



Students' art on display at the Leavenworth library



Ryder Hutchinson (2nd Grade) and Sage Chikkaraju (Kindergarten).



HOME LINK students.

By NCW LIBRARIES

The Leavenworth Public Library is featuring a scientific art installation created by Cascade School District HOME LINK students.

The display features scientific, needle felted artwork representing biotic creatures found in the Wenatchee River Ecosystem. The student artists range in age from kindergarten to 8th grade.

This project provided an opportunity for students to pause and closely observe the details of the biotic creatures. Students are excited to share this art with the local community and raise awareness of the incredible organisms living in our local freshwater ecosystems.

One student, Second Grader Wiley Free, shared that he "learned about our watershed and the Wenatchee River, and that macroinvertebrates

are important for the river."

"This felted picture of the biotic creatures in the Wenatchee River Ecosystem is one piece of a five month long, in-depth investigation in the Wenatchee River through our Outdoor Experiential Education Course," stated Daena Medina, a HOME LINK Instructor. The Leavenworth Public Library is excited to display this project through March 18. Visit the Leavenworth Library to see this amazing work of science and art. Visitors will have an opportunity to leave an encouraging note for the artists.

The Leavenworth Public Library is a branch of NCW Libraries. NCW Libraries' mission is to connect the people of North Central Washington with resources and opportunities that foster individual growth and strengthen communities. Learn more at www.ncwlibraries.org.



HOME LINK Art Display in the library

Popular COVID-19 treatment program returns

Free telehealth appointments expand access to oral antivirals

OLYMPIA – The Washington State Department of Health (DOH) has relaunched its popular free telehealth program to increase access to potentially life-saving medication to treat COVID-19. The program expands the federal government's Test to Treat initiative and gives people at risk of severe disease another way to quickly access treatment.

DOH's telehealth program is an easy way to see if COVID-19 oral antivirals, such as Paxlovid, are right for you. Oral antivirals, which are COVID-19 treatment pills taken by mouth, are available by prescription only and must be started within five days of the first symptoms to be effective. Telehealth allows patients to connect with a clinician without having to go to a health care facility in person. This reduces barriers to access, especially in rural and underserved urban areas, and allows patients to stay at home for assessment and treatment, reducing the potential spread of the disease. "Equity, innovation, and engagement are the cornerstone values that have informed DOH throughout our COVID-19 response," said Umair A. Shah, MD, MPH, Secretary of Health. "Ensuring that we continue this important program that connects communities with needed therapeutics is an essential step in continuing our mission of reducing unnecessary deaths from this disease."

Between July 28 and Dec. 31, 2022, DOH's telehealth program:

- Served 6,329 patients from over 400 zip codes throughout Washington state.
- Provided over 4,200 prescriptions to patients with positive COVID-19 tests.
- Served over 975 patients that live in high Equitable Distribution Index (EDI) areas.

DOH encourages people who test positive for COVID-19 to discuss treatment options with their primary health care provider. In situations where this might not be possible, free telehealth consultations can make it easier to access treatments. People who test positive for COVID-19, including with a self-test, can consult with a health care provider using a smartphone or computer with a high-speed internet connection. If treatment is appropriate, they can receive a free prescription for oral antivirals for pick-up from over 1,000 pharmacies throughout the state that has the medication available. They can also choose to have the medication delivered. Visit DOH's new telehealth webpage to set up a telehealth appointment or call the DOH COVID-19 call center at 1-800-525-0127 if you have any questions. If the information provided indicates treatment may be appropriate, the patient will be connected virtually with a health care provider for a consultation. Telehealth appointments are currently available every day from 8:00 a.m. to 8:00 p.m. PST in 240 languages via DOH's collaboration partner Color Health. "Restarting DOH's telehealth program ensures that patients at high risk for severe disease have equitable access to lifesaving COVID-19 treatments," said Tao Sheng Kwan-Gett, MD, MPH, Chief Science Officer. "This service is free for

DOH launches Influenza Vaccination Dashboard

First time state-provided data used to surveil flu vaccinations

SUBMITTED BY DOH

OLYMPIA – Washington State Department of Health's (DOH) new Influenza (Flu) Vaccinated Dashboard makes it easier to track flu vaccination rates across the state. This is the first time that state-provided data has been used to surveil flu vaccinations. The

dashboard displays the number of flu vaccines administered in Washington facilities, as well as the percentage of Washingtonians who have received at least one flu vaccine. Dashboard users can also make vaccination rate comparisons between the current and previous flu seasons. The dashboard will be updated weekly between Sept. 1 and April 30.

Only data reported to the Washington State Immunization Information System are included

on the dashboard. Although most providers and major health care systems in Washington report vaccinations to this system, not all do. As a result, actual flu vaccination coverage and doses administered may be higher than what is displayed on the dashboard.

Flu vaccination coverage has been trending lower over the last three years. Getting a flu vaccine is one of the best ways to prevent flu and flu-related complications, in addition to

reducing disease transmission in the community. Everyone six months and older who is eligible to receive a flu vaccine should do so. The vaccine is widely available in provider offices, community clinics, and pharmacies. Flu vaccines can be administered at the same time as COVID-19 vaccines. Please visit vaccines.gov to find a flu vaccine provider closest to you.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

Rep. Keith Goehner appointed to State Building Code Council

By KEITH GOEHNER

Rep. Keith Goehner, R-Dryden, 12 District has been appointed to the Washington State Building Code Council (SBCC) by House Speaker Laurie Jinkins. Goehner, who serves as the ranking Republican on the House Local Government Committee will represent the House Republican Caucus on the council.

"Working on the Local Government Committee and serving as a Chelan County Commissioner for sixteen years, I have seen firsthand the impact regulations and rulemaking by the council has had on housing and the rising costs," said Goehner. "The Legislature is working to address a lack of affordable housing, but some of the recommendations we see from state agencies and organizations go against what we

are trying to accomplish at the legislative level. I look forward to being part of the council and sharing my perspective."

The SBCC is a state agency that is tasked to provide independent analysis and objective advice to the Legislature and the Governor's Office on state building code issues. The council establishes the minimum building, mechanical, fire, plumbing and energy code requirements for Washington state by reviewing, developing, and adopting the state building code.

"As part of the council, I want to make sure decisions being made are cost-efficient options and not mandates driving up costs in an already difficult housing market. This can be done without compromising the safety of the consumer, builder, or developer," said Goehner.

Goehner also serves on

the Environment and Energy Committee and Transportation Committee in the state House of Representatives.

Contact: www.RepresentativeKeithGoehner.com



12th District Keith Goehner with committee members.

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Community



Quick Trip

Last weekend Sonny decided to make the trip to get a stove to heat the building Grandpa is lending us where we are setting up shop. Sonny found a used stove like the one in the old shop at Goldendale for sale close to where Caren and Jake live. Jake found out we needed it, offered to buy it, pick it up and hang onto it for us until we could get down to get it. That was before the snow hit, almost two months ago.

With the patch of good weather Sonny informed me he was heading down to get the stove. I couldn't miss the opportunity to visit with Caren so I went with him.

After our last trip to the populated side of the state and my inability to navigate using a phone screen's blue dot I decided to get myself a paper map to navigate. But with all the craziness of the winter storms I hadn't gotten to it. Fortunately for me Sonny decided to take the route with roads I am familiar with, so we

didn't need the blue dot.

Sonny and I showed up on Jake and Caren's doorstep with our two mutts and a cooler holding lasagna to spend the weekend. Five mutts howled from the other side of the door; the door opened; Caren stepped out grinning and welcomed us into her home with a hug.

Jake stood up from his chair as we entered. All smiles he gave Sonny a hug, a big old bear hug as the dogs milled around our feet. Our two mutts mingled with their mutts. Hackles went up, tails got tucked, their youngest dog ran and hid.

One of the biggest reasons I love visiting with Caren and Jake is that we can always take the dogs. Our dogs get along with their dogs. Back when I was growing up everyone had dogs and the dogs went everywhere with the families. The dogs got along just fine; kids got along just fine; the kids didn't bite the dogs and the dogs didn't bite the kids. Kids and dogs had good manners in the back-when. (I'm not sure the significance

of that; maybe my memory is wearing rose colored glasses.)

I had a great time. Caren took me to a wonderful 'ladies' lunch then we went shopping for a paper map. Maps are spendy these days. Now I understand why Aunt Jeanine borrowed a phone book; xeroxed the map pages; drew herself a route with a red pen. It only cost her a few cents for the copy machine plus a little time. Her wallet didn't get much thinner and she had a file of 'routes' in her glove box. She found a method to deal with being directionally challenged and she even shared her method with me. Paper maps work!

Sonny and I spent a joyous weekend with Caren and Jake and their pack of mutts sharing food and company. Jake really liked the white sauce lasagna we brought. I made it using mushrooms instead of meat.

Cream of Mushroom Lasagna

- 2 10oz cans cream of mushroom soup, undiluted.
- 1/2 to 1 16oz pkg of lasagna noodles, cooked

- 1 16oz container of cottage cheese
- 1 lb. mozzarella cheese
- 8oz to 16oz fresh mushrooms sautéed (optional)

Assemble the lasagna by layering, in three layers, the ingredients starting with the cream of mushroom soup. One fourth of the soup on the bottom, one third each of the noodles, the cottage cheese, the mozzarella cheese and the mushrooms (if using them). Continue two more times for a total of three layers. Pop in a 375° F oven for 35 minutes to an hour until the center is hot and the top cheese is melted. Serve with garlic bread and/or green salad... or anything you like. Enjoy.

Note: Canned mushrooms can substitute for fresh ones. Meat can be added to the layers. Herb and spice can be added to the cream of mushroom soup. Homemade white sauce can be used instead of canned soup and any type of meat or veggie can be added along with or instead of mushrooms. Variations for the sauce are limited only by the imagination. Even without

meat this recipe has protein because cheese + grain (noodles) = complementary protein.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

Point in Time Count records decrease in homelessness for one-day event

Count also shows increase in number of people living in shelters, temporary housing

SUBMITTED BY JILL FITZSIMMONS
Chelan County PIO

The recent Point in Time Count showed the number of people experiencing homelessness on the one-day event is slightly down from last year, a result the Chelan County Housing Program coordinator is attributing in part to efforts by local partners working with the unhoused.

On January 26, outreach teams surveyed 121 people experiencing homelessness in Chelan and Douglas counties. Of the 121 people interviewed or observed, 105 people were unsheltered, meaning they were living out of doors or in a vehicle or RV, an abandoned building, or a tent or other outdoor area not meant for habitation. This is down from 123 unsheltered people

counted last year.

"I am really proud of the work everyone involved in the event and its planning put in," said Sasha Sleiman, Chelan County Housing Program coordinator. "This year's count is truly a reflection of the dedication over the last year shown by the staff at all our local non-profits who work with the unhoused. They have developed relationships with people, they know where those folks spend their time and they have built trust with people experiencing homelessness over time. These relationships and building of trust are what allow us to get reliable information and data."

While the results of the event show a decrease in the number of people living unsheltered in the area, they also show an increase over last year in the number of people living in shelters or temporary housing.

Also recorded on Jan. 26 were 368 people staying in emergency shelters, including

the city of Wenatchee's RV Safe Parks, transitional housing programs or in a hotel through an emergency hotel/motel voucher program. This is an increase of 91 people, or a total of 275 in 2022. Shelter data is obtained through the statewide database programs used to track client information, not from the surveys conducted during the PIT outreach and event.

In addition, the Chelan County Regional Justice Center reported 36 people – 30 men and six women – in jail at the time of the count who would, if released that day, describe themselves as homeless. Similarly, the Center for Alcohol and Drug Treatment in Wenatchee reported five people who were in its inpatient treatment program the night of the PIT Count but, if exited from treatment, would be unhoused in Chelan or Douglas counties.

More details of the information gathered at the event include:

- Of the 105 people counted as unsheltered, they reported living:
 - 44 adults and 2 minors live out of doors (street, tent, abandoned building, park, etc.)
 - 39 adults and 1 minor live in a vehicle (not in a city Safe Park)
 - 19 adults refused to say where they slept
 - The locations where the 105 unsheltered people indicated they were sleeping on the night of the PIT count were:
 - Wenatchee: 46 (44 adults and 2 minors)
 - East Wenatchee: 15
 - Chelan: 15 (14 adults and 1 minor)
 - Leavenworth: 4
 - Cashmere: 1
 - Unincorporated Chelan Co: 15
 - Unincorporated Douglas Co: 8
 - Refused to answer: 1



PHOTO BY SCOTT JOHNSON/WENATCHEE RESCUE MISSION.

Outreach teams surveyed Chelan and Douglas counties on January 26, interviewing or observing people living in unsheltered situations, including tents or outdoor areas not meant for habitation. The photo was taken during the Point in Time event of such an area in Malaga.

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A big congrats January Motivated Mountain Lions January's focus was on Forgiveness.



Trinity Poston
8th Grade

For the trait of Forgiveness, the 8th grade team would like to acknowledge Trinity Poston. Trinity comes to school every day with a winning attitude, regardless of the circumstances. She has an incredible ability to set aside frustrations and focus on the task at hand. Trinity is exceptionally kind to her peers and recognizes that everyone deserves a second chance. She is willing to start each day fresh with her peers, her teachers and herself. Thank you, Trinity!



Tristan Sharpe
8th Grade

You might be one of the happiest kids at IRMS. As a staff here we can always count on you to have a smile on your face, tons of enthusiasm, and a willingness to be an open and honest classmate to your peers. No matter what might be going on for you during the school day, you never hold on to negativity and don't seem to let anything get you down. Keep being a positive force to be reckoned with!



Leo Durst
7th Grade

Leo demonstrates forgiveness by acknowledging when he's affected by others actions and is quick to forgive and let go. In addition, Leo is willing to reach out when he needs to fix his own mistakes and prioritizes getting the help he needs to succeed.

Mountain Lions ICICLE RIVER MIDDLE SCHOOL
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OBITUARY

Bennett Brulotte

December 13, 1944 - January 13, 2023

Bennett Guy Brulotte was born on December 13, 1944 in Yakima, Washington, and died January 13, 2023, in Leavenworth, in the loving and supportive presence of his family and his wife Tracy. He was the first born of Oliver John and Doris Ida Brulotte and the older brother to his sister Charlene and brother Arnold.

Ben received his early education in Grandview and then Moxee, Washington. His dad, Oliver, died in a farming accident when Ben was only seven. At that young age, Ben felt the responsibility for his younger siblings. He graduated from Marquette Catholic High School in Yakima in 1963 and received his bachelor's degree in Industrial Relations from Saint Martin's University in 1968.

He was united in marriage to Tracy Alexander on October 19, 1968. In 2018 they celebrated their Golden Anniversary with their children and grandchildren at a place of special meaning, Kauai, Hawaii. They recently celebrated 54 years of marriage.

In June 1968, Ben was enlisted into the Army as a PV1, followed by marriage, and

then attended Officer Cadet School. He was deployed to Vietnam where he served in Delta 1/12 1st Cavalry. He became ill with malaria, recovered, and then continued his tour of duty. Ben was honorably discharged in the Spring of 1970, returning home to his first child, Renee, born while he was in Vietnam. He was awarded military honors including the Vietnam Gallantry Cross with Palm and the Bronze Star. He valued Freedom close to his heart and held steadfast loyalty and gratitude for those with whom he served.

Upon returning, Ben began his life's work of raising a family and cultivating the family hop farm that was given to him and his brother by his mother, Doris Ida Brulotte. He and his brother partnered and expanded operations of their farm. They

focused on growing hops, juice grapes, sweet cherries and apples. Ben was energized by the work of farming; connecting to plants and seeing them grow. He was a pioneer in supplying new hop and apple varieties to market, and he made a commitment to organic farming as the future. He developed innovative techniques, including implementing the new V-shape apple trellis. He thrived on new opportunities and challenges. Importantly, he treated all employees with kindness and dignity. His generous heart connected to others' needs.

Ben's sister, Charlene Seymour, passed away in 1988, leaving three children. Ben and Tracy, his Mother Doris, his brother Arnold and spouse welcomed the children into their families.

Ben and Tracy retired to Leavenworth, where they enjoyed working with Leavenworth shops to install and cultivate flower plantings from Spring through Oktoberfest. They cared for Ben's mom, Doris until her death. You would often see them hiking, swimming in the city pool and riding bikes around Leavenworth. Ben was preceded in death by his son Paul Brulotte, brother Arnold, sister Charlene, and nephews Joel Seymour and Aaron Seymour. He was very fond of his mother-in-law, Mary Alexander, of Frenchtown Montana who passed in March of 2022.

Surviving Ben are his wife Tracy; his daughter Renee Rodriguez (Mark) of Anacortes, and two sons, Oliver (Pam) Brulotte, and Samuel Brulotte of Leavenworth; six grandchildren, Alex Rodriguez (Olivia), David Rodriguez, Evan Rodriguez, Gabrielle Brulotte, Joshua Brulotte, and Elise Brulotte. Also, his nieces Holly Seymour, Katie Parkinson, Jennifer Rathe and Emily Brulotte, Aunt Jeanette Evans, and numerous incredible friends, cousins, nieces, nephews and in-laws of the extended Alexander, Brulotte, Charron, Desmarais, and Perry families.



Ben was a wonderful son, brother, husband, father, grandfather, and uncle. He was generous and committed to his family. He always created time for playing "rat" basketball and for the annual family camping trip (over 35 years) at White River Campground at Mount Rainier. In 1990 he summited Mt. Rainier with Tracy, his children and friends. Ben was interested in the mysteries of life and enjoyed fun and lively discussions. In later years, he nurtured interests inherent to his mind, especially Botany, Astronomy, and Quantum Theory. He was able to experience profound affinity for the essential nature of the integral cosmos. He pinned a picture of the Hubble Deep Field Survey next to his AirDyne stationary bike and contemplated our Universe as he rode his 5 miles. Ben communicated with a unique humor and perspective. He also looked forward to walking the River, live music, good food, the mountains and enjoying the smaller things in life. The family is respecting Ben's request of no formal public service and will be honoring his memory privately.

Rather than gifts, assist someone with kindness and your smile. Please consider memorial donations to the following organizations:

- Community Foundation of North Central Washington - (cfcncw.org)
- Central Washington Hospital Home Care / Hospice Services (confluencehealth.org)
- UNICEF (unicef.org)

OBITUARY

Richard H. 'Dick' Siegert

April 19, 1941 - January 29, 2023

Richard Herman 'Dick' Siegert passed away at his home in Leavenworth, Wash., on Sunday, January 29, 2023.

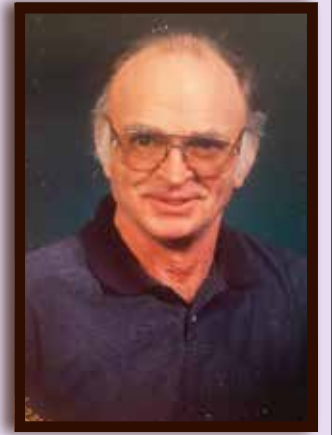
The son of Wilmer and Myrtle Siegert, Dick was born in Spokane, Wash., and raised in Garden Springs, a Spokane suburb, on a homestead settled by his grandfather, Herman Siegert. He was an active Eagle Scout and a member of the Order of the Arrow.

Dick graduated from Spokane's Lewis and Clark High School in 1959, then attended the University of Washington where he studied architecture and engineering and was a member of the Sigma Phi Epsilon fraternity.


He worked with the Boeing Company Aerospace Division for a number of years before moving on to the University of Wyoming Atmospheric Research & Weather Modification program, and then to the City of Moses Lake engineering department. While living and working in Moses Lake, Wash., he met Bill W., and, along with his future wife, Sandy Newhouse and four

others, co-founded the Alano Club there. Dick and Sandy continued to work the AA program with Dick receiving his 45-year sobriety coin in May of 2022.

Together, they moved to Leavenworth, where they married in the downtown gazebo in 1982, and Dick became the proud stepdad to Sandy's three children. They purchased the historic Larson property, remodeled and expanded it. They owned and operated a downtown business for 22 years and were active members of the community. For many years, Dick took on the role of Scrooge (alongside Sandy's portrayal of Mrs. Claus) during Leavenworth's now-famous Christmas Lighting Festival. Dick's artistic woodworking talent still can be found in signs, building amenities, and structures he designed throughout the area. He was a recent enthusiastic inductee into the Leavenworth Lions Club. He is survived by sister Eleanor Siegert (Richard) Allen, Palmer, Alaska; his and Sandy's children, Bart Flanagan, Leavenworth; Kerry (Alan) Ward, Montgomery, Texas; Jim (Evelyn) Newhouse,



Anchorage, Alaska; and Tyson (Jamie) Siegert, Snohomish, Wash.; eight grandchildren - Otto Erik and Greta Erin Siegert, Snohomish; Jack, Anika, Brynn, Kira, and Tristen Newhouse, Anchorage; Nicole (Lane) Klein, Everett, Wash.; one great-granddaughter, Dusty Rae Klein; two cousins, two nieces and two nephews. He was preceded in death by his wife of 38 years, Sandy Siegert; son, Erik Siegert; infant son, Kip Karl Siegert; and his parents. There will be no service at this time. The family requests that any donations in Dick's honor be made to the Leavenworth Lions Club, c/o P.O. Box 113, Leavenworth, Wash., 98826.



The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality,

judgementalism, divorce and pride. His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships. The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

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leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
https://www.flcleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth
www.newlifeleavenworth.com

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The Grammys: A Satanic Snooze-fest



A WALK WITH PASTOR

John Smith

Does anybody watch the Grammys anymore? For some time now, the Grammys have suffered lackluster viewership. People are no longer interested in award shows, and the average American certainly doesn't appreciate being lectured by celebrities about how bad our society is when those same celebrities contribute to our decline. But, seriously, how incredulous, and hypocritical is it when you have a musician decry against women being objectified when their hit single was about doing just that—treating women as sex objects?

To stir media attention, the Grammys are always trying to outdo the snooze-fest from previous years by being provocative and salacious. Whether it is staged wardrobe malfunctions or red-carpet drama, there is an incessant need for more spectacle. This year, what media outlets tout as "epic" was the performance of the song "Unholy" by Sam Smith and Kim Petras, where they both dress up in devil costumes, evoke Satanism, and generally act gross and perverse.

The demonic imagery and treating this performance as a worship service to Satan should disturb us, but it shouldn't surprise us. For decades, the entertainment industry has been influenced by the demonic and wielded as a tool to shape culture. What happened at this year's Grammys was just another example of an industry glorifying in their depravity and unrestrained rebellion against God's Law. And it is all rather banal and underwhelming.

However, the Satanic is like that. It only has one schtick, done over and over ad nauseam. It is never creative. It attempts to be provocative yet comes across as pretentious and infantile. Sam Smith and Kim Petras's performance was more silly than Satanic.

Please don't misunderstand me that we do not take the Satanic seriously as Christians. The Apostle Paul reminds us within Scripture that there are cosmic powers over this present darkness and evil forces at

work in the world today (Eph. 6:12). The Apostle Peter speaks of Satan in 1 Peter 5:8 as "a roaring lion, seeking whom he may devour." So, Satan is real, and the demonic influence is pervasive within our world to the ruin of many lives. Yet, as disturbing as it is to see performers parading on stage in devil costumes, gyrating to terribly produced music, and singing lyrics taken from a smut magazine, we must remember that it is all for not. The cross and resurrection of Jesus Christ have defeated Satan and his legion of followers. When the entertainment industry gleefully sides with the Devil, they put their stock in a lost cause and move one step toward their greatest fear: Irrelevance.

Moving forward, it is important to keep things in perspective and not get unsettled by what happens in pop culture. After all, heathens are going to heathe, and a lost world is going to act lost. Instead, we must be driven to prayer and encouraged by the reality that we serve a Christ who smites "the lawless one" with a breath of his mouth (2 Thess. 2:8).

Admittedly, I am no fan of modern-day pop music. I did not even know who Sam Smith was before writing this piece, and as far as naming five songs that are popular nowadays, I couldn't tell you. But, on the other hand, my taste in music is much older and much more cultured than the synthesized, auto-tuned commercialized drivel they have out now.

One of my favorite songs was written in the 16th century by Martin Luther titled, "A Mighty Fortress is Our God" and contains a lyric that we would do well to remember,

*The prince of darkness grim,
We tremble not for him;
His rage we can endure,
For lo! His doom is sure;
One little word shall fell him!*

The Grammys will always be an underwhelming spectacle, and Satan an uncreative and defeated foe. Those who seek to evoke his name, promote his agenda, and revel in evil will lose in the end. All attempts look silly and clownish because Christ has already triumphed and won over Satan and the forces of evil. What a mighty fortress in Christ we have!

*Pastor John Smith of
Evergreen Baptist Church in
Cashmere can be reached at
pastorjohnsmithebc@gmail.com.*

Washington Legislature continues its focus on housing



COMMUNITY VOICES

Brad Hawkins

Access to affordable housing continues to be a challenge in the 12th District and throughout Washington state, impacting families and employers. The needs for housing are different in different regions. Some areas of our state struggle with major homelessness issues. This is most apparent in the metropolitan region in western Washington, including the Seattle area, although all communities struggle with homelessness at some level. In the 12th District, our challenges vary based on the vast geographic size. We're the only legislative district that crosses over the Cascade Mountains. Some of the needs in the western portion of the 12th District differ from the needs of the east. However, one of the commonalities across the district involves workforce housing.

Some areas of our district have seen home prices triple over the past several years, including communities like Leavenworth and Chelan. Rapidly increasing housing prices are a significant challenge, creating ripple effects in many regions as stable housing is fundamental to successful careers, communities, and families. When it comes to state policies, Washington has a number of programs focused on homelessness and low-income housing, some of which have been only marginally

successful. Fewer programs exist for improving access to housing for low-to-middle range income earners.

"Workforce" struggling to find affordable homes

Due to the service nature of much of the economy in Central Washington – including many health care, agricultural, education, and hospitality workers – people who earn 60 percent to 120 percent of the area's average income struggle to live in the communities where they work. This leads to a variety of other issues, including longer commutes, traffic congestion, and quality-of-life impacts. To compound matters, we live in a beautiful district with year-round recreation. The frequent purchases of second homes – especially in Leavenworth and Chelan – along with the COVID trend of converting second homes to primary homes across the district has greatly increased housing prices, pushing out essential workers. With every passing month, some of our tourism-based communities are gradually losing their sense of community due to high-cost housing.

Thanks for supporting my Senate Bill 5868 last session

I'm grateful to local leaders who stepped up alongside me last legislative session to enact a bipartisan solution to improve workforce housing options. With their help, we successfully passed my Senate Bill 5868 to provide counties with more flexibility to utilize an existing tax stream (known as the ".09 dollars") for housing infrastructure.

This bill didn't authorize a new tax but broadened the permissible uses of an existing revenue source, providing county commissioners more options. Just weeks after the bill was signed by the governor and enacted into law, Chelan County commissioners awarded over \$823,000 in local grants, through their Cascade Public Infrastructure Fund, to housing authorities throughout Chelan County. This action is perhaps the first step among many the commissioners will advance under this new authority.

Passing any bill through the Legislature is a difficult process. Less than 10 percent of the bills introduced each session become law, and housing proposals have struggled more than most, but we successfully passed ours on the first attempt. I'd like to thank Chelan County Commissioner Kevin Overbay, Leavenworth Mayor Carl Florea, and all Senate Bill 5868 stakeholders for their active participation throughout an intense legislative process. It is gratifying to see the combination of everyone's hard work result in tangible benefits distributed to worthy organizations that will leverage these funds for greater good. We can be proud of what we accomplished together.

Governor Inslee's housing proposal

Governor Jay Inslee has proposed issuing \$4 billion in housing bonds to be invested over the next six years. Much of his proposal increases programs aimed at improving housing options, including expansion of the Housing Trust Fund. Since the Washington State Constitution

limits special indebtedness (Article VIII, Section 3) and the governor's proposal would exceed the state's debt limit, any law eventually approved by the Legislature would need to advance to the people for a statewide vote. While I want to stay open-minded about all issues before me, my initial reaction on this proposal is quite mixed. I certainly acknowledge the need to increase housing supplies throughout our state but believe the programs already implemented for homelessness have largely been expensive and unsuccessful.

It is disappointing to me that our state has allowed housing and homelessness challenges to continue to progress all the while having revenue surpluses for the past decade. Even this session – when additional revenue is still anticipated – the proposal suggests that we need to greatly expand state debt to produce meaningful housing results. Further, discussions about the proposal have not focused on other regulatory policies – many approved in recent years – that are contributing to the increased costs of homebuilding and home ownership. If lawmakers are going to ask voters to make a huge investment in housing, the state must ensure that revenues are shared in all regions with plenty of local flexibility for housing investments. We must also make sure to reform the burdensome regulations and land use policies driving up our housing costs.

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.

Chelan Board of Commissioners adopts 12 zoning related ordinances



Justin Pardini
Reporter

The Chelan County Board of Commissioners met for a public hearing on January 31 and continued on February 7 to further discuss zoning and proposed Urban Growth Area

Amendments. The proposed Leavenworth Urban Growth Area Amendments contained 14 ordinances that were meant to regulate land use in Leavenworth. 12 ordinances were adopted, however, two of the items on the docket were not passed. These ordinances (1650 and 1651) mostly related to the rezoning of Urban Growth Areas RL10 and RL12 which would be downsized to the R8 district to create smaller parking lots.

According to the Comprehensive Amendment Plan

Staff Report, the R8 district "permits single family residences, duplexes, and accessory dwelling units, with a minimum lot size of 8,000 square feet" (Comprehensive Plan). This leaves residents near Skill Hill Drives slightly relieved, as the news relates to creating unwanted lots near the residential areas and rezoning portions of the land. Another important ordinance (1654) was adopted to establish the Affordable Housing Incentive Program which sought out to encourage

construction of housing that is affordable for workers of the service industry and those with low or moderate incomes. They are seeking to incentivize development with regulations that "are modified pertaining to density, lot coverage, front yard setbacks, alley access, parking, and design standards" (Comprehensive Plan). Ultimately, this hearing allowed for the Commissioners to agree upon changes for zoning and housing issues that will affect the town in a multitude of ways.

THE LEAVENWORTH
ECHO

215 14th Street • (509) 548-5286
www.leavenworthecho.com

CASHMERE VALLEY
RECORD

PO Box 39, Leavenworth, WA
www.cashmerevalleyrecord.com

LEAVENWORTH ROTARY NEWS



December

STUDENT OF THE MONTH

Vanessa West



Selection of student of the month is based on an individual's participation in school activities, school service, and involvement in community and outside activities, personal character, and academics.

Rotary



PEOPLE OF ACTION

LETTERS TO THE EDITOR

Dear Editor,

Many people are unaware of the Chelan County Law Library located on the 5th floor of the courthouse. I would like to see if relocated to the 1st floor of the Wenatchee Library, making it more accessible to the public with legal needs and legal questions.

Also it would serve the tax paying public well to have it

staffed with a part-time paralegal, not to give opinions or legal advice but to help direct people with legal needs to understand the laws and their rights. The public would not have to empty their pockets (security check) to enter this library. The 5th floor Law Library isn't just for Law Enforcement.

Joe Bissonnette,
Cashmere

Three injured and 2 die on Highway 2 accident

Washington State Patrol Report

NCW MEDIA STAFF

On February 8, at 8:40 a.m. vehicle one was Eastbound on State Route 2 and vehicle 2 was Westbound on State Route 2 when vehicle one lost control

and crossed the centerline and rotated counterclockwise. Vehicle one struck vehicle 2. Both vehicles came to rest blocking westbound State Route 2. Both vehicles were totaled. The cause of incident was considered speed too fast for road conditions. Vehicle

one was driven by a 55-year-old female from Delta, BC she was injured and transported to Central Washington Hospital. Her passengers, one male, age 79 and one female, 75 both from Chilliwack, BC, died at the scene. Vehicle 2, male driver, Roy (Mike) Worden,

68 years of Leavenworth and his passenger, Lori Worden, female, 67 years were also transported to Central Washington Hospital. Mike Worden is a current Cascade School Board member and President of the Leavenworth Rotary.



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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Administrative

Puzzle Solution

S	P	E	C	A	D	B	A	L	D			
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9	2	8	3	1	4	5	7	6
7	1	6	2	5	8	9	4	3

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286
or email classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or **Quad City Herald** or email mirrorads@lakechelanmirror.com For
The Leavenworth Echo or **Cashmere Valley Record**
Call 509-548-5286 or email classifieds@leavenworthecho.com

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Employment

Help Wanted

Looking for a great local employee?
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Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Help Wanted

NCW Media Newspapers

is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week.

Responsibilities would include:
Use a camera to take photos of local events including schools and sports.
Applicant needs to have reliable transportation.
Pay will be based on experience.
Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Manson Parks is in search of a Campground Host at Wapato Lake Campground!

Position runs from April 1 through September 30. Applicants must have their own RV, strong work ethic, outstanding attitude, ability to work with minimal supervision, and ability to perform both maintenance and office duties. Excellent customer service skills required. Couples welcome to apply. Pay is \$15.74 per hour; includes use of camp site, water and sewer hookups, internet, power, and garbage service. Please see job description at www.mansonparks.com.

Manson Parks is looking to fill our seasonal Park Aide position.

Pay is \$17.13/ hour Applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and helping to keep our parks looking their best. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please visit www.mansonparks.com.

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Help Wanted

Orchard Supervisor - Okanogan Area: Seeking an experienced candidate. Required 5 plus years of experience. Will manage 100 acres plus of Apples and Cherries. Must be Bilingual English/ Spanish speaking, reading, and writing. Proficient with computers, and programs like email and time/ record keeping. Display strong leadership skills. Valid Drivers and Pesticide license. Full benefits offered. Call for more information at 509-697-9175 ask for Zenaïda or email resume to employment@mondsonfruit.com. A full JD available upon request.

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Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

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Deadline: Noon on Friday for all papers.



Upgrading your 'ride'? we can help you sell your old one

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@leavenworthecho.com
- Call 509-548-5286

Garage & Yard Sale

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Fill your pockets with **CASH \$\$**
Let others know what items you are selling!

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Print only?
Deadline Friday at Noon for all papers

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Call: 509-682-2213

Leavenworth Cashmere
Call: 509-548-5286

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\$169,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.
808-298-1031
Seller is licensed Realtor Maui, HI

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of MYRTLE LOUISE MCCART Deceased. No. 23-4-00048-04
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or Personal Representative's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: February 15, 2023. Personal Representative: Linda D. Omlin: Attorneys for the Personal Representative: Kera Dexter, WSBA#58486: Address for Mailing or Service – Overcast Law Offices Attn: Kera Dexter 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588. Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00048-04 Presented by: OVERCAST LAW OFFICES By: Kera Dexter, WSBA No. 58486 Attorney for the Personal Representative
Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, 22, and March 1, 2023. #5310

WHAT'S HAPPENING

EVENTS

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

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Housing sales are **HOT!**
Is your home getting the attention it needs!

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- Video • Unlimited description
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Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

The Washington Outdoors Report



A bighorn ram in Chelan County

PHOTO BY JOHN KRUSE



A goldeneye duck in winter

PHOTO BY JOHN KRUSE

The ethics of wildlife watching

By JOHN KRUSE

There is a healthy body of literature surrounding ethical fishing and hunting practices that promote respect for both sports and the fish and game pursued for consumptive use. However, very little has been written about the ethics of non-consumptive interactions with wildlife, despite the fact all of us as humans can have a positive or negative impact on birds and animals.

That's why I was pleasantly surprised to see a lengthy blog on the Washington Department of Fish and Wildlife website about ethical wildlife photography practices. Here are a few highlights from that blog post:

Respect the wildlife

- The welfare of the animal you are photographing comes first. Shortcuts to get the perfect shot can cloud judgement in the moment. Never chase an animal, intentionally flush it, or interrupt its natural behaviors.
- Keep a safe distance away from animals. Follow the "rule of thumb." Hold up your thumb in a hitchhiker fashion. Hold out your arm in front of you and place your thumb in line with your vision over the animal you are watching. If the pad of your thumb covers the

animal, you are at a safe viewing distance. If not, back away until you are at a safer distance. If the animal still seems disturbed and is altering its natural behaviors, continue to distance yourself from the animal.

- Use a telephoto lens to give wildlife their space. Viewing blinds make for great safe spaces for you and wildlife to overlap without disturbance.
- If wearing camouflage, be aware of hunting seasons and when you need to wear hunter orange or pink for safety.
- Avoid using a flash that causes an animal to become disturbed. Infrared lighting is best for night or low-light photography.
- Remain quiet and give wildlife a comfortable place to be. When animals feel comfortable, they may engage in behaviors photographers are attempting to capture on camera, such as grooming or preening, singing, hunting, etc. Do not imitate wildlife, and never throw objects to make wildlife move or to gain their attention. Wildlife should be captured in their environments performing their natural behaviors to prevent them from being stressed or forced to move from their habitats.
- If bringing a pet, ensure that the pet is leashed and is not harassing wildlife by barking or chasing. Stressed wildlife may flee, make eye

contact, or demonstrate aggression. Remember, pets must be leashed in all WDFW Wildlife Areas unless engaging in hunting activities.

- Keep wildlife safe by avoiding "geotagging" specific sites where you took photographs. General locations are acceptable, but pinning the specific locations of nesting sites, endangered species, or other special sightings may endanger the wildlife. For example, if you spotted and photographed a rare small mammal in Rainier National Park, "tag" the park, but refrain from listing a specific trail or site tag.

Continue spreading the hobby of photography and the contribution it has on conservation. Be honest with how you captured a photo and encourage others to also be ethical photographers. Sharing your photos can continue to raise awareness about the magnificence of wildlife and their habitats.

On a related note, this is also the time of year when bucks and bull elk begin dropping their antlers and shed hunters will soon be hitting the hills looking for these trophies. Some shed hunters sell the antlers they find while others use them to make art or display them in their homes.

It is important to note this has not been an easy winter for wildlife in Central and Eastern Washington. Deer and elk are stressed

and have little energy or reserves available to make it until spring when grasses sprout and these animals can begin to build up fat reserves again. That's why it's critical to not chase, harass or get close to these animals while searching for shed antlers. In fact, in Western Wyoming you are not even allowed to gather shed antlers until May 1st to protect the herds that live in this region. It's something ethical shed hunters should consider doing here as well.

Finally, whether you are photographing wildlife or looking for shed antlers, be respectful of private lands. First get permission to access these lands and then be careful not to damage them with your vehicles at a time where roads and land is soft and muddy. Leaving no trace of your presence and packing out any trash you take in goes without saying. Make it a point to thank any landowner who is kind enough to let you access their land and consider a gift of some sort to show your appreciation. I have personally found smoked salmon works quite well in that regard.

If you want to learn more about ethical wildlife photography practices check out the WDFW blog at <https://wdfw.medium.com/ethical-wildlife-photography-practices-7e3ce6a65259>

John Kruse - www.northwesternoutdoors.com and www.americaindoorsradio.com

NAMI Chelan/ Douglas to expand

SUBMITTED BY SUMMER STARR

Deputy Director NAMI Washington

Local NAMI affiliate NAMI Chelan/Douglas is seeking to expand their service area to Okanogan and Grant counties to become NAMI North Central Washington. The expansion effort is being supported by Beacon Health Options. "Beacon Health Options is thrilled to partner with NAMI Washington to support the expansion of the North Central NAMI Affiliate to include Grant and Okanogan counties," says Brian Rebar, NCWA Community Engagement Coordinator for Beacon Health Options. "This work is laying the foundation to establish a stronger presence and leadership structure in the North Central region as well as bringing much needed peer programming and resources to our communities."

NAMI (or the National Alliance on Mental Illness)

is a national non-profit organization with state and local affiliates in Washington State. NAMI Chelan/Douglas provides mental health support, education, and advocacy for the greater Wenatchee Valley area through online and in-person support group meetings as well as multi-session educational courses on mental illness.

Locals can attest to the positive impact that NAMI Chelan/Douglas has had on the area so far. "NAMI helped me navigate the horrible mental healthcare system in the state of Washington. Without the support of NAMICD, I'd have many doubts and guilt on how things turned out for my son. NAMI was the only organization that helped me through my tragedy," writes

Janice Daines of Wenatchee.

Nancy Bartholomew of Leavenworth found help through NAMI as well, writing "I had been in health care in Washington as a RN and Nurse Practitioner about 40 years before I heard about NAMI. Our family was having difficulty dealing with a relative with a new onset of mental illness, and we had no idea where to turn. My husband and I took [a] series of classes, and found them to be very informative, reassuring and enlightening. We did not feel alone any longer."

In order to expand to new counties, NAMI Chelan/Douglas is actively looking to recruit regional representatives for their Board of Directors. Board Members

play an important role in the growth and support of the organization. "We are looking for leaders in the region who want to see community-driven mental health support grow strategically," said Summer Starr of NAMI Washington, the state organization supporting affiliate growth. Regional board members are expected to serve an average of 4-16 hours per month. Individuals from Chelan, Douglas, Okanogan, and Grant Counties are all welcome to apply. If you're interested in learning more about board positions, volunteer opportunities, resources, programs, or about NAMI in general, please contact Summer Starr at [sstarr@namiwa.org](mailto:ssstarr@namiwa.org) or visit namidc.org.



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