



Healthcare On Wheels: Cascade Medical Mobile Clinic Starts Service December 8



SUBMITTED BY CLINT STRAND

SUBMITTED PHOTO.

Healthcare is important. On this, there is not any debate. For many, though, recognizing that fact is one thing, but actually accessing that care is far more difficult. Sometimes, there are transportation issues. For others, it's a timing issue – because of where they live or work, one simply can't make it to a physical health care location and back in the time needed to get back to work or pick up the kids from school.

For those individuals, Cascade Medical finally has a solution – if

they can't make it to their clinic in downtown Leavenworth, Cascade Medical will come to them.

Thursday, December 8, Cascade Medical will deploy their Mobile Clinic to its first regular outreach date, at the Lake Wenatchee Fire and Rescue parking lot in Plain, from 9:00am to 3:30pm. The following Thursday the Mobile Clinic will head out to Peshastin to care for patients in the east end of the Upper Valley, and should switch back and forth between the two locations most Thursdays for the foreseeable future. Lake Wenatchee Fire & Rescue Chief

David Walker is thrilled about the partnership: "This is a great step to removing barriers to healthcare for many if our rural communities." Cascade Medical CEO Diane Blake said it takes a team to put together an effort such as this: "We're grateful for our community partners who are supporting the work with outreach locations, and we're grateful for the CM Foundation and their community engagement for outstanding efforts in raising funds to purchase the mobile clinic. The mobile clinic is

CONTINUED TO PAGE A4

WHERE WILL THE CASCADE MOBILE CLINIC BE LOCATED?

Thursday, December 8, 9-3:30: Lake Wenatchee Fire & Rescue, Plain

Thursday, December 15, 9-3:30: Chelan County Fire District 6, Peshastin

WHAT THE CASCADE MOBILE CLINIC CAN DO FOR PATIENTS:

- Basic preventive health exam and referral to specialists.
- Minor acute complaints
- Routine medication refills
- Acute gynecological/pelvic complaints
- Urinary complaints/suspected bladder infection
- pregnancy tests
- Sexually transmitted infection testing
- Well women exams and PAP smears
- Chronic headaches
- Small skin laceration repair
- suture or staple removal
- Wound checks
- Vaccinations
- Skin rashes, biopsies
- Asthma/bronchitis/COPD flares.
- Ear wax checks
- Acute anxiety or mental health complaints
- Follow up appointments for acute injuries or basic medication check-ins
- Cough/cold/Sore throat.

HOW TO ACCESS CARE AT THE MOBILE CLINIC:

Call (509) 548-5815 during business hours to make an appointment.

Christmas Tree Fire Safety

SUBMITTED BY WA STATE FIRE MARSHAL'S OFFICE

Olympia – At Christmas time many families in Washington State enjoy gathering around the tree to celebrate the holiday season and reflect on the past year. As you prepare for the holiday, the Washington State Fire Marshal's Office wants you to know that a small fire involving a Christmas tree can grow very quickly.

When picking, placing, and lighting your Christmas tree, follow these tips to increase fire safety:

- Select a tree that is fresh and has green needles that do not fall off when touched
- Cut two inches from the base of the tree trunk before placing it in the tree stand.
- Keep all heat sources at least three feet away from the tree. This includes fireplaces, portable heaters, and candles. Heat sources too close to the tree cause more than one in every five of home fires.
- Do not block exits or exit pathways with the tree.
- Add water to the tree stand reservoir daily to keep the tree hydrated.
- Use lights that are listed by a qualified testing laboratory, and select the type appropriate for the location of the tree. Some lights are to be used only in indoor or outdoor settings.
- If using an extension cord for you tree lights, avoid putting cords under rugs and carpets, across doorways, or where they can be damaged or pinched.
- Follow manufactures instructions for all light strands, and replace any with worn or broken cords or loose bulb connections. Almost one third of home Christmas tree fires are caused by electrical problems.
- Never use lit candles with live flames to decorate a tree.
- Always turn off your tree lights before leaving home or going to bed.
- Remove dried-out trees from inside your home, and do not place them in your garage or against your home.

For more information, contact the State Fire Marshal's Office at 360-596-3929.

Washington state's COVID-19 response website was Decommissioned Dec. 1

Stay up to date on COVID-19 information on the DOH website

SUBMITTED BY DEPARTMENT OF HEALTH

OLYMPIA – Washington State Department of Health (DOH) decommissioned the Washington State Coronavirus Response (COVID-19) website coronavirus.wa.gov on Dec. 1, 2022. As of that date, site visitors will be redirected to the DOH COVID-19 landing page at <https://doh.wa.gov/emergencies/covid-19>.

This streamlining of online resources reflects the end of the COVID-19 emergency order and a decrease in web traffic on the coronavirus.wa.gov website. As part of the decommissioning, the public health content on the site will move to the DOH website. DOH is also working with partners to transfer pandemic information to other state agency websites where appropriate.

DOH remains committed to supporting all Washington state

CONTINUED TO PAGE A2

WRI announces new Executive Director

SUBMITTED BY RANDEE ZERGER

The Wenatchee River Institute (WRI) announces their new Executive Director.

Back in August, WRI announced the retirement of Carolyn Griffin-Bugert, Executive Director of 4 years. Now, after a robust search and interview process, WRI is excited to announce their new Executive Director, Canuche Terranella of Leavenworth, Washington.

Terranella says, "Carolyn has built a great track record of connecting people, communities, and the natural world at WRI. I

look forward to continuing the great work and to find new connections and opportunities to expand the reach of our community."

Terranella and his family settled in Leavenworth a few years ago and quickly became an integral part of the community. He showed his commitment to WRI early on, as a donor, advocate, parent, volunteer, and board member, always having the best interests of the organization at heart, and a dedication to our mission clearly at the fore.

Terranella comes to WRI with over 10 years of senior management experience, including deep

experience in complex organizational management, people management, and strategic planning and implementation. He has a master's degree in sustainable business, a bachelor's degree in biology, and a background in teaching.

The WRI Team would like to thank you for your support of WRI and its mission to connect people, communities, and the natural world. The future looks bright!

There will be an open house planned in January where you can ask questions and get to know WRI's new Executive Director. Stay updated by visiting: <https://wenatcheeriverinstitute.org/>.



SUBMITTED PHOTO.

Canuche Terranella, New Executive Director at WRI

Upper Valley Empty Bowls is Back

BY DIANE PRIEBE

Leavenworth's beloved Upper Valley Empty Bowls (UV Empty Bowls) celebration will be back in all of its glory in 2023! The UV Empty Bowls Festival is the most important yearly fundraiser for Leavenworth's Community Cupboard food bank. All proceeds from the Upper Valley Empty Bowls Festival are donated, which total over \$15,000 each year. This donation funds over 50 percent of the food bank's budget each year, helping to stock its food shelves and provide food boxes to over 1000 local households annually.

After a COVID-related pause in 2020, and a modified Community Soup Supper in 2021, UV Empty Bowls will return with four celebrations in 2023. Mark your calendars!

Glazing Days January 20-24

The events get started with the Glazing Days, beginning on Friday,

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SUBMITTED PHOTO.

The four members of the Swoboda family on the right and friends get creative at a past Upper Valley Empty Bowls Glazing Days event.

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Inserts: Safeway
Dan's Market



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 Sunday - 2pm

Information & Tickets
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 or
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Music in your Community

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To purchase Stocking Stuffer Admission tickets please visit:
 Stan's Merry Mart in Wenatchee, Kelly's Ace Hardware in Chelan or mail your check with name, email and return address to:
 Slidewaters Christmas PO Box 1601 Chelan, WA 98816

Expect longer ER wait times

Confluence Health ED ask residents to help prioritize patients with severe illness

SUBMITTED BY ADAM MACDONALD
 Corporate Communications Program Manager

Wenatchee — Due to high volumes of community members seeking care in emergency departments, patients are experiencing longer than normal wait times. Far from being only a local issue, this is a state and national challenge that all

hospital systems are currently experiencing.

"With the sharp increase in the number of patients seeking care in our emergency departments, patients with less severe illness sometimes are asked to wait significantly longer than normal while priority is given first to patients with life-threatening conditions," commented Dr. Jason Lake, chief medical officer for Confluence Health. "We want to keep patients informed about these longer-than-usual wait times and thank them for their

understanding as our staff and providers work tirelessly to care for patients with the most severe illness first."

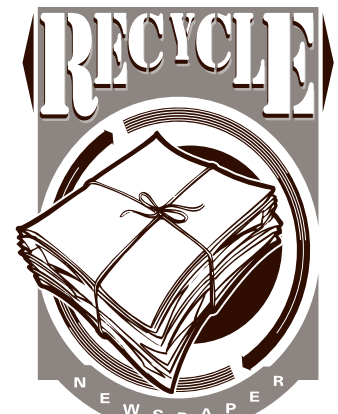
Emergency departments across the state and the nation are experiencing longer wait times as they navigate caring for the high volumes of patients with influenza, respiratory syncytial virus (RSV), and other respiratory infections that have surged the last few months, and especially in recent weeks. While these conditions can sometimes develop into illness that requires immediate medical

care, very often mild cases can be treated at home with bedrest and over-the-counter medications.

"It is essential that our communities remember that we will not turn away anyone seeking care," continued Lake. "That said, our capacity issues are a real challenge, and longer wait times are inevitable at this time. We are dedicated to providing care to all those in need and appreciate our communities understanding the challenges that we and other hospitals throughout the state are experiencing."

Get the word out
 THE LEAVENWORTH ECHO
 215 14th Street • PO Box 39 • Leavenworth
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- **Downtown Steering Committee**, 10:00 a.m. (4th Tues)
- **Housing Committee**, 3:30 p.m. (4th Tues)
- **Public Safety Committee**, 4:30 p.m. (4th Tues)
- **Finance Committee**, 5:15 p.m. (4th Tues)
- **ALL are at City Hall in the Conference Room** (2nd Floor) and via zoom.
- **City Council Evening Meeting**, 6:30 pm (2nd & 4th Tues)
- **At City Hall in Council Chambers** (1st Floor) and via zoom.



Empty Bowls

CONTINUED FROM PAGE A1

January 20 (12-8:00 p.m.) and Saturday, January 21-Tuesday January 24 (10 a.m.-8 p.m.) in the Woodpecker Room at the Sleeping Lady Mountain Resort. The community is invited to paint bowls during the glazing days, then the bowls will be fired and picked up at the Community Soup Supper in March. All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the UV Empty Bowls Artist Bowl Auction in March.

UV Empty Bowls Artist Bowl Showcase and Gala Celebration March 5

View the spectacular UV Empty Bowls online auction bowls in person by attending the annual UV Empty Bowls Artists' Showcase and Gala Reception. Music, wine, appetizers, community, local artists, and a chance to win a raffle bowl. This event will be held Sunday, March 5. Stay tuned for details.

Online Artist Bowls Auction March 13-22

Don't miss the 27th annual UV Empty Bowls on-line auction

of bowls and platters hand painted by local artists. From March 13-March 22, nineteen bowls designed and created by local artists and potters will be available for bidding on-line at the Upper Valley Empty Bowls website (www.uvemptybowls.org). Each masterpiece is also available for immediate purchase with a "buy it now" price.

Community Soup Supper March 23

The final event of the UV Empty Bowls Festival is the community soup supper in the Leavenworth Festhalle on Thursday, March 23. The soup supper brings hundreds of members of the community

together to collect their finished bowls and enjoy a simple meal with family and friends. Food for this event is donated by local restaurants, bakeries, and grocery stores in our community.

The UV Empty Bowls Festival committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event. Please join us as we help feed our community's hungry, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival!

For more information, go to www.uvemptybowls.org, or call the UVMEND office at 509-548-0408.

Scouts build and donate outdoor pantry house

SUBMITTED BY UPPER VALLEY MEND

It took a year to plan and design and two weeks to build. The result was an impressive outside pantry for the Community Cupboard. Boy Scouts Connor Karol and Duke Carrier recently delivered a stout pantry to house food for anyone in need to access 24/7.

"This was my Eagle Scout project," Connor explained. "You need to get a certain number of merit badges to rank up. There are more than 200 merit badges and you need 22 to become an Eagle."

Connor got the idea to build an outside pantry for the Cupboard when he was volunteering at Das Thrift Haus a few years ago. He observed that groceries were being displayed on a black rack on the sidewalk in front of the Cupboard.

"I asked around and concluded that what we were using was not Bavarian themed. I thought I could build something with more storage and that looked nicer," Connor said. "I hoped it would make

people feel better about using the pantry."

During the design process Connor met with a City of Leavenworth council member for advice on permitting, which was needed since the pantry would be located on the sidewalk. He also went the extra step of submitting his plans to the City of Leavenworth Design Review Board.

"It wasn't required but I decided to do it for the experience," he said. "Their advice was helpful and resulted in lowering the roof pitch."

Connor, his dad Bryan, and fellow Scout Duke, who lives in Covington, built the pantry on Connor's back deck in the snow. The pantry weighs about 200 pounds. Moving it around the house to the truck in the driveway was the most challenging part of the project, and also where Connor practiced his leadership skills.

"It was the most scary part since if it slipped the entire project would be gone and someone could have been smushed under it," Connor

said. Connor only needs two more badges to achieve his Eagle Scout status. We're sure this enterprising and thoughtful

young man will be successful. Thank you Connor for helping us meet the food needs of the Upper Valley and Cashmere with dignity.



Boy Scouts Connor Karol (pictured left) and Duke Carrier (right) recently delivered a stout pantry to house food for anyone in need to access 24/7.

COVID-19 website

CONTINUED FROM PAGE A1

communities in the fight against COVID-19 and urges everyone to stay up to date on their vaccinations to prevent severe illness. Hospitals are operating at higher-than-usual capacity this winter and it has

become even more important to utilize preventive measures to ensure there is space for those with critical health needs.

Everyone six months and older should be vaccinated for influenza and COVID-19 to lower the risk of transmission and serious illness. If you have already been vaccinated

against COVID-19, make an appointment now to receive your booster. People ages five years and older who had their last COVID-19 shot at least two months ago can get the updated booster. Influenza and COVID-19 vaccines can be safely administered at the same time. By taking just a few precautions, we can

gather with our loved ones safely and help prevent the spread of COVID-19 and other serious respiratory illnesses throughout the holidays.

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.

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- What really are the differences regarding Medicare Supplements vs Medicare Advantage Plans

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Public Notices


Public Notices

City of Leavenworth Request for 2023 Comprehensive Plan Amendment (Docket) Proposals
The City of Leavenworth is entering into the annual Comprehensive Plan (20-year visioning document) amendment cycle and is requesting community input for ideas, suggestions and proposals regarding amendments, including changes to Land Use Designation Map. Amendments will be finalized and addressed in the 2023 Planning Commission Docket. For an amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2022. Additionally, individuals may request privately sponsored amendments when submitted by January 31, 2023. Suggested amendments, applications and / or questions may be sent to Community Development, Lilith Vespier, phone (509) 548-5275, e-mail at lvespier@cityofleavenworth.com, or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo /Cashmere Valley Record on November 2, and December 7, 2022. #4657

NOTICE OF APPLICATION
NOTICE IS HEREBY GIVEN that the City of Leavenworth has received an application for a short subdivision of 303 Whitman Street, Leavenworth WA, within the Multifamily zoning district; Assessor's parcel numbers 241712815310 and 241712815315. The application was determined complete December 7, 2022. The project is described as:
LUA2022-033: An application for a three-lot short subdivision (currently two lots). The proposed lots sizes are 6,326 square feet for lot 1; 6,472 square feet for lot 2; and, 6,180 square feet for lot 3. Lot 3 has an existing house. Access for all three lots is proposed via an access easement from Whitman Street through proposed lot 3. This project is exempt from the State Environmental Policy Act (SEPA) process in accordance with LMC 16.04.250 and WAC 197-11-800(6)(d). The public is encouraged to provide comments now through December 21, 2022. This will be your only opportunity to comment on the proposed project. Materials may be viewed at City Hall, during normal business hours, or on the City's Public Portal at <https://bit.ly/2RMadlw>; Search LUA2022-033, address, or use the interactive map. Questions may be directed to Lilith Vespier, Community Development Director, phone 509-548-5275 or email lvespier@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on December 7, 2022. # 4978

Public Notices

City of Leavenworth Street Closures
Pursuant to RCW 47.48, the Leavenworth City Council is considering continued closure of Front Street (all or portion) between 600-1000 blocks and 8th Street (all or portion) between Front and Commercial Streets. Closed streets will be posted after Council consideration at a Public Hearing on December 13, 2022 at 6:30 PM. The Public Hearing is open to public comments. It will be held at City Hall, 700 Hwy 2, Leavenworth or via Zoom, see city calendar for information <https://cityofleavenworth.com/your-city-hall/calendar/>. Questions and comments may be directed to Lilith Vespier, Community Development Director Email: dsmanager@cityofleavenworth.com. Phone: 509-548-5275 extension 131. Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 7, 2022. #4932



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Steps you can take to care for yourself during the holidays

STATEPOINT - With seasonal stressors like end-of-year work deadlines, gift shopping and hosting potentially weighing on you, plus all those extra sweets and indulgent foods to nibble on, the holiday season may be the happiest time of year, but it's not always the healthiest. Here's how to take better care of yourself to feel your best this holiday season.

Protect Your Skin

You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general, diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement HelioCare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologist-recommended, HelioCare aids in eliminating free radicals to help maintain younger-looking, more resilient skin.



PHOTO SOURCE: (c) Viktor_Gladkov / iStock via Getty Images Plus

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

"Along with the cheer of the season comes skin hazards," says New York-based dermatologist, Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement like HelioCare into your routine in addition to using a topical broad-spectrum sunscreen."

To learn more, visit helioCare.com. (These statements have not been evaluated by the Food and Drug Administration. HelioCare is not intended to diagnose, treat, cure or prevent any disease.)

Move Daily

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air, improved blood circulation and some mood-boosting sunlight during the short, dark days of winter. To promote agility, flexibility, and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

Practice Healthy Habits

Holiday office parties and family gatherings often involve indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated, and fatigued than you might normally. Counteract these effects by adopting

healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut eye, avoid caffeine, and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

Preventing scams and fraud this holiday season

STATEPOINT - Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 billion.

Scammers begin their traditional uptick at the start of the holiday season, and identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud stories. "Unfortunately when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email

and phone calls. The most recent trending scams are occurring using person-to-person payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money for its transfer with moments. The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in

their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information secure. Kerskie says there are ways to keep scammers and fraud at bay ahead of the holiday shopping season.

Prioritize Privacy: Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats. Use Available Resources: Take advantage of the free anti-

fraud safeguards offered by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

Validate or Eliminate: Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders' validity, throw it away, block the phone number or email address and report it as spam or junk mail. Understanding how potential cyber threats and fraud work will help protect you this holiday season and beyond.

SUDOKU PUZZLE

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	6			1				2	
2	1				8				3
9		4	6						
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	3			7					8

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

THEME: YEAR-IN-REVIEW

1	2	3	4	5	6	7	8	9	10	11		
12				13				14				
15				16				17				
18				19				20				
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55										57		
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61										63		

ACROSS

- Use a bayonet
- Greek salad staple
- Meal in a shell
- Like daytime energy
- *2022
- Van Gogh's famous flower
- Poodle minus d
- *Late Queen
- Volcano off Sicily coast
- Leaves out
- Elf's distinctive body part
- *Olympic host
- *Russia's target
- Black sheep sound
- Treat badly
- Reason for Thanksgiving
- Carl Jung's inner self
- "But I heard him exclaim '___ he drove out of sight, "Merry Christmas..."
- Pick on
- Pro ___
- Bank, usually
- Driver's aid
- Jalopy
- Back of the neck, pl.
- Finish line
- Fur of the marten
- Paul Bunyan story, e.g.
- *Economic woe
- Faultfinder
- Tropical edible root
- Soreness
- Irretrievable loss
- Gator's cousin
- *Super Bowl winners
- Undertaking
- "For ___ a jolly good."
- Archaic form of do, second person singular

DOWN

- Eyelid affliction
- Asian weight unit
- Smoothie bowl flavor
- Russian hunting sighthound
- Chemistry lab measuring device
- Parting words
- New Year's Eve get-together, e.g.
- Running competition
- *Twitter's new proprietor
- Western Samoan money
- "___ you ready?"
- Relating to shinbone
- Asparagus unit
- Amnion, pl.
- Barely obtain
- Erie or Suez
- Port-au-Prince country
- Like something vintage, usually
- About to explode
- Olfactory organs
- Athos' or Porthos' weapon
- Throw up
- Lecherous look
- Funereal container
- *Tom Cruise's callsign
- "___ -la"
- Type of Christmas lights
- All together
- T-shirt style
- Small bomb
- Rabbit trap
- 1970s big dos
- "Musical" constellation
- Dollar bills
- 7-year affliction
- International Civil Aviation Org.
- Electrical resistance units
- Egg holder
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The Washington Outdoors Report



PHOTO COURTESY WDFW.
Kayakers at North Elton Pond on Black Friday



PHOTO COURTESY WDFW.
The trout fishing was very good at North Elton Pond last week

Winter Trout and Christmas birds

By JOHN KRUSE

WINTER TROUT OPENER:

Staci Lehman, a spokesperson for the Washington Department of Fish and Wildlife in Eastern Washington, shared reports from the Winter Trout Opener that occurred on Black Friday, November 25, at several lakes in our region. In her words, "Fourth of July (Lake) fished pretty well for those willing to put in a little effort to get to open water. Most people who did were rewarded with limits. Overall, the fish were a little smaller than in years past, but were still really nice (only two of the 50+ fish checked were over 20 inches. Most were 15-18 inches).

Hog Canyon (in Spokane County) was 90% ice covered. Staff observed several people ice fishing, but only checked one angler who walked down to the open water and caught 3 fish about 14 inches.

The one lake that was stocked for this event (North Elton Pond) in Yakima County was very successful. Staffer Joe Tucker says he arrived around 10 a.m. and searched a while to find somewhere to fish – due to the lake being about three quarters iced over. He ended up bushwhacking along the South end of the pond to find some non-frozen water where he limited out in 45 minutes. He was using roughly a 1-ounce barrel weight with around 3 feet of leader, and a size 6 hook, with garlic scented power eggs to float the bait above the weeds.

The fish were very nice

sized, hovering around a pound. One went over, and the rest were just below this weight. They ranged 14-17 inches. The trail to get to the "fishable" part of the lake was overgrown, with lots of logs to cross, and a small stream to cross, but it was a successful trip. There were multiple Kayakers in the water and everyone that was fishing the unthawed area of the pond were catching fish."

AUDUBON CHRISTMAS BIRD COUNT

It's once again time to participate in the annual Christmas Bird Count. Put together by the Audubon Society, it's billed as "the nation's longest-running community science bird project." If you have not participated in this event before, here's how it works. Between December 14 and January 5, both novice and experienced bird watchers will meet up with a coordinator and then go out and count the birds they see by number and species within a defined circular map area that is used every year. Last year's volunteers surveyed birds in 1,842 circles across the nation. The one-day counts are tallied and you can see both statewide and national trends regarding the populations of birds for this time of year. You will want to contact the coordinator for your area in advance or sign up online to participate at <https://www.audubon.org/conservation/join-christmas-bird-count>.

The trends are interesting. Some birds, like the American bald eagle, have been doing well with numbers up over

5 percent on average each year since 2009. Likewise, the California valley quail has done well adapting to our habitat with a 2.8 percent year over year increase. Also, up this year, our state bird, the goldfinch, which saw a 2 percent increase per year over this timeframe. On the other hand, western meadowlark numbers are down 2.2 percent and snowy owl numbers have decreased each year by 1.6 percent in our state.

Are you wanting to participate and want to find a circle near you? Here's the ones in our region that have openings for participants:

COLVILLE Compiler: Barbara Harding, Email: stellerijay@hotmail.com, Count Date: Dec. 17, 2022

OMAK / OKANOGAN :

Compiler: Matthew Danielson, Email: mattie_rubio@hotmail.com

Count Date: Dec. 18, 2022

LEAVENWORTH: Compiler: Joe Veverka, Email: joe_veverka@yahoo.com

Count Date: Dec. 20, 2022

Dates for bird counts in the Goldendale, Wenatchee, Chelan, Bridgeport, Grand Coulee and Chewelah Circles have yet to be determined. Check the Audubon Christmas Bird Count website for updates. Then, sign up, break out your bird guides, your binoculars, and spend a day in nature looking for birds and having a good time while you are at it.

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Sports Schedule

GIRLS BASKETBALL

Dec. 8:	Cascade vs. Chelan, Home at 5:45 p.m.
Dec. 13:	Cascade vs. Omak, Away at 5:45 p.m.

BOYS BASKETBALL

Dec. 8:	Cascade vs. Chelan, Home at 7:15 p.m.
Dec. 13:	Cascade vs. Omak, Away at 7:15 p.m.

GIRLS WRESTLING:

Dec. 20:	Ephrata Mix n' Match, Away at 5:00 p.m.
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BOYS WRESTLING:

Dec. 15:	Cascade vs. Cashmere Home at 6:00 p.m.
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Kodiaks Scoreboard

GIRLS BASKETBALL

Nov. 29:	Cascade, Sultan Canceled
Dec. 1:	Cascade, Kittitas Canceled
Dec. 2:	Cascade, Connell Canceled

BOYS BASKETBALL

Nov. 29:	Cascade, Sultan Game canceled
Dec. 1:	Cascade 85, Kittitas 63 Win
Dec. 2:	Cascade, Connell N/A

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