

Mobile sports physical clinic in Chelan Feb. 14

CHELAN - A mobile sports physical clinic will be held in Chelan for sixth through twelfth graders on February 14. It will be held at the CMS/CHS Library from 10 a.m. - 6 p.m.

To make an appointment and for any questions regarding insurance, please contact Columbia Valley Community Health at 509-662-6000.

Lake Chelan Valley Events, Things to do, Meetings

Chelan Museum: Closed Jan.-Feb.

CHELAN - The Chelan Museum will be closed the months of January and February. They will reopen on March 1. They will be open by appointment. Call 509-682-5644. The museum is located at the corner of Woodin Avenue and Emerson Street.

SAIL Exercise Classes: Feb. 8-9, 13-14

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Linda Hollier. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

Household hazardous waste drop off: Feb. 8-10

Latex paint now accepted - Drop off Saturday, March 4
 WENATCHEE - Drop-off Saturday is March 4 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>.

Chelan Senior Meals: Feb. 8-10, 13-15

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Menu: Feb. 1: Ham Steak, Scalloped Potatoes, Pea Salad, Pineapple, WW Roll, Dessert; Feb. 8: Chicken Fajitas, Southwest Salad, Tropical Fruit, Dessert; Feb. 9: Teriyaki Chicken, Steamed Rice, Oriental Vegetables, Spinach Salad, Mandarin Oranges, Garlic Bread, Dessert; Feb. 10: BBQ Chicken, Mac & Cheese, Broccoli Normandy, Spiced Salad, Apple Crisp; Feb. 13: Stuffed Cabbage Rolls, Green Salad, Strawberries & Bananas, WW Roll, Dessert; Feb. 14: Supreme Style Pizza, Caesar Salad, Fruit Salad, Dessert; Feb. 15: Hot Turkey Sandwich, Mashed Potatoes/Gravy, Green Beans, Tossed Salad, Cranberry Salad, Dessert.

Chelan Valley Hope: Feb. 8-9, 13-16

CHELAN - As Valentines Day approaches, we want to express our gratitude to the people of the greater Chelan area for being such a supportive and loving community. In 2022, Chelan Valley Hope (CVH) served over 1,000 visits for families in crisis. We could not do what we do without the help of our phenomenal volunteers and donors. February is a month full of love, laughter, and treasured memories. May you always be surrounded by the people and things that bring you the most joy. Visit Chelan Valley Hope at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m., (closed Noon to 1 p.m.). Whether you are looking to get help or to give help we are waiting for you.

Cancer Support Group: Feb. 9

CHELAN - The women surviving/thriving cancer support group will meet Thursday, February 9, 1 p.m., at the Chelan Library on Emerson Street. Whether you are newly diagnosed, going through treatments, a support to someone who is, or been thriving for years, please join them for this casual gathering. They will be meeting the second Thursday of each month. For more information call Anne Brooks, 509-682-8718.

Mobile Food Pantry: Feb. 9

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Thursday, Feb. 9, noon-2 p.m. All are welcome. It is a walk thru format and guests pick their own food. This is a regular stop every second Thursday of the month.

Thrive Teen Center: Feb. 9, 15, 16

CHELAN - The Thrive Teen Center is open at the Lake Chelan United Methodist Church, corner of Johnson Avenue and Emerson Street, every Tuesday and Thursday from 3-5:30 p.m. Email stefani@thrivechelanvalley.com if you have any questions.

Chelan Valley Republican Women: Feb. 10

MANSON - Chelan Valley Republican Women (CVRW) will hold their February club meeting at Radiance Winery, Downtown Manson location, 71 Wapato Way, Friday, February 10, at

CONTINUED ON PAGE A3

Youth Fair Program coming to Manson

SUBMITTED BY NORM MANLY, MANSON GRANGE

MANSON - The Manson Grange is excited to announce the start of a "Youth Fair" program, launching February 27. The Grange "Youth Fair" program offers young members, age 5-19 the opportunity to exhibit at county fairs and expositions. This program works alongside other nationally recognized programs such as 4-H and FFA.

The mission and purpose of the Grange "Youth Fair" program is to provide an opportunity

for young Grange members to participate in an educational setting, designed to increase confidence, strengthen character, learn invaluable life skills and teach the importance of self-discipline. The program encourages learning opportunities for the members.

When you join the "Youth Fair" program, you become a member of the Grange. The Grange is a service organization with its roots in agriculture, founded in 1867. Manson



Grange was founded in 1923. The Grange is a family-oriented organization where each member of the family has an opportunity for involvement.

At our first meeting on February 27, students will pick a project, an animal or other. It's not required to have an animal to participate in "Youth Fair". Any project displayed at local fairs is acceptable. A few examples are Sewing, Woodwork, Needlework, Art, Knitting, Photography, Quilts, Food

Preservation, Baking, Horticulture, Floriculture and much more.

Applications are currently being accepted for "family membership" in the Grange with our first official meeting of the "Youth Fair" program February 27, at 6 p.m. in the Manson Grange Hall. Membership applications and other forms can be downloaded from the Manson Grange's website www.mansongrange.com

For more information contact Norm Manly at 509-293-0225 or normmanly@yahoo.com

Lake Chelan Health goal for 2023: To achieve the next level of certification - ISO 9001

By RUTH EDNA KEYS
 STAFF WRITER

CHELAN - The Lake Chelan Health Hospital board of directors held a Community Forum on Monday, January 16 in the dining hall at the new hospital.

Topics on the agenda were Annual Overview, Finance, Quality Program, Community Health Needs Assessment, Facilities, and Service Lines and Providers, followed by questions and discussion.

This week will cover the Quality - Focuses and Priorities, presented by Mary Murphy, hospital board chairwoman. She has served on the

quality committee for the past six years.

Quality - Focuses and Priorities DNV Accredited in 2020
 Lake Chelan Health Hospital was DNV (Nationally) Accredited in 2020.

ISO 9001 Certification in 2023

• ISO Policy - "The basic orientation of Lake Chelan Health is to be recognized as a leader in the Critical Access Hospital (CAH) Industry in North Central Washington through safe, confidential, effective, and high-quality care provided to all patients."

• Framework for standard operations and procedures

with the customer (patient) at the center, focusing all procedures and operations throughout the organization on the patient, to meet their needs and exceed their expectations.

• Focuses on continual improvement at all levels of the organization.

Patient Satisfaction
 • Survey data demonstrates high quality of care and satisfaction.

Quality of Care
 • Tracking many clinical metrics (stroke, heart attack, sepsis, emergency care, etc.) Performing at or above average in comparison to other CAHs and larger healthcare systems in Washington and

the Pacific Northwest.

Collaborating with other CAHs

• Rural Collaborative
 • DNV CAH Networking Group

Developing a 5-year Quality Work Plan
 • Will guide and plan out goals and priorities:

Becoming a leader in quality in the healthcare industry, specifically in CAH in Washington and the Pacific Northwest.

Increasing and maintaining high level of patient satisfaction.

Culture of Safety.
 Continuous Survey Readiness

SEE 2023 GOAL ON PAGE A2

Manson Chamber of Commerce holds first meeting of 2023, sets goals for the year

By NORM MANLY,
 COMMUNITY VOLUNTEER

MANSON - The Manson Chamber of Commerce held its first meeting of the year on January 18 at the Manson Parks building. The first order of business was the introduction of three new board members and an Executive Director. Board President, Kim Ustanik introduced Vice-president Bill Swayne, Treasurer Jessica Shook, Publicity Director Erik Cooper, and Executive Director Tom Tochterman to the community.

"I would like to recognize and thank last year's board members, Todd Link, Jeff Conwell, Kirk Sixel, and Executive Director Debbie Conwell, for an outstanding year," Kim said.

The Manson Chamber of Commerce was established in 2015 when the Manson Business Association rebranded. This organization traces its roots back to 2007 when it was reorganized from the Manson Merchants Association, which was incorporated in 1992. Even earlier, the Manson Development Council held public meetings in the 1980's. Records show that downtown business groups and residents came together as far back as the 1940's when the big trees were initially cut, and the street widened. In fact, Debbie Conwell became the first Executive Director of this long-standing organization in 2018. Outside of Ms. Conwell, all activity in the community of Manson takes place by volunteers. The organization's name may have changed over the years, but it's always been a great group of dedicated people with goals



Courtesy Norm Manly

Left to right: Publicity Director Erik Cooper, Board Secretary Kasmira Elliot, Executive Director Tom Tochterman, Board President Kim Ustanik, and Vice-president Bill Swayne.

of making Manson a better place for everyone. The Manson Chamber's Mission statement reads, "To support and assist our community members to successfully grow both now and in the future."

Kim Ustanik, owner of Mountain View Lodge, returns to the Board as President. Kim has been on the Board for 12 years. She started in 2007, when it was the Manson Business Association. Kim states her goal as, "People". "My community won't be great for me and my family if it's not great for everyone else. I will strive to be a leader with a strong focus on communication, respect, and collaboration," Kim stated.

Tom Tochterman, Manson resident, accepted the position as Executive Director for the Manson Chamber of Commerce on January 9. His motivation for taking the job was to use his life experiences in forming the economic future and wellbeing of our town.

"Much is at stake in our community for the next generation depending on how we manage growth in our town," says Tochterman. "Our employers and employees need to be supported in ways that create the most vibrant community possible."

Tochterman's goal with the chamber for 2023, includes supporting the Manson Chamber of Commerce Board of Directors in their mission and to personally meet with all Chamber members to create a unified vision of our town and the steps required to get there.

Bill Swayne, owner of Chelan Ridge Winery, is the new Vice-president and Membership Director of the Manson Chamber. Bill has a long history of public service and business, bringing a wealth of experience to the team. Bill says, "We need to build on what others have done and grow from there. Our goal is to pull people together." He states, "My whole goal is to be a

leader and make connections!"

Jessica Shook, North Cascades Bank, Community Outreach Coordinator. "I am a Washingtonian and have lived in various cities across the state. I moved to Manson two years ago to be closer to my grandparents, and to take in the beautiful sights and tastes of the valley. In 2018, I graduated from Washington State University with a Bachelors in Hospitality Business Management and a minor in Global Studies. With intentions of working in the hotel business, I'm surprised to find myself working at North Cascades Bank as the Community Outreach Coordinator. On the weekends, I love to pour wine and have a good conversation with my other work family at Amos Rome Vineyards. I joined the Manson Chamber of Commerce because I believe it's important to be involved in the community. My goal is to help

SEE CHAMBER ON PAGE A2

INSIDE THIS WEEK

Community A1-A4, B4
 Meetings/Events A1, A3
 Church News A3
 Obituaries/Death Notices A3
 High School Sports A4
 Outdoors A4
 Agriculture News B1-B2

Business & Services &
 Health Care Directory A4

Classified Index
 Classifieds, Puzzles B3-B4
 Public Notices B3-B4
 Puzzles B4

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MANSON

CONTINUED FROM PAGE A1

other people come out of their shells and volunteer alongside me. My role at the bank allows me to motivate others to donate their time and money to causes we believe in throughout the community. I would like to see us be more involved with the Manson School District, because children really are our future. With the help of my fellow board members, I know that 2023 will be fantastic", Jessica said.

Kasmira (Kaz) Elliot, Board Secretary, is the Tasting Room Manager at Skagit Cellars in Manson. She has been in the wine industry for the last 16 years and was elected to the Manson Chamber of Commerce Board of Directors in November of 2021, and is currently serving her second term as the Secretary. "Being born and raised in the Lake Chelan Valley, and having generational ties to Manson, the future of our community is vital to me. My goals this year are centered around continuing to serve our members and our



Jessica Shook, Community Outreach Coordinator

larger community to the best of my abilities, with a focus on better communication. I believe everyone communicates differently, so we need to utilize all our tools including person-to-person and, one-on-one conversations, to our best advantage, with transparency and integrity. We have several new people leading our organization this year, and I'm looking forward to all the things we can accomplish together," Kasmira said.



Mariah Koester, Board Marketing Specialist

Erik Cooper, owner of Vibe Cellars, starts his first year on the Board, serving as Publicity Director. Erik grew up in Issaquah, Washington. He attended Arizona State University from 1999-2008, graduating with a degree in Bachelor of Interdisciplinary Studies. Erik moved back to Washington in 2008, working in downtown Bellevue as a bartender. Erik was exposed to home winemaking through his father, who was a member of the Boeing Wine



Alissa Hei, Volunteer Coordinator

and Beer Club. Erik made a big life change and went all in on winemaking taking two certificate programs through Washington State University. One certificate in Viticulture and one certificate in Enology. Erik moved to the Chelan valley in 2016 and worked for five and a half years at Nefarious Cellars. He began making wines for Vibe Cellars in 2018 and opened the Vibe Cellars tasting room, with his father, George, and twin brother Michael, in September 2021. Vibe Cellars

wines are currently produced at Succession Wines, where Erik has worked since March 2021, as their Tasting Room Manager.

Erik stated, "I joined the Manson Chamber of Commerce to add my voice to the many business owners in Manson and to help facilitate the growth of our members now and in the future. I feel that you can sit on the sidelines and complain, or roll up your sleeves and do the work that needs to be done to better our community. Being on the board of directors is completely new to me and slightly intimidating but, I feel it will be very rewarding. Being part of the Manson Chamber of Commerce will allow me to develop new relationships with community members and learn more about this extraordinary community I now call home."

Mariah Koester, owner of Four Lakes Winery, continues to serve the Board as Marketing Specialist, a position she has held for two years. Prior, she served four years as a Manson Chamber Board member. "I'm excited about the energy that the new Board of Directors has and the direction that they are

taking the Manson Chamber of Commerce to support our community," Mariah said.

Alissa Hei, Volunteer Coordinator, "I've been Volunteer Coordinator for the Manson Chamber of Commerce for two years. When the Manson Chamber is hosting an event, they reach out to me with their volunteer needs, and I reach out to the community. It's a social role and it's great to experience the community involvement," Alissa stated. For more information, contact Alissa at 206-375-2383 or email volunteer@moretomanson.com

You can help this incredible team succeed by becoming a member of the Manson Chamber of Commerce. Your business has many benefits as a member, and you will also have input and influence. As an individual, you can become a member for just \$25 a year, and there are many volunteering opportunities that are fun and rewarding. Learn more about the Manson Chamber of Commerce by visiting their website www.moretomanson.com or their Facebook page www.facebook.com/MansonChamber

Twisted Cork & Taphouse opens in downtown Manson

By NORM MANLY,
COMMUNITY VOLUNTEER

MANSON - Owners Bob and Shannon Frediani and staff of the Twisted Cork & Taphouse were very pleased with the huge turnout for their open house and ribbon cutting ceremony on January 6, at 1 p.m. Lake Chelan Chamber of Commerce & Visitor Center spearheaded the ribbon cutting ceremony with Manson Chamber of Commerce welcoming Bob and Shannon to Manson.

Bob grew up in Great Falls, Montana where his family owned an Italian restaurant, the Miami Club. He has fond memories of his grandfather making some amazing Italian cuisine, which instilled a lifelong love of cooking, creating a desire to operate his own restaurant. Today is a very exciting day for Bob and Shannon Frediani.

Bob enjoyed a 40-year career in sales and marketing, working for several companies. Shannon is a hairdresser by profession and still operates the "Vineyard Salon" out of

her home on the south shore of Lake Chelan. Bob and Shannon also owned a retail soccer store in Snohomish County before moving to Chelan.

Bob is from Montana and Shannon grew up in Spokane but somehow, they both ended up in Everett, where they fell in love and married. They are blessed with four children and 12 grandchildren.

Their family has been coming to Chelan for 36 years, spending many vacation days at Wapato Point. In 2016 Bob and Shannon sold their home in Snohomish County and moved, full-time to Chelan. They built a beautiful home on the south shore of Lake Chelan and feel they are truly "living the life".

With their move to Chelan completed, Bob and Shannon intensified a search to find a sight to open a restaurant, the Twisted Cork & Taphouse, a name chosen several years ago.

"We looked at a couple different locations in Chelan that didn't pan out. When "The Point" became available in Manson last year we knew

we had found the perfect location," Bob said.

The Twisted Cork & Taphouse has much to offer to its customers with 12 beers on tap, several local and international wines, ciders and seltzers. The menu was developed with input from Bob, Shannon and Executive Chef Jason Bills. All entrees are very interesting with Italian flavor, reminiscent of Bob's grandfather from many years ago.

The restaurant is spacious with lots of seating and big screen TV's. The staff, which totals 14, are trained in first class customer service that will make your dining experience special. The patio area is pet friendly and the entire family is welcome inside. The Twisted Cork & Taphouse is available to rent for special events and you can call ahead for takeout orders 509-888-8228.

The Twisted Cork & Taphouse is located at 94 Wapato Point Parkway, Unit B in Manson. Winter hours are: Monday, Thursday, Friday, Saturday 12 p.m. - 7 p.m. and



Photo courtesy Norm Manly

Sandy Calicoat (right) of the Lake Chelan Chamber of Commerce holds the ribbon for Bob and Shannon Frediani to cut for the grand opening of Twisted Cork & Taphouse on January 6, while staff and patrons look on.

Sunday 12 p.m. to 5 p.m. For more information visit their website at <https://twisted-corkandtaphouse.com/>.

Members in attendance from the Lake Chelan Cham-

ber of Commerce included Claudia Shipman, Jill Babcock, Jennifer Steiner, Ruby Garcia, Sandy Calicoat, Lester Cooper, Krysta Westmoreland, Mistaya Johnston,

Chad Steiner, Mary Signorelli and Jenna Rahm. Attending from the Manson Chamber of Commerce were Kim Ustanik, Bill Swayne and Norm Manly.

2023 GOAL

CONTINUED FROM PAGE A1

ness.

Highest level of quality of care through continuous quality and process improvement.

All hospitals are required to report quality measures to federal and state government. Hospitals are one of the most highly regulated organizations/industries existing in the United States.

DNV is highly respected

accrediting organization and receiving that accreditation shows that the Lake Chelan Health is exceeding state and local standards in the care that they provide.

There is an annual survey that is required every year where all parts of the hospital, including the business offices, are surveyed.

In 2023 Lake Chelan Health aims to achieve the next level of certification which is ISO 9001 - worlds most recognized quality management system, which will take

the hospital to the next level of quality.

The hospital currently tracks over 300 quality measures, only 31 of which are required by state and Medicare.

Lake Chelan Health Board of Commissioners meetings are held the fourth Tuesday of every month beginning at 1:30 p.m. in the Bragg Room at the new hospital. They are also available to watch virtually. For log in information and agenda go to www.lakechelanhealth.org.

COMMUNITY BULLETIN BOARD

- Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM
- For more info call: Lake Chelan Mirror at 509-682-2213
- Email to: ruthk@lakechelanmirror.com

CONTINUED FROM PAGE A1

Annual Shrove Tuesday Pancake Supper returns to St. Andrew's Parish

Post-COVID celebration Feb. 21, marks a pre-Lenten Feast

Lent on Ash Wednesday. This starts the 40 days leading up to Easter.



Courtesy photo

Anglican tradition that originated with King Henry VIII in England and feast with a hearty dinner of fresh-made pan-

cakes, blueberry pancakes, ham, applesauce and beverages. Everyone is welcome as it's a great family dinner." Planned from 5-7 p.m. on Feb. 21, in the parish hall,

SUBMITTED BY TERRY J. LABRUE, ST. ANDREW'S EPISCOPAL CHURCH

CHELAN - With the lifting of health restrictions, St. Andrew's Parish will again roll out the pancakes at the traditional feast-day supper before the start of

the Shrove Tuesday Pancake dinner is a long-time event at the historic log church at 120 East Woodin Avenue in Chelan. Pancake suppers have been celebrated locally for more than 114 years making it one of the longest-enjoyed events in the Chelan Valley. Pancake suppers are priced at \$5 for adults, \$3 for children and only \$10 for families. Early arrival is recommended, as the event has experienced high demand in previous years.

12 p.m. Guest speakers will be: Sheriff Mike Morrison with updates from the Chelan County Sheriff's department; PUD Commissioner Carnan Bergren with updates on local and state legislation; and, Susie Fox, Manson School Board member, with updates on Manson school board issues. Our winery hosts, Jen and Jeff Crowder are offering a delicious luncheon buffet including: pulled pork sliders, baked beans, coleslaw and dessert for \$25, including tax and tip. Please contact Pam James, club president, for questions at 425-343-2911

VFW #6853 Post Coffee/Donuts: Feb. 10
CHELAN - Every Friday VFW Post #6853, located at 427 S. Bradley Street is open 9-11 a.m. for donuts and coffee and conversation. Veterans are invited to join them every Friday.

Food Bank food distribution: Feb. 11, 14, 18

CHELAN - The Lake Chelan Food Bank food giveaway is on Saturday and Tuesday, 9-10 a.m. Distribution is drive-thru. They are located at 417 S. Bradley Street. Beginning this week families will be limited to one box per week. Nonperishable food donations can be dropped off at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.)

Glass recycle: Feb. 11 Winter Hours: 10 a.m.-Noon

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 10 a.m.-noon, at 23235 Highway 97A across from Walmart. They are charging a small fee per pound for glass drop-off. Buckets of the materials produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

Survivors of Suicide Loss Support Group: Feb. 14

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Wenatchee Valley Erratic: Feb. 14

WENATCHEE + ZOOM - The Wenatchee Valley Erratics, Ice Age Floods Institute's next program will be on Tuesday, February 14 at 7:00 p.m. at the Wenatchee Valley Museum and Cultural Center; and via Zoom. Dr. Ralph Dawes, Earth Sciences professor at Wenatchee Valley College, will talk about the latest insights on volcanics in the Wenatchee area: The Wenatchee Pinnacles: Wenatchee's Own Volcanic Rocks. The Wenatchee Pinnacles are volcanic rock protrusions on the hillsides west of Wenatchee, including: Saddle Rock, Castle Rock, Old Butte,

the Wenatchee Dome, and Rooster Comb. Over a century of controversy continues over their rock types, ages, origins, their role in the gold deposits in the Wenatchee Gold Belt mining district and tectonic history of the area. You can attend in-person at the Museum. If so, please wear a mask to protect yourself and others. OR, you can participate via a Zoom link: <https://us02web.zoom.us/j/84520197937> Please sign in at 7 p.m. This program is free and open to the public. For more information: Ralph Dawes, RDawes@wvc.edu, 509-682-6754.

Lions Club: Feb. 16

MANSON - The Lake Chelan Lions Club have moved their bi-monthly meetings to the Manson Parks Building at 142 Pedo St. in Manson. Meetings will be held the 1st and 3rd Thursdays of each month at 9 a.m. These changes come as a result of interviews with club members and several committee meetings.

Chronic Disease Support Group: Feb. 16

CHELAN - With the support of Aging and Adults and Tender Loving Care for Seniors, an Alzheimer's Support Group for Chelan/Manson area has restarted. They have opened this meeting to family caregivers of people who have any serious chronic conditions: cardiac, pulmonary, neurologic (post stroke, Parkinson's Disease, MS) and others. Meetings will be the third Thursday of the month, 10 a.m.-12 p.m. at Chelan Valley Hope, 417 S. Bradley Street. Aging and Adults is providing the facilitator, Bob Poindexter, who has great experience in leading support groups. Please join them to be encouraged by spending time sharing with others who are on this journey. For more details please call Claudia Swenson, Manager, TLC for Seniors, 360-561-6090.

Family and friends Support Group: Feb. 20

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

A Matter of Balance classes: Start Feb. 22, 8 classes total

Class size limited - Register now
CHELAN - Aging and Adult Care of Central Washington, Healthy Aging, Tender Loving Care for Seniors and Lake Chelan Senior Center are offering "A Matter of Balance": managing concerns about falls, an award-winning workshop designed to increase the activity levels of older adults who have concerns about falling. During the eight class sessions (2 sessions per week), you will learn to: Promote exercise to increase strength and balance; Set realistic goals for increasing activity; Improve the home environment to reduce fall risk factors; and View falls and fear of falling as controllable. This workshop is free of charge and all materials will be provided. The first session starts on Wednesday, February 22, 3-5 p.m. at the Chelan Senior Center, 534 E. Trow Avenue in Chelan. The following seven sessions are each Monday and Wednesday: Feb 27, March 1; March 6, March 8; March 13, March 15 and ending Monday, March 20. Class size is limited to 12 people so register today. For further information or to register please call Matter of Balance instructors: Sandy Zimchek at 509-699-9042 or Claudia Swenson at 360-561-6090.

Manson Grange: Feb. 28

MANSON - The Manson Grange #796 will meet on Tuesday, Jan. 24, 7 p.m., at the grange hall located at 157 E. Wapato Way.

OBITUARIES

Phillip S. Little (Phil)



Phil was born and raised in Seattle, long-time resident of Chelan, passed away Dec. 15, 2022, in Raton, New Mexico, following a brief battle with cancer. He was 72. A carpenter by trade, he worked on many homes, bridges and dams in the Chelan area. He loved reading, particularly history, historical novels and the Washington Post, camping in the forests, Willie Nelson's music, woodworking, traveling in the Southwest and Mexico, playing cribbage at Senor Frog's, his apricot tree, picnicking at the lake and raising black labs (all named Willy).

Sean (wife Nohemi), his sister Eileen, his brother Robert, and many nieces, nephews, cousins and friends from Canada to Mexico.

A Celebration of Life will be held in Chelan in April. His ashes will be scattered in several states and bodies of water.

Please consider a donation to an animal rescue site in Phil's memory. Please support your local musicians. Be kind.

Phil is survived by his son

DEATH NOTICES

Lorinda Ann Gerber

Lorinda Ann Gerber, 73, of Entiat, Washington, passed away on January 26, 2023.

Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

Consuelo Galvan

Consuelo Galvan, 60, of Chelan, Washington, passed away on February 2, 2023.

Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

Obituaries & Death Notices appear online at lakechelanmirror.com

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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 682-2213 or 689-2507 for more information Or email ruthk@lakechelanmirror.com

CHURCH GUIDE

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"With men this is impossible; but with God all things are possible."
- Matthew 19:26

CHELAN HIGH SCHOOL SPORTS RECAPS

Chelan 24, Cashmere 59

BY COACH NICK LONGMIRE, CHELAN HIGH SCHOOL GIRLS BASKETBALL

Feb. 2

CASHMERE - The Goats played their final regular season game on the road tonight in Cashmere. The Goats were facing a Bulldog team who solidified their 10th straight league title.

The game started out with the Bulldogs running out to a 6-0 lead before the Goats offense started to come together. The Goats finished the quarter down 7-15. The Goats struggled in the in the second quarter and only put up four sending them to the locker room at the half down 11-29.

Throughout the game the Goat defense gave the Bulldogs trouble forcing them into several turnovers and jump balls. Ultimately the goal was to slow the Bulldogs down to a short shot clock so to rush their half court offense.

The Goats put up their biggest scoring quarter in the third with 10 but gave up 15.

The Bulldogs finished strong and ended the game defeating the Goats 59-24.

Freshman Brynn Hughbanks led the Goats with six. Kira Sandoval and Arabelle Finch each had five. Juliana Perez added four, Joslynn Simmons had three and Jailyn Reinhart had one.

The Goats face the #4 seeded Quincy Jackrabbits in a loser out playoff game in which the Goats will host as the #3 seed. The game will take place on February 11 at Chelan High School at 5:45 p.m..

Chelan 38, Omak 52



Justin Pardini/LCM

Cashmere Bulldog #15 Dalan Smart absorbs the contact, from Chelan Goat #22 Ryan Rainville, during the layup attempt,

Jan. 31

CHELAN - The Omak Pioneers traveled to Chelan for what would be Chelan's final home game for the regular season.

In the first quarter the Omak Pioneers got off to an early 8-0 run. The Goats finally started a scoring trend that allowed them to score 9 in the first quarter while also giving up 17 to the Pioneers.

In the second quarter the Goats went stride for stride with Pioneers where each team scored 9 points making the halftime score 18-26 in favor of the Pioneers.

The 3rd quarter the Goats were outscored again 9-11. In the final quarter the Goats were also outscored 9-12. The final score of the game was 52-38 in favor of the Pioneers which marks the biggest margin of defeat by any team in the last 10 games.

The Goats were led in scoring by Senior Kira Sandoval

with 14 points. Senior Joslynn Simmons added 10 points. Reinhart six, Perez four, Hughbanks three, Hernandez one.

Chelan 64, Cashmere 39

BY COACH ANTHONY CALLERO, CHELAN HIGH SCHOOL BASKETBALL

Feb. 2

CASHMERE - In the final regular season game of the Caribou Trail League Season, Chelan beat Cashmere 64-39 to improve to 8-4 in CTL play.

Chelan jumped to 9-0 lead and were up 16 -2 during the first quarter and the Bulldogs were never able to get closer than that again.

Chelan's defense was impressive holding Cashmere to 19 points through the first three quarters.

Offensively Braiden Boyd scored a career high 29 and is now just 11 points shy of



Justin Pardini/LCM

Cashmere Bulldogs #3 Brianna Talley stands tall to defend the layup attempt of Chelan Goats #22 Arabella Finch.

scoring 1,000 points in his career for Chelan. Boyd hit five three pointers and was joined by Dyal Jy with 15 and Ryan Rainville with 10.

Without starting guard Jacob Allen who stayed home with an illness, it was up to Rainville to guard Cashmere's leading scorer Landon Baker and he was held to just one point.

Coach Callero praised Rainville's defense and the team's effort.

"Ryan really set the tone for us tonight by getting on the floor for loose balls and Dylan Jay did a good job of finding open teammates when being double-teamed."

Chelan begins their quest for a trip to the state tournament with a home play-off game on Saturday, February 10

with a loser out game against Cashmere in a battle of the league's third and fourth place teams.

The survivor of the Chelan vs. Cashmere game (February 11) will advance to another loser out game vs. the loser of the district championship game between Quincy and Omak. That game will be a home game for either Quincy or Omak and is scheduled for Tuesday, February 14.

Chelan 54, Omak 79

Jan. 31

CHELAN - In a race for second place, Omak jumped out ahead 23-15 and never looked back.

In a night that honored the

Mountain Goats schedule
Boys
Feb. 11 at Quincy - Regional Wrestling Tourney
 Chelan vs. multiple schools 10 a.m.

Girls Wrestling
Feb. 11 at Spokane (Rogers High School) Regional Wrestling Tourney
 Chelan vs. multiple schools 9 a.m.

Girls Basketball
Feb. 11 at Chelan High School CTL District Tourney
 Chelan vs. Quincy - 5:45 p.m.

Boys Basketball
Feb. 11 at Chelan High School CTL District Tourney
 Chelan vs. Cashmere - 7:30 p.m.

five CHS seniors before the game, senior Braiden Boyd continued to be a force inside for Chelan as he finished with 19 points.

Omak was led by the 28 points of senior point Jovan Mercado and sophomore wing Taegen Mullen who added 17.

The Pioneers raced to 28 fast break points and scored at least 18 in each quarter.

Coach Callero was certain about what caused the dramatic turnaround from the previous game:

"Speed was on their side tonight. We did a great job neutralizing that in the last game."

(A game Chelan won 63-50 on January 13) "But tonight we seemed tired and a step slower. It is my job to get them ready to play and we need to be better conditioned."

The loss drops Chelan to third place in the CTL and they will now play a loser out game vs. fourth place Cashmere on Saturday, February 11 at 7:30 p.m. in the first round of the CTL District Playoffs.

THE WASHINGTON OUTDOORS REPORT



Sportsmen's show fun

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

I've had the opportunity to attend two sportsmen's shows in recent days. The first was the Tri-Cities Sportsmen's Show at the Hapo Center in Pasco, a great little show I visited at the end of January. The first week



Courtesy John Kruse

ABOVE: Mack's Lure is a Wenatchee based fishing tackle company. LEFT: Meeting new people and raptors at the Washington Sportsmen's Show. RIGHT: TruckVault is a Washington Company specializing in interior truck storage compartments.

of February was spent at the Washington Sportsmen's Show at the fairgrounds in Puyallup; Washington State's largest sportsmen's show.

At both shows it was nice to see both exhibitors and the crowds coming back now that Covid Pandemic restrictions are in the rear-view mirror. These shows also bring the great outdoors indoors for fishing, hunting and outdoors enthusiasts

looking for something to do in the middle of winter.

There are a number of great reasons to attend these shows. One reason is to learn.

Sportsmen's shows always feature seminars from experts talking about specific fishing techniques for different species or hunting tactics for everything from big game to turkey to waterfowl. Learning to use marine electronics is another



seminar topic as are survival skills.

Most of these seminar speakers have booths at the shows. Some are selling gear ranging from fire starters to game calls to fishing rods or lures. Others are guides and outfitters booking spring and summer trips for saltwater salmon, freshwater steelhead, bass, walleye or trout.

On the hunting front you can book hunts not only deer, elk and bear in the Western U.S., but also hunts in British Columbia, Alaska or overseas where you can go on an African safari to either hunt and harvest an animal or just capture photos with your camera.

I have noticed show goers have been in a buying mood this year. There are a whole bunch of attendees walking around with newly purchased fishing rods in their hands and there are some high-ticket items for sale too. That includes sport fishing boats suitable for freshwater lakes or Puget Sound, RV trailers and a new, expanding category, overlanding vehicles with pop up tents or campers designed to travel rough four-wheel drive roads or trails on our expansive public lands where your campsite is literally where ever you choose to stop for the night.

If you want to travel to an outdoorsy destination, you have plenty of places to choose from ranging from Alaskan fishing lodges to family run resorts in Washington, single or multi-day river rafting trips in Idaho, or adventures in Mexico on the Baja peninsula.

Sportsmen's shows are great events for families to attend too. Trout ponds are staples at

sportsmen's shows, allowing young kids the chance to reel in hatchery raised rainbow trout. Show producers often have a "passport" for kids to fill out at different exhibitor booths featuring items or activities of interest to young children. Family friendly activities you often find at sportsmen's shows include archery ranges, air rifle ranges, or a chance to mine for treasure, a popular attraction at the Spokane Bighorn Show.

Then there are the main attractions. Every show producer has one or more. This year at the Washington Sportsmen's Show it was the Paul Bunyon Lumberjack Show featuring axe throwing, wood cutting and log rolling lumberjacks who put on an entertaining show for audiences. At the Tri-Cities show the feature attraction was Tag The Grizzly Bear who has appeared in countless movies, commercials and television shows during his life.

If you haven't had a chance to go to a sportsmen's show yet this winter you still have some options to include: The Pacific Northwest Sportsmen's Show at the Expo Center in Portland - February 14 - 18, which is the second largest sportsmen's show in the nation. www.thesportshows.com. The Central Washington Sportsmen's show, under new ownership - at the Sun Dome in Yakima is February 24 - 26, www.jlmproductionsllc.com. The Inland Northwest Wildlife Council's Bighorn Outdoor Adventure Show - at the Interstate Fairgrounds in Spokane, is March 16 - 19, www.inwc.org.

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

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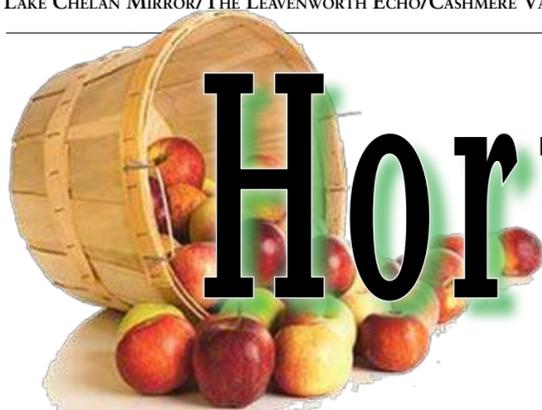


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Horticulture 2023

Wrap Up

Technological advances in agriculture focus of 76th annual hort meeting in Chelan

By MATTHEW OCKINGA
CORRESPONDENT

CHELAN - Fruit is the beating heart of agriculture in North Central Washington. Be it apples, pears or cherries, people both local, domestic and abroad enjoy the fresh fruit that this region, with its fertile soil, offers each harvest. Far fewer people likely appreciate or understand what it takes to keep that produce healthy and tasty.

Those topics and more were on the agenda at the 76th annual Lake Chelan Horticultural Meeting held Jan. 21 at Chelan High School. Several dozen local farmers and orchardists attended the event to ask questions and learn more about how to maximize their crops.

The Tree Fruit Research and Extension Center, a branch of Washington State University, hosted the event. Tianna DuPont, Tree Fruit Extension Specialist, emceed the gathering. For the 76th edition of the meet-

ing, she wanted to focus on technological advances in the field.

"The Lake Chelan Horticultural Meeting is designed to provide orchardists with research based information to improve their productivity and profitability," she said. "This year we focused on technology and labor efficiency to help our producers keep up with a rapidly changing industry."

DuPont first spoke about replant considerations. Among the threats she mentioned were rodents, replant disease, phytophthora (a pathogen), and nematodes, a species of roundworm. She followed that on a talk which mentioned X-disease and Little Cherry Virus. She mentioned some of the symptoms of the latter virus included small fruit, discoloration, bitterness and tastelessness. As far as how to specifically help the orchardists, DuPont discussed how to take cherry samples that can be sent into the research center. She also



Matthew Ockinga/NCW Media

Representatives from North Wind Aviation visit with an attendee during the 76th annual Lake Chelan Horticulture meeting held Jan. 21 at Chelan High School.

mentioned the dangers of winter injury and sunburn, adding that Honey Crisp apples were particularly susceptible to that.

Betsy Beers, of WSU entomology, then gave a pre-

sentation entitled "From Campylobacter to Cut Worms - Strategies for Pests from 2022." She mentioned that campylobacter were "basically unheard of before 1995, then all of a sudden, these started

to crop up all over the basin in particular and down in Oregon." The apple variety they target the most is the Golden Delicious.

Beers added that another recent scourge in orchards

is the Lacanobia Fruitworm produces two generations in a year: a leaf feeder and a fruit feeder. Beers said the key to killing the bugs was to get to them early.

"It's easier to kill the little ones than it is the big ones," she said.

Other species that Beers warned orchardists to look out for were the speckled green fruitworm, the spotted cutworm, the green fruitworm and the pyramid fruitworm.

Dr. Robert Orpet, of WSU entomology, spoke about integrated pest management and how it works for pear psylla, which he mentioned is the number one pest in Washington. Symptoms of this bug include sticky leaves and fruit. Orpet talked about the studies of his team and gave recommendations for mite management in early spring, summer and fall management.

Following Orpet was Tory Schmidt of the

SEE FOCUS ON PAGE B2

Rep. Schrier introduces Bipartisan Bill to support Washington farmers, advance crop research

SUBMITTED BY LIBBY CARLSON,
OFFICE OF CONGRESSMAN
KIM SCHRIER

WASHINGTON, DC - U.S Representative Kim Schrier, M.D. (WA-08) has introduced bipartisan legislation to permanently fix the Specialty Crop Research Initiative (SCRI) and provide crucial support for

Washington farmers.

The SCRI finances research projects that directly benefit Washington farmers. SCRI has funded projects to combat fungicide resistance in wine grapes, prevent pestilence in onions, and improve precision irrigation for fruit growers. Before 2019, the Secretary of Agriculture was able to waive

SCRI's matching funds requirement when it was prohibitively expensive for research institutions, but the 2018 Farm Bill eliminated this authority.

Congresswoman Schrier's bill permanently fixes this issue by once again allowing the Secretary of Agriculture to waive the matching requirement. Pre-

vious legislation introduced by Rep. Schrier in 2019 attempted to find a long-term solution. Rep. Schrier has also co-lead a bipartisan funding letter with Reps. Cathy McMorris Rodgers and Rick Larsen to fix this issue on a temporary basis in annual appropriations legislation.

"Washington farmers work tirelessly to provide our state and the entire world with high-quality produce. At a time when changes in the climate and economy have taken their toll on the agriculture industry, it is vital that we stand by our farmers and support them in any way we can," said Rep.

Schrier.

"This bill will allow Washington State University and other vital agriculture research institutions, who would have otherwise been unable to afford the matching requirement, to receive federal support for conducting groundbreaking research. I will work to get this legislation added as part of this year's Farm Bill."

Representatives Rick Larsen (WA-02), Dan Newhouse (WA-04), and Cathy McMorris Rodgers (WA-05) joined Congresswoman Schrier in introducing this bill. The bill is endorsed by the Association of Public and Land-Grant Universities (APLU), Northwest Horticultural Council, and US Apple Association.

"The Specialty Crop Research Initiative is critical in enabling Central Washington farmers to supply the world with cherries, apples, wine, hops and many other specialty crops," said Rep. Newhouse. "Universities and commodity groups representing Washington agriculture are eager to pursue world-class specialty crop research that provides our farmers with a competitive edge, but provisions left out of the 2018 Farm Bill left SCRI recipients at a disadvantage. I am proud to work as a Member of the Appropriations Committee to include this language to give certainty to these institutions as they compete for federal grant funding and continue their groundbreaking research at facilities throughout Washington and the United States."

"Research into specialty crops like berries, spinach and cabbage seed is vital to Northwest Washington's economy," said Rep. Larsen. "Investing in the Specialty Crop Research Initiative helps enable specialty



Courtesy photo
Rep. Kim Schrier

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SEE CROP ON PAGE B2

Harvest bounces back from 2021 in Okanogan wheat belt

By MIKE MALTAIS
STAFF WRITER

MANSFIELD – The 2022 wheat harvest was double that of a drought-plagued 2021 making it about average with other good years but what lies ahead for 2023 could be affected by the early snow that arrived last November.

That is part of what Highline Grain Growers (HLGG) Chief Executive Officer Paul Katovich had to say about the year just past for the Okanogan County wheat belt comprised of a hand-

ful of multi-generation wheat ranchers on the 1.4-million-acre Colville Indian Reservation.

“The rain we had came at just the right time last June to give the wheat crop the boost it needed,” Katovich said of the welcome interlude in the dry conditions.

Getting the bounty to the Brewster elevator incurred a minor hiccup when trailer



Courtesy HighLine Grain Growers
Paul Katovich,
HighLine
Grain Growers
CEO

loads of grain had to suspend deliveries for a day to allow railroad cars to catch up to the full silos and create more storage space. With the next nearest elevator some 30 miles south at Mansfield, Brewster is the delivery hub for Okanogan County producers. Considering the logistics issues faced by carriers on both land and sea in the

wake of the COVID pandemic, the delay experienced by local wheat farmers was minor by comparison.

What lies ahead for the 2023 crop is still early to predict except for the winter snows that arrived a month earlier than usual. That has both an upside and downside. Katovich said that on the upside the ground was not yet frozen when the early November snow fell which should promote better absorption into the soil and less runoff when it melts. The downside is

the longer time the snow covers the crop.

“Wheat does not like to be buried under snow for an extended period,” said Katovich. “After about 100 days the potential for snow mold increases.”

Katovich said mold-resistant strains of grain have been developed to counter the damage but does not eliminate the problem. The fungus destroys leaves and crown beneath the snow and can substantially reduce yields.

HLGG was formed in 2018

as a collaboration of five grain companies for the benefit of its members and maintains a system of grain and seed handling warehouses in eight counties across Eastern Washington along the Highway 2 corridor from Wenatchee to Spokane.

As Katovich likes to remind inquirers about the HLGG motto for those who follow:

“It’s not ours, it’s just our turn.”

To learn more about HLGG visit their website at highlinegrain.com.

USDA announces signup for 2023 assistance for on-farm food safety expenses for specialty crop growers

SUBMITTED BY USDA

WASHINGTON — The U.S. Department of Agriculture (USDA) reminds specialty crop producers of available assistance to help cover certain costs of complying with regulatory and market-driven food safety certification requirements. Applications for the Food Safety Certification for Specialty Crops (FSCSC) program for eligible 2022 costs were due by Jan. 31, 2023. USDA’s Farm Service Agency (FSA) will accept applications for 2023 costs from Feb. 1, 2023, to Jan. 31, 2024.

FSA is making available up to \$200 million through the FSCSC program, which is part of USDA’s broader effort to transform the food system to create a more level playing field for small-scale agricultural operations and a more balanced, equitable economy for everyone working in food and agriculture.

USDA first announced and opened this program for signup in 2022, delivering critical assistance for specialty crop operations, with an emphasis on equity in program delivery while building on lessons learned from the COVID-19 pandemic and supply chain disruptions.

“Specialty crops growers experienced many challenges meeting regulatory requirements and accessing additional markets due to the COVID-19 pandemic,” said FSA Administrator Zach Ducheneaux. “Many of these producers had to pivot quickly as demand shifted away from traditional markets, like restaurants and food service, and many continue to feel the impacts of those abrupt changes. By helping mitigate the costs of on-farm food safety certification, the Food Safety Certification for Specialty Crops program will help create new markets and opportunities for

small-scale producers. In turn, these producers will have another tool to leverage as they work to become more nimble and more resilient in the face of unforeseen challenges, serve their local and regional economies, and support fairer and more transparent markets.

Program Details

FSCSC assists specialty crop operations that incurred eligible on-farm food safety certification and expenses related to obtaining or renewing a food safety certification in calendar years 2022 and 2023 for certifications issued on or after June 21, 2022. For each year, FSCSC covers a percentage of the specialty crop operation’s eligible costs of obtaining or renewing their certification, as well as a portion of their related expenses.

To be eligible for FSCSC, the applicant must:

- Be a specialty crop operation.

- Meet the definition of a small business or very small business.

- Have paid eligible expenses related to certification.

Specialty crop operations may receive assistance for the following costs:

- Developing a food safety plan for first-time food safety certification.

- Maintaining or updating an existing food safety plan.

- Food safety certification.

- Certification upload fees.

- Microbiological testing for products, soil amendments and water.

Training

FSA calculates FSCSC payments for each category of eligible costs. FSA set a higher payment rate for underserved farmers and ranchers, which includes socially disadvantaged, limited resource, beginning and veteran producers who have a CCC-860 on file with FSA.

FSA will issue payments at the time of application approval for 2022 and after the application period ends for 2023. The 2023 application period opens Feb. 1, 2023, and closes Jan. 31, 2024. If calculated payments exceed the amount of available funding, payments will be prorated.

Applying for Assistance

Interested specialty crop producers can apply by completing the application, FSA-888. The application, along with other required documents, can be submitted to the FSA office at any USDA Service Center nationwide by mail, fax, hand delivery or via electronic means. Producers can visit farmers.gov/service-locator to find their local FSA office. Specialty crop producers can also call 877-508-8364 to speak directly with a USDA employee ready to assist.

Producers can visit farmers.gov for additional program details, eligibility information and forms needed to apply.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris administration, USDA is transforming America’s food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

UPCOMING EVENTS

Events Calendar
See the WSU Viticulture and Enology calendar for more upcoming events: <https://wine.wsu.edu/events/>
February 6-9: WineVit 2023, Kennewick
February 14-15: Oregon Wine Symposium, Portland, Oregon
February 22-23: Washington Wine Research Advisory Committee Research Review, Prosser

February 27-28: Idaho Wine Commission Annual Meeting, Nampa, Idaho

Fire Blight Webinar Series
Biopesticides for Fire Blight Management
March 15, at 4 p.m. (PST) / 7 p.m. (EST)

Fire Blight Pruning and Sanitation
June 13, at 4 p.m. (PST) / 7 p.m. (EST)

(EST)
New trials on pruning and sanitation for Fire Blight management. Using Weather and Environmental Conditions to Optimize Biologicals and Biopesticides for Bloom Protection
October 18, at 4 p.m. (PST) / 7 p.m. (EST)
Join us to talk about how to use weather and environmental data to optimize timings of biologicals and biopesticide applications for an

effective Fire Blight control.
Fire Blight Fruit School: New research from our National Team
February 23, at 9 a.m. - 3 p.m. (PST) Wenatchee and Online
March 1, at 9 a.m. - 3 p.m. (EST) Traverse City, Michigan and Online
Topics:
Introduction to the Pathogen
Bloom Infection Prevention with Antibiotics: The Basics

Antibiotic Resistance
Biopesticide Efficacy
Using Prohexodine Calcium and Actigard for Shoot Blight Management
Managing Fire Blight Infections: Pruning, Sanitation
Using Systemic Acquired Resistance Products Therapeutics During Removal
Credits (with agency approval)
February 23, (WA): Three pesticide update credits WA, OR, CA.

March 1, 2023 (MI): Three pesticide update credits MI, NY
More Information and Registration
February 23, (WA): <http://treefruit.wsu.edu/event/fire-blight-workshop/>
March 1, (MI): https://events.anr.msu.edu/Fireblight_SCR/Contacts
Nikki Rothwell rothwell3@msu.edu or (231) 946-1510
Tianna DuPont tianna.dupont@wsu.edu (509) 293-8758

CROP

CONTINUED FROM PAGE B1

crop farmers in my district to foster innovation and drive the regional economy.”

In addition to fellow members of Congress, many stakeholders from the community have voiced their support for Rep. Schrier’s bill.

“Ensuring that this simple yet impactful solution is included in the next reauthorization of the Farm Bill will

help Washington State University continue to provide world class research in support of the \$9 billion Washington agriculture economy,” said Wendy Powers, Dean of the College of Agricultural Human and Natural Resource Sciences. “WSU is grateful to Congresswoman Schrier for her ongoing work supporting Washington agriculture.”

Mark Powers, President of the Northwest Horticultural Council, noted “in part, the

Specialty Crop Research Initiative is successful because of the engagement with the agricultural community that occurs during the consideration of research proposals, so that only projects that are relevant to growers are funded. The ability of the USDA secretary to waive the 100 percent match requirement is critical to making sure that the projects that are actually the highest priority to growers continue to

be awarded taxpayer dollars. The Northwest Horticultural Council thanks Representative Schrier for her leadership in advocating to ensure that the Specialty Crop Research Initiative continues to fund the projects that provide the biggest benefit to growers.”

“Mother nature is not always kind, and apple orchards are under constant attack from insects and diseases. Growers need up-to-date research to keep up. SCRI projects are

critical tools in developing targeted responses,” said US Apple Association President and CEO Jim Bair. “We thank Representatives Schrier and Newhouse for taking the lead in this bipartisan effort to ensure SCRI operates at maximum efficiency.”

The following members have signed on as original cosponsors: Rep. Bergman (MI-1), Rep. Bonamici (OR-1), Rep. Brownley (CA-26), Rep. Carbajal (CA-24), Rep.

Costa (CA-21), Rep. DelBene (WA-1), Rep. Harder (CA-9), Rep. Huizenga (MI-4), Rep. Khanna (CA-17), Rep. Kilmer (WA-6), Rep. Larsen (WA-2), Rep. Barbara Lee (CA-12), Rep. McMorris Rodgers (WA-5), Rep. Moolenaar (MI-2), Rep. Newhouse (WA-4), Rep. Gluesenkamp Perez (WA-3), Rep. Ryan (NY-18), Rep. Slotkin (MI-7), Rep. Stefanik (NY-21), Rep. Takano (CA-39), and Rep. Mike Thompson (CA-4).

FOCUS

CONTINUED FROM PAGE B1

Washington State Tree Fruit Research Commission. He gave a presentation entitled “Bi-annual Bearing 101.” Bi-annual bearing refers to trees that have irregular crop loads from season to season. When the branches have excess weight, it causes them to break. Schmidt, who has a pear orchard himself in Dryden, said he noticed on the drive to Chelan trees like his that have leaves that didn’t fall off. He said that this is bad since orchardists want those new buds to become flowers for the next season. He discussed the purpose of alterations as having a balance between roots,

fruits and shoots.

After lunch which was provided by Future Farmers of America, Rob Curtis, of WSU entomology, gave a pre-recorded talk about codling moth management.

After Curtis’ talk, the focus of the meeting shifted to labor efficiency and technology for increased profitability in the final three presentations. Lav Knot, of WSU Biological Systems engineering, spoke about tools to monitor crop water use. This included ground and aerial systems imager and ground truthing, which involves direct observation or measurement of the soil. Closing the meeting were Bernardita Sallato and Karen Lewis, both of WSU extension. Sallato spoke about soil

mapping and testing methods while Lewis presented on de-leafers for high color fruit.

Also throughout the day, different companies providing services for farmers and orchardists sat at booths in the Chelan High School commons to offer help and consultation.

DuPont mentioned how vital the orchard industry is to the region. Events like the Lake Chelan Horticulture Meeting are vital in providing quality produce for others to enjoy.

“Orchardists provide healthy food for our communities,” DuPont said. “Orchardists rely on new information for their pest management and horticulture to be profitable and productive.”



Matthew Ockinga/NCW Media

A representative from ProLine Products, a New Zealand-based company which makes equipment for orchardists including protective netting, and net applicator machinery, discusses a product at the Lake Chelan Horticulture Meeting on Jan. 21.

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Advertising of drugs and supplements

Avid football fans and advertisers look forward to the Super Bowl football game, held every year in February. This weekend, the American Football Conference's Kansas City Chiefs square off against the National Football Conference's Philadelphia Eagles at State Farm Stadium in Glendale, Arizona on February 12, 2023.

With over 99 million U.S. viewers last year, the Super Bowl is one of the most expensive venues for advertising. This televised event attracts new commercials featuring cars, trucks, insurance, and beer, as well as advertisements for prescription and non-prescription medicines.

With sales of dietary supplements topping \$12 billion dollars in 2021, food supplements are big business. Who knows? We may even see an herbal supplement advertised during the Super Bowl.

Compared with non-prescription and prescription drugs, food supplement advertising



and labeling has different rules. Allowing advertising medications to consumers is called DTC (direct to consumer) advertising.

The Food and Drug Administration (FDA) controls the advertising rules for prescription medicines. The Federal Trade Commission (FTC) is responsible for the advertising of non-prescription (over the counter or OTC) drugs and dietary supplements. These two federal agencies have separate responsibilities for OTC medications and herbal supplements: the FDA oversees their labeling while the FTC makes the rules governing how they are marketed to the consumer.

The FDA is tasked with making sure promotion of prescription drugs is truthful, balanced, and accurately communicated to doctors, pharmacists, and consumers. In contrast, the advertising of OTC

medicines and dietary supplements regulated by the FTC has far fewer restrictions.

Direct to consumer (DTC) advertising of medications is controversial. Its supporters believe it encourages people to talk to their physician about health concerns. DTC advertising can also help remove the stigma of a disease or condition such as depression or erectile dysfunction.

Opponents of DTC advertising fear it encourages use of drugs for conditions with non-drug options or less expensive treatments available.

Dietary supplements contain a "dietary ingredient" intended to supplement your diet. It can include vitamins, minerals, enzymes, herbs and botanical compounds, even live microbes, or probiotics. If a dietary supplement represents itself as treating, curing, or preventing a disease, it is considered a drug.

Before they can sell a single dose, manufacturers of prescription and non-

prescription medications must spend money up front to collect proof that their product is reasonably effective and safe, then submit the evidence to the FDA for approval.

Herbal and dietary supplements are treated as foods under FDA rules. Although they don't have to provide any proof to the FDA that their product is safe and effective, they are responsible for ensuring their product contains what its label says it does.

Although the FDA is limited to post marketing enforcement, it can prosecute manufacturers of foods and dietary supplements if they find evidence of either misbranding or adulteration. Misbranding is selling a product that contains ingredients other than the ones on the label. Adulteration is selling foods or dietary supplements with one of the main ingredients spoiled or removed. These transgressions are called food fraud.

Some examples of food fraud include adding corn

syrup to honey or maple syrup, then labeling it and selling it as 100% pure, and diluting olive oil with inferior oils and selling it labeled as pure olive oil. The FDA has uncovered spices with miscellaneous non-spice plant material added, and spices colored with dyes containing lead in an attempt to make the spice appear fresher.

In addition to being required to label their products accurately, if a manufacturer claims particular benefits from a dietary supplement, they must also include two specific statements as a disclaimer: "This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."

Direct to consumer (DTC) advertising of medications is controversial. Those who support marketing medicines directly to consumers state that it's helpful because it encourages people to talk to their physician about a health concern they may

have. DTC advertising can also help remove the stigma of a particular disease or condition, such as depression or erectile dysfunction.

Opponents of DTC advertising believe it promotes increased use or overuse of drugs for conditions that have non-drug treatments or less expensive treatments available. They also fear that not enough attention is paid to risks of new medicines, like serious side effects. Marketers want their product presented in the best possible light, and false or misleading claims can slip in. Who knows? Maybe we'll see an advertisement for a dietary supplement during this year's Super Bowl.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Get clear answers to your medication questions at her website and blog *TheMedicationInsider.com*. ©2023 Louise Achey

DOH, CDC encourage residents to stop using EzriCare Artificial Tears - linked to antibiotic-resistant infections

SUBMITTED BY WASHINGTON DEPT. OF HEALTH

OLYMPIA – Washington State's Department of Health (DOH) and the Centers for Disease Control and Prevention (CDC) are investigating a cluster of antibiotic-resistant infections that may be linked to EzriCare Artificial Tears.

The infections have been caused by a variant of *Pseudomonas aeruginosa*, a bacterium that is commonly found in water and soil and can infect the eyes, lungs, and blood. *Pseudomonas* infections are most commonly seen in hospital settings, particularly among people with weakened immune systems.

Epidemiologists have identified 50 cases of *Pseudomonas* infections in 11 states since May 2022. The infections have caused hospitalizations, vision loss, and the death of one patient from a blood infection. One of the identified cases is from Washington state.

The public is urged to stop using EzriCare Artificial Tears

until further notice, and to contact their medical provider if they have concerns. Symptoms of an eye infection include pain, swelling, discharge, redness, blurry vision, sensitivity to light and the feeling of a foreign object in the eye.

For more information about *Pseudomonas*, visit the CDC website.

How to donate blood

SUBMITTED BY THE AMERICAN RED CROSS

NCW- Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by

state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/ RapidPass or use the Blood Donor App.

Amplify your impact – volunteer
Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit redcross.org/volunteertoday.

Cross:
The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

The Contract
Unveiling the healing power of forgiveness
A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Marquez 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.
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.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple Book.
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. Sales tax applies and if you request 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

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Interstate 90
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CROSSWORD PUZZLE

THEME: Kings and Queens

ACROSS

- Outback birds
- Pilgrimage to Mecca
- Well, to Sofia Loren
- Impose a tax
- Malicious burning
- ___ over
- Radiant light
- Ran easily
- "The King of Staten Island" star Pete
- Goyim, alt. sp.
- Mork from Ork, e.g.
- Common furniture wood
- "Der Ring des Nibelungen" composer
- Petroleum product (2 words)
- Shakespearean fuss
- Loan shark
- Village People hit
- City in France
- Street, in Paris
- Show in progress (2 words)
- Tiny purse
- Was almost out of gas, e.g. (2 words)
- "First H in HRH
- Type of bag
- Unguarded
- Brick and mortar carrier
- Resize a dress, e.g.
- "For ___ the Bell Tolls"
- "Netflix royal drama (2 words)
- Bridal veil fabric
- One who hoes
- Not far
- Orderly arrangement
- Drunkard, slangily
- Star
- Country club pegs
- Drivers' licenses, e.g.
- "2019 movie "Queen & ___"

DOWN

- Not Moose or Shriner
- Fitting reward
- Forest spirit
- Gingerbread sculpture
- Kitchen garb
- "Billie ___ King
- "Queens neighbor
- ESPN trophy
- Denials
- December 31st, e.g.
- Lowest points
- Plural of alga
- Intestinal obstruction
- Opposite of their
- "Prince Charles' domain
- Temples' innermost sanctuaries
- Not stay in (2 words)
- Perceive by touch
- "The NBA's Kansas City-___ Kings (1972-75)
- More unfriendly
- "Late "Live" King of CNN
- Russia's mountain range
- Seek a seat
- "The last "king" of Russia
- Proprietor
- "The ___ Queen, regal chess character in "Through the Looking Glass"
- Public disapproval
- Cozy and comfortable
- Two of these do not make a right
- Near the wind
- Potato soup partner, pl.
- "She ___ a Yellow Ribbon"
- Add to payroll
- Native of Thailand
- Lash mark
- Member of National Socialist German Workers' Party
- Giant pot
- "Shiny Happy People" band

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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.