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From the Publisher's Desk

By Gabriel Cruden

What a time it has been! I'm not one for exclamation points, but the events of this summer, in my own life experience, are more than deserving. I know this to be true for many others as well. This month's cover photo speaks volumes. The omnipresent anxiety and tension, like the smoke in our lungs, of threatening wildfires has touched everyone in our region. Having lost homes to fires before, my heart goes out to those that have suffered such a loss this season. And to those who lost loved ones, my deepest sympathy.

We have had a few close calls with fires near our home in August, but most of our efforts on this front, thankfully, have been directed toward helping and housing evacuees.

In other major news, my wife and I have just returned from out-of-state with two new daughters, ages three and eight. As our 110-year-old farm house has been in substantial renovation, this meant a scramble to get the girls' bedrooms finished and ready. Thank you Tony Houston for your construction help, and Tara Janet, Tara Holmes, Heather Alexander and Jolaine Massey for your help with painting and getting the rooms and house ready. Thank you also to Grandma Barb Krema for taking care of the animals and the kiddos while we were away. We are all home now and the girls are settling in and bonding with us and our other three children.

Another big change is that I have officially resigned from my position as Communications Director for the Valley School District, where I have worked for the last eight years, effective Sept. 25. I turn 40 the next day, so it seemed a memorable way to ring in the new decade. I will miss the great staff I have had the pleasure of working with and the good work we accomplished together. I won't miss the hour-long (each way), daily com-



mute! After I help my uncle-in-law move to Marcus from California in early October, I plan to turn my full attention to spending time with family and friends, working on finishing the house (I know, I know, you all are thinking, "yeah right – it's never done" but I'm going to try!) and to significantly growing the North Columbia Monthly.

In the meantime, gratitude to our fire fighters, to all who have helped neighbors, friends and strangers, and to all who care about community. Here's to remembering and bringing forward what's good and valuable from the past as we forge ahead into new beginnings!



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the north columbia
MONTHLY



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Thank you firefighters.

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OCTOBER, 2015 ISSUE
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Random Acts Of Community

By Christine Wilson

"Wild trout never live in ugly places." ~ Pat Way, Orvis Northwest Outfitters, Coeur d'Alene, Idaho

"If you consider the landing of a fish as a 'bonus', then you will always enjoy fishing."

~ Ron Newman, fly fisher and writer

The last high school reunion I attended was my 25th, now in the distant past. One of my fellow graduates had been describing nefarious escapades he was proud of and I said, "Well, enjoy the journey." He said: "Oh, my God, I hate that. I just hate that when people say that." What I would say now is "Well, that is a pity, because it is pretty much the point." I am hoping also that, these many years later, I wouldn't even have to say that because he would already have figured it out. End goals disappear on the horizon or zoom past us into the rearview mirror and what we have is the spot at our current mile marker. Viewing what's up ahead is helpful, but not as much as a focus on what is here.

With that in mind, I signed up for an Orvis fly fishing class and settled on one in Coeur d'Alene. When the day finally arrived, I left home at 5:45 in the morning to get to Northwest Outfitters just after 8. As I pulled up, I watched people on foot and in vehicles, wondering which ones I would share my class with. Would I have enough individual attention? Would there be practice time? Would it be like the archery class I took in college where I, inexperienced as I was, was issued an old college bow and dropped arrow after arrow at my feet while watching experienced archers with their compound bows zing arrows into the bull's-eye? (Oh, easy college credits!) When it came to this fly fishing class, I wanted to have enough support and attention to arrive home after two days ready to cast.

There were no other customers when I walked into the shop. The man behind the counter asked me if I was Christine. Perhaps I was to be the only woman in the class, by the sound of that? As it turned out, I had it wrong. I was the only student. I got to have a private tutor for two full days.

I wasn't thinking about my comment to my old classmate, but I can see why Mr. Newman suggested catching actual fish to be a bonus. I had sun, a fun teacher, a beautiful stream, and lessons to learn. Many lessons. The progression of the cast was thus: keeping my eye on the rod tip, snapping the line back, letting it briefly suspend itself parallel to the ground behind me, snapping it forward, and seeing if it would land strongly and straight out in front of me.

Fisher folk may have a reputation for lying, but the line does not lie. There was many a squirrelly line during that trial period, born of not keeping my eye on that rod tip. Then there were the occasional, beautifully straight lines that rolled out in front of me. It is amazing how much satisfaction can come from seeing a long stripe lying across the green grass during practice sessions at the hotel or on the river

during that second day.

When you cast, you get instant positive feedback. Or not. More notes than positive in my case and some actual knots as well. I learned, once again, that imperfection is part of the ride. So I have been thinking of my classmate's strong resistance to that expression. While catching fish is more fun than

not and casting perfect line is more satisfying than messing up, it's all part of the grand journey. The one cutthroat I caught was a bonus and I have no memory of reeling it in because the shouting was so loud. It turns out to have been coming from me. The joy was incomparable and the happiness of being in that moment, briefly holding this wiggly and gorgeous creature, was a windfall. Meanwhile, I will keep working on being good at living at the current mile marker, be it here before my computer, on my bike running errands, or whatever else is before me. Because it is all an adventure.

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

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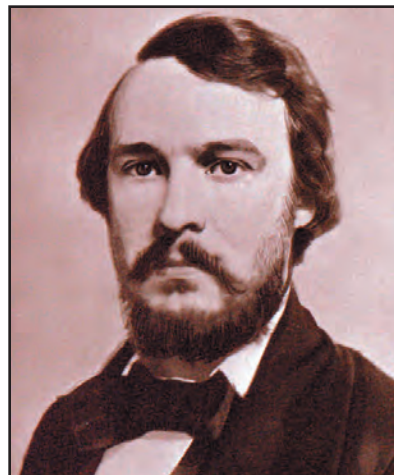
Dr. Kinnerly Pays a Call, by Jack Nisbet

Caleb Burwell Rowan Kennerly grew up on a comfortable estate in Virginia, the son of a reverend who wasn't shy about saddling his son with three family names. The boy was only 16 when he went off to Dickinson College in Carlisle, Pennsylvania, with the intention of becoming a medical doctor. There Kennerly met a young professor named Spencer Baird, whose idea of education was to take his students out into the field to see what was alive. Those field classes sparked a lifelong passion for natural history in the reverend's son, who was especially drawn to fish and birds.

Kennerly did move on to earn a medical degree from the University of Pennsylvania in 1852, but he always kept up his contact with Spencer Baird, who had moved on himself to a position at the newly-formed Smithsonian Institution. It was Baird who arranged for Kennerly to act as surgeon-naturalist on the 1853-54 Pacific Railroad Survey along the 35th parallel, from Fort Smith, Arkansas, to the Mojave Desert. Such work suited Dr. Kennerly, and from 1855-57 he held the same position for a boundary survey along the new border between the United States and Mexico.

Kennerly capped that off with an appointment to the U. S. team for the International Boundary Survey of 1857-61, which determined the line between British Columbia and what became the states of Washington, Idaho, and north-western Montana. Even though the British side employed their own surveyors and professional naturalists, Sir George Simpson, head governor of the Hudson's Bay Company, wrote an 1857 letter to Spenser Baird promising to encourage his fur agents to procure specimens and pass them along specifically to Dr. Kennerly so he could forward them to the Smithsonian.

For the next four years, Kennerly's name appears all through Boundary Commission reports and correspondence as the two teams cut a swath along the 49th parallel from the San Juan Islands to the Continental Divide. It is especially prominent in 1860, when he traversed the Colville Valley west to Lake Pend Oreille, north to the Kootenai River, and west again to scale the mountainous terrain that now makes up Waterton-Glacier Park.



Last month I visited the Smithsonian's Capitol Gallery, an archive that holds records from several U. S. explorations. Beneath a bust of early Smithsonian director Spencer Baird, folders from a single box of Dr. Kennerly's writings were laid out, one at a time, for viewing. Among them were seven 3" x 5" and 4" x 6" leather-bound vest pocket notebooks with shiny metal clasps and pages of what appeared to be numbers, random lists, and disjointed scribbles. But upon closer examination, pieces of the surgeon-naturalist's time in the Northwest came clearly into view. Rough pencil sketches turn out to be recognizable mountain scenery. There are many descriptions of the fish he loved, including some big sockeye salmon that he collected and sent back East in barrels of alcohol. (Although American scientists named the species *Salmo kennerlyi*, it now carries the Latin title of *Onorhynchus nerka*.) On one tattered page, Kennerly crossed items off on a long supply list until only two essentials are left: 7 pounds of crushed sugar and 14 of bacon.

Even accounting for such tasty distractions, Kennerly's appointed task was to keep the cutting crew healthy. Under the title "Memorandum of Medicines to be left at Ft. Colville" he left six tightly written pages that offer a sometimes unsettling window into the surgeon's art of a century-and-a-half past. Besides valerian, slippery elm, a mortar and pestle, and castor oil, he dropped off brown bottles of potassium caustic, copper sulfate, muriatic acid, and strychnine. There is also list of "Surgical Instruments" that includes 1 file, 6 cupping glasses (for raising blisters), 1 shiny lancet, and 1 "scarificator." Ouch.

Those instruments of torture take a back seat to the creatures that he saw for a given year. On one hastily scrawled page, two different fishes, a tree frog, a toad, and a flying squirrel are entered top to bottom. He paid close attention to the mammals that roamed the region, and a separate list totes up everything from voles and chipmunks to mountain goats and bighorn sheep. Once Kennerly had a specimen in hand, he got out his calipers and tape, as can be seen on another page almost entirely filled with the measurements of a pine marten.

But in the end, it is the doctor's beloved birds that take up the most space in these tiny field journals. For the time when he was in our north Columbia country, the list covers many of the familiar birds that we know today, carefully numbered out with the date and place where he saw them. The lists are particularly strong for sites where he had to wait for supplies being delivered to the work camps up on the 49th parallel, especially at Fort Colville and Sinyakwatin, the traditional Kalispel crossing of the Pend Oreille River at what is now LaCleda, Idaho.

There is something reassuring to see on Dr. Kennerly's lists some of our current favorite species, including Audubon's warbler, brown creeper, red-eyed vireo, catbird, and redstart. It is great fun to try to figure out the names, perfectly familiar to Kennerly, that have changed a little over time, like tyrant flycatcher and cedar bird. His linnet is probably a Cassin's finch and a Louisiana tanager must be a western tanager, but is Bartram's thrush a veery? And there is something wistful when the doctor writes down a name that may not be so common now as it was when he was here: whip-poor-will, northern loon, sharp-tailed grouse, or long-billed curlew. This last item, a plaintive-voiced shorebird now



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seen only occasionally during migration, Kennerly enters as number 572 in his tiny script. He adds its old Latin name, *Numenia occidentalis*. Then, further

down the page, he references the number again to recall an exchange he made with some tribal people he met along the way.

*572. Eggs supposed to be of
the Numenias occidentalis
20 miles s. of Spokane R.
June 1860*

*Procured from Indians who
collect them in large numbers
for food*

When the Boundary Commission completed its work in 1861, Dr. Kennerly sailed back toward his Eastern home because he was engaged to be married. He posted a packet of letters during a stop-off in San Francisco and re-boarded the ship to continue his journey. Then, off the coast of Acapulco, Mexico, Kennerly suffered what a traveling companion described as a "sudden brain disorder" and passed away. He was 32 years old.

Kennerly's mentor Spencer Baird wrote a eulogy about his student as soon as he heard the bad news—a formal, rather stiff recognition of the energetic work and numerous new species that the young man had contributed to science. But one look at the excited scrawls in Dr. Kennerly's silver-clasped notebooks dispels any stiffness in this true naturalist. He put everything he had into a job that he loved, and lived a full life among sockeye, curlew, and flying squirrels.

Jack Nisbet will be reading from his latest book, *Ancient Places* at a variety of bookstores, libraries and museums around the region this fall. Learn more at www.jacknisbet.com.



C.B.R. Kennerly portrait and silver-clasp notebook, 1859-60, courtesy Capital Gallery, Smithsonian Institute.

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North of the Border

Rifle as Rod

by Eileen Delehanty Pearkes

About a hundred miles (as the crow flies) north of the International Boundary, the old upper Arrow Lake comes to an end. Using a car rather than wings to travel from Kettle Falls, Washington on sinuous mountain roads, the trip easily consumes a long day.

Long ago, people made the journey by water, stroking up the Columbia River to a village they knew as "head of the lake." Pine bark canoes could take several days to arrive at nkma'plks, with stops along the way to see relations in villages

fur trade era.

And then came the steam-powered paddle-wheelers carrying gold-seekers. Passage to Head of the Lake shrank to a short day. The more efficient wood-powered boats chugged insistently past the village, another 100 miles or so further upstream, where gold was being sluiced out of the streams, making a handful of men rich overnight.

Head of the Lake had its own gold, though not of the mineral kind. A river flowed down out of the mountains to join the water. On old maps, this river was sometimes labeled the Incomappleux, and other times simply called "Fish River" by the arriving settlers. The name made sense. Rivers roiled and boiled in summer with fish coming home to spawn and die. There seemed to be no end to them.

Much is rightly made of the historic fishery at Kettle Falls, the place where thousands of tribal people gathered every year to harvest the bounty of returning Chinook (king), coho and sockeye. But other fisheries existed in the region, and around these, significant indigenous villages had grown.

In the 1930s, Nancy Wynecoop told the researcher William Elmendorf that Head of the Lake was part of the old headquarters of the Arrow Lakes tribe. Others from her tribe remembered the salmon. And huckleberries. Researchers were told of a large village, one that grew out of the stable food supply.

Today, as always, a narrow river-canyon separates the head of the lake from the river valley behind it. There is another passageway now, a gate, staffed by a resource company that owns mineral rights. A major rockslide recently took out a bridge across the river. That caused concern about the stability of the access road for the general public. Anyone who goes beyond the canyon must sign in or out.

Past the rocky portal and the metal gate, the valley opens into a broad, gradual plain across which the Incomappleux River meanders. The water is a milky blue-green, shot with glacial silt washing down from high above. Beds of cobble swell and turn, offering perfect spawning grounds for bull trout. Salmon no

longer spawn here, without passage above Chief Joseph and Grand Coulee dams. The river waits for their return.

Most of the old growth cedar and hemlock that once flourished in the gentle valley have been logged, save a small remaining patch at the bottom of one slope. There, a few monarchs still reign over about an acre of cool, moist, untouched forest. The valley remains a natural home for the native blueberries and huckleberries to thrive. The trees are starting to grow back, with stands 30-40 years old.

The photo, taken in 1910 at Comaplix, records the memory of an enviable string of salmon. Big enough, with enough fleshy biological resources, to make it far beyond Kettle Falls. Abundant enough, leaping through tight canyon waterfalls toward their blue-green glacial home, to be fished out of the river with the help of a well-aimed rifle.

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



Eli Edge shooting salmon at Comaplix, 1910. Courtesy of Arrow Lakes Historical Society

that lined the upper Columbia River system. Later, fur trade canoes, paddled by tireless, French-Canadian voyageurs, shaved off a day or two in transit.

The voyageurs heard the Sinixt word as nnn come a plux. Making their own sense of the Salish language, they began to call the place Incomappleux (an-comma-pleh). The English-speaking travellers and settlers called it Comaplix. A rumor circulates today that Incomappleux derives from the French phrase oh comme il pleux (how it rains). In fact, the linguistic hybrid is a call back to the

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In Nature

What is a Coot?

Article & Photos by J. Foster Fanning

While many folks know the definition of a “coot” to be a foolish or eccentric person, typically an old man, the formal usage of the word refers to an aquatic bird that is not only a common sight here in the Okanogan and Columbian Highlands, but all across North America. Hence its name, American Coot. These birds are members of the Rallidae family, which includes cranes, cranes, coots, gallinules and quite a few more. The American coot is also known as a mud hen and commonly mistaken for a duck. Comparing the two types of birds, we see coots have broad, lobed scales on their lower legs and unique “toes” unlike the webbed feet of ducks.

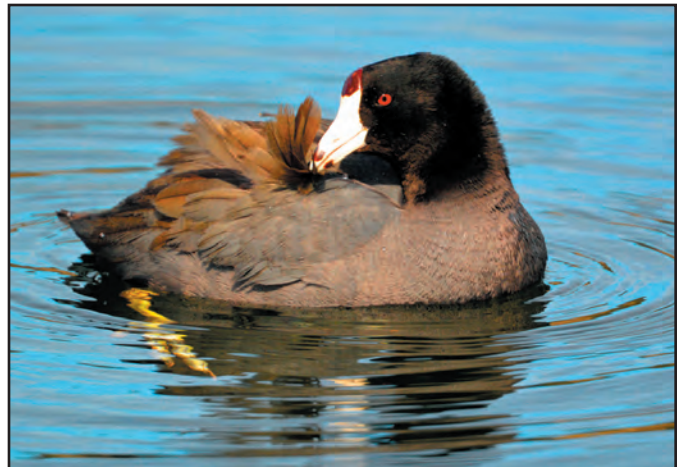
The American coot is most often viewed on water where one will note this plump, dark bird with a sloping bill and rounded head. General coloring is gray to black with a bright white bill that extends onto the forehead as a horny shield. Look closely and you’ll see a small patch of red in the center of the forehead. On the rare occasion you observe a coot in flight or ashore, note the tiny tail, short wings and large feet. The males and females of this species have similar appearances, although the male can be distinguished during breeding season by its aggressive displays of its large head plumage ruff. A closer look at the coot’s feet and we see each one of this bird’s long toes has broad lobes of skin that help it kick through the water. The broad lobes fold back each time the bird lifts its foot, so it doesn’t impede walking on dry land, though it supports the bird’s weight on mucky ground. Newly hatched coots have nearly bald heads with sparse orange-to-red short plumage for the first couple of months.

Coots live near and on water, typically inhabiting wetlands and open waters of lakes and estuaries and are frequently seen in groups called rafts, or covers, made up of birds of all ages. Coots intermix habitats with ducks, grebes, cranes, geese and most other aquatic birds.

These are migratory birds that occupy most of North America. The coot lives in the Pacific and southwestern United States and Mexico year-round and occupies more northeastern regions during the summer breeding season pushing up into northern Canada. The winter range extends throughout Central America.

A unique behavioral feature of the American coot is its floating nests, which are anchored to shore on reed or grass stems. Generally nest material is woven into a shallow basket with a hollowed interior lined with finer smooth material to hold the eggs. Within these nests the female coot lays a clutch of 8 to 12 eggs and diligently tends them throughout the brood.

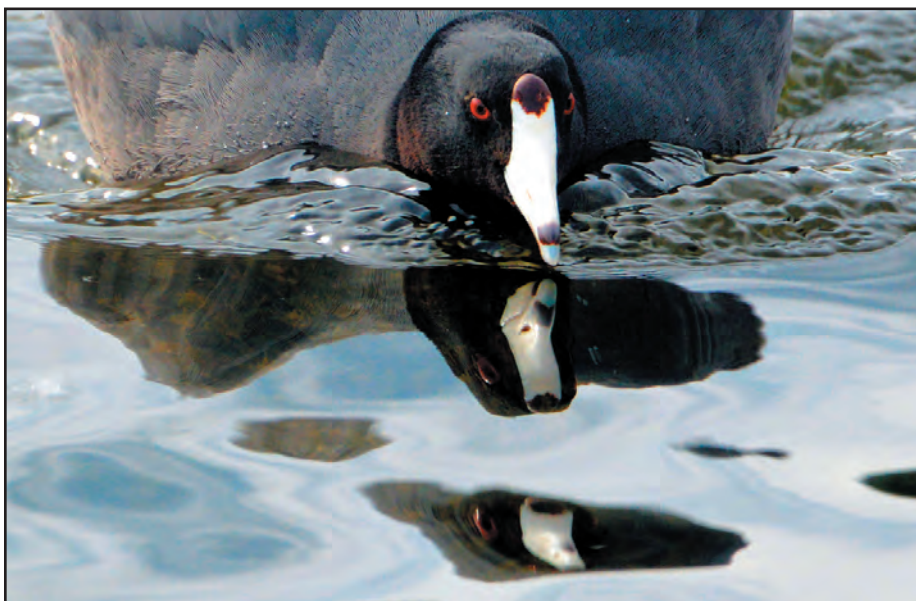
Regarding coots the Cornell Lab of Ornithology states, “The ecological impact of common animals, like this ubiquitous waterbird, can be impressive when you add it all up. One estimate from Back Bay, Virginia, suggested that the local coot population ate 216 tons (in dry weight) of vegetation per winter.”



The diverse diet of these water fowl contributes to their success at establishing a broad range of habitat. Typically coots eat mainly aquatic plants including algae, duckweed, eelgrass, wild rice, sedges, hydrilla, wild celery, waterlilies, cattails, and water milfoil. When they venture forth on dry land they also pick at terrestrial plants and sometimes eat grains. They’re not exclusively vegetarian as evident in that they eat insects (beetles, dragonflies, and others), crustaceans, snails, and small vertebrates such as tadpoles and salamanders.

Most of the wetlands, lakes and ponds with heavy stands of emergent aquatic vegetation along at least a portion of the shoreline will be home to the American coot in our highland area. Pack up a good pair of field glasses, a birding field guide and head out to view this notable and unique creature in its natural habitat...

J. Foster Fanning is a father, grandfather, retired fire chief and wannabe beach bum. He dabbles in photography as an excuse to wander the hills and vales in search of the perfect image. His wildlife and scenic photography show, “Take a Walk on the Wild Side,” is featured at various venues throughout the region. Learn more at <http://fosterfanning.blogspot.com>.





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What's Happening

Sponsored Listings

Salsa Fiesta at China Bend Winery, Sept. 12. Everything Salsa! Salsa tasting bar, spicy foods by Victoria, live music, arts, crafts, and our organic wines and food products. See ad on page 5 for more info.

Blazing Saddles & Spoons Bike Ride and Chili Cook-off, Sept. 19 at the NEWA Fairgrounds, 11 am to 6 pm. A festive event filled with music, entertainment, beer, wine, family fun and of course chili. See ad on page 2 for info, or visit blazing100.org.

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

Ongoing Yoga classes in the Viniyoga style: Mondays 5:30 - 7 pm with Lisa Jekubik (RYT 500) of Blue Moon Yoga. Drop-ins welcome (please call first to confirm space availability). Contact Lisa at 509-690-1742.

"Watercolor Tea (Because It's Too Early for Wine!)": Sept. 5 and 19, 10 - 2 pm. Come join us in a non-intimidating, enthusiastic class focused on exploring techniques in painting animals and portraits of people. No drawing or painting skills are required for this class. Call 509-690-2600 for info.

Pro Bodyworks is offering specials: See ad on page 14 or call 509-684-1420.

CANCELED: September 5 & 6 Scenic Excursion Train Rides. See ad on page 18 for Oct. dates.

Special Events

Annual Labor Day Celebration & Lions Club Beef BBQ in Northport, Sept. 4-7. Friday: Steve Starkey at the RiverTown Grill. Saturday: Fireman's Breakfast, horseshoe tournament, Rail Car Derby, Big Willy Race @ Northport International Raceway plus more. Sunday: Street Dance on 3rd Street featuring Steve Starkey. Monday: Northport Labor Day Parade, Lions Club annual Beef BBQ at the Northport City Park. Plus so much more. For more info: 509-732-4450.

Kettle Falls Festival of Neighbors, Sept. 12, 10 am to late at Happy Dell Park. Kids games, bingo, craft & food vendors, vintage trailers, and beer garden. Special performance by Native American dancers, Zenith of the Gypsy Moon Belly Dancers, Mystical Phoenix Belly Dancers, Cross Current (Celtic music), Killing Time (country music) and Midnight Run (blues and rock).

WACANID Bike Tour along the International Selkirk Loop, Sept. 15-20. The Century route is fairly flat this year, but it's stunning! It goes up Aladdin Rd. to the Canadian border, drops down into Waneta, offers some challenging hills to Northport, and then will follow the lake back down to the Colville Valley. Visit wacanid.org for info.

Kettle Falls Rotary Ribbon Cutting Ceremony, Sept. 24 at 6 pm, for the opening of the new bathrooms in Happy Dell Park. This project is the result of many helping hands in the community and everyone is invited to attend.

The public is invited to the annual **Friends of the Little Pend Oreille Wildlife Refuge meeting on Sept. 26** (at the refuge fire cache) to hear Melanie Bell of the Ice Age Flood Institute present on the Ice Age Floods and the National Trail that has been authorized by Congress. Coffee, welcome, meeting at 9:30 am, Ice Age Flood Presentation, 11 am, Potluck Lunch, Noon, hike or milkweed planting, 1 pm. Call 509-684-5863 or 509-738-6987 for more information.

Save the date: Marcus Cider Fest, Oct. 3.

Arts & Crafts

The work of Cynthia Bonneau-Green will be featured at Eureka Arts Gold Mountains Gallery in September. The show will include her unique jewelry, hand woven scarves and knitted baby items. Show reception is Sept. 4, 2 to 6 pm. Refreshments will be served. The gallery is located at 628 S. Clark Ave. in Republic, WA. Regular gallery hours are Tue. - Sat., 10 am to 4 pm. Phone: 509-775-8010.

Susan Hedstrand is the featured artist for September and October in the Meyers Falls Market Café in Kettle Falls, WA. Working in printmaking, pastel and watercolor, she creates landscapes of tranquil natural beauty, vibrant florals, and expressive wildlife & horses. She also creates handmade etchings which are highly valued as original pieces of art. Stop in to view her work and appreciate our wonderful local talent!

The Cutter Gallery is featuring the work of artists Penny McCurdy and Judy Jeffrey in an exhibit that will run through Sept. 21, with a reception on Sept. 4 from 4 - 7 pm. Judy works in pastels and oils, focusing on landscapes, wildlife, and occasionally horses. Penny paints with oils on canvas and occasionally a sawblade. The Gallery is located on the upper level

in The Cutter Theatre, 302 Park Street, in Metaline Falls, WA, and is open Mon., Wed. and Fri., 9 am - 4 pm, and during special events at The Cutter, or by arrangement at 509-446-4108.

Call for all artists and crafters in southern Stevens County: All those interested in being part of a Springdale Art and Craft Center/Gallery, a location is now available. We have a wonderful building available to us and we intend to organize a co-op for sales, classes and individual shows. If you are interested, call Sue at 509-258-6956.

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

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

Books, Books, Books

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

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

Music, Dance, Theater

The 13th Annual Music on the Mountain, presented by the Chewelah Arts Guild, will feature the Spokane Symphony Orchestra at the Chewelah Peak Learning Center on Sept. 12 at 2 pm. Learn more at chewelhartsguild.org.

Auditions for the Woodland Theatre Products' annual variety show *Magical Stars* will be held Sept 12 at 1 pm at the Woodland Theatre in Kettle Falls. Show dates: Sept. 25, 7 pm and Sept. 26, 2 pm. Looking for singers, comedians, dancers, musicians and magicians. Piece must be no longer than 5 minutes. Call Kathleen at 509-675-0198 for info.

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

Music at Northern Ales (northernales.com or call 509-738-7382 for info): Sept. 10: Michael Pickett; Sept. 11: Brown's Mountain Boys; Sept. 17: Bill Price; Sept. 18: Open Mic; Sept. 24: Justin Johnson; Sept. 25: Echo Ridge.

Farm, Field & Forest

North 40 in Colville is sponsoring Farmstock, offering free booths for vendors and collaborating with other farmers markets by running Farmstock on Sundays (Sept. 6 & Oct. 4) from 9 am - 4 pm. For info, visit yourlocal40.com/summer-2015-farmstock-market.

WSU Master Gardener Plant Clinic will run every Tuesday through mid-Sept. from 2:30 to 4:30 pm at the WSU Stevens County Extension office, 986 S. Main, Suite D in Colville. Bring your plant problems or questions to the Master Gardener Plant Clinics for diagnosis.

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

Wellness

Dopeless Hope Fiends of Narcotics Anonymous is a group of recovering addicts who meet regularly to help each other stay clean. We are an anonymous fellows concerned with the disease of addiction and recovery from that disease. The drug (or drugs) of choice is unimportant. NA costs the addict nothing. We meet every Monday and Thursday night at 7 pm at the Garden Homes Medical Group, lower level.

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

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

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

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

Rape, Domestic Violence & Crime Victims, help is available. Confidential, 24 hours a day at 509-684-6139 or toll free 1-844-509-SAFE(7233). **Victim Services Re-established in Ferry County**, effective August 13, 2015. The four advocates working at the recently-closed Connections have been hired as Victim Advocates for Rural Resources Victim Services in the Republic and Inchelium offices. The office in Republic is open Mon. - Thur., 8 a.m. - 5 p.m., closed Fridays. The Inchelium office is by appointment on Tues. and Wed. Suzi Fode is the Director for all services in both counties.

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

Life of the Spirit

The Colville N.E.W. Lighthouse of Aglow International meeting for September will be at the Ag Center (at the corner of Astor Ave & Washington Street) on Sept. 10, 6 pm. The speaker is Marge Salhus from Inchelium who started ministering in mime (using gestures and actions rather than words) to Christian music in 2003. Aglow, a Christian organization, is open to both men and women and the meetings are open to the public. Call 509-680-1411 or 509-684-3467 for info.

The HÜMÜH Buddhist Center is hosting a Satsang spiritual study group, Sept. 23, 4 - 5 pm. Come listen to the Wisdom Master's recorded words about "The Grace of Freedom" and explore

their meaning with the Satsang. All are welcome. Donations accepted. Call 509-476-0200 for info.

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

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

Celebrate Recovery. Come join us as we find freedom from our hurts, habits, and hangups. Celebrate Recovery is a biblical and balanced ministry to help deal with issues like abuse, addiction and anger through 8 principles based on the Beatitudes of the New Testament, and 12 biblical steps to recovery. Childcare is available. Meets Fridays at 6 pm at Lifeline Ministries 157 North Oak Street, (Stephanie's Oak Street Grill building) Suite A, Colville, 509-684-5551, Lifelineministries.info.

Youth/Parenting

Looking for breastfeeding support? Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, crtsl11@gmail.com, or find our page on Facebook titled "La Leche League of Colville." Please note that we are temporarily no longer holding monthly meetings.

Give a Preschooler a Head Start: Preschool classrooms are available at no cost for children ages 3 to 5 in Colville, Kettle Falls, Chewelah, Springdale, Valley, Newport and Cusick. Children in their last year before Kindergarten are enrolled first, as well as

Continued on page 18

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To Your Health Along the Mountain Path

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

"Consistency is the highest form of discipline."

~ Judith Lasater

Yoga is a practice that is meant to be a part of life. Ideally, practice happens every day, or at least several times a week. Classes are important. In class we are guided by an experienced teacher so that we can learn to move properly, explore the poses to maximum benefit and be inspired. When we attend class, the practice happens! However, it is at home, by yourself on your mat, that you can come face-to-face with resistance and experience your physical, mental, and emotional edges.

Establishing a home practice can be challenging. Certainly there can be distraction from our family or our household obligations. Most of us can find some time during the day that we can devote to practice if we make it a priority. Consider it a date with yourself!

I have always liked to teach a whole range of yoga asanas, from sun salutations to recuperatives. It is true that we need different things on different days, however, in order to establish a consistent practice, it is helpful to have some "every day" poses. "Another day, another dog pose" readily comes to mind. Here are some suggestions for building a consistent home practice.

I have already mentioned the daily dog pose. It has been my experience that if a student takes down dog, they start finding our poses naturally. Cat, Cow, and Downward Dog are naturally linked. If you are familiar with Sun Salutations, they can be a great warm up, and incorporate several different poses, with down dog as a major link.

Trikonasana is a wonderful pose to do daily, opening the whole body and bringing lightness and joy. Any or all of the basic standing poses can be adopted as part of your regular practice. You can choose a pose that addresses a particular physical need, such as Ukatasana (Chair pose), or Warrior 3 to stabilize the sacral joints. Plank is the most efficient abdominal strengthener, also contributing to a

strong and balanced low back. Prone backbends, such as Locust, or Cobra are good for strengthening the muscles of the back, and also stimulate the organs of digestion and elimination. The Supta Padangustasana series is a safe way to open the hamstrings, while keeping the back neutral and safe. Janusirsana is a forward bend which includes a twist. It incorporates the back stretching and calming properties of forward bending, and the oblique abdominal work and kidney openness of a twist.

All of these poses are taught in an Introduction to Yoga class, and can be good for your regular home practice. And don't forget Savasana! Conscious relaxation gives an opportunity for your nervous system to absorb the information you have gathered. I would go so far as to say that Savasana can be your practice on certain days. I think it is important to not be too ambitious when you begin, but find poses that help you and commit to them. In this way, with continued study, your practice will grow.

Seasoned practitioners are reminded that inversions are important and that headstand and shoulderstand are to be practiced regularly. If they had been omitted from practice, you really should begin again, starting with building to two minutes and gradually lengthening to five or more. Regular practice builds strength, awareness and brings a calmness to life with its' challenges.

By being present and accepting with ourselves, we develop the capacity to be present and accepting with others. Your practice need not be long to be effective. Just plant the seed of Yoga in your life and it will grow like a strong, sheltering tree as you walk along the Mountain Path. Namaste!

Sarah Kilpatrick practices (and teaches) yoga at Mountain Path Yoga Studio at 818 E. Columbia Ave. in Colville. For information about classes, call 509-684-0965.

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A Good Read

The Book of My Lives by Aleksandar Hemon

Reviewed by Loren Cruden

Now may be the time—even if I’ve never before succeeded in tempting you to read one of the books I’ve reviewed—to have faith in my suggestion that *The Book of My Lives*, by Aleksandar Hemon, is worthy of your attention.

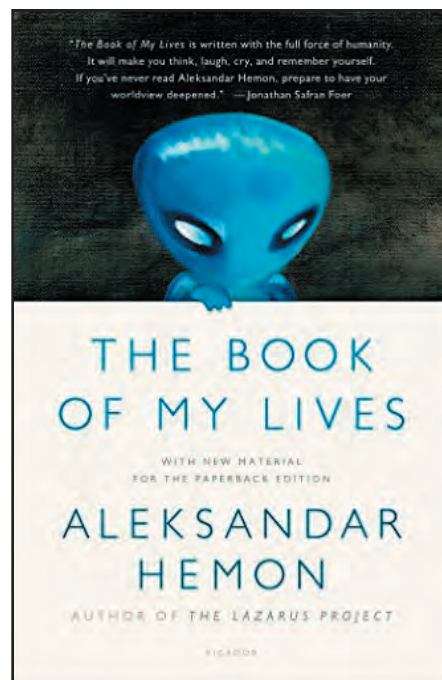
The book is a memoir-essay collection by a former Bosnian journalist who now lives in Chicago and writes novels. His English is fluently American. His insights and stories have passion, humor, and intelligence, keenly welcome to the mind; gratefully received by the heart. There’s a sense of novelist Hemon slumming in writing nonfiction, but this seemingly off-the-cuff approach makes the book all the more intimate.

Hemon is frank and often ironic in his opinions, candid in his revelations and, like a bored house-cat, occasionally mischievous in his intentions. My sympathy goes to his parents—Aleksandar must’ve been a handful to raise, along with his handful of a sister. “Kristina and I spent our entire month-long break skiing and partying, our parents coming up only on weekends to deliver food and clean clothes and assess the damage.”

War in Bosnia changes everything. “I gazed into the bleak fog outside and wondered what would happen to all of us. My mind was so defeated by the unstoppable advance of war that there was no longer a book to read or a story to write that could possibly help it ever recover.”

At this juncture young Hemon is invited by the American Cultural Center to come to the States for a month as a guest journalist. The onset of years of siege in Sarajevo prevents his return. Hemon’s stories are not what you’d expect. In one section, for instance, he portrays the war experience through the fates of dogs—pets of family and friends. In another he talks about his favorite literature professor’s prominent role in genocide, and the “helpless rage I cannot be rid of.” But Hemon doesn’t write like an angry man; he writes like a man whose caring again and again renews his appreciation of life.

The book’s final and saddest section is about what happens to his younger daughter, and there is nothing casual or off-the-cuff about it. “I could not write a story that would help me comprehend what was happening. Isabel’s illness overrode any



kind of imaginative involvement on my part. All I cared about was the hard reality of Isabel’s breaths on my chest... as I sang my three lullabies.” The essence of what matters.

A Winter Marriage by Kerry Hardie

Reviewed by Loren Cruden

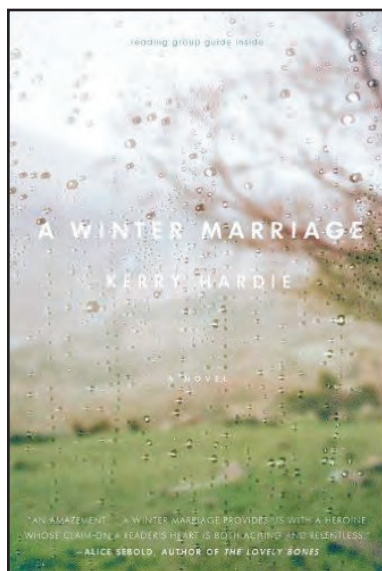
Kerry Hardie’s first novel, *A Winter Marriage*, is set in Ireland. (Hardie grew up in Northern Ireland and now lives in the Republic.) The main character, Hannie, a middle-aged veteran of several marriages of convenience, is hunting a new husband, and settles on Ned. “Oh, he knew she was untrustworthy, unsound, knew she was running, though he didn’t know from what. If pushed, he’d have said she was a selfish woman of loose morals and bad habits. But also courageous, strong-minded, energetic. She didn’t try to cover or apologize. He recognized her as he would have recognized a man. And he might have befriended such a man, but he’d never have let him come too close.”

So why does Ned marry Hannie? “He felt warmer in her company.”

Feeling warmer should not be underrated,

especially when a man is pushing seventy.

Ned brings Hannie to his farmhouse in a sparsely populated part of southeast Ireland, and we see what transpires. The story is not complicated, but the people are. Hardie’s characters are like houses you can’t see all of from a single angle. Full of unexpected nooks, sunken levels, quirky rooflines, false walls. At first this focus on characters makes the book feel like a close-up people story. But when it reaches Ireland it becomes a people-in-place story, the Irish landscape and culture powerfully influential to the plot—and a stark contrast to Hannie’s former life in Africa. County Cork’s dearth of population “conspired with the centuries of human occupation, denying their passing. Everyone who had ever lived in this valley was still here, still moved in its light, still lived in



its emanations of water and land.”

Hardie, a poet, writes prose like a poet, her fine descriptive passages are confident, specific, sharply seen. “The cold weather continued... she liked its ancientness, the threat in the air, skies fierce and then soft, mornings smoky and secret with frost. It was quite new to her. Winter’s blanket, its thorned weave and rank folds, its clean bitter stars, so unlike the great flowering stars of Africa.”

Hannie’s teenage son, Joss, is the ominous wild card in the character deck, the reader transfixed by dread of him even before his arrival in Ireland. Even his mother dreads him, the lurking shadow of her own behavior taken to extremes. Joss is all proclivity, as Hannie is action and decision, and Ned is hope and good intention. As one of the locals says of the painful mismatch, “The people of Abel should not walk with the people of Cain.”

Other recommendations from the H shelves:

Steve Hamilton – *The Lock Artist*

Joshua Horwitz – *War of the Whales* (non-fiction)

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

Lynn Schott, poet, retired teacher

By Loren Cruden

"What is a lyric poem, one might say, but the recreation of the experience of Being." ~Charles Simic

For Lynn Schott, living at the benevolent foot of Mingo Mountain, "experience of Being" is grounded in her rural environment. Sipping iced mint tea with Lynn in a shady corner of her yard, we are surrounded by the concentric harmony of gracious trees and profusely blooming flowers, summer hayfields and hills, tremendous cloud-plays of light and shadow; husband Steve's honeybees hover and settle among the blossoms around us.

Definitely lyric.

I asked Lynn, a former Kettle Falls High School teacher, what social or community function poetry serves.

"Poetry concerns itself with place and relationships – with friends and family and experiences – so it reflects society," she said, feeling her way into the question. "It's a forum where people can express whatever is important in their lives. These days it's a very lively and varied art form. Spokane has a great poetry scene, lots of performance poetry going on there, bringing people together."

When Lynn was growing up, young people

weren't the poets. She pointed out that not until the sixties and seventies did poetry escape its staid bounds, lighting a creative fire among our nation's youth. Lynn's own exposure to poetry started at home with a grandmother who delighted in whimsy, and a mother who read aloud "The Highwayman," kindling Lynn's fledgling imagination.

But she didn't embark on her own creative writing until after graduating from college. Rural living inspired her. While traveling and staying in places like Mexico and Central America, Lynn kept journals, "more a kind of free-verse – impressions rather than formal prose," so it wasn't much of a leap to move into writing actual poetry. Some of it was published, including in the prestigious *New Yorker*, but parenting and teaching didn't leave Lynn much opportunity for composition. "I continued to carve out bits of time early in the morning, late at night – and I loved teaching poetry and reading the original work my students produced."

Q: Why poetry rather than prose?

Lynn: I guess the short form is a little less daunting. I never wanted to write anything long; I just love playing with language – its sound, and the challenge of coming up with the perfect metaphor or simile or image that captures the moment, the experience, the idea I'm trying to communicate. I'm always experimenting. There are so many possibilities – and it's all fun!

When I asked what poets are her favorites, Lynn's answer was not just a list of names. "There's a lot of poetry being produced these days. I don't connect with all of it. I gravitate toward 19th century poetry and the nature poets with their rural sensibility. But I try to be open to all kinds. If the language is interesting – even if I don't share the poem's feelings – if the writing is beautiful, if the words are working, if there's just something that just knocks me off my feet, then I respond to it: if it moves me, opens my eyes to something."

Then she produced her list of favorites: Rilke; Robert Sund; Emily Dickinson; A.E. Stallings; Mary Oliver; Seamus Heaney; Wendell Berry; Sylvia Plath; Gary Snyder; Walt Whitman; William Stafford; and Sam Green, from Waldron Island.

"Most of what I write comes from my own experience. I start from where I live, though do venture out into other points of view from time to time, and feel some trepidation about whether my projection is accurate. I'm looking for truth in poetry, not fact. But I spent a summer in Pakistan with a student group in 1969, and have a few poems from those nine weeks. How would I feel reading those to a Pakistani audience? I'd probably have some misgivings. People are touchy about what's important to them. Mostly I write at-home sorts of poetry; local poetry." She



Lynn Schott

laughs. "We'll call it...slow poetry."

Waving away the yellow jackets investigating our iced tea, conversation shifted to the oft-heard observation about how much of great art, including poetry, comes out of suffering. "There's a problem at the heart of a poem," Lynn said, unsurprisingly sounding like the teacher she was for so many fruitful years. "Something that has to be resolved, some little chaos needing to be calmed. That's why we come to the poem in the first place: its tension. Sometimes the poem is only two or three lines about something observed out the window. But there's always a hook, a little dark center. You get yourself into the poem and then you get yourself out of it, and generally something has happened in that space."

Lynn mused about publishing a poetry collection through one of the small Spokane presses.

Does she have a title for it?

"I might call it *Light Enough*." A private smile; a peaceful pause as we gaze at the flowering world of her yard. "Maybe."

I liked her title, also appreciated the qualifying "Maybe." As with naming a yet-to-be-born child.

Rose Loves Hawthorn

By Lynn Rigney Schott

You can tell by the way she climbs all over him, see how she hangs on every word. He lets her have her way, he loves to be covered in her pale blossoms, that pink the most tender thing he's ever worn. And later her hips, as the temperature falls and Orion rises, so red and ripe who on earth could resist that kind of fire when so little else survives this dropping off of summer flower and leaf. By November he's forgotten almost everything. The woody thicket turns to bone and grief in icy light, the shape of years, the waiting: revealing how she matched him thorn for thorn, how twined together each is less alone.

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Vai Quietly Screams By

Reviewed by Michael Pickett

Thirty-five years ago, people were just starting to hear whispers about this otherworldly guitar god unlike anyone else among the shredhead elite. Decades later, Vai may not seem as exotic as he once was...but that does nothing to diminish his ongoing artistry, both as a recording artist and a performing artist.

Having first come into view with Frank Zappa's insanely great live band, Vai made his way into quasi-mainstream success with the likes of David Lee Roth and Whitesnake, but never felt exactly mainstream.



With the release of Legacy Records' seemingly pedestrian *Stillness In Motion Live in LA*, Vai blazes over familiar territory, but with a soulfulness and golden tone more reminiscent of his former guitar teacher, Joe Satriani. Still Vai's jazz-tinged, melodic oddities smash into computer speakers like a well-traveled space voyage...just earthly enough to be approachable, but also scary enough to merit caution.

Vai's growling-but-tasty turns on *Racing the World* are a superb album opener, as he then makes his way through the two-disc set with the vintage-but-visceral *Velorum*, which nods enough to mentor Frank Zappa. Recognizable staples like the jangly *Salamanders in the Sun* and gargantuan funk in *The Animal* take on new life with Vai's gorgeous tone and delivery.

Steve Vai really has nothing more to prove to the guitar world. It's almost like walking down the street and passing extra-terrestrials without a second glance because they invaded your world decades earlier. Still, it doesn't make them any less superior and worth following as they bring music in from other realms, and Steve Vai has definitely made good on an unspoken promise never to stop channeling other dimensions in his sonic artistry.



Joe Satriani Rides the Shockwave

Reviewed by Michael Pickett

Some things you don't want to go away. Clean air, clean water, Harrison Ford as Indiana Jones, southern barbeque sauce...and (certain) guitar heroes.

Let's be specific. Some guitar heroes we could just as easily do without. The glut of 80s shredders who pelted our stereos with every scale they knew, are now mostly nowhere to be found, save for some of the truly great, like Greg Howe, Steve Vai...or the mighty Joe Satriani.

Joe could shred with the best of them, to be sure, but his real calling card was soul...pure and simple. With his fifteenth studio album in just over 30 years, Satch channels what he calls an "alter ego" in the form of the tongue-in-cheek character (and CD title) *Shockwave Supernova*. Leading off with a blazing, middle-eastern tinged title track, the master (who was actually Steve Vai's guitar teacher for a time) settles into the gorgeous, hyperblues of *Lost in a Memory* (actually taking the blues somewhere, instead of just regurgitating it endlessly) before proceeding to out-thunderstruck AC/DC on *Crazy Joey* and diving into the typically gorgeous Satch-style balladry of *Butterfly and Zebra*.

Aside from having impossibly golden touch



and tone throughout, Satriani never seems to clutter his work with being the guitar hero he is. What he does is compose and perform, and it all happens to be created using guitar lines most of us could never execute in the same way. All these years later, and Satch continues to be the king of guitar heroes...and he shows no signs of going away (thank God).

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

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What's Happening

continued from page 13

children with disabilities and children from low-income families. There is no cost, and transportation assistance is available for many classes. Call 509-684-8421 or 1-877-219-5542. Head Start and ECEAP are programs of Rural Resources.

Today's Girl Scouts is more than just cookies and camp! The Girl Scout program also includes adventurous, fun activities like rock climbing, canoeing, backpacking and exploring careers in math, science and technology that appeal to today's girls. Girl Scouts offers activities for girls ranging from ages 4-17 and adults from ages 18-100. For information, call Debbie at 1-800-827-9478 ext. 246.

Miscellany

YARDSALE ALERT! It's that time of year again. The Annual Narcisse Grange Community Yard Sale is coming **Sept 5, 8 - 1**. It's a real swap meet. This year we have some wonderful estate sale items included. Get your vendor space for just \$10. Too busy to sell your stuff? You can donate it to the historic Grange/School Building Renovation Fund. Follow the signs: 9 miles east of Colville on Hwy. 20; right on Kitt-Narcisse Rd, 1 1/2 mi; left on Narcisse Creek Rd. Contact Nancy King at 509-684-5127 or Ernie Kegel at 509-684-5659.

The Stevens County Veteran's Information and Referral Line is available Mondays, Wednesdays, and Fridays (except holidays) from 9:00 am to 3:00 pm. Call 509-685-AVET (2838) for availability of Veterans Service Officers and for other information pertaining to veterans and veterans' programs.

Colville Chamber of Commerce meeting every Tuesday at noon at the Eagles Lodge 608 N Wynne Street. No host lunch with a speaker or program for

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What's Happening continued

each meeting. Need not be a Chamber member to attend, everyone is welcome. Check the website for schedule of events www.colville.com.

The Kettle Falls Chamber of Commerce meets on the third Thursday of each month. For more information, call 509-738-2300 or visit <http://www.kettlefalls.com/index.php/city-government>.

Habitat for Humanity Board of Directors Meetings – at the Habitat Store, 480 N. Main St. Colville, WA. Meetings are open to the public. Join us for coffee, goodies and learn more about Habitat for Humanity-

Colville Valley Partners including projects we are working on. Visit us at: www.habitatcolville.org or on Facebook: www.facebook.com/habitat.cvp. For more information call: Lisa Meddock 509-684-2385.

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

Continued on page 20

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What's Happening continued from page 19

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

Child Advocates Needed - A Unique Volunteer Opportunity. Join Stevens County Court Appointed Special Advocates (CASA) investigating child abuse and speaking up for a child's best interest in court. All training is provided. This is your opportunity to impact the future of abused and neglected children in your community. Call 509-685-0673.

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

Foster Parent Care Givers Needed: Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Fostering Together and DCFS invite you to attend the Care Giver orientation for Stevens and Ferry counties held on the third Monday of every month from 9 am to 12 pm. The meetings

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

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

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

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What's Happening

The Panorama Gem and Mineral Club meets the third Tuesday of each month at the Arden Community Center at 7 pm. Our website is www.PanoramaGem.com. Everyone is welcome. We have a little rock show, refreshments and an informative program at every meeting.

The Kettle Falls Radio Group (KFRG) meets every Friday at 10 am at The Evergreen Cafe in Meyers Falls Market. Info at kettlefallsradio.org. The Radio Group is currently working on constructing an internet radio website.

Local food banks need your help! There are a number of ways to contribute, from donations of nonperishable food items and cash, to organizing food drives in your church, organization or at work, volunteering your time at the food bank, or including the food bank in your will. Every donation to your local food bank makes a difference for area residents.

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

The Jane Cody Democratic Women's Club (it's not just for women any more) meets at 4:

30 pm on the second Wednesday of the month at the Freckled Gourmet, 18 N Clark Ave. in Republic. Visitors are welcome.

NOTE: It is the responsibility of the parties placing the *What's Happening* notice to keep the listing current. Notify us at ncmonthly@gmail.com or 509-684-3109 of any changes. Deadline: third Tuesday of the month prior to the issue in which the announcement to run. This listing is provided as a courtesy to our readers and to event organizers on a space-available basis.

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Family Adventures Out!

Walking in the woods can truly fill a person with wonder. You might wonder why some trees stay green all year, while others lose their leaves in the fall. You may see a quick flash of a brown tail and wonder if there are more than just squirrels and chipmunks in the woods. You might even look very closely at the world around you and question why there are whole hillsides of plants that are the same, but there are other hillsides with a lot of different plants.

The woods are full of flora (plants) and fauna (animals) all interacting with each other and the abiotic (non-living) factors around them, such as rocks and water. People who like to learn about the natural world are called naturalists. Naturalists know that when you learn, even a little bit, about the woods you will have even more questions as you quickly realize just how much is going on around you!

One great place to practice your skills at being a naturalist is a wildlife refuge. A

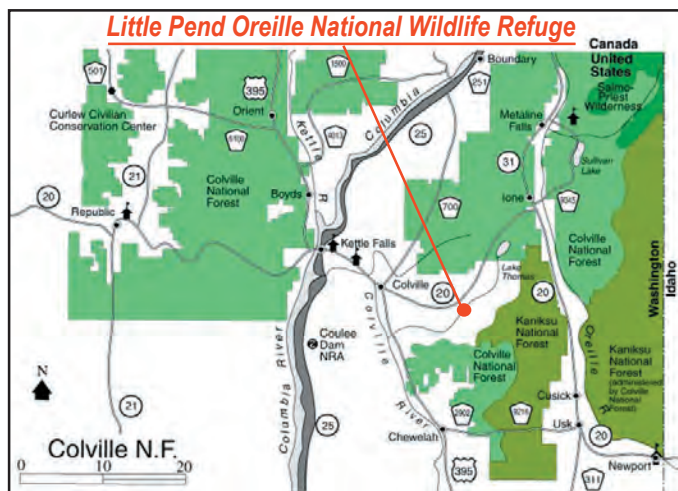
wildlife refuge is a place the national government oversees to conserve, manage and sometimes even restore local wildlife and habitats. There are over 550 wildlife refuges throughout the United States. People living in our area are very lucky to have the Little Pend Oreille Wildlife Refuge right here!

The Little Pend Oreille (LPO) National Wildlife Refuge is over 40,000 acres and home to many different types of flora and fauna. The refuge has a lot of conifer (cone-bearing) trees, such as ponderosa pines and Douglas firs. There are several kinds of deciduous (leafy) trees too, such as maple and aspen. These trees provide

shelter and food for large herbivores (plant-eating) animals that roam the refuge, such as deer, elk, moose and smaller herbivores such as beavers.

There are also carnivorous animals, such as cougars and wolves on the refuge. They eat meat as their main diet. Another group of animals are called omnivores and they eat both plants and other animals. The black bears on the refuge are omnivores. All of the animals mentioned so far are mammals. Three things all mammals do is give birth to live babies, provide milk for their young, and have hair or fur on their bodies. Mammals are not the only animals to be found on the refuge. The LPO National Wildlife Refuge provides habitat for 206 species of birds, eight species of reptile and six species of amphibian!

With so very much to see, many naturalist like to keep a life list of flora and/or fauna they have been able to see and absolutely identify. They either write down what they see in a journal or check them off of a list. To make sure they are correct



in identifying the animal they have seen, they will use guidebooks. There are lots of great guidebooks you can borrow from the library to help you identify whatever interests you the most!

There are some great hikes for families to be had at the Little Pend Oreille National Wildlife Refuge. One example is the McDowell Marsh Environmental Education Trail. This trail is perfect for families with children of all ages looking get out and see a lot of wildlife and to learn a little as they go. The stroller-friendly 1.2 mile trail goes through a variety of habitats, including plenty of shady forested areas that draws any young hiker's interest with several hands-on informative stations along the way. The hike also features a long, elevated boardwalk that goes over marsh areas with dragonflies galore and, of course, an incredible lakeside view. You can even sit in a bird blind and get a real feel for what the animals do when no one is "watching."

Hikers can pick up a self-guided narrative brochure right at the trailhead. However, it might be smarter to hit the LPO Refuge headquarters first and get not only the brochure, but a bunch of nature-based coloring books and pamphlets geared towards children. The staff are also very friendly and love to answer questions!

To learn more about the LPO National Wildlife Refuge or to get driving directions and a map of the refuge go to fws.gov/refuge/little_pend_oreille. For more family outdoor adventures, visit UpperColumbiaChildrensForest.com.

Great interactive stations and informative brochures, a perfect walking surface, a variety of wildlife sighted and just the right amount of shade along the way give this adventure a five boot rating! The only drawback? There is no swimming in the lake. Be prepared to say "no" and explain how some places on this planet are just for wildlife to enjoy.

LPO BEGINNER'S LIST

Abiotic Factor

__ Lake

Flora

__ Ponderosa Pine (*Pinus ponderosa*) - Conifer

__ Quaking Aspen (*Populus tremuloides*) - Deciduous Tree

Fauna

__ White-tailed Deer (*Odocoileus virginianus*) - Herbivore

__ Moose (*Alces americanus*) - Herbivore

__ Cougar* (*Puma concolor*) - Carnivore

__ Black bear (*Ursus americanus*) - Omnivore

__ Western toad (*Bufo boreas*) - Amphibian

__ Western Red Painted Turtle (*Chrysemys picta belli*) - Reptile

__ Pileated Woodpecker (*Dryocopus pileatus*) - Bird

*Rarely sighted

SCIENCE TIPS!

SCIENCE TIP 1: A naturalist might wonder what the main difference between a reptile and an amphibian is. Amphibians (like frogs and salamanders) need to spend a portion of their life in water and need to have moist skin to stay alive. A reptile does not.

SCIENCE TIP 2: Both amphibians and reptiles are ectothermic (cold-blooded). They rely on the world around them for heating and cooling. Mammals are endothermic (warm-blooded). You are a mammal and can generate your own body heat!

SCIENCE TIP 1: All flora and fauna are given scientific names. These names usually have Latin or Greek roots and are italicized. Check out the scientific names of the flora and fauna on the LPO Beginner's List!

Page sponsor:



Family Ties

by Becky Dubell

As all of us think back on our lives, there are moments that jump out at us – growing up, weddings, births, family, life experiences and passing of loved ones. We need to remember to be thankful for **all** the memories, be they good or not so good.

I have collected some “I am thankful for...” from myself, friends and loved ones. So here are a few, and I thank you in advance for indulging me:

Jim – from the time we were about eight years old, over half a century!

Darcy and Jamie – and consequently Raymon, Dan, Brenden and soon to be J.J.

Dreams for the upcoming – we all need our dreams.

“Kids” (Jere).

Love from family and friends shown in many different ways – hugs, talks and helping hands.

That motorcycle trip to Alaska – with snow alongside the road in WA, not AK!

The various trips to the emergency room with the kids.

“Family” (Zach).

Learning to love new family members – the in-laws.

The youngest kid smacking two horses with our little car – she had an angel on her shoulder that night.

The oldest kid hitting the cliff with the same little car on the first snowy roads of the season and the youngest yelling, “Again!”

“Do-It Center is open till 5:00 on Sundays!” (Rick).

All the different places to eat – especially the ones with the super desserts.

Learning how to operate the cell phone and computer (not quite there yet).

“Clear Roads” (Jerry).

Trips to Grandma and Grandpa’s house for the summer.

“God” (Colton).

50 degrees below zero and having a baby – Delta Junction.

100 degrees above zero and having a baby – Phoenix.

“Dreams – living them instead of letting them get away” (Sue).

Getting a dollar just for smelling good – my last fantastic memory.

Jim’s ring fitting my thumb.

“Feeling like the richest women in the world by appreciating each day” (Lynn).

That ‘dip’ in the road (on my way home) Jim always swerved to miss while riding the bike.

Getting stopped by the first light on Division – did it to me again last week!

Watching Jim be the dad that he was to our girls and their families.

There is no end to the memories that we can be thankful for. It seems to me that each memory that pops into my mind will set off another one right away. Our daughters have asked me to write down those memories and my list grows each day. I will get this done because I do not know what is around the next corner for me. I **will not** let this become one of those, “Oh, I’ll get around to it.” Just get it done!

Jim and I had a lot of plans for the future, but we lived in the present, doing what we wanted to do at that time in our lives. Things change and we have to learn how to “deal with it.” As Jim said, quite a few times during these last four months, “New Plan!”

Thank you, Jim Dubell, for being my rock and for being the quiet, gentle man that we all know and love. We will all strive to find our “new normal” in this new plan that has been presented to us.

My Soapbox: Guys, get your PSA blood test done. I would love to have at least one person come up to me and say, “Becky, thank you so much for getting on your soap box, it saved my husband/dad/son/boyfriend/brother from a lot of grief.” Gals, do not let them wimp out. It is just a blood test!

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