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From the Publisher's Desk...

By Gabriel Cruden

For those accustomed to seeing Sarah Kilpatrick's *Along the Mountain Path* column, I am saddened to share that she is now in the midst of a health crisis. She had initially thought to write about how she would be suspending her monthly column, but things progressed too quickly for her to manage that.

Good thoughts and prayers for a full recovery are flooding her way. In addition, if anyone would like to send stories or commentary about how Sarah's

yoga classes or monthly columns, or even just simple life encounters with her, have had a positive impact, large or small, you are invited to do so. I will collect them for her as words of encouragement as she moves through this difficult time. Please send to ncmonthly@gmail.com or P.O. Box 541, Colville, WA 99114.

~

On a different subject, work is progressing on establishing the foundation for growth for *The North Columbia Monthly*. Part of this process is to expand the pool of contributors to the publication - hence the eye-catching ad below.

The emerging theme of *Where and How We Live* will provide the framework for content generation, packaging and delivery. Pages will be added and a robust online presence will cap it all off.

My list of goals for this publication use words

such as *to inform, to illuminate, to educate, to explore, to encourage* and *to celebrate*. I also find resonance with descriptors such as *connector, bridge builder, peacemaker* and *thinker*. I prefer to focus on what is good and right in community and to encourage these things to proliferate and be celebrated as the norm. That doesn't mean turning a blind eye or shying away from difficulty. It means not flushing energy down the drain of negativity. It means marshalling 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 community and putting all that resource to do, not just good things, but great things in this world.

For anyone with something to say along these lines, be it with words, still images or video, I'm interested.



Sarah Kilpatrick



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Salmon run at Harvey Creek.

Photo by Gretchen Cruden

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Random Acts Of Community

By Christine Wilson

Modern therapy was just beginning to define itself in the 1970's when I was a young graduate student. It was morphing into what it is today, but still holding on to old school principles. The assumptions I threw out the fastest were that therapists should remain aloof and that we are supposed to act as if we are in a class unto ourselves, untouched by human drama. For one thing, I was incapable of not caring about the people I worked with and it seemed both robotic and detrimental to even try. The second assumption has been a little slower to shift. Self-disclosure is, for many therapists, still taboo. I recently heard Gabor Mate speak and, subsequent to that, watched his TED talk, which I highly recommend. He treats addiction and is perfectly willing to admit to his own addiction, which is a unique and seemingly benign one. He had become obsessed with classical music to the point (and this is where it becomes malignant) that he spent \$8,000 on CD's one particular week. Not only that, he missed a childbirth delivery because he left the hospital to buy some music. And he was the doctor! I love that he admits to all this and that he can talk about his own journey of self-discovery and, as a result, healing.

None of us grows into adulthood, even with the best of parents, without some negative beliefs and limitations with regard to managing feelings. I have never met anyone who is not defensive to some degree. Our culture is rife with fear; shame is too often used as a form of control. Many definitions of shame are available out there, but the simplest one is to differentiate it from guilt. We are supposed to feel guilt when we cause harm to someone. That uncomfortable feeling we get when we mess up is necessary for self-improvement and self-improvement is necessary for a better society.

Shame is a more serious and dangerous experience because it causes us to go from feeling like we made a mistake to believing we are a mistake. We are pack animals and exclusion from the pack is potentially lethal, a sensation that still exists deep within us. I remember hearing that when the Dalai Lama first came to the United States, he was shocked by the pervasive and crippling shame people here carry around. As a result of all this shame, it is hard to feel the normal and healthy range of guilt, because it shifts rapidly into the toxin of shame. Donald Nathanson, in *Shame and Pride*, describes what he calls the compass of shame. We do one of four things: shift the focus to someone else, torture ourselves with negative self-talk, distract ourselves with anything we can think of, or withdraw into crippling misery. I have done my fair share of all of the above and

my personal and ongoing journey out of that shame has been one of the gifts of my years as a therapist. I believe we are all on this journey and as a therapist, mother, wife, and friend, I would never pretend I haven't made mistakes or caused problems in people's lives. I was weaned on shame and had to learn healthier ways to be, through much weeping and wailing and gnashing of teeth. That's how I know it is a fixable problem.

I see two problems in this arena with our current, uncivil society. One is that many people seem to make the assumption that shaming people is justified by righteous indignation. Underlying that belief, I hope, is a theory that by focusing on people's misdeeds, those people will be inspired to change and the world will be a better place. It doesn't work that way and is dangerous because it triggers more shame. More shame means more paralysis and resistance to looking at misdeeds. I have read of a tradition in an African tribe in which, when someone does something unacceptable, they are brought into the center of the village and all the people gather to tell them all the things they have done right. They don't stop until they are done. Then there is a big celebration and the person is welcomed back into village life.

In this age of social media and large populations, it might be difficult to pull that off. Additionally, I would never support letting people off the hook when they do something wrong. That said, I think we need to spend more time looking at our own shenanigans and recognizing the ways we need to change ourselves. For those out there with no conscience, external controls need to be in place, such as the justice system and forms of arbitration that are so readily available these days. Shaming doesn't work for them because they don't feel badly in the first place. However, most of us do have a conscience and shaming ends up increasing the divisions between people and inspiring more rigid rationalizations for behavior. Shaming in and of itself isn't going to make this world better. Increasing our emotional intelligence and speaking about our experience from that perspective is much more likely to shift our world. To quote Rumi: "Be a light, be a lifeboat, be a ladder." Do your own work, as we say in the biz, and from that place of understanding and forgiveness, a better community outcome is likely.

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

A scenic photograph of a lake at dusk or dawn, with silhouettes of evergreen trees in the foreground and background. The sky is a mix of blue and orange. The text is overlaid on the image in various colors and fonts.

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Boundaries

A Lucky Find

By Jack Nisbet

I spent some time walking in Northwest forests with friends this summer. Just south of Lake Pend Oreille, we wormed up a tight gulch and onto a rocky shoulder of ground, where we slid past several cedar snags that apparently had survived 1910's Big Burn. They were old trees, not particularly large, and must have been already stripped of their bark when the flames roared past them. The result was a black-and-brown checkerboard of fire damage on each spar that looked as though a giant adze had chiseled the cured wood into charcoal on some squares, but polished others like fine-grained furniture.

These cedars were surrounded by century-old western hemlocks that had sprung up after the blaze and grown into straight, tall, beautiful trees. Almost every one of them was riddled with what Northwest locals, from fur traders to loggers to hikers, have always called conks. Also known as shelf or bracket fungus, they appeared as dozens of dark half-moon or hoof shapes that climbed each trunk like ladder rungs.

On another trek north of Upper Priest Lake, we wandered through a cathedral of old-growth cedar and western hemlock. Many ferns beneath them were beginning to curl from the summer's drought, but the huckleberry picking wasn't bad and a vast open canopy continued up the creek for miles. All along the way, it was hard not to notice that the same kind of mature, woody, black, ringed bracket fungi appeared up and down the length of many hemlocks, and that the interior of blown down trees displayed a white

rot familiar to carpenters who have worked with that wood.

Then in August I traveled to Bend, Oregon, and had a chance to climb to the Paulina Craters just south of town. On the rim of the volcano we strolled through a forest dominated by mountain hemlock, not as old or as tall as the cousins I saw in Idaho, but still occasionally afflicted with the same white rot. And it was there that I finally saw the fruiting body of the fungus responsible: a beautiful scarlet-and-mahogany colored shiny stem that ballooned into an almost tasty-looking biscuit in shape and color. The stem and top glistened like a lacquered antique chair, and it is no wonder that field guides dub this conk "varnished bracket fungus."

The varnished bracket belongs to the genus *Ganoderma*, which has intrigued conk enthusiasts for untold generations. Like all of its relatives, the annual fruiting bodies are composed of tiny, tightly compressed tubes. Each fruit emerges from miles of complex *hypha*—threadlike fungal cells that make up the basic structural unit of any mushroom. Taken together, the hyphae branch in distinctive patterns to form the vegetative portion of an individual organism. This web of threads, known as the mycelium, performs the complex work of breaking down woody tissue in the wild—in other words, the white rot that afflicted so many of the aged hemlocks I encountered over the summer. That is what fungi do on our planet, and why the people who study it are called mycologists.

Conks of the genus *Ganoderma* are found on every continent, and several of them have long been connected with human culture. They emerge with comparatively soft flesh, and the fresh white pore surface on the bottom of the fruit will stain brown to the touch. One species, *Ganoderma applanatum*, is even called artist's fungus, because it allows creative people, insects, and squirrels to scratch patterns on those pores to make a permanent display.

Confusingly, the fruits of this and other *Ganodermas* show two different forms that overlap in every way: one with a shiny stem and attractive hoof- or biscuit-shaped body; another with a larger, spreading fan like a turkey's tail. The tube layers dry to a hard, woody consistency within six months or so, but while active, they release millions of spores from their open pore ends. Many of these spores blow around in the wind to end up as a brown dust on top of the cap, spoiling the fresh varnish of newly emerged fruiting bodies.

Mycologists struggle to separate out distinct species of the genus *Ganoderma* because the patterns of the mycelia and the forms of the fruiting bodies shade into one another. The individual I saw on Paulina Crater might have been *Ganoderma tsugae* (which means hemlock) or *G. oregonense* (which means Oregon). Few people would fret about such confusion except for one notable conk classified as



Reishi or Ling Zhi (*Ganoderma lucidum*).

Ganoderma lucidum, which, in one form or another, is found all over the world. This *lucidum* is considered a good luck symbol among many cultures.

Known as *reishi* in Japan and *ling zhi* in China, it also has strong enough medicinal properties that local terms for it can be translated as "marvelous herb" or "mushroom of immortality." The internet is flooded with advertisements for all kinds of Reishi and Ling Chi treatments, which come in many forms and seem to be of questionable value. Yet when the American Chemical Society's Division of Agricultural and Food Chemistry held a pair of symposiums titled "Food Phytochemicals for Cancer Prevention" in the early 1990s, a team of medical researchers from the Veteran's Hospital in Taiwan presented a detailed chemical analysis of *Ganoderma lucidum*.

They began by describing its long history in the traditional holistic medicine of China, Japan, and other Asian countries, where it is still prescribed as both a tonic and a sedative. The fruiting body and cultured mycelia have also been used to treat hypertension, bronchitis, arthritis, pancreatic disorders, emotional problems, and cancerous tumors. Detailed lab work revealed that the fungi did indeed produce polysaccharides, triterpenes, and adenosine, compounds that have been related to a range of anti-tumor and blood sugar regulators.

To be fair, other papers in this collection explore the positive properties of ginger, licorice, flax seed, sesame, and assorted fruits and vegetables, so it is far from clear how patients and doctors might best put these properties to good use. But there is no question that all those *Ganoderma* threads hidden within Northwest hemlock trees harbor great power, and that they function within the very heart of our forests. That is why, I suppose, that I have kept a pair of goose-necked Reishi, with deep black stems and fans like polished mahogany, on my mantle ever since I found them in a rich riparian forest long ago. They feel like good luck.

Author Jack Nisbet will be reading from his new book *Ancient Places* at the following public libraries this month: Moses Lake, Nov. 4th; Waterville, Nov. 5th; Curlew, Nov. 12th; and Republic, Nov. 13th. For more information, visit jacknisbet.com.



Fruiting body of a varnished shelf fungus, either Hemlock (*Ganoderma tsugae*) or Oregon (*Ganoderma oregonense*). Photo by Jeanne Debons.

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Magical Air

By Eileen Delehanty Pearkes

On a luminous autumn afternoon, I recently visited a 1,000 year-old monastery in the verdant Loire River valley of central France. In the 11th century, when the monks founded this site of worship, the area was densely wooded with oaks and, like much of Europe, was relatively uninhabited compared with today. Now the monastery sits amid tidy farm fields and is privately owned. On the day I visited, it was open to the public during a national heritage and culture week. All over France, people were taking time to visit areas of historical value.

One of the owners of the monastery began to speak to a group gathered around him about the details of the monastery's founding, what can be known about the construction of various buildings, and the theories about the destruction of the church long ago.

As is often the case, I was drawn away from the lecture by the beauty and spirit of the place itself. Something magical was happening at the half-ruined monastery of St. Jean Guraïs, something that led me to a very old rock wall. While France may seem a long way from the upper

Columbia River region, in fact, the rock wall tumbled me back to the place where I live.

Perhaps as old as the monastery itself, the wall reminded me of many natural rock cliffs and outcroppings at home. Encrusted with several kinds of lichen and moss, the wall also hosted plants that had found enough moisture and nutrients to thrive, including one that looked a lot like a small fern from our region, *Polypodium amorphum*, or, as the guide books say, irregular polypody. I like to think of this sturdy little plant as 'rock fern.'

I love rock ferns because they often take root in perilous places that appear to have little, if any, of what a plant needs: nutrients and water. Yet, miraculously, they survive. They are dainty and brave. Like the monks who founded the monastery, they exist with very little, other than willingness.

I walked down the 200 or so feet of wall that once followed the outside wall of the church. This led me to the Mary Garden, a common feature in many monasteries. Medicinal and decorative plants bloom at times aligned with religious feasts and celebrations, most of them focused on Mary the Virgin, a central Catholic figure of worship.

This Mary Garden had been recently restored. At the center of the well-trimmed shrubs and hedges stood a three-foot-high, stone pedestal. The pedestal likely once held a statue, probably of Mary. Today, a garden of lichens blooms across it – from white, to yellow to brown. The once sharply carved edges have melted back with decay. Left empty of its original purpose, the pedestal holds little else but but accumulated time.

Human-built culture often sets itself sharply against natural systems. There is no better example of that in our region than the large dams that manage our river systems. The early history and founding of Nelson, B.C. is filled particularly with construction set off against destruction: huge forest fires set to expose mineral deposits for mining exploration. Canyons and waterfalls blasted to allow steamboat

passage. Wetlands drained to host farm fields.

Human beings have always, since their beginnings, had impacts on their environments and sought to manage natural systems. At the monastery, I witnessed cultural objects that are so old, they have literally begun to settle into the landscape and become part of it. Will the dams be like this someday?

France has stiff regulations surrounding any items of heritage value. Rarely is a property owner given permission to knock something down. As a result, while modern French life looks a lot like ours in North America, it takes place in and around ancient rock walls, collapsing roofs, abandoned stone wells, fragments of Roman arches, ruined castle towers and little stone cabins called choquettes that stand in the middle of fields. These are where tools and supplies for grape-vine cultivation could be stored.

Many pieces of the past here have been in place long enough that they have moved into the borderlands between nature and culture. They breathe the magical air between history – some of it nearly forgotten – and the place where history happens.

Eileen Delehanty Pearkes is the author of The Geography of Memory and The Glass Seed, and co-author of The Inner Green and River of Memory. Her traveling exhibit on the Columbia River Treaty and its impact on the upper river's landscape recently won a national award for outstanding achievement from the Canadian Museum Association. Her book, Columbia, A River Captured, is forthcoming in 2016.



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In Nature

Great Horned Owl

Article & Photos by J. Foster Fanning

When the outdoor silence of twilight is broken by the familiar, deep, stuttering, “hoot, hrooot, hoot, hoot,” you are again in the presence of North America’s widely ranged Great Horned Owl. This large and extremely adaptable predator was known to early naturalists as the “winged tiger” or “tiger of the air” because of its feathered markings and aggressive hunting prowess. Some folks today know this bird as “the hoot owl.”

Of course ‘horned’ owls are not truly horned. They have long ear-like tufts of feathers that give them the classic horned appearance. Other keys to their identification are large, thick bodies with broad rounded wings. Their overall size is generally compared to a mature red tail hawk. Like most owls in flight, the rounded head and short bill cause a blunt-headed silhouette appearance. While feathering varies, the common markings of this bird include a general mottled dark gray with reddish brown face and a pale-to-white patch on the throat.

“Adaptable” and “wide ranged” are terms frequently used to describe this species of *Bubo virginianus*. Great horned owl habitat includes not only our northern forests but desert regions, swamps, tundra edges, and rainforests (both temperate and tropical). That noted adaptability also includes cities, orchards, suburbs, and parks. Several years ago I observed and photographed one in the Colville City Park in broad daylight.

Part of the horned owl’s success is its non-discriminate skill as a hunter. As noted by the Cornell Lab of Ornithology, “Great Horned Owls have the most diverse diet of all North American raptors. Their prey range in size from tiny rodents and scorpions to hares, skunks, geese, and raptors. They eat mostly mammals and birds—especially rabbits, hares, mice, and American Coots, but also many other species including voles, moles, shrews, rats, gophers, chipmunks, squirrels, woodchucks, marmots, prairie dogs, bats, skunks, house cats, porcupines, ducks, loons, mergansers, grebes, rails, owls, hawks, crows, ravens, doves, and starlings. They supplement their diet with reptiles, insects, fish, invertebrates, and sometimes carrion. Although they are usually nocturnal hunters, Great Horned Owls sometimes hunt in broad daylight. After spotting their prey from a perch, they pursue it on the wing over woodland edges, meadows, wetlands, open water, or other habitats. They may walk along the ground to stalk small prey around bushes or other obstacles.”

Crows, sometimes the prey of Great Horned Owls, employ an interesting tactic when confronted with these predators: they mob them.



Often a dozen crows at a time will harass a resting horned owl, for hours at a time. The owl’s harried response may include hissing, bill clacking, flapping its wings and scraping its talons on tree branches.

“Silence on the wing,” is a saying applied to this owl that is covered in extremely soft insulating feathers to not only protect it against winter cold but to also contribute to its silent pursuit of prey while in flight. Another unique feature of this masterful bird is its large eyes with pupils that can open extremely wide in the dark, and retinas designed for excellent night vision. A Great Horned Owl’s eyes don’t move in their sockets, hence their well-known swivel heads capable of more than 180 degrees of rotation in any direction. They also have sensitive hearing, thanks in part to facial disc feathers that direct sound waves to their ears. Once in the clutch of a Great Horned Owl, prey does not stand a chance given that the measured grip of this predator’s talons requires a force of 28 pounds to open. This deadly grip is used to sever the spine of large prey.

Watch for these owls at dawn and dusk, although if you are lucky, one may be spotted in daylight. Listen for their hoots to help provide roosting locations. They often hoot in pairs, the male, smaller than the female, has the deeper voice box. Grab a pair of field glasses and go enjoy the golden autumn day...

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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What's Happening

Sponsored Listings

The Yoga Studio at Colville Fitness Center is offering classes. See ad on page 2 or call 509-684-1987.

ProBodyworks is offering November specials! See ad on page 21 or call 509-684-1420.

Events & Classes at Meyers Falls Market (visit MeyersFallsMarket.com or call 509-738-2727):

Gluten Free Pies, Nov. 14, 1-3 pm. Join us in this hands-on class as Raelynn Pass shares how to make delicious gluten free pie crusts and pies in perfect timing for the holiday season. Indulge in samples of a fresh-baked pie and make your own mini-pie to take home to bake! **Preregistration of \$15** includes samples, hands-on crust making for your very own pie, recipes, and a store coupon. Be one of the first 5 to sign up and receive a special gift!

Wine Tasting, Nov. 20, 4:30 - 6:30 pm. Drop in anytime to sample 3 distinct wines from our selection of over 100 varieties. Tickets are only \$2 and entitle you to save \$2 off any bottle of that evening's featured wines. Join us the 3rd Friday of every month through fall and winter!

Ongoing Yoga classes in the Viniyoga style: Mondays 5:30 - 7 pm and Saturdays 10 - 11:30 am with Lisa Jekubik (RYT 500) of Blue Moon Yoga. Drop-ins welcome (please call first to confirm space availability). Contact Lisa: (509)-690-1742 or ljekubik@hotmail.com for more info.

Ongoing Intermediate Tai Chi classes, Tuesdays 5-6 pm and Fridays 9-10:15 am. For more information about upcoming beginning Tai Chi and Qigong classes, please contact Lauri McKean, EAMP at 509-690-7977 or lamckean@gmail.com.

Special Events

Nov. 12 will kick off Global Entrepreneurship Week and a chance to showcase your business ideas at the Colville Community College, Kalispel Room from 9 am - 1 pm. Co-sponsored by Tri County Economic Dev., Colville Horizons and Hewes Marine.

The 25th Annual AAUW Coffeehouse is set for Nov. 13 from 7 - 10 pm at the Elks Lodge in Colville. Featured performers this year will feature the Rustics, along with performances by Stazy & Tom, the

Colville Jazz Band, Sammy Thomas, and the students of Gary Killings and Stazy Richman. Nibbles and beverages will be on hand. Tickets, available at the door, are \$15 for adults, \$8 for children.

Parkview Senior Living will hold its annual public auction Nov. 19 at 1 pm. All proceeds will be donated to our local Veterans relief fund. If you have something to donate for the auction (no clothing please), call 509-684-5677.

The Salvation Army will begin their annual Red Kettle Bell Ringing Campaign the day after Thanksgiving on Nov 27th and will end on Dec 23rd. In the community of Colville, all donations raised stay right here and are used for emergency assistance needs such as food, gas, prescriptions, rent, utilities or lodging. Donations also help send kids that are 8-17 years old for a week at Camp Gifford on Deer Lake. Low-income families pay \$25 and the rest (\$325) is paid from money raised by the Red Kettle Campaign. This past year 17 children from our area received scholarships to attend Camp Gifford. In addition, the Red Kettle donations purchase backpacks for the back-to-school backpack program and 60 backpacks were distributed to children at the start of this school year. Please show your support for our neighbors in need and sign up to volunteer with your school or activity group, church group, service club, or as an individual. You may volunteer for an hour, or two or three, or your group can choose to adopt-the-kettle for the day and fill the bucket! Contact Pam, Kettle Coordinator, at 509-684-5742 for more info.

Arts & Crafts

Holiday Gifts will be the theme of the show at the **Eureka Arts Gold Mountains Gallery** during the months of November and December. There will also be a special table for gifts that are \$20 or less. The show opening is Nov. 6 from 2 - 6 pm. Refreshments will be served. The cooperative gallery showcases the work of 18 artists featuring western art, prints and collages, photography, woven hangings and scarves, various types of jewelry, custom dyed and batik silk scarves, unique wooden furniture and other wood items, ceramics, watercolor, and unique oil paintings. The gallery is located at 628 S. Clark Ave. in Republic, WA. Regular hours are Tuesday through Saturday from 10 am - 4 pm. Call 509-775-8010 for more info.

Springdale's Art and Craft Co-op is having a Grand Opening on Nov. 20 from 2 - 6 pm. There will be complimentary refreshments, coffee furnished

by Chamokane Creek coffee roasters and favors furnished by Summerwood Garlic. There will also be a drawing for a piece of Maiolica pottery by potter Sue Cox. Call 509-258-6956 for info.

Holiday Gift Show, Nov. 21, at the NE WA Ag Trade Center in Colville.

Gloria de los Santos is the featured artist in the Meyers Falls Market gallery cafe for November/December. Gloria will be presenting her newest works, encaustic paintings, which are rich in color and texture. Encaustic painting involves using heated beeswax to which colored pigments are added and the mixture is applied to a surface. Check out the exciting work of this local artist when you are in the market.

Shoshana's 20th Annual Holiday Show will be held Dec. 5 - 6 and Dec. 12 - 13 from 10 am - 5 pm on Saturdays and noon - 4 pm on Sundays. It will be held at her pottery studio at 616 South Ave., behind the Matteson House Bed and Breakfast, and one block off the Main Street in Northport. There will be a large selection of locally made quality crafts and gourmet foods for sale. Refreshments will be served. Please bring your friends Call 509-732-8863 for more info.

Colville Piecemakers Quilt Guild meets on the 3rd Tuesday of the month at the Assembly of God Church in Colville (corner of Glenn and Walnut across from the park) at 6:30 pm. New members and guests are welcome. Visit colvillepiecemakers.webs.com.

Colville Valley Fiber Friends, (CVFF) meet every Monday at the Ag 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.

Books, Books, Books

Colville Public Library Improvement Club Book Sale is Nov. 21 from 10 am to 1 pm in the library basement. Hardback books will be 50 cents, paperbacks 25 cents, children's books 10 cents, DVD, CD, and VHS media will be just 25 cents each. New selections are coming in every day. All proceeds are used to benefit the Library.

Northport Community Library Storytime, Tues. mornings, 10:30 - 11 am. Recommended ages 2-5. Library hours are: Tues. and Thurs. 11 - 6 pm, Sat. 10 - 4 pm. 509-732-8928.

CALL HOSTING PARTIES TO CONFIRM TIMES AND DATES. THE NORTH COLUMBIA MONTHLY WILL NOT BE HELD RESPONSIBLE FOR ERRORS OR SCHEDULE CHANGES.

The Adult Literacy Program of Rural Resources Community Action provides one-to-one and small group tutoring in Adult Basic Education, English as a Second Language and GED Preparation. To volunteer or for more information, call 509-685-6133, 509-685-6132 or 1-800-776-2178.

Music, Dance, Theater

First Open Mic of the Season at the Meyers Falls Market, Nov. 6, 8-10 pm, FREE! The days are getting shorter, but the evenings of song, dance, and poems are just beginning. Join us for a wonderful night of local talent in this first and special night! Come back for more on the first Friday of every month through fall and winter.

The Pend Oreille Players announces its production of *Aladdin, Jr.*, on Nov. 13 and 14 at 7 pm, and Nov 15 at 3 pm, and Nov 20 and 21 at 7 pm and Nov. 22 at 3 pm. Come see our talented cast of junior high and high school students as they take you to Agrabah, where thieves steal bread, the princess rolls her eyes, the vizier plots his evil plans, a genie patiently waits for her lamp to be rubbed, and the Sultan rules all that he surveys (and anything else that happens to be lying around). Tickets are available at the box office located at 236 S Union, Newport WA, Wednesday – Friday, 12 pm – 6 pm, over the phone at 509-447-9900, or online at pendoreilleplayers.org. Prices are \$12 for adults and \$6 for students 18 and under.

Farm, Field & Forest

Colville Area Garden Friends, a local gardening group, meets the 2nd Wednesday of each month at 6 pm at Pinewood Terrace to discuss garden topics, take field trips, take on gardening community service projects, and visit members' gardens. Speakers on topics of interest are often featured. Call Marianne for more information at 509-738-2964.

Wellness

Senior Health Insurance Benefit Assistants (SHIBA) will be at Parkview Senior Living to help you with your open enrollment decisions on Nov. 10 from 9 am - 3 pm. Call 509-684-5677 to schedule a one-on-one appointment.

Dopeless Hope Fiends of Narcotics Anonymous is a group of recovering addicts who meet regularly to help each other stay clean. We are an anonymous fellows concerned with the disease of addiction and recovery from that disease. The drug (or drugs) of choice is unimportant. NA costs the addict nothing.

We meet every Monday and Thursday night at 7 pm at the Garden Homes Medical Group, lower level.

Caregivers: here is a chance for you to ask questions, give answers, exchange ideas, and get support from other family caregivers! We meet at Parkview Senior Living the last Thursday of each month, 3:30 - 4:30 at 240 S. Silke, Colville. Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. We're here for you. For more information, call Nancy at 509-684-5677.

The Colville MS Support meets the second Friday of each month at 1 pm at Providence Mount Carmel Health Education House at 1169 East Columbia (lower level), Colville. Anyone living with MS is invited, whether self or family member or friend. Don't live with MS in isolation. Call 509-684-3252 for info.

Flu Clinic, 1st and 3rd Thursday of each month from 8-3, Tri County Health District 240 E. Dominion Ave. Colville, WA 99166. Walk-in or by appointment. Cost: adult \$20, child \$7.

Do you eat to cheer yourself up? Learn ways to control emotional eating. Ashamed of your eating habits? We offer lifetime support in your efforts to stop eating compulsively. Has the latest fad diet failed you again? We offer personal support with no fees or diets. Constantly thinking about food? Determine if you have a healthy relationship with food. Come to a meeting and take the quiz. Is one bite never enough? We welcome those who want to stop eating compulsively. Do you binge, purge or restrict? Is your weight affecting your life? Let us help! Overeaters Anonymous meets weekly for one hour, Mondays at 11:30 am at the Nazarene Church, 368 East Astor, Colville. Call 509-680-8674 for more info.

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). **Victim Services Re-established in Ferry County**, effective August 13, 2015. The four advocates working at the recently-closed Connections have been hired as Victim Advocates for Rural Resources Victim Services in the Republic and Inchelium offices. The office in Republic is open Mon. - Thur., 8 a.m. - 5 p.m., closed Fridays. The Inchelium office is by appointment on Tues. and Wed.

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

Life of the Spirit

The Colville N.E.W. Lighthouse of Aglow International meeting on Nov. 12 at 6 p.m. will be at the Colville Ag Trade Center. It's "Chocolate Bonanza" night so make up your favorite chocolate creation, bring it along, and we'll all do some fun sampling. There'll be prizes in four different categories. Desserts to be entered in the judging need to arrive by 6:15. Aglow, a Christian organization, is open to both men and women and the meetings are open to the public. For more info, call 509-684-3467 or 509- 675-6433.

Spiritual Study Group, Nov. 22, 4 -5 pm. All are welcome! The HÜMÜH Buddhist Center is hosting a Satsang spiritual study group to listen to the Wisdom Master's recorded words about "The Replications of Mind" and explore their meaning with the Satsang. Donations accepted. For more info call 509-476-0200.

Explore meditation and mindfulness, and move towards greater health and balance in your life. Whether you are completely new to meditation, or practice it daily, you are welcome to attend this ongoing meeting. Meetings are free and are held on first and third Wednesday of every month, at 6:30 pm, at the Deer Park Library, 208 S. Forest. (This space is wheelchair accessible.) Questions? Contact us at 2.amindfullife@gmail.com, or go to our Facebook page: A Mindful Life.

Do area churches meet your spiritual needs? Our small group believes love can make justice and peace real in our world. We are open to all and accepting of all. It does not matter your lifestyle, your belief or non-belief, or your sexual orientation, you are welcome here. Wherever you are in your life's journey, you can be who you are and be welcome here. We are simply sharing the same road, listening and telling stories along the way so we all might move toward a world where everyone flourishes. Atheist, Muslim, Buddhist, Hindu, Jewish, Christian Believer - are welcome here. We also provide childcare. Try out our service at 10 Sunday morning, 205 N. Maple St (2nd & Maple), Colville, WA. Call us at 509-684-4213. We are the United Church of Christ.

Celebrate Recovery. Come join us as we find freedom from our hurts, habits, and hangups. Celebrate Recovery is a biblical and balanced ministry to help deal with issues like abuse, addiction and anger through 8 principles based on the Beatitudes of the New Testament, and 12 biblical steps to recovery.

Continued on page 18

**WE WANT TO INCLUDE YOUR COMMUNITY EVENTS ANNOUNCEMENTS HERE!
FREE EVENTS LISTINGS ARE ON A SPACE AVAILABLE BASIS. DEADLINE: 3RD TUESDAY EACH MONTH.**

Listen Up

Night on the Strip with the Hollywood Vampires

Reviewed by Michael Pickett

I went to music school not too far from the Sunset Strip. Hollywood was my scary-awesome home about 90% of

the time then, all hours – day and night – and the lure of the Strip was like that of some wily seductress, part glitter and part gargoyle.

That's what the sound of the Hollywood Vampires debut album captures; the spirit of a Hollywood drinking group founded by Alice Cooper in the 70s, in the upstairs loft of the Rainbow Room. But instead of just a group of drinking buddies, this album features perhaps one of the greatest super-groups of all time, as Cooper teams up with Johnny Depp, Joe Perry, Brian Johnson (AC/DC), Dave Grohl, Sir Paul McCartney, Joe Walsh, Slash, Robbie Krieger and more under the masterful production wand of Bob Ezrin.

The results are absolutely spectacular, as the Vampires match two theatrical, original tunes (the classic, Cooperesque *My Drunk*

Friends and *Raise the Dead*) with a masterful array of cover tunes, each given the full Bob Ezrin/Vampire treatment. The obvious standout is the initial slow grind of Zeppelin's *Whole Lotta Love*, with Cooper's creepy-cool vocal intro giving way to Brian Johnson's trademark wail. *Manic Depression* and the *School's Out/Another Brick in the Wall* combo do not disappoint, as Robbie Krieger, Johnny Depp and Slash (yep, that's Slash!) layer guitars across this insanely fun sonic landscape.

Fact is, you won't find a dud on this entire album. Why? Because finding another album like this is like waiting 12 years for the girl of your dreams to reappear after just glimpsing her at a club on some edgy Hollywood night. No one makes albums like this. Having Ezrin and Cooper helm this project is like Spielberg directing a Star Wars movie...and the results are just as tantalizing and fulfilling. Drop what you're doing and check out this album right now.



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Ugly Kid Joe: Not Just a Pretty Face

Reviewed by Michael Pickett

But you forgot about these guys, didn't you? Me too. Fact is, in the 20 years since I've actually thought about this band, they have mostly remained apart, as members have gone on to other projects. In 2010, guitarist, Klaus Eichstadt, finally dropped the news that the band would be getting back together, eventually producing the *Stairway to Hell* EP.

After a tour with Skid Row, Ugly Kid Joe used the popular method of crowdfunding to fuel the recording of the full-length *Uglier Than They Used To Be*, and the results are a blast (literally). With Whitfield Crane at the mic, there are some immediate reminders of UKJ of old. As pointed out by the beautiful girl I was listening to the album with, lead-off tracks like *Hell Ain't Hard To Find* have a Foo-ish overtone to them, partly due to the production style, and partly due to Klaus Eichstadt and Dave Fortman's guitar riffage.

Elsewhere, you can hear nods to Iron Maiden, AC/DC and certainly Motorhead (as the band does a credible cover of *Ace of Spades*). The cool thing about a comeback like this is that the band can call their

own shots. With the overall demise of the old record industry, a band like Ugly Kid Joe can not only be as ugly as they wanna be, but they can find fans who love the ugly and can give those fans exactly what they want: snide, wry guitar-driven classic metal that is as full of sly sarcasm as it is supercharged guitar licks.

Download three Pickett music singles for free at <http://m-overdrive.com/pickett>, including the World on Fire reggae-rock single.



A Good Read

Red Sky in Morning by Paul Lynch

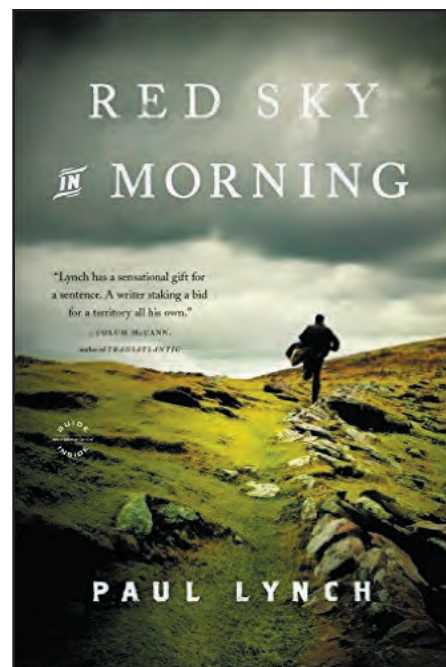
Reviewed by Loren Cruden

There is a prehistoric atmosphere to the opening pages of Irishman Paul Lynch's debut novel, *Red Sky in Morning*. The story, set in the 1830s, begins in Donegal where Coll Coyle watches a dawn wake the world around him. "The land, old and tremulous, turned slowly toward the rising sun." Coll and his family are about to be evicted from their ancestral plot of land and Coll is about to do something fateful, like the "rocks that sat jagged as if they had fought violently before being ripped out of the earth." Classic Ireland.

As the story proceeds the reader may wonder if there is any mercy or kindness to be found in these characters – rich or poor – even Coll, like his dead father with "the dark caves of their eyes hollowed by the tongue of the wind." Characters who are "like the rain that knows nothing but the pull of the earth." This sense of primal inevitability is starkly conveyed; the implacably enduring land and the

often stoic, sometimes enraged men upon it. By way of a sea crossing, the story moves from Ireland to the New World, from earthy cyclic labor in one land to rough-hewing an immigrant civilization out of another. All the while Coll is relentlessly (physically and metaphorically) hunted.

Though the author is Irish (a film critic and journalist), Lynch's writing is similar to that of American "New West" novelists such as Bruce Holbert and Bruce Machart – Cormac McCarthy's literary lineage. It may be they are writing about the same people – mainly Irish immigrants. These authors purge romance, gallantry, and clear divisions between good guys and bad guys from their novels. Their characters are unredeemed – and their authors write so well about them; in elemental settings where men forge their bonds and persist in their estrangements, while women are exploited or wait for men to sort themselves out. These stories emit a compelling physicality, if not much



evidence of positive human evolution.

Other recommendations from the L shelves:
Jim Lynch – *Bordersong*

The Children Act by Ian McEwan

Reviewed by Loren Cruden

Each year I read a hundred-fifty or so books, but still am unable to forget Ian McEwan's portrayal in *Enduring Love*, read many hundreds of books ago, of a man dangling from a hot-air balloon as it rises, rises, rises, knowing he must let go. McEwan is a master at conveying what happens

to us and how it feels. He achieves this through an excruciating closeness, without overheating his prose. It is an insider's, "This can't be happening" horrified detachment. It works; the reader is pinned to the page.

McEwan's latest novel, *The Children Act*, has an absorbing plot and an interesting main character. Middle-aged High Court judge Fiona Maye, in London, is confronted by both her own domestic crisis and an emergency case in family court. Based on actual situations, the story looks with intelligence and sympathy at dilemma-prone junctures of life and law.

Fiona presides over family law court "with all the seriousness and obedience to process of a nuclear scientist," and still manages to get into trouble with a decision involving a seventeen-year old boy refusing life-saving treatment because of his religious beliefs. Fiona's childlessness comes into play, and her husband's desire for sex with a younger woman. No matter how diligent, dedicated, and outstandingly competent a servant of the law may be, life – messy, surreptitious life – finds ways to compromise clarity's ideal. "A professional life spent above the fray, advising, then judging, loftily commenting in private on the viciousness and absurdity of divorcing couples, and now she was down there with the rest, swimming with the desolate tide."

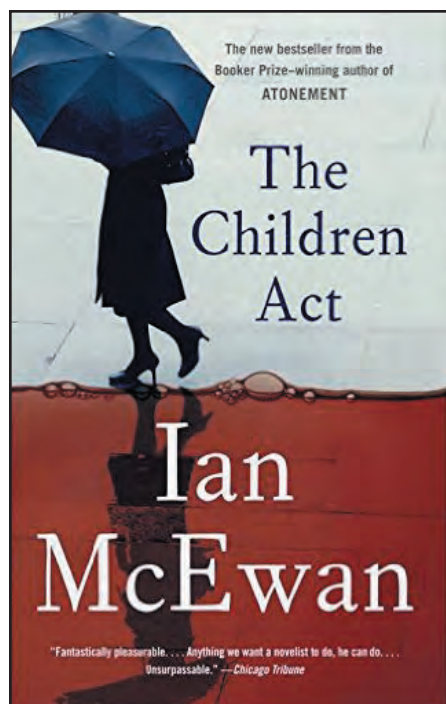
Fiona's decision, in the case of the Jehovah's Witness teenager, to meet with him one-on-one, is "either about a woman on the edge of a crack-

up making a sentimental error of professional judgment, or it was about a boy delivered from or into the beliefs of his sect by the intimate intervention of the secular court. She didn't think it could be both."

Read *The Children Act*, find out.

Other recommendations from the M shelves:
Dinaw Mengestu, *All Our Names*
Antonio Munoz Molina: *In the Night of Time*

Loren lives on First Thought Mountain where she reads and writes books. Her books may be found at Super One in Colville, Meyer's Falls Market in Kettle Falls, and online at lorenbooks.com.



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Virgil Seymour, Arrow Lakes Facilitator

by Loren Cruden

Ten miles north of my house lies the Canadian border. Wild turkeys sashay unchallenged across the line, cats stroll back and forth disdaining declaration; the occasional Canadian grizzly ventures south to sample the hospitality of Washington forests. The borderline is an abstract thing, but its imposition profoundly impacts the reality of people whose tribal lands predate and straddle it.

Virgil Seymour's people, the Sinixt, used to occupy territory stretching from Kettle Falls in Washington to beyond Revelstoke in British Columbia. For millennia, amid the abundant hunting, fishing and foraging habitats of the Columbia River and Arrow Lakes, these people prospered and held their ground.

Virgil was born and raised in Inchelium, on the Colville Reservation. He stayed three or four years in Spokane at one point, long enough to know for sure that Inchelium was where he wanted to spend his life. He did road construction, logging, then was an equipment operator fighting fires for a decade or so before serving on the reservation's tribal council. That stint – a political eye-opener – led to his becoming the cross-border connection with remaining Arrow Lakes people in Canada. When I sat down with him at my son's dining room table one lovely October day, Virgil described how daunting it initially had been to be launched north on this unprecedented assignment.

"My goal was to create relationships, to maintain a presence, to try to work with the government, federal and provincial. I was given no instructions, had to just go up there and start everything myself. I met good people. I was there to do whatever helped put forward our Sinixt issues, including going into the schools – grade schools, high schools, Selkirk College – to talk about our people."

Q: What are the Sinixt priorities?

Virgil: Right now, our ancestors' bones. We are a river people, our campsites were along the Columbia River – or the Spokane. When dams were put in and Canada was tasked with holding back some of that water, raising and lowering the elevation, a lot of our people's bones turned up, and we were not getting notified about it.

Q: What was done with the bones?

Virgil: They went to museums. The Colville tribe started working with the Okanogan Native Alliance; we made an agreement with them. Now the government notifies them and they notify us, and we go up and do re-burials above the flood plain. Our other priority right now is protecting our sacred places and legends.

To talk about cultural preservation is to talk



Virgil Seymour with "Frog Mountain," a peak of historical importance to his people, in the background.

about its movement from generation to generation, something substantially disrupted in Native communities. Virgil told me, "When I graduated from high school I thought I was a Colville Indian. Later on I learned I was a Lakes Indian. Being in Inchelium, I thought that meant Twin Lakes – I didn't know it meant Arrow Lakes, even though Lakes people comprise the biggest part of the twelve Colville Confederated Tribes. So now I'd like to pick up books such as Eileen Pearkes' *Rivers of Memory* for the schools, so that our kids are at least aware of where we come from. We're trying to bring our language back, trying to bring our culture back, and to make our history known here and to our Lakes people up in Canada."

Virgil terms what happened to the tribes as "cultural suicide," and said that at one time the Colville reservation had the highest rate of alcoholism per capita of any place in the U.S. Much effort has gone into turning that around, including a resurgence in Native crafts. "We have a lot of basket makers; even more than using beads we were basket weavers – we cooked in baskets, using hot rocks; the containers were water-tight. We didn't have buffalos and buffalo hides. We used tule mats for our tipis and longhouses. We had permanent places but moved around in order to not deplete resources in one area. We lived in pit houses. The tule-mat tipis were very easy to pack up and move around when traveling between seasonal camps."

I was amazed to hear that salmon made up 60-

80 percent of the tribe's diet. The Sinixt shared the tremendous salmon hunting falls with their "sister tribe," the Skoyelpi or true Colvilles. Damming the Columbia, thereby drowning the falls and blocking salmon runs, "really put a hole in the way we did things," Virgil said with remarkable understatement. With loss of territory and the primary physical and spiritual sustenance of their salmon-based culture, depression and alcoholism set in. "There are a lot of good things that come from the dams," Virgil said, "but we paid a high price for it."

The natural next question, therefore, was about what's going on with renegotiation of the Columbia Treaty.

"The Columbia Treaty was signed in 1964, for a fifty-year period that ended in 2014. So the discussion now is about whether to modernize or tweak it a little bit. The tribes up and down the river have been pushing for salmon restoration. Whatever happens, discussion will have to consider salmon: it's on the table. Yes, Canada is dragging its feet, but everybody's been working on this for over ten years. The tribes are pushing for what they call the third leg of the stool. When the dams were built there were two things in mind: flood control and power generation. The tribes want salmon return as the third intention."

I wondered aloud about how climate change might be affecting water temperatures in the river.

Virgil: "The Columbia water temperature is still good. The Okanogan lost a lot of fish this year

because their river was so low and the water was just too warm. But the Columbia is not like that. It's glacier-fed, plus it's a bigger river."

I asked if all the tribal representatives involved in the meetings were of one mind concerning the treaty's outcome.

Virgil laughed. "When I was in council and we first started doing these meetings, there were altogether fifty tribes. We could hardly ever meet without arguing about something that happened in the past. It was becoming real hard. We decided that we were working on one thing here. We know that we can all agree on the river. So we created a document called *Common Views* and every tribe signed on to that. This is what we're working for; this is what we talk about when we all get together."

From Virgil's point of reference, having grown up in the 1960s, what he sees now on the reservation in terms of alcoholism and drugs and despair is not as bad as it was then. He believes that bringing the culture and language – and salmon – back will "really, really help stabilize family lives, especially for the kids." As he said, "It is important to know who and where you come from, and who you are."

With the passing of the elder Louies as spiritual leaders on the reservation, their nephew in the Okanogan, Richard Armstrong, has taken over leadership of traditional ceremonies. "But we

have a lot of people working in the language who are stepping up and taking on some of that role, spreading it out a little bit," Virgil said. "And people are taking it upon themselves to do things like go out digging for medicine, paying attention to things that for a long time have fallen by the wayside. It gives me hope for the future of our children."

"We were once a strong people. We didn't catch the pox from First Contact. We got it from our neighboring tribes who were trading with people on the coast. After two rounds of the pox our people were left devastated – 60 to 70 percent of the population was lost. Then the gold rush came and we rode for our lives to the southern portion of our territory in order to survive. Our people were good trappers, pretty high in with the Hudson's Bay buyers down here by Kettle Falls. After the border was put in it became harder and harder to go back and forth, and settlers in Canada complained that too many Colvilles were crossing the border."

"The reservation was formed down here and called the Colville Indian Reservation, but it had about twelve different tribes from across the area. They didn't create a reservation in Canada for the Sinixt until 1902, up by the Arrow Lakes. It was just a small, scabby piece of land, so very few of our people went there. When the last of us there – an old lady – died in 1954 it became real

hard to cross the border (though we kept doing it). The border is not just a physical barrier; it's a mental barrier too. It would be a big help if our people could get dual citizenship."

The Lakes people, when they fled Canada during the gold rush, settled in Kelly Hill, north of Kettle Falls. When that land was sold out from under them they went further south, onto reservation land in old Inchelium. When the dams were built and the water rose, engulfing old Inchelium, they moved to higher ground. Virgil said that people lament not being able to eat fish from or even swim in the river because of its poisoning by factories upstream. "We're river people," he said. "It's in our culture, in our blood, in our DNA. I'd like to see us be able to return to it."

"If health is brought back to the river it'll help bring health back to the people," I paraphrased.

"Exactly."

I asked Virgil what reservation activities are open to the public.

"We have a pow-wow on Memorial Day weekend every year," he said, "and we're thinking about doing a rodeo with horse races."

But the event that would make all of us, regardless of race or history, rejoice most, would be to see the river made whole again, the salmon surging north in all their purposeful power and beauty.

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What's Happening

continued from page 13

Childcare is available. Meets Fridays at 6 pm at Lifeline Ministries 157 North Oak Street, (Stephanie's Oak Street Grill building) Suite A, Colville, 509-684-5551, Lifelineministries.info.

Youth/Parenting

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

Give a Preschooler a Head Start: Preschool classrooms are available at no cost for children ages 3 to 5 in Colville, Kettle Falls, Chewelah, Springdale, Valley, Newport and Cusick. Children in their last year before Kindergarten are enrolled first, as well as children with disabilities and children from low-income families. There is no cost, and transportation assistance is available for many classes. Call 509-684-8421 or 1-877-219-5542. Head Start and ECEAP are programs of Rural Resources.

Today's Girl Scouts is more than just cookies and camp! The Girl Scout program also includes adventurous, fun activities like rock climbing, canoeing, backpacking and exploring careers in math, science and technology that appeal to today's girls. 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.

Miscellany

The Stevens County Veteran's Information and Referral Line is available Mondays, Wednesdays, and Fridays (except holidays) from 9 am to 3 pm. Call

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Take home a Beautiful & Fresh Holiday Tree
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MARK YOUR CALENDAR & JOIN in the FUN!!

KFHC is located on Hwy 395 just before the bridge, turn rt. on St Paul Mission Rd.

What's Happening *continued*

509-685-AVET (2838) for availability of Veterans Service Officers and for other information pertaining to veterans and veterans' programs.

Colville Chamber of Commerce meeting every Tuesday at noon at the Eagles Lodge 608 N Wynne Street. No host lunch with a speaker or program for each meeting. Need not be a Chamber member to attend, everyone is welcome. Check the website for schedule of events www.colville.com.

The Kettle Falls Chamber of Commerce meets on the third Thursday of each month. For info, call 509-738-2300 or visit <http://www.kettle-falls.com>.

Habitat for Humanity Board of Directors Meetings – at the Habitat Store, 480 N. Main St. Colville, WA. Meetings are open to the public. Join us for coffee, goodies and learn more about Habitat for Humanity-Colville Valley Partners including projects we are working on. Visit us at: www.habitatcolville.org or on Facebook: www.facebook.com/habitat.cvp. For more information call: Lisa Meddock 509-684-2385.

Free Wi-Fi – When in Northport, you can access the internet at the Northport Community Connections Center on your wireless device, or there are 15 computers available for use in the Center. Hours to use the computers are: Mon. – Sat. 10 am – 9 pm and Sun 1 pm to 9 pm. The Community Connections Center is located at 405 Center Ave. Phone: 509-563-4502.

The NE WA Amateur Radio Club (NEWARC) meets the first Saturday of each month at 11 am in the Abundant Life Fellowship, E. 2nd & Clay (basement). All visitors are welcome. Come and meet some great people and learn what HAM radio is all about.

Child Advocates Needed - A Unique Volunteer Opportunity. 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. This is your opportunity to impact the future of abused and neglected children in your community. Call 509-685-0673.

Kids First Children's Advocacy Center, a program of Rural Resources offers Child Sexual Abuse Prevention Training free of charge. Stewards of Children is a 2.5 hour interactive workshop that teaches adults how to prevent child sexual abuse. This is ideal for parents, teachers and youth-serving organizations. Protect the only childhood our kids will ever have. Call 509-684-6139.

Foster Parent Care Givers Needed: Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Fostering Together and DCFS invite you to attend the Care Giver orientation for

Stevens and Ferry counties held on the third Monday of every month from 9 am to 12 pm. The meetings are held at DSHS in Colville, Washington, located at 1100 S. Main Street. Pend Oreille County orientation is held on the second Monday of every month from 10 am to 1 pm at the DSHS office located at 1600 W. First Street, Newport, Washington. Please join us to explore becoming a Licensed Foster Care Provider for dependent children in need of foster care. Contact Kimberly McNaughton, with Fostering Together at 509-675-0341, or call 1-888-KIDS-414.

Continued on page 21

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Highlighted...

Refuge Photo Contest Winners Announced

The annual photo contest sponsored by the Friends of the Little Pend Oreille (LPO) National Wildlife Refuge has its winners. This contest was the best one yet with 16 entrants submitting 68 photos in the four categories.

In the Scenic category, the winner was Jim Peterson with his black-and-white photo, A Familiar Place. Bertha Kamstra won in the Plant category with her photo Sticky Geranium. In the Animal category, Dan Price was the winner with his photo of three otters, titled Family Outing. Joanie Christian's photo Kayak Respite at Bayley Lake was the winner

in the Public Use category.

The high quality of the photos entered speaks not only to the skill of the photographers but also to the photo opportunities that can be found at the LPO National Wildlife Refuge.

The next annual photo contest has already begun and will run until August 15, 2016. The Friends of the LPO encourage people to visit the Refuge and take their cameras with them because one never knows when he or she will find a photo opportunity. For more information about the contest, contact Joel Anderson at onionjoel@gmail.com.



What's Happening

PFLAG: Parents, Families, Friends and Allies United with LGBTQ. People to move equality forward meets the last Tuesday of each month, 6:30 - 8 pm at the Garden Homes Specialty Clinic lower level entrance (143 Garden Homes Drive Colville). We are here for people looking for support, information, or help regarding the many issues surrounding the journey of acceptance of an LGBT loved one. We welcome anyone needing support. Contact: info@newapflag.org or 509-685-0448.

The Board of Directors for the Ferry County Rail Trail Partners (FCRTP) meets on the first Thursday of each month at 5 p.m. at Ferry County Professional Services Building, 319 E. Delaware in Republic. Please check our website www.ferrycountyrailtrail.com for more information. The public is always welcome.

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. Everyone is welcome. We have a little rock show, refreshments and an informative program at every meeting.

Local food banks need your help! There are a number of ways to contribute, from dona-

tions of nonperishable food items and cash, to organizing food drives in your church, organization or at work, volunteering your time at the food bank, or including the food bank in your will. Every donation to your local food bank makes a difference for area residents.

Ferry County Democrats meet quarterly. Info at ferrycountymocrats.org or email info@ferrycountymocrats.org.

The Jane Cody Democratic Women's Club (it's not just for women any more) meets at 4:30 pm on the second Wednesday of the month at the Freckled Gourmet, 18 N Clark Ave. in Republic. Visitors are welcome.

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 or 509-684-3109 of any changes.

Deadline: third Tuesday of the month prior to the issue in which the announcement to run.

This listing is provided as a courtesy to our readers and to event organizers on a space-available basis.



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Family Adventures Out!

Fall is a beautiful season of slow endings; leaves fall silently from trees as the laughter of summer quietly fades away. The world of nature feels like it is tucking itself in for a long nap. In a lot of ways it is. Winter is coming right along.

But, in a little creek off of Sullivan Lake, a story is both ending and beginning. It is the story of life itself. Kokanee salmon, or *Oncorhynchus nerka*, are completing a circle of life that has not changed for thousands of years. They have come to the creek bed to spawn. There, in blazing colors of burgundy,



red and green, the females will use their tailfins to dig a redd for their eggs. A redd is a gravel nest for holding hundreds of eggs, which are fertilized by the colorful males. This process is called spawning. After spawning, the salmon will die.

But the story of the parent salmon is not over yet. The bodies of the dead

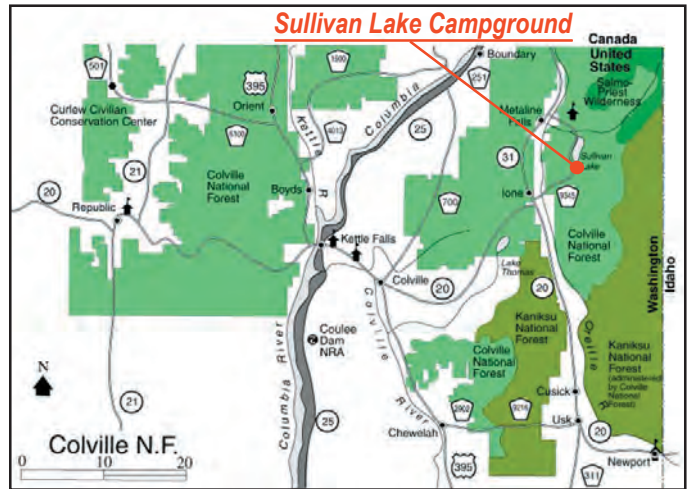
salmon are still really important to the ecosystem and to their own offspring. Their bodies will decompose and provide nutrients for the phytoplankton (water plants) and macroinvertebrates (water insects) which the young salmon will eat after they hatch. The salmon emerge from their eggs in February and are called alevins. For several weeks they will have a tiny yolk sac to feed on. Once they have absorbed the yolk sac, they are called fry, which look much more like the salmon they will become as adults. Soon the snow melt and heavy rains of spring will wash the fry into Sullivan Lake. There the salmon grow to be around 10 inches long and live for several years before the whole cycle begins again.



It is interesting to know the kokanee are a landlocked Sockeye salmon. Since they are landlocked, it means they will spend their whole lives in fresh water. This is quite unlike other salmon, which spawn in freshwater and spend the majority of their lives in the ocean before returning to their natal (home) stream to spawn again and die.

All of us in the North Columbia River Basin are so very lucky to live where we can see the spawning of the kokanee! Large schools of the kokanee can be seen at Harvey Creek as it flows into the south end of Sullivan Lake. There the fish often "shoal up" or gather just before making their mighty journey to their

spawning grounds further up the creek. You can stand either on the bridge crossing the creek or walk down a short path and get a creekside view. Whichever spot you choose, please be sure to be respectful the fish. Throwing sticks, rocks or other objects into the water



DIRECTIONS: From Highway 31, south of Lone, take County Road 9345 toward the Sullivan Lake Ranger Station and Sullivan Lake. The bridge over Harvey Creek is at the south end of the lake. Simply park in the pull-out and follow the short path to the creek.

to see the fish move wastes valuable energy the fish need to spawn. It is also not a good idea to step in the streambed itself, as this can disturb the redds. Be a good steward of nature and simply enjoy the beauty of the fish.

There are also some wonderful family hikes to be had at Sullivan Lake. One great hike starts at the East Sullivan Campground, which is at the north end of the lake. From the north end of Lakeshore Trail No. 504, hike up a short distance and turn left on Nature Trail No. 509. This is a very short (0.6 mile) flat trail that is ablaze with color this time of year. There are interpretive brochures available at a kiosk at the trailhead or from the ranger station on Sullivan Lake Road to guide you in your

adventure. Do be careful though, as there are many warnings about bear in the area. Leave your food in the car and keep together on the trail.

For more family outdoor adventures, visit UpperColumbiaChildrensForest.com.



The joy of seeing an inland salmon spawn, vivid fall colors, a magically mossy forest canopy and peaceful lake views make this a five boot hike!

SCIENCE TIPS!

SCIENCE TIP 1: Kokanee are landlocked Sockeye. These fish became landlocked during the last glacial melt, as massive flooding allowed the Sockeye to find their way to these lakes.

SCIENCE TIP 2: You can tell the age of a salmon by counting the concentric rings on its scales.

Page sponsor:



Family Ties

by Becky Dubell

Does your mind ever wonder around on its own? You know, those times when you are doing a “no brainer” job. Well...that was going on when I was raking rocks (and a few leaves) the other day? I was planning on composing this article and my mind started switching tracks in the middle of almost every thought that came into my head. Jim would say, “Hang on! Here she goes again!”

Let’s see if I can reconstruct my couple hours out in the fall sunshine:

Sure are a lot of leaves. Trees are really pretty ‘till the leaves start falling. Leaves look cool on the grass. Remembering when the girls liked to be buried in the leaves.

Where did all these rocks come from?

Those crows and ravens sure are noisy.

Don’t those deer know that they are suppose to be afraid of me out here? The apples must be pretty tasty. Get out from under my walnut tree! I then remember about the crows in the walnut tree last year for the first time in over 20 years. (Switching tracks.) I would really like to know who taught the crows and ravens about walnut trees. I have watched them take a walnut out of the tree, fly over the 6-foot wide concrete apron on the garage, drop the walnut on the concrete, pick it up to drop it again and then go down to eat the nut out of the cracked shell. It is not just my tree they do it to. I was at the fairgrounds, heard the birds and then a “clunk” in the parking lot. That stupid (smart) bird was dropping the walnut to get it cracked open. On the second attempt at getting it open I swear I saw him fly up and give it a heave with his feet to make it hit harder.

JJ came to mind. Our – sorry – my two-month old granddaughter in Fairbanks. Girls have decided that I needed something different to do for Christmas this year. Going to Fairbanks in December is really different: minus 35 with about two hours of daylight at that time. Been there, done that, don’t wanna do it no more! But my granddaughter...well, just maybe...oh, alright...I can definitely do that! (Big grin on my face!)

Gotta get those trees trimmed. Maybe fewer leaves to rake. (While typing this, Keith Matlock, the tree trimmer, called.)

Should think about the article – new businesses on Main Street, Christmas traditions, dumb noisy crows (oops), sun feels great (oops). Maybe not think on the article. It’s too nice out here. Just let the mind wonder!!

Aren’t these rocks ever gonna quit?

I should really get more done in the shop. That sounds too much like I need a thinking brain. Not today.

Gonna get my windows put in. Greg should

be out here in a couple of days. Will be nice to stand next to the window and not get freezing feet. No more stuff being blown off the window sill by the wind pushing against the plastic that is on the inside of the windows.

Sure have had a lot of help over the last couple of months – holes dug, wood delivered (split and stacked), dead deer pulled out of the orchard, shop cleaned up, found lots of tools (just wish I knew what they all did).

Love having Kenny come out on Tuesdays. He misses Jim a bunch too.

Wonder what the actual measurement of a 1 x 6 is. Will that work for molding for my floors, doors and windows?

Wonder how Avista issues the rebate for putting in new windows? Cash would be cool.

Sure am glad that Dan and Jamie (in Fairbanks) love the remote start for the Explorer.

Looking forward to driving to Spokane to watch grandson, Brenden, play football and

visiting with Darcy and Raymon.


Gotta get the carport up before it snows. Do I use it as a pull-thru and plow more snow? Does it go just outside the back door on the slope pulling the car in nose first or back into it so I can get a run using the dirt for traction if it snows a bunch?

Where did all these rocks come from? My little red wagon is almost too heavy to move. Done picking rocks.

I am sure there were more thoughts going through my mind but that is all that I can remember and I think my brain switched tracks often enough. It was a fun couple of hours and it felt good to just let my mind wonder around. Here’s to having a no brainer chore to do so we can relax and have some down time! Try it – you’ll like it!

P.S. You just thought you got away without hearing me on my soap box: PSA Test, Prostate Cancer blood test. Get it done. It’s just a stinkin’ blood test!

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Saturday, Dec. 12

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