



# NORTH COLUMBIA MONTHLY

— WHERE AND HOW WE LIVE —



March 2017 | Free!  
[ncmonthly.com](http://ncmonthly.com)

You are invited to Colville's 2017  
**Home & Garden Show!**

Colville Community College • 965 E. Elm St., Colville

**Friday, March 17<sup>th</sup> • 10 am - 6 pm**

**Saturday, March 18<sup>th</sup> • 9 am - 4 pm**

**FANTASTIC PRIZES!**

- Jafra Cosmetics: Men's Jafra Products & gift bag - \$100
- Country Store: Gardening supplies - \$100
- Merle Door & Window: Storm Door - \$199
- North 40 Outfitters: Poly Wheelbarrow Dual Wheel - \$129.99
- Fogle Pump & Supply: Reverse Osmosis Drinking Water System - \$399
- Norstar Heating & Cooling: Vegas trip for 2 - \$750.00
- Long Irrigation & Curbing: Patio gazebo, 2 chairs, coffe table - \$1,000

**DEMONSTRATIONS**

- FRI - 2 pm: Stevens County Conservation Dist. - Bees
- SAT - 10 am: Stevens County Conservation Dist. - Fire Wise Program
- SAT - 11 am: Merle Door & Window - Windows
- SAT - NOON: Norstar Heating & Cooling - Maximize your Home Comfort
- SAT - 1 pm: Country Store - Chicks 101

**Proudly Sponsored by:**



Call 509-684-5973 or visit colville.com for more info

**Time to Move?  
 Need New Listings!**



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

Friends of the Little Pend Oreille National Wildlife Refuge  
**Free Annual Spring Presentation**



**WOLVERINES**  
 Conserving a Climate Sensitive Species

Join us Friday, March 31, 7 pm (doors open 6:30, raffle & refreshments)

Colville Community Colleges Rendezvous Theater

Presented by Rebecca Watters, executive director of the Wolverine Foundation, founder and director of the Mongolian Wolverine Project; BA Anthropology, Masters Forestry and Environmental Studies, Peace Corps volunteer; currently resides in Bozeman, MT



**PolyCarb Greenhouse Panels by Tuftex**

Composed of virtually unbreakable poly-carbonate, it is 20x stronger than 5oz fiberglass. Withstands extreme temps. 270°F to -40° F  
**100% UV protected and hail resistant.**

**\$2.99 per foot**

8' & 12' Panels In stock

**Crystalite PVC Panels Corragated Patten**

Corrugated Polycarbonite is favored by Professionals for non-corrosive industrial structural roofing & siding. Used by home owners for a multitude of DIY projects, due to its high impact strength & wide service temperature range.

**\$1.99 per foot**

8', 10' & 12' Panels In stock

**Haney Lumber & Supply Inc.**



1101 N. Highway  
 in Colville  
 (509) 684-2150  
 Fax (509) 684-8089

# What's Inside

- 4 Random Acts of Community**  
by Christine Wilson
- 6 Life Matters**  
*The Gift*, by Dr. Barry Bacon, MD
- 8 North of the Border**  
*A Ray of Sunshine from the Past*, by Eileen Delehanty Pearkes
- 10 Boundaries**  
*A Warm Winter Robe*, by Jack Nisbet
- 12 In Nature**  
*Red-winged Blackbird*, by J. Foster Fanning
- 14 Monthly Muse**  
*Who Stole the Tarts?* by Loren Cruden
- 16 What's Happening**  
Arts, Music, Dance, Events & More
- 18 A Good Read**  
Book Reviews by Loren Cruden
- 19 Silver Screening**  
Movie Reviews by Sophia Aldous
- 20 Listen Up**  
Music Reviews by Michael Pickett
- 21 To Your Health**  
*Along the Mountain Path*, by Sarah Kilpatrick
- 22 From the Soil**  
by Louanne Atherly
- 23 The Writer's Way**  
*Research: Keeping it Real*, by Linda Bond
- 24 This Great Big Life**  
*If Wishes Were Wood Rats*, by Tina Tolliver Matney
- 25 Waffle Watch**  
by Alex Panagotacos
- 26 What's Happening**  
Continued from page 17
- 27 A Year On the Farm**  
by Michelle Lancaster



March 2017

Vol. 24 ~ Iss. 10

## **Publisher & Senior Editor**

Gabriel Cruden

## **Copyeditor**

Si Alexander

## **Contributing Writers**

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

## **Advertising Sales**

Gabriel Cruden • 509-684-3109  
[ncmonthly@gmail.com](mailto:ncmonthly@gmail.com)

Becky Dubell • 509-684-5147  
[mkbeckyl@gmail.com](mailto:mkbeckyl@gmail.com)

## **North Columbia Monthly**

P.O. Box 541, Colville, WA 99114  
509-684-3109 | [ncmonthly@gmail.com](mailto:ncmonthly@gmail.com)  
[www.ncmonthly.com](http://www.ncmonthly.com)

## **Cover**

Photo of a cedar waxwing,  
by Joanie Christian. See more of her  
work at [stillwaterpadding.com](http://stillwaterpadding.com).

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

**APRIL 2017**

**ISSUE DEADLINE**

ADVERTISING COPY  
CALENDAR LISTING  
SPACE RESERVATION

*Friday,*

*March 17<sup>th</sup>*

*(but sooner is better!)*

**GROW AND REAP DELICIOUS EDIBLE NUTRITION**

~ JOHN ODELL, WORDS OF WORDS

# Your Better Self Is Needed

By Christine Wilson

*“The ultimate guardian of decency and civil liberties is an active civil society.” ~ John Cassidy*

*“I’m starting with the man in the mirror; I’m asking him to change his ways. And no message could have been any clearer – If you wanna make the world a better place take a look at yourself, and then make a change.” ~ Michael Jackson*

Luke 6:27 *“But to you who are listening I say: Love your enemies, do good to those who hate you,<sup>28</sup> bless those who curse you, pray for those who mistreat you. ...<sup>31</sup> Do to others as you would have them do to you.<sup>32</sup> If you love those who love you, what credit is that to you? Even sinners love those who love them.<sup>33</sup> And if you do good to those who are good to you, what credit is that to you? Even sinners do that.”*

Grumpiness is kind of contagious. It seems to carry more weight than cheerfulness, which can unfortunately be considered naïve and less accurate, maybe even oblivious to reality. There seems to be some kind of negativity default at work in our brains.

Fortunately, we have our rational brain and our conscience to work with. The negativity may be our go-to response, especially when we are

surrounded by it, as we currently seem to be, but the lessons we were all hopefully taught about kindness can win out. It takes individual effort, but even more so, it takes community support. In combination, it creates both the active and the civil parts of society as referred to above.

All civil human societies are based on the golden rule-type, self-reflective sentiments stated above. All personal, work and community relationships function best when operating on them. It is easy to like people who adore us. We don’t get credit for that, because it is typically not much of a stretch. “Even sinners love those who love them.” It’s also easy to be good to people who do good to you. Again, not a stretch.

The stretch comes when we are not loved or feeling loved and are not in sync. We were supposed to learn all this in our childhoods, through home, school and/or church. That’s where conscience is grown – but it is never too late. Application being what it is, however, even with great self-reflective skills, it can be hard to put this outlook into practice. It takes a lot of negotiating between the bossy back of our brain that registers hurt and anger in a reactive way and the front of our brain, which has those civilized notions about kindness and staying true to our higher selves.

Criticizing others is easy. Getting mad when they criticize us is easy. In addition to having

## PARKER'S GLASS

LLC

**AUTO GLASS REPAIR & REPLACEMENT**

**(509) 684-6034**

---

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

ROCK CHIP REPAIRS FREE UNDER MOST  
COMPREHENSIVE INSURANCE PLANS!

---

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

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

**Call "The Water Professionals!"**



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

[www.foglepump.com](http://www.foglepump.com)

Serving Northeast Washington Since 1981

Lic. #FOGLEPS095L4      **A+ BBB Rating**

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

MEMBER Water Quality ASSOCIATION



# Random Acts of Community

learned that golden rule in our youth, we also commonly learned the hopelessly black and white idea that people who love us adore us all the time or not at all. Along with that is the equally unhelpful idea that people who point out our shortcomings are against us.

When I was in high school, two friends of mine spent the summer a couple of states away. They were nannies, maids and bottle washers for a busy and large family. Nerves sometimes frayed. The tensions built because they did not know how to share negative feelings with someone they loved. At some point, one of them got brave and, with the lights off in their shared bedroom, started a respectful but difficult conversation. It began a process of reducing their discomfort and fear and increasing their skill at facing conflict.

Over the years, I have taken heart in the image of those two girls in the darkness, taking their individual deep breaths and launching into real conversations. Registering complaints and receiving those made by others takes an emotional dexterity often in short supply. The golden rule isn't as effective if we don't add the skill of respectfully managing conflict into the mix; our resentments go underground, and it can turn life into *The Game of Thrones*.

Any of us can misinterpret criticism as attack. It's unlikely when someone registers a complaint that we will say: "Hey, thanks for the feedback. I'm a better person for that." However, it is true that in that moment we have a choice. Is this a chance for me to learn to be the kind of person I want to be? Do I really think I am without fault and that no one should find fault in what I say or do? Am I strong enough to face my imperfections and acknowledge that someone else just witnessed them as well? Can I keep in mind that a person can speak their truth to me and still like me?

Many of us grew up in families in which individual and relational fragility was an inherent part of the code. It can take us years to overcome the shame of imperfections and make room for conversations about them.

Our community runs more smoothly when we look in that mirror. Self-reflective skills are the basis for self-love. Self-love is the basis of family health. Family health is the basis of community well-being.

Personally, I am grateful when other people mess up and can acknowledge it, in part because I know it will soon be my turn to be forgiven. The courage it takes to speak your mind com-

passionately and to listen kindheartedly when other people speak theirs is in all of us but, like a muscle, needs to be used in order to develop. Fostering that courage is what it takes to love yourself, love your neighbor as yourself, and make room in your heart and mind for those difficult conversations. As you do that, the need for shaming, the urge to strike out, the belief that problems can't be fixed, the instinct of defensiveness, and the nefarious misinterpretation of feedback can be managed. That first instinct might not go away, but inner stamina, which consists of both strength and endurance, makes it infinitely easier to move in a healthier direction.

Surrounding yourself with other brave souls helps. A grumpy take on life is an addiction as surely as any drug and often more insidious. Genuine positivity is not a blinding white light, but an effort to allow enough of that light in so we can live our lives successfully, take positive action, and create the community we are capable of.

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

## NORM'S AUTO REPAIR SERVICE MENU



CAR CARE SERVICE



BRAKE SYSTEM SERVICE



ENGINE PERFORMANCE



COOL / COMFORT SERVICE



SUSPENSION SERVICE



ENGINE / EXHAUST SERVICE

OIL & FILTER CHANGE

INSPECTION & DIAGNOSIS

DRIVABILITY DIAGNOSIS

LEAK DIAGNOSIS

SHOCKS & STRUTS

OIL LEAK DIAGNOSIS

30, 60, 90K MAINTENANCE

DISC & DRUM SERVICE

FUEL INJECTION SERVICE

WATER PUMPS & RADIATORS

STEERING COMPONENTS

TIMING BELT REPLACEMENT

TRANSMISSION SERVICE

ABS DIAGNOSIS & REPAIR

MAINTENANCE TUNE-UP

BELTS & HOSES SERVICE

CV BOOT & FRONT AXLES

SEAL & GASKET SERVICE

TIRE ROTATION

BRAKE FLUID SERVICE

COMPUTER DIAGNOSIS

COOLING SYSTEM FLUSH

TRANSMISSION & CLUTCH

ENGINE SERVICES

BATTERY SERVICE

MASTER CYLINDERS

STARTING & CHARGING

A/C SYSTEM SERVICE

RACK & PINION SERVICE

EXHAUST SERVICE

WIPER & WASHER SERVICE

AIR BAG SERVICE

ELECTRICAL WIRING

HEATER & THERMOSTAT

DRIVE SHAFT REPAIRS

CATALYTIC CONVERTER

**"Our Technicians are Qualified and Trained to Perform Services on Domestic and Most Popular Foreign Cars."**

295 W. 1<sup>st</sup> • Colville, WA  
509-685-9653 • 855-877-9653

[www.norms-auto.com](http://www.norms-auto.com)



24 month/24,000 mile nationwide  
warranty on most repairs!

# The Gift

By Dr. Barry Bacon, MD

Growing up, I was never sure if we were rich or poor. We lived in a two-story farmhouse, the upstairs without heat, insulated with only newspaper over stud walls. We heated and cooked with wood, had a 14-foot-deep hand-dug well and shared our bath water.

When you're a kid, you only know what you know. Mom and Dad aren't seen as odd, dull-witted or incompetent. They're just Mom and Dad. Only after you move away and experience the bigger world do you realize the dysfunction that was your family.

This much I can say: I was given two profound gifts by my family, weird, poor or backwoods though we may have been. The gift of hard work and the gift of education. These two have lasted me a lifetime. In all the uncertainties and drama and poverty that I grew up with, for these two I am deeply grateful. These have changed the course of my life. Maybe they are really the same gift. After all, education represents a lot of hard work.

Today I stand at the bedside of a stranger. She hardly looks human. She has an oxygen mask in

place. I have rarely seen anyone as near death as this woman is. If she were in line with the survivors of Auschwitz, you wouldn't be able to tell that she didn't belong. Her blood pressure is 50/30. Her heart rate well over 100. We cannot find her pulse. She is confused and nearly unconscious. Her lungs are rattling. Her eyes are sunken and she does not have the strength to close her mouth. Her skin clings to her skeleton like plastic wrap on Jell-O, only there is no Jell-O.

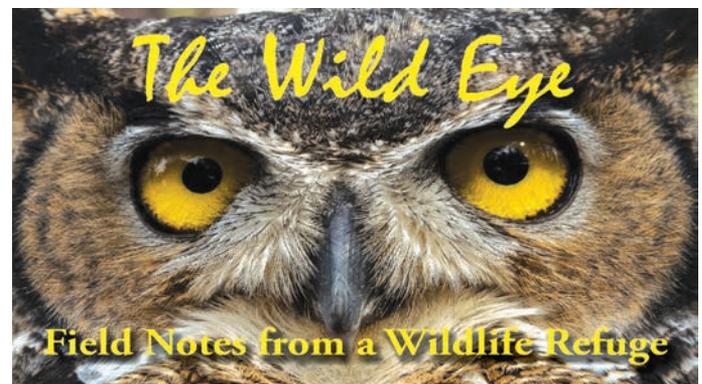
She lives far in the bush, a long way from the hospital. She has been losing weight for over a year. For the past ten days she has been unable to swallow anything. She has pain in her upper abdomen. She has been to a couple of other hospitals before she came to us. Now the family is desperate. They have come to us hoping that there is some chance to save this daughter, mother, wife. She is 30 years old.

I am here in this place to teach doctors family medicine. I am a long way from home. Some things are universal, though. The look of concern by the family. The pain in the young woman's face. The hope in her eyes as she looks at us, wondering if there is still a chance for her. Perhaps we will

find the answer and relieve her suffering – that in coming to us she has not wasted her time.

I turn to my young colleagues in training. We talk through the findings on the woman's body. The doctors have a good idea of what they want to do. Treat first, while we are investigating the cause. IV fluids, oxygen, get her vital signs back to normal, while we are looking for the diagnosis. Her red blood cells are less than half what they should be. Her belly is tender, and her spleen seems a little enlarged. Her heart is working overtime to keep up with the body's needs in the face of profound dehydration. She tries to speak.

The family becomes restless. They want to know why we want to draw more blood, when she is already low on blood. Why don't we tell them what is wrong? Why are we doing more investigations? Maybe they will take her somewhere else. We dump in some more fluids to stabilize her blood pressure while we explain that we are here to help her and we will do our very best to save her life, and no, they shouldn't take her somewhere else. We are standing in the hospital with the best care in the region. Within its concrete walls, with sagging ceilings, bathrooms that don't flush, EKG



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

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

\$12.95

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

Also available from:  
 Gray Dog Press, Spokane, Washington  
[www.GrayDogPress.com](http://www.GrayDogPress.com)

machines that don't work and heart monitors that just quit, resides the best hope that this country has for its future health care.

The doctors are standing in front of me now, asking me questions, nodding their heads, writing notes and frowning their brows over diagnostic dilemmas. I make them think. I push them. I teach them how to analyze and approach a problem for the best outcome. They are the best in their nation, the elite among their peers. They are looking to me, knowing that I will make them better doctors. The gift I have come to give them is worth more than gold, because the gift of education that I bring with me will open doors, give them a future, prestige, competency and, best of all, the satisfaction of a patient who is better because of them. I could see a few hundred patients while I am here. Or I could teach these three standing before me and through them, I can affect the health of a nation.

One of the young physicians in training put it this way. "When I went back to the capital city and worked there for a month among my classmates who graduated with me, I realize, we are not the same. I have learned so much. I am completely different," he said with a smile. He recognizes the power of the gift he has been given.

I will return soon to my homeland. I love the work that I do here, but I cannot stay. I am here for a moment to fill in for some of the Americans who teach here, and for whom I have profound respect. They stay on for the sake of teaching strangers how to care for patients in a distant land with different beliefs and a foreign language and, for us, awkward customs and diseases that should have been outlawed a long time ago, all for the sake of serving people who some might consider to be our enemies, maybe even ban them from coming to my country.

But these Americans are committed to stay on. From the laughter that they generate in those they teach, and the smiles on their faces and the tears in their handshakes as they say goodbye, we know that our students have been transformed into our friends. It is one of the most incredible events that I know of, being loved by those who some may consider to be our enemies.

Which is why I am profoundly grateful for the gift. The gift of education, an opportunity to learn, to really live, to bless others with my life. It was a door that was opened to me by my parents. Now I am passing it along, keeping it open.

By the time you read this, I will be home again. I will treat my patients and live in my comfortable home, and I will smile with a grateful heart that I am able to live in this way. It is a good life and I am honored to live this way.

My patients will come and go. Some will be curious about what I saw and experienced, and others will be annoyed that I went, but they will

get over it and we will move on. There is no way to explain all of it. I will be busy with the everyday duties of caring for patients, answering messages, writing prescriptions, reviewing labs and tests and teaching family doctors in northeast Washington.

There are health disparities, plenty of them, at home that need our attention. I will continue to be an advocate for the poor in my community, to work on homelessness and poverty and mental health access and addiction and all of the other things that I have discovered in my own backyard that need changing. Life isn't long enough for all of the things I would love to do.

But every once in a while, between patients and phone calls and messages, I will look up, because

there on my desk is an award of sorts, given to me by doctors from this remote place far from my home. They have created a plaque, a gesture to show how deeply they have been affected by my presence, if only for a couple of weeks. They recognize that their lives have been forever changed. I will smile for a moment and remember this place and the significance of a gift that is best given again.

*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.*

## 58% OFF LIST PRICE

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

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

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



For inspirational ideas visit [kraftmaid.com](http://kraftmaid.com)

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



AUTHORIZED DEALER

**KraftMaid**  
Cabinetry

## A Ray of Sunshine from the Past

By Eileen Delehanty Pearkes

In early spring the snow melts back, exposing a landscape hidden for several months. A favorite walk in the woods, through a garden or along the river, reveals forgotten treasures: a moss-covered rock, the tracing of a pathway, bits of astonishing green lichen, the first spears of a flowering bulb. It's a surprising time.

News of a publication about the Arrow Lakes/Sinixt people feels like just such a happy reconnection with details lost under winter's blanket. "Aboriginal Economy and Polity of the Lakes (Senijextee) Indians" by Dr. Verne Ray was intended for publication close to when it was written, back in 1947. Instead, it took 70 years to appear. The fascinating endnote to the article, written by North Columbia resident Madilane Perry (the scholar who has melted back the snow, in this case) explains the long period of dormancy between his writing and her publication.

Born in 1905, Ray lived to his 98th year. Across the span of the 20<sup>th</sup> century, he authored and edited 52 books about the indigenous people of the Northwest.

A professor of anthropology at the University of Washington, he produced material that served as a model for research for the Indian Land Claims Commission, formed by a 1946 act of Congress. The commission heard or was involved in 53 cases involving 44 tribes across the country, as the post-WWII American society came to terms with the broken promises or absence of acknowledgment of land title rights of indigenous peoples.

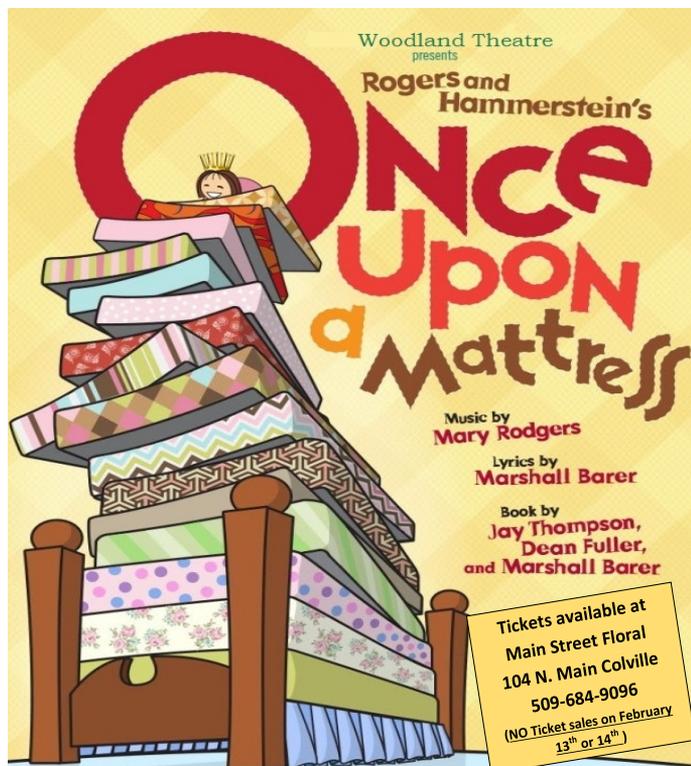
From the 1930s until 1953, Ray interviewed several Lakes men and women, including Joe Adolph, Jerome Nichols and, in particular, the last chief to serve in the traditional way of the tribal government, James Bernard. The recording of cultural information by non-native people was part of a "salvage" process during the first half of the 20<sup>th</sup> century, when non-native scholars and anthropologists realized that the indigenous cultures of the continent held a great deal of disappearing history and culture.

This salvage process was not perfect. Usually, information was gathered by male scholars from male elders. The combination could not help

but focus on the male cultural experience. And, as with any form of cultural knowledge, certain families had different information about certain places or practices, but little about others. Finally, those sharing information would not tell everything they knew.

Nonetheless, Ray's informants had living memory of the general traditional shape of their tribal culture. They knew and understood the mountain valleys to the north of the international boundary as Lakes homeland. They would have attended the salmon ceremonies and fisheries at Kettle Falls. They would likely have heard more about their cultural beliefs through the oral recollections of elders. Ray drew on this font of memory to map villages and sketch a researcher's picture of the tribe that he says lived each summer in the center of the great Kettle Falls salmon fishery, on an island just upstream of today's bridge across the Columbia.

Spring is always a time for a fresh look. As familiar as I am with the cultural material of Lakes people, I still have so much to learn. I found my-



Woodland Theatre  
presents  
Rogers and Hammerstein's  
**ONCE**  
Upon  
a Mattress  
Music by  
Mary Rodgers  
Lyrics by  
Marshall Barer  
Book by  
Jay Thompson,  
Dean Fuller,  
and Marshall Barer

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

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

### Spokane Public Radio Presents



**SPR Health Forum: Suicide**  
March 22, 6:30-8:30 p.m.  
- FREE at the Spokane City  
Council Chambers

Steve Jackson hosts a panel discussion to learn warning signs, prevention steps, and doctor-assisted end of life.



**SPR Presents Tom Ashbrook**  
May 12, 7:30 p.m. at the Bing

The host of *On Point* visits Spokane as part of his national listening tour. Tickets available at TicketsWest.



**SPR Presents Paula Poundstone**  
June 22, 7:30 p.m. at the Bing

The comedian and frequent *Wait, Wait... Don't Tell Me!* panelist returns to Spokane! Tickets available at TicketsWest.

Details at [SpokanePublicRadio.org](http://SpokanePublicRadio.org)

**KPBX 91.1** **KSFC 91.9** **KSFC 90.3**  
Music News Discussion Ideas



**Dugout canoes carved by five upper Columbia tribes arriving at the site of the historic Kettle Falls salmon fishery in June, 2016. Tribes had not gathered at the falls since the "Ceremony of Tears" when they said goodbye to the salmon, blocked by Grand Coulee Dam in 1942.**

self pulled in to the array of details in this newly published essay, some of which had, until now, escaped my notice. There is always something to learn about the place where we live.

During summers spent on the island beside Kettle Falls, the Lakes people lived in a world where salmon taken from the falls were distributed equally to all those present. This distribution was not due to abundance, but because of a cultural and economic law requiring it. As commercial fishing downstream, and then the construction of a coffer dam in preparation for Grand Coulee, greatly reduced the number of returning fish, the fewer and fewer fish that returned continued to be shared equally.

Those interviewed told Ray about caribou hunts "in the plains around the lakes," a reference to the extensive Columbia River floodplain between the two Arrow Lakes, a fertile landscape now flooded beneath a Columbia River Treaty storage reservoir. Hunters traveling north or into the mountains always had women with them, to be able to tan hides on the spot. When they returned, the meat was always equally divided among their family or village.

Waterfowl hunters used blinds made of tule fronds and favored ducks and geese over swans. The preferred way to trap groundhogs involved flooding their holes. Snares were common for capturing grouse and rabbits.

Many of these details are matters of curiosity for today's reader, given the drastic changes in the landscape and our way of relating to and living in it. Yet, they still offer hints of the upper Columbia's former beauty and abundance, and speak of a culture that understood how working together in harmony supports prosperity.

Ray's intricate descriptions of Lakes government are perhaps more relevant. Today, at a time when the world seems caught up in polarizing debates that often sharpen differences between

people, we can learn from the tribal model Ray describes.

The chief of the tribe was appointed through a loosely hereditary line. When a chief died and a new one was needed, his sons were generally considered first, but if no likely male fit the bill, daughters and sisters in the chief's family would be weighed for their ability.

A chief's actual authority was, according to Ray, "meager." Instead, men or women led the tribe through their strength of personality or moral character, rather than through force. Ray heard about one woman born in the early 1800s known as an effective chief. She would have been in charge around the time of first contact with Europeans. Her son Gregory, or "Gregoire," assumed the position after her death. He appears frequently in the written record of the fur trade world of the 1830s-1850s, and was widely admired for his leadership skills.

A small council chosen for good judgment helped the chief lead. They advised him and helped him test the alignment of public opinion. At the heart of Lakes political structure was an informal tribal assembly that gave all members of the group an equal voice in important affairs. Discussions

among tribal members carried on at great length. Decisions would be made by acclamation, and only after a full airing of opinion. *As long as people talked they did not fight*, one elder told Ray. This valuing of all opinions contributed to a general feeling of the people that emerged and determined the outcome of any affair.

At a recent public event in Vancouver, B.C., to promote my book, *A River Captured*, I facilitated a discussion among audience members about how changes to the Columbia River Treaty might result in different ways of managing the water in our international river system. Audience members held a variety of opinions and enjoyed the process of speaking up. I left with a renewed sense of the importance that everyone should have a chance to voice the value of the place where we live, no matter how long the meeting might last.

*Dr. Verne Ray's article can be found in the Journal of Northwest Anthropology, Volume 50, issue no. 2, Fall 2016.*

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



## VINTAGE & ANTIQUES

101 W. LINCOLN

(509) 936-2824

CHEWELAH!

# A Warm Winter Robe

By Jack Nisbet

Near the end of November, 1805, as William Clark was trying to figure out how to dress for winter on the lower Columbia, local Chinook people described a robe for the captain “which is made of the Skins of a Small animal about the Size of a Cat, which is light and durable, and highly prized.” By mid-January of 1806, Meriwether Lewis had put local women to work sewing together seven of these robes to make

an entire long coat, lined with bobcat skin for extra warmth and perhaps a little bit of flash.

In a journal entry, Lewis noted that he had no idea of exactly what animal was supplying him with cold-weather protection. “Had a large coat completed out of the skins of the Tiger Cat and those also of a small animal about the size of a squirrel not known to me.”

It was not until the end of February that Lewis, always particular about describing new species, found a tribal term for the creature. “*Seweel* is the Chinook and Clatsop name for a small animal found in the timbered country on this coast ... the natives make great use of the skins of this animal in forming their robes, which they dress with the fur on them and attach together with sinews of the Elk or deer.”

Although Lewis himself had still not seen the creature, one of his hunters caught a brief glimpse of something running up a tree like a squirrel and then quickly disappearing into a hole in the ground. It had short ears and fur of a uniform reddish-brown color. The captain was probably stroking his new coat when he described the individual hairs as “very fine, short, thickly set and silky.” From the hunter’s account, Lewis reasoned that the animal probably belonged to the weasel family, or was “perhaps the brown mungo itself” – that is, a mongoose. But during the course of their long winter at Fort Clatsop, the captain never managed to see a *seweel* in the wild.

When Scottish naturalist David Douglas arrived on the lower Columbia exactly 20 years later, he had read all about Lewis’s *seweel* in the published journals of the Corps of Discovery. Always ready to build on the landmark information gathered by the Americans, Douglas was determined to find one of these *seweels* and bring back a specimen for British science. Headquartered at the Hudson Bay Company’s Fort Vancouver, opposite modern Portland, Douglas made numerous trips to the mouth of the Columbia, exploring north from Ilwaco along Willapa Bay to Gray’s Harbor in search of Lewis’s little unknown animal. He never saw one.

Cockqua, the Chinook headman who determined all of Douglas’s routes on these journeys, was a man well versed in the natural history of his home. It was Cockqua who traded to Douglas a pair of polished spirea gambling sticks inlaid with orange beaver incisors; Cockqua who fed Douglas on local berries and roots when storms battered them on the trail; and Cockqua who contracted with a female relative to weave Douglas four hats out of native rushes and beargrass.

But Cockqua’s generous knowledge extended even beyond that. When the Chinook man traveled from Willapa Bay to Fort Vancouver to deliver three of the specially ordered hats, he brought along seeds of a coastal huckleberry Douglas had admired. And after two more of Douglas’s coastal expeditions failed to turn up a *seweel*, Cockqua also apparently agreed to keep an eye out for the little unknown animal.

David Douglas was not the kind of man who forgot about a prize he had missed. In March of 1827, the naturalist traveled upstream on the Columbia with the spring express fur trade brigade, making his way across the continent to Hudson Bay in order

## VAPING IN PUBLIC PLACES...

Evidence from **MULTIPLE STUDIES** indicates that the use of **E-cigarettes is NOT SAFE** to users and to those who are exposed to the aerosol secondhand.

E-cigarette aerosol contains **HARMFUL** and potentially harmful ingredients affecting the user and those around them.

**HIGHLY ADDICTIVE**, nicotine in the aerosol from e-cigarettes poses **DANGERS** to pregnant women, their fetuses, and youth, **NEGATIVELY AFFECTING THE DEVELOPING BRAIN.**

Aerosol from e-cigarettes can cause **SERIOUS** lung disease.

Other harmful ingredients created from **SECOND HAND VAPOR** include volatile organic compounds such as benzene, and heavy metals, such as nickel, tin, and lead.

**Northeast Tri County Health District is gathering PUBLIC INPUT** on a possible vaping resolution in Ferry/ Pend Oreille/Stevens County. The resolution would be included in the Smoking in Public Places Law which passed in 2005.

The proposal is aimed at **PROTECTING YOUR HEALTH.**

We value your input. Please go to **Northeast Tri County Health District’s website, [www.netchd.org](http://www.netchd.org), to read more and complete the VAPING SURVEY.**



# Boundaries

to catch a return ship to England. When the brigade laid over for a few days at Kettle Falls to refit for the rugged journey across the Rockies, the naturalist was still thinking about his loss. From there Douglas penned a note to be carried back downstream and “read to my friend Cockqua,” reminding the Chinook man of his promise to continue the search for the elusive sewelex.

Douglas returned to England and presented his bird and mammal collections to Dr. John Richardson, including some recent boxes shipped around Cape Horn from Fort Vancouver. Richardson studied them all carefully, and in 1829 made a presentation to the London Zoological Society that described a new species of rodent he called *Aplodontia rufa*, often known today as mountain beaver. This was the sewelex of the Chinooks, and the specimen that allowed Richardson to define the species, although credited to David Douglas, was much more likely to have been brought into Fort Vancouver by the ever-present Cockqua at some point after Douglas departed.

Later in that same year Richardson published his landmark *Fauna Boreali-americana*, two volumes that carefully catalogued the current knowledge of mammals and birds in northern North America. It included fine illustrations of the feet and skull of the *Aplodontia*.

In the text, Richardson added that *Mr. Douglas has placed in my hands an Indian blanket or robe, formed by sewing the skins of the sewelex together. The robe contains twenty-seven skins, which have been selected when the fur was in prime order. In all of them the long hairs are so numerous as to hide the wool or down at their roots, and their points have a very high luster.* It seems likely that Cockqua not only fulfilled his promise to supply Douglas with a sewelex specimen, but that he procured a fine winter robe to go with it.

When John James Audubon included a painting of this mountain beaver in his 1846 mammal collection, he didn’t have much idea of what the animal looked like, and even today, when the Internet offers plenty of cute *Aplodontia rufa* photographs to coo

over, the mountain beaver remains an elusive and curious animal.

Although mostly thought of as a coastal species, they definitely also inhabit western mountain ranges. Collections have been made at Lake Tahoe and far to the south in the Sierra Nevada, all over the interior of the Olympic Peninsula, and up and down the Cascade Range. Individuals even cross the Cascade Divide into north Columbia country: outliers have been found on Mount Adams, in British Columbia’s Nicola Valley near Merritt, and in the Loomis Forest just above Tonasket.

Genetic studies indicate that *Aplodontias* are perhaps the oldest rodent on the evolutionary tree, and their lustrous pelts harbor several endemic fleas that are also ancient. One of those is the largest flea known to science, stretching more than a centimeter in length. That’s a big flea, but it is not known whether its exclusive presence on such a small mammal has any relationship to deep time.

The hunter who described his mountain beaver sighting to Meriwether Lewis was apparently correct – the little rodents do climb trees, especially hardwoods such as alder, to get to the leaves. For food, they rely almost exclusively on green vegetation, including coastal salal and all kinds of ferns.

Although mountain beavers keep their surface trails well concealed, large piles of visible debris surround the entry holes to their extensive burrow systems. They usually come out only at night, which is why they remain so seldom seen.

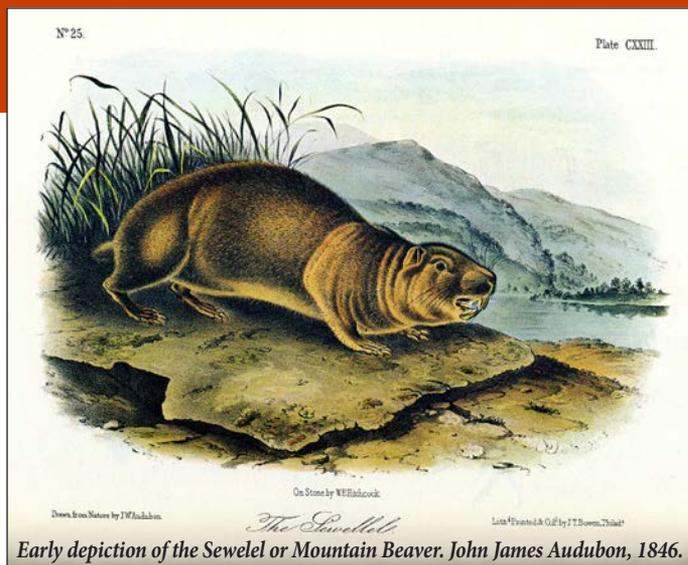
Tunnels include dead-end lines, chambers for food refuse and fecal pellets, dedicated nesting areas, and odd piles of rounded stones and mudballs known as “mountain beaver baseballs” that may be used for dressing their sharp and ever-growing

incisors. When cornered, sewelexs are known to express their irritation with audible teeth-gnashing and make lightning-quick bites at any size of pursuer. Vocalizations have been described as ranging from “soft whining and sobbing” to “a kind of booming noise.”

The mysterious history of these mountain beavers will always be tied to the people who have lived with them for thousands of years. A full century after Cockqua delivered those sewelex parts and robe to David Douglas, a linguist arrived at Willapa Bay in search of elders who could still speak the vanishing Chinook and Chehalis languages. When he asked about the sewelex, a woman named Emma Luscier responded immediately. “My mother had one of those robes,” Luscier said. “They were high-priced blankets. The skins were treated with oil so they were soft as a cloth and were sewed together so neatly that you could not see the seam.”

Emma Luscier knew what Cockqua knew, and what Meriwether Lewis and David Douglas never quite found out: the whole life history of the little unknown animal, and the real way to make a robe that could keep you cozy through a cold, wet, blustery winter.

*Jack Nisbet’s latest book, Ancient Places, is now available in paperback. For a listing of Jack’s spring presentations and field trips, visit [www.jacknisbet.com](http://www.jacknisbet.com).*



**Colville’s only jewelry store**

**Repairs done in-house**

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

**COLVILLE JEWELERS**

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

*All Natural Ingredients!*

**Uphaus Bakery**

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



## THE HIGHLANDS

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

Subsidized, quality, like-new affordable housing with many amenities, heat included. Rent based on income. Must be Income Eligible

For Information:

**509-684-4387**

or TDD

**1-800-545-1833**

Ext. #530



*This institution  
is an Equal Opportunity  
Provider and Employer*



Hwy 395 in Kettle Falls  
509-738-2727

MeyersFallsMarket.com

*8th Annual  
Trash to Treasure*

**RECYCLED  
ART  
SHOW**

*Details on our website*

EVERYONE IS INVITED TO ENTER  
ORIGINAL ARTWORK MADE ENTIRELY  
FROM RECYCLED MATERIALS

*entries due April 15th*  
**Meyers Falls Market**  
"The Natural Choice"

**MOUNTAIN  
PATH  
YOGA**



**Now Offering  
Two New Classes!**

TUES. AM & TUES. PM

**INTRODUCTION TO YOGA!**

March 16 - April 20 ~ Thursdays 6-7:30 pm

A six week series: \$66

Please call Sarah at 684-0965

for info and to register

CLASSES WITH TIFANIE WELLS

Wednesdays, 9:30 - 11:30 am

Call 722-5281 for info

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

# Red-winged Blackbird

Article & Photo By J. Foster Fanning

February 8 saw the Pacific Northwest hit with a warm and windy weather-front pushing from the southwest to the northeast. The next day, with the highlands still under a blanket of deep snow, red-winged blackbirds were reported at several locations. Possibly unwilling migrants caught in the lift of that strong coastal pressure system blowing in from the vast Pacific Ocean. It's just a tad early for *Agelaius phoeniceus* to be appearing in the wintery portions of the PNW. Another month of winter foraging may be a challenging prospect for these more fair-weather birds.

The red-winged blackbird, a member of the *Icteridae* family in the order of *Passeriformes*, is one of the most abundant birds across North America. It is also one of the most easily identifiable songbirds frequenting our area. The glossy black males have scarlet-and-yellow shoulder patches they can display by puffing up or discretely hide depending on their level of confidence. As usual among our avian neighbors, the females of this species are of a subdued coloring, almost like a large, dark sparrow with streaky brown markings.

Red-winged blackbirds are easily seen while

perched atop cattails, along wetland roadsides, and on utility wires throughout our highlands. The nasal, extended pitch song of this bird is familiar in nearly every marsh and wet field throughout most of North America. Generally in the north, their early arrival and tumbling song are cheerful indications of the return of spring.

These are especially bold birds, and in pairs or more will frequently attack much larger predatory birds, such as hawks, ravens or crows, that interlope over their nesting grounds. I've seen them drive off an eagle perched near a nest site. Watch for red shoulder patches of the male, normally hidden under body feathers, brilliantly displayed when he is singing.

Huge concentrations of red-winged blackbirds are often reported outside the nesting season. These birds gather in marshes, brushy swamps and hayfields. They may also forage for seeds in cultivated land, for corn in feedlots, for grain stubble after harvest, and along edges of water and other open habitats, such as moist meadows and mudflats.

During the breeding season the diet includes dragonflies, mayflies and caddisflies.

Hang around a wetland with camera in hand during the early summer months and one of your photos will likely include this bird with a dragonfly in its beak.

They tend to breed in freshwater marshlands, but may also include wooded or brushy swamps, moist weedy fields, hayfields, and upper edges of salt marsh. Off-season (non-breeding), this bird joins with other blackbirds and starlings foraging and flying in flocks.

Ornithologists have determined the red-winged blackbird, possibly the most numerous land bird of North America, breeds from Newfoundland to Alaska, south to Florida, the Gulf of Mexico, and on to Guatemala. There are isolated populations in western El Salvador, northwestern Honduras, and northwestern Costa Rica. The full number of breeding pairs across North and Central America is estimated at 250 million in top-most years. While these birds may winter as far north as British Columbia and east to Pennsylvania, the northern populations are generally migratory, moving south to Mexico and the southern United States in most years.

When it comes to breeding these are highly social, polygynous birds with the males commonly mating with two to four females and occasionally up to 15. They are also exceedingly adaptable and will quickly colonize newly created and lesser wetlands.

Because they do so well in human settings, red-winged blackbirds are frequently considered a pest species in regions where large flocks damage crops. Large roost colonies may be considered irritants not only because of the clamor and mess, but they may also harbor histoplasmosis, a fungal lung infection that can be transmittable to humans. It is not uncommon for red-winged blackbirds to be killed to limit crop predation and pest impacts, but some evidence shows that their impacts on crops have been overestimated.

In March, red-winged blackbirds are a frequent sight near wetlands throughout our highlands area. Lace up those boots, grab a set of field glasses and take a family outing. You never know what will blow in the next time. ...

*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 show, "A Walk On The Wild Side" is at the Colville TEDD Building through mid-May. Learn more at <http://fosterfanning.blogspot.com>.*



**ChewVino**  
WINE BAR & SHOPPE

**DELI NOW OPEN!**  
Soup • Sandwich • Deli

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

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

**CHEWVINO.COM**

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

**Stazy's**  
Vocal Studio

**NOW ACCEPTING NEW STUDENTS**

- Voice lessons for all ages
- All styles including classical, sacred worship, jazz, rock, global/multicultural
- Techniques for healthy singing & microphone use
- Coaching by a conservatory-trained vocalist with an extensive musical background with recording and performance experience

**Colville & Chewelah studios**

**FIRST 30 MINUTE LESSON FREE!**

Call for more information:  
(509) 684-7761



# Who Stole The Tarts?

By Loren Cruden

“Welcome to Medicare” proclaimed the cover of a half-inch-thick booklet that arrived in my mailbox this January. Like one of those signs encountered when crossing state lines: Welcome to Washington! But to travel this far across life’s terrain only to find oneself hedged in declining-years bureaucracy felt a bit *Alice in Wonderland*-ish. How did the journey of life come to this, and how does one return to sensible reality?

Next day, the half-inch-thick booklet for my prescription plan arrived also; clearly, there was no escaping the Red Queen.

I have a poet friend, Edie, in rural Minnesota who is some years older than me. “What’s it like?” I asked her.

She’s a no-nonsense homesteading woman in her eighties, brisk, active, uncomplaining. She replied that nowadays she has to get up from her gardening like a cow, rear-end first. She said tedious medical matters take up too much of her time. She said there are inordinate losses and compromises to accommodate. But that life remains a magnificent joy to her: There are still good books to read and poems to write; there are still family gatherings and dear friends, laughter and love.

Okay, I thought; I can go with that. I’m already dealing with the up-like-a-cow thing.

Edie wrote that last May, on her husband’s 87<sup>th</sup> birthday, “there was a tremendous roaring crash in the kitchen. A cupboard loaded with dishes tore off its back, smashing into the counter and the floor, disgorging most of its contents. The fall took out two display shelves full of years’

worth of crockery and glass. We wound up on opposite sides of a huge smashed pile, scooping it all into four 5-gallon buckets. If I’d broken any one of those pieces singly, I’d have mourned for weeks, but when it all goes at once, what can you do? – Clean up the wreckage.”

It reminded me of when the place we built and all our belongings burned in a fire long ago. All of us have these “totaled” moments, stunned realization followed by dealing with the mess. But Edie also brought up what Keats said about “the holiness of the heart’s affections.” Juxtaposing the two – affection’s holiness and cleanup of wreckage – the resulting chemistry was oddly liberating, as paradoxes often are.

When I was a kid in Florida my mother brought my sister and me with her when visiting a woman we called Grandma Faber, though she was a neighbor, not an actual relative. Grandma Faber was 104, I believe, which meant she was born about 1850. When I think of that now it feels astonishing – the history (including the Civil War) she lived through; and that her life overlapped and personally touched mine.

Grandma Faber’s house was also very old, made of wood, multi-storied in a place where buildings tended to be new, flat-roofed, concrete, and single-story. My sister and I were fascinated by Grandma Faber’s staircase, banister and newel post, the house’s cool, dusty gloom, and the long veranda with its weathered rockers facing the Indian River. Grandma Faber definitely didn’t reside in Medicare Land. She and her house had their foundations in an entirely different world that, brushing

## Piano and Voice Lessons

Jessica Reed, Master of Arts, Music

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



(541) 579-1806

[inlandnorthwestschoolofmusic.com](http://inlandnorthwestschoolofmusic.com)

## March into Spring with a BLAZE KING STOVE!

**Heavy Duty Stove  
for  
Heavy Duty  
Heating**

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

*Rated #1 Most  
Efficient by EPA!*



You'll love your new wood or gas

**Blaze King**® Sales  
stove! &  
Service

# R-RATE

PLUMBING & HEATING

284 W. 1st • Colville • 509-684-1605

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

Lic # RRATE\*016JZ

my own, left an indelible trace.

Some kids imagine old people to be lame brains, but I was daunted, got the notion that elders were uncannily prescient and had access to unseen realms of information. Grandma Faber's blindly penetrating gaze was unsettling, as was my grandmother Ruth's radar for misdemeanor and the sheer number of things she knew how to skillfully do, whether or not she found them all enjoyable. As though knowledge pursued her instead of the other way around.

Generational connections used to be how things were learned, built upon, and passed onward, an especially urgent process in oral societies and those in which individual life spans were brief. The printed, then digitalized word, public schooling, nuclear families, and other modern factors changed those connections – and the role of elders, in some cases distancing information from wisdom – and from origin.

In the Highlands of Scotland when I lived there, the Gaelic language was evaporating from everyday use. As elders died they took with them a whole cultural perspective, a consciousness encoded in the way people communicated. In North America this language erasure happened in Native tribal communities. Even in the dominant culture, vocabulary changes, gradually disconnecting from origins. I remember my mother calling refrigerators “ice boxes” and sunglasses “smoked glasses,” which gave me an inkling of the way inventive dreams bring us to where we are and point to where we might go.

For people themselves, old is where we come from as well as where

we're headed as, birthed from ancestry, we age in turn. But what may seem obsolete can usefully be mined for perspective's gold.

I once sat with a Potawatomi elder in Michigan who was fashioning a basket from porcupine quills. She didn't say anything as she worked, so I kept quiet too. Every time a question arose in me like a bubble, I'd take a breath to speak and the elder's eyes would flick toward me. I'd subside again. It turned out that every one of these unvoiced questions was answered through just watching.

Certainly, engaged interest at times includes voiced questions. Inquiry quickens the learning process. (In Scotland, one of the Gaels I hung out with referred to me as The Catechist because of all my questions.)

*It turned out that every one of these unvoiced questions was answered through just watching.*

But there is something more than just acquisition of knowledge that happens during listening or watching within an ever-widening space of stillness. Call it resonance, perhaps, echoing through a

lineage of skill.

Back in the '80s I was invited to participate in a council of elders, by far the youngest person there. What stayed with me from that experience was the earthy combination of mutual respect and humorous ease among those oldsters. It was how I hoped to be when I became that age.

However society treats its senior citizens these days, whatever *Alice in Wonderland*-ish punitive absurdities must be endured, many families still value what elders offer youngsters – and how youngsters keep elders rising to participation's occasions. Even if, at times, rising is unavoidably bovine.

## Colville Hardware Do it center

### Southtown Plaza

984 S. Main, Colville  
509-684-6505

### Open 7 days a week

Monday - Saturday, 8 am - 6 pm  
Sunday 9 am - 5 pm

*Got Projects? Come  
See Our Helpful Staff!*

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

[www.colvillehardware.doitbest.com](http://www.colvillehardware.doitbest.com)



### Building Relationships

## KETTLE RIVER DEVELOPMENT & CONSTRUCTION, LLC

WA CONTRACTORS  
LIC # KETTLRD8420T

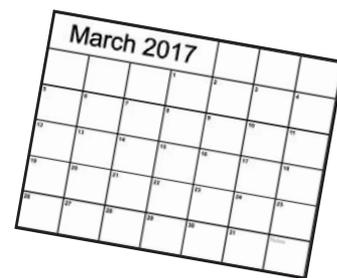


- GENERAL CONTRACTING
- PROJECT DEVELOPMENT
- CONSTRUCTION MANAGEMENT
- DESIGN & BUILD
- RENOVATIONS
- ADDITIONS
- ROOFING & SIDING
- POLE BUILDINGS
- KITCHENS
- BATHROOMS
- CONCRETE FOOTINGS, FOUNDATIONS & FLAT WORK
- WOOD FLOORS & INTERIOR TRIM
- CERAMIC TILE



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

# WHAT'S



MORE LISTINGS & DETAILS AT NCMONTHLY.COM!

APPREZENZ

## Events

**Mar 2, 9, 16, 23:** Digital Day Camps: Managing Images For Social Media, Facebook Skills that Matter for Business (Basics & Advanced), Send Better Email with MailChimp. Classes are \$15 or \$50 for all four and are held at the Small Business Development Center at Tri County Economic Development District in Colville. Call 509-684-2588 for info and availability. Some classes are already full but a wait list is set up.

**Mar 3-5:** Stevens County Swap Meet at the Valley Grange, 3091 Waitts Lake Rd., Valley, WA, 9 - 3, 10 - 3 on Sunday. Call 509-230-2940 for more info.

**Mar 4:** Pend Oreille County Tundra Swan Festival. Busses depart at 10 am from the Camas Wellness Center located at 1981 N LeClerc Road in Usk, WA. The tour will return to the Center for lunch by noon, followed by the presentations. Space is limited, so register soon to guarantee your spot. This event is co-hosted by the Natural Resources Department of the Kalispel Tribe of Indians and the Pend Oreille River Tourism Alliance (PORTA). See ad on page 27 for more info.

**Mar 4:** Colville Valley Animal Sanctuary Bingo Fundraiser at the Camas Valley Grange in Springdale. Doors open at 5 pm, games a 6 pm. Family friendly, prizes.

**Mar 4:** Spring Fling Dance, open to the public and featuring old time country and 50's rock 'n roll band Buckshot at the Kettle Falls American Legion Hall, 1057 Hwy 395 N. Admission is \$3, \$5/couple, \$10/family at the door. Food and soft drinks sold inside.

**Mar 4:** KCHW 102.7's Winter Concert & 5<sup>th</sup> Birthday Bash, 214 E Clay, Chewelah. Tickets are \$8 - \$10.

**Mar 5:** Northport Lions Club and the Northport Softball Team host Bingo at the Northport School Cafeteria. Doors open at Noon, games begin at 1 pm. Early Bird Games, Regular Games, Fast Pick & Black-out with a \$500 Jackpot! Must be 18 to play. The NHS Softball Team will assist with Bingo and sell concessions to raise funds for equipment & team expenses.

**Mar 11:** Wine and Paint Fundraiser for Foster Care Support Group, 3:30 - 5:30 pm at Northern Ales, 325 W 3<sup>rd</sup> Ave., Kettle Falls.

**Mar 12:** Daylight Savings starts.

**Mar 17-18:** The 17<sup>th</sup> annual Rock My World Gem and Mineral Show at the Colville Ag Trade Center, 317 W. Astor, Colville, 8:30 - 6 on Friday, 9 - 5 on Saturday. Admission is free and the event will feature jewelry, fossils, gold panning, gems and minerals from around the world, a black light tunnel and more. Call 509-935-8779 for more info.

**Mar 17-18:** Home & Garden Show at the Colville Community College on South Elm St., 9 - 6 on Fri, 9 - 4 on Sat. Sponsored by the Colville Chamber of Commerce, Greenman Agency Farmers Insurance, Sandra's Furniture & Design and Long Irrigation & Curbing. Demonstrations and prizes worth up to \$1,000. Call 509-684-5973 for info. See ad on page 2.

**Mar 25:** Let's Roll Amazing Race fundraiser for the Casey McKern Pay it Forward organization, 9 - Noon. Teams will travel to various places along the river and in Kettle Falls, using clues, skills and strategies to accomplish as many tasks as possible in 3 hours. Visit caseymckernpayitforward.org to register and for more info. See ad on back page.

**Mar 25:** Colville Valley Animal Sanctuary lasagna dinner and silent auction fundraiser at the Legion Hall in Chewelah. Call 509-258-4196 for tickets and more info.

**Mar 31:** Wolverines: Conserving a Climate Sensitive Species, sponsored by the Friends of the Little Pend Oreille National Wildlife Refuge at the Colville Community College Rendezvous Theater, presented by Rebecca Walters, executive director of the Mongolian Wolverine Project, 7 pm. Doors open at 6:30 pm and include a raffle and refreshments.

## Music, Dance, Theater & Film

**Mar 3:** Pend Oreille Players Association presents Wine & Song, 6 pm at the Pend Oreille Playhouse, 236 S. Union Ave., Newport, WA. Wine tasting by Shannon Faye Winery, music by Ben Kardos. Admission by donation. Call 509-447-9900 for more info.

**Mar 3:** Silver Screen Scoundrels Brandon Isaak & Keith Picot put on an entertaining multimedia show combining music with silent films and comedy, 7:30 - 10 pm at the Muriel Griffiths Room, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 for info.

**Mar 4:** Rossland Council for Arts and Culture Comedy Series presents Lucas Myers - *Campground: A Murder Mystery in the Woods*, at the Prestige

Mountain Resort. Visit [rosslandartscouncil.com/performance-series](http://rosslandartscouncil.com/performance-series) for more info.

**Mar 3-5, 10-12 & 16-19:** Whether it's Family Night Out or Date Night, *Once Upon A Mattress* is the musical version of *The Princess and the Pea*, presented by Woodland Theatre Productions in Kettle Falls. No one in the kingdom can marry until the Prince marries. Enter an over-bearing Queen, a bold Princess and play full of laughter. See ad on page 8 for details.

**Mar 4:** Missoula Children's Theater, with the support of Colville Parents for the Performing Arts and the Vinson Fund, will present *Aladdin* at the Colville High School auditorium at 2 pm and 4:30 pm. Call 509-680-2997 for more info.

**Mar 7:** Christine Tassan & les Imposteures, a four-woman band exploring the world of Gypsy jazz, 7:30 - 9:30 pm at the Bailey Theatre, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 or visit [www.trail-arts.com](http://www.trail-arts.com) for more info.

**Mar 9:** Wild & Scenic Film Festival presents *At The Edge*, 6:30pm at the Colville Alpine Theatre. Tickets are \$10 adults, \$5 students/youth. Call 509-775-2667 for more info.

**Mar 9:** Jazz at the Griff: Andrea Superstein Band. A quirky, arty, pop-jazz singer, Superstein presents a collection of interestingly-arranged standards, thoughtful originals and unique pop songs, marked by nods to jazz and modern indie, 7:30 - 9 pm at the Muriel Griffiths Room, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 for info.

**Mar 18:** Bridges Home Celtic Concert, 6:30 pm at the Pend Oreille Playhouse, 236 S. Union, Newport. Call 509-447-9900 for more info.

**Mar 24-26, 29, 31 Apr 1-2:** Kettle River Grange will present a 3-act play, *Kettle River Boiling Over*, written by Mary Moore and directed by Patty McKern and Hannah Smith. Family night, catered dinner theatre, and lunch theatre options are available. Showtime information and tickets are available at Sandy's Drive In in Kettle Falls, Barstow General Store, or by calling 509-738-6050.

**Mar 26:** Dances of Universal Peace, 2 - 5 pm at the Colville Library basement. Donations appreciated. Potluck following. Call 509-684-1590 for more info.

**Mar 27-28:** Auditions for *Legally Blonde* (musical) at 6:30 pm at the Pend Oreille Playhouse, 236 S. Union, Newport. Call 509-447-9900 for more info.

**Mar 30:** Jazz at the Griff: The Kootenay Jazz Quartet performing creative arrangements of classic and

original jazz. 7:30 - 9 pm at the Muriel Griffiths Room, 1501 Cedar Ave., Trail, BC. Call 250-368-9669 for info.

**Music at Northern Ales**, 325 W. 3<sup>rd</sup> Ave., Kettle Falls, [northernales.com](http://northernales.com), 509-738-7382:  
**2<sup>nd</sup>:** Sara Brown, 6-8 pm  
**9<sup>th</sup>:** Steve Holden, 6-8 pm  
**10<sup>th</sup>:** Open Mic, 7-10 pm  
**16<sup>th</sup>:** Justin Johnson, 6-8 pm  
**17<sup>th</sup>:** Chipped and Broken, 7-10 pm  
**23<sup>rd</sup>:** Michael Pickett, 6-8 pm  
**24<sup>th</sup>:** Murphy's Law, 7-10 pm  
**30<sup>th</sup>:** Vantage Point, 6-8 pm  
**31<sup>st</sup>:** CrossCurrent, 7-10 pm

**Music at The Flying Steamshovel**, 2003 2<sup>nd</sup> Ave., Rossland, B.C. Visit [theflyingsteamshovel.com](http://theflyingsteamshovel.com) or call 250-362-7323 for more info.  
**1<sup>st</sup>:** Johnny 2 Fingers & The Deformities w/ John Lee's Hooker, 9 pm  
**4<sup>th</sup>:** Joey Landreth Trio w/ Guests, 8 pm  
**8<sup>th</sup>:** Illy w/ Guests, 9 pm  
**17<sup>th</sup>:** Whiskey Jacks & Guests, 9 pm  
**24<sup>th</sup>:** Moontricks w/ Frase, 9 pm

**Free Movie Day** at the HUB Senior Center, 231 W. Elep, Colville, at 1 pm on Thursdays. Free popcorn.

## Arts & Crafts

**Mar 1:** First Thursday Art Walk in Chewelah, 6:30 - 8:30 pm.

**Mar 3:** Gold Mountains Gallery reception in Republic, 4 - 6 pm. Refreshments will be served. The artists coop is open Wednesday through Saturday from 10:30 to 4:30 and offers a wide assortment of locally made arts and crafts.

**Mar 18-19:** Textile Show, 10:30 - 4, hosted by the Springdale Art and Craft Co-op at Hotza Motza Pizza, 107 Shaffer Ave, Springdale. There will be weaving, felting, quilting, knitting, spinning and much more for sale or show. Bring your questions and curiosity. Free admission.

**Featured Artist J. Foster Fanning** of Curlew has landscape and wildlife photography on display through mid-May at Tri County Economic Development District, 986 S Main Suite A in Colville. Stop in and view his work Mon - Fri, 8-4.

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

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

**Cross Borders Weaving Guild** meets on the 2<sup>nd</sup> Saturday

of each month at the VFW Hall, 135 Hwy 20, Colville. Email [woodtick50@aol.com](mailto:woodtick50@aol.com) for more info.

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

## Farm, Field & Forest

**Mar 4:** 4-H Sensational Saturday, at the Colville Community College, 9 - 2. Call 509-684-2588 or email [sgordon@wsu.edu](mailto:sgordon@wsu.edu) for more info.

**Mar 6:** WSU Master Gardeners present a free class on Winter Sowing: Mini Greenhouses from Milk Jugs, 5-6 pm at the Kettle Falls Library. Class participants will go home with their own mini-green house planted and ready to sprout. Bring your own seeds or chose from seeds provided. Call 509-684-2588 for more info.

**Mar 8:** WSU Master Gardeners present a free class on Build Today to Grow Tomorrow : Build your own growlight, 5-6 pm at the Kettle Falls Library. Learn how to build a stylish, portable unit that can be used for years to come. Call 509-684-2588 for more info.

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

**Mar 18:** Northeast Chapter of the Washington Farm Forestry Association Annual Winter Meeting, 9 - 4 at the Fort Colville Grange, 157 Hwy 20 in Colville. The event is open to the public and features guest speakers from local forestry consultation groups and agencies talking about partnering with local contractors to improve your forest and increase your bottom line. Call 509-596-0931 or email [wffa.ne.chapter@gmail.com](mailto:wffa.ne.chapter@gmail.com) to register and for more info.

## Wellness

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

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

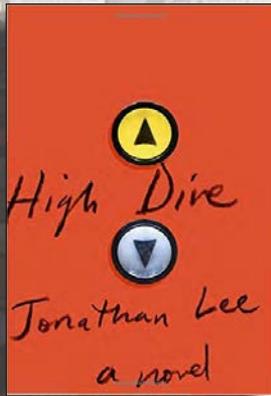
*Continued on page 26*

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

# A Good Read

## *High Dive*, by Jonathan Lee

Reviewed by Loren Cruden



*High Dive* doesn't reveal itself all at once. It sidles around like an eavesdropper. First we see young Dan in Northern Ireland auditioning for a niche in the Irish Republican Army (IRA) of 1978. This captures our attention. We'll see more of Dan later, but for now the view shifts to England, 1984. In the seaside town of Brighton, Moose – deputy manager of the Grand Hotel – and his teenage daughter Freya prepare the hotel for a visit from Margaret Thatcher and her Conservative Party cabinet.

It is historical fact that an IRA bomb targeting Thatcher was planted in the Grand that year, but Jonathan Lee's plot and characters are his own.

Of Moose, Lee writes, "He struggled sometimes to shake the idea that his early life had been all about an excess of sex and a sense of bottled potential, and that these things had, in the rich tradition of life's droll jokes, been replaced by an absence of sex and a sense of wasted potential." Clearly, this story is not a grim crime procedural about domestic terrorism. It is about everyday people worrying about the choices they have or haven't made. It is also a peek behind the scenes at a posh English hotel: "Hospitality involves an aspect of surface flattery but also of deep familiarity. It was a peculiar

combination of density and gauze."

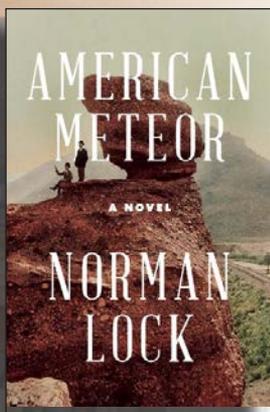
While characters go about their jobs and try to sort out their lives, a bomb, hidden in a hotel bathroom, ticks its 24-day countdown to Thatcher's visit.

The reader is given time to consider those ticking bombs we individually and communally carry inside us. The ones that detonate into heart attacks and wars, divorces and desertions. Lee explores these things with a light, though never dismissive, touch. "He looked like the love child of badgers. White whiskery sideburns. Liver spots on his skinny cheeks. She stared now into the high frizz of his hair, bluish and electric, separate threads of it startled by light." The reader, along with the characters, is distracted by the absurdity of the mundane; for example, how the hue of a slab of Semtex looks to the IRA man like "a particular cheese his uncle used to buy from Lowry's." Even bombers live pokey, ordinary lives.

"There was a long silence. Because what else was there? Apart from detail. Apart from the weird beauty of irrelevant things. His thoughts were drawn all the time towards silliness and insignificance. The bigger stuff could swallow you whole." Victims and perpetrators alike understand this.

## *American Meteor*, by Norman Lock

Reviewed by Loren Cruden



The title of Norman Lock's novel, *American Meteor*, refers to a line in a Walt Whitman poem: *What am I myself but one of your meteors?* Reading Lock's ebullient prose it is easy to picture America and its brash citizenry as a hurtling meteor. Lock picks a meteoric period in American history – civil war, assassination, transcontinental railway, invasion of Indian country – to illustrate this juggernaut image.

His protagonist, young Stephen Moran of Brooklyn, who as a bugler boy loses an eye in the War Between the States and afterward is decorated by President Grant, goes west. He meets a number of historical figures in addition to Grant: Whitman, Custer, Crazy Horse, the photographer Jackson brothers. "Whitman made me see myself as a sacrifice on the altar of wealth, but a hero notwithstanding. He didn't believe in tragedy, however, and elbowing me playfully as you would a friend sitting on a bar stool next to yours, he gave me a draught of democratic optimism. He smiled at me with a frankness that, in any other race but the American, would have been mistaken for idiocy."

*American Meteor*, is not a long book, but

seems to sprawl like a gangly man corralled in a small chair. Young Moran is a frank narrator even when his account does not flatter him. ("Antagonism did not come naturally to me, unless the other party to the conflict happened to be a smaller man.") Keen to rise out of sordid tenement poverty, Moran hitches his vaguely ambitious wagon to the Manifest Destiny train powering westward, but ends up aligning with the downtrodden instead.

Is the story plausible? Certainly not. Entertainingly described? Quite. Lock, a veteran novelist and playwright, knows how to snag his audience. "Westering was a kind of sickness that swept over the body, a fever of the brain, a craze, a seizure, an unmooring, a tide in which people got caught up like corks in a flood."

Thus he sweeps readers along, but beneath this fluid motion he plants prickly social and racial questions, there for consideration's uptake should the reader be so inclined.

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

## In Theaters: *50 Shades Darker*

Reviewed by Sophia Aldous

If each generation gets the erotica it deserves, then I'm still trying to figure out what we did wrong.

Exhibit A: *50 Shades Darker*, the sequel to 2015's *50 Shades of Grey*, which is cinematic and literary proof that beautiful does not equal sexy or sensual (more on that later).

Yes, these movies are based on books. That's as far as I'm broaching this subject. If you want to know more, consult the Google altar.

*50 Shades Darker*, picks up where the last film left off, with Anastasia Steele (Dakota Johnson) agreeing to give her relationship with emotionally constipated billionaire Christian Grey (Jamie Dornan) another chance. And

that's the movie. Seriously, there's no subtext to this, no motivation for why the characters do the things they do. Sure, the filmmakers throw in lots of sex and a few plot devices in an effort to spice things up, but you're apt to get more heat and conflict in your evening by trying to drink Sriracha sauce upside down from a teacup.

Let's talk about the acting, which references my comment on how good looks do not equate to substance. This is a gorgeously shot film with physically lovely people in it. However, like certain Apple products have proven, just because something looks good doesn't mean it works. Johnson is a perfectly capable actress,

and I long to see her in something that doesn't suck. At the moment I can't recall any other movie or television program I might have seen Dornan in, but hopefully they involve him doing something besides stone-faced brooding.

I don't go see movies that I think I'll hate. My time and money are too precious to me. However, a friend's date backed out on her and she asked if I would go see *50 Shades Darker* with her. That's my excuse, plus there was free popcorn. I laughed at the parts that were supposed to be serious and checked the time during the parts that were meant to be titillating. Do yourself and your significant other a huge favor and sit this one out.

## The Classics Corner: *A Change of Habit*

Reviewed by Sophia Aldous

Elvis Presley and Mary Tyler Moore take to the screen in this 1969 musical drama (yep, you read right) about a doctor (Presley) working at a community clinic in a ghetto with the help of three plainclothes nuns hiding their identities in order to offer a more approachable veneer to the hard-knocks community.

I'm going to come right out and say this one is an acquired taste. I saw it as a kid and immediately formed a crush on Elvis's character, John Carpenter. It didn't hurt that I had been listening to Presley's music since childhood. *A Change of Habit* was my first Elvis movie, as well as my first cinematic run-in with Moore (playing Sister Michelle here), who went on to great fame and acclaim with *The Mary Tyler Moore Show*.

Those who don't like Elvis's music or acting won't find anything in this film to change their minds. However, what makes this a classic

for me, besides the nostalgic factor, are the performances. Elvis doesn't just shimmy and swagger his way across the screen; his Carpenter is a man of compassion and intention in an environment that desperately needs it. Without giving too much away, it also doesn't end the way you would expect it to regarding the mutual attraction with Moore's character. It also reflects on what it means to be a good Christian while reaching out to those in need with actions instead of just words. Entertaining

and thought-provoking don't always go hand in hand, but *A Change of Habit* gives a good effort.

Plus, how can you not dig the soundtrack? It's Rubberneckin' good (sorry, not sorry).

As the saying goes, "everyone's a critic" and Sophia is no different. She is a reporter and cinema aficionado in Newport, WA, and enjoys every genre, from action movies to silent films and everything in between (even that weird French stuff). Reach her at [sophiamatticealdous@gmail.com](mailto:sophiamatticealdous@gmail.com).

## CHEWELAH'S 8TH ANNUAL COMMUNITY WIDE YARD SALE

Saturday, May 6th • 9am-3pm

Over 45 sales expected!

[www.chewelahyardsale.com](http://www.chewelahyardsale.com)

"Enjoy a day full of  
bargain hunting fun!"



Colville  
**SIGN**

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

153 North Wynne St., Colville, WA  
509-685-2185 • [colvillesign@ptx.com](mailto:colvillesign@ptx.com)

# LISTEN UP

## Ed Sheeran Does the Math

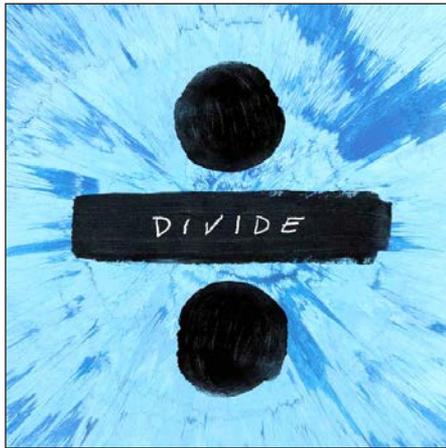
Reviewed by Michael Pickett

Singer-songwriters are not in short supply anywhere on the planet. Markets like Seattle still thrive on coffee ... which breeds coffee-houses ... which become nests for people with guitars and diaries.

But for every 10,000 singer-songwriters that hit the stage, there are about two that actually have staying power. Ed Sheeran is one of those two of any particular 10,000.

Having teamed with Johnny McDaid of Snow

Patrol and Steve Mac handling production duties, Sheeran's singer-songwriter mantle maxes out on his new album, *Divide*.



“Eraser” brings out the hip-hop (!) with a barrage of vocal layers, and “Castle on the Hill” has a Celtic kind of throbbing nod to U2, which catapults the record into action. The latest single, “How Would You Feel,” is a crystalline pop gem with Sheeran fingerpicking some of his best lines and singing some equally great, romantic stuff

to a girl (go figure). Other standout tracks are

“Happier” and “Perfect,” both clearly showing a happily domesticated Ed Sheeran at his ballad-best, and providing the perfect soundtrack for lying on the couch and listening to all of the stories your significant other cares to tell.

I’m a fan of singer-songwriter sounds that go somewhere. A pitfall that a lot of singer-songwriters fall into is the scenario of “I have these words I’m going to throw over a solo guitar piece that’s in the same key as that other story I told you two songs ago.” Sheeran deftly avoids all of this with a superb blend of modern genre-hopping alongside his signature single guitar/vocal approach.

*Divide* drops on March 3, but Sheeran’s singles have consistently dominated British charts since the new year began. Check out his new work online for a taste of brand new Ed Sheeran mastery.

## Idan Raichel: A Soulful Bridge of Cultures

Reviewed by Michael Pickett

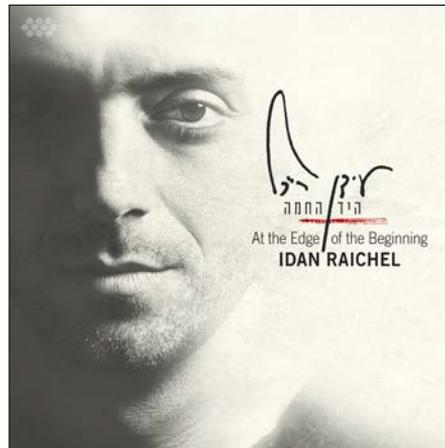
Having worked with the likes of Alicia Keys and Dave Matthews, Israeli pop maestro Idan Raichel has all the global and vocal firepower of a Julio Iglesias or Sting. His soulful pop creations are long on melody and peppered with the exotic (to Western ears) scales of his homeland.

Bringing epic and emotional pop creations to bear on *At the Edge of the Beginning*, Raichel’s easy tenor leads the way at the mic, while songs like “Ba’ Yeshimon (In the Wilderness)” and the driving “Be’ Chamesh Shnivot (In Five Seconds)” lead the pack. “Delet Mistovevet (Revolving Door)” is a great mid-tempo pop piece that is all at once

pensive and uplifting as Raichel moves over rhythms that feel as at home on a vintage Squeeze single as they do here.

Weaving in Middle Eastern tones and scales gives the whole affair a compelling and incredibly soulful color that bridges Western songcraft and Israeli flair.

Check out Idan Raichel’s *At the Edge of the Beginning* on



Amazon or at his website: <http://idan-raichelproject.com/en/>. His sound is exotic and welcoming, all within the space of an album or a song ... or even a turn of phrase.

*Stream Pickett music free on Apple Music, Spotify, Rhapsody and Beats. Just search “Pickett magnetic feedback” and enjoy a whole*

*album’s worth of music!*

423 W. 1st, Colville

[www.floener.com](http://www.floener.com)

**FLOENER**  
LICENSED • BONDED • INSURED



**ELECTRIC**  
RESIDENTIAL • COMMERCIAL

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



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

WA Contr. #FLOENE\*070N7

**(509) 684-8353**

**SAGO**

NATURALS & MORE

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

Finest Quality Vitamins & Herbs  
Homeopathics • Aromatherapy  
Jewelry • Stones



Mail Orders Welcome  
10 % off for cash!



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

## Along the Mountain Path

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

**“Peace is born out of equanimity and balance. Balance is flexibility, an ability to adjust graciously to change. Equanimity arises when we accept the way things are. If you expect your life to be up and down, your mind will be much more peaceful.” ~ Lama Yeshe**



Yoga practice is a wonderful tool for coming into the present moment. Much of the time, our minds are dwelling on thoughts of the past, or making plans for the future. We may enjoy thoughts of past experiences, loving memories, or we may distress ourselves with guilt and regret. We may look forward to imagined pleasures in the future, or stress ourselves with unrealistic goals. As we draw attention to our body and our breath, there is an opportunity to experience ourselves as we are right now.

Things change. This is one of the fundamental truths of the practice. This can inspire our practice, helping us to realize that through diligent practice we can learn to focus our mind, strengthen and balance our body, and change in a direction that we would consider good. It is also true that we change as we age. If we do not do some sort of lengthening and strengthening, we will tend to become more contracted and limited in movement. We need to do some sort of balancing work to simply maintain our “normal” range of motion. We move in one direction or the other. We do not stand still!

Yoga is an aware, compassionate relationship with the self. When we come to the mat, and take our attention inward, we come home to our self. How do we feel right now, in this moment? We change from day to day, and many times during the day. Are the muscles tense, relaxed, or tired? Is the energy bountiful

or scarce, focused or frenetic? What’s on our mind? How do we feel emotionally? How is breath moving in the body?

Becoming aware of these states of being, we can encourage our breath to lengthen and deepen, focus our mind in the present, and begin to let go of past and future.

Sometimes this is difficult. We may be angry or otherwise upset. We may be excited about something in the future. The mind may rebel! Our muscles may be tired from work, or tight from tension. There may be ample opportunity to judge ourselves, and compare our practice with other days or other people. What about that picture in the yoga journal? It is time for loving acceptance!

The practice of self awareness and of compassion is an important aspect of yoga. In asana, we will get deeper into the pose as we encourage, not force, the body. We must first see where we are, then exhale and encourage the muscles to relax and take us deeper. We must let go. Then we have an opportunity to be satisfied with where we are. It is “this particular pose on this particular day!”

We often feel compassion for others, but do not realize that a deeper, more respectful compassion will arise when we first practice compassion for ourselves. There is a wonderful Mehta (loving kindness) practice that I learned from Lynne Minton at a workshop several years ago. It is useful for cultivating compassion for

yourself and others. You can sit and practice it formally, but it can be used when you find yourself struggling in practice, or anytime in life. Traditionally, it is said four times. First for yourself. Then for someone to whom you have no particular attachment. Third, for someone you love, and fourth for someone you do not like. (Oh, how human of you!) “May I be filled with loving kindness. May I be well. May I be peaceful and at ease. May I be happy.”

Your yoga practice is a celebration of who you are, right now, in this perfect moment.

Namaste

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

Your Prom   
Headquarters!

Gowns ~ Tuxedos ~ Suits  
Rent or Buy



Wanda Louise

Boutique & Formal Wear

Mon - Sat 10 - 6

509-685-1613

161 E. Third Ave, Suite E  
Colville



RA&A

Quality used  
Infant, children & junior clothing  
Baby furniture, toys & MORE!

> CONSIGNMENTS <

ROB & MICHELE LOVE  
RAGGEDYANN@PLIX.COM • 509.684.4408  
155 S. WASHINGTON ST • COLVILLE, WA 99114

Red Barn

Secondhand Furniture  
Antiques

Mon - Sat • 9 to 5:30

490 West 2nd Ave

2nd & Railroad on truck route

509-684-8995

Creston & Luan Clowser

# From the Soil

By Louanne Atherley

Cabbage was one of the most successful crops in last year's garden. I don't usually grow cabbage but I was seduced by some beautiful red bedding plants last spring and they all performed really well. Making use of last year's harvest has given me a new appreciation for this humble vegetable and finding new ways to enjoy it has expanded my cooking repertoire.

My grandpa Schneider enjoyed cooking and one of his favorite dishes was sauerkraut cooked with pork neck bones. They were simmered together for several hours on the back of the stove until the sauerkraut mellowed and the pork fell off the bones. I usually make grandpa's pork and sauerkraut once a year, usually in the fall, but my version adds a bottle of good dark beer, caraway seeds and apple. I think grandpa would approve. I'm sure there was beer in his meal as well, just probably not in the sauerkraut.

Another of my favorites of his was liver sausage baked in a pan (think slightly coarse pate) and served on toast for breakfast. I can still see him peering through his glasses at my father and saying "Da hell you say" with his soft "Cherman" accent.

With this year's bounty, I decided to make my own sauerkraut. It is a simple process and I found lots of recipes. Basically, it is nothing more than salting shredded cabbage, which brings out the juice, and letting it sit submerged in its own liquid until it ferments and then refrigerating it. I decided to make a recipe that yielded two quarts and added caraway seeds for extra flavor. You just want to be sure not to use chlorinated water or iodized salt, as they will interfere with the process. Fermenting makes the minerals in cultured foods more readily available to the body, and produces vitamins and enzymes that are beneficial for digestion.

Since it was purple cabbage I couldn't quite bring myself to cook pork with it, but the sauerkraut makes a great accompaniment to a pork or turkey meal served on the side straight from the jar. It is refreshing and helps you digest the rich meat. Sauerkraut is also good on sandwiches, although if you heat it, as you would in making a Reuben sandwich, you lose some of the nutritional benefits.

Fermenting was one of the earliest methods



developed for preserving vegetables and people are rediscovering its health benefits. Cabbage is the simplest vegetable to ferment because it requires no addition but salt. Other vegetables can be fermented with the addition of whey or starter cultures to introduce lacto-bacillus.

There are a lot of different combinations of fermented vegetables and herbs and spices for flavor. Besides sauerkraut you might want to try Korean kimchee, which pushes the variety of vegetables and flavor combinations even further. My friend Lauri from Meyers Falls Market gave me a sample of onion she had fermented with juniper berry – a healthy martini?

Fermented vegetables are good for boosting your immune system, adding nutrients and good bacteria to your gut flora. Both Meyers Falls Market and Super One's Huckleberry's section carry several types of fermented vegetables. You could sample a few combinations before committing to a whole batch of your own.

I used only a couple of heads of my purple cabbage for sauerkraut so I still had plenty left for trying in other new dishes.

Cabbage grows well in the northern latitudes so of course I turned to my Scandinavian heritage for another recipe, Spiced Cabbage with Blueberries (or in Icelandic Kryddað Rauðkál með Bláberjum). The December 2014 edition of *Saveur* featured Icelandic

holiday foods and this was one of the recipes. It makes a great colorful side dish.

- 2 tbsp. unsalted butter
- 1 medium red onion, thinly sliced
- 2 cups fresh blueberries
- ½ cup red currant jam
- ¼ cup red wine vinegar
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 large head red cabbage, cored and thinly sliced
- 1 tart green apple, such as a Granny Smith, cored, peeled, and roughly chopped
- Kosher salt and freshly ground black pepper, to taste

Melt butter in an 8-quart saucepan over medium-high. Cook onion until soft, 5-7 minutes. Add the rest of the ingredients and ¼ cup water; bring to a boil. Reduce heat to medium; cook, covered, until cabbage is tender, about 1 hour.

I still have one cabbage left from last summer. The outside is not pretty but I just peeled off about the first six layers of leaves and inside it still looks and tastes good. Think I'll make some pico de gallo to go with the barbacoa that has been simmering on the stove.

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."



## Great Reasons to Shop Locally!

**Home**  
*Suite*  
**Home**

141 S. Main St. • Colville, WA 99114



**Speed Queen.**

**ASHLEY**  
FURNITURE INDUSTRIES, INC.



684-9745

www.colvilledeals.com

Monday-Saturday 9-6 Flexible Delivery!



## Research: Keeping it Real

By Linda Bond

Whether you're writing a novel, a biography or a topical magazine article, sooner or later, research is inevitable. Unless, of course, you're not concerned about accuracy or reality. The good news is we live at a time when information is readily available. The bad news is that we can have a hard time discerning the value of that information, especially on the Internet. Here's an example:

While researching the availability of valuable websites to use for looking up information, I ran across something posted by author Philip Roth concerning his novel *The Human Stain*. In the September 2012 issue of *The New Yorker*, he posted "An Open Letter to Wikipedia," in which he noted that his novel "was described in the entry as 'allegedly inspired by the life of the writer Anatole Broyard.' (The precise language has since been altered by Wikipedia's collaborative editing, but this falsity still stands.)" He had requested that Wikipedia remove the erroneous entry but was told that even though he was the author, they needed two sources to agree before they could change anything.

This is important for several reasons.

1) People look to Wikipedia for information, and often are unaware that it may not be accurate, since the site relies on volunteers for data entry and upkeep.

2) In this case, the book was not inspired by Broyard but rather someone else entirely, and since the novel contains much information that is sensitive, this claim might have a negative effect on Broyard's reputation – or Roth's.

3) Most importantly, according to the author, the statement is not true.

And this is not rare. I, myself, have had occasion to introduce authors using information from this well-known site, only to be told by the author that it was inaccurate. So, my message here is, **USER BEWARE!** And this is not the only site that requires care when using its entries. There are millions of

pages of data available on the Internet. So how can we be sure of our source information?

### Steps to Ensure Validity of Data

First, don't take things at face value. Whether you are getting information out of a book, a loose document or the Internet, try to get two or three reputable sources to agree. If you cannot, be sure to attribute your source by saying something like: "According to the *Smithsonian* database..." or "In his *New York Post* article he wrote..." so that you are not claiming the accuracy yourself.

Then, learn about the URL address system. Some endings (like .com) represent commercial interests who usually want to sell you something. While they may not lie, they may only include positive information. Leaving out negative information can be misleading. For more valuable guidance in this regard, visit <http://www.drillbillbailey.net/extensions.html>. This site does an excellent job of explaining the various URL suffixes, including those used for countries.

Once you have become familiar with these extensions of online addresses, you can begin a search for information, knowing you can follow a trail of virtual breadcrumbs to find the data you need. I find some of the best sources are university libraries and government agencies. Following are a few good links to help get you started.

- Sponsored by the "AskALibrary" program: <https://www.loc.gov/rr/askalib/>
- Part of the USGenWeb Project: <http://www.washingtongenealogy.com/spokane/>
- Goes to the Online Library Learning Center, now historical only: [http://www.usg.edu/galileo/skills/unit07/internet07\\_08.phtml](http://www.usg.edu/galileo/skills/unit07/internet07_08.phtml)
- A directory of open access journals: <https://doaj.org/>

- This is a virtual library, but one I can't quite figure out. If anyone uses it, please explain how it works by sending an e-mail to my attention: <http://vlib.org/>

One link that I found particularly amazing is <http://www.dmoz.org/>. Like Wikipedia, it is created by editors. My goodness it's organized! I found myself wandering through the categories and subcategories until I reached lists of online websites that I could access. What a treat!

A Seattle-based site features articles by journalists and other writers covering topics of interest to those of us in Washington state. One of my favorite author/journalist friends – Jim Kershner of the *Spokesman Review* – has posted numerous articles there. Visit <http://historylink.org> and follow your bliss!

Readers are looking for accuracy. Whether it's about the lifestyle of Victorian England or the way to escape from a damaged spaceship, your writing should be at its truest. Base your work on accurate information and your readers will stay with you.

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

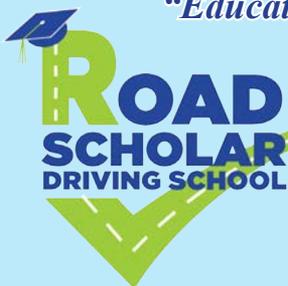


**KYRS**  
THIN AIR COMMUNITY RADIO  
88.1 FM 92.3 FM

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

**INDEPENDANT  
LOCAL  
MUSIC  
AND  
PERSPECTIVES**

### "Education for the Road Ahead"



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

*Colville's locally owned driving school!*

162 East 1<sup>st</sup>, Colville • (509) 684-3164 • [www.roadsscholar drivingschool.com](http://www.roadsscholar drivingschool.com)

## If Wishes Were Wood Rats

By Tina Tolliver Matney

Back in September, while we were still enjoying the last warm days of summer and looking forward to the coolness of fall, I made a promise to myself. Winter was coming and I simply wanted to enjoy it.

The previous winter had passed by in a blur and I felt somewhat cheated out of that feeling of hibernation that I like to crawl into like a chubby bear in a snow cave during a normal winter. The peacefulness and feeling of rejuvenation that many of us crave during the winter season had escaped me and I missed it. But in all honesty that peacefulness never sticks with me for long. Generally, by mid-January, I am wishing the season away and I wanted this year to be different.

So I promised myself that there would be no complaining about the weather this winter. I made it my intention to get outside every day to experience the cold freshness of whatever the season would bring. I even laid in some extra art supplies and several new books, envisioning these activities would make up the better part of the cold winter days ahead. And then reality happened.

Around this same time in September I was reminded of my grandfather and how he used to make his weather predictions based on observations on and around the family farm. He would watch in the springtime for the heart leaf balsam root to open its first blooms to judge the dryness and warmth of the soil for planting. And in the fall, he would study the behavior and the weight and fur length of various animals.



I'm not sure I know anyone these days who would look at a bushy-tailed wood rat that was skittering up the outside of the window screen and size it up for fur and whisker length or thickness of coat and tail and then announce with great confidence, "Yup, it's gonna be a doozy of a winter this year!" But my grandfather would have. So, last fall, when three of those creepy yet cute creatures made attempts to gain access to the house by skittering up the window screens, I noticed how fat and furry they were. I could hear my grandfather declaring, "Yup, it's gonna be a doozy of a winter this year!" And he would have been so right.

Winter here in northeastern Washington can be a struggle for some folks as a result of the exhausting amount of manual labor that it takes to stay on top of all the chores that must be carried out in order to maintain a functional routine. Thankfully there are also those hardy souls who celebrate every flake that falls from the sky, and they don't bat an eye at the extra workload that comes with each passing storm.

We live in an area made up of a mixture of folks, balanced enough to make it work for everyone. Winter seems to bring out the generosity in many. Perhaps we realize more in a winter like this how vulnerable we are to the elements and how there are folks around us who might need a hand.

That's not to say, though, that we don't hear the planning and plotting by some to sell the farm and follow the sun to St. Somewhere. It seems to be a common topic of conversation among many. If you stand in a public place long enough after a snowstorm you may hear a similar sentiment. My September promises to myself had already fallen to the wayside by late January as I shamelessly envisioned palm trees and umbrella drinks while pulling snow off the roof of the shed that was threatening to collapse on the very tractor I needed to plow the driveway with. When my 17-foot metal rake came close to snagging its super-conductive handle on the electric fence I was snapped back to reality and the seemingly endless task of trying to keep the outbuildings from caving in.

The reality for me – and I hope for many others – is that this is where we live because this is where we want to be.

There are indeed days that we long to be somewhere else. Somewhere warm. Somewhere that doesn't need to be shoveled or de-iced before we can even venture off the back steps or to the garage that is sagging dangerously over the car. Somewhere that we can stroll in with carefree abandon

without fear of falling and breaking a bone ... or at least somewhere that has warm sand as a soft landing if we do. But we don't live somewhere else. We live here, in our corner of Washington where the seasons give us their best and their worst.

While each season holds its own challenges, a winter with an overabundance of snow and ice can seem crushingly endless. And even though I fell temporarily into that mindset of wishing the season away, the days are already noticeably longer, the snow piles are smaller and I have turned my thoughts to the things I do love about winter.

Food, of course, is at the top of my personal appreciation list. Winter fare is hearty, warm and comforting. And then there's the layering of clothing to stay warm and cozy. Layers that we can add or peel away as the outside and inside temperatures fluctuate and that help hide the fact that food is such a comfort.

And let's face it, a thick layer of snow has the advantage of hiding a multitude of unfinished yard and garden chores that didn't get done for whatever reason in the fall. Soon enough the weeds will poke their spiky brown heads up out of the melting snow, reminding us that there's a lot of work waiting under there.

While I managed to put away all of the patio furniture and garden hoses, the canopied swing that sits at the edge of the yard and gives us a nice seat by the river didn't make it to the covered gazebo. The canopy was already a little wonky, forever bent by a rather portly bear that decided one afternoon that it looked like a comfy hammock. And now, after bearing the weight of a winter's worth of snow as well as the chunks that fell from the trees above, it is twisted like a canvas pretzel. Just a reminder that there will always be chores to do, in every season.

But it's also a reminder that we don't have to do everything. Some things can wait while we take care of ourselves. We can wish to be somewhere else, we can wish the chore list would stop growing and we can wish for better weather tomorrow. But today is right now, and while it's still a melting grey mess out there, it's our own beautiful mess in this beautiful place we call home. Don't wish it away. Spring will be here soon enough. Keep your eyes on the heart leaf balsam root flowers, and if you have bushy-tailed wood rats climbing up your window screens next fall, remember to lay in some extra wood and stock the pantry and the freezer. Winter could be a doozy.

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



# Waffle Watch

By Alex Panagotacos

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

The advocates at Rural Resources Victim Services are so caring and non-judgmental. They help individuals and families find peace after traumatic events. They also let me tag along to help. Here's a story about how we work together, from one of our rock star advocates, Christy:

"When a child comes into our center, one of the first greetings they receive is from Waffle, who normally puts her paws on the front gate to say hello! Waffle and our receptionist bring the child and accompanying family to the waiting room. Waffle helps the family get settled before the paperwork and the interview with a law enforcement officer. The child can give Waffle treats and loves before this potentially scary experience.

"After Waffle gets her treats and the family is settled, an advocate goes over intake paperwork with the family. The child can play with Waffle while all this is happening. After the paperwork is over the child is ready for the interview with the law enforcement officer.

"This can be very scary and Waffle helps the child feel comfortable and ready for the interview and can show the child the interview room and go inside to show its going to be okay. Waffle is not yet ready to be in on the interviews, but will be soon.

"While the interview is occurring, Waffle typically supports the family members in the waiting room with the advocate. When the child comes out of the interview Waffle is ready to provide emotional support. Waffle will either find the child or the child will find Waffle with the

encouragement of a treat.

"There are times when an interview does not have to occur and Waffle provides support anyway. There are people who come by the office just to see Waffle and say hi.

"Waffle has been an amazing addition to the agency, its staff, its clients, and a real boost to the overall morale of all involved. Waffle's kind, gentle and caring demeanor has done wonders for our office and the people we serve."

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

## EAVESDROPS

What people have written about the north Columbia region

*On the bank, in the shadows  
a small yellow flower  
with sunlight at its feet  
puts my life together.*

~ Robert Sund



### Northport Community Health Center

#### Hours

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



Please Call for Women's  
Health Dates

Phone: 509-732-4252

411 Summit, Northport, WA 99157

#### More Health Center Locations

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

Dental Locations: Colville • Springdale • Lake Spokane

### Kettle River Community Health Center



#### Hours

Tues & Thurs  
8 a.m.—5 p.m.

Phone: 509-684-5521

Please Call for Women's  
Health Dates

www.newhp.org

141 Third Avenue, Orient, WA 99160

## TUNDRA SWAN FESTIVAL

TICKET RESERVATIONS AT  
WWW.PORTA.US OR CALL 1-844-PORTA-US (767-8287)



MARCH  
4TH  
10:00 AM  
- 2:00 PM

CAMAS CENTER FOR COMMUNITY WELLNESS  
1821 N LECLERC RD, CUSICK, WA 99119

YOUR \$20 SUGGESTED DONATION GIVES YOU:

CALISPEL LAKE BUS RIDE FOR WILDLIFE VIEWING  
POT ROAST LUNCH  
TWO TUNDRA TALKS ON OUTDOOR RECREATION  
& GEOLOGICAL HISTORY  
BRAND NEW 2017 WATER TRAIL MAP  
SELECT ART VENDORS ON THE DAY



PORTA

DISCOUNTS AVAILABLE FOR  
SENIORS, VETERANS, MILITARY,  
LAW ENFORCEMENT, FIRST RESPONDERS & CHILDREN

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

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

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

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

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

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

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

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

## Miscellany

**Mar 8:** Northeast Washington Genealogical Society morning Computer Interest Group meets in the basement of the LDS Church, Juniper Street, Colville, at 10:30 am. NeWGS President, Susan Dechant will demonstrate many of the popular paid websites available at the local Family History Library for free. These include the popular Ancestry.com Library Version, Find My Past Library Version, Fold3.com plus many others. Lunch at Noon, then a presentation of a new series featuring "Brick Walls" and their possible solutions. A member (this could be you!) will provide a problem they have been unable to solve along with details of where and how they have searched so far. Our team of experts will examine the case and present it as an audience participation event. This month's Cold Case will involve attempts at finding the death location of someone whose burial date and place of burial is known. All visitors are welcome.

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

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

**The Panorama Gem and Mineral Club** meets the third Tuesday of each month at the Arden Community Center at 7 pm. Our website is [www.PanoramaGem.com](http://www.PanoramaGem.com).

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

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

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

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

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

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

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

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

### MORE LISTINGS & DETAILS AT NCMONTHLY.COM

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

Since 1984

# CAREY'S AUTO BODY INC

## Collision Repair Specialists

**Call Us Today to:**

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

**DuPont Lifetime Refinish Warranty**

# 684-2587

1101 S. Main St. • Colville



**Buy! Sell! Trade!**

# FREE

**on Partyline**

**Wed & Sat**  
**8:30 - 9:30 a.m.**

on

# AM 1240 KGVL

**Call 684-5031**



## WHITE LAKE PICTURE FRAMING

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

571 White Lake Way, Colville  
675-5675 684-1694  
[www.whitelakepictureframing.net](http://www.whitelakepictureframing.net)

# A Year On the Farm

By Michelle Lancaster

In North Columbia country, early spring is the season of the lambs. This time of year, you may well find us out in the sheep barn, standing by a lambing jug (sheep version of a “maternity room”) sipping coffee and marveling at the miracle of birth and a mother ewe’s ability to completely care for her lambs.

We often get visitors this time of year. The idea of holding a soft, fuzzy newborn lamb is appealing to almost everyone. Lambs are small at birth (about 10 pounds), so children are able to easily hold them. Our farm comes alive when lambs frolic around and people come by to visit!

Lambing season, and all of the joys associated with it, can take place only if we put a ram in with the ewes in the late fall. We mark the calendar five months ahead with the words “START WATCHING!” and hope that we counted correctly.

Meanwhile, winter comes and goes. Sheep care during this season involves feeding good quality hay and providing tempered water, preferably with a barn or roof for protection from the rain. Sheep love to lay outside in the snow, but rain penetrates the wool and makes them grumpy. They will run to the barn in rainy weather.

Close winter quarters provide the shepherd with daily opportunity to observe and care for the flock. The fear of humans tends to disappear and by spring I have several best friends, wanting a scratch on the chest or a rub on the bridge of their Roman nose. By late winter, the sheep are tired of the cold, damp weather and start to baaa frequently, even after a full feeding of hay. They want pastures of fresh green grass, just like humans want sunshine and flowers.

March is a common time for shearing sheep, while the sheep are still in winter housing and a couple weeks before lambing. Sheep are sheared before lambing for many practical reasons. On our farm, one main reason is because the eight inches of “longwool” our Border Leicester sheep have grown over the past year covers everything – to the point where you cannot even tell the ewes are pregnant.

By peeling away the length, we can closely watch the ewes over the last weeks before lambing and monitor their progress. Once the lambs are born, they are able to latch on to mom a lot easier than if mom was hidden under inches of wool.

Last spring, one of our ewes, Millie, rejected her firstborn lamb. Our fault; we were not there when the first lamb was born, and the vigorous little ewe lamb wandered off on wobbly legs while her mother bore the little brother lamb. The different smells, or perhaps the different color (the girl was white, the boy was brown), caused the mother to push away the girl and only allow her boy to nurse.

Some said to take away the lamb and bottle-feed her, but we persisted for a few more days by tying up the mother and letting the lambs nurse together several times a day, then separating them from mom. Nothing worked until another ewe, Beatrix, had twin lambs and was the ideal mother. Millie watched nearby. Within a day, Millie woke up and realized she too could love both her babies.

We named the white lamb “Tolerance.” I know as a human I have had moments like that – waking up to realize I have been doing something the wrong way and that there were smarter or kinder ways to accomplish something!

Sheep are fascinating creatures – often portrayed as unintelligent, but really just misunderstood. Their “flock” instinct protects them from predators and they learn quickly who is their shepherd (or shepherdess). I can whistle and move one arm and they know which direction to turn. My friend recently noted that if her sheep and goats see a pan of grain on the other side of a fence, the goats will try to climb the fence to get the grain, but the sheep look around for a gate opening and walk around to the grain.

If you have ever visited a sheep flock, you may notice that the sheep often act scared – and they are. They are scared because they have not ever heard that stranger’s voice before and they do not know whether to trust the voice or “cry wolf.” Once sheep have heard a particular voice and see that person’s face a time or two, they recognize the person and act calm thereafter. Keep in mind, sheep are unique individuals and act differently based on genetic traits they were adapted for in the region they were developed.

Sheep that are raised for wool production weigh only 100 to 150 pounds and produce several pounds of wool each year plus lambs ready for market in just 5-6



months. If they are raised on a farm like ours, they do all this on a diet of pasture and hay at a very minimal cost. The real reason lamb meat is expensive in the store is not because of the farmer’s costs, but because of the cost of slaughtering – prices that add up to more per pound than heftier animals like pigs or cattle. Our cuddly 10-pound babies grow up and many move on to new homes. After reading about the interesting lives of sheep, perhaps you will be encouraged to visit a sheep flock, join a fiber group to learn how to work with wool, purchase local meat in North Columbia country, or even buy and raise your own flock.

*Michelle Lancaster homesteads with her family on Old Dominion Mountain in Colville. She writes at [spiritedrose.wordpress.com](http://spiritedrose.wordpress.com).*

## Recognizing Our **WINTER** GYMNASTS OF THE MONTH



Back row, from left: Payton Abrams (Shooting Stars), JRay Kroll (Starlets). Middle row, from left: Rylan East (Lil Stars), Alissa Krivda (Twinkle Stars), Blair Brown (Twinkle Stars). Front row, from left: Chloe Atkins (Lil Stars), Caidence Ruland (Lil Stars). Not pictured: Addy Christiansen (Shooting Stars), Adelyn Marshal (Starlets), and Emma Thomas (Shooting Stars).

**KIPS**  
**GYMNASTICS**

509-685-0299

**ASK ABOUT CLASSES AND BIRTHDAY PARTIES!**

*KIPS Gymnastics is a fun and beneficial exercise program for any child ages 2 and up.*

[kipsgymnastics.net](http://kipsgymnastics.net) • [kips gym@gmail.com](mailto:kips gym@gmail.com)

LET'S

ROLL

# Amazing Race

## Saturday, March 25

9:00 - 12:00

*Begins and ends at Happy Dell Park*

Teams will begin the challenge at Happy Dell Park, traveling to various places along the river and in Kettle Falls.

Challenges

Fun for families and friends

Teams will use clues, skills, and strategies to accomplish as many tasks as possible in 3 hours.

Teams

Adventure

Activities are appropriate for all ages and are handicap accessible.

Scavenger Hunt



**Register at:**

[Caseymckernpayitforward.org](http://Caseymckernpayitforward.org)

 **\$75 per team (or carload)**

 **Four tech T-shirts per team**

 **BBQ in the park**



IF ACTIONS DEFINE US, LET'S BE KNOWN FOR ACTS OF KINDNESS