot of polishing; stainless steel might've a more sensible choice, but who can tell – he was a god, after all. The Lammas

festival centered on making and sharing bread together. Some sects of the time went a step farther and baked Lammas cupcakes. This set off another group, who insisted on Lammas toast. It was all downhill from there, crumpet sects battling muffin devotees; one group, comprised of females, defiantly referring to themselves as the "Poptarts"; and people who couldn't decide on their beliefs being derided as "Wafflers." A number of combatants were violently pancaked during sectarian skirmishes. With such weakening through division, this holy day vanished almost entirely once the elitist Gluten-Free movement opportunistically took power.

Autumn Equinox, or "Mabon" (pronounced MAY've-been), was again, like its counterpart in spring, a time of pleasing symmetry between day and night. It was traditional for people on this day to sit around having vague discussions in which the phrase "It may've been" featured. Such as "It Mabon beneficial that the Gluten-Free bunch took over; but then again, it Mabon a tragedy, too." These amiable discussions brought balance and calm to communities, yet also made Mabon such a wishy-washy event that early Christians didn't feel the need to insinuate one of their own holy days atop it.

People who weren't participating in the Mabon discussions involved themselves in other traditional activities: frantic last-minute food preservation, firewood gathering, repairing homes, and writing wills in case the coming winter was especially bad.

From Mabon, the seasonal wheel returned to its starting place at Samhain, where the world was again dissolved and re-made, and the Great Hunk strode along on his ghostly buff way through the transformational night.

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## The Nuthatch

Article & Photos By J. Foster Fanning

Recently I've been thinking about bird brains. No, not that kind, actual bird brains. This was prompted in part by an article in *Scientific American* magazine entitled "Bird Brains Have as Many Neurons as Some Primates." The article goes on to state, "densely packed brain cells help birds achieve surprisingly complex cognition in a tiny head space." That provoked several Google explorations and the reading of other fascinating research on this topic. Many of us have heard that birds use the Earth's magnetic field to navigate, but scientists are still uncertain of just how it works (granted there are some mammals and insects that do the same thing, but not in the sheer numbers that birds do). Then there's the tool use. Again birds excel beyond other species. But fascinating as this topic is, my own article was going to be about something entirely different, our year round avian, the red-breasted nuthatch.

Having watched red breasted nuthatches all winter, throughout the spring and into the summer, I decided to delve a little deeper into this family of *Sittidae*, but almost immediately Cornell Lab of Ornithology shines the light on a cool fact that once again shows me how little I really know: "The red-breasted nuthatch collects resin globules from coniferous trees and plasters them around the entrance of its nest hole. It may carry the resin in its bill or on pieces of bark that it uses as an applicator. The male puts the resin primarily around the outside of the hole while the female puts it around the inside. The resin may help to keep out predators or competitors. The nuthatch avoids the resin by diving directly through the hole." Which coincidentally took me right back to the densely packed neurons with the statement of "uses an applicator." Uses a tool.... And when I read that passage again there is the implication that the tool use may be in conjunction with strategic nesting by keeping out predators or competitors. How many neurons does that take?

The *Scientific American* article initially made me think of nuthatches, in that they forage by gathering nuts, seeds, and other foods, which they wedge into tree crevices to facilitate hacking them open with their long, sturdy bills. The bird-tool use research I was reading denoted birds that use certain stones for anvil like purposes in opening food, but neglected to mention tree crevice use. Maybe the simple, little nuthatch is as complex as crows, ravens, rooks, parrots and gulls (the stone users) when it comes to foraging. And then there is another rather unique browsing feature that the nuthatch employs. These thickset, diminutive, stub-tailed, little birds are often seen scurrying down tree trunks headfirst. When climbing downward on a tree the nuthatch depends entirely



upon their claws. The stance shown in one of these images is a classic nuthatch stretch, one foot forward under the breast and the other back under the tail. This movement allows the birds to travel nimbly down the trees, digging in with their strong hind toes. The strategic advantage of this maneuver is their ability to find food in bark crevices overlooked by birds that climb upward, like tree creepers and small woodpeckers.

Apparently the name of "nuthatch" is, at least in part, derived from an older English name of "nuthack" due to this bird's signature behavior of wedging food in crevices and hacking it open. These long-billed, short-tailed songbirds make their habitat in the coniferous woodlands of our mountainous highlands. A patient eye will find them among larch, spruce, fir, pine, and cedars. These active little birds may also be found frequenting our aspens groves and poplars while traveling in the company of chickadees, woodpeckers and kinglets. If you hear the sound of tiny tin horns being honked in the tree tops with a sort of "wank-wank-wank" call, chances are you've located our bird. Look closely and you'll see small, darting blue-gray birds with a black cap and stripe through the eye broken up by a white stripe over the eye. The underparts are rich but soft rusty-red, although paler in the females. The movement of the red-breasted nuthatch is another strong clue to their identification. They move swiftly up, down and sideways over a tree bole without regard for which way is up or down. They dash over trunks and branches, probing for food under flakes of bark and within deep crevices. And while the nuthatch creeps up, down, and sideways, unlike the woodpeckers they do not lean against their tails for stability. In flight this bird has a pattern of short and bouncy maneuvers.

The red-breasted nuthatch is an opportunistic feeder, in the summer eating mainly spiders, ants, beetles, and caterpillars. These high nutrient morsels are prime forage for their nestlings. Later in the year you'll find the nuthatch browsing conifer seeds they cached earlier in the year. Like several other avians, these birds are our allies during outbreaks of the forest pest, spruce budworm. Of course, where we tend to observe them most often is when the nuthatches dine at our feeders, delighting in sunflower seeds as well as suet and other treats. Noticeably, when given the choice, this small bird tends to select the heaviest food item available. And if these tidbits are too large to eat in one piece they typically jam them into a bark crevice using their small but powerful beak like a hammer against an anvil and pound them open. "Nuthack, nuthack, nuthack!"

*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. His wildlife and scenic photography show, Take a Walk on the Wild Side, is featured at various venues throughout the region. Learn more at <http://fosterfanning.blogspot.com>.*



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**Oct 1:** Marcus CiderFest with the famous Ciderclops and Cider Booth, pancake breakfast from 8-11 am, Bingo at 11 am, kids carnival, parade at 10:30 am, food court, arts & crafts vendors, live music, car show and beer garden. Visit <http://www.marcusciderfest.com> for more info.

**Oct 2:** Onion Creek Bargain Fair, 10 am - 3 pm, with bargains, fun, and great food. Free admission to shoppers. \$5 for sales space, no charge for non-profits. Call Onion Creek General Store at 509-732-6648.

**Oct 2:** Northport Lions Club and Northport Community Swim Lesson Support Group are joining together for a great day of BINGO and raising funds to expand youth swim lessons for 4<sup>th</sup> - 6<sup>th</sup> grade students at the Northport School cafeteria. Doors open at noon, games begin at 1 pm. \$500 jackpot. Must be 18 or older to play.

**Oct 5:** Avista Energy Fair, 3-6 pm, Community Colleges of Spokane Colville Campus, Kalispel Hall, 985 S. Elm St., Colville. Learn how to save energy, get bill assistance, plus much more. Call Lisa Lee at 509-495-8024 for info.

**Oct 8:** Cider Pressing at Front Porch Farm from 10 - 3. Come watch us hand-press apples from local orchards and take home delicious fresh-pressed cider. More info: <http://frontporchfarm.net/cider-pressing>.

**Oct 8:** Newport Area Chamber of Commerce Annual Gala at the Priest Reiver Event Center, 5399 Hwy 2, Priest River, ID. Dress in your favorite style from the Roaring 20's and join us for a night of fun. Dinner, live and silent auctions, no host bar, prizes and awards ceremony. Visit <http://newportareachamber.com> for more info.

**Oct 12:** The public is invited to attend a showing of *The Hunting Ground* at 5:30 pm at the Colville High School. The 40-minute film is a startling exposé of rape crimes on U.S. college campuses, their institutional cover-ups and the devastating toll they take on students and their families. The showing is sponsored by AAUW-Colville. Refreshments will be served by the Colville High School Diversity Club.

**Oct 13:** Candidate's night before the general election will be held at the Colville City Hall, 6:30-8:30 pm. Candidates for legislative and county positions are invited to speak so that area residents can meet

the candidates and ask questions. The event is sponsored by the Colville Branch of the American Association of University Women. AAUW member Mary Selecky will moderate the forum.

**Oct 14:** The 17<sup>th</sup> annual Wo+men Making a Difference Luncheon at the Community Colleges of Spokane - Northeast Washington Conference Center in Colville will feature Marilyn Van Derbur, a survivor of child sexual abuse and author of *Miss America by Day*. Funds raised support critical programs and services provided by Rural Resources Victim Services and Kids First Children's Advocacy Center, including a 24-Hour Help Line. Call 509-685-6088 for more info.

**Oct 14-15:** Republic Brewing Company is hosting Oktoberfest, Old Fire Hall, 26 Clark Avenue, Republic, WA, Noon- 10 pm. Join your fellow Bavarian wannabees for beer, food and fun. RBC will release true Bavarian style beers as well as giveaways, games and prizes for everyone in costume both days. Food will be provided by The Hive Catering! Their food trailer will be parked in front of the pub both days, serving up a German-inspired menu. Make reservations now by calling 509-775-2700 or email [republicbrew@gmail.com](mailto:republicbrew@gmail.com).

**Oct 15:** Fundraiser for Kettle Falls Food Bank by Meyers Falls Market. Apple Dessert Bake Off at noon. Meyers Falls Market will provide a free bag of local apples to anyone who bakes a dessert for the contest and the winner receives a store gift card & canvas shopping bag. Sign up between Oct. 10-14. Everyone is invited to stop by Oct. 15 from noon-3 pm to taste the delicious desserts and enjoy acoustic music by Michael Pickett. Visit [meyersfallsmarket.com](http://meyersfallsmarket.com), stop by or call 509-738-2727 for mor info.

**Oct 15:** Pinochle Night at the Malo Grange, 6:30-9 pm. Players of all skill levels are welcome. Come learn to play or refresh your skills. If your partner or children don't play cards, bring them along for a game of Apples to Apples or other board games. The grange will serve coffee, tea and desserts.

**Oct 27:** Colville Rotary Club is sponsoring a career fair tentatively scheduled for Oct. 27 at the local community college. This fair will provide youth in our area an expanded view of the employment opportunities for those who are prepared with the adequate technical skills and the personal characteristics businesses and institutions are seeking. More details regarding the fair will be forthcoming. Contact Ron Noble at [rnoble@ultraplix.com](mailto:rnoble@ultraplix.com) for more info.



**Oct 28:** Colville Halloween Kiddie & Pet Parade. Dress up in your best costume and join the Chamber at 4:30 pm at the Colville Fire Station. During the parade we give the participants a goodie bag filled with items donated by local businesses.

**Oct 28:** Moonlight Madness, a Colville Chamber event, 7-10 pm. Enter to win prizes at participating downtown businesses for the Customer Appreciation drawings held at 10 p.m. at Sandra's Furniture. Participating businesses will be open longer hours for this special event. New this year will be a costume and decorating contest for the participating businesses.

**Oct 29:** Light Up the Park in Chewelah, WA. The Chewelah Arts Guild's 2015 attempt to set the Guinness World Record of the longest line of carved, lighted pumpkins came just 65 pumpkins shy of the World Record set in Eniwa, Japan with 2015 jack o' lanterns. Chewelah Arts Guild has decided not to pursue the Guinness World Record, rather set its own record for the most fun in 2016. Some of the Light Up the Park fun will include a Pumpkin Flotilla; "Pumpkin Patches"/contest areas e.g., costume & me, logo carving, tiered carvings, celebrity carvings, a group created carving/display, diorama pumpkins, a scarecrow garden, and pumpkins carved as you choose. Night at the Museum will again provide an eerie, historical perspective to the event. An Orange Art display, games/contests, entertainment, food booths, and a participatory "grand finale" are some of the events planned for this spectacle. Bring your phone or camera to record your own film, for "After Glow," the Light Up the Park film festival the week following this event. Check out #LightUptheParkChewelah or call 509-675-5212 for more info.

**Oct 31:** Parkview Senior Living 3<sup>rd</sup> Annual Picture Treat for your little tricksters! This Halloween when children are in their best disguises, stop by Parkview Senior Living, 240 S. Silke, Colville, between 5:30-7:30 pm and let us make the day memorable by creating a Halloween keepsake photo of them. There will be lots and lots of candy. Call 509-684-5677 for more info.

**Nov 4:** Soup and Games night sponsored by the Northport Health Clinic Advisory Board at the CE Building, 4<sup>th</sup> and Center in Northport, WA. We will be serving soups, breads and desserts from 5-7 pm. Bring your favorite games or join in with friends. Games will continue after dinner. Donations accepted. Call 509-732-6675 for more info.

## Music, Dance, Theater

**Music at Republic Brewing Company,** 26 Clark Ave., Republic, republicbrew.com, 509-775-2700. Be sure to check listings as some events are ticketed in advance.

**22<sup>nd</sup>:** Bryson Evans, 7-10 pm

**29<sup>th</sup>:** Halloween Bash & Costume Contest with live music by Los Rusteros

**Music at Northern Ales,** 325 W. 3<sup>rd</sup> Ave., Kettle Falls, northernales.com, 509-738-7382:

**6<sup>th</sup>:** Michael Pickett, 6-8 pm

**13<sup>th</sup>:** Sara Brown, 6-8 pm

**14<sup>th</sup>:** Northern Aliens, 7-10 pm

**20<sup>th</sup>:** Finessa Fann, 6-7 pm

**21<sup>st</sup>:** Open Mic, 7-10 pm

**27<sup>nd</sup>:** Justin Johnson, 6-8 pm

**Music at The Flying Steamshovel,** 2003 2<sup>nd</sup> Ave., Rossland, B.C. Blizzard Music Fest presents the following shows from 9-midnight. Visit <http://www.theflyingsteamshovel.com> or call 250-362-7323 for more info.

**29<sup>th</sup>:** Halloween with Shred Kelly & Guests

**Oct 1:** *God Is A Scottish Drag Queen*, "A Two Act Comedy of Biblical Proportions!" God, dressed in a floral power suit, comes to skewer everything from Justin Bieber to the Pope in an unforgettable night of laughter! From critically acclaimed and award winning comedian Mike Delamont comes the hit one-man show to the Bailey Theatre, 1501 Cedar Ave, Trail, BC. Ticket pricing: Series Pass \$65; \$22 in advance, \$24 at the door. Call 250-368-9669 or visit <http://www.trail-arts.com> for info.

**Oct 7, 8, 9, and 14, 15, 16:** Woodland Productions fall show *The Octette Bridge Club* at The Woodland Theatre in Kettle Falls. Friday and Saturday shows are at 7 pm, Sunday matinees are at 2 pm. Friday Oct. 7 only, all seats are just \$8, all other shows are \$12 for adults and \$10 for students and seniors. Tickets sold at the door only. Please note: this play contains adult themes and may not be suitable for all audiences.

**Oct 11-12:** The Pend Oreille Players Association in Newport is holding auditions for *A Christmas Carol*, at 6:30 pm. Call 509-447-9900 or visit [pendoreilleplayers.org](http://pendoreilleplayers.org) for more info.

**Oct 21:** 26<sup>th</sup> annual AAUW Coffeehouse, 7-10 pm at the HUB, W. 231 Elep Ave., Colville. This year we are mixing it up with musicians of all ages as well as homegrown poetry! The Colville Junior High School Jazz I Band, under the direction of Carol Wichmann, will perform on the Coffeehouse stage for the first time. Stazya and Friends will be

returning, showcasing Stazya's stellar voice and Carol's virtuoso piano, and with the added delight of percussion accompaniment. Stazya will also present a few of her remarkable vocal students. Armand Pack, singer/songwriter from Kettle Falls, is also new to the Coffeehouse stage. And Lynn Schott will give us an exclusive reading from her newly published book of poetry! Our own Mary Selecky will serve as Mistress of Ceremonies for the evening. Tickets available at the door: \$15 for adults, \$8 for youth 12 years of age and up. Food is provided by the AAUW sponsors, and beverages will be available. Call 509-675-5900 for more info.

**Oct 23:** Sharon and Bram show and sing-along concert for the entire family, featuring such well-loved favorites as "She'll Be Coming 'Round the Mountain," "Five Little Monkeys," "One Elephant," "Tingalayo," and "Skinnamarink." The Bailey Theatre, 1501 Cedar Ave., Trail, B.C. Ticket pricing: Single Series Pass: \$40; Family Series Pass: \$144; Individual Show: \$25. Call 250-368-9669 or visit <http://www.trail-arts.com> for more info.

**Oct 27:** Jazz at the Griff: Melody Diachun Quintet at the Bailey Theatre, 1501 Cedar Avenue, Trail, B.C. Juno and National Jazz Awards nominee Melanie Diachun has been hailed as a "singer of the first order." Whether performing jazz standards, Broadway tunes or pop songs, her warm, beautiful voice and polished stage presence delights audiences of all ages and tastes. All Seats \$17.50. Call 250-368-9669 or visit <http://www.trail-arts.com> for more info.

**Oct 30:** Dances of Universal Peace at the Colville Public Library basement, 2-5 pm. Potluck to follow. Call 509-684-1590 for more info.

## Arts & Crafts

**Oct 1:** Dimensions of Colour art exhibit opening reception at the grand re-opening of the VISAC Gallery, 1501 Cedar Ave, Trail, B.C., Lower Level, 5-7 pm. A multi-artist exhibit exploring the bounds of space and hue. Visit <http://visacgallery.com> more info.

**Oct 7:** Gold Mountain Gallery at 600 S. Clark in Republic, WA will host a reception from 2-6 pm in celebration of the changing of the season and the beginning of Christmas shopping. A wide selection of locally made arts and crafts, along with refreshments, will be available.

**Colville Piecemakers Quilt Guild** meets on the 3<sup>rd</sup> Tuesday of the month at the Assembly of God Church in Colville at 6:30 pm. Visit [colvillepiecemakers.webs.com](http://colvillepiecemakers.webs.com).

*Continued on page 24*

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

# A Good Read

## Outline, by Rachel Cusk

Reviewed by Loren Cruden

"...when peace becomes war, when love turns to hatred, something is born into the world, a force of pure morality. ... And what is astonishing is how much detail it gathers to itself, so that nothing remains untouched by it."



Rachel Cusk's newest novel begins with a conversation in a London restaurant and moves from there to a conversation on an airplane heading for Athens. The entire book's flow is a series of encounters conceived with such authorial cunning and executed with such sharp wit and intelligence, it is a triumph of originality.

"...he raised his eyebrows, which were silver and grew unexpectedly coarsely and wildly from his forehead, like grasses in a rocky place. It was this eccentricity that had made me answer him. The unexpected sometimes looks like a prompting of fate."

Cusk's prose is like eating a chocolate éclair that somehow is also nourishing and vitalizing – rich yet lean. "You might say I have the mannerisms of an Englishman but the heart of a Greek. I am told," he added, "it would be much worse the other way around."

The plot is easily summarized: an English novelist travels to Greece to teach a creative writing class; other writer-teachers are there as well. Some of her conversations (the narrator is not named until page 211) are with fellow writers; others are with friends, students, or strangers. Rather than lively back and forth exchanges, however, the conversations are

largely one-sided, though they nonetheless also lay bare the book's nearly silent narrator – and the larger human condition. Like a picture made by detailing the space surrounding objects instead of the objects themselves (an analogy actually used in the story, though I wrote this before getting to that part). The conversations play against one another as they form this picture exposing the anonymity of women's lives, particularly – all of this taking place within a fascinating anecdotal mosaic.

"This photograph was the first thing you saw when you came out of Clelia's building. The people in it were slightly larger than life-size, and always, for a moment, exiting the apartment, they seemed terrifyingly real. The sight of them momentarily overpowered one's own sense of reality, so that for a few disturbing seconds you believed that people were bigger and happier and more beautiful than you remembered them to be."

It is an intriguing, provocative book. One of the things I pondered after reading it was that someone may say something strikingly true but, if you think about it, its opposite is just as often true. Rachel Cusk is a clever girl.

## The House on Mango Street, by Sandra Cisneros

Reviewed by Loren Cruden

Back in 1984 when Sandra Cisneros was "one of the most brilliant of today's young writers," her coming of age novel, *The House on Mango Street*, was an instant classic. Now, more than thirty years later, it has matured into a classic classic.

Cisneros, a Chicago Latina who won prizes for her fiction and poetry, earlier wrote a children's book, *Hairs/Pelitos*. "Hairs" is also one of the chapter titles in *The House on Mango Street* – though you wouldn't call *Mango Street* a children's book. It has been taught in inner-city elementary school classrooms, but has also been used in university lecture halls, one of those rare literary events, like *Tom Sawyer* or *The Little Prince*, that transcends age – or, more specifically, offers something to each.

The story is told in the voice of young Esperanza, who lives with her family in a Latino neighborhood in Chicago. As well as "Hairs," there are chapters (each short) with titles such as "Hips," "What Sally Said," "Born Bad," "Alicia Who Sees Mice," and "Those Who Don't." The chapters, like poems, are powerful distillations that, once read, reconstitute and expand themselves in the reader's mind.

In the chapter "My Name," Esperanza tells about being named after her great-grandmother, who was a "wild horse of a woman" until Esperanza's great-grandfather "threw a sack over her head and carried her off. Just like that, as if she were a fancy chandelier. ... And the story goes she never forgave him. She looked out the window her whole life, the way so many women sit their sadness on an elbow. ... I have inherited her name, but I don't want to inherit

her place by the window."

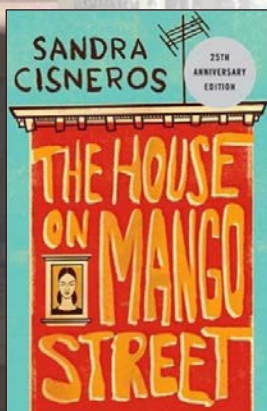
The reader gets the impression that this is not likely to happen – that no one will be able to throw a sack over *this* Esperanza's head (and probably no one was able to do this to Cisneros, either). But the described Mango Street seems like a row of birdcages restraining the women, from which men issue forth each day to batter themselves against the bars of a larger societal cage.

Which is worse, the reader wonders; to be poor and shamed in the land of opportunity, or to be even poorer but unembarrassed in the land of your ancestors? To be forced by expectation as a man, or to be bound by convention as a woman? The reader may also wonder if or how much attitudes about these things have changed since Cisneros' book was published.

In the chapter "Four Skinny Trees," Esperanza finds hope in the "four raggedy excuses planted by the city," in their insistence on thriving. "Four who grew despite concrete. Four who reach and do not forget to reach. Four whose only reason is to be and be."

Other recommendations from the C and D shelves:  
Anderson Cooper – *Dispatches From the Edge* (memoir)  
Helen Dunmore – *Exposure*

Loren's fiction, nonfiction and poetry can be found at Meyer's Falls Market in Kettle Falls, and online at [loren-books.com](http://loren-books.com).





## In Theaters: *The Blair Witch*

Reviewed by Sophia Aldous

She's back, she's bad, and this time with slightly less shaky cam! That's right, *The Blair Witch*, sequel to 1999's *The Blair Witch Project*, returns us to the woods where the malevolent figure was created. For those of you who missed the entire hubbub, *The Blair Witch Project* was the little movie that could and did, raking in millions of dollars at the box office even though it was made on a shoestring budget of only \$60,000.

It went on to become one of the most commercially and critically successful independent films of all time, with an extensive narrative that was used in its marketing leading up to the film's release in theaters, touting the documentary style as being based on a true story.

The plot, in a nutshell, featured three film students who go into the forests of Maryland in

pursuit of the Blair Witch, a local legend with dark, twisted roots. Long story short, the three disappear, never to be seen again until the footage from their cameras is found.

Cut to 17 years later in *The Blair Witch* when the brother of one of the missing students finds evidence that his sister may still be alive out there, somewhere in the woods. He gathers a cadre of companions and they traipse off into the great unknown in hopes of finding what happened to her. That's when things go south faster than a flock of geese with jet packs. Something is out there with them, and it's not just the birds and the bees.

Emulating its predecessor, *The Blair Witch* has a documentarian quality to it, though there are exterior camera shots aside from what the actors take of one another, infusing new technology like

drones and spy cameras.

Unlike in the original movie, things start to go bump in the night rather quickly, not really allowing the audience a chance to get to know the characters before bad things start to happen to them. That negates some of the tension, along with the filmmakers feeling it is necessary to show more of the boogeyman than is warranted. The first Blair Witch flick stuck to the idea that what we don't see is more terrifying than what we do see, and it worked with chilling effect.

That's not to say that *The Blair Witch* has no genuine moments of apprehension, and there is one scene that made me hide my eyes (no, I'm not going to tell you). On the whole, if you liked *The Blair Witch Project* then this is a worthy sequel. If you're in the camp that prefers their witches without shaky cam or missing college kids, might I suggest you pop into a different theater.

*The Blair Witch* is rated R for horror, language and violence.

## The Classics Corner: *Hush ... Hush, Sweet Charlotte*

Reviewed by Sophia Aldous

Loyal readers, with the advent of autumn comes my favorite time of year for film: scary movie season. There's something about curling up on the couch during twilight with a hot cup of brew and a frightening film to make you feel more alive. So with this edition of "Classics Corner" we're going to get our Southern Gothic on with Bette Davis in 1964's *Hush ... Hush, Sweet Charlotte*. Directed by Robert Aldrich and starring Olivia de Havilland, Agnes Moorehead and Joseph Cotten, *Hush ... Hush, Sweet Charlotte* has everything one might expect in a menacing story: a crumbling mansion, a reclusive Southern belle (Davis), a creepy theme song and ghosts that return to vex the living.

Davis's Charlotte Hollis is a wealthy hermit who lives alone, with the exception of her stern but loyal housekeeper Velma (Moorehead), in a beautiful yet forlorn antebellum mansion that is scheduled for demolition so a highway can be built in its place. Charlotte refuses to budge, however, while the rest of the townsfolk in her Louisiana parish see her as a psycho-biddy, rumored to have murdered her married lover when she was a young woman.

In comes cousin Miriam (de Havilland) as her support, renewing her relationship with Charlotte's doctor, Drew Bayliss (Cotten), who spurned Miriam after the murder. Events start to go awry as Charlotte becomes convinced that the ghost of her former lover (Bruce Dern) is haunting her.

Davis is an actress who deserves her iconic status. She wasn't afraid to be unattractive at a time when attractiveness was considered an actress's number one currency. Her Charlotte is grandiose and dramatic, wretched and sympathetic.

Modern audiences will no doubt find the special effects for film spooks of 1964 outdated, but it's Davis's wide eyes, whimpering voice and horrified screams that sell it. De Havilland is no slouch either, and her Miriam is the perfect counterbalance to Charlotte. Restrained and practical in one scene, then simmering with anger the next, she is the cold steel to Charlotte's volatility.

*Hush ... Hush, Sweet Charlotte* is available for rent, or ask at your local library.

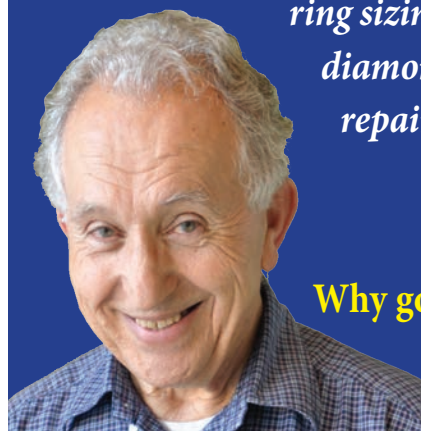
As the saying goes, "everyone's a critic" and Sophia is no different. She is a reporter and cinema aficionado in Newport, WA, and enjoys every genre, from

action movies to silent films and everything in between (even that weird French stuff). Reach her at [sophiamatticealdous@gmail.com](mailto:sophiamatticealdous@gmail.com).

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# LISTEN UP

## The Devin Townsend Project Returns

Reviewed by Michael Pickett

Double albums seem like such a '70s musical statement ... which is why they are so awesome. Like some sort of chocolate-covered Oreo-cream-cheese confection, you get to what you think is the good part ... and wow! There are more good parts.

Devin Townsend is one of the more unlikely successful musicians on the Internet. And it's important to recognize the Internet as part of that equation. Having created some of the heaviest metal around for quite a while, Townsend then began to juggle multiple projects (and genres) all at once. With The Devin Townsend Project's *Transcendence*, he once again astounds with agile operatic vocals over impossibly melodic bone-jarring guitar/synth constructions.

While coining the alias "Hevy Devy," Townsend never seems to come up short on melody, and the punishing rhythms of "Fail-

ure" seem perfectly fit for some of the best vocal work he has ever laid down. Across this 21-song deluxe set (including a lengthy run of awesome demos), arrangements run the gamut between massive metal and mid-tempo melodic ballads, as with gorgeous "Higher" and the blistering "Support the Cause."

Demos like "Lexus" or the hyperkinetic "Monkey Mind" show why The Devin Townsend Project is just about unbeatable at what they do. Most bands would kill to have albums that sound half as good as DTP's demos.



If Townsend's mad scientist approach to his career seems like the most unlikely success, it's important to remember two things: First, the music business as we knew it is absolutely over. Major labels are barely relevant to artists and listeners and certainly have no bearing on a guy like Devin Townsend. Second, if his eclectic approach would be career suicide for most artists, that should tell you just how good he and what he creates truly are.

If you don't know that already, *Transcendence* is an excellent place to start.

## Jamie Reeves' Old Soul

Reviewed by Michael Pickett

Somehow in the '80s, R&B and soul became less about that feeling you got listening to Marvin Gaye, Al Green and others – nowhere near the vintage sounds that had come before. We can't know what would have happened had we not lost Marvin Gaye, but I can't picture him working up something with a guy like Kanye or Pitbull.

So it's a fantastic thing to see artists like Jamie Reeves, Allen Stone and others as they carry the torch for bona fide s-o-u-l in their music. While Reeves incorporates reggae into the mix as well, his vocals and the conviction behind him at the mic make his songs come alive.

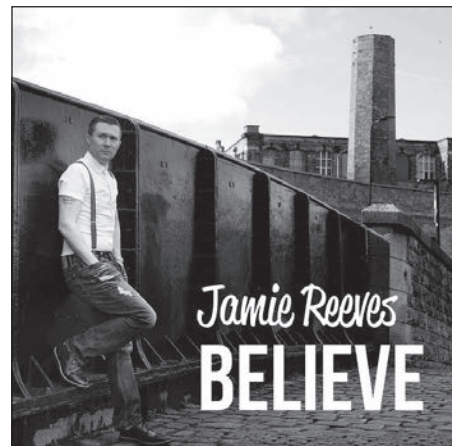
Right away, the vintage feel on *Believe* hits squarely on "Out On the Dancefloor," with a '70s soul sound underpinning Reeves' gritty, upper-register vibrato. Something about Reeves' huge vibrato calls to mind the best elements of Tom Jones and everything Simply Red *could* have been. The regal, horn-driven take on "Will You Still Love Me Tomorrow" is a solid gem, and the standout driving rhythms of "You Are Amazing" give the album a nice pop. The throbbing reggae influence on "That Word (Love)" is where Reeves seems most at home, riding roiling reggae grooves all the way to the promised land.

What makes this whole *Believe* album great is

that it's committed. This isn't a gimmick ... this is ferociously paying homage to music that truly matters and truly means all the love it professes. The real litmus test is that three quarters of the way through, you find yourself wanting to call that love of your life you've been missing. That's the heart and soul that should be R&B.

Check out Jamie Reeves albums and singles online at [thejamie Reeves.com](http://thejamie Reeves.com) or spin his tunes at Apple Music and Spotify.

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!





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## Along the Mountain Path

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

*"Never perform the asanas mechanically for then the body stagnates."*

~ B.K.S. Iyengar

There is nothing to freshen up the body and mind like a good twist!

My first teacher used to say that twists "grow up the spine like a vine grows up a pole." They start at the bottom and spiral up the spinal column, blossoming at the crown of the head. Twists reinvigorate the spine, balance the muscles of the back, open up the shoulders and free the neck, and squeeze the abdominal organs to free blood flow and aid in cleansing. Before you progress into the deep-seated twists, you would do well to remember to sequence your practice so that you prepare the body for twisting.

Healthy twists grow out of open hips. For the pelvis to rotate freely on the femurs, the hamstrings must lengthen, so practice may begin with standing poses such as Trikonasana (triangle pose), or hamstring stretches such as Supta Padangustasana (reclining big toe pose), and Uttanasana (standing forward fold). Warrior 1 and Ukatasana (mighty pose) wake up the big muscles of the inner thighs for internal rotation, which is very important to twisting.

Warming up with these poses, you may want to progress to standing twists. Revolved Triangle, Revolved Parsvakonasana and Revolved Half Moon need open hamstrings and strong internal rotation of the thighs. The "squeezing" of the thighs releases the spine upward as the twist grows. Squats, Eye of the Needle Pose and Baddha Konasana (bound angle) open the hips for external rotation, which is needed in some of the seated twists and frees the pelvis to rotate.

The twist begins in the hips, so that the pelvis and lower back can turn as a unit. The vertebrae of the lower back are not designed for twisting! The transverse abdominal wall is activated by lifting up, out of the hips, and it stabilizes the lumbar spine. The actual spinal rotation begins in the thoracic spine. The lifting action also makes space between the vertebrae so that twisting does not compress the discs.

Many people are "asleep" and stiff in the mid-back, and twisting "wakes up" this part of the body, bringing increased awareness and blood flow. As we release the shoulder blades down and into the back, the heart lifts, and the shoulders relax.

Twists help to release the upper trapezius muscle, the part of the muscle that wants to pull your shoulders up by your ears! When the heart is lifted, and the shoulders release, the neck is free. Twisting uses and both strengthens and stretches

the intercostal muscles between the ribs. They are important secondary muscles of respiration, so the twists improve our awareness and capacity for breathing. Focusing on and moving with breath keeps us alert and safe and prevents the stagnation that B.K.S. Iyengar warns against. The basic instruction for twists is, "Inhale and lift the spine. Move into the twist upon exhalation."

Seated twists require more hip flexibility, especially when one leg is externally rotated, as in Revolved Janusirsasana (revolved head of the knee pose). At the same time, this is a good pose for creating this space. Remember to neutralize the spine with forward bends, Downward Facing Dog, Child's Pose and a good Savasana after a twisting practice.

There are many twists, some quite complex and fun to challenge ourselves with. However, a simple twist from a chair can be very handy

in a multitude of ordinary life situations, such as when we have grown sluggish from sitting. Sitting with the right side of the body facing the chair, inhale and lift up, exhale and turn the pelvis toward the chair. With the arms across and hands on the chair back, inhale and lift, exhale and turn the rib cage toward the chair. You may want to drop the right hand down to the side of the chair behind you at this point. Inhale and lift, exhale and turn the heart and shoulders to the right, keeping the heart lifted and the shoulders dropping away from the ears.

Finally, on an exhalation, let your head turn, only as far as it will go without forcing your neck. Take five full, balanced breaths before releasing, and practicing to the left. Hang forward between your legs to release the twist.

As you move along the mountain path, stop and refresh yourself with a balanced, aware and openhearted twist! Release, and move on with clarity and renewed energy!

Namaste.

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



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# From the Soil

By Louanne Atherley

October brings sunny days, clean brisk air and, for those of us lucky enough to live near Marcus, Cider Fest and the tangy scent of freshly pressed apple juice.

Stevens County has a long history of orchards and apple production beginning with John Rickey in 1874. With its fertile lowlands and temperature-moderating effects of the rivers, this is a great location.

In 1905 the Fruitland Irrigation Company began construction of an irrigation ditch to take water from the Colville River near Meyers Falls nine miles south to farms and orchards along the Columbia River. On the west side of the Kettle River there are places where you can still see the spiraled wire and old boards that remain from irrigation flumes. In 1906 a warehouse was constructed in Kettle Falls (now home to a natural foods market, barber shop, antique store and an appliance store) by a co-op of local orchardists on railroad land. From it, apples were loaded on trains and sent to market. Although they long ago quit shipping from this location, until about 16 years ago you could buy apples there all winter long.

Most of the original orchards have been buried by Lake Roosevelt but remnant trees from old homesteads still dot the hills along the river and it was these trees that inspired the first Cider Fest in 1974. The other catalyst for the Cider Fest was the fact that the town of Marcus was home to a foundry that made cider presses.

In the early days of the Marcus Cider Fest, which was conceived as a way to raise money for the local fire department, scouts were sent out to identify good apple trees and a truck came behind with a crew and tarps to shake the trees and gather the apples. These were taken back to Marcus and used for the cider.

On a warm afternoon, the first year for us in our house on Pingston Creek, it was this scouting party that welcomed us to the neighborhood and introduced us to Cider Fest. The



Image courtesy of [washingtonruralheritage.org](http://washingtonruralheritage.org) and the Kettle Falls Public Library.

abandoned homestead we had purchased had a large apple tree next to the house and a couple behind the barn that they had come to check on. Dennis and Fred assured us that we would not want to miss this community event, and in the subsequent years we have not missed many. In fact, my husband, Ben, has since been recruited to join the crew that prepares and operates “Ciderclose,” the giant cider press built to produce the more than 1,000 gallons of cider sold at the festival each year.

Cider Fest has continued to grow. By the late ‘90s it was obvious that the pressing needed to be done on a larger scale to keep up with demand. That’s when Ciderclose was born. Last year it pressed about 1,500 gallons of cider. Cider Fest also long ago outgrew the capacity of the foraging party to provide apples and now purchases them from local orchards.

The tree next to our house still produces great apples every year. It is just outside our bedroom window and we often wake in the middle of the night to the sound of deer munching our apples. They are a tart, green variety great for baking. We also use them to make our own cider, but

it turns out best when they are mixed with a sweeter apple. We have a small press that serves us and neighbors who bring apples from their trees to add to the mix.

I tried making hard cider a couple of times but didn’t always enjoy the results. One of our daughters introduced us to cardamom bitters a couple of years ago and since then I have been enjoying a cocktail made with unfiltered apple juice, bourbon, bitters and a twist of orange peel. It’s nice to have some on hand for the holidays, using juice frozen in October and thawed two months later.

My birthday is in late summer, and when I was growing up I often asked for apple crisp instead of cake. My mother made it from apples we had growing in the backyard. Here is her recipe, more or less. She hated following a recipe and seldom made something exactly the same way twice, so I have adapted her process to my taste over the years.

## Apple Crisp

- Butter a 2-quart baking pan.
- Peel and slice about 8 or 10 apples, enough to fill the pan  $\frac{3}{4}$  full. If you are using apples that are not tart, you may want to sprinkle a little lemon juice on them.
- For the topping mix  $\frac{3}{4}$  cup brown sugar, 1 cup of rolled oats,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon clove or allspice, a dash of nutmeg and  $\frac{1}{2}$  cup of crushed walnuts. Cut in 1 stick of butter until the topping is crumbly and sprinkle the mix over the apples and shake the pan so the topping settles.
- Bake in a 375 oven for about 50 minutes until the top is golden and bubbly. Enjoy with a scoop of vanilla ice cream.

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.”

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## Finding Your Genre

By Linda Bond

One of the questions I am asked most often by new writers is, "Where is the bookstore going to put my book?" It's a good question and one that is usually easy to answer, if the content is identified by genre. Before helping you decide about your current writing project and where it will fit on bookstore shelves, let's take a look at the concept of genre, where it started and why.

The word, itself, is from the French and means "a kind," and is related to the English word "gender." Its use arose in the early 19th century when books were being written and printed with a variety of content. There were not many different types of books in those days; fiction and history were popular, as were biographies, essays, dramas (i.e. Shakespeare), and, of course, reference books like encyclopedias and dictionaries.

A typical library or book shop would have had little trouble "losing" books in the mix, and so many simply put them all together on the shelf, perhaps alphabetically by title or author. Such a system would still suffice to locate a title or author if you knew what or who you were looking for, but browsing would be a huge task. To verify the contents of any particular volume, you would have to pull it from the shelf and read the jacket commentary or flip to the inside and read some of the content itself.

Even then, it would still be nearly impossible to tell a fiction novel from a nonfiction memoir unless you could count on the publisher to tell you, honestly, which was which. If you will recall, James Frey had a bit of a run-in with Oprah Winfrey over this very idea when she promoted his book, *A Million Little Pieces*, which was being touted as a truthful memoir and turned out to have a lot of made-up content. So which was it? A memoir or a fictionalized

story? And does it really matter?

The short answer is, yes, it does matter. Anyone who wants to reach a specific audience, whether it's an agent, publisher or the reading public, needs to be able to describe the writing accurately, with a genre listing that will be recognized by the target audience. Writers also need to know which genre is appropriate for their writing so they can aim their query letters at agents or publishers who have indicated they are in the market for that specific content type. To use a shotgun approach in hopes that something might hit the target is a waste of time and money and will result in many more rejections than are necessary. It may also cause a potential agent to mark you down as someone to avoid in the future.

With regard to your own time and effort, knowing what genre you are working in enables you to limit the number and cost of resources you acquire in order to study your craft. Articles about writing nonfiction books on history will likely contain some interesting guidelines, but if you are writing science fiction novels, then attending writer conventions, or reading books and articles focused on that topic will be of greater use in honing your skills.

### How to Choose Your Genre

Here are a few ways to find your genre:

- Look on the jacket or outer cover of the book you are reading and locate the genre that is indicated by the publisher. I am reading *Frackopoly*, by Wenonah Hauter. This book is being promoted by the publisher as "environmental/current affairs."
- Of the books you like to read, which ones are similar in nature to your own writing? If you don't have an extensive library to

review, then visit a local bookstore or public library and look at their selections. If the content is like that in your work, it is likely to be in the same "genre."

- Do some internet research. Nearly everything is discussed somewhere, including at online sites like [bookcountry.com](http://bookcountry.com). While it is intended as an author self-publishing site, you can check out the extensive "genre map" they have on their back pages without joining. While you're there, note the sub-genres being used in the industry as well as the cross-genre opportunities available. Just remember: It is better to offer one or two genres for your blurbs, like historical fiction, than something like "science fiction meets romance meets horror with some history thrown in."

Happy genre hunting!

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](mailto:lindathewriter@gmail.com).

## 26<sup>th</sup> Annual AAUW Coffeehouse 2016



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# What's Happening... continued from page 17

**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.

## Writing & Literature

**Oct 7:** Expressive Writing with Laura Towers, Fridays, 12:30–2:00, beginning Oct 7. Exploring the ways we can express our experience through writing, make connections in our lives, and with others. Each meeting will consist of guided prompts, freewriting, and reflections, with group poetry generated from our shared responses. No writing skills necessary! All ages welcome. Writing materials provided, or bring a journal. \$10/meeting, located in Meyers Falls Market Community Room. Call 407-435-6457 or email aurachartreuse@gmail.com for more info.

## Farm, Field & Forest

**Oct 16:** Colville Area Garden Friends is offering a free, fun, fall flower arrangement class at 1 pm at Parkview Senior Living, 240 S. Silke, Colville. Bring flowers from your garden, a vase, and your imagination. Call Nancy at 509-680-6146 for info.

**Oct 20:** Northeast Washington Permaculture Guild (NEWPG) meets at 5 pm to network and share info 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 509-690-9826 or email kud427@gmail.com.

## Wellness

**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 Thursday 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 Rebel** 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:** 1<sup>st</sup> and 3<sup>rd</sup> 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).

## Youth/Parenting

**Girl Scouts is more than just cookies and camp!** Girl Scouts offers 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.

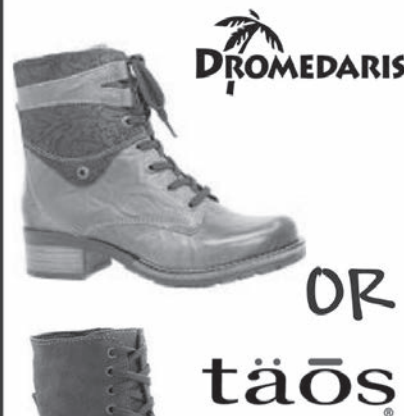
**Looking for breastfeeding support?** Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, crtslll@gmail.com, or on Facebook, "La Leche League of Colville."

*Continued on page 28*

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# Family Adventures Out!

**F**all is upon us with its crisp air and golden leaves. But, the leaves are not the only golden thing in the Colville National Forest. Did you know our forest has a hidden treasure...real gold!

People have loved gold since the beginning of recorded time and for good reason. It is, of course, beautiful, but it also has some physical properties that make it very useful. Gold is a malleable metal. This means it is easy to shape into things such as rings, bracelets and even teeth! Gold is also ductile, which means it can be stretched into a thin sheet or wire. Many famous buildings around the world have been adorned in gold leaf, which is a thin layer of gold. This was done not only for the sheer beauty, but also because gold does not tarnish or corrode and can withstand all types of weathering for centuries. This resistance to corrosion, coupled with the fact that gold also conducts electricity quite well, makes it a perfect metal to use in expensive electronics like cell phones. As a matter of fact, every cell phone has about 50 cents worth of gold inside. It may not seem like much, but that is all that is needed because the gold can be stretched very thin and still conduct electricity.

"There's gold in them thar hills!" The thrill of the adventure and the possibility of great wealth lured many a prospector to get in on a gold rush. A deposit is a concentration of gold in an area. There are two main types of gold deposits: primary and secondary. Many primary deposits were made long ago in the cracks of rocks as super heated water was pushed up to the surface of the land by magma. As the water traveled, it cooled and the element of gold that was in the water was left behind. A secondary deposit happens when the gold from the primary deposit erodes by weathering or exposure and ends up in a riverbed, much to the delight of prospectors who pan for this treasure, even today! I wonder how many prospectors of olden days realized just how much science went into panning for gold?

Panning for gold is actually very simple if you keep in mind the concept of density. Density is the mass of a substance divided by its volume. The more mass a substance has in a small space, the denser it is. Lead is very dense. A pillow is not. By gently swirling material from a riverbed in a gold pan, you will be able to single out gold from surrounding material because gold is much denser than most of the other material in a riverbed. As a matter of fact, gold is twice as dense as sand and is almost 20 times denser than water. This means you can use the

concept of density to separate sand and water from gold. It also explains why gold will be found at the bottom of the stream or lowest surface area of the bedrock.

But how do you pan for gold? To begin, you have to find a spot that looks promising. Since gold is very dense, it will settle into areas where a river has slowed down, like behind a boulder or at a bend in the river. This is where you should get your riverbed material to pan. Fill your pan about half full with this material. You should then find a spot where the water is not too deep, but is moving enough so that it will clear silt and sand from your pan. You want to be able to see what is in your pan. Submerge the pan just below the rim and shake it side to side or swirl the pan around. Let the lighter material drift out of the pan as you tilt your pan forward with the riffles or "traps" in your gold pan facing away from you. As you are swirling your pan, the gold has a chance to settle in the forward and bottom part of your pan because it is denser than the other material. This method is called "stratifying" the material.

Next you should "sweep" the lighter material out of the pan. With just the forward edge of the pan in the water, start moving your pan slowly up and down in the water so that the water itself is washing off the lighter sands and gravel. With time, all of the lighter material will sweep away. When you feel it's time to re-stratify the material, simply shake your pan as before. Remember, this is how you will

keep the gold in the bottom of your pan. Keep repeating this process and eventually you will be left with black sand and gold flakes (or maybe even a nugget!) You can use a magnet to separate the black sand (which is usually magnetic) from the gold (which is not). You can also use tweezers or a "sniffer" bottle to suck out the gold flakes.

There may not have been a major Gold Rush in Washington, but that does not mean there is not gold in our mountains and streams. Want to try your hand at panning? You cannot legally pan everywhere, but there is an open panning area on Sullivan Creek Rd. outside of Metaline Falls. From Metaline Falls, take Hwy 31 for 2.3 miles and then take a right onto Sullivan Lake Rd. Follow for 4.8 miles until you can take a left onto Sullivan Creek Rd. There are many access points all along this road, but about 3.8 miles up this road, there is an excellent access point for families.

For more information about family adventures in the Colville National Forest, visit [UpperColumbiaChildrensForest.com](http://UpperColumbiaChildrensForest.com).



## SCIENCE TIPS

- Gold's atomic symbol is Au on the periodic table, short for the Latin word "aurum," which means gold.
- Most of the gold on the earth's crust came from a collision with asteroids about four billion years ago!

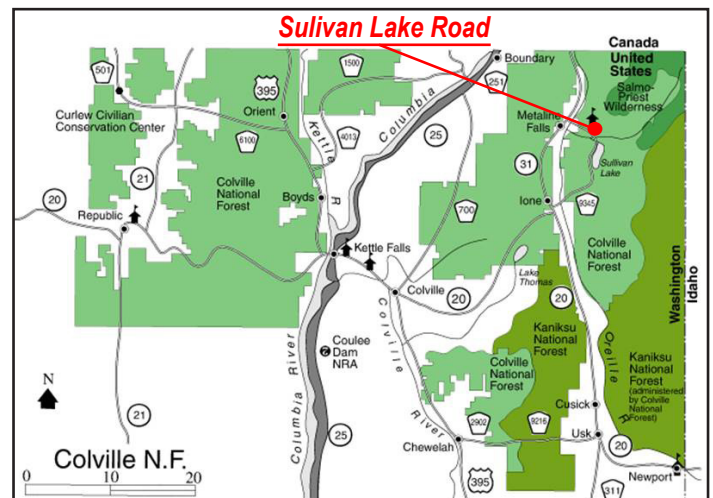
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## ADVENTURE RATING

The gorgeous fall colors, pristine beauty of the creek, easy access and peaceful setting make this a five-boot hike! Be sure to use caution however, as this is grizzly country.

The Upper Columbia Children's Forest is a partnership between the Colville National Forest and Stevens County Conservation District. Learn more at <http://uppercolumbiachildrensforest.org/>.





# What's Happening... Continued from page 26

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

## Miscellany

**Oct 12:** Northeast Washington Genealogical Society meeting will focus on starting from scratch with beginning online genealogy research, at the Colville LDS Church basement on Juniper St. at 10:30 am. After lunch, the meeting will focus on rethinking the brick walls that keep us from making progress

on our genealogy research. All visitors are welcome.

**High school students applying for the 2017-18 Free Application for Federal Student Aid (FAFSA®),** will be able to submit a FAFSA® as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change. Also, beginning with the 2017-18 FAFSA, students will be required to report income and tax information from an earlier tax year. For example, on the 2017-18 FAFSA, you – and your parent(s), as appropriate – will report your 2015 income and tax information, rather than your 2016 income and tax information. Visit [StudentAid.gov/fafsa](http://StudentAid.gov/fafsa) for more info.

**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](http://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.

**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](http://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. 2<sup>nd</sup> & Clay (basement).

**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 Ruth Harris with Fostering WA at 509-675-8888 or 1-888-KIDS-414.

**PFLAG:** Parents, Families, Friends and Allies United with LGBTQ. People to move equality forward meets in a new location at the lower level of First Congregational United Church of Christ, 205 N. Maple, Colville on the last Tuesday, 6:30 - 8 pm. Call 509-685-0448 or email [info@newapflag.org](mailto:info@newapflag.org) for more info.

**NOTE:** It is the responsibility of the parties placing the *What's Happening* notice to keep the listing current. Notify us at [ncmonthly@gmail.com](mailto:ncmonthly@gmail.com) or 509-684-3109 of any changes. This listing is provided as a courtesy to our readers and to event organizers on a space-available basis.

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# Dining & Lodging

Enjoy dining out in Northeastern Washington at any one of our fine eateries listed below. If traveling or just looking for a special night out, be sure to check out the lodging options listed here first!

## Chewelah

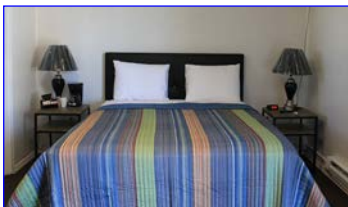


**CHEWVINO:** Come enjoy our delicious tapas, weekly specials and our expanding selections of wine, whiskey, craft beer and cigars. Open Wed-Sat 4-9pm. 309 E Main. 509-935-8444. [www.chewvino.com](http://www.chewvino.com).

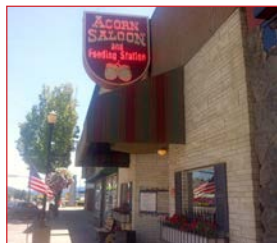
**MAIN STREET BISTRO:** Family owned restaurant in the heart of Chewelah, we offer breakfast, lunch, dinner, spirits, wine, & beer in a good ole family dining atmosphere. Open Wed-Sat at 11am and Sun at 9am. 206 E Main Ave. 509-935-8484.

### CHEWELAH MOTEL & RV

**PARK:** Guaranteed low rates, new beds, flat screen TVs, WIFI, easy access location. Check out our website at [www.chewelahmotelandrvpark.com](http://www.chewelahmotelandrvpark.com).



## Colville



**ACORN SALOON & FEEDING STATION:** Breakfast, lunch & dinner 7 days a week. Daily specials, cold beer and cocktails, pool tables & pull tabs. M-Sat: 7am-midnight. Sun: 8am-10pm. Happy Hour M-F 2-6pm & 9-11pm. 262 S Main., 509-684-3337, find us on Facebook!

**BROWN BOYZ OHANA EATERY** is the "Best un-kept secret in Colville." Unique dining experience. We use all fresh ingredients and homemade sauces to give you a "Hillbilly Hawaiian" taste sensation. Ya gotta try it! M-F 11am-7pm. 576 N Wynne St. 509-684-2888.

**CAFE 103** is located at the corner of 1<sup>st</sup> and Main and is open 7 days a week with espresso, wraps, panini, salads, soup, smoothies, baked goods, fresh avocado and sprouts and free delivery. M-F 7am-5pm, Sat 9am-5pm, Sun 10am-4pm. 509-684-0103.

**LOGGER TAVERN** has cold beer, wine and cocktails to go with the burgers and Philly sandwiches while you play pool, pull tabs or shuffle board (yep - old fashioned style). M-Sat 11am to closing. 246 N Main. 509-684-8284.

**MAVERICK'S** is where Breakfast, Lunch and Dinner is served all day on the gorgeous patio or indoors. Friday is Prime Rib Night. Burgers, steak, chili, salads, beer and wine. Open Mon, Thur, Fri and Sat 7am-8pm and Sun 7am-2pm. 153 W 2<sup>nd</sup> Ave. 509-684-2494.



**MR. SUB** has your hot or cold sandwich served on their own fresh baked bread. Salads, chili, baked goodies, u-bake pizza and gluten free. M-F 9am-8pm, Sat 10am-7pm. 825 S Main. 509-684-5887.

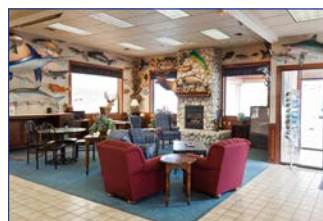
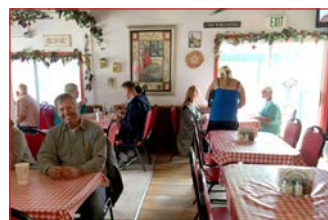
**RONNIE D'S** has the fast, friendly, local hometown atmosphere. Get your chicken, hamburger, salads, fish, clam chowder and sub sandwich for lunch and dinner. Mon-Sat 10am-10pm. 505 N Lincoln on Hwy. 395. 509-684-2642.



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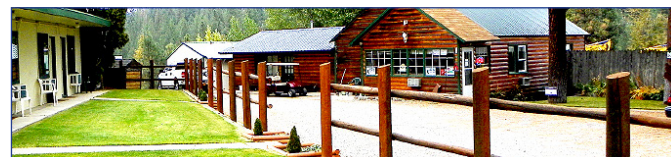


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# Family Ties

By Becky Dubell

How in the world do I describe my dad? One of my earliest memories of him is "helping" work on a vehicle in Sitka, Alaska, in the early '60s. He did something on the car and 6-year-old me said, "That's neat." And, boy did I get my rear-end chewed. I was not to use words like that. (The generation gap was showing there.) I feel that was a point in my life that helped set me on the road to the life I now own. (He has since told me he thought that was a nasty word back then.)

My husband, Jim, passed away on Daddy's 85<sup>th</sup> birthday last year and Dad has been in Colville helping me out around the place since that day. This year he decided that it was time to claim his birthday back, as he put it. So on July 8 he packed his saddlebags and trunk, put on his chaps and cold weather jacket, flung his leg over the Honda VTX 1300, looked at me with this sour look on his face and said, "I may be back for the truck."

His plan was to ride to Lake Isabella, Calif., check out his house there and ride back. He is smart enough to know his limitations – that's why the truck was held as his "ace in the hole." I figure he had a smile on his face by the time he got to Hwy. 395 because about seven hours later he called from Biggs Junction, Ore., with a smile in his voice. Even after having to put on his Frogg Toggs in Chewelah (to stay dry for the next 200 miles of rain) he was off on a great adventure.

Riding solo with no particular deadline, he got to do what he wanted, when he wanted – three to ten hours riding per day, eating when hunger struck, stopping at every rest stop if needed, lots of water (as per my instruction – even has a cup holder on the bike) and astonished people at the gas stations when the helmet came off of his gray head and he put on the Korean Veteran ball cap!

He drove back roads and the coast highway in Oregon and California but got caught in a three-hour traffic jam on the five-lane freeway through Oakland. He did learn, by the time he got to California, that he had too much on the bike – I received a 22-pound package in the mail. When he pulled into the driveway on July 28, his words were, "Where to next?"

He learned a few things on this trip about the bike and himself. He was getting more confident each day, stronger each day, and the bike is a dream to ride. Also, after all those meals at "mom and pops" and the



chain restaurants, he finds the Colville area very lucky to have the cheeseburger deluxe with curlier fries and a root beer float at Ronnie D's, the pan-fried oysters at TJ's and the ribs with potato salad at Tony's.

I guess I will describe Daddy as a gentle man raised in the post-Depression era with a mind that can take any project and make it happen – splitting firewood from a tree about as old as he is, cleaning about 50 years of accumulated stuff and making it into "Becky can use this" material, diving into Jim's gun shop to figure out customer projects and shipping things where they needed to go. He seems to be living proof of my mantra: "It is what it is and it will become what I make it." Thank you, Daddy, for being my proof that it will all work out.

*P.S. Paul has let me know that he is two years free of prostate cancer and that I may give his number out to anyone with questions. Call me at 684-5147 if you need to talk to Paul, who has "been there, done that."*



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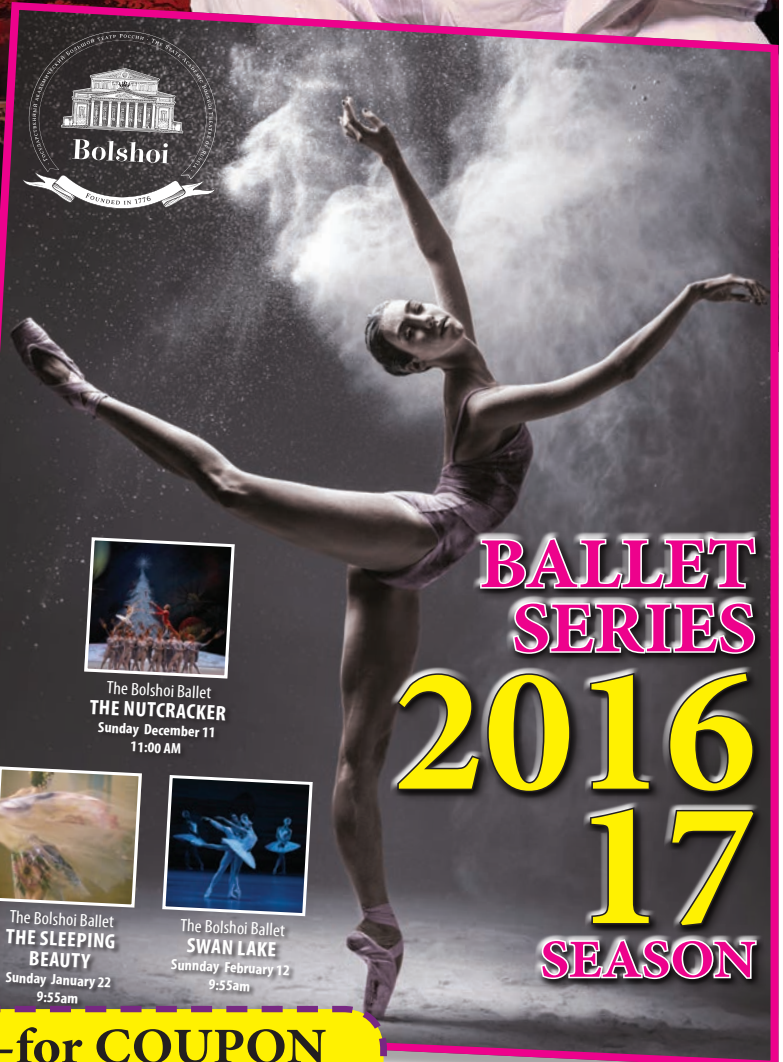
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