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*Photo by Ken Reid*

Pumpkins sit waiting to be bought and carved into spooky creatures on Halloween night.



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## » FROM THE EDITOR

It was surreal to begin planning the October issue at the end of August. Somehow, my mind couldn't wrap around October when it was still hot and sweaty outside. "Think fall," I asked the contributors, even as people were still wearing tank tops and sandals.

Contributor Sue Blanchard took the matter to heart in her planning and did some heavy lifting... literally. She stacked rocks on top of rocks to build cairns, a story she writes about in this month's article, *Rocks of Ages*. Sue wrote to me, "As the story grew, so did another cairn, and so did my appreciation and understanding of them." Sue built all the cairns herself except one, which required a forklift. (We'll forgive you on that one, Sue.) All joking aside, I am blessed to be working with such a dedicated group of people.

In this month's issue, we cover whether UFOs are real. I interviewed the director of the National UFO Reporting Center, Peter Davenport, who, ironically, works in Davenport, Washington. I found him to be a pragmatic interviewee. He acknowledged the line between what he knows and what he believes. The center has logged 156,000 reports of UFOs since its inception in 1974 and Washington ranks number 1 or number 2, depending on who you follow, in the most sightings, per capita, in the nation.

Susan Sampson writes about her own family's story about UFO encounters. In the end, we believe what we want to believe and it's up to you to decide. In case you're frightened by the whole concept of extraterrestrials, Dr. June Darling writes about overcoming our fears, a theme for this month.

For our food section, Linda

Reid shares her recipe for choucroute garnie, a meat and potato dish that originates in the Alsace region of France.

We also profile dahlias in bloom in Wenatchee. Linda Holmes-Cook, whose father, Tony DeRooy, originated the dahlia gardens at Rocky Reach, contacted us by email about the blooms. What began as a stand alone photo morphed into a feature we will continue to follow. Wenatchee will host the 2024 American Dahlia Society National Show, a huge honor for the city.

Susan Lagsdin continues her profiles of people in our region. Do you know someone in the community you would like to see profiled? We welcome submissions to [jbabkina@omakchronicle.com](mailto:jbabkina@omakchronicle.com).

Our regular contributors continue to delight us with thought provoking poetry, history, cartoons and photographs. Speaking of photographs, I received my first image submission created with the assistance of artificial intelligence. Check out June Darling's piece and see how you like the image.

We hope you enjoy this issue and we welcome your feedback. We can only be as good as our service and connections to the community.

Julia Babkina, Editor



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SUSAN BLAIR

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WRITE FOR THE GOOD LIFE: We welcome articles about people from Chelan, Douglas and Okanogan counties. Send your ideas to Julia Babkina at [jbabkina@omakchronicle.com](mailto:jbabkina@omakchronicle.com).

## CRITTERS ON A PLATTER



Photo by Barbara Washburn

Who says you can't serve critters on a silver platter? Contributing writer Barbara Washburn is catering to her many goldfinches and squirrels in her backyard.

## ON THE COVER

Are we alone in the universe? Peter Davenport, Director of the National UFO Reporting Center in Davenport, WA since 1994, doesn't think so. In fact, Washington has one of the most reportings per capita in the US for UFOs. He has some real questions for these aliens.



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 working for The Good Life magazine. She loves the opportunity to work with businesses to help them grow.

Lianne moved with her husband 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. Lianne enjoys helping people grow their business.

You can reach Lianne at [lianne@ncwgoodlife.com](mailto:lianne@ncwgoodlife.com)

# MEET THE CONTRIBUTORS

# THE Good Life<sup>®</sup>



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.



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.



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.



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.



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



June Darling, Ph.D., can be contacted at [drjunedarling@gmail.com](mailto:drjunedarling@gmail.com); Her bio and many of her books can be found at [amazon.com/author/junedarling](https://amazon.com/author/junedarling).



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).



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.



Julia Babkina is the new editor of The Good Life magazine. This month, she writes about UFOs.



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).



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.



Have a story to tell? We'd love to hear from you! Email [jbabkina@omakchronicle.com](mailto:jbabkina@omakchronicle.com) with your story, story idea, picture or poem.

# Are We Alone in the Universe?

Interview by Julia Babkina

The following is an interview I conducted with Peter Davenport, Director of the National UFO Reporting Center in Davenport, WA for the past 29 years. Washington state has one of the most sightings, per capita, for UFOs in the nation. The research center, founded in 1974, takes reports from across the country. Their website, [nuforc.org](http://nuforc.org), has over 156,000 reports.

## What would you like people to know about UFOs in Washington State?

Well, Washington state is where the phenomenon began back in 1947. A pilot was flying from Chehalis to eastern Oregon and he saw a cluster of scimitar shaped objects straight below his air craft very near Mt. Rainier. So, Washington has been closely related to the UFO phenomenon for 77 years, actually. We've had sightings ever since.

## Do you feel like there were

## UFO sightings before 1947 that just weren't reported? What do you think of UFO sightings before 1947?

My opinion is, based on a lot of work, that UFOs have been coming to our planet for centuries, millennia, or millions of years. That's what the evidence says.

One is from October 1936 in Alaska, very close to Anchorage. Two gentlemen were hitchhiking into Anchorage from a Eklutna, which is an Indian village, and as they hitchhiked, they looked ahead of them toward Anchorage and they saw a very strange blue light approaching them at very rapid speed. They were relieved. They thought it was a truck. They thought it was the headlights of a truck. They quickly realized it was not. They were so frightened by what they saw that they tried burying themselves in a snow-bank to get away from it.

There is also report from Los Angeles. In 1935, a group of young people were walking

home from a cinema and an object came right above them and illuminated the area they were in intensely brightly. So, it's an opinion, but I believe this phenomenon has been taking place for a long time. It's just that nobody could understand it prior to aviation and airplanes. How would a cowboy in the 1800s possibly explain to his friends what he had seen if he had seen a UFO streak across a sky? It would be very difficult. They would think he had gone mad, since obviously we know things don't fly.

## With the advent of aviation, it brought about more reports of UFO sightings because it became realistic?

I don't know if that's the case. What I'm saying is in the 1800s, if someone had said "I saw a disc fly over my head and land in the desert," nobody would have believed it because nothing flew back then in the 1800s. So, it took aviation to condition people

that the notion that there are things that can fly and it's a question of what are they.

## Why do you think, some of the pictures that I saw for example in Seattle, bright light in the sky, why do you think it's just one person reporting? Why wouldn't it be an entire neighborhood or an entire city if it was flashing?

Most people, if they see what they think may have been a UFO would not report it. They'll think about it, they'll talk about it to their family members, family friends, but most people will not report it. My estimate, based on 29 years of experience, is that out of somewhere between ten thousand and twenty thousand sightings by an individual, of the suspected UFO, only 1 of those people will ever reduce the information to written form and report it to an authority like the National UFO Reporting Center. People don't want to get

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involved. They don't believe their eyes. They try to explain it away in conventional terms. There are many reasons people don't report these things.

### **How did you become interested in UFOs?**

I saw one when I was a child on the edge of the St. Louis airport. July of 1954, I believe the date was. I was sitting in our family car, a 1953 Studebaker with my mother and my older brother and we were watching a film on the edge of the St. Louis airport. Suddenly, the whole theater started. It was plunged into pandemonium. People were running, shouting, jumping out of their cars. It was general confusion. I looked out to the right and I saw without a doubt the most incredible object I had ever seen in my life. It was bright red, intensely bright, so bright you didn't want to look at it. It hurt the eyes. And it was moving very slowly in a relatively low altitude. Suddenly, it accelerated, shot high up in the sky, descended equally quickly, past behind the screen at the drive-in theater and disappeared over McDonnell Aircraft Corporation. What the three of us did not know at the time was that my father was in the air traffic control center looking at the same object with binoculars, so all four members of my family were looking at this object at the same time and it exhibited distinctly un-terrestrial like, unconventional flight characteristics. It accelerated so fast from an almost dead stop that the eye could not track it and it shot high up in the sky and descended suddenly and disappeared to the northwest. That was my first sighting. I've had four others since 1954.

### **How old were you in 1954?**

I was six and a half years of age [at the time of the sighting].

### **What effect did seeing a UFO have on you at that age?**

I think a dramatic effect. As we drove home, my parents couldn't talk about anything else and they were frightened by it. They had no idea what they had just seen. Shock and interest in that object was clearly shared by the people at the drive-in theater who were walking and pointing at it. People were no longer paying attention to the movie. They were interested in the bright red object that was illuminating the entire airport. It was a very dramatic sighting.

### **That seems to be the quality of UFOs, that they have brisk movements?**

It can be. Some of them move slowly. People ask what a conventional UFO is like and my response is that there is no such thing as a conventional UFO. Each one is unique. They perform differently from one another. There are all sorts of different types of UFOs, or craft I should say- disks, triangles, bright lights, spheres, all sorts of things.

### **Do you think they are originating from different places?**

My suspicion is they do, but that suspicion has no basis in fact. We appear to be dealing with different types of machines, craft and we also appear to be dealing with different types of creatures. My suspicion, and this is what keeps me working at my present job as director of the National UFO Reporting Center, my suspicion is we live in a galaxy that is teeming with intelligent life and civilizations that we have yet to be able to prove that.

### **Why do you think it has been so difficult to prove or convince or substantiate the presence of UFOs?**

Because the government has been lying to us for 77 years and

the press has been asleep. They have not covered the phenomena the way they should have since 1947. I find many journalists believe the government. If the government makes a statement, people automatically assume it can be relied upon and that is not the case with regard to the UFO phenomenon.

### **What interest does the government have in not disclosing it?**

I don't know. You'll have to go to the government to answer that question. I don't speak for the government. I'm totally independent of it. People know. The recent hearings in Washington, D.C., I think, support my statement quite handily. People have seen things that should not have been there by classical standards. The government has been silent about these things for 77 years, since the crash at Roswell. In fact, not only silent, they've been engaging in active disinformation, but the press let's them get away with it.

### **When it comes to visual evidence, what do you think it was about the pilot in 1947 that led others to believe him?**

He had been a fighter pilot during the second World War and he was a reliable businessman and a reliable member of his community. Are we to assume that a man like that would lie about something the likes of which he apparently saw that day? I think it was June 24, 1947. He was just a reliable type of person.

### **When people report these things, what is their state after witnessing something like that?**

Well, people are shocked often times. If they had a dramatic sighting of an overt type object, they're shocked, particularly if it's the first time they've ever seen a UFO. Some people have

seen, allegedly, have seen several during their lifetime, as have I, I believe. But people appear to have a burning desire to talk to somebody, to tell them about what they have just seen and they'll talk for hours about it, which is sometimes useful but we try to get them to compress their oral rendition of what they saw to a short version and get them to submit a written report rather than an oral report. Everyone wants to talk and talk and talk and talk. The hardest part of my job is trying to get a person who's called the hotline to sit down and write out a detailed written report about what they saw.

### **It must change a person's world view after having a sighting like that.**

It does. Changes a person's world view, be it the director of the UFO Reporting Center. Government is lying to us. In fact, I had a very interesting experience [in July 6, 2004.] I had published an article in the MUFON publication. MUFON is Mutual UFO network. It was on the use of what's known as passive radar to detect UFOs without the aid of a witness or camera. The article was published on the 6th of July 2004 in preparation for the MUFON symposium in Denver, which was also held in Denver in 2022, which I attended. I got a call from a senior officer at the Central Intelligence Agency. Caller ID said Central Intelligence Agency, so I knew I was talking to an authentic person, and he said, Mr. Davenport, one of my retired colleagues just put a copy of the extract of your article on my desk about the use of passive radar for detecting UFOs. He said, I spent my first 20 years of my career in the CIA building passive radars. He said, if you build the system you describe in your paper, you will be successful in answering the question of whether UFOs are real or not.

# Concerning UFOs

Story by Susan Sampson

UFOs concern me. People close to me, experienced aviators, have seen them. My father and his older brother, my Uncle Gene, were both practical, rational men. My husband is practical and rational most of the time.

During WW II, Uncle Gene was a Navy warrant officer who trained pilots at Fancher Field in East Wenatchee. Dad was a Navy aviation mechanic assigned to a Carrier Air Service Unit flying from seaport to seaport to work on airplanes aboard aircraft carriers. After WW II, the brothers were fishing on a river in Oregon when both saw a silvery object that they could not identify. It was flying over their heads in a clear blue sky. Dad's reaction was to rationalize it: "It could have been just a seed being carried by the wind." He didn't convince even himself, but he needed a rational explanation. They both spoke about it for years.

My husband Jerry, an Air Force veteran, licensed pilot, and flight instructor, worked a long career

as an aeronautical engineer. He worked with state-of-the-art military aircraft for over a decade and received regular security briefings about aircraft from around the world. One night at their test site, he and some colleagues looked up and, for several seconds, saw lights passing over in formation. "I'm not seeing this!" one of the men exclaimed. "Shut up. Listen for engines," the others told him. They heard nothing. They knew from the altitude, speed, and direction of the lights (against the Earth's rotation), that no technology on earth was that advanced.

My own curiosity about UFOs began with a library book when I was still in junior high school. Project Blue Book was published by the USAF describing its investigation into reports of UFOs. Its purpose was to assure the public that UFOs presented no risk to national security. It said that no information was found that was "beyond the range of modern scientific knowledge," according

to USAF Fact Sheet 95-03. But the report did not convince me at all. At least 20% of the reported sightings were not explained and, to my mind, had a commonality. They described disk or cigar-shaped objects with lights running around their rims.

The Air Force terminated its investigation of UFOs in 1969. After that, they just changed the name of the problem to "UAP," for "Unknown Aerial Phenomena." That term is now being supplanted by Unknown Anomalous Phenomena.

For decades, I had to get my fix of alarming UFO stories from the movies. I've seen them all: *The Day the Earth Stood Still*, 1951 and 2008 versions; *Invasion of the Body Snatchers*, 1956, 1978, and 1993 versions; Schwarzenegger arriving from outer space in *The Terminator* in 1984 and many sequels, with his artificial eye hanging out and his artificial skin ripped to expose his wir-

ing and Jack Nicholson in *Mars Attacks* in 1986, smarting off to the aliens who have landed at the White House, who then vaporize him with a ray gun.

For at least the past two years, credible new information about UFOs has been leaked or released from government archives. In July, 2023, two Navy fighter pilots testified before Congress about the video they'd made of a UFO (or UAP if you prefer) playing chicken with their airplane. Luis Elizondo, formerly of the Defense Intelligence Agency's Advanced Aerospace Threat Identification Program, and Christopher Mellon, former U.S. Deputy Secretary of Defense for Intelligence, have recorded their information and opinions for the History Channel TV series *Unidentified: Inside America's UFO Investigation* and for the National Geographic TV series, *UFOs*:

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*Investigating the Unknown.* They have no known ulterior or selfish motives. They're too young to have senile dementia. They do have insider information, and they are concerned.

No doubt UFOs like to buzz around nuclear vessels and military installations. They do maneuvers that require control by an intelligence, involving speeding, diving into the ocean, turning, and disappearing in ways that no human technology can match. It's not just the technology that eludes us; we don't understand the laws of physics by which they operate.

An episode late in the History Channel series showed the heat signature of a craft that was visible, but which radar did not detect. "It's pulling heat from the atmosphere! It's using it for energy," my husband exclaimed. "That's incredibly, incredibly efficient." He tells me that on a tiny scale, special components besides fans and radiators can pull heat out of computers, but that's just to protect the computers, not to convert heat energy to another use. Current human technology for using atmospheric heat is epochs away from propelling aircraft.

This is not to say that UFOs are about to land on the lawn of the White House. Maybe they are just robotic remotely operated units of artificial intelligence; or maybe they are quantum projections of consciousness, since nobody but a sci-fi aficionado would know what that is.

Jerry's late father was a high-ranking administrator for the F.A.A. He told Jerry, "Pilots see things out there all the time that they can't identify. Our radar operators call them 'angels.'" ☀



He did not say he'll detect UFOs. That would have had him violating the security oath, I'm sure. He said, "you will be successful in answering the question of whether UFOs are real or not." I've exchanged several emails with this gentleman. He's well known in the UFO community and he told me a great deal in that statement. I've also met with two people, two special agents from the FBI in March 1997, I believe it was. They were very interested in everything I had to say. They took copious notes and had very good questions. They prepared well for that meeting.

**Why do you think UFOs are visiting planet earth?**

That's a question I can't answer but my suspicion is they find human beings to be very interesting [and] our biology, in general on this planet, plants and animals very interesting. There was an abduction in the state of New Hampshire back in the sixties. This is not the Betty and Barney Hill abduction. This is a second abduction. A seminary student, a male, I presume, in his 20s or 30s was taken aboard a craft and taken up to a much larger craft. He was allowed to wander around and he could communicate telepathically with the creatures on the larger craft, and he asked them, "Why are you interested in human beings? You have all this technology. Why are you interested in us?" And their response to him was, "because human beings have a soul. We do not have a soul." What that means I don't understand. I can't answer it, but it's interesting food for thought.

**I would be petrified to go into a craft.**

He was. He was returned to his car. He was driving his sports car and the car and he were lifted up into the craft and he was put

back in the car and the car was put back down on the road way, allegedly. Now, I have to say allegedly because there are many bogus reports, One never has absolute proof of which ones are legitimate and which are fabrications.

**Why do you think you've seen four UFOs when some people haven't seen any UFOs?**

I suspect people have seen UFOs and they don't recognize them for what they are. That's pure surmise on my part. I'm looking for them actively. Once you know they're there, it would be natural to be interested in the phenomenon, which I am, obviously, and I'm constantly looking up into the sky and also, I'm a commercial pilot, so visual perception of what I'm looking at is an important issue to me.

Why do you think UFOs rarely land anywhere, except for Roswell. They don't walk around. They almost want to be invisible.

There was a very dramatic landing, alleged, reported, down in New Mexico, very near Alta Ski Center. A gentleman was out hunting and he bumped into two creatures that apparently had gotten out of a craft and had landed in a forest. We posted this material, but nobody seems to read it.

**Why did you set up this organization?**

I didn't set it up. It was founded in October 1974, by Robert J. Gribble. Bob Gribble was very interested in UFOs. He was a retired Seattle fireman. He argued that what we needed in UFO research was a hotline that would bring all these reports together in one place. So, he ran it for 20 years to August 1994 at which time I think he was exhausted. I'm maybe the only person on this planet who understand how

easily that can happen in this job. He turned the hotline over to me and I've been running it for the past 29 years.

**Do you want to pass the baton, so to speak, to someone else?**

I'd like to sell it. Yes, I would like to pass it on. I've done it long enough. I've collected enough information such that if a person really wants to know the truth about probably the most important subject, scientific question that has ever confronted mankind, they would have consumed the data by now, but I find people don't even bother to look at it. I've made a yeoman's effort to bring the truth to the American people. It may be time for me to move on, now, turn it over to somebody else who is interested in doing that kind of hard work.

**Why do you think there are so many sightings per capita in Washington state?**

Because we're well known. It's very important to distinguish between a report of a sighting and a sighting. We don't know how many sightings take place. Again, for the reason I've cited, most people do not talk about their sightings. I get calls every day of the week from people who say 20, 30 40 50, 70 years ago they had a sighting, could they tell me all about it? I encourage them not to talk about it but rather to write it down, to capture the information and report it to our center so people may know about those sightings. But most people wait years or decades to report their sighting. Why that is, I don't know. Some people say they don't want to be looked at strangely by their friends. We've entered a new era in this country and people are finally awakening to the fact that this phenomenon

# Rocks of Ages: Creating a Cairn

Story, Photos, Captions and Cairns by Sue Blanchard

If you garden, farm, hike or take a Sunday drive anywhere in North Central Washington, you will most certainly uncover and discover rocks! Whether they are pebbles, stones, boulders or monoliths, rocks of every shape and size compose our backyard garden plots, the surrounding hills and valleys, riverbanks and coulees, basins, plateaus and palisades. North Central Washington cities and regions are even named for them-Rock Island, Steamboat Rock, Grand Coulee, Columbia Basin, Waterville Plateau, Okanogan Highlands, Saddle Rock, the Pinnacles and Palisades. Like the pillared birth-day candles of an age-old earth, nature's rocks and their formations seem as uncountable.

Yet we can certainly count on a rock or two... or three... or more... to create a *cairn*.

What, exactly, is a cairn, you wonder? A cairn is described as an impermanent humanmade stack of stones- think of multi-storied snowman formed from rocks. In fact, the name itself

comes from the Scottish Gaelic term meaning, "heap of stones."

From Iceland to India, Mongolia to Montana, New England to New Zealand and South America to South Africa, cairns date to prehistoric times and ancient civilizations and are even mentioned in the Bible. Moses stood 12 standing stones (representing the tribes of Israel) at the foot of Mount Sinai after receiving the Ten Commandments and other laws (Exodus 24:4).

Although rocks of many sizes were first mounded to mark monuments, memorials and monumental events, not all early cairns were sacred. In pre-history, early Norse sailors used headland cairns as navigational markers long before glowing bonfires or lighthouses guided their course through the fjords.

Cairns were used in astronomy for pointing toward the setting sun and in solstice celebrations to mark the passage of the solar year. Ancient Greeks built cairns to honor Hermes, considered to be the god of overland travel.

In both the Andes mountains and the steppes of Mongolia, rock cairns were used to mark routes to safety, food and villages. Adding a stone to a cairn



Geometric Cairn

**Straight lines and curves, nature's geometries, add motion and complement one another.**

for good luck dates back to the ancient Koreans, who observed this practice honoring the Mountain Spirit.

Our own westward-bound pioneers communicated their routes to other wagon trains and followers by constructing directional cairns. Stacked vertically, they would indicate the days or miles to needed pasture, watering holes or safe river crossings; stones stacked horizontally along the ground pointed the direction or indicated which fork in the road.

Beyond function and utility, natural cairns are one of nature's more expressive forms of art. Arches National Park (adjacent to the Colorado River in eastern Utah) preserves over 2,000 natural sandstone arches, towers, pinnacles and balanced rocks

created freehand in sweeping landscapes.

Just as a wooden bowl lathed from the burl of a myrtle tree retains and displays the beauty of the tree's original grain, man-made cairns created and designed from Mother Earth's most elemental element- *rocks of ages*- exhibit and preserve in their angles and arcs the geometries of geology!

There is an aesthetic and calming counterpoint to creating a cairn as you balance one chosen stone upon yet another and adjust their ever-changing balance points- for in doing so you also center your own concentration, patience, sense of touch, peace of mind and expression of creativity.

▶▶▶ Continued on next page



Intricate Large Scale Cairn

Our largest and most intricate cairn began as a collection of various smaller ones. As we gained confidence in our "stackability" and balancing skills, we daringly merged them all into one and created this 6' cairn atop one of our garden boulders. Find a good base, use your sense of touch and reach for the sky!

From previous page >>>

Like quietly watching a butterfly emerge from its cocoon and spread its wings, the simplicity of creating a cairn becomes our own *metamorphic metamorphosis* transitioning a stack of silent stones into an expressive work of angular, fluid movement that, in return, moves and awakens a sense of wonderment within us.

French writer and poet Antoine de Saint-Exupéry penned:

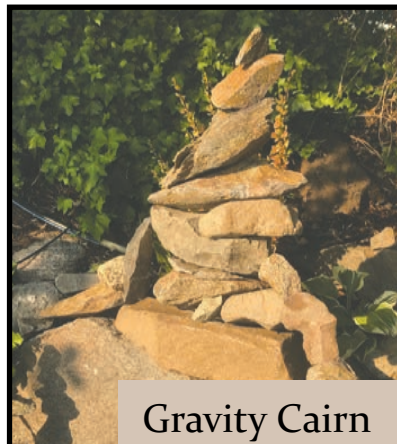
"A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral."

Go gather a heap of stones - all shapes and sizes, textures, and possibilities- and create your very own cairn, or make it a family affair! The directions are simple: Stack and balance one stone at a time, one upon another. Tall or short, round or columnar, jagged or smooth- opposites attract and enhance one another in synergy.

Learn to touch, feel, balance and discover the sense of calmness and artistry within your cre-

ated cairns- and most importantly, within yourself! I wonder each time I complete a new "stack of stones": Is the cairn a part of me, or have I become a part of the cairn?

Our home gardens are centered and accentuated by boulders, natural stone walkways, rockeries and now cairns which were specially gathered, stacked and created to illustrate and accompany this article. Enjoy our cairn family photos and their captions as we share their natural beauty and artistry with you... or stop by for a visit and create a cairn! ☀️



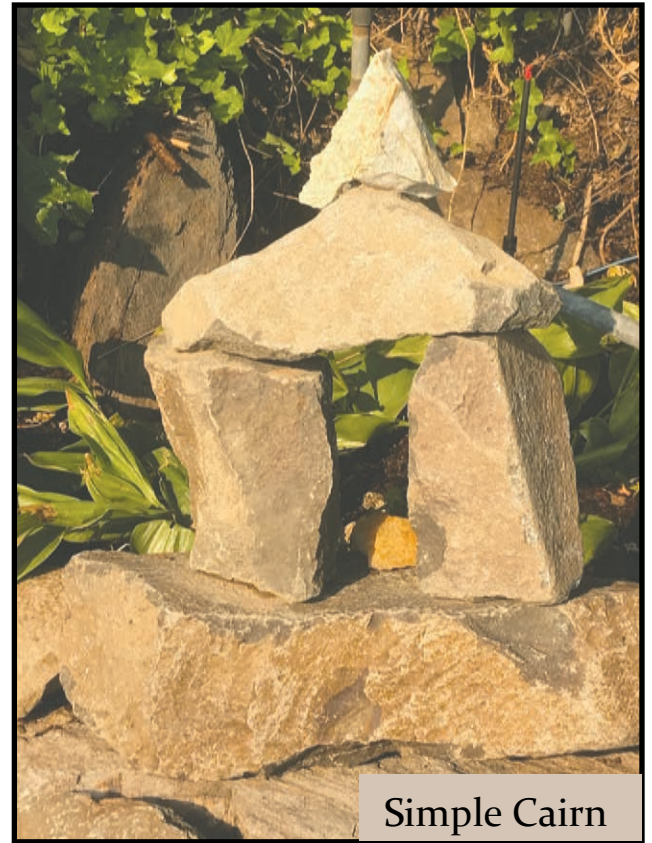
Gravity Cairn

**TOP RIGHT:** Just three columnar stones and a triangle comprise our "temple,"- Zen-like in its appearance and appropriate simplicity.

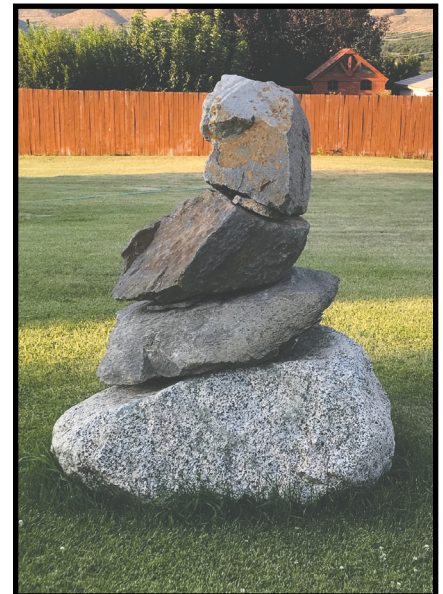
**RIGHT:** This is what happens when your husband is inspired to create his own cairn and owns a forklift! The top stone forms the head and beak of an eagle looking back over its right wing, formed by the second stone from top. The third stone down forms the eagle's lower body; the bottom stone forms its base (7'h x 4'w)

**BOTTOM RIGHT:** Spotted, rounded stones speak of symmetry and conformity as they encircle one another. This reminded me of a "Circle of Life."

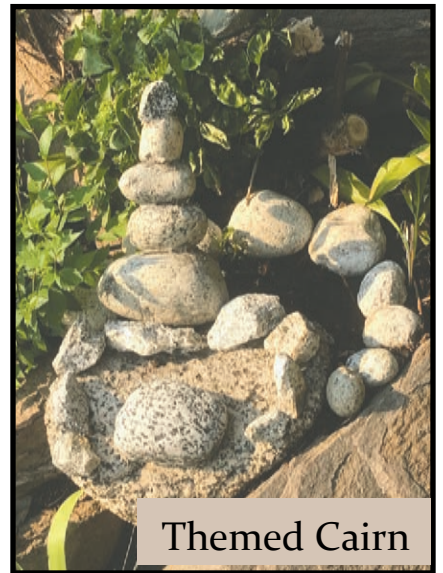
**LEFT:** Some stacked and angled stones seem to defy gravity, finding their "forever" balance point.



Simple Cairn



Eagle Cairn Monolith



Themed Cairn

# A French Feast for Fall

Story by Linda Reid  
Photos by Ken Reid

From 1998 until 2013 our daughter lived in France, which gave us the opportunity to travel to many different regions of this fascinating, diverse country. Reflecting on those years, it is a close contest between my sense of sight and my sense of taste as to which was most engaged. My eyes took in the beauty of the French countryside, the ancient and historic cathedrals, castles and palaces, the Alps and the Mediterranean, cities such as Paris, and picturesque French villages. Tastes and smells called for me to sample the uniqueness of each region. I loved the sensory overload of local farmers' markets and the patisseries where I could experience it all simultaneously.

I have often been asked what region of France I most enjoyed. That answer for me is Alsace. Located near the northeast corner of France, on the French-German border, the regions of Alsace and Lorraine have changed nationality four times since 1871, caught in the wars between France and Germany. This region has special significance to me since my ancestors on my mother's side were Jews from Alsace. Interestingly, I discovered that historically Strasbourg had been what was called a "safe city" for Jews, which means I likely had ancestors who lived in the city or surrounding area.

On our first trip there in 2003, with our daughter to serve as tour guide and translator, I felt an unmistakable kinship with this beautiful place. The fields of golden sunflowers went on for miles and miles as we drove through Alsace. We drove by



Choucroute garnie is a dish from Alsace, a French region on the border with Germany. It is made with sausages, apples and potatoes. This recipe is adapted by the author after visiting the region numerous times. Don't forget to add enough potatoes to feed all of your guests.

them in the morning and observed their faces turned toward the sun. We spent the day visiting the most impossibly picturesque villages and tasting the local Gewurztraminer and Riesling wines. When we traveled back to our hotel in the late afternoon, every sunflower in every field had turned in the opposite direction, worshipping the setting sun. We stayed in the village of Colmar and in the city of Strasbourg, eating our way across Alsace.

The most famous regional dish we tasted was choucroute. We sampled it in several restaurants, the most memorable being Maison des Tanneurs (Tanner's House), one of the oldest eateries in Strasbourg, dating back to 1572. Wherever we ordered choucroute garnie, the chef put a unique spin on it, but there were also some common denominators included: sauerkraut, white wine, sausages, potatoes, and juniper berries. The sauerkraut in Alsace is not like our American sauerkraut. It has to do with

the special variety of cabbage that is grown in Alsace. When we saw the cabbage fields the heads looked much bigger, and more oblong than round. I found out it is called Quintal d'Alsace and is so gargantuan in size that it is nicknamed "Hundredweight." The heads are light green, squat with slightly flattened heads, usually weighing in at 10-20 pounds each. It is shredded so that the strands of sauerkraut resemble linguine, and you can wind it around your fork, it is so long.

Choucroute is served on a large platter, usually family style. Warning: when you have eaten most of it and are ready to have dessert, the waiter replenishes the platter. The only thing I avoided eating was the blood sausage. Although the name "blood sausage" is not appealing to me, it is the mealy texture that convinced me not to include it in my version of the recipe. Choucroute is usually accompanied with local Gewurztraminer, or

Riesling, served in the traditional small, emerald-green-stemmed wine glasses and was first popularized in Germany. My favorite treasure from my travels to Alsace is my set of these distinctive wine glasses.

When we returned home, I craved this dish. I wanted to serve it to my family and friends, and it seemed like a perfect meal to go with the seasonal changes of autumn. I began to search online so I could recreate it myself, but none of the recipes seemed quite right. I discovered that Choucroute garnie has been made in Alsatian kitchens for hundreds of years, and that originally it used corned beef instead of sausages. The numerous different recipes I found motivated me to create my own version. I took what I liked best from each recipe I found, added a large dash of my tastebud-memory, and experimented until I was

▶▶▶ Continued on next page



Ingredients include: onions, carrots, apples, sauerkraut, *bouquet garni*, ham shank (or ham hocks), and a dry, white wine.



Ken and daughter Kimberly in front of the *Maison des Tanneurs* in Strasbourg. They serve all you can eat!



Ken and Linda in the Alsatian village of Ribeauville. Linda's bag holds a box with her six green-stemmed Alsatian wine glasses.

From previous page ▶▶

satisfied with the outcome. The only thing missing is that long, linguine-like Alsatian sauerkraut.

I have a suggestion if you or someone else at your table is not a fan of sauerkraut. I have served choucroute to various reluctant dinner guests, and they not only ate it, but they loved it. The long, slow cooking and the

addition of apples, carrots, onion, bacon, wine, and bouquet-garnie mellow out the sharpness of the fermented cabbage. Perhaps this recipe will serve as a springboard for you to take it in a new, creative direction. If you are thinking you might eliminate the sauerkraut, you would need to rename the dish since the French word "choucroute" is translated as "sauerkraut" in German. ☀

## Choucroute Garnie à l'Alsacienne Garnished Sauerkraut from Alsace

Adapted by Linda Reid

### Ingredients (serves at least 6)

- Sauerkraut (the fresher the better) Approx. 6 cups
- 1 large onion, thinly sliced
- 2 medium sized carrots, thinly sliced
- 1 apple, cored and sliced (no need to peel)
- Vegetable oil for browning
- 1 bottle of medium dry white wine
- 2 meaty smoked ham hocks or ham shanks
- An assortment of brats or other sausages of your choice (about a dozen altogether)
- A dozen or so small new potatoes (do not peel)
- Bacon crumbles (optional)
- Salt and pepper to taste

### Bouquet Garnie


- (Tie all these ingredients into a small cheesecloth sack... or a large square of gauze works fine.)
- 3 peeled garlic cloves
- 2 bay leaves
- 1 tsp. peppercorns
- 1 Tbsp. juniper berries (these are dried and found with the spices)
- Substitution if you can't find them is to add a little gin to your choucroute instead!
- 3 whole cloves
- 3-4 sprigs of thyme
- Other options to add might be ½ tsp. caraway seed, 5 coriander seeds, or 1 Tbsp. cumin seeds.

### Putting it together

1. Using a large roaster, or a heavy Dutch oven, brown onions, carrots, and apples in a little vegetable oil for about 15 minutes. (Original Alsace recipes call for goose fat if you want to be completely authentic.)
2. Add rinsed, well-drained sauerkraut and about 2 cups of wine and bacon bits (if desired) to the roaster. Add a little salt and pepper. Stir well and then bury the ham hocks or shanks and the bouquet garnie in the sauerkraut. Cover with a tight-fitting lid and put it in a 350-degree oven for about 2 hours. Check mid-way through cooking time to be sure there is sufficient liquid and add a little more wine as needed.
3. Take it out of the oven after 2 hours and remove the ham hocks/shanks. Return the sauerkraut mixture to the oven and let the ham cool a little. Remove the meat from the bones and stir the pieces of ham into the sauerkraut mixture. Return it to the oven.
4. In hot oil, brown all the sausages on the stove top.
5. Nestle them into the sauerkraut. Lay about a dozen or so small potatoes on top of the entire concoction and return it to the oven for about another 45 minutes.
6. To serve in the traditional way, use a very large platter. Set sausages and potatoes aside and, using a large, slotted spoon, pile the sauerkraut mixture on the platter. Arrange the potatoes and sausages around the outside edge of the platter.
7. Serve with wine, such as a Riesling or Gewurztraminer, beer, or sparkling cider, a warm baguette, a small dish of homemade applesauce, and assorted mustards. A complimentary dessert would be apple strudel or apple pie.

# Born to Play the Most Classic of Classic Rock 'n' Roll

Story by Susan Lagsdin  
Photos by Mike Irwin



Kris Lahd writes songs alone with his guitar, stopping and starting the old-fashioned way. But then he's ready to turn to the array of MIDI (musical instrumental digital interface) gear you see here: a terrace, a keyboard-like controller, and an Apple Logic Pro X digital workstation.

Peshastin musician Kris Lahd proposed to his new 10-member band that they faithfully replicate English rock group Pink Floyd's 1973 epic masterwork album live on stage for its 50th anniversary. He said, "They believed in me, but they were... cautious, a little skeptical."

So, he encouraged them with, "Hey, if nothing else, if someone asks, 'What did you do for nine months of the pandemic?' you can say, 'I learned Dark Side of the Moon.'"

In April 2022, the entire album, a 48-minute continuous piece of music with full-scale lights, film, sound and staging, no breaks and no patter, "re-premiered" for a live audience at Icicle Creek's Center for the Arts Snowy Owl Theater in Leavenworth.

Though an album of their own original work is coming together, the 10-member band, Artemidorus (pronounced "AR-duh-MEE-der-is") has since devoted itself to celebrating Pink Floyd. They played DSOTM again at Snowy Owl, at the Bing Crosby Theater in Spokane, and, a high point, a sold-out concert featuring 20+ year Pink Floyd vocalist Durga McBroom, at the Numerica Performing Arts Center in Wenatchee,

Kris was born into rock 'n' roll. He grew up playing it, he loved it and almost lost it, and at age 40 he circled back home again to claim it.

He said he has always felt he was meant to make music. "My dad was an audiophile," he said. "I remember all the speakers, all those vinyl records..." There's a snapshot of Kris at age two lefting his father's guitar. He also remembers at age seven sitting on a picnic bench where his mom had just shown him two chords, G and E Minor. He practiced them alone until his fingers cramped and bled.

By age eight (at his dad's suggestion) he was studiously listening to Dark Side of the Moon, an experience that shaped his life. Fascinated by the thematic sound effects, the wave of music

traveling across a wall of speakers, Kris pictured himself creating music like that in front of an audience. Self-taught, at 15 he owned and played well a Stevie Ray Vaughan signature series Stratocaster, his first Fender guitar.

Kris was a rock star in training, but the term "serious musician" might have been a stretch. Eschewing formal lessons, he took time for drama and competitive tennis at Leavenworth's Cascade High School. After graduation, he tried Central Washington University's vaunted music program. But, disillusioned after a short time, he put guitar playing on hold and switched both his school and his major.

Kris decided on a movie-making career and earned a film degree from Eastern Washington University. He headed straight to Los Angeles and worked on a variety of projects for six busy years in TV and film (i.e.: Dark Shadows, Pennsylvania Miners' Story, 13 Going on 30, LAX, Hollywood Homicide) as a production assistant and script supervisor. Just what he thought he wanted.

But the pace of work was tough, and Kris said cycling through a few months of 16-hour days and intense bonding with the crew followed by blank space and relative isolation led him to rethink his career.

In a pragmatic move that used his people skills but took him even farther from playing music, he worked in the booming tech industry (i.e.: Amazon, LinkedIn, Airbnb, Google, Facebook) recruiting and building product teams for 12 years.

He was first based in California, and then with a wife and two sons he transferred up to Seattle to be near extended family. The money was good, the travel was fun, the perks amazing (with expensive extras like on-site restaurants and bars, nap rooms, salons, laundry, pet care, etc.).

But, Kris said, "I had a crisis of conscience. Am I helping the world to be a better place?" And after one holiday season watch-

ing his tech-world colleagues also working 80-hour weeks, he gradually brought that phase of his working life to a halt.

Here's the worst and the best of the story: in close succession there came a divorce, alimony, the pandemic, and massive layoffs in the tech industry.

The good news? In 2020 Kris finally came home. He purchased from his father his childhood home a few miles up Blewett Pass. He built himself a little studio, and he made music.

He was buoyed by savings ("Enough for a little while," he said) and the freedom to do whatever he wanted. And by the solid inspiration of his found-again high school sweetheart, Jamie, an artist and educator who had also moved back to Peshastin after years away.

Now 45, Kris has full days, but they are his to shape. He's recently incorporated his musical enterprise, "So, I'm the CEO and CFO and everything else," he

said. This year he's also writing songs, working on a screenplay, leading his other band Cajun Moon, playing guitar for a Cashmere band, Devil's Gulch and the Missionaries, even hosting his teenage sons on weekends and enjoying the great outdoors.

Artemidorus practices together at least once a week. And in October, they'll bring their DSOTM tribute concert to Edmonds to help support school art programs, a benefit Kris would like to expand upon elsewhere.

Kris's energy and optimism for the upcoming years of music are palpable. He reflected, "Some people might say moving back to a place like Peshastin after L.A. and Seattle meant giving up good opportunities."

"But I think it was the opposite," he said. "It was a move to a great opportunity."

*Veteran rocker? Or new to the scene? Check out the band's Pink Floyd tribute selections at [artemidorusband.com](http://artemidorusband.com)* 🌞



**Kris Lahd said he's not actually a collector; each of these guitars on the wall of his Peshastin studio has a specific function, and he uses them all. A self-taught musician and composer, with his band Artemidorus he's perfected Pink Floyd vocals and instrumentation.**

# When a House Becomes a Home

Written by Susan Lagsdin  
Photos by Mike Irwin

Every month, *The Good Life* brings you stories about people in the region and their homes. Whether it's an older owner passing history on to new buyers, a builder experimenting with smartware and green technology, a young couple hand-crafting their first place together or a designer who turns empty space into artful comfort, we seek out the heart of the story, about the people who build and live in the houses you see around you.

Here's a sampler of some of our finds – do you remember reading about them? Did they inspire you? Do you know these folks? AND do you have ideas for even more feature stories?

We hope you do! Please send your home story ideas with a brief description to either Good Life editor Julia Babkina at [jbabkina@omakchronicle.com](mailto:jbabkina@omakchronicle.com) or Susan Lagsdin, Good Life feature writer, at [sjlagsdin@yahoo.com](mailto:sjlagsdin@yahoo.com).

## PEOPLE

**1** At the Leavenworth architectural firm Syndicate Smith, Todd Smith and his working partner Steven Booher seriously consider weather, terrain and sustainability when they start to design a new home.

**2** Owner Abra Miller transformed the historic Beecher Hill House in Peshastin into both a personal home and an elegant wedding venue that capitalizes



1



2



3



4



1



2



3

on the locale and lovely restorations.

**3** When they moved from Bellingham, their bermed solar home near Winthrop gave David Hutchinson and Cindy Macklin the wide-open views and privacy they sought, plus room for new workshops.



## EXTERIORS

**1** In a growing neighborhood in the west Wenatchee hills, this new house and its counterparts have been individualized by the builder to avoid cookie-cutter streetscapes and interiors.

**2** With its glowing wood and shed roof contrasting against snowy hills, this earth-friendly home south of Twisp typifies a design sensibility that's taken hold throughout the region.

**3** For 115 years, multiple generations matured in this gracious Sunnyslope orchard house. Though continuously updated and expanded, it kept its historic charm, as well as its sunny southern views.

**4** This contemporary home is the first in an extensive planned development at Spanish Castle southeast of Wenatchee. It was designed to reflect the lines and colors of the terrain.



1



2



3



4

## INTERIORS

**1** Featured in the 2021 Tour of Homes, an extensively rebuilt home near Rock Island creatively used concrete, both rough and polished to a sheen. This sink was one of the handcrafted items.

**2** The living room of this compact model patio home in East Wenatchee has been professionally staged by the builder, and it demonstrates how to create comfort and convenience in a relatively small space.

**3** A visitor in the entryway of this home on a Wenatchee cliff top may notice that materials, colors and accoutrements are carefully used throughout to create the feel of a grand Italianate villa.

**4** The stately Georgian home built by Wenatchee's original Miller family was gently updated in many ways since the 1930s, but this perfectly appointed bathroom remained intact.

Have a home you would like to see profiled? Submit your story idea to [sjlagsdin@yahoo.com](mailto:sjlagsdin@yahoo.com)

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Photo by Ken Reid

**SPOT IT**

**Traditional Alsatian green-stemmed wine glasses**  
With which story does this picture belong?

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Photo by Mark Klein

**IN NEXT  
MONTH'S  
ISSUE**

Profile of Bridal Veil Falls  
by Barbara Washburn

▶▶▶ UFO from page 9

is real and it's taking place every day.

**What do you think the future of UFO research holds?**

Well, that's answered by my article on passive radar. I've come up with a technique for detecting UFOs directly using reflected radio and television waves. When a radio or TV station broadcasts, it radiates its signal out in all directions. If there's something above that station, or in the nearby area, it will reflect back down to ground level. Again, in 1995, I proposed a technique for using radio waves and television signals to reflect off UFOs and to detect them directly. I've done everything in my power to try to alert the world to it. That's the reason the officers from the Central Intelligence Agency called me to congratulate me on my line of reasoning. He said that he spent the first 20 years of his life building passive radar stations or passive radar systems for detecting targets clandestinely. We mere civilians, because of what computers do for us, have the ability to detect UFOs and track them. There's a gentleman in Boulder, Colorado who's built a prototype based my description, my paper. Very soon, we will be able to detect UFOs. We will not have to rely on government or witnesses or fuzzy photographs to prove that there's something there that's very strange.

**There are a thousands of planes all over the world at any given time. Would they be the prime witnesses of UFOs?**

We get many reports from pilots. Have you ever heard of the Phoenix Lights? Thursday night, March 13, 1997, a major event occurred over Phoenix and surrounding cities and neighboring states. Six objects, each of which was 8 miles in width, hovered over Phoenix for 2 hours. You can see the reports on our website. Hundreds of reports on our website. It was

one of the busiest nights I've ever spent on the planet, taking calls from Phoenix. Well, one of those objects was intercepted by two air force officers flying F-15Cs. I have reason to believe they had accompanied President Clinton from Washington, D.C. down to Florida earlier that day. That's when he played golf with the Australian professional golfer Greg Norman. President Clinton was spending the night at Mr. Norman's home. I think it's in Orlando, but I'm not sure. That was the night President Clinton allegedly injured his knee so badly that he had to be spirited back to Washington, D. C. to undergo surgery. I have some suspicion, no evidence, that he was taken back to Washington, D.C. because of the sighting over Phoenix. Two air force pilots I believe had accompanied the president with the Air Force 1 and Air Force 2 protection group, were on hot pads at Luke Air Force Base and

they were scrambled to intercept one of the objects. The pilot reported that it was so big that as he sat in his cockpit, flying south toward this object, he could look out the left side of his cockpit and see the left hand wing tip and he could look out the right side of his canopy and see the right wing tip. We estimate that the object he was intercepting was eight and a quarter terrestrial miles from wing tip to wing tip. It was huge.

**What was the goal here by intercepting. Was the goal to get a close up look of it?**

I don't know. You have to talk to the pilot. You have to talk to the people who scrambled them. The pilot refuses to talk.

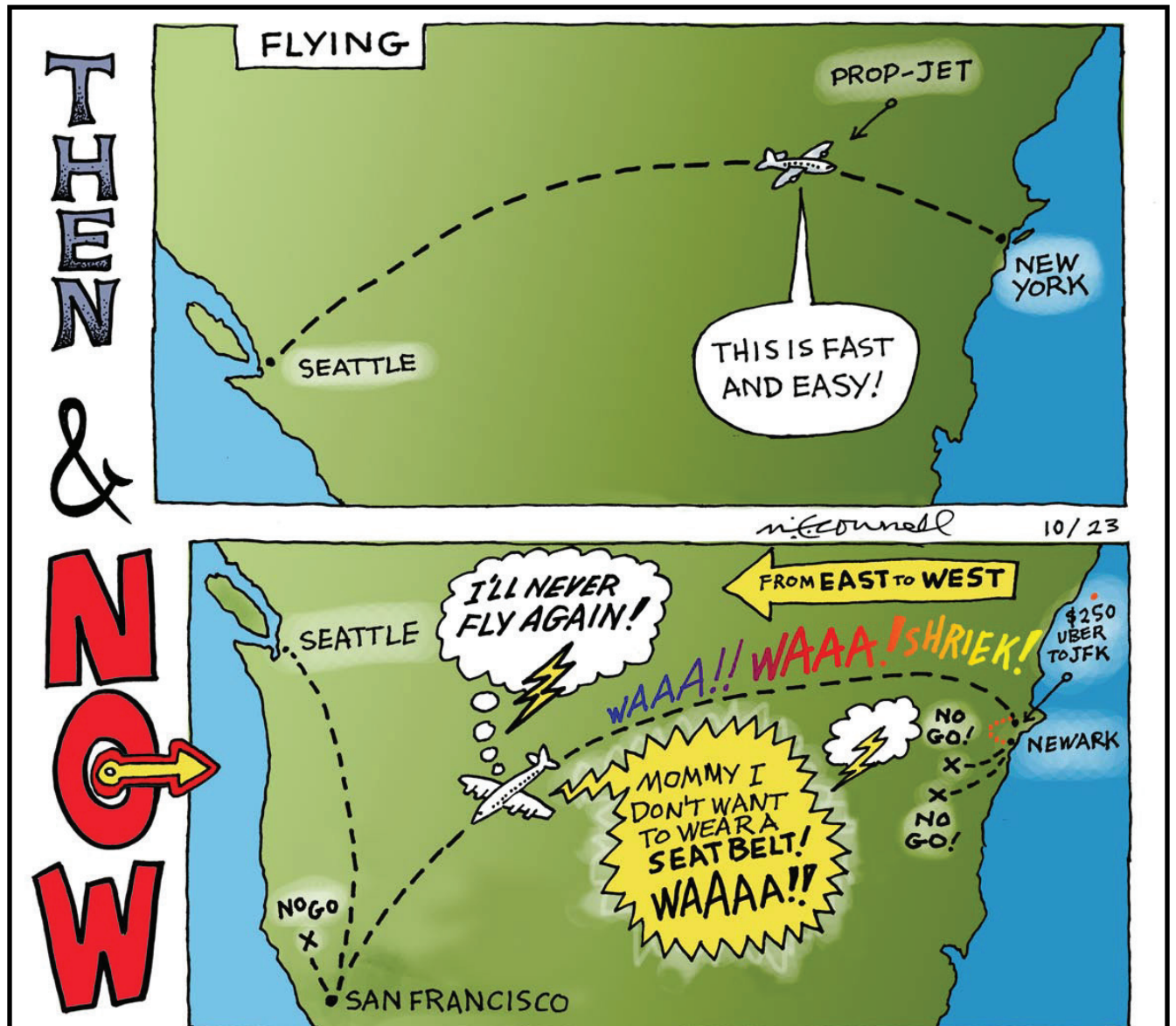
**Why didn't this make national news if it went on for 2 hours?**

I did everything in my power to get people to cover this story.

There were some articles locally in the Prescott Valley Courier, did an article. But I called every newspaper I could think of. Educate them, try to alert them to what had just happened. And this was the incident that the governor of the state of Arizona lampooned so heavily on the 20th of June. Months after the incident had occurred, he was rebuking people for believing all of this had happened. Just look at the reports on the website. Make up your own mind would be my counsel.

**What would you like to know most about UFOs at this point?**

I'd like to know why they're coming here to planet earth. I'd like to know what the relationship is between mankind and the presumed creatures who pilot these craft. I'd like to know where they come from, what's their history? ☀





# Facing Our Fears

From ghoulies and ghosties/ And long-leggedy beasties/ *And things that go bump in the night,*/ Good Lord, deliver us! - **Scottish Poem**

Our older son, Hoby, at three became terrified of going to bed at night. Why? Bats. A buncha bats, evil ones, coming out of nowhere. Flying everywhere.

I tried reasoning with him. There was no place a bat could get into the house. There were no reports of bats hanging around. Bats weren't such bad things anyway.

We tried night-time stories. Back rub. Threats. Rewards. No matter. Those bat images ferociously clung to his brain. As Halloween closed in, the bat business intensified.

Then an idea popped into my mind. One planted there by a popular motivational speaker, Lou Tice (though Lou is dead now, it's worth checking his story out if you don't know about him). We attended Lou's seminars. Watched his videotapes. Went to his ranch southeast of Twisp. Lou introduced us to self-affirmations.

Now I bet as soon as I use that self-affirmation term you think of Stuart Smalley on Saturday night, "I'm good enough, I'm smart enough, and doggone it, people like me." Well, that's kinda it. And kinda not it.

Hoby repeated after me, "I'm strong as a lion, brave as a tiger, and..." something else we have forgotten. He loved it. He said it by himself without any guidance eventually. It worked! We all got a good night's sleep.

Now I cannot say why it worked for Hoby. Researchers know a lot more about self-affirmations these days. They

report that affirmations work best if the things we say, we truly believe about ourselves. To quote Psychologist Natalie Dattilo, "This is about accurately and authentically encouraging yourself or using words of encouragement or acknowledgment that are consistent with your truth."

If Dattilo had been Hoby's mother she might have encouraged him to say, "I want to believe that I am strong as a lion, brave as a tiger..."

Anyway, there are many more studies and recommendations out there these days both related to affirming ourselves and affirming others. We need to admit that it's not just about kids and their fears. These days many of us are dealing with unruly scary emotions which seriously hurt our quality of life.

A very adventurous couple recently told me they had given up some of their favorite activities because they didn't want to go anywhere near crowds. The fear of being killed by a suicide bomber kept them close to home. Truly.

Listen in. Our conversations are not nearly enough about adventures, but rather about COVID-19, climate change, earthquakes, loss of social security, loss of jobs, loss of healthcare,



This image was created with the assistance of DALL-E 2 by June Darling

artificial intelligence.

Add to the fear of all these ghoulies and ghosties, the terror of a presidential election, the anger and disgust with politics and polarization, anxieties about children, parents, money, and health...and you start to see what's happening.

Our world has morphed into a nasty, haunted house inhabited by all sorts of long-leggedy beasties. Don't get me wrong. We need to be serious about our local and global challenges. I'm very concerned too.

But here's the deal - I'm sick and tired of all this coming apart at the seams. We need to pull ourselves back together into the land of the brave, adventurous, and strong.

We could start there with an affirmation. "I live in the land of the brave, the adventurous, the strong. This is part of my inheritance."

Or maybe it's not about affirmations for you. Maybe what works best for you in terms of

▶▶▶ Continued on next page

From previous page >>>

dealing with your ghoulies is movement. Physical activity is good for just about anything you can think of ...including helping us get in a good emotional space.

Socializing. I am simply amazed at how getting together with others, not necessarily even my best friends, can stabilize my emotions. Handshakes. Hugs. Good stuff for warding off ghosties.

Here's another one that I'm trying more lately. Be okay with not being okay.

Accept that discomfort is a part of life. This is probably the hardest practice and one of the most helpful. The human experience is not always hunky dory. Everything isn't always just the way we want it to be, nor are we always the people we want to be.

Maybe that's just fine.

Discomfort can help us grow and develop. Being in tough, difficult places can bring forth our best. The most "together" people see crises not as catastrophes, but as possible catalysts for igniting genius and transformation.

Others have told me that reading history or talking to people who have been through wars, earthquakes, or various difficulties helps them gain perspective on their circumstances. Experiment, see what works best for you.

October is a great time to face our ghoulies and ghosties. We can try self-affirmations, exercise, socializing, and being okay with not being okay.

*How might we move up to The Good Life by facing up to our demons and things that go bump in the night?* ☀️



Photo by Ken Reid

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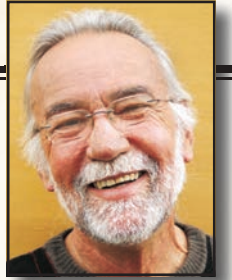
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# Cattle in North Central Washington

Story by Rod Molzahn

Gold brought the first cattle to the Wenatchee Valley but they were only passing through. Gold strikes on the Frazer River and the Cariboo country in British Columbia brought thousands of men to the area by the end of the 1850s and they had to be fed. At a time of no railroads and only few wagon roads, food that could walk itself to market and fetch \$100 to \$125 a head was a money maker.

In the spring of 1860 John Jeffries and a crew of cowboys drove a herd of cattle from The Dalles in Oregon up, what would come to be called, the Cariboo Trail to the hungry miners along the Frazer River. Jeffries was the first of what quickly became annual drives totaling thousands of head that would follow the trail for years.

The Cariboo Trail passed through 600 miles of wild land inhabited only by Indians – some hostile. A drive could take forty days. The trail offered two routes. Both brought the cattle by the Wenatchee/Columbia confluence. One route crossed Colockum Pass then followed the west bank of the Columbia, forded the Wenatchee River and the Entiat, hung to the sides of Ribbon Cliff, then forded the lower end of Lake Chelan and the Methow and Okanogan Rivers before crossing into Canada. The other route also crossed Colockum Pass then crossed the Columbia near Wenatchee and followed a trail up the east side of the Columbia before crossing back a mile north of the Okanogan River and joining the other



route into Canada.

The drives to the Cariboo country continued until 1868. By then cattle were being raised closer to the mines and in numbers that met the needs of the miners. That same year 200 cattle were driven from the Yakima Valley over Nah-Cheez Pass to the Puget Sound area establishing a market for eastern Washington beef that remained strong for over thirty years. Snoqualmie Pass became the favored route for drives beginning in the Kittitas Valley. The drives ended when the railroad reached Ellensburg and cattle could be shipped to Seattle.

The years on the Cariboo Trail had introduced the cattlemen to the prime grazing lands of the Okanogan and Methow Valleys. As settlement in the Kittitas and Yakima Valleys reduced available grazing land the cattlemen turned to the unsettled north. The Phelps & Wadleigh Cattle

Company, headquartered in Yakima, was one of the first to embrace the Okanogan and by 1880 had herds in the region totaling 9,000 head. Frank Streamer, intrepid wanderer of North Central Washington, told of their large hay meadows near Osoyoos and the five room house they kept for their cowboys near present day Loomis.

The cattle were driven from the Okanogan to the railroad in Ellensburg for shipment to Seattle. They all passed through the nascent Wenatchee, not yet a town in June of 1873 when Sam Miller noted in his ledger for the Miller/Freer Trading Post that Ed Phelps had bought \$15.00 worth of goods and paid with a steer.

Streamer's 1880 account of a Phelps & Wadleigh drive to Ellensburg describes in fine detail swimming 440 steers across the Columbia River.

"The men and Indians commenced swimming the cattle

across the river at 11 o'clock. They are taking them in bunches of about 30 at a time, then surrounding them with horsemen, move them to the river in V-shape, hurry them into deep water...by punching the unruly ones, splashing the water, yelling like an Italian opera at the steers and making a more hellish noise than a Methodist camp meeting...It is certainly a thrilling scene to witness the white men and Indians maneuvering the cattle in the wide, deep, swift and surging waters of the Columbia River. It requires very superior skill and ingenuity on the part of the Indian to manage his canoe among the swimming, sullen steers, and at the same time, keep in his canoe. Many times the craft are upset and Indians and steers swim together...So the steer swims for the striving Siwash and the Siwash strides the steer or else his upset canoe

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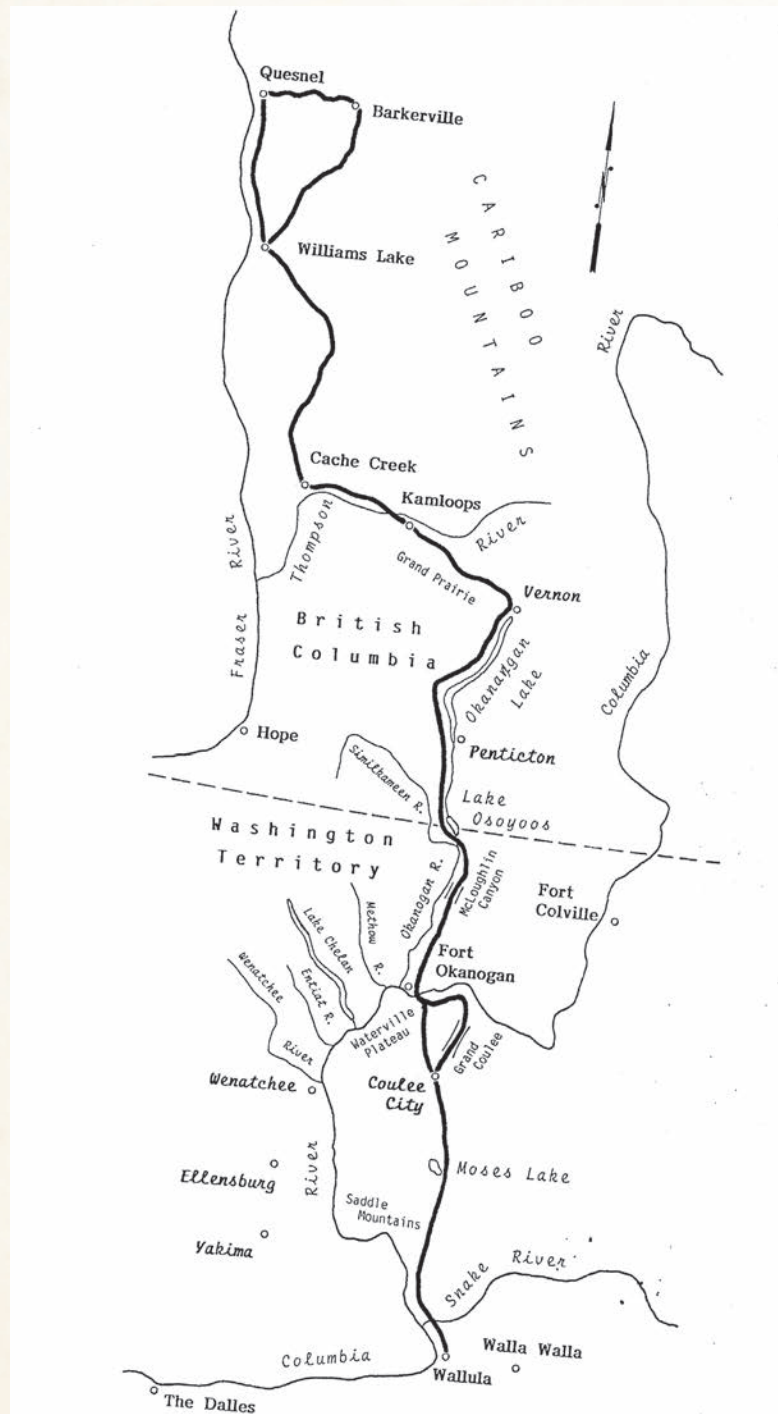
and paddles his way out from the midst of the snorting and cavorting beasts, in a little less time than it takes to tell this. Sometimes the Indians make a line guard with their canoes, by the Indian at the stern of one canoe locking hands with the person at the bow of the next canoe, then tightening grip, and drawing all canoes in broom-stick style around the swimming herd, thus preventing their return to the shore from whence they started.”

The harsh winter of 1880/81 killed a third to a half of all the cattle in North Central Washington putting Phelps & Wadleigh along with many other cattlemen out of business, but others took their place. The Seattle market was still strong and the drives continued to pass through Wenatchee until 1892 when the Great Northern Railroad arrived. The cattle could now be shipped to market from Wenatchee, eliminating the difficult trip over Colockum Pass to Ellensburg.

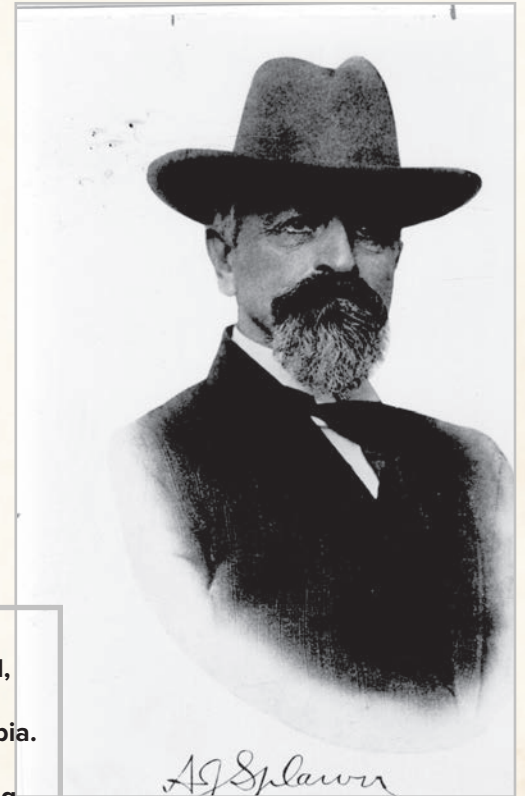
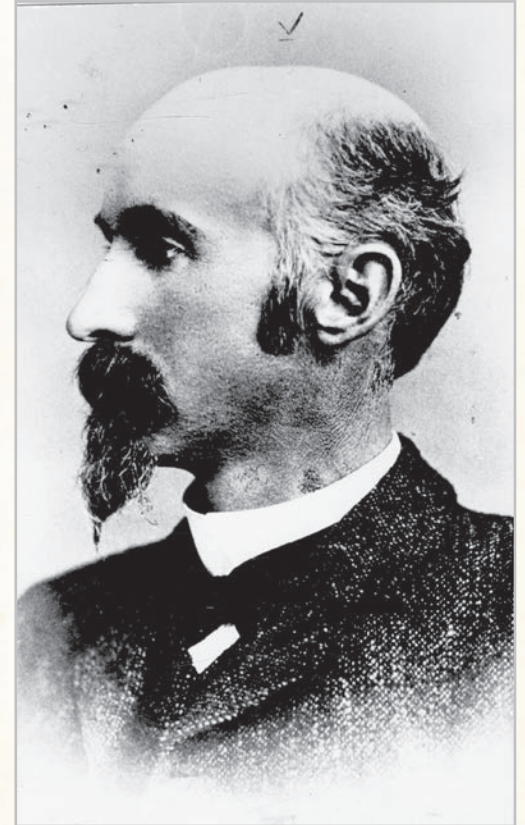
The glory days of cattle in North Central Washington were over by the middle of the 1890s, victim of the “cattle-killing” winter of 1889/90 and increasing white settlement. Smaller drives from the Okanogan and Methow Valleys to the railroad at Wenatchee continued for a time.

A.J. Splawn drove herds from the Canadian border every fall. His last drive was in November of 1886. Splawn tells of twenty degrees below zero temperatures with fierce storms that froze the men’s hair to the ground while they slept. They forded the icy waters of the Columbia, the Methow, the Okanogan, Entiat and Wenatchee rivers before finally turning the 550 cattle “into Sam Miller’s pasture near Wenatchee where they were fed, and we took shelter in a shed which seemed a palace.”

The following year the Wenatchee city council fired Marshall James Ferguson for



Map by Steven A. Hyzer



**TOP:** Map of the Cariboo Trail, which spanned from central Washington to British Columbia.

**TOP RIGHT:** Washington Irving Wadleigh, a banker from New Hampshire, became one of Washington Territory’s biggest cattlemen.

**BOTTOM RIGHT:** A.J. (Jack) Splawn began herding cattle when he was 16 in 1861. In his 35 years in the cattle business, he saw the rise and fall of the business.

not enforcing the city ordinance against cattle roaming the town streets.

Splawn had worked his first cattle drive 35 years earlier in 1861 when he was 16 years of age. He had seen the cattle business flourish and decline. Now it was disappearing. Mining and settlement in the Okanogan took away stock watering sources and, as had already happened in the Kittitas and Yakima valleys, brought fences and the end to a way of life. ☀

Photos and map courtesy of the Okanogan County Historical Society

# Bloomin' Beauties

Story and Photos by Mike Irwin



Mai Tai



Skipley Frost



Ferncliff Inspiration



Tony DeRooy Garden



Courtesy of Linda Holmes-Cook

Wenatchee artist and architect Brad Brisbine (center) presents his original artwork to Marian Halverson, President of NCWDS. Past-president Mike Cattin is on the left.



Salmon Rays

Thousands of dahlia blooms delighted flower lovers through September at two specialty gardens in Wenatchee. Through summer, the North Central Washington Dahlia Society (NCWDS) cultivated dozens of dahlia varieties at the group's demonstration garden at Confluence Health's Mares Campus, 820 North Chelan Avenue, and the Tony DeRooy Memorial Garden on the grounds of Rocky Reach Dam. Both locations are expected to bloom until first frost. The accompanying photos of blooms were taken at the Tony DeRooy Memorial Garden.

NCWDS hosts a number of annual events, including spring and fall cultivation classes and a regional show set for this year on Saturday, Sept. 30, and Sunday, Oct. 1, at Pybus Public Market in Wenatchee. The society will also host next year's American Dahlia Society (ADS) National Show on Sept. 5-9, 2024 at the Wenatchee Convention Center, an honor for the region. Wenatchee artist and architect Brad Brisbine donated his original painting to be raffled, with all proceeds going to support dahlia education and scientific research, trial gardens and exhibitions. The raffle will run September 30, 2023 through September 7, 2024. Contact Linda Holmes-Cook, Co-Chair of the 2024 ADS National Show, by email at [lholfmescoo@aol.com](mailto:lholfmescoo@aol.com) to purchase raffle tickets.

According to Holmes-Cook, 98% of the dahlias planted at Rocky Reach Discover Center were hybridized by Northwest hybridizers. Holmes-Cook said the top dahlias on the continent are currently from the NW. The Stanley Johnson Award from the American Dahlia Society is awarded to the dahlia(s) that received the most blue ribbons and higher awards over the prior season. Of the last 20 recipients, all but three of them were from NW Hybridizers.

The North Central Washington Dahlia Society will be planting at Rocky Reach garden again next year in early May. Dahlias bloom June through early fall.



# FUN STUFF

## OCTOBER EVENTS AROUND THE REGION

### BREWS ON THE BRIDGE

Regional beer and cider, food, education, live music with Saltwater Sky, games and iconic views of the lake from the Old Bridge in Historic Downtown Chelan. This is a 21+ event. Oct. 1

**START SCARY CRAZE** See hundreds of scarecrows and vote for your favorite. Oct. 1 Cashmere All Day Event

**TRIVIA NIGHT** Badger Mountain Brewing on Wed, Oct 4 at 7 - 8pm

**OKTOBERFEST** Music, dancing, and the ceremonial tapping of the kegs Leavenworth Oct. 6-7, 13-14

**PIONEER VILLAGE FESTIVAL** Gold-panning, pony rides, sipping sarsaparilla in the saloon and touring the museum and log cabins. Oct. 7, 9-5 pm. Cashmere Museum and Pioneer Village, 600 Cotlets Way, Cashmere

**SPOOKY TRIVIA NIGHT** Teams of 2-8 players compete for top prizes in this evening of challenging trivia. Admission is free, Registration opens Oct. 6 and closes two hours before the event. Oct. 13 7-9 pm Wenatchee Valley Museum and Cultural Center.

**MONTHLY MOVIES ON THE BIG SCREEN** Rocky Horror Picture Show Featuring a Shadow Cast Performance Friday, Oct. 27 at 10 PM Numerica Performing Arts Center Wenatchee, WA.

**HALLOW-QUEENS DRAG SHOW** 7th annual HalloweenQueens sponsored by YWCA. NCW Numerica Performing Arts Center in Wenatchee. Oct. 28 at 7:30 pm

**COSTUMES & COCKTAILS** A spooktacular night of costumes, cocktails, live music from the Prefunc, and fierce competition at our Halloween party – where every ghoul and goblin has a chance to shine! OCT. 28, 8 PM, Icicle Creek Center for the Arts



Photo by Barbara Washburn

**BARBIE BINGO:** This lively and fun group of friends always seems to find a purpose in dressing up. At Kristall's Restaurant Monday Bingo Night, it was Barbie Time at their weekly Bingo night. Shown from left are locals Sam Culver, Dawn Darling, Regina Ulmke, April Watson, Linda Bradshaw, Breeannon Wilson and Amy McCoy.

**LOCALS NIGHT** Sundays 5 - 9pm Sleeping Lady Mountain Resort Leavenworth

**HALLOWEEN IN CASHMERE** 5-9 pm Oct. 31 Cottage Ave.

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# POETRY



## Rhyming *Fright* Matters for October

Story by Susan Blair

In my little book of *Poems Bewitched and Haunted* (Everyman's Library Pocket Poets, Alfred A. Knopf, 2005), I found this gem in the "Hags and Beauties" section:

### The Town Witch by Madison Cawein

Crab-faced, crab-tongued,  
with deep-set eyes that glared,  
Unfriendly and unfriended  
lived the crone  
Upon the common in her hut,  
alone,  
Past which but seldom any  
villager fared.  
Some said she was a witch and  
rode, wild-haired,  
To devils' revels: on her  
hearth's rough stone  
A fiend sat ever with gaunt  
eyes that shone –  
A shaggy hound whose fangs  
at all were bared.  
So one day, when a neighbor's  
cow had died  
And some one's infant sick-  
ened, good men shut  
The crone in prison: dragged  
to court and tried:  
Then hung her for a witch and  
burnt her hut. –  
Days after, on her grave, all  
skin and bones  
They found the dog, and him  
they killed with stones.

The vivid images here practically scream: a "crab-faced, crab-tongued" old woman with wild hair; her shaggy dog "with gaunt eyes that shone" which bares its fangs at everybody; that same dog becoming "all skin and bones;" the burned-down hut. Besides the obvious rhymes at the end of each line there are other juicy sounds: "crab" repeated in the first line, "devils' revels," "unfriendly and unfriended." I like the slant rhyme of "sickened" and "in prison."

This poem is certainly scary and violent. I personally hate the thought of hanging someone, and of stoning a poor dog to death even if it had always frightened me with its growling. But if we can judge it by the fear-and-spooky-revulsion factor, it's a very effective poem.

This is a sonnet – it has 14 lines – with a rhyme scheme of abba abba cdcd ee. It's written in iambic pentameter: five "feet" of two syllables each, where the first syllable is unstressed and the second is stressed. (Remember your Shakespeare?) Another key feature of the sonnet is the turn, which can be anywhere in the poem but often comes in the last two lines. See if you agree with me that the turn here is in that couplet.

The poet, Madison Cawein (1865-1914), was born in Louisville, Kentucky. He wrote 36



**The Town Witch**  
"Crab-faced, crab-tongued, with deep-set eyes that glared,  
Unfriendly and unfriended lived the crone."

books and 1,500 poems, and was quite a popular author in his day. His language was similar to that of Percy Bysshe Shelley and John Keats, which earned him the nickname of "the Keats of Kentucky." I enjoy the old-fashionedness of the language in this poem; it supports the dire, mysterious mood and tone.

In 1913 Cawein published a poem called "Waste Land" in a Chicago magazine of which Ezra Pound was one of the editors. Scholars say that this poem inspired T.S. Eliot's "The Waste Land." I was intrigued by this, found it and must share this one, too:

### Waste Land by Madison Cawein

Briar and fennel and chincapin,  
And rue and ragweed every-  
where;  
The field seemed sick as a  
soul with sin,  
Or dead of an old despair,  
Born of an ancient care.  
  
The cricket's cry and the locust's  
whirr,  
And the note of a bird's dis-  
tress,  
With the rasping sound of the  
grasshopper,  
Clung to the loneliness  
Like burrs to a trailing dress.

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# Parting Shot



Photo by Sue Blanchard

A thrift store find, with a little hand painting and fencing, becomes an attractive find in a box of impatiens... impatiently waiting for Halloween and its season.



Photo by Barbara Washburn

The end of a prosperous season of giving beauty to us and nourishment for our little feathered friends. We'll see your pretty face next year, sunflower.

So sad the field, so waste the ground,  
So curst with an old despair,  
A woodchuck's burrow, a blind mole's mound  
And a chipmunk's stony lair,  
Seemed more than it could bear.

So lonely, too, so more than sad,  
So droning-lone with bees—  
I wondered what more could Nature add  
To the sum of its miseries. . .  
And *then*—I saw the trees.

Skeletons gaunt that gnarled the place,  
Twisted and torn they rose—  
The tortured bones of a perished race  
Of monsters no mortal knows,  
They startled the mind's repose.

And a man stood there, as still as moss,  
A lichen form that stared;  
With an old blind hound

that, at a loss,  
Forever around him fared  
With a snarling fang half bared.

I looked at the man; I saw him plain;  
Like a dead weed, gray and wan  
Or a breath of dust. I looked again—  
And man and dog were gone,  
Like wisps of the graying dawn. . . .

Were they a part of the grim death there—  
Ragweed, fennel, and rue?  
Or forms of the mind, an old despair,  
That there into semblance grew  
Out of the grief I knew?

The influence of the Romantics on Cawein is strong in this poem, with all these details of the natural world. Read each of these poems aloud to relish the rhyme and meter. And do that in the dark, by candlelight. ☀



**Waste Land**  
"Skeletons gaunt that gnarled the place,  
Twisted and torn they rose—  
The tortured bones of a perished race  
Of monsters no mortal knows  
They startled the mind's repose."



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