

**\$5**

**SLEEP | CAMERAS | INSECTS**

*Where to find, cultivate  
and enjoy The Good Life*



# THE **Good Life**



## **HOMETOWN HOPEFULS**

These enterprising young artists turned their early avocations to lifework. And they didn't need to go far to feel right at home.

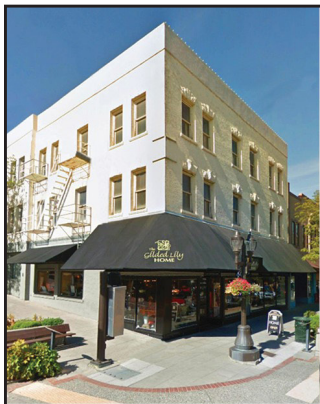
Price: \$5

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



0 94922 82459 2

**JUNE 2023**



The Gilded Lily HOME



**WENATCHEE'S PREMIER HOME & GIFT SHOP**

Bringing unique and beautiful home decor and lighting, men and women's accessories, jewelry, baby gifts, specialty foods and local wines to the Wenatchee Valley for over 20 years.

2 N Wenatchee Avenue, Wenatchee, WA 98801  
www.gildedlilyhome.com | (509) 663-1733  
Monday - Saturday, 10am to 5pm



More than a MUSEUM

Rocky Reach Discovery Center

Open 9:30 a.m. - 5 p.m., Tuesday - Sunday

Located seven miles north of Wenatchee on Hwy 97A



**\$0 Medicare plans made for you with a partnership that's better together.**

Health Alliance Northwest™ Medicare Advantage and Confluence Health bridge the gap between doctors and insurance. Get low-cost Medicare coverage made for you with all this and more when you turn 65:

- Plans that allow you to see any doctor who accepts Medicare.
- Dental and hearing coverage, and free vision exams.
- Fitness benefit, including skiing, golf and more.
- Over-the-counter discount program.
- Plans with a \$0 pharmacy deductible and Tier 1 coverage through the gap.

**Call for a FREE Medicare evaluation: (877) 561-1463 (TTY 711).**

Available daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

**Or compare plans at [HealthAlliance.org/WAC23](https://HealthAlliance.org/WAC23).**



In partnership with



Health Alliance Northwest is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Northwest depends on contract renewal. Other providers are available in our network. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Northwest members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings, call (877) 561-1463 (TTY 711).

MDMKNW23-WACageinprintad-1022 • H3471\_23\_111052\_M

**What Are You Laughing At?**

*Have a story to tell?*

*Adventures to share?*

*Or a journey of interest?*



**We're looking for fresh, true stories from local people that'll bring a smile to our readers.**

**500 to 1,000 words please!**

**For more information, or to submit materials, email the Good Life's managing editor at: [jclaypoole@omakchronicle.com](mailto:jclaypoole@omakchronicle.com)**

# Suns Out, Guns Out



Max



Tula



Waldo

## Features

### 8/9 HOMETOWN HOPEFULS

Come enjoy two stories of three enterprising young artists from the area.

### 10 NO QUIET WATER

Internment camps on the West Coast, USA? Linda Reid explores the history of Shirley and Jimmy - and Shirley's related book.

### 12 HOME STORY - SPANISH CASTLE

A neighborhood on the brink (of being born and built)! Come grab an early peek and some behind the scenes!

---

## Columns

6 **Birds and Beasts of NCW** — Peter Bauer

14 **Moving up to the Good Life** — June Darling

20 **Those Were the Days** — Rod Molzahn

26 **Poetry Matters** — Susan Blair

---

## Also Inside:

15 **Specialists**

16 **If I Should Die Before I Wake - Hope Not!**

17 **Photo Page - Sea of Silver**

## Inside Back Cover

**Bury Me Beneath Nasturtium** — Brad Skiff

22 **THEN & NOW** — Dan McConnell

23 **EVENTS CALENDAR AND MORE!**

---

Publisher: Teresa Myers  
Editor: Joseph Claypoole  
Contributors: Peter Bauer, Susan Blair,  
Sue Blanchard, June Darling, Mike Irwin,  
Tomasz Klejdysz, Susan Lagsdin, Dan Mc-  
Connell, Rod Molzahn, Ken Reid, Linda  
Reid, Susan Sampson, Brad Skiff, Barbara  
Washburn, Jun Yamamoto National Ar-  
chives and Records Administration, and  
the National Park Service.

Page design: Joseph Claypoole  
Advertising: Lianne Taylor  
Ad production: Julie Bock

TO SUBSCRIBE: For \$45, you can have  
12 issues of The Good Life mailed to  
you or a friend. (\$75 for 24 months!)  
Send payment to:

The Good Life subscription services  
P.O. Box 553  
Omak, WA 98841  
For circulation questions call:  
1-800-572-3446

EVENTS: news@omakchronicle.com

BUY A COPY of The Good Life  
at Safeway stores, Martin's Market  
Place (Cashmere), Dan's Food Market  
(Leavenworth), Brewster Marketplace  
(Brewster), Gene's Harvest Foods  
(Omak) and The Omak-Okanogan  
County Chronicle (Omak).

ADVERTISING: For information about  
advertising in The Good Life, contact  
Lianne Taylor at 509-669-6556 or  
lianne@ncwgoodlife.com

WRITE FOR THE GOOD LIFE: We  
welcome articles about people from  
Chelan, Douglas and Okanogan coun-  
ties. Send your idea to Joseph Clay-  
poole at jclaypoole@omakchronicle.com.

Published monthly by  
Omak Okanogan County Chronicle  
618 Okoma Drive, P.O. Box 553,  
Omak, WA 98841  
www.omakchronicle.com  
Owned by Thomas & Ann Mullen



Photo by Mike Irwin

**Kira Wood Cramer, executive director of the Merc Playhouse in Twisp, takes a break at the one remaining wall of Twisp's livery stable, a showcase of upcoming events poster. A singer and actor, she's followed the work of her mentors in keeping community theater alive and well.**

## ON THE COVER

Photo by Mike Irwin

**Hector Laurel and his working partner Kim Robles, of Terminal Media, learned camera craft at junior high school age. A dozen or so years later, the professional gear they hold here signals both the growth of their expertise and their serious attention to high quality videos and photography.**

## Staff



**Lianne Taylor**  
Advertising

Lianne Taylor has been an Advertising Account Executive since 2005.

She worked for The Wenatchee World selling print ads then moved into digital and commercial advertising with Comcast Spotlight, eventually returning to print advertising currently working for The Good Life. She loves the opportunity to work with businesses to help them grow.

Her husband and Taylor moved to the Wenatchee Valley in 1997 where they currently live.

They have one daughter, one son, two grandsons and one granddaughter that bring them such joy.

Joseph Claypoole has been the editor of The Good Life since 2022.

He's been working for the Omak-Okanogan County Chronicle as a reporter, managing editor, and now sports editor since August, 2021.

Joseph enjoys the outdoors, loves pickleball, and will do nearly anything for a great meal. Sudoku and other puzzles are a huge passion for him as well, and often sneak their way into the Good Life!

He graduated from the University of Washington in June, 2021 with a degree in Journalism.



**Joseph Claypoole**  
Editor

» MEET THE CONTRIBUTORS

# THE Good Life®

This magazine would not exist without each and every one of the individuals you see below. However, this page is only so big, and each of these people deserves more space to talk about their lives, journeys and careers.

Read on to learn more about your favorites contributors, where you can see more of their work, and even ways you can reach out to them directly.

Each issue of The Good Life will have a slightly different makeup of contributors, so this page will also change accordingly.

- Joseph Claypoole, Editor



Historian, author, and teacher Rod Molzahn can be reached at [shake.speak@nwi.net](mailto:shake.speak@nwi.net). His recent book, "What They Found, Stories of People in North Central Washington," is available at [ncwstories.net](http://ncwstories.net) and at retail locations throughout the area.



When he retired in 2013, Peter Bauer moved from Wenatchee to Winthrop for the snowy winters and closeness to nature. His blog, "American Safari," celebrating the beauty of the animal world (mostly birds), can be found at [pbauwordpress.com](http://pbauwordpress.com).



Dan McConnell has drawn comics, political cartoons, caricatures and more for a variety of publications, including Reader's Digest, MAD magazine and The Good Life. His work is available online.



Barbara Washburn is a freelance journalist and native of, along with frequent traveler to, Bavaria. As for her permanent residence, she has traded the Alps for the beautiful Cascade Mountain Range views in Leavenworth.



Susan Lagsdin has written Good Life articles, mostly about intriguing homes and all kinds of artists, since 2009, and she also co-edits ArtBeat for NCW Arts Alliance. A teacher and poet, she lives in East Wenatchee and spends horseback time in the Methow Valley. Reach her at [sjlagsdin@yahoo.com](mailto:sjlagsdin@yahoo.com) with story ideas.



Mike Irwin is a longtime NCW newspaperman who now enjoys retirement's rewards — reading, cooking, walking, napping, traveling and taking photos. You can see his work at [IrwinFoto.com](http://IrwinFoto.com).



Susan Blair is a published poet, writer and arts event organizer living in Wenatchee. She is also the editor of The Shrub-Steppe Poetry Journal. Reach her at [sfblair61@gmail.com](mailto:sfblair61@gmail.com) or visit the website, [shrubsteppepoetry.org](http://shrubsteppepoetry.org).



Brad Skiff has a bachelor's degree from WWU in English/creative writing and a National Board teaching certificate in art. He currently teaches in the Bridgeport School District. In his spare time, Brad draws award-winning, weekly editorial cartoons for the Omak-Okanogan County Chronicle and Cheney Free Press.



Susan Rae Sampson is a retired courtroom lawyer. She and her husband, a retired aerospace engineer, live in Malaga, where she corresponds with two sons and three grandsons living in other states, and grows old garden roses and Loganberries from her grandparents' garden.



Retired from a career in medical technology and nursing, Sue Blanchard now teaches pioneer history, is an avid antique collector and gardener, and loves creative writing and poetry. She is currently a resident of East Wenatchee.



June Darling, Ph.D., can be contacted at [drjunedarling1@gmail.com](mailto:drjunedarling1@gmail.com); website at [summit-groupresources.com](http://summit-groupresources.com). Her bio and many of her books can be found at [amazon.com/author/june-darling](http://amazon.com/author/june-darling).



Linda Reid is a regular Good Life contributor. She and her husband, Ken, live in East Wenatchee. They love living in the center of the state. There is always an adventure waiting in any direction they choose to go.



# The Exception That (Dis)Proves the Rule



The red-necked phalarope (*Phalaropus lobatus*), also known as the northern phalarope and hyperborean phalarope, is a small wader. This phalarope breeds in the Arctic regions of North America and Eurasia. It is migratory, and, unusually for a wader, winters at sea on tropical oceans.

Photos and story by  
Peter Bauer

We all were taught how gender relations go in nature. The most usual pattern among birds and mammals, so the theory goes, is a dominant male that contests for the right to mate, and the winner gets to mate with many females who are left to tend the offspring.

Think bull elk, ‘beachmaster’ elephant seals, the examples are legion. Alternately, in many birds, once a pair bonds, they mate monogamously for life (albatross, swans, even Stellar’s jays, etc.). It turns out that these stereotypes are often breached: many ‘socially monogamous’ couples raise offspring not sharing the male’s DNA; in many ‘harems’

commanded by an alpha male, so-called bachelor males often sire offspring through stealth.

But there are even more profound counterexamples to both narratives above. Take phalaropes, a group of species featuring small, delicate, attractive shorebirds. With their fine features and long, needle-sharp bill, I’m impelled to call them cute.

The females dress in much brighter colors than the males, which in birds strongly suggests that the males sit on the eggs and raise the young. Not only is that true for phalaropes, but the females engage in battles for choice of males, and, after laying eggs in the nest for the males to tend, will go seek

▶▶▶ Continued on next page

another male to raise a second clutch. My wife enjoys hearing about these birds' lifestyles, I have no idea why.

I've enjoyed photographing them in local ponds as they migrate through, drifting toward them in my kayak at a slow enough pace that they don't register me as a threat. (Try doing that with many other birds, especially kingfishers- no success over years with that technique).

The Red necked phalaropes pictured here were eating frantically in shallow water, spinning back and forth to create disturbances in the water to bring small animals and insects to the surface. They eat with such intensity because they have a long way to travel to get to their breeding grounds in the high Arctic.

In spite of their small size (7 inches of slender build), phalaropes spend their winters in the open ocean, mostly off Peru. Watching them scoop insects off the surface of a foot-deep section of Twin Lakes near Winthrop, I struggle to imagine them being comfortable in deep seas. The animal kingdom presents many examples of 'unimaginable' behavior. We have so much to learn, and so much to delight in the process of learning.

**The red-necked phalarope can also be seen in Ireland and Britain, though sightings are quite rare since this is near the extreme edge of its world range. One of the most reliable places to see one is in Shetland, near Fetlar, one of the North Isles. In tracking some of these Fetlar natives, one was found to have taken a 16,000 mile trip across the Atlantic via Iceland and Greenland, traveled south down the US's eastern seaboard, and then across the Caribbean and Mexico to winter with it's cousins off the coast of Ecuador and Peru!**



# No More Foolin' Around: This Duo Means Business

Story by Susan Lagsdin

You know those kids who grew up using their nimble thumbs to make friends on the phone? The ones conversant by sixth grade with e-mail, texting, blogs and bots, the web, virtual worlds, instant messaging and Twitter?

A few of those local young people—born in Wenatchee and now 20-somethings—also watched and made videos of everything under the sun, just for fun. Now they've come of age, and they have big plans.

Hector Laurel owns Terminal Avenue Media. From an artfully designed little studio space in downtown Wenatchee, he with his working partner Kim Robles, a friend since Pioneer Middle School, are growing a business that started with playing around with video cameras.

His early love of skateboarding got Hector into this movie-making business, using the family's then-ancient JVC camcorder. "It was so easy to operate," he said. "And when you're doing tricks, you've gotta film it, or there's no point. I have ten videos of my friends on YouTube, ones I started making when I was eleven," he said. "They get better and better. I learned by trying."

Studying at the Wenatchee Valley Technical Skills Center was valuable; after his junior year there, his film teacher even recommended him to a local videographer looking for talent. But instead, Hector went the DIY route, picking up odd jobs filming events for friends and family, perfecting his craft, learning the ropes.

After graduating from Wenatchee High School, it took a few classes at WVC and six

years of part time work at Olive Garden – all the while making films – before Hector had the know-how, the connections and the courage to open his own shop in the fall of 2022.

Meanwhile, back at high school, Hector's friend Kim Robles had absorbed hundreds of hours of video and was using a gift camera from her mom to blog what she called her Day in the Life films. "I had absolutely no idea," she said, "that making movies was any kind of a career that someone could actually prepare for and go into."

Two years of work at Parsons Photography taught Kim about cameras and even more about running a business. She also practiced plenty on close-at-hand subjects and was the first of the two friends to go pro. KNR Films specialized in wedding videos, and the tears (of joy) from her clients convinced her she had a special way of engaging with people and capturing the essence of an event.

Jump to 2019. Kim needed an extra camera on a wedding, her buddy Hector was available, and they discovered at that doubly auspicious event that they made a very good working team. Other wedding commissions followed, one in Hawaii, and even during Covid time the duo was booked.

When Hector opened Terminal Avenue, Kim liked the direction he was headed, and they joined forces. She brings her people-managing skills to new video projects and works part-time at the YMCA. Hector works full days on shoots or in the downtown studio, planning, editing, communicating with clients throughout the northwest.

Assertive, confident marketing has brought good commissions. Hector sent a video promo,



Photo by Mike Irwin

**Hector Laurel and Kim Robles couldn't have known in their early years as self-proclaimed camera geeks that they'd later work together as professionals. Terminal Media, Hector's new company, keeps them both busy with commissions from around the region for videography and photos.**

a mock ad, to 10 Washington breweries last fall. One, Yakima's Bale Breaker, was at the cusp of choosing a media company and immediately called back with a yes. Pinnacles Prep, Boba Lab tea, Wenatchee High School Mariachi and others are on the roster of the almost-year-old company.

Both sets of parents emigrated from Mexico and work in Wenatchee, and they're not film buffs but eagerly watch any available Hector and Kim videos. The filmmakers' respective mates, though supportive, are not involved in the business. But

▶▶▶ VIDEO - Continued on page 22



# STAGING A CAREER IN HER OWN BACK YARD

Story by Susan Lagsdin



Photo by Mike Irwin

**Twisp performer Kira Wood-Cramer strikes a star pose on the in-progress set of *Mamma Mia*, a Liberty Bell High School Drama Club and Merc Playhouse partner production. As executive director of the Merc, she's a strong proponent of collaboration and community involvement.**

Kira Wood-Cramer just completed her first full year as executive director of Twisp's non-profit Merc Playhouse. At 26, she also has a lucrative home cleaning business, a singing gig that satisfies the urge to travel, and a mate, Kjell Johnson, a homebuilder with local roots.

She said she's here to stay.

A common myth about small towns is "The teenagers just want to get out of here after graduation. There's no way to make a living. They leave and never look back."

As a great-great-grandchild of the Kent and Scott families who settled early in the Methow Valley, Kira would dispute that.

Much of her cohort, graduates of Liberty Bell High School, have found careers and founded families where they grew up, a 21st century twist on the old usual.

Kira loves the Methow Valley, and she loves being on stage. A major factor in her performing life is the valley's vibrant community-school connection in all the arts, and she's proud to be a member of the first generation of local children raised with plentiful exposure to theatre.

Early on she was cast in plays like *Oliver*, *The Hobbit* and *A Midsummer Night's Dream*. "I did all the Missoula shows [Missoula Children's Theatre]," Kira said. "And I took a drama class in junior high. I was twelve when I had a bit part – a few of them – in *Rosencrantz and Guildenstern Are Dead* at The Merc."

Kira doesn't shy from the public eye. In her teen years she competed in the Poetry Out Loud competition and served as Winthrop '49er Days junior royalty, and she's still a sought-after model for the annual "Trashion Show."

Kira's two adventures away from home were for the best of reasons: she was pulled, not pushed. At age 17 she was accepted to the Portland Actors Conservatory but found after a few months that the emotionally intensive training among adult actors was a little rich for her blood.

After a year back home, she followed a musician beau to Arizona, learned about sound production and boomeranged back to the Methow in 2016.

A varied work background and its real-time, on-the-job education, as well as managing her own business, gave Kira a good grounding in leadership. She admitted one reason she even

applied for the executive director position at The Merc last year was she couldn't visualize anyone else caring for the enterprise as much as she did.

Kira said, "I'm responsible for the overall success of the theater, and I want to let The Merc be all that it can be." She's committed to drawing on and encouraging community talent and to continuing the children's programs.

The Merc Playhouse is hopping year-round, and that means constant communication with board, staff, directors, donors and volunteers. Kira's also on call for odd jobs: she's sewn ears to baseball-cap mouse heads for *The Nutcracker* this winter; she's taught actors to safely fall down or scream on stage; she's run sound and lights. She's been a stage manager, and in the Winter of 2023, she'll direct her first show, *Clue*.

Mentors and teachers abounded in Kira's arts life. Stage veterans Jane Orme, Julie Wenzel, Carolanne Steinbach, Missi Smith and more have been fine influences. But here's a solo move that surprised even her.

"It was my 21st birthday party," she said. "And I'd invited Danbert Nobacon, who I knew from *A Christmas Carol*. I impulsively asked if he wanted a backup singer...and he said yes!" [Danbert was with the rock band Chumbawamba for 22 years and now, as a Brit expat, he's a well-known musician, radio host, writer, performance artist, teacher and actor.]

That serendipitous musical combination still works five years later. The duo plays concerts in local and northwest venues but also recorded an album, *Mesmerica*, and has performed in New

►►► THEATRE - Continued on page 22

# No Quiet Water

A Debut Novel by Shirley Miller Kamada

Story by Linda Reid

As a member of the “Baby Boomer” generation, born in the aftermath of World War II, I never heard of the Japanese internment camps in Seattle Public School’s U.S. history classes, or from my parents, or other adults in my life. Looking back on this dark, hidden chapter of our collective past, I find it even more surprising that those of us living near the West Coast where this injustice took place still did not have any idea what had happened to these law-abiding, Japanese American citizens and residents who just happened to “look like the enemy.”

My first real exposure to this injustice happened when I was teaching sixth grade and planning the novels to read and study with my students. I love historical fiction and wanted my students to develop an appreciation for it too. I often told them that sometimes we can learn more about life and history through well-written, historically accurate stories and characters than we can from reading non-fiction accounts. Among the books I chose at the time was the young adult novel, *Journey to Topaz*, by Yoshiko Uchida. Not only did they learn about what had happened to our Japanese neighbors in the Northwest, but I learned about it. I still feel the sting of having had that kind of an egregious gap in my education!

Shirley Miller Kamada, a local author living in Moses Lake, has joined the ranks of historical fiction writers with her newly published book, *No Quiet Water*. Her novel is based on her husband’s family’s true story of life in Japanese internment camps.



Courtesy of National Archives and Records Administration

**This photo of the tar-papered buildings of Camp Minidoka, with the distinctive water tower in the background, shows the ground was scraped free of vegetation. This contributed to either blinding dust storms, or at other times, mud so thick it pulled the shoes from residents’ feet as they went about their daily tasks.**

She has spent the past ten years researching and writing about the experiences of those who lived through the injustices done to Japanese American citizens in Camp Mananar (California), the temporary Puyallup Assembly Center (Washington), and Camp Minidoka (Idaho).

This is her first novel and it is being applauded for its expert storytelling, its close-up look at daily life for the people who lived through this experience, and for the characters who tell the story for her, an endearing adolescent boy, Fumio, and his loyal dog, Flyer.

After devouring this captivat-

ing book, I had the opportunity to interview both Shirley and her husband Jimmy Fumio Kamada to learn more about the story behind the story. The first thing I learned from them was that Shirley did not learn that Jimmy had been born in Camp Minidoka until they had been married for two years. He didn’t talk about it and neither did his family. Jimmy explained it this way:

“My birth in an internment camp in Idaho was, to me, merely a footnote to my personal history. My parents never talked about ‘camp,’ nor did friends who were there with them. My marriage to Shirley changed the foot-

note to a question. ‘I was born in an internment camp?’”

That led Jimmy to ask himself other questions: “How did that affect my young parents and their life afterward? What were their losses, isolated from general society while establishing a home and family?” Shirley continues, “Once the door was opened Jimmy became deeply interested in his own history, and in understanding its lasting, profound effect on families, his and thousands of others.”

Soon, Jimmy no longer saw his unique birthplace as a “footnote”

▶▶▶ Continued on next page



Photo by Jun Yamamoto

Jimmy's cousin, living in Tokyo, served as Jimmy and Shirley's guide on a tour of parks and temples near his home when they were traveling in Japan.

From previous page ▶▶▶

to his life, but as a foundational part of who he was and who he became (a U.S. Army Veteran and Retired Officer of the Federal Reserve Bank of San Francisco).

What she hopes readers will find in *No Quiet Water* is empathy for those who endured the injustice of internment and inspiration by seeing their self-discipline, their creativity, their determination, and resilience in not letting this experience hold them back from rebuilding homes and communities and reinventing their lives. Many of those, like the Kamada family, who suffered this grievous violation of their civil rights, did not just survive but went on to thrive!

Shirley wanted to know more and she began to dig for answers. As Shirley explains: "Memories fade and are buried, but the pain remains. Hard facts do not soothe sorrow, still I dug for truth." She mined deeper into the facts to be sure the "historical" part of her historical fiction novel was accurate.

Shirley elaborates, "Through the nearly 10 years of writing this book, what I might in the beginning have called 'facts'

were constantly updated by my study of government records, even new archaeological digs at internment sites. I was forced to constantly update, revise, and correct the story to align with new findings, becoming further convinced of the story's importance." Pursuing this twisting and turning research, to get an accurate sense of place, they traveled to Idaho's Camp Minidoka National Park Site twice and toured Camp Manzanar in California as well.

When asked about her choice to not pursue the story from a non-fiction point of view, even though it had been so carefully researched, Shirley said, "Fiction allowed me to create a multi-dimensional picture of World War II in a way that non-fiction could not. And, while there are many worthy non-fiction books on the subject, I couldn't find any that included a really good dog."

As a reader, I found that the story being told by young Fumio and his endearing and intelligent Border Collie, Flyer, helped me visualize everything they described – which makes this book a great read for young readers as

▶▶▶ Continued on page 18



Courtesy of National Archives and Records Administration

Internees arriving at Owens Valley Assembly Center, later known as Manzanar War Relocation Authority Center, are carrying all they were allowed to bring with them. At this time, the site was still under construction and had no running hot water and no sewage system. Conditions never rose to the level of what one could call adequate.



Photo by Linda Reid

Shirley Miller Kamada holding a copy of *No Quiet Water* on the shores of Moses Lake, where she and Jimmy enjoy living.



# Building Community at Spanish Castle

*Photo by Mike Irwin*

Only a 20-minute drive south of Wenatchee, this home is the first of many planned for the next few years at Spanish Castle. Its profile, materials and landscaping are meant to complement the surrounding shrub steppe terrain.

Story by Susan Lagsdin

Prehistoric geology and human endeavor coincide with dramatic effect on a 4-mile stretch of semi-arid hillside above the Columbia River halfway between Wenatchee and Quincy.

Vineyard Estates, the first phase of a home development long in the planning at Spanish Castle, is built on rock formed and re-formed

by millennia of floodwaters. Marked on the east by the distinctive basalt monoliths of the Palisades, it faces the rangy cliffs and arroyos of the 90,000-acre Colockum Wildlife Area across the river to the west.

Two local farming families, whose combined agricultural

▶▶▶ Cont. on next page



*Photo by Mike Irwin*

Josh Lybbert, experienced in both agriculture and the construction industry, is gradually developing his extended family's property. The interior designer has chosen dramatic amenities like this jade green tile wall in the upstairs master suite.

history stretches from early 20th century dryland wheat to today's irrigated row crops and tree fruit, purchased the several hundred acres in 2007.

With a vision of the whole parcel becoming a resort community, they added trails, put in main roads and sold some home lots, but before building multiple houses they were content to watch and wait.

Meanwhile, young Josh Lybert of that same extended clan graduated from Moses Lake High School, learned the building trade and received a college degree in construction management. Duty called him to the farming arm of the family enterprise, and for fifteen years he helped manage those businesses.

Just last year the relatives decided to move ahead with development, and launching their own construction company was the best way to ensure consistent quality. Josh soon found the highest and best use of his skills and his college degree, still close to home but on Spanish Castle property as overseer of newly formed RiverView Builders.

His inaugural project, the move-in ready 3,296 square-foot home that he proudly made available for this story, represents the quality and function that the family is striving for.

Seen from a distance, it's clear that the overall esthetic is contemporary, with a cantilevered roofline, bold geometrics and natural colors that complement the terrain. Both fire wise and low maintenance, the exterior



*Provided photo*

**This perspective shows agriculture and recreation against a backdrop of flood-era geology. Every home in the development will have its own striking views of the Columbia River and the Colockum Wildlife Area across the way.**

siding is cement panel with black metal trim and a touch of cedar accent for warmth.

Auxiliary bedrooms and bath and a spacious family room fill the ground-level first floor, and a broad stairway at the entry leads up to the main level. There, a house-width living area and kitchen open to the views. That level also has two separate bed-

room/bath suites.

The top floor decks, with their safe but almost invisible cable railing, are of sand washed cement with tongue-in-groove cedar above. They're plumbed and wired for outdoor entertaining and have room for a firepit.

The ground level lot below is mostly rock and xeriscape, with plants chosen for hardiness in

the desert climate. Josh said he's not aiming for straight rows of identical structures; siting each home for the most privacy and views is a high priority.

Josh is also aware that potential buyers may be families with kids, retirees, or weekend vacationers, so this first 3,296 square-foot

▶▶▶ Continued on page 19



Story by June Darling

# Compassion and Needs

*"If you want to understand me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, and ask me what I think is keeping me from living fully for the things I want to live for.*

- Thomas Merton, *religious scholar, American monastic*

Yesterday morning my husband John seemed worried about us getting ready for a class we were to conduct next week. I felt a bit under-the-weather, I wanted to relax.

It seemed to me that he was nudging me to get with it and help us get our act together. I could feel myself getting a bit peeved. Then I remembered how much I admire his conscientiousness.

Conscientiousness is associated with a ton of valuable outcomes. Unfortunately, it is also often associated with some anxiety and worry.

John evidently could sense that earlier I had been a bit irritated. He explained to me how important it was to him to be prepared. I understood. AND I wanted him to understand my needs as well.

We're still at it after almost fifty years of marriage (this year. What silly kids we were to think we knew ourselves or each other back then). This process of understanding each other never seems to stop either. Not with acquaintances, friends, family, and not even with our long-time spouses.

Humans have tried for hundreds of years to try to understand others, as well as ourselves. What makes us tick? What annoys us? Why do we have certain temperaments, personalities, goals, needs, and values?

Some years ago, I was working to help groups of people understand each other (and themselves). To notice the "stories" that we made up about each other (and ourselves). And to appreciate our differences and commonalities. The ultimate aim

was to become more compassionate toward each other (and ourselves). To help each other get our needs met. Solve our problems.

I turned to the Greeks - Hippocrates (who advanced the four temperaments) and to Dr. William Moulton Marston (who explored behavioral styles), then to newer personality and values research to come up with a model and some "characters" who would exemplify certain broad orientations to life.

I wrote scripts for the characters and presented them to groups. The characters made people laugh about themselves and others in mostly good-natured ways. Some said things like "that was the best therapy I ever had."

Then I became concerned that people might get locked into seeing themselves and others as "characters" rather than doing the deeper and more complex work of trying to really understand ourselves and each other.

Lastly, I worried that getting too caught up in characterizations might give us all the idea that we can't change. Once we have that idea it really does become challenging to change (see the work of Dr. Carol Dweck around fixed and growth mindset to understand more about this).

There is a certain and important beauty in accepting ourselves while at the same time knowing that we can improve... especially in places where we suffer. Perhaps many of us want to be less shy, less fearful, more organized, for example. Most of the changes we want to make can be made to a certain extent.

In terms of our relationships, we sometimes miss what is deeply meaningful to each other. Particularly in long-term marriages, we start to think of each other as a "unit" rather than as separate individuals... with unique desires, concerns, fears.

Then there are the other times when we are overly aware of our differences. Our relationship starts to feel like a tug-of-war, each trying to pull the other over to our side - to our way of understanding the world, our way of doing things, satisfying our needs, our goals, our values.

One of the most important issues to get straight on is our values. Values are deep - they are what makes our lives feel meaningful. But we can mistake them.

For example, we might think financial freedom is a value. But to find out if that is truly a value we can ask ourselves one question - how would my life change if I were financially secure? We might answer with - people might like me more or I wouldn't feel like I must please others. In those cases, the values are not financial freedom, but those things which we think financial freedom will bring us.

Though many needs are universal (like for safety and belonging), our unique needs and goals often flow from our values. We can reach a goal and meet a need and they are done, but the value remains.

In trying to connect with each other, understand each other, build our relationships and intimacy, we need to become investigators. Notice what those around

us care about. See how we can help. Notice what we care about and how we can meet those needs.

June is often thought of as the month for lovers to tie-the-knot. Before that happens, it's wise to consider each other's temperament, personality, values, goals, and needs. (And, for a little fun, if you don't take it too seriously, feel free to check out the characters I created some years ago. I hope it's good therapy. And leads to more self-awareness, curiosity, and compassion. You may recognize some of the local actors <https://www.youtube.com/watch?v=10ANIWgBb8I&t=11s>)

How might we all move up to The Good Life by understanding more about ourselves and each other?

*Hello Good Life readers, my husband, John and I have recently begun a new non-profit adventure called "Journey to The Good Life: Following the Way of Compassion."*

*Part of this project will result in a book. You can help me write the book by going to our website: [journeytothegoodlife.net](http://journeytothegoodlife.net) and subscribing. When I write a new article, it will be delivered straight to your inbox; hit reply with your comments, which will come directly to me. Or you could read an article or two and send me a message through the contact page. (My 14-year-old granddaughter, who designed the website, thinks you should get a good life certificate after reading 10 articles and giving comments. Maybe. Or maybe you can just help me write the book for fun.)*

— June Darling

# SPECIALISTS

Story by Susan Sampson

*My idea isn't original. When the COVID-19 pandemic kept me home, I decided to "see the universe in a grain of sand," to study closely what I might see in my yard. I plan to put it in a book. Here's a chapter called "Specialists."*

Some of the insects I see in my yard are specialists. Unlike a bee that might visit the oregano, the roses, and the berry flowers, the specialists prefer just one species. I've found at least three such specialists in my yard. What amazes me is that all three have found their perfect homes here.

The first I found is the red-femured milkweed borer. It's a small rectangular beetle, about 1/3-3/4 inches long. It has a showy bright red back (elytrum) with a few black spots on it. It has long black-and-white striped antennae. It lives on the wild showy milkweed in my yard. My insect book, Peterson's *Pacific Northwest Insects*, says that its larvae live within the stems and roots of the milkweed, then the adults feed on the flowers and leaves.

Wild showy milkweed sends up a tall stem with a ball of pink flowers on top. It's pretty, but invasive. I let some grow in my yard to help feed monarch butterflies, should any happen to fly through. Monarchs require milkweed. There is a western flyway of migrating monarchs, but they are rare around here, so instead of monarchs, the milkweed has attracted aphids and that red milkweed borer.

It's a wary insect. When I try to sneak close enough to take a photograph, it sees me and flies away to another nearby plant.

As far as I can tell, both the milkweed and the red-femured

milkweed beetle are Northwest natives. The milkweed probably arrived as a wind-blown seed, since I see no other source for it nearby, and somehow, the beetle located it.

The second specialist I've encountered is the *Diplolepis* wasp—probably. I can't say for sure that I have laid eyes on her. Peterson's book says she is "small" and "hunchbacked." I might have mistaken her for a flying ant. Her photograph shows a black insect with an ovoid head like an ant's. The book says that 750 species live in North America, 75 of which can be found in the Pacific Northwest. She causes galls to develop on my eglantine rose.

"*Diplolepis*" is her genus; I can't identify her down to a species, but possibilities include *D. rosea* and *D. bicolor*, both of which cause galls. Another species is named *D. eglanteria*, and since eglantine is the plant she affects in my yard, I suspect she's the culprit. When wasp meets rose, she deposits her eggs into its stem. The rose reacts by developing a growth that looks like a 2" ball of moss. Wasp larvae hatch inside.

Eglantine, also called sweetbriar, has 6-foot long thorny branches that rise from a central root mass. They arch like spray from a fountain. In the spring, it develops an inconspicuous five-petaled flower one inch across, having no fragrance. However, in warm, wet weather, its leaves smell like green apples.

*Diplolepis* is native, but eglantine is not. It comes from Europe and western Asia. It is popular in hedgerows in Britain. Portraits of Queen Elizabeth I were often decorated with both her family's Tudor rose and eglantine.

Shakespeare mentioned eglan-

I know a bank where the wild thyme blows,  
Where oxlips and nodding violets grow,  
Quite over canopied with luscious woodbine,  
With sweet musk rose and with eglantine.



Adobe photo

**Red-femured milkweed borer on edge of milkweed leaf.**



Photo by Tomasz Klejdysz

**Two Hollyhock weevils on a Hollyhock plant.**

tine in his popular poem from "A Midsummer Night's Dream":

The wasp has decorated my eglantine plant with winter-killed brown galls. When the rose is bare, they look like decorations on a dead Christmas tree.

The other roses in my garden are not affected. I've never seen another eglantine growing on this dry side of the Cascade Mountains, so what amazes me is that this specific wasp found this specific rose.

The third specialist I've seen in my yard is the hollyhock weevil. It is miniscule, only about 1/5" long, with a gray elytrum, orange legs, and a long, long snout. It is not native to the Pacific Northwest.

Like the weevil, the hollyhock is an immigrant. Hollyhocks are so widespread that they seem like native pioneer flowers, but they are natives of Europe and Asia. Their stalks, often six feet tall or taller, are studded with flowers shaped like teacups tipped on their sides, spilling yellow pollen on petals that may be

maroon, red, pink, white, or yellow. They are biannual, growing leaves their first year, blooming their second year, then shedding copious amounts of seed and dying back.

I read in a seed catalogue that before indoor plumbing was widespread, a row of hollyhocks marked the location of an out-house.

I spotted hollyhock weevils when I noticed something was harming the fresh tips of their stalks. I saw clusters of weevils piercing the new growth with their typical weevil proboscises. I thought I was being facetious when I called them hollyhock weevils. That, I learned, truly was their common name.

So what I want to know is how did that beetle, not from around here, find that flower, not from around here, and do so at exactly

▶▶ INSECT - Continued on page 22

# If I Should Die Before I Wake

## – Hope Not!

*“Now I lay me down to sleep  
I pray the Lord my soul to keep  
If I should die before I wake,  
I pray the Lord my soul to take.”*

Story by Sue Blanchard

This simple childhood prayer, repeated every bedtime as I nestled into my pillow, scared the dickens out of me, like the boogey man hiding under my bed! Mama helped me learn it well, just as her mama taught her and great granny taught grandma – so I knew it had to be true. I just didn't want it to be true! I was only in kindergarten and wondered it I'd pass in my sleep like great aunt Violet before ever learning the alphabet in first grade!

Thank the Lord I survived all the remaining nights of elementary childhood and, through the years, grew up ever thankful for each new morning I awakened.

Once I was promoted to first grade and could print, I was more confident I would wake to summer vacation. Sunshine peeking through the Venetian blinds, the fragrance of “Good to the Last Drop” coffee perking in the glass-top percolator, the voices of my parents at ease with each other, and the squabbling of my siblings all invited me to the celebration of a new day and season.

But youth doesn't always extend an RSVP to the invitation of opportunity. I wanted to stay snuggled in my bed, slumber beyond the school bell and cuddle with Raggedy Ann.

My reluctance to rise was all dad's fault – he taught us that rising early meant having more

time for chores, like polishing our Buster Brown shoes, rinsing out our lunch box thermos, refilling the metal ice cube trays in the Frigidaire and clothes pinning mama's last load of diapers to the outside clothesline. Outside was meant for play!

I was certain in my adolescent years that extended beauty sleep was as much a requisite to my social significance as outgrowing bubble gum, going steady, spit curls and Noxema. How any teenage girl dreaming of Elvis past midnight while wearing a head full of orange-juice-can curlers and clippies can get any amount of beautifying sleep is still a mystery all its own... and they call them slumber parties!

After high school graduation it was rise and shine as a young



adult to earn a teaching certificate, learn shorthand in secretarial school or become a Pan Am stewardess. You had to be attractive with perfect proportions for your third choice.

Those weren't our only choices in young womanhood – there were Playtex living bras, long-legged panty girdles, beehive hairdo's straight skirts, cat eye makeup and perfect postures. It took as much time to check for runs in your nylon stockings and straighten the seams as it did to learn to gracefully walk in three-



inch spiked high heels.

We entered this phase of feminine mystique quite well prepared – our high school gym teachers had dutifully instructed us in how to walk like proper Jackie Kennedys, practicing upstanding refinement by balancing textbooks on our heads, eyes forward like junior Miss Americas.

While older brothers and boyfriends were waking to draft cards, those of us on the home front were setting our Bulova hand-wound bedside alarms to rise to our own reveilles. After all, it took all morning to create those feminine mystiques needed to attract requisite husbands; we couldn't stay in the steno pool forever! The Late 50's were not yet in step with the liberated



cadence of the coming 60's!

Transitioning into marriage and raising a family a “good night's sleep” suggested by the Nytol commercials seemed as elusive as the puppy with my slippers and privacy in the bathtub. I fervently prayed for just one memorable night of down-for-the-count, oblivious-to-the-baby-monitor somnolence. I wasn't asking for comatose... I just yearned for the “Now I Lay Me Down” part. I had voted in two elections and didn't even know if I snored!

Thank goodness for unanswered prayers, for had they been answered, I would have missed not only the dawn of a morning diaper change announced by my neighbor's rooster but the plaintive plea of “Where's my lunch bag, the bus is coming” as the Lay's potato chip bag ripped down its center seam.

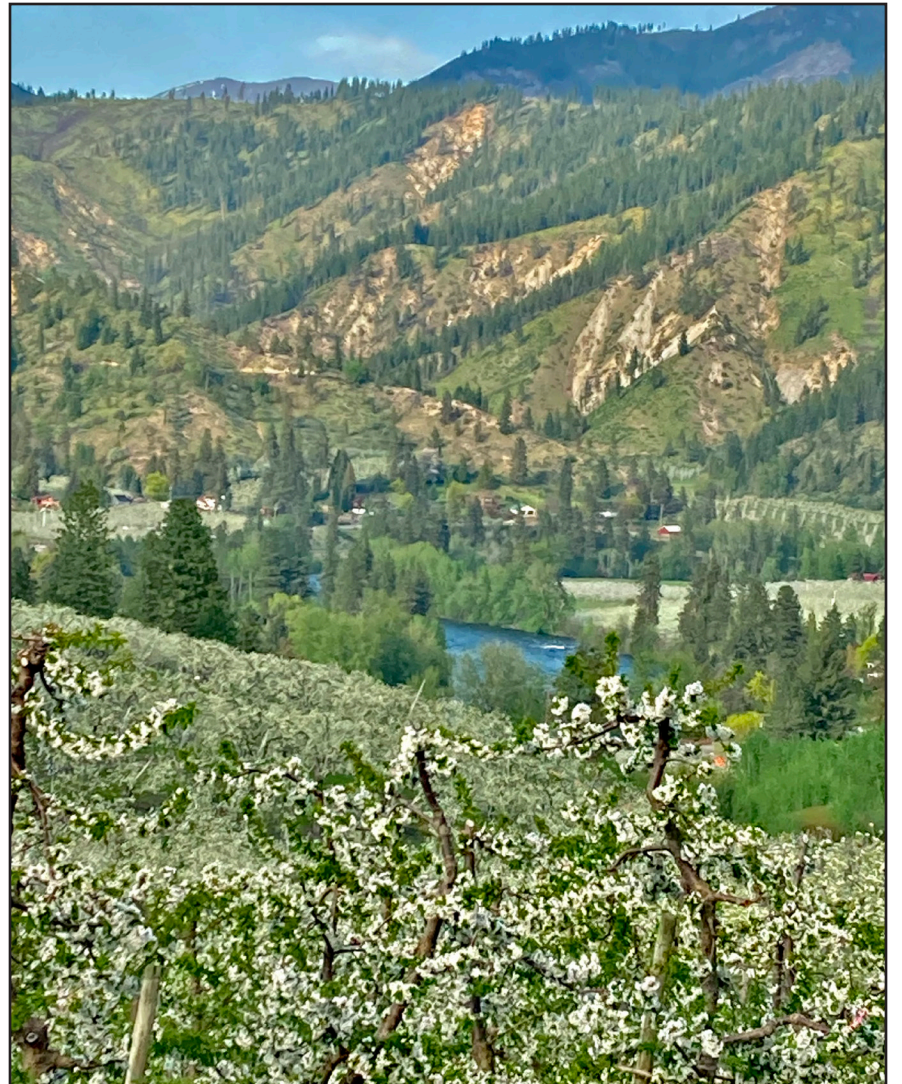
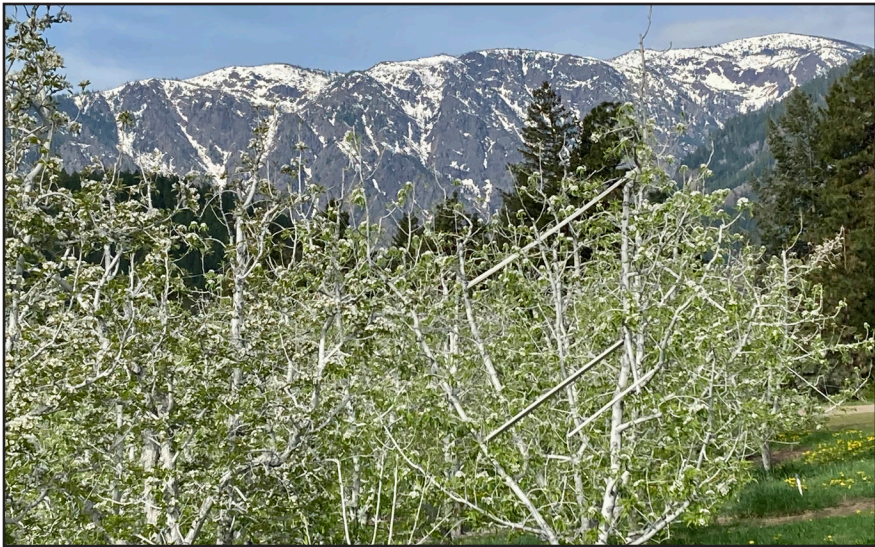
▶▶ SLEEP - Continued on page 22





# *Sea of Silver*

Photos by Barbara Washburn





Courtesy of National Park Service

This is the entry to Minidoka National Historic Site. The guard tower has been reconstructed and the remaining stone features in the background were part of what was known as the reception area.

From page 11 ▶▶

well as adults. (As Shirley puts it, “It’s a family-friendly book.”) She knew from the conception of this story that Flyer would be as important as any other character. I found both Fumio and Flyer to be the reliable narrators that Shirley created them to be. This boy and his dog mitigate some of the pain, inhumanity, and resulting harshness that comes with this shameful but true story.

A short excerpt from the chapter where Fumio and his family leave their Bainbridge Island farm to board the ferry that begins their journey to their internment should paint a good picture for you before we close this story. It’s narrated from the perspective of Flyer, who isn’t allowed to come along.

“I wish we could go home to our farm, but Fumio says he has a job to do. Fumio holds a bundle under one arm and carries a big metal suitcase in his other hand. If I stood beside

him, he could lay the bundle down. I would guard it for him. ...Fumio’s mouth is tight. His eyes are shadowed. He looks sad. When Fumio feels sad, I do, too. If I were closer, I could lean against his side. He would reach down and pat my neck, and we would both feel happier... Then I remember. Fumio said, ‘Stay.’ My job is to stay. He looks toward me. He does not call me.”

Shirley Miller Kamada has created a masterpiece with this novel. The specific choice of the title will give the readers something additional to ponder as they read this beautifully written story. My favorite review about the book comes from author Paula Coomer:

“Lyrical, visual, and rendered with strict attention to historical accuracy, *No Quiet Water* shines a poignant light on current issues of racism and radical perspectives.”

Two of my favorite quotes from Shirley and Jimmy are:

Shirley: “It was resilience and



Photo by Shirley Kamada  
Shirley’s study, her space dedicated to writing and research, has a window that overlooks Moses Lake. She enjoys watching birds such as geese and swans as well as the eagles who nest nearby and fly over her house to patrol their hunting sites. They provide both inspiration and a pleasant distraction.

the goodness of many people who wanted to help that made it possible for people to raise their families under such difficult circumstances and find their way through it. Diversity is beautiful.”

Jimmy: “Diversified thought makes the world a better place.”

\* \* \* \* \*

*No Quiet Water* can be purchased from the publisher: Black

Rose Writing, *Search by Author*  
On Amazon: Amazon.com:  
*No Quiet Water*: 9781685130978:  
Miller Kamada, Shirley: Books  
Or ask at your local bookstore or library.

Shirley Miller Kamada can be contacted through her website: Shirley Miller Kamada – Author  
Or on Facebook: Shirley Miller Kamada | Facebook



Photo by Mike Irwin

The natural-tone kitchen has hardwood floors and is equipped with Bosch appliances, an 8-foot quartz island and an invisible (and silent) stove vent. Open to the living area, its sleek and efficient design keeps the visual focus on the views.

From page 13 ▶▶

home is designed for flexibility.

The four-car garage could easily hold a boat or a small RV, or it could be converted to a shop or hobby space. The main floor suites, one large and one smaller, allow for the owners' personal quarters plus an office, study, or guest room.

Collaborating with an interior designer, Josh chose high-end amenities like floating cabinets and shelves, a hidden pantry, a sleek horizontal gas fireplace, jade green bathroom tiles. The primary suite closet is custom designed with quality fittings; the kitchen is simple but loaded with high quality Bosch/Thermador appliances.

Within a year, Josh has become the contractor, project manager and keeper of the dream. But, he said, "It was my uncle, Alan Bird, who did the early leg work setting up the whole resort development – it couldn't have happened without him."

Issues of right of way, access, zoning and ownership were resolved, and now the major infrastructure – all the dirtmoving, piping and paving, electricity and fiber optics—is on schedule.

This summer will see more construction at Vineyard Estates as sites are being excavated and

prepared. Josh said, "We'll be learning with every build. Not just what works best but which subcontractors and vendors are best to partner up with. Relationships are really important in this business."

Josh, now 41 and a father of three, is playing the long game and envisioning a future development that feels like a neighborhood. "In my lifetime," he said, "I'd love to see this whole place entirely built out. We've got plans for a clubhouse, a pool, more trails, a marina, sports courts, some light retail."

The immediate goals are equally ambitious. At this printing, with one home finished and another nearing completion, Josh is confident RiverView Builders can eventually construct fifty homes in a year at Spanish Castle. "We are permitted for 1,200 'doors,'" he said. "And when we reach forty, we're building the clubhouse."

Everything will look new for a while, but our region's last one hundred years of transportation and commerce are already overlaid on this previously unpopulated hillside property. Today it boasts the proximity of two cities linked by a busy highway, a rail line, a boat ramp, a flyway for occasional jets, vast commercial vineyards and soon this vibrant



Photo by Mike Irwin

For the best wide-open views, the main living area and covered decks are on the top floor of this home, seen here just days from completion. Each subsequent house built on the long, west-facing hillside will be sited for maximum privacy.

new community.

But the old still lingers. The Spanish Castle name carries cachet in local lore, although the "castle" was actually built across the river from the site of its modern namesake.

In 1917, Yakima rancher Lester Coffin purchased land south of Wenatchee and Malaga and built his version of an opulent Mexican hacienda at the foot of Tarpiscan Creek, hauling materials in by barge and wagon.

After Coffin's death, subsequent owners maintained the home, which inadvertently had become a tourist attraction. In 1963 it was dismantled and the site inundated by the waters behind Wanapum Dam.

"When the water level is really low," Josh said, "You can still find remnants of the foundation of the original house." And with wildlife in abundance, that west shore and the craggy hills above it are alive with activity. Driving around the long way will yield good hiking, biking and bird watching treks.

But even the deck sitters at Vineyard Estates can enjoy the bounty, binoculars optional: deer drink at the beaches, hawks veer

up high, the clouds play on a huge swath of sky. And in all seasons, the varied colors from dawn to sunset are free for the looking.



**WESTERN RANCH BUILDINGS**  
STEEL & POST FRAME BUILDING CONTRACTORS

WESTERB984CF

**Sold and erected by an independent locally owned builder.**



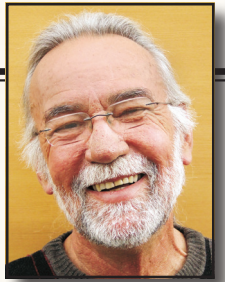

**Your building can be customized just the way you want!**

**NFBA** BUILDING SINCE 1976

(509) 884-0555

www.westernbuildings.com  
1107 Walla Walla Avenue  
Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL



# Curiosities of North Central Washington

Story by Rod Molzahn

The history of North Central Washington is alive with stories and events, many exciting and inspirational, others curious and sometimes unbelievable. Some are nothing short of wonders.

Early settlers in the Wenatchee Valley often referred to the “boulder field” that covered much of what is now the city of Wenatchee. Massive rocks with no geological connection to the valley – enormous rocks from places hundreds of miles away – erratics they’re called now. They were carried to the valley on turbulent floods or rafted in atop ice flows as the last glaciers melted and broke apart 15,000 years ago.

These behemoths were gently placed across the valley as flood waters slowed and ice rafts melted. Most of the boulders were broken up or blown up as Wenatchee grew but a few still remain, often nearly as large as the buildings they sit next to. Many more rest as they have for thousands of years outside of developed areas. Two remarkable specimens stand, like sentinels, in a field up Dry Gulch to the south of Saddlerock.

All along the middle and upper Columbia ancient people



Adobe photo

Lake Chelan.

left images on basalt boulders; pictographs (painted pictures) and petroglyphs (pictures scraped or incised into the stone.)

Rocks in mid river at Priest Rapids and Rock Island Rapids were especially impressive for both the number of images and the variety of subject matter. Along with geometrical patterns of lines and shapes there were animals of many kinds, some recognizable and others fantastical. Human figures are common, many

with rays emanating from their heads. Sometimes humans are pictured together, holding hands. Often human figures holding weapons appear to be hunting animal figures, usually deer and buffalo but in, at least, one petroglyph the animal resembles a mammoth. The last mammoth here disappeared at least 13,000 years ago and the last mastodon, perhaps, as recently as 9,000 – 10,000 years ago.

Other images of horses could only have been made after the

early 1700s when the animals were first introduced to the area. Native people living along the Columbia when the fur traders arrived in 1811 gave no explanation for the rock art but clearly treated it as sacred. Water behind the dams has submerged most of the picture rocks, something the artists could never have imagined.

Alexander Ross, a fur trader, wrote extensively about life along the Columbia in the

▶▶▶ Continued on next page

early 1800s. He often commented on the “innumerable rattlesnakes.” Describing the country north of Priest Rapids, Ross wrote, “The ground here is...covered with flat stones and wherever these stones lie, and indeed elsewhere, the rattlesnakes are very numerous. At times they may be heard hissing all around...The natives appeared to have no dread of them. As soon as one appears, the Indians fix its head to the ground with a small forked stick...then extracting the fangs, they take the reptile into their hands, put it into their bosoms, play with it, and let it go again. When anyone is bitten, the Indians tie a ligature above the wound, scarify it, and then apply a certain herb to the wound, which they say effectually cures it.”

Ross Cox, another fur trader, wrote that in some places along the river there was “a small black snake, the bite of which causes death much quicker than that of the rattlesnake.”

A.J. Splawn, friend and confidant of North Central Washington Indians, recounted a story from Yakima oral tradition about the Eleguas Tein or “Stick Indians,” a wild race of dwarfs who inhabited the high peak country from the head of the Cle Elum River north, along both sides of the Cascade crest, to the headwaters of the Stehekin and Skagit Rivers.

“They were held in superstitious awe by many who believed they were the spirits of departed warriors,” and their voices could often be heard

at night around high hunting camps. They were seldom seen though it was known that their Spirit Chief was called Tal-las-ket. One story holds that a very fine looking Stick Indian once lured away a young We-nat-sha woman he found picking huckleberries. Her tribe searched for her until the winter snows came then gave her up for dead. A few years later, at the spot where she had disappeared, she appeared again to her people with two children. She explained that the Stick Indians were not spirits, but Indians of small stature who chose to live among the craggy peaks. After telling her story she said goodbye to her people, and with her children, returned to the Stick Indians. She was never seen again.

Splawn didn’t claim to have seen Stick Indians himself. He did, however, claim that one day as he was hunting for his stray cattle in a southern British Columbia forest he “came to a camp of golden-haired Indians, with fine features and the most musical language humans ever spoke. Their throat sounds were like the notes of the forest birds around them. There were several lodges, about forty in all. I never saw them again, nor learned anything further about them.”

The middle of the night earthquake on December 14th of 1872 that propelled part of Ribbon Cliff, north of Entiat, into the Columbia River was felt strongly as far away as Yakima. The huge rock fall blocked the flow of the Columbia until the next day. Indians reported

that the quake also opened up vents around Lake Chelan that erupted with steam and sulfur smelling water for months. It also cracked the bottom of the lake allowing water to escape underground and reappear as a geyser below Chelan Falls that also erupted for several months. The backwater behind the rock dam across the Columbia was fifty feet deep and stretched for miles up river flooding Wapato John’s farm and fur trading post. He declared it bad “Tam-an-a-was” (medicine) and moved with his people to Lake Chelan.

Twenty-seven years later, in September of 1899, Lake Chelan was the place of another geological event. Just below Twenty-Five Mile Creek eye-

witnesses reported “a singular upheaval of the glassy surface of the lake to a height...of from six to ten feet.” A wave six feet high reached shore and lifted the steamship, Kitten, moored along the south shore, up on to the rocks. When the wave receded the Kitten capsized off the rocks and sank. “There was, at the time, not a capful of wind from any direction.” A noticeable wave reached Stehekin about twenty minutes after the initial upheaval and miners working up Twenty-Five Mile Creek reported the creek “went dry for the space of three hours before resuming its natural flow.” When it was all over, the depth of the lake at its deepest, measured point had been reduced by 94 feet.

## 13,000 years of North Central Washington History!

By The Good Life columnist Rod Molzahn

Give the Gift of Local History!

See the book  
Buy the book

### AVAILABLE AT:

- [ncwstories.net](http://ncwstories.net)
- Riverwalk Books - Chelan
- Rhubarb Market - Wenatchee
- Apple Annie Antiques - Cashmere
- Chelan Historical Society Museum

- A Book For All Seasons - Leavenworth
- Cashmere Museum and Pioneer Village
- Okanogan County Historical Society Museum
- Wenatchee Valley Museum & Cultural Center



**SLEEP - From page 16 ▶▶▶**

Compared to my school-day mornings, school bus drivers were destined for sainthood – they got up earlier than I did just to go warm up a diesel engine and retrieve day-old Twinkies from under bus seats – and some of them were mothers!

Throughout all those household-nurturing years, domestic nap times seemed as non-existent as dishwashers, fast food, microwaves, no-iron shirts and advance notice of PTA cupcake sales. We moms paid good money to trade each other's baked goods.

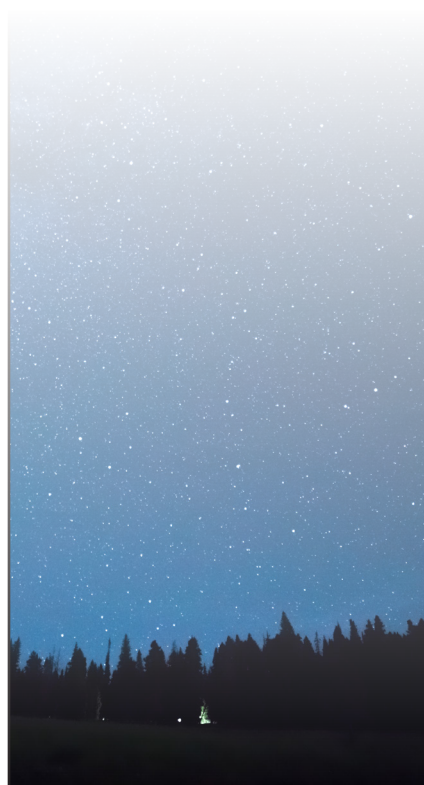
As our boys left high school and home from college, the military, marriage, and having families of their own, I realized that any lingering toss-and-turn nights were only part of loving, caring and protecting from afar. My nest was empty but my heart was full and would hold them close.

As the pendulum of time gently swung from all those yesterdays toward retirement's repose, I have accepted with grace that although there may never be enough dawns and sunsets to reach all the goals we had planned, keep every promise we made, earn forgiveness, or share one last moment with a loved one who has passed, we are always gifted enough time to share the best of who we are.

I have learned from those gifted days, that it is better to serve a purpose in life than a plan. I now welcome my cock-a-doodle sunrises with optimism, commitment and self-improvement, nurturing friendship, hope, compassion and an enduring love for those who wake beside me. And I kneel on aging bended knees at evening's call to recite a more thankful prayer:

Now I lay me down to sleep... to welcome the light of morning, rise with joy in my heart, give abundantly and count the blessings of all my years. When we have lived our days fully, richly and warmly, the final night

of perfect sleep will pass gently without regret. Perhaps it will come as sweetly too, as all our days ad awaken us to life everlasting... I pray the Lord my soul to keep.



**INSECT - From page 15 ▶▶▶**

the right time to take up residence in the new plant. My entomologist friend answers, "The short and superficial answer is almost certainly via olfaction." Like us, bugs smell flowers. He adds, "But your question could be a mind map of ramifying questions, from sensory biology to population dynamics to biogeography." He sees a doctoral dissertations arising out of my inquiry. "With six years of research, you would have an answer."



Adobe photo

**A gall wasp of *Diplolepis*.**

**VIDEO - From page 8 ▶▶▶**

Terminal Avenue is, especially on complex assignments, a Laurel family affair.

"My two younger cousins are filmmakers themselves," Hector said. "Not commercial films – they want to make their own independent movies. Their brother is an accountant, but he's really good to have on a shoot. He can do just about anything." Sometimes he'll bring everyone in, and the new young company can boast employing five videographers at one time.

What personal pleasure motivates them? Kim said she loves making an impact, creating an empathetic human connection that triggers a reaction. Hector's intrigued by watching a simple idea grow into a finished product. "Someone comes to us with an idea," he said, "And I can immediately visualize how to amplify it,

**THEATRE - From page 9 ▶▶▶**

York and London.

Dancer Twyla Tharp said, "Art is the only way to run away without leaving home." In her first years of adulthood, Kira ventured from the Methow Valley to explore her options. Returning on purpose and in a timely manner, she re-found her passion, her place and her voice. And she has no intention of leaving.

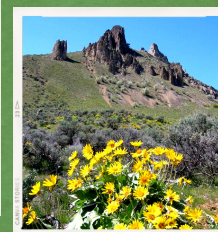
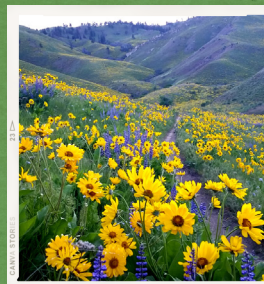
to bring in something new."

Hector is savvy enough to handle his new business with care. He's maintaining friendships, adding photographic services, developing a dynamic portfolio.

And, along with Kim, his camera nerd buddy from their own good old days, he's still doing what he loves to do: making movies.

**NEW ECO WENATCHEE EXHIBIT**

*NOW OPEN*



A temporary, bilingual exhibit focusing on the important choices we make daily impacting our environment, community, and economy.

**WENATCHEE VALLEY MUSEUM & CULTURAL CENTER**



# FUN STUFF

## WHAT TO DO AROUND HERE FOR THE NEXT MONTH

**LINE DANCING** at the Twisp Valley Grange, 334 W. Second Ave., every Monday at 6 p.m. Lessons available for beginners and advanced dancers. \$4 fee to participate. Call 509-429-2064 for more information.

**MOVEMENT MONDAYS** every Monday at 10:30 a.m. at the Wenatchee Valley Museum, 127 S. Mission St. \$10 per child, caregivers free. Did you know music and dance can help with the development of math skills? Recommended for children pre-K through second grade. Visit [wenatcheevalleymuseum.org](http://wenatcheevalleymuseum.org) to register.

**CHESS CLUB** every second Tuesday at 4 p.m., all online. Event is free, registration is available on [ncwlibraries.org](http://ncwlibraries.org); Zoom link provided in email after registration.

**ONE MILLION CUPS** is an entrepreneur showcase on the first Wednesday of each month. Register on [wenatchee.org](http://wenatchee.org) to attend.

**NCW WRITERS CLUB** every third Wednesday of the month from 4-5 p.m., optional social hour to follow. Please visit [ncwlibraries.org](http://ncwlibraries.org) for more information. Workshop is completely free and open to all skill levels and ages.

**ZOOM STORYTIME** every Thursday at 9:30 a.m., except holidays. Visit [ncwlibraries.org](http://ncwlibraries.org) for information and to register. Join librarians Clare and Dawn for a half-hour of stories, songs, and movement for preschool-aged children.

**REC NIGHT** at the Teen Center in Twisp, 502 S. Glover

St., every Friday from 4 p.m. to 11 p.m. Ping pong, video games, Wi-Fi, dinner, and a movie, all free.

**FREESTYLE DANCE** at The Studio in Twisp, 101 N. Glover St., every Friday at 5:45 p.m. \$5 fee to participate. Call 509-996-2017 for more information.

**GARDEN CLUB** every second Tuesday of the month beginning at 1 p.m. Exchange gardening ideas and information, and sometimes take a road trip. Meeting location varies, call 997 0515.

**WRITERS CLUB** every third Monday of the month from 5:30 p.m. to 7:30 p.m. at Confluence Gallery and Art Center in Twisp, North Glover St, room 201. Prose and poetry writers welcome to share writings;

Small donation to cover room rental. 997 9070.

**BOOKMOBILE** is here and traveling across the area! Locations for June include Plain, 97 Rock House, Malaga, Three Lakes Estates, Aeneas Valley, Desert Aire, Lake Entiat Estates-Sun Cove, Wilson Creek, and Orondo. Visit [ncwlibraries.org](http://ncwlibraries.org) for more information, dates, and times.

**NCW LIBRARY** events in June include writing a wide variety of indoor and outdoor summer events! Activities include Walk in the Park Book Club, Dungeons and Dragons, Chess, storytime for those in preschool up through middle school, Craft Nights for kids (and some for adults!), free movie nights, knitting, STEM after school, and more! Visit [ncwlibraries.org](http://ncwlibraries.org)

▶▶▶ Continued on next page

## PET PICKS

WENATCHEE VALLEY  
**HUMANE**  
society



[www.wenatcheehumane.org](http://www.wenatcheehumane.org)

Paws & Claws  
**Veterinary Hospital**

Compassionate care with a personal touch  
**Complete Medical, Surgical  
and Dental Care**

2484 SE 4th St.  
East Wenatchee, WA 98802  
**509-888-7297 (PAWS)**  
Please call for an appointment



Shawna Bais, DVM

ies.org for more information, dates, and times.

**SKI LEAVENWORTH SUMMER MUSIC SERIES** for June includes Ruthless Mercenaries – June 07 | Eric Link – June 14 | Churnlilies – June 21 | Darnell Scott – June 28. Shows run from 6 p.m. – 8 p.m. at the Ski Hill Lodge, 10701 Ski Hill Drive, in Leavenworth. Visit [skileavenworth.com](http://skileavenworth.com) for more information.

**CHELAN EVENING FARMERS MARKET** runs through October, Thursday evenings from 2 p.m. to 6 p.m. at Riverwalk Park in Chelan. Enjoy numerous vendors carrying fresh fruit, veggies, flowers, crafts, food trucks, live music and so much more! Each week is something a little different.

**RED BARN EVENTS** in June at the Wenatchee River Institute include “Sowing Seeds, Growing Hope” with Victor Yemba – June 7 | “Is Nature More Coopera-

ive Than We Think?” with Kristin Ohlson – June 14. Events are hybrid and run from 7-8 p.m., doors open at 6:30. Visit [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org) for more info!

**WORK PARTY** with the Wenatchee River Institute on June 2, 5, 13, 19, and 27! Want to party but also want to work? Come hang with the WRI on June 2, 13, or 27 to learn about Noxious Weeds, how to ID them, and help get rid of some! Alternatively, if you prefer planting and nurturing, swing by on June 5 and 19 for some Garden Work Parties! Visit [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org) for more information.

**IRISH DANCING** at Pybus Public Market in Wenatchee throughout June! Every Monday at 6 p.m., come learn Irish Ceili dances and make new friends. Sponsored by the An Daire Academy of Irish Dance.

**WEED WARRIOR** workouts and invasive plant removal with the Chelan-Douglas Land Trust Team! Help improve the success of native plants and grass restoration while sneaking in an upper body workout June 1, 6, 7, and 14! Some event starts are in the morning while others begin in the late afternoon. Visit [cdlandtrust.org](http://cdlandtrust.org) for more information!

**FRIDAY NIGHT MUSIC SERIES** at Pybus Public Market. Acts include The Lucky Break Boys – June 9 | Brittany Jean – June 16 | Lance Tigner – June 23 | Darnell Scott – June 30. Visit [pybuspublicmarket.org](http://pybuspublicmarket.org) for more information.

**HIGH SCHOOL GRADUATIONS** are here! Make sure to check in with your favorite students for their graduation dates and related events to celebrate the hard work these seniors have put in over the past 4 years. Graduations tend to run the first and second weekends of June.

**BEAUTY OF BRONZE**, a sculpture unveiling, titled Rozanne’s Tango, on June 3 at the PAC Fountain Plaza in downtown Wenatchee, begins at 10 a.m. This piece honors Rozanne Lind, who was a respected Wenatchee educator who was the coordinator of the Art on the Avenue’s Beauty of Bronze program until she passed away in 2019. For you Rozanne, always with love. Visit [wendowntown.org](http://wendowntown.org) for more information.

**CRUIZIN CHELAN CAR SHOW** runs June 2-3 on Woodin Avenue in Chelan. Kick off summer 2023 with us in style, as proud car, motorcycle, truck and street rod owners line their pride and joys along Woodin Ave. Nearly 20 trophies will be awarded, including the most sought-after prize – Best in Show. NEW this year: European & JDM (Japanese Domestic) categories! New this year: Cornhole Tournament!

▶▶▶ Continued on next page

## MARKETPLACE




**AGENT 509**  
REAL ESTATE

**DEBBIE RADER SENSENEY**  
LICENSED BROKER | REALTOR  
509.293.1408

509.315.3630 | [agent509.com](http://agent509.com)     
Each office is independently owned and operated.




**SMITHSON INSURANCE SERVICES**

Kathy Z. Smithson • Katy Dalan • Karen Gonzalez

- Medicare Planning • Medicare PDP Rx
- Individual Health Insurance
- Exchange Plans • Group Benefit Packages
- Life • Vision • Dental
- Hablamos Español

**509-884-5195**

720 Valley Mall Pkway E. Wenatchee  
[smithsoninsuranceservices@gmail.com](mailto:smithsoninsuranceservices@gmail.com)



**Cleaning Your House So You Can Have A Home!**

- New Construction
- Commercial
- Residential
- Maid Service

**Karen's Kleening**  
**509-881-0555**  
Licensed, Bonded and Insured



*The cleaning crew you can trust!*

**merry maids**

**\$100 OFF** Enjoy \$20 OFF your first 5 weekly or biweekly cleanings.  
Offer Exp. 7/31/2023

509.663.1710

Licensed, Bonded and Insured Professionals



**OKANOGAN DAYS** is on June 3 in downtown Okanogan. It's the best way to say goodbye to spring and hello to summer! Days are getting warmer and flowers are in full bloom. Come and celebrate warmer days in Sunny Okanogan! Parade starts at 11 a.m., visit [okchamber.com](http://okchamber.com) for more information.

**MASTER GARDENERS CELEBRATE** "A Garden Faire" for their 50th Anniversary of the WSU Extension Master Gardener Program on June 10 from 10 a.m. to 1 p.m. Your Wenatchee Valley Master Gardener volunteers are hosting this celebration along with other amazing affiliates and sponsors at the Community Education Garden, 1100 N Western Avenue, in Wenatchee.

**BIRDING** with Chelan-Douglas Land Trust at Mountain Home on June 14, from 7-11 a.m. Would you like to spend a weekday morning hiking, viewing wildlife,

wildflowers, and snow-capped mountains, while learning about the birds in the area? The bird species we view during our walk will be entered into eBird, a community citizen science-based data website. Birders of all ages and abilities are welcome! Learn more and sign up for this event by contacting Conservation Fellow, Susan Ballinger at [susan@cderlandtrust.org](mailto:susan@cderlandtrust.org).

**DIRT ABIDES 2023** – Bavarian Bash comes to the Leavenworth Ski Hill on June 18 from 7 a.m. to 3 p.m. The Pacific Northwest's premier cross-country mountain bike race series comes local! Tickets

are needed to compete, visit [dirtabides.com](http://dirtabides.com) for more information, including start times, registration, course maps, and how to grab your free lunch (if you race)!

**VERT RUNNING SERIES** – Leavenworth Skyline 27k comes to the Ski Hill, June 24, starting at 6 a.m. The Leavenworth Ski Area will be the venue and it will showcase the skyline just to the North of the city with great views from the ridges of the Cascade Mountains and Eastern Cascades alpine desert views in the fast forest service road sections of Freund Canyon. Visit [verunningseries.com](http://verunningseries.com)

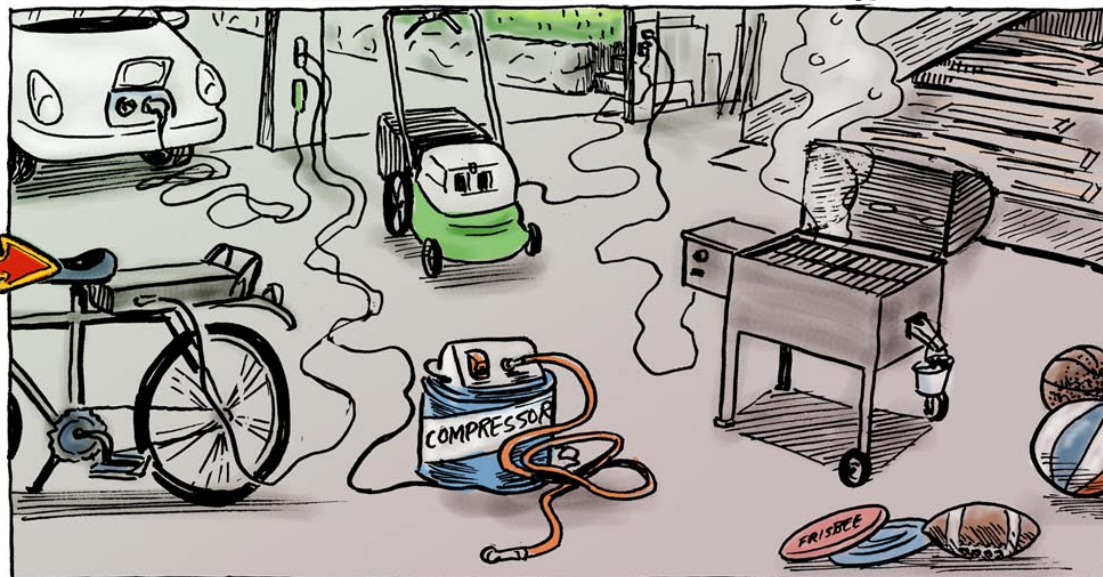
for more information.

**FOUNDERS DAY** runs June 24-25 in Cashmere. In 1979, a group of dedicated business owners and community members celebrated Cashmere's 75th year with a Diamond Jubilee. From that celebration evolved what is now known as Founders' Days. With community support, we have grown from a small parade to two days of festivities for all ages. Visit [cashmerechamber.org/events](http://cashmerechamber.org/events) for more information.

THEN  
&



N  
O  
W



*Host Wenatchee*

Alyssa 509-699-1514  
[www.hostwenatchee.com](http://www.hostwenatchee.com)  
10 S Columbia #202

**FEATURES:**

- ✔ Projector, PA system & Wi-Fi & photobooth
- ✔ Round tables, black linens & seating up to 70
- ✔ Kitchenette

*Your one-stop shop for any event!*

**Wenatchee's Premium Venue**

# POETRY



Story by Susan Blair

# Matters

“Poetry must never be The Truth. Poetry must reveal a truth. When describing a truth, poetry must rise above prose through the use of figurations.” I quote Tom Lombardo – poet, professor and poetry editor for Press 53 – in a 2013 interview with Writers’ Digest. Tom cites four figurations described in Harold Bloom’s essay, *The Art of Reading Poetry*: metaphor, synecdoche, metonymy and irony. “Those figurations take the truth and tell it slant,” Tom says, with a nod to his favorite poet, Emily Dickinson.

## METAPHOR

Metaphor is a type of figurative language that creates implicit or direct comparisons without using “like” or “as” (words which a simile employs). It directly refers to one thing by mentioning another. Shakespeare’s “all the world’s a stage” is a familiar example. Langston Hughes’ poem, “Dreams,” is another:

Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly

## SYNECDOCHE

Pronouncing the word synecdoche twists my tongue into

almost saying “Schenectady,” a city in New York where I lived as a toddler. It springs from the Greek word synecdoche, or “simultaneous meaning.” Here, a part of something is used to refer to the whole, or vice versa. “Green thumb” for a talented gardener; “boots on the ground” for a soldier; “wheels” for a vehicle. Other examples: “all hands on deck” where “hands” are workers, and asking “for her hand in marriage” refers to the spot where the wedding ring will be placed (but infers that all of her is desired).

Think of this literary device as a kind of shorthand – a means for writers to avoid overusing words or phrases. Thus, the writer creates a more artistic form of expression.

## METONYMY

Metonymy (“change of name”) is a figure of speech in which one word is used to replace another to which it is closely linked. Here’s a well-known example: “The pen is mightier than the sword.” The word “pen” replaces “the written word” and “the sword” stands in for “military aggression.” When people refer to “the crown,” we know they mean the queen – oops, now it’s the king. And if I say that I’m going to tickle the ivories, you’d know I’m going to play the piano. “Track” is a substitute for horse racing; “suits” refers to business executives.



Using metonymy in one’s writing is a nifty way to make that writing more vivid.

## IRONY

When I Googled irony, looking for examples in poetry, I found a picture of a young woman working out on a stationary bike while eating a slice of pizza. She was balancing the pizza box on the handlebars with her other hand. This picture said it all: irony is a device or situation that expresses something other than, or the opposite of, the literal meaning – typically for humorous or emphatic effect. Irony in poetry uses discordance or incongruity to say something other than the poem’s literal

Adobe photo

A small example of irony here showcases the defacing of a stop sign with a call to stop the defacing of stop signs - ironic, no? Bob Dylan penned a well-known metaphor, “chaos is a friend of mine” while *metonymy* is oft heard on the news when the office of the US President and their administration is referred to as “the White House” or “Oval Office.” Synecdoches are also used in near everyday life, like at the grocer when asked for “paper or plastic” or when discussing where you heard of recent events - “in the paper!” The four figurations can be found everywhere in our day-to-day lives.

meaning. I found Alexander Pope’s poem, “The Rape of the Lock,” online – too long to include here – about a woman getting her hair cut. Other examples of irony in literature include O. Henry’s story, “The Gift of the Magi” and the death scene in “Romeo and Juliet.” It’s ironic when a police station gets robbed.

Words have power. Whenever we write or read, or even speak, considering and utilizing their power elevates and enriches the experience. We could amaze our friends at the next cocktail party by explaining synecdoche, or we could look for examples in a few pages of a poetry book; either way, it’s a fun exercise.

As my best friend and mentor says, “A word is a world.”

# Bury Me Beneath Nasturtium



Poem and photos by  
Brad Skiff

Bury me beneath nasturtium  
and I shall never die.  
A thousand blooms alive with breeze  
and wafting butterfly  
shall be my pyre of fiery orange  
to make remembrance by.  
And even when our weary star  
bloats to sear the sky  
and melts the soil that hides my seed,  
its wrath is but a lie.

For when old Sol outspends its might  
and shrivels to its shame,  
and only pale starlight glows  
upon the world's remains,  
this rock, where once stood steel pride,  
will sprout one tiny flame  
to shout against eternal dark  
and void its restless claim.  
Bury me beneath nasturtium  
and resurrect my name.





*Photo by Joseph Claypoole*

The American robin - the one above being of either the northwestern or western groups - calls much of the Americas, and all of the US, home. They are also the most abundant landbird on the continent and lay eggs so distinctive they have their own color - robin egg blue!

# IMAGINE

## The Fun You Can Have!



- In state subscriptions  
**\$30 for 1 year**
- Out of state subscriptions  
**\$35 for 1 year**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Send to:  
**The Good Life**  
 PO Box 553, Omak, WA 98841  
 or call 1-800-572-3446