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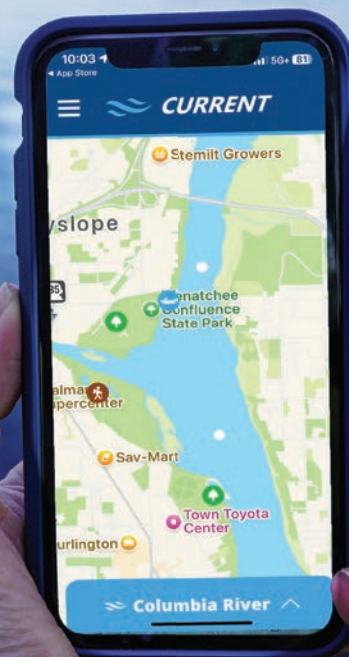


The Govan, Wash. schoolhouse was built in 1905 and shut down in the 1940s. The steeple on the building toppled over in 2019. Two fires came through Govan, the most recent in 1974, that ultimately led to the town's abandonment. The schoolhouse in Lincoln County is about six miles west of Wilbur, Wash. just off Highway 2. Photo by Julie Bock

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CHELAN COUNTY

» DESK OF THE EDITOR

Father's Day doesn't have to be complicated

I never thought much about Father's Day—until I had two daughters. That's when the meaning behind the day began to grow deeper and more personal.

Watching my girls look up at me the way I once looked at my own male influences made me realize the quiet, steady strength that fatherhood requires.

Let's be honest—Father's Day can be complicated.

Some people are grieving the loss of their father. Others never had the chance to know him. For many, it's not a father by blood but a close friend, neighbor, grandfather, uncle or older brother who filled that role.

Fathers don't always get the spotlight. They're often the ones behind the scenes—tuning up the car, fixing the leaky sink, giving advice, or staying up late to make sure we get home safe.

They may not get flowers or handmade cards, but they show up in a hundred quiet ways. They're often the first call when something breaks, when we're lost, or when we just need to hear, "You've got this, kiddo."

Father's Day shouldn't be about store-bought gifts. It's about presence. It's about the time we carve out to say, "I see you. I love you. Thank you."

Life moves fast.

If your dad is still here—call



BROCK
HIRES



Brock and his daughters, Lydia and Elaine.

him. Better yet, go visit him. Share a meal, swap stories, sit in the quiet together.

And if your father is no longer here, take a moment to honor the men who've stepped up. A husband who rocks the baby at 2 a.m. A son teaching his child to ride a bike. A friend or neighbor who offers a hand when you're struggling.

This Father's Day, let's celebrate the everyday heroes who carry the title of "Dad"—in word, in deed, and most importantly, in heart.

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



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For sound recordist Nick McMahan, attuned to audibles in nature that are both common and unique, sites like this popular Horse Lake trailside offer a rich source of possibilities for his ongoing projects.

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Just the Right Sounds at Just the Right Time

Story by Susan Lagsdin
Good Life Contributor

The melodic trill of the meadowlark juxtaposed with the clank and scrape of a nearby excavator made Nick McMahon smile.

Nick is a professional sound recordist who immerses himself in nature, seeking out both the common and the hard-to-find sounds the earth makes, and he's traveled the world in his artistic pursuit.

But he's not a sound snob. Up at the Horse Lake Reserve trailhead, the bird and the machine were both doing what they had to do, and he appreciated their simultaneity.

Nick often lets the location guide him in his work. When he's in the field with his packed-in audio gear, he said, "I often look for a natural 'recording studio' wherever I am. Maybe it's a wall of rock or a curve of hill and trees, but sometimes I'll just turn a corner and there'll be a sudden hush. If I do hear a bird, the sound will be more prominent there."

And he's accustomed to finding the unexpected. "I once spent three days and nights in the Olympics hunting down the Cascades frog," he said. "He's got a mating call like a deep throaty chuckle — it was like hunting something mystical."

Coming back home to Wenatchee with additional recordings of a sooty grouse and the high pitch of a varied thrush was a bonus. He said, "it helped

tell the whole story of the landscape."

Though he hiked and camped as a teen, Nick didn't develop his refined ear and his fascination with nature sounds until relatively recently. Rock music ruled in his teens. In his 20s (while completing college and working an array of odd jobs) he formed a band, Girl On Fire, which had a Los Angeles label and toured nationally.

After the band went its way, Nick continued traveling, supported sporadically by work in his family's orchard in Manson. And that's when a small breakthrough occurred. "In 2014, I was hiking solo, and I heard a slight gurgling sound of water under the rocks. I caught it on my phone," he said. "And then I went out and bought myself a little hand-held digital recorder."

He was hooked on the possibility of searching out and capturing the sounds of nature, only now he employs professional equipment because of its directionality and sensitivity. It's the same gear used for recording symphony orchestras. But he says he's not a technophile.

"I'm like the photographer," Nick said, "who's more interested in the picture than the camera." And he much prefers being outdoors in the elements to being inside with electronic equipment.

Nick does commission work and actively contributes to his YouTube channel, and his own written stories, films and still photographs are an in-

tegral part of his growing artistic repertoire.

He's released three professional sound libraries: Flowing Water, Shore Waves and Amazon Basin (all found at nickcmcmahan.com). The last collection of sounds is significant because it grew from the Big Breakthrough.

"I was driving to Oregon for Christmas in 2019 listening to NPR's The Wild, Nick said, "and a guy was talking about recording nature sounds." He immediately contacted guest artist Gordon Hempton, and their relationship leapt from the professional's "If you're ever in Port Townsend, let's have coffee" to "I'm recording in Ecuador; want to come along?" (YES)

That two-week jungle experience with a mentor yielded Nick a trove of sounds and connections and confirmed his love of field recording. With a borrowed hydrophone, the next winter he recorded not water but ice. "It's a zipping kind of noise like a synthesizer, of molecules freezing and squeezing," Nick said.

That unique ice-sound posting caught the ear of a rep from Offspring, a studio in Bristol, England. And one "crazy luck" phone call from them resulted in Nick's recent two-year dream job as the primary recordist for Apple TV's Earthsounds.

At 37, with a known name and

a little fame, Nick's also worked on Audible's Sleep Sound and the award-winning National Park documentary The Heart of Maui.

He recently wrapped Searching for Quiet, a film and sound experiment based on him hiking. Now he's eyeing a major project about native Indonesians losing their ancestral lands, and this Spring he's recording bird songs with a naturalist in Twisp.

It's been a busy few years, and not just for Nick's career. Covid brought him to his extended family in Chelan; then he married his longtime love, Jenny, and their baby son Luke came in 2023. Soon after, they bought a house in Wenatchee where he now adroitly balances child-rearing and sound-recording.

Nick may not be as footloose now as when his career started, but he's still fully committed to recording and sharing the natural world. He's learned to enjoy equally the solitude of the quest and the production team experience, and he's developed his own directionality and sensitivity (like those symphony microphones.)

And his house is just a short distance from the lush, timbered Ohme Gardens, a perfect spot to record bird, wind and water sounds. Or a perfect place to just sit and listen.



PHOTO BY MIKE IRWIN

Wenatchee sound recordist Nick McMahan travels the world to capture audibles in nature, but he also finds time to visit sites like the Methow Valley, Olalla Canyon near Cashmere, and this close-in Horse Lake trailhead.



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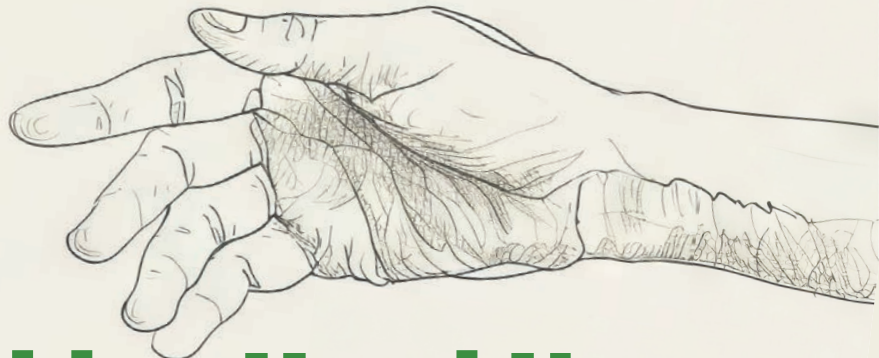
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HABITAT FOR HUMANITY



Offering Households a Hand Up

Story by Susan Lagsdin

Photos by Mike Irwin

Good Life Contributors

David Hulse first learned about Habitat for Humanity (Habitat for short) on his company's volunteer work project in 2008. His job entailed helping to install drywall and a little bit of landscaping. And he got hooked on housing.

He offers a personal angle on Wenatchee's housing crisis and why it sometimes seems invisible. "If you've been blessed with an education and you have a good-paying job here, it's hard to image just how tough it is to buy a house, how impossible it can be to pull together money for a minimum down payment."

The organization David now heads as board president has enabled local people who are motivated and employed — but underhoused — to purchase a newly-built home with no down payment and a 0% mortgage. Maybe they're temporarily sidelined and living with relatives, or they're in unsafe structures or are considerably crowded. They might be eligible for not "a handout" but "a hand up."

With a predictable income that's 40-60% of the area's median and 200 hours of sweat equity, and, David emphasizes, active participation in the process, full home ownership can become a reality.

It's happened 60 times since 1990, thanks to Habitat's

well-managed volunteers and dedicated donors. Land is procured, cost-effective architectural plans finalized. A committee scrutinizes applications, bankers do the paperwork, and veteran builder Jess Sanders and his crew see each project to completion from ground leveling to shower grout.

But the deed and the key aren't the whole picture. "I was fortunate to be raised in a home that my parents owned," David said, "and so I learned some skills, how to keep things working. That's not the case for many people. So we don't simply build affordable homes; we emphasize responsible homeownership."

To that end, Habitat mentors offer advice and practice to new owners, who can also swap some of their 200 work-investment hours for repair and maintenance workshops. The tangible result is a well-maintained home that's an asset to the neighborhood.

And that's important to David — he loves this city and wants the best for it. He transferred from New York to North Central Washington in 1998 as an Alcoa employee, and though he often travels globally as the company's environmental auditor, he and his wife Wendy and their two kids (all four avid ice hockey players) call Wenatchee their home.

David said the plan is to build at least two homes a year, giving

local families a way to accumulate equity and keep moving on up. Often improved and well-kept by their long-term owners,

Habitat's first five dozen homes have long since blended into their urban landscape.



David Hulse, Wenatchee Habitat for Humanity's board president, first volunteered for a project like this one in-progress on Wilson Street. He's become an enthusiastic advocate for the group's vision and its capabilities.



Five fortunate families will be able to buy in to the small development near downtown Wenatchee seen in this artists rendering. Building up instead of out economizes on land and allows creative use of square footage.

 **Habitat for Humanity**
of the Greater Wenatchee Area

SUBMITTED PHOTO

Habitat for Humanity has a more highly visible presence at 615 S. Wenatchee Avenue. Its bustling and ever-changing store emphasizes user-friendly acquisition of building materials. Though it's managed as a separate entity from the home-providing arm, the store does similar good work for individuals as well as for the environment.

Matt Keele, the store's manager, calculated that in the last four months, the store cycled \$20,000 worth of goods that would have been sent to landfills back into the hands of bargain-hunting homeowners. That's good all around; more movement of material ultimately means more money for homes. "I want to bring my numbers up any way I can," he said.

Matt knows that his position has a positive impact on the community, but then he's used to working conscientiously. After his job at Crunch Pak in Cashmere, he went to SavMart in Wenatchee. Impressed by his work ethic, a co-worker, who was then also the Habitat Store manager, recruited Matt to take over her top job.

"I jumped at the chance to come here," said Matt. His wife and three young kids won't see much of him until July, because, "I still work March through June every year at the SavMart Garden Center too. It's a busy season for me generally."

Matt represented Habitat recently at a disaster relief workshop in Portland, where he learned among many other things: 1) The best first thing for a volunteer group to do is look carefully at the situation; don't rush in 2) Seek mattresses. They're like gold in a time of crisis.

Ironically, mattresses are on the "please don't donate list" in normal times. But most home items are graciously accepted, and size and volume are not an issue.

Over the course of a year major contractors and remodelers donate tons of surplus material like trim, flooring, sheetrock, tile, dimensional lumber and countertops. Or an individual might come in with an outdated but workable chandelier, or a big bag of bolts.

Lowe's and Home Depot, Matt said, regularly donate unsellable



The Habitat for Humanity Store states its purpose upfront. Builders donate excess goods once destined for the landfill, while shoppers buy used and new materials at bargain prices. The result? More funding for affordable homes.

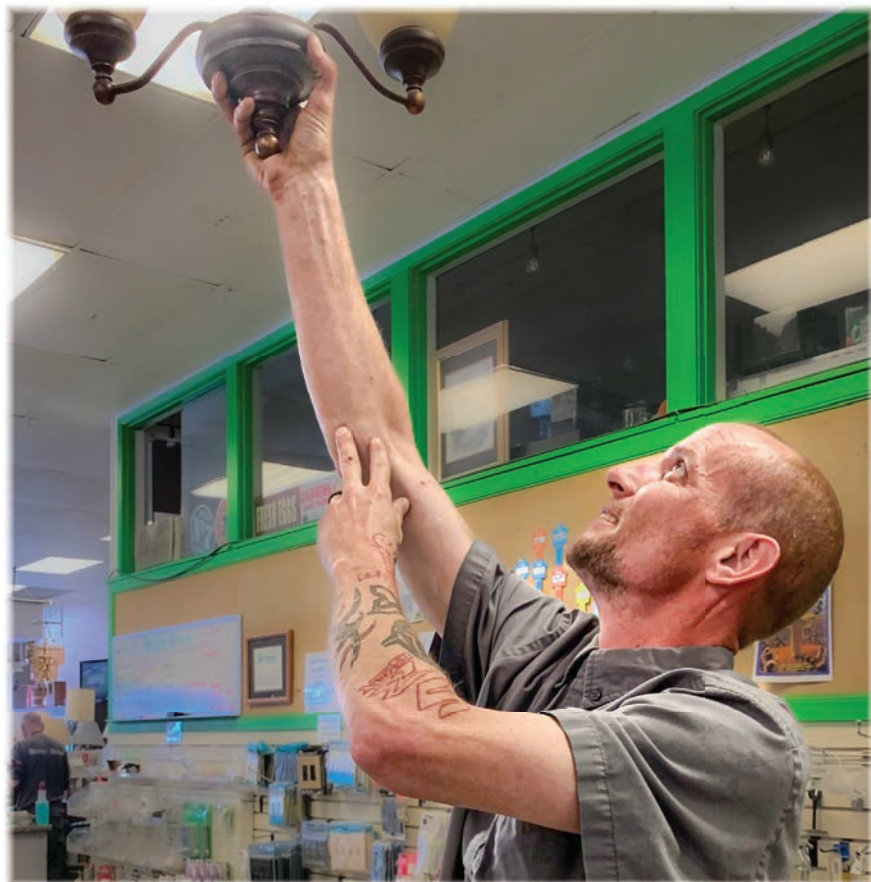
but unused items that are quickly gone, like the large Craftsman planer picked up at 60% of its sticker price, or the 20-piece kitchen cabinetry set for \$2,000.

Different stocks of building materials, appliances and furniture are received, evaluated and displayed continuously. "I have regular customers," Matt said, "who come in almost every day [that means 9 to 5, Thursday through Saturday] to pick something up because the inventory is always changing."

There's no junk. Unusable materials are promptly and profitably recycled. "We keep a big bin out in the back and sell that material to a waste company. It's not much, but it pays for our own garbage

bill," said Matt, who initiated that program.

Matt named two items there are often too many of: outdated lighting fixtures and hollow core doors. The rest? Bring it on. He and his small and creative staff at the store will find a way to use it or lose it. In a good way, of course.



Eight years of commitment to re-sourcing, up-cycling and personal service, as well as numerous tricky ladder moves like this one, have brought Matt Keele high regard as manager of the Habitat for Humanity Store.

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Spring Kick-Off ROAD TRIP

Story and Photos by David & Mary Weldy

Every April we like to get our trailer ready for the season by taking a four day outing nearby just to make sure everything is working and ready for the camping season. Don Morse City Park at Lake Chelan is just 45 miles from our home and the perfect location for our first outing.

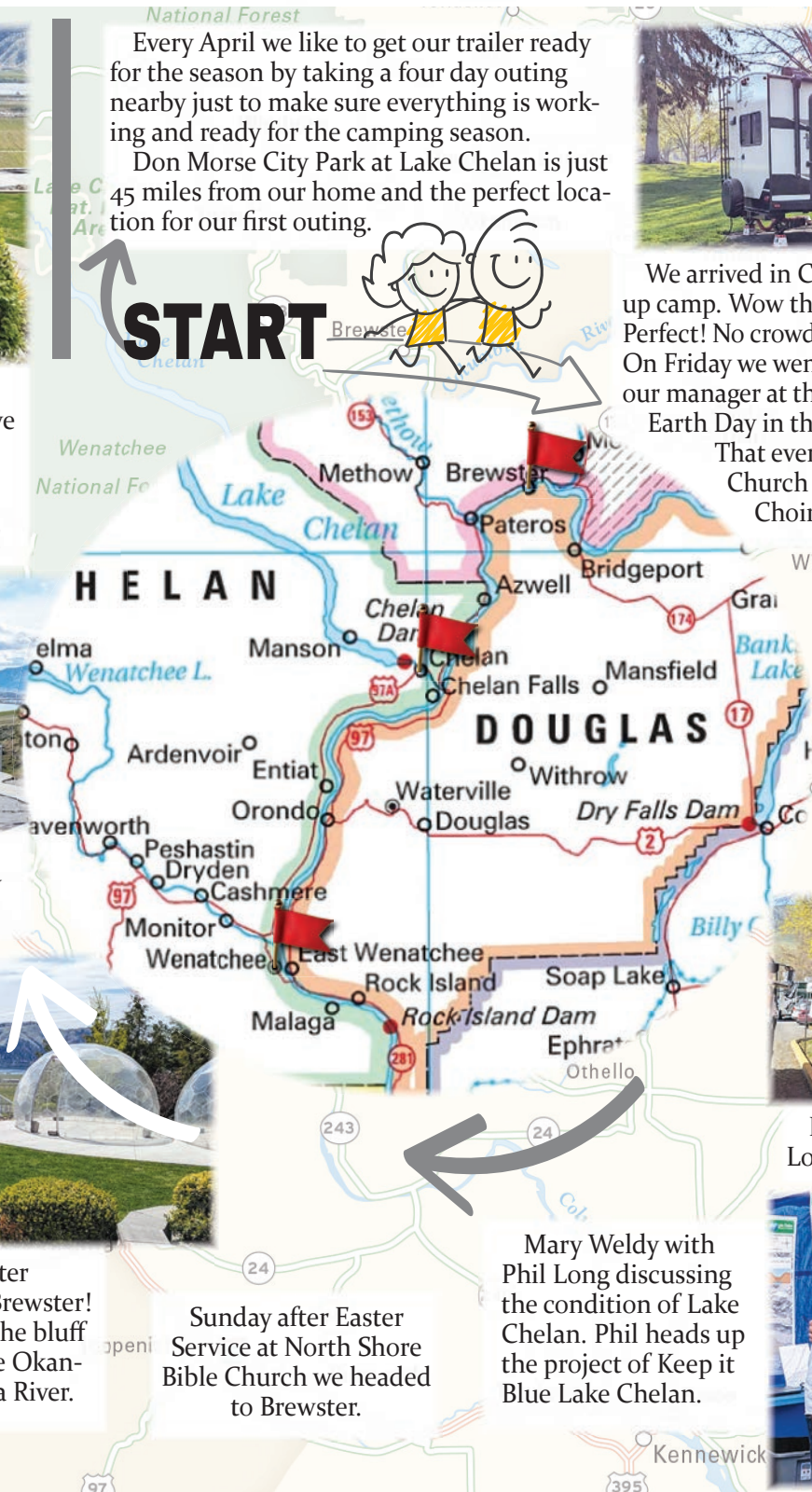


We arrived in Chelan the afternoon of April 17 and set up camp. Wow there were only three other RV's on site. Perfect! No crowds to deal with perfect spring weather! On Friday we went downtown to visit the store we sold to our manager at the end of 2019 and saw a sign advertising Earth Day in the Park starting the next day.

That evening we headed to North Shore Bible Church to see the Lake Chelan Community Choir's presentation for Good Friday Services.

All and all it was an incredible start to our camping season. As we were leaving our waitress told us that Lone Point was working on a 20 site RV park in the vineyard. Guess where we will be next year!

START



The weather was great and Saturday was looking good for Earth Day. All systems were working with the trailer with one small hot water tank leak which was an easy fix!



It was perfect for Earth Day in Chelan. Lots of vendors and information booths.

Mary Weldy with Phil Long discussing the condition of Lake Chelan. Phil heads up the project of Keep it Blue Lake Chelan.



Sunday after Easter Service at North Shore Bible Church we headed to Brewster.

Mary surprised me with an Easter Brunch at Lone Point Cellars in Brewster! What a spectacular view from the bluff overlooking the confluence of the Okanogan River meeting the Columbia River.

Bringing History Forward

SUE BLANCHARD

VICTORY GARDENS *Soldiers of the Soil*



Story by Sue Blanchard
Good Life Contributor

My mother would often share her teenage recollections of the family garden of her Lake City, Minnesota childhood home during the years spanning the Great Depression and WWII, when her father was sent to Newfoundland during the war efforts to serve our soldiers as a radio repairman. Their two-story mortgaged home sat on a sizable plot of land within the city limits, close enough to church, school and neighbors. They called the large lot behind their home their *Victory Garden*, and all six daughters plus grandma diligently tilled, planted, weeded, harvested, stored and preserved all they could throughout those lean and rationed years. As the story goes, despite a large family to feed and care for on her own, grandma and the girls actually pinched and saved enough money, harvest by harvest, from the garden's abundance to not only feed themselves but to pay off the mortgage on the house! Wow, I thought; tell me more about that garden!

The inspiration for *War Gardens* originated in England during the onset of WWI (1914-1918), under the auspices of Great Britain's *Women's Land Army*. When the United States officially entered the war in 1917, American lumber baron and conservationist Charles Lathrop Pack was named to head a newly formed National War Garden Commission. Botanist and Los Angeles pioneer Luther Burbank joined him on this commission, which aimed to teach Americans

on the home front how to grow their own produce so that commercially farmed and processed foods could be used for our soldiers. As the U.S. Government sold *Liberty Bonds* to raise money to support the war, Pack and Burbank patriotically renamed their community war gardening project *Liberty Gardens*, and by the 1918 Armistice proclaiming the war's end, there were a staggering 5,285,000 *Liberty Gardens* platted and planted throughout our country!

During the Great Depression of '29, gardens were not only a way for people to grow their own food to feed their families and stretch meager budgets, they were also a social activity that brought people together, to share, barter and trade, reducing stress and anxiety. Community gardens, known then as *Thrift Gardens*, were created in cities, in partnership with community organizations. Gardeners grew the fruits, vegetables and herbs they knew they would preferably eat: potatoes and tomatoes, corn rows and cabbages, stringed beans and trellised peas with orchards of fruits and nuts ~ produce that could be stored in cellars and preserved in Mason jars and Red Wing crocks.

Following the attack on Pearl Harbor that predestined our entry into WWII (1941-45), aptly-named *Victory Gardens* were planted as America's civilians answered the patriotic call with the same unanimity and enthusiasm as the men and women who enlisted their service to our nation once again. Citizens on the home front flew the flag, bought war bonds, saved

their iron scrap, tin pans and aluminum foil ~ and planted *Victory Gardens* as a proud contribution of support.

In each of these efforts, Government agencies, private foundations, businesses, service clubs, schools, seed companies and even magazine publishers worked together to provide plots of land, instruction manuals, training, tools and seeds for individuals and communities to plant, grow and preserve food. Consider that a simple 15'x 25' plot could plant 15 rows of different crops, each 25' long. Can you imagine and name the 15 varieties you would plant and tend? These 'crazy quilt' gardens of every size, shape and configuration were planted in every available and conceivable space~ backside-and-front yards, patios, vacant lots, public parks, church yards, school playgrounds, window boxes, curbside tubs and even trellises on balconies and urban rooftops so

city-folk could garden too!

By 1944 and the coming of D-Day, 20 million *Victory Gardens* produced eight million tons of food ~ the equivalent of more than 40% of all the fresh fruits and vegetables consumed in the U.S.A! And much like the crops grown from their seeds ~ from lima beans to beets, carrots to cauliflower, and rutabagas to rhubarb ~ the toils and tilling involved in creating and maintaining a garden also sprouted new skills, know-how, and a sense of accomplishment in the gardeners who donned their gloves and kneeled in the soil. Gardening fostered physical activity, a focus on nutrition, and reduced stress, offering a gentle purpose and comfort to those missing a far-away family member.

Think about it ~ beyond a shortage of food and dry goods, there were also shortages of manpower, equipment, transportation, distribution and fuel, as those assets



Chester F. Lancaster, a veteran of WWI who disabled and blinded in that war, tended his own *Victory Garden*

were rationed and factories were re-fitted to support the war effort. So housewives, school children of every grade and age, grandparents, city-dwellers, the unemployed, those unfit for the draft, and even Rosie the Riveters grew green thumbs and enlisted as Soldiers of the Soil!

Let me introduce you to a true-to-life *Soldier of the Soil*. During the summer of 1943, the Los Angeles Times featured an article about Redondo Beach, California resident Chester F. Lancaster, who could be found on most days dutifully tending his own celebrated Victory Garden. Why might this be a feature story? Chester was a veteran of WWI, disabled and blinded in that war. Yet he was determined to become a soldier of the soil for those serving in WWII. *"With the exception of the actual planting, Chester took care of the cultivation of his entire garden, working with his sensitive fingers among the growing plants and harvesting their produce. Records of the yield of his plot show an ample supply for his family and a plentiful surplus for canning and dehydration,"* the Los Angeles Times reported.

Mind you, Victory Gardens were taken quite seriously in their day, not only by the citizen gardeners who grew them but by civil authorities as well! Case in point is the arrest and incarceration of Gretchen the Cow ~ the Santa Monica, California Holstein accused and found guilty of eating the vegetables and trampling underfoot the Victory Garden of said neighbor! Gretchen, uddering 'no plea', was duly held at the City Pound until her owner had fully paid for the determined value of the vegetables Gretchen had so gluttonously enjoyed!

Long before supermarkets and home delivery, one young family's best memory of their Victory Garden was piling a portion of their harvested carrots and cucumbers into a red Radio Flyer wagon, marching around the apartment buildings of their neighborhood and selling their veges for a penny a carrot and even a nickel for a



large fresh cucumber! Counting their earnings at day's end, the children learned the more valuable lesson of the value of their labors and helping their neighbors. And that's yet another thing that hard times and war times produced ~ children and chores. Boys became men, girls became little mothers, and both learned the skills of earning, saving, using and preserving anything and everything.

Now if, by chance, you were born with two brown thumbs, Uncle Sam still needed you... to collect fruit pits and nut shells for the Red Cross. This was neither far-fetched nor an idle task, for there were wartime factories in Connecticut that were converted to make an essential piece of military gear! Did you know that ~ way back then ~ carbon and charcoal extracted from burning ground peach, plum, apricot, cherry, and olive pits and nut shells ~ each a gardening waste ~ made the best absorbents and neutralizers of poisonous gases and were a vital part of making the gas mask filters for WWI soldiers fighting in the trenches in France! Anyone recall the trench scenes in Downtown Abbey?

Victory Gardens understandably waned during the peacetimes that followed two world conflicts and the Depression years ~ people just wanted and needed to set aside their recollections and hardships of making-do, growing, canning and doing without. They welcomed home their returning

soldiers to the suburbs of picket-fenced front lawns and backyard swing sets, and traded their canning kettles and root cellars for the post-war conveniences of Sears Coldspot freezers, Birdseye frozen vegetables, General Mills Bisquick and Swanson TV dinners ... fast foods predestined by the Golden Arches!

Soldier fathers, brothers and husbands had traveled the globe during WWII, encountering different cuisines, and when they returned they brought back memories of those dishes. French, Italian and Chinese food soon became popular in America beyond the immigrant neighborhoods like Chinatowns and Little Italys. When our returning soldiers brought their insatiable appetites for pizza home with them (garlic and oregano discovered in one bite), postwar sales of oregano (1948-56) rose 5,200% and a booming business, the 'pizza parlor' emerged ~ all due to G.I. Joe!

Many nationalities of immigrants and naturalized citizens became Victory gardeners, too. My own brother-in-law, a first generation Japanese ~ American, born in Los Angeles, was removed with his entire extended family and neighbors from their land-holdings and vast gardens in aptly-named Gardena, California to a middle-of-America internment camp for the duration of the war. He shares his own stories of how they collaborated to do what they knew

best - and planted Victory Gardens within the camp. After the war and completing high school, he dutifully enlisted in the U.S. Navy. Serving and using the G.I. Bill to become a teacher and counselor, brother-in-law Tak purchased a house and married my sister ~ back home in Gardena, just a mile from the shopping center that now occupies his family's original gardens.

Seventy-five years forward, as the corona virus pandemic stretched into the spring and summer 2020, many Americans across the country instinctively turned yet again to home gardening. Tactile, tranquil and out-of-doors, the act of creating home gardens, whether floral, vegetable or herbal, fulfilled the need to be productive and proactive, sustaining both a purposeful routine and providing provisions for their tables ~ a bulwark against the uncertainties of sequestration.

These pandemic gardens actually grew into quite a national endeavor. Google reported that by March of 2020, corresponding to lockdown orders, searches for *"growing vegetables from scraps"* were up 4,560%, with seed sellers reporting soaring sales: Burpee Seeds experienced its biggest sales season in its 144-year history! Mother Nature, once again, nurtured a nation.

For more than a century, encouraged by a simple wartime plea for a show of patriotism on the home front, America's Victory Gardens, whether planted for Thrift, War, Liberty, Victory, provided so much more than sustainable food sources during times of personal or national need; their fertile ground produced the character, work ethic, and spirit of a nation united in crisis, unearthing its strength and resilience.

As an enduring part of the American landscape beyond the battle fields and dust bowls that produced our nation's Greatest Generation, Victory Gardens and their Soldiers of the Soil sowed and bestowed a timeless lesson ~ that the "V for Victory" in facing our challenges is best cultivated within ourselves.



REMEMBERING *My Grandfathers* ON FATHER'S DAY

Story by Linda Reid
Good Life Contributor

I had the blessing of being born on Fathers' Day, which was a very special gift for my dad and my grandfathers. These two stories were written almost ten years ago, for a memoir I have been working on for my family. I am fully convinced that our memories can be most easily

accessed through our senses of taste and smell, as I mention often in my stories about food for *The Good Life*. As I revisited my writings about my grandfathers (both born in the 1880s) I realized that I had sprinkled food images generously through both profiles. I invite you to engage your own sense of taste as I introduce you to Clyde and Erwin.

CLYDE HAMMER

(Paternal Grandfather)

My paternal grandfather died in 1958 when I was nine years old. We had my Grandma Jessie with us until I was 18, exactly twice as long as I had him in my life. He was a gentle giant, 6'6" towering over my grandmother who was barely 5' tall. He had



Linda's paternal grandparents, Clyde and Jessie, admiring two of their magnificent, home-grown tomatoes. (Photo by their son, Doran Hammer)

white, thinning hair and soft eyes that smiled whenever his mouth did. In my favorite photo of him he and my grandmother are holding gigantic tomatoes just picked from his garden, which filled their backyard with its tidy rows of vegetables. One tomato filled my grandfather's huge hand. Under the house they had a root cellar with a dirt floor where he stored his potatoes, onions and the jars of home-canned fruits and vegetables my grandmother had preserved for the winter.

We often went to their house to have Sunday afternoon dinner. They would set up their drop-leaf dining table in the middle of the living room so the five of us could all have a place. Chicken and dumplings were one of her favorite meals



Grandma Jessie and Grandpa Clyde relaxing in their home in Edmonds, Wash. Photo by their son, Doran Hammer

to serve. I loved them when my mom made them at home, but Grandma Jessie's dumplings were a little more like rubber balls in texture. My Grandpa was heavy-handed with the pepper shaker. By the time he was ready to eat, the food on his plate was black. Maybe it helped make the meal more flavorful for him.

My grandpa saved "antique" catalogs from Sears and Montgomery Ward. He kept them out in his garage where they picked up a musty smell. Regardless, I loved to look through their weathered pages. They also had scrapbooks full of Ripley's "Believe it or Not" stories, which entertained me for hours.

Clyde lived most of his life in southeast Washington, near

Waitsburg, where he spent most of his working life farming and helping build the railroads.

When he retired, my grandparents moved to the west side of the state, but he always missed the more open spaces and the familiarity of the land where his grandfather, Jacob Hammer and his father, Goldsmith Hammer, had homesteaded in those long-ago pioneer days, in the 1840s.

I loved to sit on his big lap and look up at his smile, where his love and warmth were tangible to me. My Dad was a lot like him. They were both rooted in the soil of Eastern Washington, and they were both tall, quiet, gentle men who lived in peace with the land, with their family and with themselves.

ERWIN ROSENZWEIG

(Maternal Grandfather)

My mom and her siblings always called him “Papa,” but the rest of the family called him Grandpa Rose, or “Rosie.” After my Grandmother Josie died, before I was born, and my mom and her sister moved from Longview to Seattle, Grandpa Rose discovered he didn’t like living alone. He stayed with his sons in Longview some of the time, or with my aunt and uncle in West Seattle, but mostly he lived with us. We moved into a four-bedroom house in North Seattle, when I was about two years old, where he could have his own bedroom with his own furniture.

He was a “foodie” (before anyone knew what that was) since he had owned neighborhood grocery stores in Benedict, North Dakota and in Longview, Washington, which made him a fussy food shopper. When we went to the grocery store, he felt entitled to taste-test any accessible produce for quality control, which included popping grapes into my mouth. He had his favorite food items, which still remind me of him, such as pickled

herring, canned sardines, and sugary candied orange slices.

I was told he chose to live with us because he liked my mom’s cooking the best of his five children. My only memory of him making anything in the kitchen was for Thanksgiving and Christmas family gatherings at our house. He created delicious crab and shrimp cocktails for everyone to eat before dinner. He had a special sauce he mixed up that made this my favorite part of the holiday meals.

I liked to crawl up and sit in his lap. I was told that he had “circulation problems” and that was why he had handwarmers, which fascinated me. My friend around the block also had a grandfather who lived with them, so it didn’t seem odd for me to have a live-in grandpa too.

One day Grandpa Rose was taken to the hospital and he didn’t come home again. I was only six years old, so I was taken across the street that afternoon to have dinner and go to bed while my parents dealt with “grown-up” matters. Although I



Grandpa Rose holding granddaughter Linda. (Photo by his son-in-law, Doran Hammer)

loved my friend Sherry and her mom, I was a little scared of her loud, burly Dad. I remember the meatloaf we had for dinner. I couldn’t eat it, even with ketchup. I think it must have tasted like grief, which I had never tasted before. I was put to bed but thankfully my dad came to “rescue me” sometime later that night.

We made Grandpa Rose’s bed-

room into a small family room, but I always thought of it as his bedroom. I still have his bird’s eye maple dresser and vanity set in our guest room. It reminds me of how grateful I am for his presence and the few cherished memories I have of him. As an only child, he was one more person in my family, in my home, and in my life to love me during those formative years.



PHOTO BY KEN REID

Grandpa Rose’s seafood cocktails are still a family holiday tradition. His great-granddaughter is seen here preparing this heirloom treat.

Crab and Shrimp Cocktails

(Serves 9-10)

The sauce: whisk together

1 cup of Mayonnaise
1/3 cup of Ketchup
½ cup of French salad dressing
2 tsp. Worcestershire sauce
2 Tbsp. lemon juice
A dash of Tabasco sauce (to taste)

Seafood:

1 pound of small, cooked salad-sized shrimp
1 pound of shelled Dungeness crab (no other crab works!)

Directions:

In small glasses (stemmed or juice glasses), put a Tbsp. of the sauce. Add a Tbsp. of shrimp, then more sauce, and a Tbsp. of crab. Continue to alternate sauce, shrimp, sauce, crab, and sauce, like a parfait. Top it off with a shrimp or a crab leg for garnish. (Serve with small cocktail forks.)

Follow Your Nose

-- PART 2 --

Story by
Shawna Bais, DVM
Good Life Contributor

In last month's article, I provided an overview of various areas where dogs excel in scent work, including Search and Rescue, drug detection, medical assistance, and many others. I also hinted at discussing how you can involve your dog in this exciting sport. If you missed that article, scent work is a thrilling and challenging activity that allows your dog to utilize their remarkable sense of smell to locate a scent while strengthening the bond between you and your furry companion.

The American Kennel Club (AKC) held the first ever scent trials in 2017 in Wilmington, Ohio. Ninety-seven dogs competed from 20 different states, plus Canada. The games were a great success and since then, AKC scent work has become a popular sport across the country.

AKC Scent Work is broken down into two divisions: the Odor Search Division, in which the dog is searching for the odor of one or more specific essential oils, and the Handler Discrimination Division, in which the dog is searching for the scent of their handler. The AKC offers four different categories in the Odor Search Division. Each

category involves a dog conducting a different type of search or a different environment. The four categories are: Container, Interior, Exterior, and Buried. Additionally, each category is broken down into levels: Novice, Advanced, Excellent, and Master. For each category, dogs start competing at the Novice level, then work their way up to Master.

Scent work is a sport that comes naturally to many dogs and requires minimal equipment, making it easy to start teaching your dog the skills needed. You can teach your dog at home or join a class in your local area.

This past April 6, I had the privilege of attending the Scent Work Show Judging at the Wenatchee Kennel Club (WKC). There were nine handler/dog teams competing in the handler discrimination class, and I had the pleasure of speaking with Jan Flatten. Jan is currently the Washington and British Columbia Rescue Representative for Aussie Rescue, and she serves as the Scent Work Program Manager and Trial Chair at WKC. Interestingly, Jan used to compete and teach agility, but her focus shifted to Scent Work about five years ago.

Jan and her husband got their first Australian Shepherd in

2007, quickly followed by two more in 2010, and then a fourth one in 2019 when they "foster failed." Right after Jan adopted their first Australian Shepherd, she started taking classes at WKC and became a member in 2009. In 2010, she enrolled her two eight-month-old rescue Australian Shepherds, Ginger and Brandi, in puppy training classes at WKC and eventually trained them in agility. Both dogs participated in numerous trials throughout the state and even twice at the Aussie Nationals, earning multiple Master titles in agility. In 2017, after the AKC introduced its first Scent Work trial in Ohio, WKC promptly followed suit and hosted one of the nation's first Scent Work trials. In 2018, at the age of nine, Ginger's interest in agility began to wane, prompting Pat to explore

Scent Work. To demonstrate that dogs of any age can excel in Scent Work, Ginger achieved her Scent Work Master title earlier this year at the remarkable age of 15! Go Ginger!

So, ready to get involved with your own dog? If you're interested in joining a class at WKC, classes are offered every two months, starting in January. Each class runs for 7 weeks and covers a range of levels, from Beginning Foundations to Detective. Classes are 50 minutes long and held once a week for a total of 7 sessions. Details on classes are available at wenatchee-kennelclub.com. And if scent work might not be your thing, well, there are tons of other fun classes to check out as well that will keep you and your canine friend having fun and learning together!

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Shawna Bais, DVM



Porch Storms & Birthday Calls

A REFLECTION ON A RICH LIFE AND A REAL FATHER

When I was a girl growing up in Tennessee, I wanted my father to be like Jim Anderson (Robert Young) from *Father Knows Best*—steady, wise, socially gracious. But my dad? He was more like a character Faulkner might've dreamed up after a few drinks: eccentric, unpredictable, lost in space, as well as tender in the strangest of ways.

He was the fifth of eight kids, a wiry fighter in every sense of the word. He liked to brawl in his early years, especially if he thought someone was wrong or unfair. His temper could ignite like dry brush, and sometimes none of us knew quite why. He had an affair when I was in high school, a jagged wound in our family story. He had no close friends, not really—he didn't understand the give and take of relationships, the subtleties. He'd show up at a church, uninvited, and ask to sing – then deliver an impassioned solo in his own unique style.

But he also had this deep, inexplicable awe for growing things. I remember him kneeling in the garden, gently brushing dirt away from tiny seedlings as if he were handling newborns. A miracle which he'd try to get me to understand. He'd sit on the front porch in the middle of our wildest Tennessee lightning storms, not flinching, just watching the heavens crack open like he was meeting God face to face.

And after his heart attack at 49—massive and sobering and which left his doctors not expecting him to live another year—it was as if some switch flipped. The fire was still in him but softened. He made delicious homemade meals from his



garden for anyone who stopped by. He hovered in the kitchen, making biscuits just right. He began calling people—hundreds of them—on their birthdays. It became his personal mission: to remember people on their special day. That was his way of saying, “You matter. I see you.” At his funeral, person after person came up to me and said, “I’m going to miss his birthday calls. No one else ever remembered.”

I spent a long time trying to square who he was. The hot anger, the impulsiveness, the infidelity—those things didn't go away because he cooked delicious homemade meals or called people on their birthdays. But neither did the meals and birthday calls disappear because he'd hurt us and was an odd-ball. That's the truth of people, I guess. We're tangled vines, full of both thorns and sweetness.

I was judgey for a long time. I wanted the sitcom dad. But I got a dad who loved in his own odd, stubborn, enigmatic way. I've come to see that a good life—a truly good life—doesn't come from having perfect parents or being one. It comes from

learning how to hold the contradictions of people without bitterness.

Here's what I know now at 75, older and maybe a little wiser (giving credit to you here, Dad):

You don't have to make excuses for people to make peace with them.

You don't have to rewrite history to accept the complexity of love.

And sometimes the best way someone can show love is to call you on your birthday, every year, without fail—just to say your life is important. Or make you a garden-fresh meal.

If your relationship with your father (or anyone) was (or is) complicated, I want to offer this gentle reminder: Forgiveness doesn't mean pretending it was all okay. It means you no longer let the pain write the whole story. Love can be messy. And continued healing comes to me sometimes from the smallest, strangest gestures—a song sung off-key in a church, a garden grown tomato, a lightning storm.

This Father's Day, let's honor the real men behind the roles, including the ones who were flawed, but still capable of awe. The ones who didn't always know best—but sometimes, surprisingly, loved deeply in their own unique way.

Maybe a flourishing life isn't a picture-perfect one like those depicted in television shows from the fifties with fathers who always knew best. Maybe the richest lives, and the most psychologically rich people, are simply the real human ones.

How might we take this Father's Day to intentionally move up to the rich life by seeing, acknowledging, and appreciating people - including our fathers, in their fullness...their complexity and wholeness...their humanity?

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FUN STUFF

WHAT TO DO AROUND HERE FOR THE NEXT MONTH

JUNE 1

Stage Kids will present Aladdin Jr. at 2 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

JUNE 2

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

JUNE 3

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

The Okanogan County Fair Advisory Committee will meet at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan. Information: okanogancounty.org.

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

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

JUNE 4

Body positivity and empowerment with Mary Lambert is at 6:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

Fiber arts circle meets at 4:30 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

JUNE 5

A night with Mary Lambert

is planned at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

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

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

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

Hannah Jackson will perform at 6:30 p.m. at Esther

Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

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

JUNE 6

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

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

Dani Bacon with Clarence Gallagher and friends will

perform at 7 p.m. at the Republic Brewing Co., 26 N. Clark Ave., Republic. Information: republicbrew.com.

Karaoke is planned at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 7

Okanogan Days return to downtown Okanogan. Events include a Kiwanis pancake breakfast, street vendors, youth games, parade and more. Information: okchamber.com.

Randy Battle will perform at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.



JUNE 9

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

JUNE 10

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

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

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

Makerspace studio will be at 3:30 p.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

JUNE 11

A caregiver support group meets at 10 a.m. and 1:30 p.m. at the AACCW Conference Room, 270 Ninth St. NE., East Wenatchee. Information: 509-713-3390.

The Raveling Toad Show will perform at 6 p.m. at Tabers Taste of Summer, 33349 Highway 97, Oroville. Information: 509-476-0202.

JUNE 12

Three Dog Night and the Little River Band will perform at 7:30 p.m. Admission charged. Information: towntoyotacenter.com.

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

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

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

Information: See "After Hours Okanogan" on Facebook.

Robin Ellis will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

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

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

JUNE 13

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

STEAM Fridays is planned at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information:

ncwlibraries.org.

Karaoke is planned at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 14

The Fabulous Feet Dance Studio is at 2 p.m. and 7 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

The Second Saturday Book Club meets at 1 p.m. at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

The 35 annual Father's Day Fly-In runs through June 15 at the Tonasket Airport. Information: 509-741-0172.

The Night Riders will perform at 8 p.m. at the Tamarack Saloon, 316 N. Main St., Conconully. Information: 509-557-4993.

JUNE 15

The 35 annual Father's Day Fly-In runs through June 15 at the Tonasket Airport. Information: 509-741-0172.

JUNE 16

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

JUNE 17

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

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

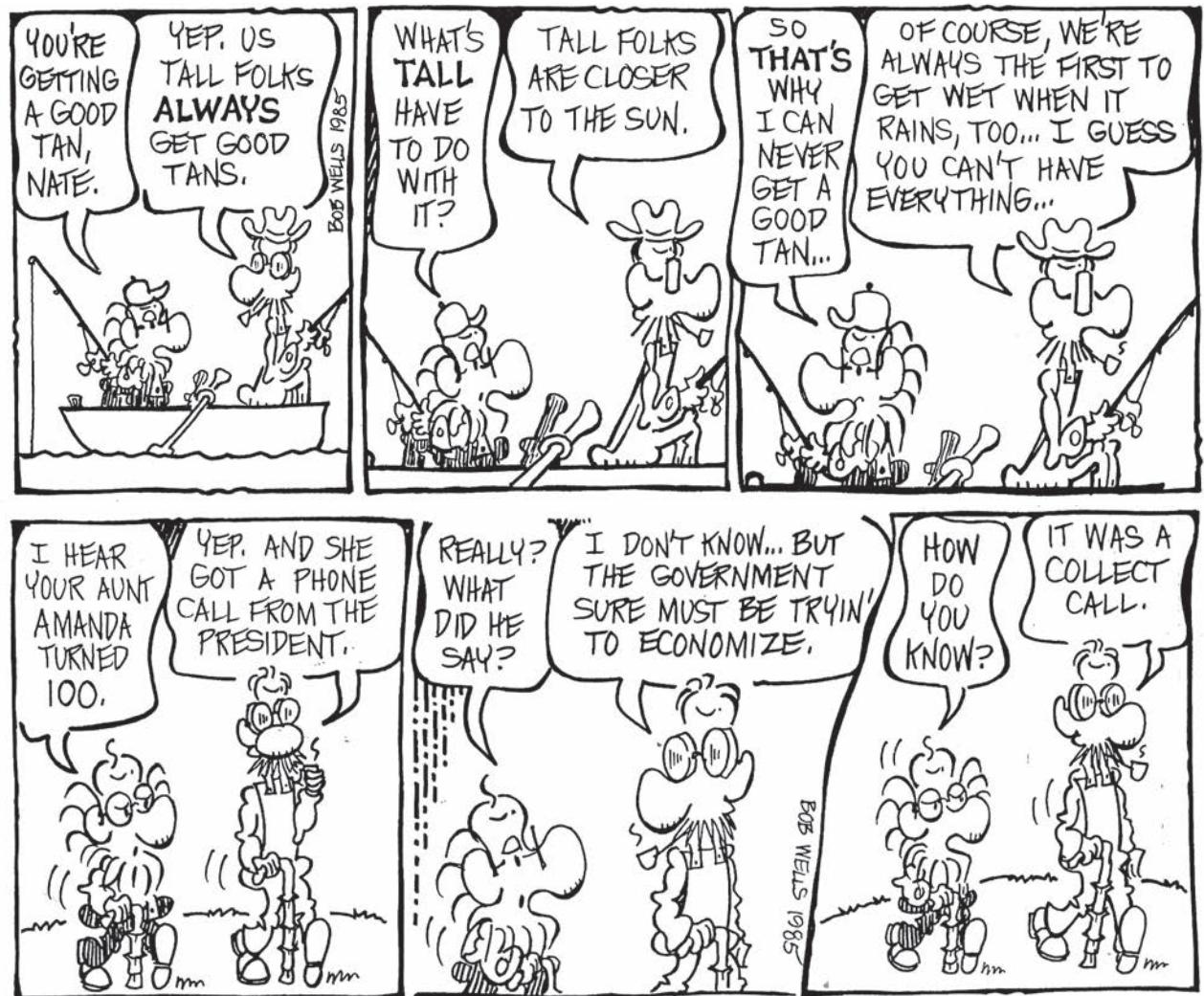
STEAM story time is planned

NEXT PAGE



ELI ELDERBERRY

BY BOB WELLS





at 11 a.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

JUNE 18

A caregiver support group meets at 10 a.m. at the Lake Chelan Chamber of Commerce building, 216 E. Woodin Ave., Chelan. Information: 509-713-3390.

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

The Rotary Club of Okanogan-Omak will host a steak dinner at 5:30 p.m. at the Okanogan County Fairgrounds, 175 Rodeo Trail, Okanogan. Admission charged. Information: see "Rotary Club of Okanogan-Omak" on Facebook.

JUNE 19

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

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

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

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

Up the Crick with Rick Braman and Chris Stodola will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information: 509-476-2861.

JUNE 20

The Wenatchee River Bluegrass Festival runs

through June 22 at the Chelan County Expo Center, 5700 Wescott Dive, Cashmere. Admission charged. Information: wenatcheeriverbluegrassfestival.com.

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

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

A songwriter showcase featuring Gregory Rawlins and Darby Sparkman is planned at 7 p.m. at the Republic Brewing Co., 26 N. Clark Ave., Republic. Information: republicbrew.com.

Karaoke is planned at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 21

The Wenatchee River Bluegrass Festival runs through June 22 at the Chelan County Expo Center, 5700 Wescott Dive, Cashmere. Admission charged. Information: wenatcheeriverbluegrassfestival.com.

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

Waterdog will perform at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 22

The Wenatchee River Bluegrass Festival runs through June 22 at the Chelan County Expo Center, 5700 Wescott Dive, Cashmere. Admission charged. Information: wenatcheeriverbluegrassfestival.com.

JUNE 23

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

JUNE 24

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

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

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

Makerspace studio will be at 3:30 p.m. at the Tonasket Public Library, 209 S. Whitcomb Ave. Information: ncwlibraries.org.

JUNE 25

A caregiver support group meets at 1:30 p.m. in the Mid-Valley Hospital Conference Room G, 800 Jasmine St., Omak. Information: 509-713-3390.

JUNE 26

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

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

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

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

Hippies on Vacation will perform at 6:30 p.m. at Esther Bricques Winery, 42 Swanson Mill Road, Oroville. Information:

509-476-2861.

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

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

Jamie Lynn Wilson will perform at 7 p.m. at the Republic Brewing Co., 26 N. Clark Ave., Republic. Admission charged. Information: republicbrew.com.

JUNE 27

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

Bluegrass band Hand Picked will perform at 7 p.m. at the Wagon Wheel Bar and Grill, 1454 Old Highway 97, Malott. Information: 509-429-9768.

STEAM Fridays is planned at 3:30 p.m. at the Omak Public Library, 30 S. Ash St. Information: ncwlibraries.org.

Karaoke is planned at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 28

MToW present Director's Showcase at 7:30 p.m. at the Numerica Performing Arts Center, 123 N. Wenatchee Ave., Wenatchee. Admission charged. Information: numericapac.org.

A Minecraft party is at noon at the Okanogan Public Library, 228 Pine St., Okanogan. Information: ncwlibraries.org.

Lance Tigner will perform at Sweet River Bakery, 203 Pateros Mall, Pateros. Information: sweetriveronline.square.site.

JUNE 30

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

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