



NORTH COLUMBIA MONTHLY

— WHERE AND HOW WE LIVE —



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WORDS RELATE IDEAS TO EACH READER

~ JOHN ODELL, WORDS OF WORDS



March 2016

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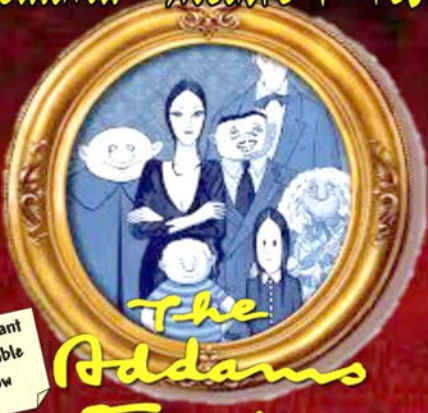


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Taking Charge of Wellness

By Dr. Barry Bacon, MD

It's a Wednesday evening, and I'm sitting on a comfortable lavender-ish sofa in front of a fireplace in a royal blue carpeted living room with three other men. I'm here to ask them about their lives, and why they live in this place. They seem eager to talk to me, and each of them has given me permission to tell a bit of their story.

Danny has been a meth user since age 18. He worked for years in the car industry, and has been clean, though struggling, since June 2015. He has been in prison four times. He has three kids and three grandkids, been married, saw his family fall apart, hated himself, and lost everything he had three or four times due to his addiction. He came to this place to put his life back together.

Jesse managed a part of an Oxford House in Spokane. What he likes about an Oxford House it is that it is run by the people who live there. "You have to practice a new way of living," he says. While in a Spokane house similar to this one in Colville, he earned a degree and worked for a Providence facility. He tells me this organization has saved him a couple

of times.

Robert says he was a working-class addict for 30 years. He has three kids. He describes gangster life in Dallas, something called crocodile heroin, and coming clean. He injured himself on the job and walks with a painful limp. He describes this place and others like it as a "house of change."

I am interviewing some of the men who live in the Colville Oxford House, a comfortable two-story home remodeled to accommodate up to eight men in recovery. This house is a spin-off from our work on addiction recovery in the jail. In early 2015, we were two years into addiction treatment in jail but we realized that we were missing something. We were seeing successes, improved lives, but people were often released from jail with nowhere to go except back to the same environment that supported addiction. "We need clean and sober housing" was the clear suggestion of Dan Pitman and Shannon Baulne. They suggested looking at an Oxford-style house for recovery.

In Spokane, there are dozens of Oxford houses. Washington State has more Oxford houses than any other state. However, there were no Oxford houses

north of Spokane. We decided to change that. My wife and I began shopping for houses. We pulled some money out of investments for a down payment. We contacted the Oxford organization. They were eager to partner with us. We opened for business in June 2015.

The Colville Oxford House has developed a relationship with the Department of Corrections. Men who are being released from prison back to Stevens County can go to the Oxford House if their conviction was related to substance abuse. Men can integrate back into society from there and become part of a community again.

Jesse told me, "Every Oxford House has its rules and chooses its own leaders. But there are just three rules that Oxford House insists on: You have to be clean and sober. You have to pay rent. And you have to attend house meetings."

Jesse continued, "This is not a program. It's not a halfway house. We're all in recovery together."

"These guys saved my life," Danny said. "All I had to do is call Robert, and he said 'come.'"

"You have to learn the basic duties of life all over again when you've been dealing with addiction," Robert explained. "We have no staff. It's just us and us. We elect our own officers: a president, which is more of a servant position; a secretary, a comptrol-

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ler, a treasurer, and a chore coordinator. That person probably has the most power, because they can fire you. We rotate those positions, because it's a chance for every person to learn leadership skills and learn how to work together. We decide things together."

"These guys have your back," said Danny. "I knew I wasn't doing good. All I had to do was call."

"I consider these guys my brothers," said Robert. "I'd go into the darkest place for them – but they've got to ask. They have to make the call."

Jesse looks forward to getting his life on track. He has experienced success before and he is eager to get a job and move his life forward.

"This is so much more than just quitting doing drugs," reflected Robert. "I have so many things, so many flaws to my character. I have to work on them every day. I saw how addiction just led to a hard-core self-serving life. I made a promise to God, 'I'm going to take care about people.' This is about getting on with life. It's about repairing relationships."

Robert described the recovery he is experiencing. He likes Celebrate Recovery. Others in the room prefer AA meetings or NA meetings. Each one is responsible for his own recovery, but in their house meetings they have a chance to reflect back to each other on how they are doing. If they see someone not making progress and not working on personal

issues, it's a red flag. There is accountability with each other.

"It's about respecting each other," says Robert. "If someone is using while they are living here where the rest of us are working on recovery, that is so disrespectful. Basically, we call them on it, they have to give a urine test, and if they are caught using, they have 15 minutes to pack their stuff and get out."

It sounds brutal, but it works. Oxford House has a proven record of success. That's why the Department of Corrections partners with the organization. But nobody said it was easy. Mostly, it's hard work.

Robert gave me a tour of the place. It is a quiet, respectable home in a nice neighborhood, with a deck, a porch, carpeting and hardwood. These guys are taking care of the house that my wife and I bought for this purpose. I smile as I see what they are doing. I like their decorations. I am embarrassed that the footprints on the carpeting are my own.

Nobody's complaining about the place. Each pays their respects to me and thanks me for what we did in making this house available for men in recovery. I like what I see. I don't need to babysit these guys. They are accountable to each other, they are serious about recovery, and their minds are healing. They are the kind of guys that you would want for neighbors.

I am on my way out the door now. I thank the

men for spending time with me. They assure me that the house will soon be full. We cover a couple of last-minute items, and I head for my pickup. Robert catches me for just a moment longer. "You know, the thing I regret the most is all the people I left behind. I lost so much. I trashed relationships with good people, left them behind for the sake of addiction. I plan to change that."

I smile as I climb into my pickup. Robert's getting better. Jesse, Danny, the other men who will live and work and practice sobriety in this house can have lives restored from chaos to sanity.

As I drive away into the chill of the dark night, I wonder how many more there will be. I wonder about their families, their children who are being restored to a relationship with a father or grandfather. I can't help but be grateful for a chance to be part of this good thing, and for my dear wife who is willing to take a chance investing her future and her substance along with me in these men. It's good medicine.

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.

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Random Acts of Community

By Christine Wilson

“Paranoia strikes deep. Into your life it will creep. It starts when you’re always afraid.”

Stephen Stills wrote those words 50 years ago. Once again I confess to my naiveté, having considered at the time that the fear referenced in “For What It’s Worth” was going to be a passing phase. Now I see that I was too young to understand the nature of human emotions and the discomfort we all experience when faced with both change and conflict. They are difficult enough to deal with individually and at that point in our culture there was plenty of both.

It appears we are currently in a tumult equal to that time period. The world is changing rapidly, we don’t all agree on how that is going, and we have conflicting ideas about how to handle it. What I would love to say is “So what?” because I want us to be so emotionally intelligent that we can sit down together without rancor and with intrepid patience and join in the necessary conversation, a dialogue that requires nuance, compassion, and the ability to tolerate both change and conflict.

Alvin Toffler predicted the tumult as early as 1980 when he published *The Third Wave*. He believed it would get crazy around here and

then we would pass through a transition into the information age, at which time it would calm down again. Won’t that be great? In the interim, this transition is distressing, and since our brain interprets change as dangerous there is a lot of fear-based behavior right now.

In 2000 I studied with Kazuaki Tanahashi. He is a Japanese artist and calligrapher and I went to a retreat center in Santa Fe for one of his three-day workshops. It was intense and tedious in equal measure. Colville was in a bit of turmoil when I headed south, details of which are for another conversation. Another line in “For What It’s Worth” stood out for me at the time: “There are battle lines being drawn. Nobody’s right if everybody’s wrong.”

The center was in the middle of a month-long silent retreat when I arrived and the only time we could speak was during our calligraphy sessions, in two-hour stretches. The silence during the rest of our daily schedule allowed for free-range mental wanderings. While I tried to let my thoughts flow along with unattached observation, I often found myself worrying

about Colville and my concern that people can feel unwelcome here when they do not think or live like the majority.

Meanwhile I continued to use my lovely brush and oily black ink to sweep across the papers we were given. Smile on the inside, Kaz would remind us. As he wandered along the tables, a frown would cross his face when someone would tell him it was going fine. At one point he joyfully held up a student’s drawing and announced “he says he doesn’t know what he is doing.” Being cocksure is not something Kaz is a big fan of. His interest is in the struggle.

On the last day, he orchestrated the painting of a gigantic Zen circle on the cement floor of the new temple. It was quite a production, with some of us scouring the desert for the right bits of plant material, some of us mixing paints, and, eventually, some of us assembling a gigantic paintbrush out of the desert harvest, which was then placed between two slabs of wood held together by piano hinges. The ceremonial painting of the floor was an epic sight, as we gathered outside the circle. Eventually, the circle was complete, at which point the retreat center’s director gave us a final task. Someone had donated walnut flooring, she told us, and it was to be laid down the following day. Any interested participants could write a prayer on the cement, using gold ink, the color of transformation in Japanese culture. We were handed calligraphy brushes left over from our class. I took up a brush and looked around at the floor.

Most of the prayers were lovely, universal prayers for compassion and peace. I wasn’t feeling that expansive. I had been thinking about Colville and found myself drawn to a specific prayer, a hope for the scared people of Colville. As my brush moved along the floor, I realized for the first time that “scared” and “sacred” are separated only by the switching around of two letters. I revised my plan, finished my lettering, and we all stepped back to witness this sight for the last time before the walnut flooring covered up the words. I like to think that as a result, we are becoming a little bit braver in this community, a little more open, and a little more able to honor our differences. I think that because, for more than 15 years, people have been gathering daily in a temple in Santa Fe where they pray and meditate above “A prayer for the scared and sacred people of Colville.”

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

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Travels With Dellie

By Eileen Delehanty Pearkes

Publisher's Note: NCM columnist Eileen Delehanty Pearkes received a Columbia Basin Trust grant to look at the connections among three rainforests: the northern California sequoias, the upper Columbia rainforest, and the coastal forest of Haida Gwaii, B.C. "Landscape speaks to me," Eileen says. "I have always had a dream to ramble across the great American open spaces, which are such an important asset to the country. I have lived outside of the U.S. (in Canada) for 30 years. This is a homecoming for me, at a time when I believe America is also emerging in a new form." This is Eileen's second installment (and photo) of her travelogue.

It was the end of a long, hot, early spring day when my dog Dellie and I finally pulled in to Joshua Tree National Park. Our van *La Tortue* had slowly climbed over 3,200 feet on February 16 – from the Pacific shores at Venice Beach, California, to the high-desert Mohave landscape where we could rest for the night.

Crossing the L.A. Basin on its dense network of freeways is not an exercise for the faint of heart. The van's deliberate pace didn't match up with the urban automobile. We took refuge in the slow lane and kept our focus with an intensity that matched my astonishment over how the orange groves and farms of San Bernardino County (east of Los Angeles) had disappeared in the 25-odd years since I had last visited. Nary a citrus in sight! Instead, acres and acres of shopping centers, housing complexes, storage units and parking lots.

I had found the same urban development on display in the San Francisco Bay area a few weeks earlier. I left there with a feeling that California might have too many people for an auto-centric lifestyle developed half a century ago, in a less densely populated Golden State. My concerns eased in the four days that followed. I stopped to see family and friends in the central California coast, where my mom grew up on a cattle ranch near Santa Margarita.

There, in the rural oak woodland and pasture for the 50-odd cattle my cousins oversee, much of the talk focused on rain. Specifically, the lack of it. One cousin listened with astonishment as I described the tumbling creeks, deep snows and full reservoirs of the upper Columbia region. "How can we get some of that water?" she asked. While the Columbia Basin has experienced some drought in the past few years, it is no match for southern California, which remains critically dry even as El Niño dumps lots of moisture in some other parts of the state.

The concern over lack of water has limited suburban growth in my mom's childhood home. I parked my turtle-van for three blissful days at the edge of a fallow field, beside the house where my grandparents lived as newlyweds. On the other side of the field, I could see the barn and ranch house where my mother grew up. At night, the sky was a dark dome sprinkled with a million stars. The silence, space and family memories ran across my mind like fresh water.

It was my perennial love of solitude that led me, after a day of navigating the L.A. freeways, to sink with gratitude into the quiet lap of Joshua

Tree Park's soft desert scrub. The ranger spoke of how little rain they had received, but beauty still reigned as the sun dropped behind a hill west of the campground. The moon bulged out from behind a Joshua tree, a coyote yipped fiercely in the distance, and I couldn't hear a single car. During the night, a clean wind swept across the roof of the van and through the open windows.

Early the next morning, Dellie and I set out for a walk. I hadn't been thinking about the miraculous way a Joshua tree blooms until I stumbled across a unique one out of the dozens scattered on the desert hills. I stopped in my tracks. Dellie sat on her haunches in response.

A Joshua, or Yucca (*Yucca brevifolia*) first grows quickly to establish itself, then matures slowly. It can live for decades before it blooms. The waxy, torch-shaped white flowers wait to be pollinated by the yucca moth in the cool desert night. The tree branches out only after it blooms, forcing new growth in a different direction. This gives the tree its slightly contorted growth aspect, expanding first this way, then that, with frond-like leaves opening spiked hands to the desert sky.

The yucca I came across had several open blossoms at its crown. Another flower still tight in the bud emerged from a low branch that scraped near the ground. There was no way my curiosity would send me climbing into the prickly tree to catch the scent of the blooms. I carried on thinking I might find another, but soon saw that all around me, for a considerable distance in this spacious forest, not a single tree was in bloom.

As with many species of plants and animals, science has put out warning cries about the future of the Joshua tree's survival, with some predictions that its range and population will be reduced by 90% if the drought continues to ravage a state

already severely tested by empty skies. During my four weeks in California, I traveled from the rain-soaked northwest corner with its redwood forests to the dry southeast desert habitat of the Joshua tree. I was astonished by the biodiversity of a state that struggles with the pressures natural systems always feel when human beings thrive.

With the redwood and Joshua habitats as book-ends, I have recently discovered a few bright spots

that indicate a noticeable shift in human thought about the natural world. The renewing of California involves the expansion of opportunities for the non-human experience to thrive.

In the San Francisco Bay area, while I had been cruising west on highway 37 from Napa, I noticed wetlands right beside the road densely populated by waterfowl. Over 150 years, farmers and developers had drained 85% of the area's wetlands like



this. Two recent initiatives are now restoring thousands of acres of tidal wetland in the Napa River delta. Tides swell up and through culverts that pass right under the highway, in order to flush the freshwater marshes. At the former Cullinan Ranch and at Sears Point, these restoration projects offer flood protection, improved water and air quality, and an influx of habitat for wild creatures.

In the L.A. basin, a project to recover the Los Angeles River is also making headlines, with an ambitious plan to rip up engineered walls, build greenways and offer public access to water that currently trickles faintly through a concrete channel beside a dense freeway system. The flow of the Los Angeles River will still be controlled to protect the urban area from flooding during heavy rains. But, when and where possible, human beings are planning to open up the river's path, finding new ways to nurture green space and restore plant life for the benefit of all.

The Range of Sandhill Cranes

By Jack Nisbet

In the fall of 1809, fur agent David Thompson, with two trusted voyageurs, followed a Kalispel guide around the north shore of Lake Pend Oreille and then west, upstream, along the Pend Oreille River. Their destination was a Kalispel encampment at modern Cusick, Washington, the site of today's Kalispel Reservation. Although Thompson didn't have much luck catching fish along the way, his party found plenty of food to sustain them because bird migration was in full swing. The visitors feasted on ducks, geese, swans, shore birds and, according to Thompson, one crane.

"Everyone remembered that," Kalispel elder Alice Ignace told me some years ago. "They never saw anybody who ate cranes. Then one flew over and these white guys shot it right out of the sky."

From that time on, many visitors who wrote about the Intermountain West took notice of what we now call sandhill cranes, and not just during migration.

In 1834 Harvard botanist Thomas Nuttall, delighted with his late-life journey to the wilds of the Northwest, tasted a sandhill crane brought in by hunters and declared it "much resembling the swan in flavor."

George Suckley, naturalist on the Pacific Railroad Survey of the 1850s, found sandhill cranes not only abundant as fall migrants on the Nisqually Delta and around Puget Sound, but also common summer nesters throughout the region. He noted that "the young are often raised from the nest by the Indians for food," but did not specify which tribes he saw farming the birds.

Charles Wilson, a British army pack wrangler and avid sportsman who worked for the Canadian team of the International Boundary Commission in 1860, captured the rush of May's early nesting season around Lake Pend Oreille with a breathless list of waterfowl species, then capped it with a sandhill crane observation.

We had a very pretty sight here. We saw a crane valiantly defending her nest against two "coyotes" or small prairie wolves – the whole thing was in full sight; the quick circles of the crane & her darts at

the two wolves, who had hard work to keep beyond reach of her formidable beak; how it ended we did not see as it came on to rain heavily...But long after I went to bed I lay awake listening to the wild cries of the wild fowl as they were feeding among the rushes.

In his classic 1905 *Birds of Washington*, William Leon Dawson lamented that crane numbers were much reduced on the west side due to harvesting for local markets, but noted that east of the Cascades, especially around the Horse Heaven Hills, they could still be found in considerable numbers. This is probably the same population that has survived to star in the annual Sandhill Crane Festival, held the third weekend of every March in Othello. It's hard to hear the wild, bone-rattling music of 2,000 or more cranes bouncing off the basalt walls of the Crab Creek drainage there and not wonder about the larger story of how the birds fit into the Columbia country yesterday, today, and tomorrow.

Those primordial calls can be seen as a symbol of how ancient the cranes really are. Eocene fossil bones from Wyoming, over 30 million years old, certainly belong to a direct ancestor of the crane tribe; two-and-a-half-million-year-old Pliocene Epoch bone fragments found along the Oregon-Idaho border make an almost perfect match with modern sandhill cranes. That means a very close cousin of the species we know today managed to weather our most recent Ice Age, with its repeated cycles of advancing and receding continental glaciers. As a result of movements and adaptations fueled by such drastic climatic changes, no fewer than nine different subspecies of sandhill cranes are recognized across the North American continent. Ornithologists separate them based on variations in size, bill length, and migratory habits, but there are many overlaps, and watchers in the field generally settle on the designations "greater" and "lesser."

The migratory crane that David Thompson shot might have stood a bit less than 4 feet tall, had a wingspan of 5 feet or so, and weighed in at 10 pounds. Today it would fit in with the several related groups called

lesser sandhill cranes. The birds that stop in the Columbia Basin belong to a specific population that still winters in California's Central Valley, then migrates north in a great sweep east of the Cascades to breed around Alaska's Bristol Bay.

The crane that Charles Wilson saw nesting on Lake Pend Oreille was probably a greater sandhill crane. Their wingspan can reach 7 feet, their



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weight 15 pounds, and their spear-shaped bill – so handy in fighting off predators that threaten their young – is proportionately longer than that of their lesser cousins.

Both greater and lesser sandhill cranes mate for life, and nurture their young for an entire year on the wing. They are wonderfully adaptive eaters – migrant flocks feed on seeds, berries, tubers, waste grain, and emerging greenery in farm fields. Individual nesting birds consume a wide variety of invertebrates ranging from crickets to snails, and opportunistically take frogs, salamanders, snakes, voles, mice, nestling birds, or whatever wanders within range of their dagger bills.

Dawson heard reports that Alaska natives in the Yukon Delta let sandhill cranes wander freely in their villages because they kept down vermin of all kinds. In some respects, that's the way it has been since the last ice receded from our part of the world: Sandhill cranes seem to forge their own kind of relationships with humans, and let them play out over great spans of time.

In the relatively brief period that people have shared living space with cranes, many dramatic changes have taken place. Some cultures have long revered the birds as religious totems, and a cornucopia of mystical crane stories flow across the entire Northern Hemisphere. Yet because of habitat loss and their succulent taste, the cranes have dwindled to extinction across the mid-Atlantic states, and the abundant flocks that George Suckley saw in the Nisqually Delta and around Puget Sound are long gone. Some of the sandhill subspecies, especially a non-migratory one that lives in Cuba, are critically threatened. If you thumb through bird books from the mid-20th century, it's clear that most of the other populations were on similar downslides.

Then, due to multiple factors that included public awareness, changes in agricultural methods, migratory bird protection, banning of toxic pesticides, and the popularity of National Wildlife Refuges as shared recreation lands, several of those threatened sandhill populations began to turn around. Today there are enough birds, causing enough crop damage, to give rise to hunting seasons along several of the migratory routes.



Karl Bodmer, "Head of a Crane" 1833. Courtesy Joslyn Museum, Omaha.

That kind of nuisance feeding control pales against the huge numbers of people who attend regional crane festivals. Nebraska's Platte River spring affair puts almost half a million of the majestic birds on display. Each fall more than 10,000 lesser sandhills swoop through the Bosque del Apache in New Mexico, and more flock to winter at the Anahuac and Aransas National Wildlife Refuges in Texas.

All this makes the Othello Cranefest part of a story with a much larger scope, and gives added weight to the single or small groups of cranes that observers further along their route can witness each spring as the birds elegantly flap across the north Columbia country toward their tundra nesting grounds – a symphony of wild, haunting music, played out over the long haul.

The 19th annual Sandhill Crane Festival will take place in Othello on March 18-20. To find out more, visit <http://othellosandhillcranefestival.org/>

Ancient Places author Jack Nisbet has resumed his rounds of speaking engagements throughout the region. For a complete schedule, visit www.jacknisbet.com and click on the Upcoming Events.



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Fully Alive, Relevant and Salish

By Loren Cruden

In these modern times we sometimes say of someone “She’s a born sculptor” or “He was born to lead,” referring to an innate spark of expressive, compelling inclination or talent – a vein of ability through which a community’s vitality can be nourished. There are modern ways we go about identifying and cultivating aptitudes; and there are very old, more mysterious ways of revealing the spark that ignites individual contribution.

Dr. Shawn Brigman, a Spokane Indian whose ancestry is linked with many of the region’s tribes (plus a kiss of Irish), found his direction, his passion and gift, in what he calls the Salishan arts trifecta: tule-mat lodges, pit houses, and sturgeon nose canoes.

As we talked about that, Shawn brought forth touchable items for examination and discussion. Plastic bags of peeled cedar roots and scrolled white pine bark, a model canoe, a tule-framed photo of a tipi, notebooks full of meticulous architectural sketches: fascinating shapes and textures.

I asked Shawn, who recently moved back to Spokane from Bridgeport – and who wasn’t brought up in a heritage-focused family – what got him into cultural reclamation projects.

“It goes back to an experience I had when I was four or five years old, out on a preschool field trip. A phenomena happened. I didn’t understand what it was until I got older and started reading ethnography about *sumés* [roughly pronounced sue-mesh]. The descriptions matched up, word for word, with the phenomena that happened to me when I was young.”

Shawn said that a *sumés* revelation may occur when someone is older, but tends to be strongest around age five, perhaps because such a young person is still so new and open to life. “*Sumés* is the Salishan version of spirit power,” Shawn explained. “It’s what you’re good at, like music or athletic ability or something more abstract. After my *sumés* happened I thought about that experience all the time, I couldn’t sleep. Then I thought about it maybe once a week, then as a teenager at least once a year; it kept coming back to me. When I was getting into my thirties it started manifesting as this involvement with built-environment heritage – the canoes, the tule-mat lodges, pit houses, fishing weirs, digging sticks.”

Q: During all that time, you never talked to anyone about this experience?

“Right before my first day of first grade, I remember my mom sitting me down, real serious. I thought I was in trouble! She said, ‘I want you to remember something. I want you to remember that your dad is a Spokane Indian and you’re a Spokane Indian, and I want you to never forget it.’ I felt really relieved because I thought, ‘I already know that.’ I wanted to reverse it

then, and tell her something, this thing I’d experienced, but I didn’t have the language capacity. She just looked at me – I was trying to talk but couldn’t. She had a look like, ‘Oh!’

“When I got older I talked about it with some friends. They kept mentioning the word ‘*sumés*’ but it didn’t register until I came across it in the academic ethnography, word for word what had happened to me.”

Shawn went silent.

“That must’ve made your hair stand on end,” I said.

“Yeah. Exactly. There are still moments when I get teary-eyed about it.”

“Tell me about the canoes.”

He brought out a model and, pointing out its features, explained that the sturgeon nose style is based on the sturgeon fish’s jutting, scooped facial profile. The canoe’s interior ribs are made from bent saplings – willow, Rocky Mountain maple, or red birch – used when green, and soaked overnight. Exterior ribs are large-diameter cedar or spruce roots. Bitter cherry bark, what Shawn called “Nature’s rubber-band,” is spiraled to bind the ribs.

Then full sheets of cedar or spruce bark, or wide strips of white pine bark from big (minimum 53” circumference) trees are laid against the exterior ribs to form the hull’s skin, glued with a mix of lard and tree resin.

Maple-sapling thwarts and cedar-capped gunnels complete the canoe’s lightweight frame, the horizontal saplings bunched into sturgeon-nose points at bow and stern. In boat terms the finished shape is beamy in the middle, smooth-bottomed, with a slight rocker or curve along the keel. Shawn’s model was reminiscent of a fish basket.

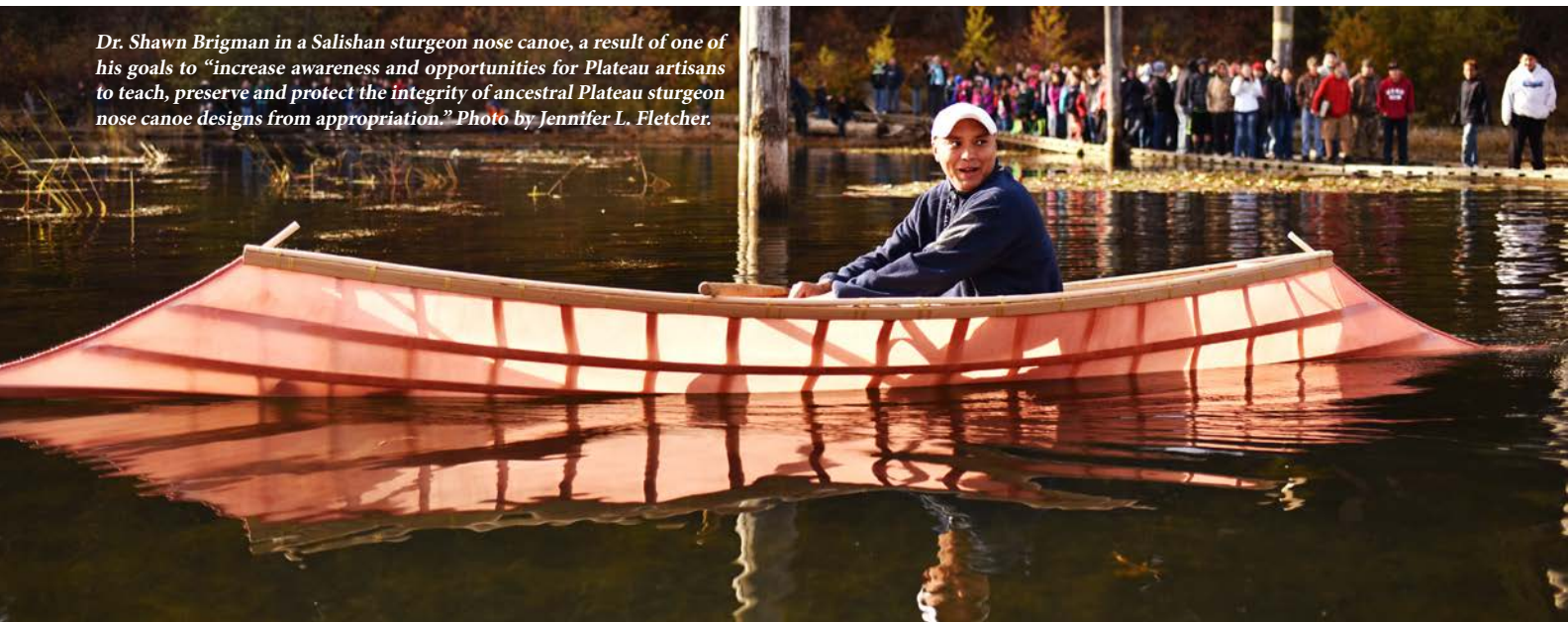
He mentioned that sometimes in the old days recycled tule-mats were hung along the boats’ sides as stabilizers in big water.

Shawn’s tule-mat lodge projects (tule reeds are a kind of bulrush) started in 2005 while he was working on his undergraduate degree in architecture: “I wanted to incorporate an ancestral aesthetic into contemporary building.”

He experimented with a design combining two conical lodges, extending the shape into an oblong. The drawing he showed me looked remarkably like a traditional Scottish Highland blackhouse. “These variations are all documented in the ethnography,” he noted.

Tule-mat lodge coverings are overlapped like shingles to shed water, fastened to the structure’s inner poles and anchored by the lean of exterior poles. The lodges were sometimes set in a shallow pit (1-2 feet deep), the lower edge of the lodge then earth-bermed for snugness. Two or three layers of mat coverings might be used for winter lodges. After a year or so, mats were

Dr. Shawn Brigman in a Salishan sturgeon nose canoe, a result of one of his goals to “increase awareness and opportunities for Plateau artisans to teach, preserve and protect the integrity of ancestral Plateau sturgeon nose canoe designs from appropriation.” Photo by Jennifer L. Fletcher.



recycled and used elsewhere, such as for canoe stabilizers.

Shawn then showed me drawings of fully underground pit houses with top entries, modeled on how gophers dig into the earth for well-protected, well-insulated homes. The Salish used old tule mats and cedar bark as vapor barriers protecting the underground walls.

He pointed out that much of traditional Salishan house design could be adapted using contemporary straw-bale or rammed earth or cob-house technology. The canoe and lodge designs and materials that Shawn displayed all have a distinct grace and beauty echoing their native habitats.

Versions of the traditional sturgeon nose boats can also be built using contemporary materials; Shawn makes lovely translucent canoes skinned in polyurethaned Kevlar fabric in various shades, including the flushed tint of a salmon-eating sturgeon, and the warm gold color of the deer that visited Shawn's workshop one day. His canoes are commissioned as art pieces and for youth and cultural programs. Shawn is thinking of making a fiberglass version of the sturgeon nose boat as well, to withstand hard knocks.

Q: What's your intention with this work of cultural reclamation?



Photo by John Hartman

degree in youth recreation, but that didn't pan out for me. So now I'm just working as an artisan, this past year becoming a full-time artist, though I still come into youth programs as a consultant.

"I brought the tule-mat lodge across the border to Selkirk College as a demonstration of living architecture, not just something from the past. Same with working with the sturgeon nose canoes: They are a living art heritage. We're not just talking about them; we're going out and physically making them. And I'm incorporating ancestral elements into contemporary housing design."

Q: Do you think it is possible for Indian communities, and especially the youth, to find cultural healing without some kind of larger truth-and-reconciliation process?

"One of the professors in my doctoral program at Gonzaga University specialized in healing, reconciliation, and forgiveness. So I took those leadership classes. I thought, so okay, how do we apply reconciliation and healing to this environment-heritage process in a way that's inclusive of all people? We can do this so that tribal communities can heal themselves first, but eventually it needs to be inclusive, and that's a process I'm still learning."

"I'll be honest with you: In the beginning, when I was recovering some of these pieces of heritage, some random person would take my work and just run with it, try to implement these projects on their own. I want to tighten it up a little, because we do need native artisans, native architects and so on, to take the lead on these things, to protect the integrity of, say, these traditional canoe designs. I'm a native canoe maker and one of my goals is to protect the integrity of the sturgeon nose canoe from appropriation, so it does not become stripped of all its meaning. But I want to be inclusive, too. I want

"Originally, coming out of architectural school, I wanted to manifest all this in contemporary-day environmental and architectural design – interior design, housing design, furniture design. But I'm not going the route of becoming a registered architect. I wanted to incorporate this into youth programming, so I got a



This "Oblong Tule Mat Lodge" was displayed at the 2012 Arrow Lakes Powwow at Round Lake near Inchelium, WA. Photo by Dr. Shawn Brigman.

people to be able to come together and share knowledge. I'm learning how to get to that stage."

Q: So, how can integrity be protected?

"One way is to just give native artisans an opportunity to put native arts on the map. To invite them to be artisans. There's now a federal law that says, to label artwork as Indian-made, you have to be a member of a recognized tribe."

"But there's a paradox, in that there are a lot of non-native artists who are really good at the artwork or who actually brought back a native art themselves. How do we reconcile all that? It used to be that a non-native could be certified by the tribe to make Indian art, but recent federal changes no longer allow that; the artist has to prove Native descendency."

Q: Are Indian youths interested in becoming heritage artists?

"Sometimes it takes cycles – five years, ten years, twenty years. A youth may learn something but not get back to it until older. You have to be patient; it's not going to happen overnight. I didn't get into this until ten years ago when I was about thirty-two years old. It takes time. I spent time over on the coast, and in New Zealand with the Maori; they're light-years ahead of us in these things. Here, it is slow-going. We try to get the elders, the knowledge-holders, involved, and that helps."

Shawn identifies language, culture, and architecture as the most vital heritage aspects. "I went to Greece to study and learned a little about Greek culture,



Photo by John Hartman

Greek language, and Greek architecture. I went to Denmark and learned some about Danish language, culture, and architecture. So when people come to the Salishan Plateau, it would be great if they could learn something about Salish culture, Salish architecture, Salish language.

"In my dissertation I talk about having a Salish-built environment side by side on

a parallel, equal footing with mainstream architecture. Why not explore a contemporary Salish aesthetic for our built environment? And talk about tule-mat houses and sturgeon nose canoes, not in the past tense, but as architectural pieces that are still here today for the benefit of all people?"

He pauses, and smiles eloquently. "Maybe you can paddle a sturgeon nose canoe sometime."

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Bald Eagle

The Great Backyard Bird Count

Article & Photos by J. Foster Fanning

The Great Backyard Bird Count (GBBC) in February is what the National Audubon Society describes as "a free, fun, and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations." Anyone from experts to beginners can participate, identifying and counting birds on one or more days of the four-day event and reporting their sightings at birdcount.org. "You can participate from your backyard, or anywhere in the world."

The GBBC is a partnership between Cornell Lab of Ornithology and the National Audubon Society, with support from groups including Wild Birds Unlimited, to increase the worldwide understanding of how bird populations are doing as well as how to protect the birds and the environment. In 2015 the GBBC engaged nearly 150,000 participants to create a living snapshot of global bird populations.

So how did we do in the Columbia Highlands? Stevens County was ranked 27th out of the state's 39 counties with 55 species identified by five participants; Ferry County was 29th with 50 species recorded by six participants, and Pend Oreille had four participants identifying 37 species, gaining it the rank of 33rd. Looking north of the line, the Kootenay Boundary region had 30 species spotted by nine participants. Washington State overall noted 216 species, to British Columbia's 199.



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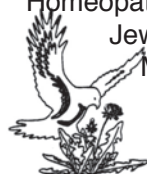
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Around the globe, the 19th annual Great Backyard Bird Count is shattering the records set just last year with (as of press time) 5,296 species reported, surpassing last year's record by a massive 206 species and topping 50% of the world's birds for the first time!

Anyone who spends much time observing wildlife knows that bird populations are always in flux. The variables of climate affect migratory patterns of many species, forage opportunities (or lack thereof) fluctuate, and sites can be changed by wildfire, drought and other factors. The Great Backyard Bird Count data assists ornithologists in determining and predicting how climatic events impact bird populations. Recent data illustrated the effects of the polar vortex on migrations, highlighted by the Snowy Owl irruptions across much of mid-North America.

Interested in what birds were accounted for in our region? Find geographically organized lists at <https://www.audubon.org/content/about-great-backyard-bird-count>. I'm planning to get the info to our *North Columbia Monthly* in advance next year in hopes of recruiting more amateur bird watchers to participate in this fun, engaging and worthwhile event. You can also focus on our region with <http://ebird.org/ebird/gbbc/places>. In the meantime, grab the field glasses, camera and bird ID book and get out there and enjoy the great wild blue yonder.

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



APPENZING

Events

Mar. 4 - 5: The Panorama Gem and Mineral Club's 16th annual show at the NEWA Fairgrounds in Colville. Friday hours are 8:30 to 6; Saturday hours are 9 to 5. Along with vendors there will be games for kids, gold panning, obsidian knapping and a black light cave. Come see friends and meet new rocks.

Mar. 9: The public is invited to join the American Association of University Women-Colville and the National Park Service in partnership with the celebration of the contributions of women to local medical history during March, Women's History Month. "Her Story: Women Pioneers in the Establishment and Development of Health Care in Northeast Washington" will be presented at 6 p.m., in the lower level of the Colville Public Library. The event will include a special panel. Audience questions and discussion will follow the presentation. For more info, visit: www.nps.gov/history/womenhistory/.

Mar. 17 - 19: Wild & Scenic Film Festival in Colville, Republic and Chewelah, presented by the Kettle Range Conservation Group. See ad on page 26 or call 509-775-2667 for info.

Mar. 18 - 19: Home & Garden Show at the Colville Community College, 965 E. Elm Street, 9 - 6 on Friday, 9 - 4 on Saturday, featuring prizes, vendors, demonstrations. Call 509-684-5973 for info.

Mar. 19: Tundra Swan Festival at Calispel Lake. See story on page 29 or visit www.porta.us for info.

Mar. 30 - 31: Stevens & Ferry County Developmental Disabilities Program hosts a disABILITIES Conference and Resource Fair at the Colville Community College. Join agencies, organizations and individuals with information that benefit families and individuals with disabilities. Workshops from 9-3:30 and Resource Fair 10-2. Light lunch provided. Contact Lorie at 509-685-0680 or lsandaine@co.stevens.wa.us for info.

April 22: Friends of the Little Pend Oreille National Wildlife Refuge offer "The Ice Age Floods, A Perspective from Above and Within." The presentation is by Tom Tabberts, Cheney, geologist, light-weight Trike flyer, photographer and video editor, who offers breathtaking perspectives and viewpoints of flood features, carved canyons, potholes, and scabland washes from Lake Missoula to the Wallula Gap. Free and open to all; refreshments and a raffle. Doors open

at the Colville Community College Rendezvous Theater at 6:30 p.m., presentation at 7 pm.

Music, Dance, Theater

March music at Northern Ales, Kettle Falls:

3rd: Sara Brown, 6 - 8 pm
5th: FoodStock 2016, 2 - 11 pm
10th: Michael Pickett, 6 - 8 pm
11th: Kettle River Renegades, 7 - 10 pm
17th: Finessa Fann, 6 - 7 pm
17th: FULL Sara Brown Band, 7 - 10 pm
18th: Open Mic, 7 - 10 pm
24th: Justin Johnson, 6 - 8 pm
26th: Annual Onion Creek Fundraiser for 8th grade trip to Seattle
31st: Bryan Warhall, 6 - 8 pm

Mar. 4, 5, 6, 11, 12, 13, 17, 18, 19, 20: Woodland Theatre Productions of Kettle Falls presents *The Addams Family*, a smash-hit musical comedy that brings the darkly delirious world of the Addams to spooky and spectacular life. Wednesday Addams, darkly morbid daughter of the clan, is now all grown up, in love, and secretly engaged to a decidedly "normal" young man. What could possibly go wrong? When the two families gather for dinner, a clash of cultures, personalities, and family expectations erupts, with both humorous and poignant results for all. Advanced tickets are on sale now at Main Street Floral, 509-684-9096. For prices and times please see ad on page 2. Come meet the family. We'll leave the lights off for you.

Mar. 5: Open Mic, 8-10 pm at Meyers Falls Market in Kettle Falls. The event is free and all singers, musicians, poets and audience members are invited. This fun and festive event is held the first Friday of each month through winter and spring.

Mar. 5: The Missoula Children's Theatre and Colville Parents for the Performing Arts will present *Sleeping Beauty* on March 5 at 2 pm and 4:30 pm. Auditions for students in grades K-12 will be Feb. 29 from 3:15-5:15 pm. Auditions, rehearsals, and performances will be held in the Colville High School auditorium. Tickets will be available from cast members and at the door. Email Colvilleppa@gmail.com or call Pam at 509-680-2997 or Sarah at 509-675-1211.

Mar. 18 - 20: The Pend Oreille Players Association is proud to present the 3rd - 6th grade production of "Little Red Riding Hood and the Power Mutants" written by Ed Monk and directed by Millie Brumbaugh. Little Red must deliver her basket of goodies to Grandma on time, but a pack of pesky

In NE Washington & Interior British Columbia

wolves keep trying to steal the basket, hunters are hunting the wolves, rangers are tracking the hunters - POWER MUTANTS to the rescue! And Miss Veronica Adelaide, the newscaster and her assistant, Trixie are determined to get it all on the news at 5. March 18 & 19 at 7 pm and March 20 at 3 pm, at the Pend Oreille Playhouse, 236 S Union in Newport. For tickets and information call 509-447-9900 or visit the website www.pendoreilleplayers.org.

Mar. 26: Parkview's newest event "Left Stage" is a poetry slam at 1 pm, 240 S. Silke. You are invited to attend as an audience member or performer. If performing, call 509-684-5677 to reserve a spot and for rules.

Arts & Crafts

Mar. 9: Parkview Senior Living invites you to join us in creating art at the HUB Senior Center for our Savvy Seniors art class. This time we will be testing the luck of the Irish by making shamrocks of all kinds. All supplies, coffee and snacks will be provided. So, come and join us at 1 pm, at the HUB, 231 W Elip Avenue. Please RSVP by March 4: 509-675-1479.

Recycled Art Show: Everyone is invited to enter the 7th Annual Trash to Treasure Recycled Art Show! Submit your original artwork made from material that would otherwise be destined for the trash or recycling bin. Entries must be turned in to the Meyers Falls Market in Kettle Falls before the store closes on Sunday, April 17th and will be on display April 18th-23rd. Details at MeyersFallsMarket.com.

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 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.

Books, Books, Books

Mar. 16: Former *Statesman-Examiner* reporter Jodi Miller reads her poetry at 6:30 pm at Barnes & Noble in Spokane. Novelist Caleb Mannan (*Bust It Like a Mule*) and singer/songwriter/fiddler Jenny Anne

Mannan (*Saints and Sinners*) are also performing.

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.

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.

Farm, Field & Forest

Mar. 17: 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 509-680-8499 or email kud427@gmail.com.

Northport Community Preservation and Restoration Fruit Tree Sale Fundraiser is now underway. Order Washington-grown fruit trees until March 19th. Visit Facebook.com/NCPRinfo, see the flyer posted at the Northport Community Connections Center or call 509-732-6106 for more info.

Wellness

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. 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, family member or friend. Don't live with MS in isolation. 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. Walk-in or by appointment. 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

Mar. 6: The Dances of Universal Peace use simple movement, music, and lyrics to touch the spiritual essence within ourselves. The Dances include themes of peace, healing, and the celebration of Life's Mystery. Please join us for an afternoon of dance from 2 - 5 pm at the Colville Library basement. Donations appreciated. Potluck following. For more information call 509-684-1590.

Mar. 10: The Colville N.E.W. Lighthouse of Aglow International meets at 6 p.m. at the Colville Ag Trade Center. Aglow, a Christian organization, is open to both men and women and the meetings are open

Continued on page 26

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

A Good Read

The Door, by Magda Szabo

Reviewed by Loren Cruden

The Door, Hungarian author Magda Szabo's 1987 novel, now in English translation, depicts the relationship between the cleaning lady, Emerence, and the lady writer, Magda. Emerence is "tall, big-boned, powerfully built for a person of her age, muscular rather than fat, and she radiated strength like a Valkyrie.... 'I don't wash just anyone's dirty linen,' she said." The cleaner, not the employer, will "decide what we were to pay her when she had some idea of just how slovenly and disorderly we were, and how much work we'd be."

Not your typical domestic-help.

Emerence's workaday accomplishments in the community, paid and unpaid, inspire awe. She is almost universally admired, yet allows no one inside her flat – entertains them on the porch instead. Locked doors make wonderful symbols, and the reader looks to Magda, the narrator, for keys to this mystery ("I didn't like my own secrets. I like other people's even less."). But Magda's speculations reveal more about herself than about the cleaner. The narrator's dog understands Emerence far more than does Emerence's supposed

friend and employer. Like a deity, Emerence is omniscient but feels no need to explain herself. Once, after a tiff between Magda and the cleaner, when Emerence storms off and doesn't return to work, Magda notes "...I realized there was no point in waiting for Emerence. She was like Jehovah: she punished for generations."

From the first the reader is fascinated, and later haunted, by the character and actions of the cleaner, her tremendous strength and dignity, her fury and vulnerability. Magda's fretfulness is like a child's transparency in comparison to Emerence's impenetrable absolutism.

When an event happens that changes the dynamic between the two, a door opens, though life doesn't become any less stormy ("...affection can't always be expressed in calm, orderly, articulate ways...."). Brooding behind the relationship's personal intensity and carefully rational narration is the dark weight of Hungarian historical experience, its politics obliquely seeping through the story like a shadow behind the definite, compelling immediacy of Emerence and her impact on everyone around her.

What happens when you put a woman who wants only to unconditionally love and be loved with one who, in her fear, wants only to like and be liked? A masterpiece.

The Train, by Georges Simenon

Reviewed by Loren Cruden

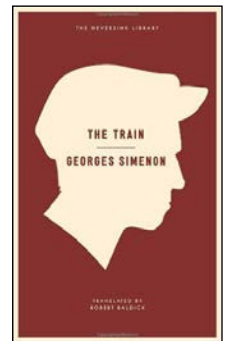
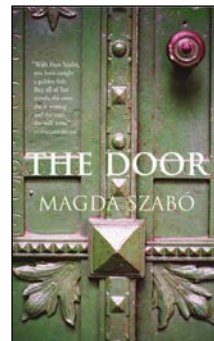
The Train opens simply: A man gets out of bed on a lovely summer morning in France, his pregnant wife and young daughter still asleep as he goes about his routine of making coffee, feeding the chickens, going to his workshop to start his job repairing radios.

Then everything changes. Hitler's armies are on the move and our protagonist Marcel abruptly becomes "but one man among millions whom superior forces were going to toss about at will.... I wasn't living at my tempo anymore, but at the tempo of the radio, of the street, of the town which was waking up much faster than usual."

The late Georges Simenon, a Belgian born in 1903, makes it clear that though it is beyond most readers' experience to know how it feels to lose all that is familiar, to be "tossed about" by "superior forces," it could happen to any of us. Simenon wrote hundreds of novels; *The Train*, at only 150 pages, is considered his finest.

Marcel, the main character, despite being "but one man among millions," regards the war as a personal opportunity for his long-awaited meeting with Fate. He isn't histrionic about this but it dominates the narration's perspective. One of the novel's most troubling portrayals is of how immediate and total the shift is between daily life's concerns and war-time behaviors. Marcel's wife and child – at center stage in his pre-war life – almost instantly drop from his mental horizon once separated from him on the evacuation train.

The train itself becomes a linear community full of townspeople and farmers, some respectable, some not,



all fleeing the German invasion. The train moves in fits and starts, trundling one way then another, fired upon by German airplanes. People on the train still do typical social things, but when push comes to shove it is every man or woman for him/her self, and anything goes.

"Seeing that nothing was happening as it did in ordinary life, everything was natural." Including the relationship Marcel forms with a young woman riding in the cattle car with him. The train becomes a world of its own. At some station stops the platforms are eerily deserted, others are crowded with refugees, still others are as yet untouched by war, strangely normal. "...for an indeterminate period, I was living on another level, where the values had nothing in common with those of my previous existence." And then the train moves on.

Also recommended from the S shelves:

Bob Shacochis – *The Woman Who Lost Her Soul*

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.

Now in Theaters: *Hail Caesar!*

Reviewed by Sophia Aldous

There are those who might identify Ethan and Joel Cohen as snide, sly cynics who hate the movie industry, especially since their latest offering, *Hail, Caesar!*, skewers Hollywood a good one, particularly the romanticism that popular culture associates with Tinsel Town's Golden Era.

However, this period comedy set in the 1950s is more of a love bite that occasionally loses its fizz, but still maintains a spirit of satirical fun. Eddie Mannix (Josh Brolin) is a fixer for Capitol Pictures. His day-to-day schedule is a slew of problem-solving, and he's faced with some sizable ones. The studio is in the middle of making a prestigious blockbuster about Jesus Christ that will be bigger than the Bible, but they're missing their leading man, Baird Whitlock (George Clooney). The only clue is a typed ransom letter from a group enigmatically named The Future.

While trying to track down the dunderhead superstar, Mannix has to deal with aquatic actress DeeAnna Moran's (Scarlett Johansson) unplanned pregnancy possibly causing another public relations nightmare, a couple of nosy

gossip columnists (both played by Tilda Swinton), Ralph Fiennes as a demanding director, Channing Tatum as a naively self-important talented dancer *a la* Gene Kelly, and Alden Ehrenreich as singing cowboy Hobie Doyle.

Clooney does a mirthful job of spoofing his own celebrity as a kind of Clark Gable caricature, all pearly white smiles and heroic smirks on camera, but a downright bimbo behind-the-scenes. It's a savvy, fun performance that reminds you why the guy became a famous actor in the first place.

Enough good things can't be said about Tatum's versatile dance ability, particularly in a song and dance number that pays teasing tribute to the musicals of yore. His moves are



impeccable and his line delivery pert. This scene in itself is worth the price of admission.

If you're a film buff whose love for the cinematic extends back to the classics, you may very well get a kick out of this tongue-in-cheek farce (and not to date myself, but it's a veritable breath of fresh air to have an American comedy not relying solely on bodily excretions and raunch). The script is full of sharp dialogue that bounces from the page and out of the actors' mouths with wit, and while it won't be everyone's idea

of a good time at the movies, *Hail, Caesar!* still earns a spot on your "To watch" list.

"Hail, Caesar!" is currently playing in movie theaters and is rated PG-13.

The Classics Corner: *To Kill a Mockingbird*

Reviewed by Sophia Aldous

Harper Lee wrote only one book (if you don't count the sequel released last year that was actually more of a first draft of the original novel). However, that cornerstone of modern literature was turned into an exceptional movie starring none other than Gregory Peck, so Harper Lee's legacy lives on in both ink and film. Score!

Seriously, *To Kill a Mockingbird* is one of those rare literary classics that receives the film it deserves. Made in 1962 and directed by Robert Mulligan, it stars Mary Badham as Scout and Gregory Peck as the eminent Atticus Finch, the lawyer in a small town who takes

on the job of defending a black man accused of raping a white woman.

The plot follows Scout and her brother, Jem (Philip Alford) over the course of three years as they grow up in the fictional town of Maycomb, Alabama. We watch them go from naïve children who pal around their neighborhood, trying to spy on the local shut-in, Boo Radley (a young Robert Duvall), to having a tension-filled, rude awakening to racial prejudice as Atticus receives flak from their community for defending Tom Robinson (Brock Peters).

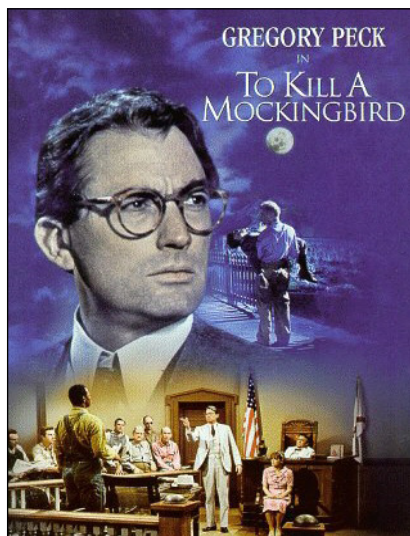
The story here is in the characters and Mulligan gets it, guiding his actors to performances that embrace each individu-

al's faults and nobility. Peck won the Academy Award for Best Actor for his performance as the unwaveringly compassionate and noble Atticus (the film was nominated for Best Picture, but lost to *Lawrence of Arabia*). He's the type of person that we all want to be, without being overly ponderous or preachy in his portrayal.

It's a movie with a message that is just as timely today as it was when it first came out. In an election season when fear-mongering is heralded as honesty, it's good to have reminders of what we should try to aspire to, for our fellow man and ourselves.

"To Kill a Mockingbird" is not rated and is available for rent or from 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.



LISTEN UP

James Taylor Strikes Back

Reviewed by Michael Pickett

I didn't start out liking James Taylor. I just didn't really get it ... until I heard *New Moon Shine* however many years ago, and then I was absolutely won over by the songwriting, playing and vocals.

In the years since, I've learned to really appreciate his ability to weave that unassuming vocal quality into all sorts of styles. In the thirteen years since Taylor last released any new material, he has still popped up in various places (France, most notably and regrettably for us), slinging everything from his greatest hits to blues excursions at Eric Clapton's Crossroads festival.

With the brand new *Before This World*, Taylor sounds mostly like you'd expect: great songwriting, steeped in folk/Americana, punctuated by stellar ballads like "You and I Again" (which has a few turns that seem to nod to his earlier gem "Shed a Little Light"). The waltzing "Montana" shines as Taylor's romantic side tells the tale of rural love.

Songs like "SnowTime" and "Wild Mountain Thyme" could have easily

found their way onto nearly any James Taylor album released during the Ford and Carter administrations, but that's not a criticism. It's a signature sound, and one that helped define a certain segment of pop and American songwriting. To not have it here would be a crime.

As Taylor cruises through his fourth decade of singing and songwriting, he has lost absolutely none of what made him great at the outset: artistic integrity and a signature sound and style that set him apart from everyone else on the airwaves (or bandwidth, as the case may be).



Paul McDonald: Vocal Gymnastics

Reviewed by Michael Pickett

You can't ever be sure what will compel you to love or hate a song. Sometimes it's the rhythm or the overall vibe. But other times, you find yourself utterly enchanted with (or utterly disliking) the voice telling the story.

Luckily, Paul McDonald occurs as enchanting. In fact, it's not just lucky ... it's uncanny. After looking at his image, the gritty, haunting tenor is not what you think should be coming from this one-time "American Idol" contestant. After placing in the Top 10 on "AI," McDonald went on to hone his live and recording chops in Nashville (where else?), arriving at the *Slow Rising* EP available via iTunes.

McDonald's instantly memorable, razor's edge voice finds slinky lines through rock tracks like "Bright Lights" and the sinister "So Bad" (where McDonald's gender-bender vocal lines are the perfect head-scratcher of a foil for insistent lyrics). But it's the more intimate "Modern Hearts" where McDonald's gripping delivery really shines, sounding about as close to an instant classic as anything you're likely

to find in indie rock just now.

Surer than David Gray and more compelling than Adam Levine, Paul McDonald makes a fairly sizable splash in a sea of earnest tenors. His voice could be one of the most instantly memorable sounds of the last five years, and his work on *Slow Rising* is absolutely first-rate. Check him out at <http://thepaulmcdonald.com>.



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

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Yoga for the Heart

By Brenda St. John

“Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success.”

~ Lao Tzu

Anxiety is a form of fear. It causes dis-ease, which can lead to disease. Many people deal with chronic anxiety. In fact, a 2014 scientific study conducted by the American Psychological Association at the American Institute for Stress found that 77% of the population experiences physical symptoms regularly from tension and anxiety. These feelings lock the parasympathetic nervous system into the production of cortisol and heighten the body's fight-or-flight response.

Often our anxiety comes from living in the future, thinking of things that might happen or could happen. Neuronal wiring does not distinguish between actual and imaginary events, so it is quite possible to feel anxious about events that will never happen. The yoga sutras teach us that “Yoga is the stilling of the thought waves of the mind,” and as such can be beneficial for this condition.

One symptom of anxiety is a knot in the belly. Removal of the knot removes the feeling of anxiety (though not the underlying cause). To remove the knot, try the Soft Belly Meditation. As you inhale, slowly say the word “soft” in your mind. As you exhale, slowly say the word “belly.” After a few rounds, spell the words. As you inhale, slowly spell out mentally, “S – O – F – T.” As you exhale, slowly spell out “B – E – L – L – Y.” Because “belly” has more letters than “soft,” your exhalations will become longer than your inhalations. This activates the parasympathetic nervous system, creating a calming effect. Aim to achieve a 2:1 pattern, where the exhalation phase of the breath

becomes twice as long as the inhalation phase.

The knot in the belly is a clear indication that the energy of the second and/or third chakra is off. The second chakra is located in the lower belly. Its symbol is water. Water is very powerful but it also flows. Yoga teaches us to be flexible in mind and body. The third chakra is located in the upper belly. Its symbol is fire and its energy is related to our personal power. The energy from the third chakra teaches us to trust our gut instincts.

The yogic way of becoming more pure in our heart-mind is to step back mentally from the dramas in life and look at situations through the eyes of our inner observer.

Slow and gentle stretching has proven to be more effective than either active vinyasa or passive restorative yoga in lowering cortisol levels. A particularly helpful asana is a variation of Uttanasana, the standing forward bend. From Mountain pose, exhale and hinge forward at the hip crease, placing your hands behind your legs and allowing them to slide down the calves as you deepen into the fold. Inhale, and slide your hands up as you return to Mountain. The second time, hold for a count of two from the folded position. The third time, hold for a count of three. And so on.

When you return to Mountain for the fifth time, take several long, deep breaths and notice how you feel. This practice may not be appropriate for people with lower back issues. Other examples of slow, gentle stretching include the Cat/Cow, alternating between Lunge and Ham-

strings Stretch, and Walking the Dog (pedaling the feet from Downward Facing Dog pose), just to name a few.

As you work to get a handle on feelings of anxiety, remember to have a healthy diet. Make sure it includes plenty of fresh fruits and vegetables, Omega 3-fatty acids, and complex carbs. Reduce or eliminate sugar, caffeine, alcohol, aspartame, and processed foods in general. Train your brain to live in the present moment. And always, always, practice gratitude. Namaste.

Brenda St. John is filling in for Sarah Kilpatrick until Sarah is well enough to take her column up again. Brenda says that Sarah's column has been very inspirational for her and she considers Sarah her teacher, mentor and friend.

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From the Soil

By Louanne Atherley

In winter, I lose my taste for the light mixed salad greens that are my default salad in the spring and summer. I want something more substantial, with deeper flavors, so I'm always on the lookout for ideas. I've been enjoying some salads that have kale or roasted squash but I recently tried one with raw brussels sprouts and kale that is now my new favorite.

Until a few years ago brussels sprouts were one of those vegetables I would try once in a while to break up the monotony, but not very often, probably because I easily overcooked them. Then my son introduced me to roasted brussels sprouts.

Simply cutting them in half, roasting them with olive oil, and seasoning them with salt and pepper makes an interesting side dish that goes well with a lot of things. The lightly browned edges give them a nice crunch and a deeper flavor. I found tossing them with garlic or balsamic vinegar before roasting, or adding some crumbled bacon or nuts at the end, made them even more interesting. Try roasting them first and then tossing them with a nice mustard vinaigrette and ... well, I could go on and on. There are lots of suggestions once you start looking around.

It's pretty obvious, just by looking at them, that brussels sprouts are related to cabbages. I have

tried growing them but after a couple of disastrous years of losing the battle to aphids I gave up. I've decided to give them one more try this year while really concentrating on getting rid of the aphids. I've been reading about companion planting, and it can help to plant bachelor buttons or sweet alyssum to attract ladybugs and lacewings that prey on aphids, and plant herbs that repel aphids such as catnip or tansy. I may try tansy as I've planted catnip before and am still pulling it out some 20 years later.

Another strategy is to inspect seedlings carefully for aphids and spray them off with water. Continue regularly. It's best to do this early in the day so plants have time to dry and don't develop mold. A third recommendation is to use an insecticidal spray such as neem oil every couple of weeks.

Brussels sprouts do well in northern climates and were first popularized in what is now Belgium (hence the name Brussels) as early as the 14th or 15th centuries. They were grown throughout northern Europe and were probably brought to Louisiana by the French. Brussels sprouts thrive in coastal climates, so some of the biggest producers in this country are in California and the Skagit Valley in Washington.

Brussels sprouts are good for you. Besides being loaded with vitamins, they may help lower cholesterol. They also contain substances called glucosinolates, which are helpful in cancer protection.

Oh, you want that salad recipe? Here is my current favorite version. Leftovers hold up well and you can even top with a poached egg for breakfast.



Kale and Brussels Sprout Salad

(Bon Appetit, November 2011)

- 1/4 cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, finely grated
- 1/4 teaspoon kosher salt plus more for seasoning
- Freshly ground black pepper
- 2 large bunches of Tuscan kale (about 1 1/2 pounds total), center stem discarded, leaves thinly sliced
- 12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
- 1/2 cup extra-virgin olive oil, divided
- 1/3 cup almonds with skins, coarsely chopped
- 1 cup finely grated Pecorino (can also use Asiago or Parmesan)

Combine lemon juice, Dijon mustard, shallot, garlic, salt and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl. Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt. Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

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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From the Inside Out

By Daisy Pongrakthai

“Emotional intelligence is a revolutionary, paradigm-shattering idea.”
~ Harvard Business Review

Remember that song that moves you? Or the birthday card your child made for you? Or that work of art that was so compelling that it brought out tears of joy? What about when your team won the football game? These occurrences fill us with good feelings and make our hearts joyous.

Emotions have their dark side too, but whether sweet or bitter, they play a huge role in our outward behavior, disposition on life and success in social interaction. I call them “Rulers of the Underworld” because science has shown that *emotions impact cognition*. Chemical reactions occur when emotions erupt; they feed into the brain’s cognition, influencing and informing thoughts, even disrupting belief systems.

Business organizations have recently taken interest in how emotions affect an employee’s environment, peer interactions and job performance. And there’s good reason, too, given that they impact a person’s intellect. In a study published by *The Atlantic*, “Salespeople, real estate agents, call center representatives, and counselors all excelled at their jobs when they knew how to read and regulate emotions – they were able to deal more effectively with stressful situations and provide service with a smile.”

Using neuro-physiological equipment and methods, Rutgers University stated: “Evidence from recent neurological studies underlines the importance of emotions in human cognition and perception. Emotions play an essential role in social interactions, perform important regulatory and utilitarian functions within human body and brain, and facilitate rational decision making and perception.”

Wow. What a statement. That means emotions are a key integral component to everyday living, actions and choices.

Research has also shown that strong emotions cause changes in the biochemistry of the body. These biochemical changes represent the physical or material aspect of the emotion. Research, including cancer studies, suggests that, with suppressed emotions, a physical problem or symptom is eventually experienced. One interesting study from *Psychological Science* shows how emotionally intelligent individuals make better decisions. Another study was conducted on how negative emotional triggers of memories can be altered by selective attention on neutral images.

The combination of these findings not only

reverses the old “past child” paradigm but discounts IQ as the sole measure of one’s abilities. It also gives hope for greater self-control and self-betterment in that mysterious emotional underworld.

Underworld to Surface

In the inner world, down to the microscopic particles, our cells are talking to each other based on information received and perceived from our environment. They are always re-shaping, storing, then emitting information. The emotional output depends on a person’s emotional memory database, and, well, this can get very complicated. Since we can’t really hear the conversation among our 37.2 trillion cells, how does this intelligence get communicated on the surface? How does all this translate into the six basic and generally recognized emotional categories that are universally displayed: joy, surprise, disgust, anger, fear and sadness?

Influential business thinker Daniel Goleman points out in his bestseller, *Emotional Intelligence*, that emotional aptitude could solve a wide range of social problems. The idea is that if we can cultivate emotional intelligence among leaders, policy-makers, educational institutions and doctors, we’ll have more caring workplaces and governments, and more compassionate healthcare systems. And if we can teach our children to manage emotions, we’ll have less bullying and more cooperation. Emotional intelligence is already now taught in some secondary schools, business schools and medical schools.

Well, it’s a start anyway, and I may have a mouse voice in the big picture of the negative side of the world, but negative doesn’t combat a negative, so I too am rooting for constructive remedies toward the practical, workable surface: ourselves and our emotions.

Nutshell Solutions

Life’s a stage for emotional rehearsals and aptness. Simpler sought solutions are always my ticket. *Nutshell solutions* I call them. As a takeaway from Eckhart Tolle and a few other authors chanced on in the past few years, I have come to discover amazing similarities in understanding emotions. Tolle defines emotions as “the body’s reaction to the mind,” and

by watching emotions, they can be brought to awareness, so he highly recommends a spiritual type of practice of watching thoughts – which, to do so, requires a keen inner focus. Emotions are like a “reflection of your mind in the body.... For example, an attack thought or hostile thought will create a buildup of energy in the body that we call anger.... The thought that you are being threatened, physically or psychologically, causes the body to contract.”

One important point to keep in mind is that maybe someone else did something to provoke the emotion, but they are not to blame for what you feel. For example, if anger has arisen in me, I take responsibility for it and own it, then search for the answers within as to why it erupted in the first place. What old wound or fear pulled the trigger in me? Why did I feel angry or hurt?

Back to nutshell solutions ... as a takeaway from emotional intelligence research and in summary:

First, recognizing that emotions are *neither good nor bad – they are neutral* – can place one in a better spot to step away and watch them. The mind judges. If we step away from the mind’s podium when emotions are riding through, we can, secondly, see that *emotions are not harmful unless we identify with them* and that, third, they are simply *different expressions of energy*.

For example, if you are feeling sad, the first step is to recognize that “sadness is there,” not identifying with it by saying “I am sad.” And allow that sadness to be there, as an energy, without judging or rejecting it. It is, after all, just an energy, and energy is always neutral. Trying to find a non-judgmental word like “quiet” or “passive” helps. Keep feeling – what is the sensation of this energy? Where do I feel it in my body?

In moving attention from the mind to the body, you may find that sadness has a sweetness. *Magic happens* when emotions are allowed to play in the sandbox of experience: A slave no more, you can watch them come and go, enjoying their differing energies in creative ways. Welcoming these Rulers of the Underworld, a doorway opens to uncover yet another layer of emotional intelligence ... leaving a rainbow of a stronger, more aware, even somewhat fearless self ... and ready for the next bitter or sweet emotion to arise.

Extra reading:

www.mindscience.org

<http://www.danielgoleman.info/>

Power of the Now, Eckhart Tolle



By Alex Panagotacos Mueller

Waffle Watch

Countless individuals and organizations in our community stand up to injustice and support the vulnerable. The majority of our community members are upstanding citizens who do not abuse power and who walk through life intending to do no harm. Thank you, all of you. Two youth-led groups in our community deserve a special shout-out, though: Jenkins Club SPHYR and Hunters Club SPHYR.

SPHYR is Students Promoting Healthy Youth Relationships. At Jenkins Junior/Senior High School and Columbia Junior/Senior High School (Hunters), they are determined to promote a healthy, safe, supportive environment. These two groups, which developed independently and just recently decided to share in the name, are youth leadership at its best.

Group members organize events to raise awareness, provide prevention education on the underlying causes of violence, and organize positive community norms campaigns to shift the default of their culture from violence to peace. Both SPHYR clubs strive to include all genders and grade levels. What's more, these motivated student leaders know when to take

the reins and when to ask for support and education from our agency.

We at Rural Resources Victim Services and Kids First Children's Advocacy Center strive to put ourselves out of business by relentlessly endeavoring to prevent violence, crime and abuse. The agency provides education to thousands of individuals every year and is always striving to improve. So we happily note:

Jenkins Club SPHYR organized a variety of educational events in February. The school's main hallway features a chain of speech bubbles that read "Love is..." Students were asked to finish the sentence. This inspired discussion about what healthy relationships look like. Hunters Club SPHYR created a collaborative art project called "Ground Rules" with the 7th and 8th grade classes. Middle school youth discussed what ground rules are needed in order to maintain respect and safety. They responded to the prompt: "What is the most meaningful/important ground rule? What are your favorite colors? What other art/design elements do you like?" The SPHYR Club used this feedback to create graphic art pieces that incorporated

their peers' opinions and artistic preferences.

Both clubs have been going strong for several years. At the start of this school year, leaders from both groups contacted our agency eager to start planning this year's events. They contacted us before we had a chance to reach out to them. This is incredibly exciting for us. Everything that they do is impressive, but knowing that they are motivated to strive to end violence makes the future look very bright.

This is good stuff. This is inspiring. This is hope.

Violence prevention is no easy feat no matter where you are, but being a rural community poses extra challenges. Ferry and Stevens Counties combine to be 4,798 square miles. Even driving 800 miles per week and assuming a vampiric sleeping schedule, I can't be everywhere all the time. Despite this, I remain confident, thanks to such youth leaders as the SPHYR clubs and to compelling outcome evaluation results.

For violence prevention education, our programs are performed by well-trained staff who offer comprehensive services, utilize



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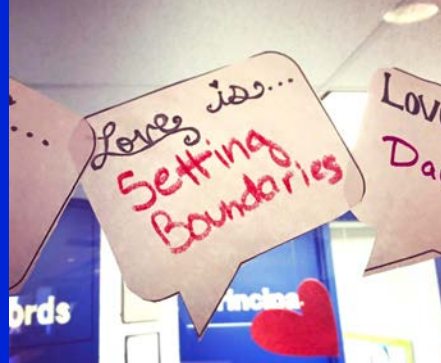


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varied teaching methods, provide sufficient dosage, foster positive relationships, are appropriately timed, strive to be socio-culturally relevant, and use outcome evaluation. These are principles of effective prevention developed by Maury Nation and colleagues. Through outcome and implementation evaluation, we see that these programs are working. One youth

violence prevention program, for instance, showed a 17% improvement in knowledge and attitudes related to violence perpetration.

For more information on the services provided by Rural Resources Victim Services and Kids First Children's Advocacy Center, contact Alex at 509-684-3796. Or check social media at @RuralVictimHelp

Waffle's View (See previous edition for an intro.)

"I'll keep it brief this month. My trainer, Chaun, came to the office to train my people. I got to sit back and relax while she taught them how to help me become an awesome therapy dog. My favorite part was when she told them to quit treating dogs as if they were people. And yes, I see the irony in saying that here." #WaffleWatch

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What's Happening... continued from page 17

to the public. For more info, contact Kathleen at 509-680-1411 or Kim at 509-684-3467.

Mar. 17: The Full Gospel Business Men's Fellowship in America will meet at 6:30 pm at the Stevens County Ambulance & Training Center, 425 N Hwy in Colville. Keynote Speaker Matthew Cummings from Vancouver, WA will encourage people to combine their faith and activism as well as their love of God with all of His people to impact the world we live in. Full Gospel, a Christian organization, provides spiritual fellowship in a non-church setting. You do not need to be a business person

to attend; both men and women are invited and the meetings are free and open to the public. For more info, contact Stewart Kent at 509-684-6144.

Mar. 27: Spiritual Study Group, 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 "Energetic Forces Around Us" 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 free meeting on the 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.

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 877-219-5542. Head Start and ECEAP are programs of Rural Resources.

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

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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.

Free Wi-Fi at the Northport Community Connections Center, 405 Center Ave., on your wireless device, or there are 15 computers available for use, Mon. – Sat., 10 am – 9 pm and Sun., 1 – 9 pm.

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.ferrycountytrail.com for more information. The public is always welcome.

Habitat for Humanity Board of Directors Meetings at the Habitat Store, 480 N. Main St. Colville, WA, 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. For more info, call Lisa Meddock 509-684-2385 or visit www.habitatcolville.org.

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 availability of Veterans Service Officers and for more info.

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).

...continued on page 28

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What's Happening... continued from page 27

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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.

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 accep-

tance of an LGBT loved one. We welcome anyone needing support. Contact: info@newapflag.org or 509-685-0448.

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 donations 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.

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Tundra Swan Festival

Article by Susan Harris; photos by Patty White

A great feathered sight will soon be here. In late winter each year, the tundra swans stop at Calispell Lake to rest and feed before taking off for their breeding grounds in far northern Canada. In recognition of this annual event, the Pend Oreille River Tourism Alliance and the Kalispel Tribe Department of Natural Resources co-host the Tundra Swan Festival the third weekend in March.

Event participants take buses to the Calispell Lake viewing area and return to the Camas Center conference room for lunch and presentations. There's a directional map and an agenda available at the festival site and online at www.porta.us. Be sure to bring your binoculars or birding scopes to see these lovely swans up close. There can be thousands of them, unless the breeding pairs have moved and then there are hundreds.

Sometimes trumpeter swans come along the same flyway, which is a treat. Trumpeters are larger and have a longer nesting season and so they're usually here and gone by March to allow time for their baby trumpeters to hatch and grow big enough to make the return trip.

Tundra swans nest on the Arctic tundra in Canada and Alaska, hence the name. They have a yellow marking (which the trumpeter does not) at the base of their black bill and a straight neck. A characteristic whistling in their wings led the explorer Meriwether Lewis to call them "whistling swans," a name still in use.

Calispell Lake is a hay field in the summer. Because of the grasses growing just underneath the shallow lake, it is a terrific habitat for feeding the swans. They've been doing this as long as the Kalispel Tribe of Indians have been in this area. In fact, on their trek west, Lewis and Clark provided the first written description of the tundra swans, although other tundra flocks are found in the Carolinas and Chesapeake Bay.

As remembered by a Kalispel elder, the younger Kalispel boys would hollow out gourds to wear over their heads and float or swim to the birds. It is difficult to get close to these swans, yet the boys would manage to do it, pulling the feet and legs of the floating swans to harvest them for food. Cold work for the boys. Great reward for their families.

To learn more about tundra swans:

https://www.allaboutbirds.org/guide/Tundra_Swan/id

<https://www.audubon.org/field-guide/bird/tundra-swan>

http://video.nationalgeographic.com/video/swan_tundra



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Family Adventures Out!

Physics is the study of motion, and there is a lot of it in the world of cross-country skiing! One of the first tasks to master in cross-country skiing is actually the ability to hold yourself upright and NOT be in motion. It may seem easy enough to stand still; you probably have been able to do that since you were a young child. But think about being able to stand



perfectly still...on top of a telephone pole! There you would be very aware of every muscle you are using to NOT be in motion. These are the same muscles you use to stay upright on skis. One wrong move and oops, you are down!

For our adventure this month, we went to 49° North to do a little cross-country skiing. Not only was it a fun time, it held some great lessons in physics; every time one of us fell down, we confirmed one of Sir Isaac Newton's three Laws of Motion, first published in 1687.

Newton's first law states that an object (like a skier) at rest stays at rest and an object in motion stays in motion, unless the object is acted upon by another force. When you fall down on flat land, you stay in place. When you are skiing, you move forward when going downhill and would forever if the mountain went forever.

This is because the force of gravity is pulling you closer to the center of the earth, which happens to be downhill.

But why do you stop on the flat part of the snowy mountain? The answer is still the force of gravity pulling down on you – combined with friction. The friction between the ski and the snow reduces motion. Cross-country skis are designed to both take advantage of friction and to reduce it, depending on what the skier wants to do. The

kick zone, or middle, of a waxless ski base often has a scaled pattern that helps you grip the snow to hold still or even "duck walk" uphill. Waxable skis use grip wax, which allows for large crystals of snow to embed in the wax and increase friction when you are holding still. But the tips and tails of cross-country skis are very smooth to help you glide and can be waxed to help

reduce friction.

Newton's second law of motion states that the force with which an object hits something (like a skier and the ground) is directly related to the mass of the object and the acceleration of the object. The formula for this law looks like $\text{Force} = \text{Mass} \times \text{Acceleration}$ or $F = MA$. This makes perfect sense on the trail. An adult traveling at a high rate of speed will hit the ground with a lot more force than a small child going slowly. But even a small mass (like a ski) can hit something (like a tree) with a lot of force if it becomes unattached from your foot and careens down the trail.

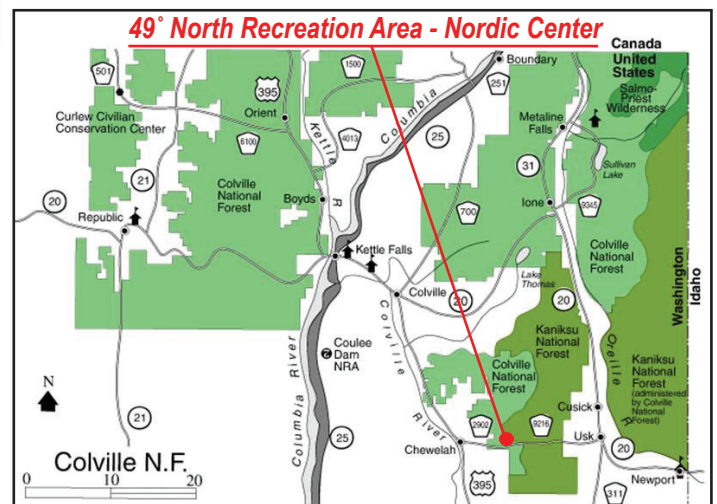


I say this because sometimes life teaches you lessons in a hands-on way and it is good to note that you should really try hard not to take your skis off on the trail if you can help it!

Newton's third law of motion states that for every action, there is an equal and opposite reaction. This is easy to see on skis: When you push back against the poles with force, the result is an opposite reaction – you move forward!

A fun way to explore the world of physics can be had at 49° North, where you can rent skis, get a pass and even take lessons. There is a wonderfully cozy yurt to begin your trail choice from, with exceptionally helpful and informative staff. After your exploration of the trails (with or without thinking of Newton), you're welcome back at the yurt to sip cocoa by the fire. Curious about more information first? Look online at <http://www.ski49n.com> and click on the Nordic Center. They are holding a Family Cross-Country Weekend on March 12-13. Anyone under 18 receives a trail pass and equipment rental for free when accompanied by a parent or guardian. What a great way to explore the Laws of Motion through the world of snow!

For more family adventures, visit UpperColumbiaChildrensForest.com.



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Saturday, March 19th

10 AM - Chris Hedrick from Hedrick's Floral & Nursery
"Seed Starting and Shrub Pruning"

11 AM - Stan Boring with Merle Door & Window
"Energy Efficient Windows"

12 PM - Cheryl Lipp w/ Academy Mortgage
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