

THE GOOD Life®

CELEBRATING GOOD LIFE IN THE HEART OF THE VALLEY

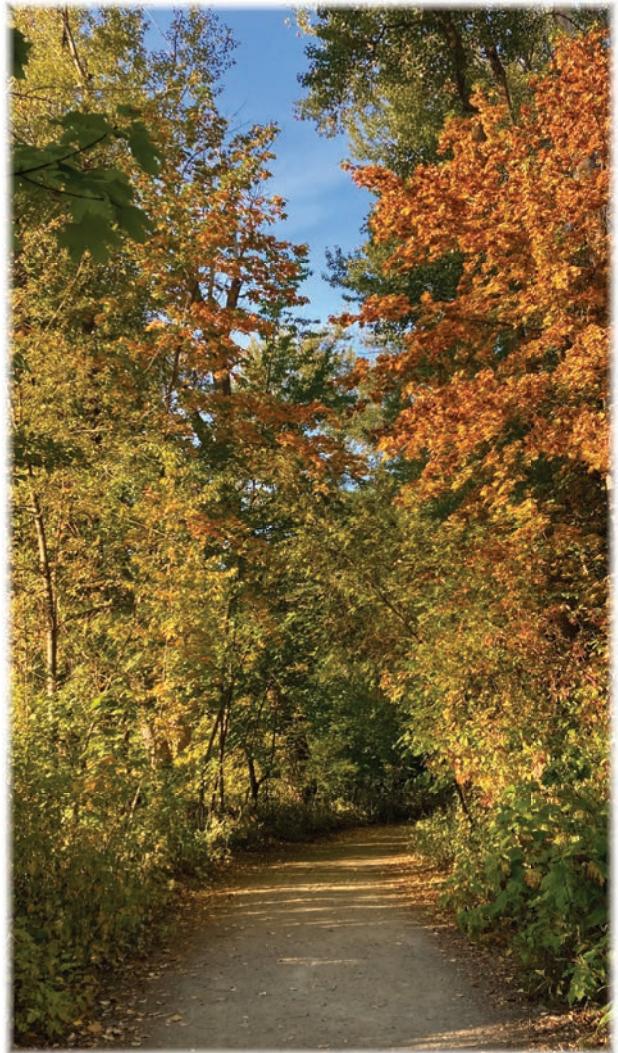


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Leavenworth

The beauty of the season

Photos courtesy of
Barbara Washburn



>> DESK OF THE EDITOR

Thanksgiving: Counting blessings

What are you thankful for? It's the question that comes around every November, right about the same time grocery store turkeys go on sale and pumpkin pie seems to appear out of thin air. "What are you thankful for?" someone asks, and most of us instinctively smile and reply, "My family and friends."

It's a reliable answer—heartfelt, classic and safe. But let's be honest: it's also kind of the Thanksgiving version of saying "I'm fine" when someone asks how you're doing.

Some years, life's been a little harder to smile through. Maybe you've spent Thanksgiving stuck in traffic, or your stuffing turned out more like spackle. Maybe you're spending the holiday solo this time around. That's OK. Gratitude doesn't require a full dinner table.

Here's the truth: it's perfectly normal to get irritated with family. It's fine if you don't have a huge circle of friends or if your idea of "socializing" involves talking to your dog. And yes, it's understandable if you're tired of hearing bad news on TV. We can't control all that—but we can choose to focus on the good stuff.

Start small. If you're reading this column, you can be thankful that you have sight—and a de-



BROCK HIRES

cent attention span. You can be grateful for the luxury of having this magazine in your hands. You can even be thankful that you woke up this morning—because, let's face it, not everyone did.

You might not love your job, but at least it helps pay the bills. You might groan at your overflowing to-do list, but hey, that means you have a home and things worth maintaining. Your car might make a funny sound, but it still gets you from point A to point B.

The truth is, life is made up of a thousand little blessings we barely notice until we pause long enough to see them.

The smell of coffee in the morning. A dog that's happy to see you no matter what. A favorite sweatshirt that's somehow softer every year. That first bite of pie when you realize—yes—you do have room for dessert after all.

So this Thanksgiving, whether your table is full or your dinner comes from the microwave, take a moment to laugh, breathe and count the little things.

Gratitude isn't about having everything you want—it's about noticing what's already right in front of you.

And if all else fails, just be thankful the relatives will eventually go home and the leftovers won't judge you.

Happy Thanksgiving!

—Brock Hires is editor of *The Good Life* magazine. He can be reached at tgl@omakchronicle.com.



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>> ON THE COVER

Quilts of Valor presentation ceremony on Monday, Oct. 4, at the Manson American Legion Hall, left to right, Marie Cannon, Daniel Smith, Jim Taylor, Brian Thompson, honored new recipient Robin Bloch, Brian Thompson who displays the quilt of Dana Starkweather now deceased, and Craig Pittson. Photo by Norm Manly.

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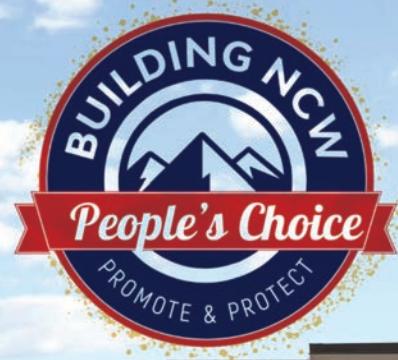
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This New Home is a WIN ↔ WIN SITUATION

Story by Susan Lagsdin
Photos by Mike Irwin
Good Life Contributors

Leaving Seattle wasn't a simple thing. But even with Husky and Kraken season tickets in hand (a years-long sporting tradition), even with a nicely-situated house on Lake Union, even with a big base of friends and family and 100 westside restaurants to try, Patrick and Kathie Hennessey are very glad to finally be at home in East Wenatchee. Dryland scents and new terrain also delight their two dogs.

The Hennesseys' newly built house is definitely a winner. It's not just done and delightful, but it won the People's Choice Award for KTS Development in the 2025 Building NCW Home Tour, Wenatchee's annual builders' showcase. They share mutual admiration with the company's owner, Kyle Steinburg, who said, "They've got to be some of the best clients I've ever worked with" to their "He was wonderful

and kept us in the loop all the time." Their five-year relationship was built on trust.

In 2020, in preparation for the move to a quieter life with more sunshine, the couple tentatively toured KTS Development's Edgeview, a growing neighborhood of custom homes on the southwest rim of Fancher Heights. They liked what they saw. That year, they bought themselves a lot — yes, cliff-edged but with super views — and started drawing up their dream house.

Patrick and Kathie dove into the project with two main no-budge points: they wanted a swimming pool, and the home would need to serve them for future decades, with an extra-low maintenance yard and self-contained living on the top level. And then they stepped away for weeks at a time, trusting their builder.

Kyle made a few tweaks they liked — adding a pool house and nixing the in-ground Jacuzzi in

particular — and then his go-to firm of Lopez Design and Drafting drew up the final plans. It was designed to be a "show place," quite literally; the Hennesseys knew from the outset that Kyle intended to feature their home in the Tour.

Their completed house was looking sharp by this past summer with its shed roofs, varied exterior textures and, a KTS specialty, its dryside landscaping. In keeping with its style, it needed new accoutrements inside, fit for the Hennesseys' brand-new life.

They worked on color, furnishings, fabrics and art with Jessica of Clean Slate Interiors. From their first phone meeting, "And lots of calls and texts thereafter," Kathie said, "I could tell that our styles were very similar and that we had a similar vision. And, while it was certainly staged for the Tour, it was pretty much the same as it is now."

Here's where the big bonus comes in. All systems were go,

The top floor is designed for compact self-sufficiency. But the downstairs bedrooms, media room, patio, putting green and of course this welcoming pool will be great for entertaining.



Kyle Steinburg of KTS Development and his valued crew are building the 52 homes at Edgecliff from below the ground up. Earthmoving, pools, rock gardens and landscaping are part of their total construction package.

the house was ready to show, and on the Home Tour weekend of Sept. 19-21, with eight great homes featured, about 600 people strolled through this house. They ooh-ed and aah-ed and marveled at its landscaping, quality details, and the look west to Wenatchee Heights and Jumpoff Ridge.

Collectively they voted it best of show.

The following Monday, Sept. 22, the Hennesseys had their first official sleepover in the new house. And that's when Kathie first appreciated what's become (so far) her favorite feature. "It was just amazing," she declared, "Waking up to those views."

What first strikes the eye of a visitor, after the decidedly dramatic contoured rockwork at the entrance, is the tangible attention to human scale inside. Though the lower level is luxe and spacious, tailormade for entertaining and liveaboard guests, it's the compact (1,600 square feet) main floor, the everyday living quarters, that shows design ingenuity.

Inside, an airy staircase to the left leads downstairs, and the shallow entranceway opens to a living room that's large enough for an array of soft furniture but small enough to encourage conversation. Walls of windows make it light and bright but not hollow; it feels intimate and welcoming.

To the left, on the south end, an open dining area abuts the kitchen with its sensibly sized 4-by-8 foot island. Sophisticated styling and high-end fixtures throughout don't overwhelm the impression

that this is not just a house but a home. The Hennesseys opted for a couple's retreat upstairs on the north end, so just one large bedroom suite is next to one smaller office, and all the necessities are nearby: half-bath, laundry, storage, three car-garage.

The home's lower level is all about people and pleasure. The staircase opens onto a spacious media and game space with a kitchenette; to the right are the guest quarters, where two bedrooms share a full bath. And, though the lot is not deep and tends toward steep, outside the big sliding doors is a covered patio (heat and sound available) with its outdoor kitchen and dining.

Beyond that is the must-have swimming pool and sunning area, ringed with synthetic turf. Its accompanying 500 square-foot pool house, offering a bonus living room, mirrors the home's contemporary lines.

The Hennesseys have left Seattle behind and are ready to become part of their new town. Patrick retired a few years ago from a decades-long career in the luxury automobile field, and Kathie's a CPA, currently working from home for Moss Adams in



Even with this fall's smoke obscuring the view, the Hennesseys enjoy their deck. With its rooftop, sound system and heaters, it can be used year round and is echoed by an equally comfortable patio down at the home's lower level.



Patrick and Kathie Hennessey pose with Cooper and Peyton in a kind of a winner's circle in their new front yard. Just before they moved in, their home won the 2025 Wenatchee Tour of Homes "People's Choice" award.

Wenatchee, so their time is flexible, their future wide open.

Kathie said, "At this point, we're just excited to finish settling in and to really live here. We are excited for this next chapter in our lives; we've met a few of our neighbors and are looking forward to developing our new sense of community."

Their focus now is on being here. Family and friends will travel over the mountains and already have beds reserved for the upcoming holidays; Patrick and Kathie will find new favorite eating spots and walk their dogs

on the Loop Trail. They're even switching their ice hockey enthusiasm over to the Wenatchee Wild.

And that's a real down-home commitment.

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VETERANS

Honored with Quilts of Valor

Story by Vickie Olson Carr
Good Life Contributor

The ghoulish month of October has faded into November. While it's fun for adults to wear costumes and get a little silly, the precious memories of mini-witches and pint-sized hobos hollering "Trick or Treat!" may linger on for years...

November is more serious as plans for Thanksgiving and Veterans Day begin. Traditional Thanksgiving dinners bring family members from near and far to the table. "Friendsgiving" feasts bring friends and neighbors into a circle of gratitude for fun and companionship.

Veterans Day, a national holiday, is a time to honor our active military members and veterans, both living and deceased. Flags are raised. Programs and parades are planned, and flowers placed on headstones at local cemeteries.

Veterans will march down main street in downtown Chelan. The Manson American Legion will sponsor a program with speeches and prayers to honor fallen comrades in downtown Manson. The Chelan Veterans of Foreign War members will place flags on veterans' gravesites in memory of their service.

Many have personal thoughts this time of year about those who went before us. Seamstress Betsy Ross sewed a flag to represent the thirteen colonies in 1775, with thirteen red and white stripes and thirteen stars on royal blue in one corner. It was a unifying symbol to new

and anxious patriots. Ross would be surprised at what her flag has become and how it is a focus at major athletic and cultural events.

Clara Barton, though not trained as a nurse, bravely put herself on harm's way to nurse and care for both Union and Confederate wounded soldiers during the Civil War. Barton continued her humanitarian work when she established the American Red Cross in 1785. Barton may also be surprised at how much the Red Cross accomplishes in all corners of the USA during emergencies.

Here in the Lake Chelan Valley there is a small group of women who love to quilt, and they are true patriots just like Ross and Barton. They have formed Chapter #90629 of the national

Quilts of Valor Foundation.

Since 2003, the Quilts of Valor Foundation has grown and spread across the U.S.A. By 2014, 100,000 quilts had been presented to service members and veterans. Thousands of quilters believe that being bundled in red, white and blue quilts may give sense of healing. By 2019, presented quilts numbered 212,000. The number currently is 424,000 quilts since 2003.

The Lake Chelan Valley quilters have presented sixteen Quilts of Valor so far. There are six new quilts ready to present soon and three others nearing completion. Members raise funds for fabric and batting with yard sales and donations from their own stashes. Sew Days, held in the fire hall at



Submitted photo
A 'Quilt of Valor' made from blocks pieced together at the 2025 Quilt of Valor Sew Day.

Fire District No. 7 in Chelan, are a time to cut and sew quilts blocks. At other gatherings the blocks are sewn together into the final beautiful quilt tops.

It is reported that those who receive a Quilt of Valor (QOV) often feel humbled, sometimes mumbling they had only done what they had signed up to do. But Chelan's Frances Draggoo, AKA Rosie the Riveter, age 100, was

delighted when she was wrapped up in her own QOV.

Sadly, she passed away one week later.

Chelanite Daniel Smith served in the Engineer Corp during Viet Nam, and received his QOV during a ceremony at the Lake Chelan Winery. Originally from Maine, Smith understands the healing warmth of a cozy quilt.

Father and son Jim and John

Uhrich, both veterans, were recipients of QOVs at a joint ceremony in April this year. The local quilters were sad to learn of John's death because of a car accident in May.

The Lake Chelan Valley QOVers are a small group from various walks of life, and include one adventurous male! Their quilt designs vary vastly and red, white and blue colors predominate. These citizens choose not to lounge around watching soap operas while munching on bon bons. No, they are patriots through and through. Their work is healing and hopefully will ease or erase the unpleasant, sometimes startling, memories that shadow many veterans.

There are three other Quilts of Valor groups in the area, at Leavenworth, Tonasket and Okanogan.



Submitted photo

Daniel Smith being presented his quilt by Tracy Shaw of the Lake Chelan Quilts of Valor at Lake Chelan Winery.



Submitted photo

Father and son, Jim and John Ulrich, were presented their quilts April 19, 2025 by Tracy Shaw and Sue Freden of the Lake Chelan QOV.



Submitted photo

Vietnam veteran Ray Dobbs with his wife was presented his beautiful quilt June 3, 2025.

Frances Draggoo

1923-2024

Frances was a 1942 graduate of Chelan High School. In 1943 she started working at Boeing on B-17s as a Rosie the Riveter.

Frances studied at Seattle Pacific College in 1944, and joined the U.S. Navy WAVES serving at Jacksonville Naval Air Station.

Frances was presented her Quilt of Valor at the age of 100.

The day before Frances died in 2024 she and all other Rosies were honored with a Congressional Gold Medal.



Submitted photos

THE CHUMLILIES

An Instrumental Friendship



The Chumlilies have different musical training and talents, but they agree that each of them makes all of them better. Percussion, personality, vibrance, unique melodics and three-part harmonies couldn't happen 'til they banded together. Photo by Claire Seaman.

Story by Susan Lagsdin

Photos by Mike Irwin
Good Life Contributors

"Four talented 30-somethings walk into a bar..." You know that old saw, don't you? The one about the string musicians and singer/songwriters, all strangers to each other, who meet serendipitously in downtown Leavenworth and within months form a band in demand?

Adina Scott, Molly Elder, Christina Winter and Emily Keenan (players of violin, banjo, guitar and bass respectively) indeed did visit the Bushel & Bee, a local taproom with a stage, one auspicious evening in 2016. They were all there for different reasons.

Their How We Found Each Other story gets pretty complicated after that, but they say at no point did it involve a plaintive on-line plea like "I'm a tuba player looking for an orchestra" or "Need a percussionist asap." They did it small-town style: see a face, hear a tune, meet a friend, get the number, ask around, take a

chance.

Their first musical meetups soon solidified into a string quartet, the Chumlilies, so named because the birth of the band was on Chumstick Creek, where Christina and Molly, the initial duo, each lived in yurts. (And presumably the group liked the image of "lilies" better than "sticks.")

The Chumlilies are not the formal-garbed, decorous string quartet you might envision playing Vivaldi in a hushed concert venue, but the playful, passionate, try-anything kind, playing music that's been called Americana, Country-Roll and Folkgrass.

The Chumlilies are a hands-on, low-tech operation. But they do have a snazzy website and two albums, with one in the pipeline. The band's repertoire is eclectic and includes 90s R&B, classic country tunes, Merle Haggard, Led Zeppelin, Prince. They sing in three-part harmony and their original songs and ballads can be heartbreakingly joygiving, haunting and jaunty.

The six-year-old band has enjoyed lo-



These four talented singer-songwriter-string musicians, the Chumlilies, combined musical lives up Leavenworth's Chumstick Creek in 2019. They make a joyful noise together with 90s cover songs as well as their original "Country-Roll" and "Folkgrass" tunes.

cal popularity at spots like the Wenatchee Valley Museum, Icicle Creek, Union Hill Cider in East Wenatchee, the Leavenworth Ski Hill, a few pubs and in state park amphitheaters.

Adina thinks this area has surprising variety of venues for musicians though she noted, "Making music isn't our primary job, so there's no work pressure. We can do it just for fun." Emily, the only Chum with kids at home, said she's delighted that their gigs rarely run past bedtime, unlike Seattle where bands might not open until 10 p.m.

Queried about what they'd do with instant success, the women realized it might be great fun to open for, say, Beyoncé. But none of them wants to trade home, husband and healthy living in the Upper Valley, or the easy patterns they've established making music together, for fame and glory.

They are not the contentious band of reality TV (though they'd love to have a little help making a music video.) They value each other's opinions, they speak frankly and listen well, and they forgive each other's trespasses. They complement, and compliment, each other. Christina explained, "We're not 23-year-olds; there's not much ego involved here. Maturity makes a big difference."

Each of them believes the Chumlilies has enriched their life.

"I was in kind of an eddy, going neither forward or back," said Molly, "And this group helped lift me out of it." Christina said, "These ladies not only made my songs come to life, they added a depth to playing music that transformed it for me."

"Sometimes we get off on a tangent," said Emily, "like trying to take nice videos or working on the sound gear. And when we get back to playing actual music it feels like 'Oh yeah! This is what we love.'"

Here's a quick, fly-low look into some distinctions of these four talented women:



Adina Scott

has a PhD. in Electrical Engineering and works from home (after extensive travel) as a technical projects manager, and she dabbles in sculpture and watercolor. She says, "I was in my 30s before I became comfortable shedding my classical music training and trusting my own impulses." When she joined the group, her violin became a fiddle.

Molly Elder

grew up in Brunswick, on the coast of Maine, minored in Mandarin Chinese, is a devotee of Capoeira Angola Brazilian dance and is currently studying nursing at Wenatchee Valley College. She loves "finding the lyric that completes the song, orchestrating the shape of songs, smiling at my bandmates when we're performing."

Christina Winter

a creative gardener and she hosts most rehearsals. She was a National Park ranger for years, currently does two 24-hour shifts a week as an EMT in Snohomish County and says, "I was a working gypsy climbing bum before I came here." And, "I love the nestling into the rhythm of the life I built without some great thing to achieve next."

Emily Keenan

has a literature/writing degree. In her 20s she wrote songs prolifically, lost her stride, and is now glad to be back with music. She also plays solo gigs and toys with sound software. She says, "It's amazing when we have energy from a crowd supporting us, but just having friends to play for and share your songs is almost enough."



Bringing History Forward

SUE BLANCHARD



OF CONTENTION!

NO BONES ABOUT IT!

Story by Sue Blanchard

Good Life Contributor

As Thanksgivings of years past conjure up images of succulently roasted, Butterball turkeys plattered and carved, they have also left us at meal's end with disarticulated turkey carcasses predestined for soup pots and, *once simmered to the bone*, summarily discarded into Waste Management's after-holiday pick-up bins! But should we toss those bones? After all 'Waste not, want not' ~ of even a wish-bone~ is an admonishment both well observed and older than the first Thanksgiving!

It was a basic fact of everyday life that pioneer families and others of meager means could not afford to waste *anything* ~ for *everything* had a secondary practical purpose and use. One just needed to be resourceful and apply a bit of ingenuity to repurpose a used-up item into something new and useful. But did trail-blazing frontiersmen and homesteading pioneers actually collect animal carcasses and repurpose soup pot bones in their day? Maybe they did... and maybe *they did!*

Against the 1800's backdrop of long stretches of trails that crossed the prairies and wind-swept sands of Nebraska's Great American Desert, the sun

bleached bones of livestock, hunted prey and bison strewn over the prairies and beside the trails were stark visual reminders of the journey's toll. Yet the pioneers pressed on, because they were Bible-believin' souls who realized, like Ezekiel's vision in the Valley of Bones, that 'beyond them dry bones' was both a promise and a promised land of renewed life and hope. So how did our forefathers and foremothers use the actual 'dry bones' of their own pioneer journeys? Grab your knapsack and come along to discover the many bounties *they found in bones!*

We learned in our own early years that indigenous communities and colonial settlers in North America made use of basic animal bones for everyday purposes. Bone was scraped and

shaped into arrowheads, spear points and fish hooks, showcasing its durability and effectiveness as a material for hunting and fishing. Bones were also used to craft a variety of other useful tools, such as axe heads, knives, and hide scrapers.

Broad bison shoulder blades could be used as hoes for cultivating small garden crops, proving useful for digging and tending to the soil. And ground-up bones (bone meal) provided a plant fertilizer due to bone's high phosphorous and calcium content. Applying a little ingenuity, just as our own rib cages protect our vital organs, animal bladders latched with bones to create a similar framework could be used as water containers, and to hold other liquids.

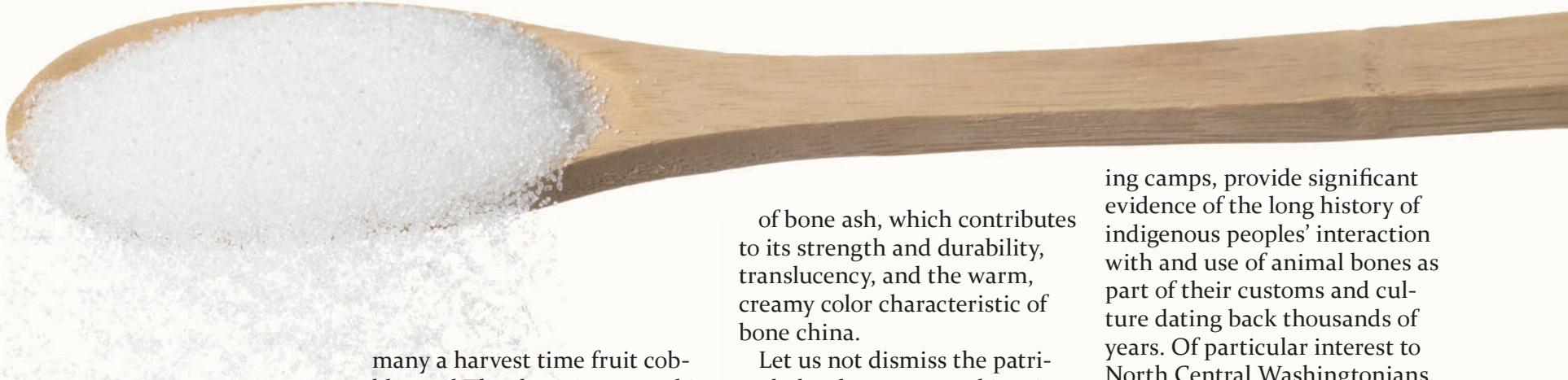
Womenfolk carved and shaped

more delicate bones from birds and smaller mammals like foxes and rabbits into useful utensils and implements such as spoons and ladles, knitting and sewing needles, crochet hooks, weaving shuttles, and personal items such as hair combs, decorative pendants and buttons for fasteners and adornment. Bones were even used to craft musical instruments, like whistles, rattles and flutes and became the moveable pieces of board games.

It is not surprising that one of the most profitable trading ventures first established across the territories of the desolate Great Plains involved bones! The actual buying and selling of buffalo bones as a trade and business began in 1868 when the coming of the railroads to the Great Plains made it profitable to ship the bones to eastern factories for use in carbon filters and fertilizer. With a cash value suddenly placed upon the abundant but formerly useless bones which literally littered the prairies, people began scavenging and searching them out, gathering millions of pounds of skeletons that were piled into high white mountains next to railroad sidings along the routes of the Union Pacific, Kansas Pacific and Santa Fe Railroads ~ *annually filling nearly 5,000 boxcars!*

Let's pause here to realize that





most immigrant farmers, homesteaders and ranchers required at least a year to get a crop or herd established after their more than 5-month westward journeys, often arriving on the plains far too late in the year to plant grains and too broke to buy provisions, fence their homesteads or procure livestock. Cash-strapped farmers and ranchers, disheartened miners without a grubstake or a claim and others succumbing to the failures and hardships of pioneering the New Frontier could realize \$8.00 per ton by gathering bison bones, affording them the purchase of basic necessities and the sustenance of hope.

Over the course of trade with the railroads, from the 1860's up until the 1890's when the prairies were *picked clean to the bone*, two million tons of bison bones brought an equivalent of \$40,000,000 worth of income to the Great Plains during a period in western history when its homesteaders, residents and fledgling communities were each in need of additional resources for their families, farms and businesses to simply survive. When we consider this poignant aspect of their trials and journeys, we realize that bison bones were *perhaps the first crop harvested* by many a prairie farmer on the Great Plains!

As livelihoods on farms and ranches were settled and sustained and nearby towns grew to include general stores stocked with needed goods, commodities like sugar and milled flour became more common household staples. Did you realize that white sugar, the ingredient of

many a harvest time fruit cobbler and Thanksgiving pumpkin pie, is *refined and purified by animal bones*? Who knew? Well now you do! The actual culprit that made refined sugar white 'back in the day' was *bone char* ~ a black, porous substance created by incinerating animal bones at high temperature, resulting in a carbon-based decolorizing filter that removed impurities.

Remember the phrase "Pure Cane Sugar" prominently advertised across a bag of C&H Sugar? The 'pure' part was a testament to creating sugar's characteristic white color by eliminating its impurities!

Were your grandmother's sugar bowl and teacup made of china ... fine *bone china*? Yes, bone china is literally that - bone ash (typically derived from cattle bones) is the key ingredient mixed with kaolin (a fine white clay) and feldspar (a mineral abundant in Earth's crust) to create the clay used in *fine bone china* products. The fine in its name is indeed due to the addition

of bone ash, which contributes to its strength and durability, translucency, and the warm, creamy color characteristic of bone china.

Let us not dismiss the patriarchal 17th century and iconic pioneer-era's one-piece undergarment that served as a second skin for English gentry, American cowboys, miners and westward-ho homesteaders alike. Known as a *union suit* to the gentry and *long johns* on the frontier, their buttoned up fronts and flaps in the rear were first secured with *bone buttons*. Plain bone buttons were inexpensive, durable and handily replaceable. Just like today, the buttons of yesteryear were prone to falling off! As far back as the American Revolution, if a soldier lost a button to hold up his Yankee Doodle britches, a replacement could readily be made from a handy piece of bone ~ usually cut from a soup pot piece of softened cow or pig bone and attached with an ingenious hank of animal gut used for sewing thread.

Archaeological sites in our own Washington State, from the coastal waters of the whaling Makah Nation to the inland Spokane Tribe's Sumas hunt-

ing camps, provide significant evidence of the long history of indigenous peoples' interaction with and use of animal bones as part of their customs and culture dating back thousands of years. Of particular interest to North Central Washingtonians, the oldest known bone bead in the western hemisphere is a 13,000-year-old bone ornament crafted by the prehistoric *Clovis people*. Hats off to Eastmont's Clovis Middle School namesakes!

No bones about it, whether animal bones or those of our own, from ashes to ashes and dust to dust to the bottom of a soup pot, a part of each and every one of us remains after we've reached the end of the trail. The person we become, the life we lead, and the legacy of our values and achievements in this life's journey can and should be worthy of being passed on ~ repurposed in a sense ~ and made a part of something more. Give it a try like the pioneers of our bygone days ~ let something of yourself live long enough beyond today to contribute to the tomorrow of another's life and time.

Hmm... maybe *that's what a wishbone can be saved for!*

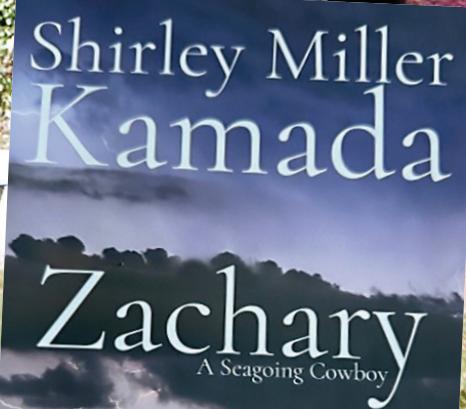
Happy Thanksgiving!





Historical Fiction: A Pathway to Life-Long Learning

A photo of Seattle Peace Park which ties into the peace mission, a vision of Floyd Schmoe, a key real-life character in the book.



Story by Linda Reid *Good Life Contributors*

Local author, Shirley Miller Kamada's second published novel, "Zachary: A Seagoing Cowboy," was just released in mid-August. It is a follow-up story to "No Quiet Water" (2023). Shirley and her husband Jimmy live in Moses Lake.

She is an accomplished author who will always be a teacher at heart. These two historical fiction novels are both carefully researched and provide more interesting information and insights than if they were works of non-fiction. Meeting her fictional characters, and some real-life ones too, helps readers to identify with the emotional experiences that are rooted deeply in World War II and its aftermath.

"No Quiet Water" tells the story of what it was like for Japanese Americans to be unjustly removed from their homes and placed in internment camps because they looked like the enemy! Shirley's husband's par-

ents experienced this. Their son, Jimmy Fumio Kamada, was born in Camp Minidoka, in Idaho. The story took her ten years to research and write. Fortunately, anyone can enjoy "Zachary: A Seagoing Cowboy" without reading its prequel first, because Shirley masterfully weaves key components of "No Quiet Water" (most importantly its main characters: Fumio, his beloved dog Flyer, and his best friend Zachary) into this story. [Warning: After reading about Zachary's experiences, you may feel compelled to read "No Quiet Water" if you haven't already.]

After "No Quiet Water" was published, Shirley was often asked, "What about Zachary? How did the events of World War II affect his life?" Shirley was drawn to Zachary Whitlock, whom she had created, because of his sense of responsibility to his family, his community, his work ethic, and his curiosity. As she says, "Writing this novella gave me the opportunity to delve further into Zachary's interests

and motivation, his intelligence, his curiosity, and compassion."

Quoting from Shirley's "Author Note," she says, "While "Zachary: A Seagoing Cowboy" is a work of fiction, Floyd Wilfred Schmoe was a very real person who, throughout his life, prioritized the well-being of others, disregarding personal comfort and popular recognition. A builder, writer, pacifist, and a naturalist...Floyd Schmoe worked with passionate determination, tirelessly, for the causes of social justice." Floyd had a vision, inspired by compassion for the survivors of the atomic bombings, to embark upon a project for a Post World War II initiative (Houses for Hiroshima) where volunteers from the U.S. and Japan would build residential housing, according to the needs of the people. He laid the groundwork and was instrumental in the fund-raising, as well as being the driving force behind making his vision a reality. Floyd was a Quaker (American Society of Religious Friends) who lived

out his beliefs by reaching out to those in need as well as being dedicated to lasting peace. In 1988, Floyd Schmoe traveled to Japan where he was honored with the Hiroshima Peace Centre's Peace Award. He used the award money to fund the Seattle Peace Park. Floyd Wilfred Schmoe died in 2001, having lived to the age of 105.

Very few "outsiders" were allowed to enter Japan at this time but Floyd, with his passion and ingenuity, made it happen. In order to get into the country, he joined a previously approved humanitarian mission to Japan, known as the Heifer Project (still operating as Heifer International). The purpose was to transport livestock such as cattle, goats, sheep, and other farm animals to help Japanese families who had lost everything and needed a fresh start. As Shirley says, "When I learned about Floyd Schmoe's mission, the connection was made, in my mind and my heart. The story took on a shape and grew with

a mission of its own." With that inspiration, Zachary became one of Floyd Schmoe's "seagoing cowboys."

In this adventure-packed story readers will step onto a cargo ship (the SS Contest) headed for Japan, just after the War, and work beside 17 year-old Zachary as he helps herd and care for over 200 goats (many of them pregnant) who will provide much needed milk and nutrition to help rebuild Japan. Zachary's family raised sheep so he was skilled at handling them. One thing he learned (the hard way) was that goats were completely different animals. Listening to him narrate the story is like watching him gain wisdom beyond his years as he matures from a boy into a man.

This thought-provoking, powerful story also uncovers more surprising truths about what happened in Japan before the end of World War II and the drastic consequences of retaliation. Just before Zachary left for Japan his mother had given him this advice: "War is waiting, always, beneath a breakable peace. Violence, prejudice, manipulation. War is never over, Zachary, I fear for you." His father put his hand on her arm. "Your mother isn't wrong." Zachary's response is a provocative question, "Can we do good without risk?"

Shirley Miller Kamada knows how to write a story that will educate your mind, feed your soul, and touch your heart. What I love most about reliable historical fiction is it conveys knowledge while allowing the reader to travel back in time and experience some of the emotions of both real and fictional characters as they share with us the wisdom they have gleaned from their relationships, events, and their time and place in history. Reading both "No Quiet Water" and "Zachary: A Seagoing Cowboy" is what I consider to be life-long learning, which for me will always be a part of living "the good life."



Story by Susan Sampson

Good Life Contributor

I believe that I have just passed another milestone of aging. I just had my right hip replaced. Genetically, I was doomed. My mother, maternal grandmother, my father, paternal grandmother, and two of my uncles had arthritic hips, four of whom got replacements. In my case, the hip socket was too shallow to fit the ball part of the joint. I had slight hip dysplasia like the disorder found in German Shepherd dogs (but if somebody called me a bitch, it probably wasn't on account of my hips). Over time, my right leg got shorter so I limped, and the hip would seize up and threaten to throw me on the ground if I walked more than a casual stroll through Costco. I needed treatment.

The replacement surgery was a piece of cake. I stood up ready to walk as soon as the anesthetics wore off, and the arthritic pain was gone. However, there is a sick old joke: The operation was a success but the patient died. In my case, I had complications. My surgeon showed me the X-ray of the new liner in the hip socket, held in place by what looked like two long wood screws. But while he was showing me, he noticed a shadow on the X-ray. He immediately ordered me off my feet and ordered a CT scan. The scan revealed stress fractures, like shin splints, in the bones around the screws. I would have to stay off my leg for three to four weeks until the bone healed to assure

that my new socket liner would be secure.

Hip replacement has been called "the surgery of the century" because it has become so common, the technique for performing it has been perfected, and the success rate is extremely high. My issue? "We just don't see this," my doctor said, and he is a nationwide expert on the procedure. "Or else we are missing it," he surmised. I wanted him to write it up for a medical journal and call it "Susan's splints." I could become a data point.

I was fitted with a walker. "Imagine there is a cracker under your foot," the physical therapist instructed me. "Stay so light on your foot that you don't break the cracker." I stood on my nonsurgical leg and vaulted along, lifting my body with my arms when I needed to take a step. I imagined having arm muscles like Popeye's after three to four weeks of this.

I had my surgery performed at the University of Utah in Salt Lake City because my son works in the orthopaedic clinic there. He would be my caregiver for, we assumed, a few days. However, with my being unable to walk, and with follow-up exams being scheduled, I realized I would have to stay for several weeks. I had my son stock up on high protein foods, vitamins, and supplements I would consume to hasten my healing.

An old saying warns that house guests, like fish, stink after three days. I proved that. I had packed light and soon ran out of fresh

clothing to wear. I couldn't get my incision wet and couldn't stand under the shower on one leg while keeping the other dry. I overcame those obstacles: I did laundry, I leaned against a deep sink in the utility room and stood on one leg to wash my hair and wash off. I was taking a Navy shower. My food gave off the worst stench. I was eating canned sardines and I couldn't go down stairs on one leg to deposit their can in the outdoor garbage. Even rinsing the can didn't prevent its stinking up the kitchen before my son could handle it.

My son was getting a preview of what it meant to care for an elderly parent. He fitted my walker with a bicycle basket to carry my own coffee and issued me a mug - plastic, lidded with a no-spill closure, it's an adult sippy cup.

My medical team is very solicitous and checks up on me frequently, often with online surveys. They show me a line of 10 little cartoon faces. The one on the left has a smiley face. The one on the right has a scrunched face with the tongue sticking out like Mr. Yuk on the poison label. "Which one represents the pain you feel right now?" they ask. I believe in medicine that follows science, and that face test has to be the most unscientific test since dunking women to see if they were witches who would float. Nevertheless, I answer their question honestly. There are worse things in life than a cracked acetabulum. I point to the happy face.

Preparing Your Pet TO NOT TRAVEL WITH YOU for the Holidays

Story by
Shawna Bais, DVM
Good Life Contributor

The holidays are coming up and leaving your pet behind when you travel can be a major source of stress-not just for your pet, but for you as well. But unfortunately, not all pets are suited to travel, and not all vacation spots are made for pets. If your pet is very young or old, has special medical needs, has behavioral needs, or simply doesn't like to travel, you should probably consider leaving them home. You want to make sure your pets are safe and comfortable while you are away. Many pet owners worry about how their pets will cope with their absence and what steps they can take to smooth the transition while they are away, regardless of whether they stay with a sitter, at a boarding facility, or with other family members.

Cats can typically spend 1-2 days alone if they have plenty of food, water, and clean litter boxes. Dogs on the other hand are not typically suited for solo

time and cannot be left alone for long. Dogs are social creatures who rely on routine and familiarity. While each dog has their own personality and resilience, when their family members disappear for a vacation or trip, most dogs can experience confusion, anxiety, and distress. Some signs may include: clinginess before you leave or when you return, loss of appetite, whining, barking, or destructive behavior. Thankfully there are some steps you can take to help prepare your pet for your trip.

First, choose the right environment for your pet. Energetic dogs may do best in a boarding facility with the ability to run and play with other dogs, while puppies, senior pets, and those with special needs may do best with a pet sitter, either in the sitter's home or in their own home, and a sitter who visits your home is usually a good fit for cats. Pets who require specialized care for medical or behavioral issues, or take difficult to administer medications may need to board at a veterinary hospital.

Secondly, most dogs will benefit from getting acclimated to being apart from you, especially if they have not spent much time away from you before. Practice short departures and gradually extend the time away to help build confidence and independence. Try using the same words or actions when you leave and come home as this consistency can reassure your dog that you will return. And finally, reward calm behavior. When you return home, calmly greet your dog and reinforce that being alone is a normal and safe experience. If your dog is

going to have a pet sitter, introduce them before you leave so that your pet recognizes them as a friendly face. Finally, new toys are a great way to keep your dog occupied and keep their mind off missing you. Just make sure the toys are indestructible and pet safe and that the pet sitter knows to monitor them as needed.

Lastly, when it is time to leave, don't make a big ordeal out of it. Pets often pick up on our emotions and if you're feeling anxious, they will too. Stay calm and comfortable and your pet will act and feel the same.

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Shawna Bais, DVM



Gratitude for the Rose AND the Thorn

November invites us to think about gratitude. The table groans with food, we bow our heads in thanks, and the word itself shows up on front porches and grocery store displays. Gratitude, gratitude everywhere.

But if we're honest, some of us struggle to feel it. Life grates. The bills pile up, the body aches, the world feels heavy. That's why I've learned to treasure a small shift—swapping the word but for and.

Here's a bit of background. My mother was both a psychologist and a strong Christian, a chaplain to the police and the hospitals in her area. One of her favorite hymns was Count Your Blessings. Its author, Johnson Oatman Jr. (1856–1922), wrote more than 5,000 hymns, though this was considered his masterpiece. He urged the weary and discouraged to do something strange: count your blessings, name them one by one.

The results, he promised, would surprise you—doubts would fly away, songs would return, treasures beyond money would come into view, and comfort would accompany you to the end of your journey.

My mother sang it too. She also carried Bible verses in her heart: "All things work together for good..." and "Give thanks always and for everything..."

You'd think I would have soaked it all in from childhood. But truthfully, it wasn't until I saw the mountain of research on gratitude—how it strengthens health, lifts depression, and makes life more satisfying—that I began to take it seriously.

Sidebar: A Song That Traveled the World

Though Oatman never held a pulpit, people said he preached the gospel through his songs.



"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses"

— Alphonse Karr, French Novelist

Count Your Blessings became his masterpiece. In South London, it was said, "the men sing it, the boys whistle it, and the women rock their babies to sleep to the tune." Listeners claimed the hymn was like a beam of sunlight brightening the dark places of earth.

Still, something nagged at me. Shouldn't we admit that some things just plain stink? Shouldn't we give ourselves compassion before forcing silver linings and gratitude?

One client taught me this lesson. When I asked her about her highs and hopes, she shook her head. "Could we first talk about what really sucked for me this week? My kids drove me crazy. My dental practice is falling apart. My staff argues all the time. I can't sleep. I just want to crawl in a hole."

That's when it clicked. We don't need to choose between the hassle and the gift. We can hold them together. We can say:

- "My knees ache, and I am grateful they still carry me to the garden."

- "I feel lonely, and I'm thankful for the neighbor who waves each morning."

- "The bills overwhelm me, and I am grateful for a friend who listens."

Researchers explain why this works. Linguists tell us that but cancels what comes before it, while and holds both truths side by side. Coaches note that "and" language fosters a paradox mindset—the ability to embrace competing realities—which leads to more creativity and resilience. Improv actors use "Yes, and" to keep energy flowing, and studies confirm it sparks originality.

Therapists teach "and" as a way of loosening the grip of hard thoughts: "I feel anxious, and I can still act."

Another place I noticed the power of and was from communication experts Douglas Stone, Bruce Patton, and Sheila Heen (of the Harvard Negotiation Project), who had a tool for working with conflict called The And Stance. In their classic book *Difficult Conversations*, they note that it allows you to assert your own truth and recognize the truth in others—without diminishing either one.

Isn't that what gratitude for the grating really is? It's not either/or. It's not pretending the hard isn't hard. It's stepping into the And Stance—naming both the thorn and the rose.

"When we replace 'but' with 'and,' we stop canceling one truth and start making room for more than one reality to stand side by side." — paraphrase of Stone, Patton & Heen, *Difficult Conversations*

So here in November, as we pass the mashed potatoes and share what we're thankful for, let's not skip over the things that are hard. Gratitude doesn't need to erase grief or hassle. It can sit beside them.

That little word and makes room for both. It lets us see the hidden gems in the grit, the rose beside the thorn.

This month, may you count your blessings—one by one—and may you also honor what grates. May you find that the deepest gratitude isn't about pretending life is easy. It's about opening your heart wide enough to hold it all, the hassle and the gift.

How might we move up to The Good Life by noticing the thorn AND the rose, the grating AND the hidden gift?

FUN STUFF

WHAT TO DO AROUND HERE FOR THE NEXT MONTH

NOVEMBER 1

MToW presents "The Marvelous Wonderettes" at 2 and 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

NOVEMBER 3

The Omak writing group meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

NOVEMBER 4

EKAP: 123 Andrés is planned at 10 a.m. and 6 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

Preschool story time is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

STEAM story time is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

NOVEMBER 6

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St. All ages are welcome.

Bingo will be played at 6 p.m. at the American Legion Post No. 97, 102 E. Main St., Brewster. Information: greg-wagg@yahoo.com.

Open microphone is planned at 7:30 p.m. at After Hours, 647 S. Second Ave., Okanogan. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

STEAM Thursday is planned at 3:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

Bingo will be played at 6 p.m. at the Omak Elk's Lodge, 110 S. Ash St. Information: 509-826-7112.

Baby and toddler fun time is planned at 10 a.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

Dungeons and Dragons will be at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

The Ladybug Club meets at 10:30 a.m. at the Oroville Public Library, 1276 Main St., Oroville. Information: ncwlibraries.org.

NOVEMBER 7

Karaoke is planned at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

NOVEMBER 8

iLuminate is planned at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

NOVEMBER 10

The Omak writing group meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

NOVEMBER 11

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

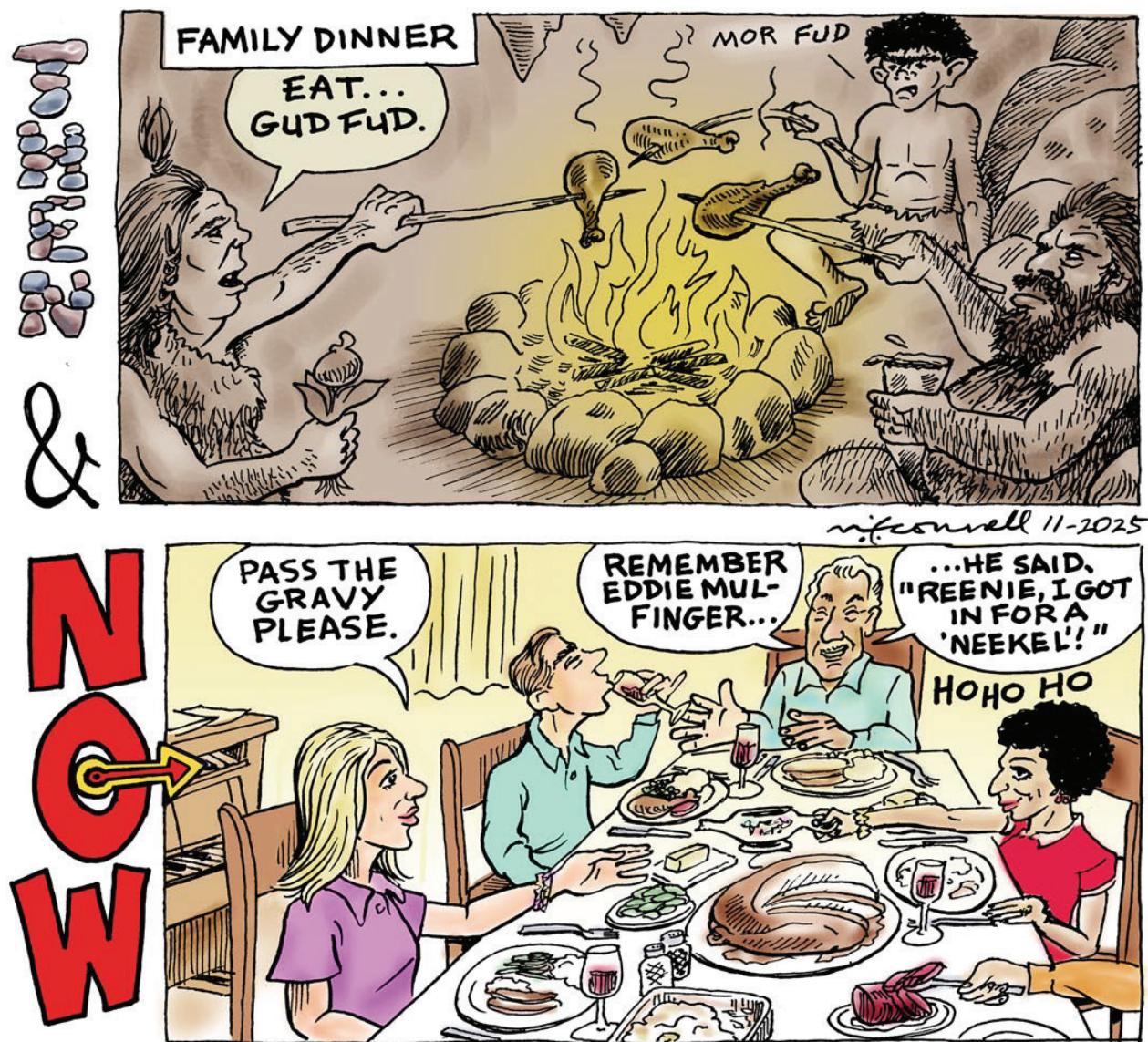
Preschool story time is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

STEAM story time is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

NOVEMBER 12

The Lion King Jr. will be

NEXT PAGE >





presented at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

Chamber business after hours will be at 5 p.m. at the Omak Public Library, 30 S. Ash St. Information: omakchamber.com.

NOVEMBER 13

The Lion King Jr. will be presented at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St. All ages are welcome.

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Bingo will be played at 6 p.m. at the Omak Elk's Lodge, 110 S. Ash St. Information: 509-826-7112.

Baby and toddler fun time is planned at 10 a.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

Magic the Gathering: For beginners is planned at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

The Ladybug Club meets at 10:30 a.m. at the Oroville Public Library, 1276 Main St., Oroville. Information: ncwlibraries.org.

NOVEMBER 14

The Lion King Jr. will be

presented at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

Karaoke is planned at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

NOVEMBER 15

The Lion King Jr. will be presented at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

NOVEMBER 16

The Lion King Jr. will be presented at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

NOVEMBER 17

The Omak writing group meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

NOVEMBER 18

The Omak Chamber of Commerce will meet at noon at Magoo's Restaurant, 24 N. Main

St., Omak. Information: omak-chamber.com.

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

Preschool story time is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

STEAM story time is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

NOVEMBER 19

The Okanogan Valley Chapter of the Backcountry Horsemen will meet at 6 p.m. at the Tonasket Senior Center, 22 Fifth St. Information: baldhillsmules@hotmail.com.

NOVEMBER 20

Festival of Spirits will be at 5 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericapac.org.

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 5:30 p.m. at the Omak Senior Center, 214 N. Juniper St. All ages are welcome.

Bingo will be played at 6 p.m. at the American Legion Post No. 97,

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Dungeons and Dragons will be at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

The Ladybug Club meets at 10:30 a.m. at the Oroville Public Library, 1276 Main St., Oroville. Information: ncwlibraries.org.

An evening of jazz music is planned at 7 p.m. in the Omak Performing Arts Center, 14 S. Cedar St. Information: ovocmusic.org.

NOVEMBER 21

Festival of Spirits will be at 5 p.m. at the Numerica Per-



ELI ELDERBERRY



BY BOB WELLS

forming Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericalpac.org.

Karaoke is planned at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

NOVEMBER 22

Festival of Spirits will be at 5 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericalpac.org.

NOVEMBER 23

Festival of Spirits will be at 5 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Tickets and information: numericalpac.org.

NOVEMBER 24

The Omak writing group meets at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

NOVEMBER 25

Taking Off Pounds Sensibly (TOPS) weight loss group meets at 7:30 a.m. at 429 Oak St., Okanogan. Information: 509-557-8099.

Preschool story time is planned at 10:30 a.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

STEAM story time is planned at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

NOVEMBER 28

Karaoke is planned at 7 p.m. at After Hours, 647 S. Second Ave. Admission is by donation. Information: See "After Hours Okanogan" on Facebook.

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>> LAUGH A LITTLE

Feast on laughter: Funny, hilarious Thanksgiving jokes

Why did the turkey play the drums in the band?

Because he already had the drumsticks!

Why did the turkey sit at the kids' table?

It didn't want to be roasted by the adults!

What's the best song to sing while cooking a turkey?

"All About That Baste."

Why did the turkey bring a microphone to dinner?

He was ready to give a fowl performance!

What kind of key can't open doors?

A tur-key!

Why did they let the turkey join the band?

Because it had perfect pitch!

What do you call a running turkey?

Fast food!

What sound does a limping turkey make?

Wobble, wobble.

What did the turkey say to the computer?

"Google, Google, Google!"

Why can't you take a turkey to church?

Because they use fowl language!

Why don't turkeys play football?

Because they're afraid of getting stuffed!

Good Life submission guidelines

Tell us about you: Whether you are sending us stories or photo submissions through US Mail or email, please include your full name, phone number, email and mailing address.

Story/photo submissions: The Good Life publishes reader-submitted stories and photos free of charge. For any photos you submit, please identify the people in the picture (from left to right, front row to back row), city, state and year the photo was taken. We reserve the right to use your submissions in any section of our magazine, website and/or social media pages.

Returns: We cannot return unsolicited materials. Please email high-resolution (300 dpi minimum) JPEG files to tgl@omakchronicle.com, or mail high-quality photo prints to The Good Life, PO Box 553, Omak, WA 98841.

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