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Cover: A hiker enjoys the scenic Many Glacier area of Glacier National Park in northwestern Montana. Photo by Galyna Andrushko / Shutterstock.com.

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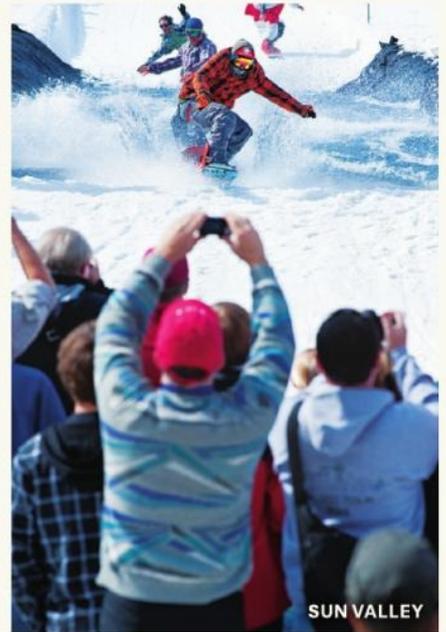


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Brad Tilden, Chief Executive Officer

## Meet Our New Chef

If you're traveling on one of our flights out of Seattle with a duration of more than 2.5 hours this month, chances are that you'll be offered a bowl of smoky brisket chili—tender chunks of brisket in an ancho chile–tomato sauce, topped with melted cheddar and a charred pepper, and served over a baked Yukon Gold potato. I hope you try it. We're very excited to announce a new partnership with Seattle chef and restaurateur Tom Douglas to regularly feature signature items. In addition to the smoky brisket chili, you'll see dishes such as red miso ginger chicken. (My mouth is starting to water.)

Tom and I recently sat down over a beer at the Palace Kitchen, and here's a little bit of what I learned about him. He was born in Cleveland, but grew up in Delaware with seven brothers and sisters. In 1977, at the tender age of 19, he set out to see the world in a white-with-sky-blue-interior Chevy Bel Air station wagon and \$450 in his pocket: \$300 of his own and \$150 that was a gift from his dad. He could travel until the money ran out—which it did right here in Seattle, Washington. He got a line-cook job at Benjamin's in Bellevue (one of the early Schwartz Brothers restaurants), and the rest, as they say, is history.

Accompanied by his wife and business partner, Jackie Cross, Tom opened his first restaurant, the Dahlia Lounge, in 1989. Today, Tom and Jackie operate 19 separate businesses, 11 of which are full-service restaurants, including Etta's (named after their daughter, Loretta), Lola, Trattoria Cuoco, Brave Horse Tavern and Serious Pie. As if that weren't enough, they run a cooking school (the Hot Stove Society) in Seattle, and a farm in Prosser, Washington, where they grow many of their own vegetables. They also produce the world's leading salmon rub, Rub with Love.

Clearly, Tom is one of Seattle's finest. He's been recognized for

his culinary skills many times—receiving three James Beard awards (one for Best Chef: Northwest, one for Outstanding Restaurateur, and one for Americana for his cookbook *Tom Douglas' Seattle Kitchen*), and he even defeated Japanese chef Masaharu Morimoto on *Iron Chef America*. Chef skills aside, Tom's also an incredible human being whose love for his family shows. He lit up when daughter Loretta stopped by our table. She's working at his restaurant at night, and studying law at the University of Washington by day.



Brad Tilden (left) and Tom Douglas, outside Seattle's Palace Kitchen, discuss food, flying and road-tripping in a Bel Air station wagon.

One of the things I found most interesting about Tom is that while he gets a lot of joy out of serving delicious food to his guests, he also revels in the challenge of running a successful group of businesses. He's clearly proud of his 1,000 employees, most of whom work within 10 blocks of his Fifth Avenue office in Seattle.

I hope you enjoy our new signature Tom Douglas entrées. Lisa Luchau and her team in our Onboard Food and Beverage department have been working hard to bring the new entrées to you, in addition to many other enhance-

ments to our inflight-food offerings over the last couple of years, such as our fruit-and-cheese trays (with Beecher's and Tillamook cheeses), Starbucks coffee, Alaskan Amber beer and, for customers in First Class, Chateau Ste. Michelle wines.

If you're visiting Seattle and haven't tried Tom's restaurants yet, I highly recommend them. You won't be disappointed.

Bon appétit, and thanks for flying with us today.

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Photos: Gerald Pope

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## DISCOVERING OPTIMAL HEALTH

Jim and Bonnie wanted to enjoy life to the fullest in their 60s. Although already savvy about health and fitness, they wanted to increase their optimal health and energy.

As Jim got older, two things became more important to him. He not only wanted to live longer. He also wanted to have the energy and vitality to lead an active life, and he wanted to find a doctor who would be a proactive partner in monitoring his overall health on an on-going basis.

Bonnie always had a desire to stay healthy, exercise, and eat well. In spite of this healthy lifestyle, as she went through menopause, it became more difficult to lose weight. After running some tests, her primary care doctor told her that her metabolism was incredibly slow and not much could be done. She became depressed thinking that this was just part of the aging process. But she didn't want to believe that this is how it had to be.

After attending the Anti-Aging introductory seminar, both Bonnie and Jim were encouraged by what Dr. Upton had to say. "Finally someone was telling us that although we were aging, we could still be fully active and enjoy life," says Bonnie.

"The program establishes a baseline we can adjust over time to make any changes necessary to maintain peak health," says Jim. "Dr. Upton is always receptive and insightful, making any changes cautiously. He took a genuine interest in my health. The hormone optimization and supplement recommendations have made a real difference in my energy levels and vitality. The Anti-Aging program also offers the services of sister departments at the club, and I've taken advantage of the personal training, dietitian advice, podiatry, dermatology, and Pilates."

"Taking a proactive approach through the Anti-Aging program was so refreshing," says Bonnie. "It was clear from the start that everyone involved was completely vested in our well-being. The increased energy, weight loss, drop in cholesterol, younger looking skin, and more tells me that you can feel good while you age. I feel like my body is operating at an optimal level. As each new year approaches, I find myself wanting to take full advantage of all the joys each and every day brings."

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TACOMA, WA

## Acclaimed works of Western art

Tacoma Art Museum's new wing features works from 1797 to the present



Works by 140 notable artists—including Thomas Moran, Albert Bierstadt, Georgia O’Keeffe, Frederic Remington, Charles M. Russell, Charles Bird King, Kevin Red Star and Gilbert Stuart (famous for his circa 1797 *Portrait of George Washington*)—are on display in the Tacoma Art Museum’s new 16,000-square-foot wing, which opened in mid-November. The new wing, which doubles the Puget Sound-area museum’s gallery space, will feature a rotating display of about 130 masterworks—many on public view for the first time—from the 295-piece Haub Family Collection of Western American art, which has been gifted to the museum ([tacomaartmuseum.org](http://tacomaartmuseum.org)).

TOP: CHARLES BIRD KING'S 1826 OIL PAINTING WANATA (THE CHARGER); BOTTOM: CHARLES M. RUSSELL'S EARLY 1900S BRONZE SCULPTURE A BRONC TWISTER

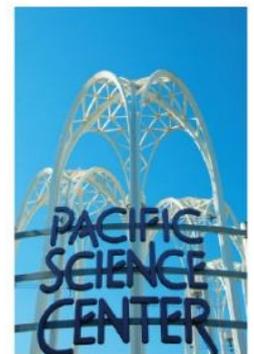
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▲ “Live On: Mr.’s Japanese Neo-Pop,” Asian Art Museum, through April 5, Seattle, [seattleartmuseum.org](http://seattleartmuseum.org).

“Nick Mount: The Fabric of Work—Sculptural Glass from a Master of Australian Craft,” Bellevue Arts Museum, through Feb. 1, Bellevue, [bellevuearts.org](http://bellevuearts.org).



▲ “Memory: Past Meets Present,” Pacific Science Center, through Feb. 16, Seattle, [pacificscience-center.org](http://pacificscience-center.org).

# I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

**Mr. Charles Shadel** of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voeghtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

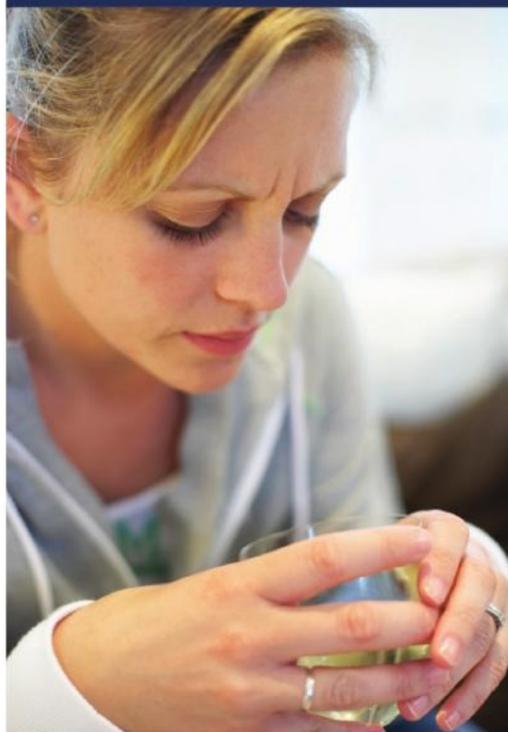
**First**, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)

**Second**, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

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VICTORIA, BC

## Holiday season at The Butchart Gardens

Lighted displays, foliage and festivities



THE BUTCHART GARDENS LTD.

View plants such as dainty snowdrops and lush heliobores, along with “12 Days of Christmas” lighted displays, during the holiday season at The Butchart Gardens. From Dec. 1 through Jan. 6, you can also enjoy outdoor ice-skating (along with skating performances on select afternoons), plus nightly music by carolers and members of a festive brass band, all in early 19th century costumes.

The **Rose Carousel**, known for its 30 hand-carved animals, is open year-round. So is the Living Fossils Walk, via which you can see ancient tree species, such as *Cathaya argyrophylla* and *Metasequoia glyptostroboides*, both thought to exist only as fossils until living trees

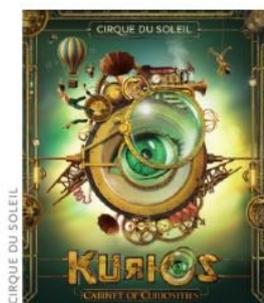
were discovered in Asia in the mid-20th century, according to The Butchart Gardens.

From Jan. 15–March 15, you can experience the beauty and fragrance of flowers in the indoor **Spring Prelude Garden**, and view historical displays in the original Butchart Family Residence.

This spring, 55-acre Butchart Gardens will celebrate its 110th year.

Contact: 866-652-4422; butchartgardens.com. —M. Dill

**Did you know?** The Gardens, about 15 miles north of Victoria, BC, were begun when Jennie Butchart decided to beautify the no-longer-used limestone quarry her husband, Robert, had dug to supply his cement plant.



▲ The new **Cirque du Soleil** show **Kurios—Cabinet of Curiosities** will be presented Jan. 29–March 22 in the Seattle area. The show lets audience members “step into the curio cabinet of an ambitious inventor who defies the laws of time, space and dimension in order to reinvent everything around him.” **Special offers for the Seattle show are available for Alaska Airlines Visa Signature Cardholders** (cirquedusoleil.com).

Wine Road Northern Sonoma County will celebrate its annual **Winter Wineland**



event, Jan. 17–18, with tastings of limited-production wines and new releases, along with food pairings at some wineries (wineroad.com).

▲ The **Farmers Insurance Open PGA Tour event** will take place Feb. 5–8 at the Torrey Pines Golf Course in San Diego. The



tournament attracts top golfers such as 2013 winner Tiger Woods and 2014 winner Scott Stallings. **Alaska Airlines is offering related air-travel discounts** (farmersinsuranceopen.com).

The **30th-annual Race to the Sky sled dog competition** will be held Feb. 13–17 near Helena, MT (racetothsky.org).

LAKE TAHOE AREA

## Made with Altitude

Fine dining combines with high elevation during this year’s **Tahoe South Restaurant Week**, whose theme is “Made with Altitude.” Approximately 25 to 30 restaurants will be offering various specials, Jan. 9–16.



A number of Tahoe-area ski resorts also are offering discounts in January, which is Learn to Ski & Snowboard Month across the country, with special “learn to” programs at more than 300 resorts in 34 states.

In addition to fine dining and great skiing, visitors to the Reno/Tahoe region can enjoy shopping, concerts, casinos, spas, nightlife, snowshoeing, snowmobiling, ice-skating, sledding and sleigh rides. Contact: 800-288-2463; tahoesouth.com/restaurantweek. —Anna Harmon

huevos grande  
3:12pm



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accessible slopes in California at a staggering 11,053 feet up the lava dome. Size isn't everything at Mammoth, however, as its terrain parks are consistently ranked among the best in the world. The top competitors agree, which is why it will continue to be the Official Training Grounds for the US Snowboarding and Freeskiing teams through 2019.

## PLAY OUTSIDE THE BOX



Adventure comes in all shapes and sizes at Mammoth Lakes. Visitors can continue a rich Mammoth Lakes tradition with dogsled trips through the Inyo National Forest, mushing their way to unbelievable views of

10,000 to 13,000-foot peaks. If you'd rather let gravity lead the way, head to Woolly's Tube Park. Grab a tube and hit the groomed mountain tracks for a unique and family-friendly way to enjoy the snow. There's not even any climbing, as lifts will carry you back up to the top! Choose one of these adventures and you'll be sent home with a winter vacation story that will set the bar high.

## DISCOVERING ALPINE AWE



Over 80 miles of groomed track loop around and through Mammoth Lakes and lead the way for adventurers on snowshoes and cross-country skis. There are also another 75,000 acres of open terrain to

be explored to the east. Head to the Tamarack Cross Country Ski Center for a breathtaking 19 miles of track through the Mammoth Lakes Basin, where you'll discover views of five alpine lakes and iconic mountain vistas like the Mammoth Crest and Crystal Crag. If you'd like to dive deeper into the mysteries of the mountain forest you can join a full moon or naturalist tour by cross-country skis or snowshoe.

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An unreal winter has never been closer. Fly directly into Mammoth Yosemite Airport and find yourself seven miles from town and the beginning of your

Mammoth Lakes adventure. More importantly for many, it means you're only 15 minutes away from skiing and snowboarding the unbelievable slopes of Mammoth Mountain. Direct flight routes to Mammoth Lakes with Alaska Airlines are now available from Los Angeles, San Diego and Las Vegas.

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YOSEMITE NATIONAL PARK, CA

## Demonstrations and dining at The Ahwahnee

Prominent chefs will be guest presenters



DELAWARE NORTH AT YOSEMITE

Distinguished San Francisco Bay-area chefs Peter Armellino and Ron Siegel will be among the culinary experts participating in the **30th Annual Chefs' Holidays series** at the historic Ahwahnee hotel in Yosemite National Park. Armellino is with the Plumed Horse. Siegel is with Michael Mina restaurant.

The series will feature eight three- or four-day sessions taking place on select dates starting

Jan. 11. Each session will include three cooking demonstrations and tastings, plus a gala dinner prepared by that session's headlining chef or chefs.

**The Ahwahnee, built in the 1920s and known for its stunning architecture, is a National Historic Landmark.** It is located near famous Yosemite Valley-area sites such as Half Dome and Glacier Point. Guided tours of the hotel are available year-round.

Contact: 801-559-4884; [yosemitepark.com/chefs-holidays.aspx](http://yosemitepark.com/chefs-holidays.aspx). —Kyle Jensen

**Fun fact:** More than 5,000 tons of stone, 1,000 tons of steel and 30,000 feet of timber were hauled over challenging mountain roads for construction of The Ahwahnee, according to [yosemitepark.com/ahwahnee-history.aspx](http://yosemitepark.com/ahwahnee-history.aspx).

MAMMOTH LAKES, CA

## Cali4nia Pass

Mammoth Mountain Ski Area and Big Bear Mountain Resorts are offering a new Cali4nia-Pass ([cali4niapass.com](http://cali4niapass.com)),



4 mountains  
5,888 skiable acres  
240 named trails

providing unrestricted season-long access to Mammoth Mountain and June Mountain, in the Eastern Sierra, and to Bear Mountain and Snow Summit, in the San Bernardino National Forest.

Mammoth Mountain Ski Area has entered into an agreement to acquire Big Bear Mountain Resorts.

**Alaska Airlines** provides year-round service to Mammoth Lakes, gateway to Mammoth Mountain and June Mountain, including **new nonstop seasonal flights between Las Vegas and Mammoth Lakes** on Mondays and Thursdays, starting Jan. 15. The airline also serves many Southern California cities that are gateways to Bear Mountain and Snow Summit. —M. Dill

SUN VALLEY, ID

Photographer Ethan Russell, famous for shooting album covers for **The Beatles, The Rolling Stones and The Who**, will speak and present a slide show on Jan. 22 during the "Under the Influence of Rock & Roll" multimedia event, taking place on various dates through Jan. 30 in the Sun Valley area. The event will also include art exhibitions, concerts, play readings, workshops, and a family day on Jan. 24 ([sunvalleycenter.org](http://sunvalleycenter.org)).

ELKO, NV

Vaqueros from Baja, Mexico, will be featured at this year's **National Cowboy Poetry Gathering**, Jan. 26-31 at the Western Folklife Center in Elko, between Reno and Salt Lake City ([westernfolklife.org](http://westernfolklife.org)).



WESTERN FOLKLIFE CENTER



talked about

AROUND MONTANA

Ten new breweries have opened in the last year in Montana, which now ranks third in breweries per capita, with more than 50 breweries offering craft beer for approximately a million residents, according to the Montana Office of Tourism, which has posted an online **Montana's Ale Trails map** ([visitmt.com/montana-ale](http://visitmt.com/montana-ale)).

MEDFORD, OR, AND ANCHORAGE, AK

The National Parks Conservation Association is listing **Oregon Caves National Monument** ([nps.gov/orca](http://nps.gov/orca); Medford air gateway) and **Lake Clark National Park & Preserve** ([nps.gov/lack](http://nps.gov/lack); Anchorage air gateway) as two of the "10 Hidden Gems of the National Park System" ([npca.org](http://npca.org)).



# A mill for a new century.

When Francis Luerssen III took over as facility technician at the Flour Mill, the 120-year-old brick building was something of a time capsule. Inside was a mishmash of machinery, old and new, cobbled together since renovations began to make it a retail space for multiple tenants about the time of the world's fair in 1974. Air conditioning units had been jammed in windows, and some were run all winter long. Machine timers were simply broken. Components of the HVAC system hadn't been touched in 30 years.

Luerssen found himself in the middle of it all, and he was prepared to take the aging facility into the 21st century—with some collaborative help from Avista. He had his work cut out for him. But as an ex-Navy man, he was used to getting things in shipshape condition.

Over time, he swapped out traditional lighting for LED and compact fluorescent bulbs, upgrading to T8 lamps and electronic ballasts in the

common areas. He mounted light sensors and timers outside and in the restrooms. Plus he installed insulation, included sealing walls penetrated by pipes with expanding foam and fastening weather stripping to all the entrances.

Luerssen's primary focus, however, was the aging HVAC system. He had to loosen valves and repair damper actuators that were stuck open or closed. He rebuilt steam traps,

Pictured above:  
Francis Luerssen III  
Facility technician  
The Flour Mill  
(Pictured with Avista Commercial / Industrial  
Engineer Bryce Eschenbacher, on left.)

some of which appeared to be of original vintage. And he fixed all the machinery timers, many of which had motor controllers set to hand operation vs. auto or had start-stop pins missing from their timer wheels.



Improved traps no longer let steam escape.

When he correctly aligned all the belt-driven machinery, it paid off with a drop in load.

But the biggest energy improvement with the HVAC system came from incorporating an Alerton(R) direct digital control system (DDC). Installed by ATS Inland Northwest of Spokane, the DDC was a \$20,000 investment.

"[The DDC] really helped everything," Luerssen says. "It gives you a lot of control. It also lets me see a problem from a remote computer."

In place of handset thermostats, the building is now ruled by an always-thinking, always-monitoring digital brain. The DDC system governs when boilers, pumps and chillers turn on and off. Plus, it regulates hot water temperature between floors. This keeps the easily melted goods of the Chocolate Apothecary at a cool 70 degrees while shoppers in the Kitchen Engine enjoy a comfortable 73 degrees.

The amount of control the DDC allowed was extraordinary but Luerssen asked for more. He upgraded to control the hot water circulating pumps so they would turn off based on temperature, not boiler pressure. Now the DDC raises the boiler water temperature as it gets colder outside instead of running at full temperature all the time.

## "It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it."

Another encouraging aspect of the DDC upgrade is the lengthened lifespans of the building's machinery. Fans running 24 hours a day before are now on just half the time. And the boiler, which used to run nine hours a day in winter, runs just four and a half thanks to the DDC controlling the boiler's two separate fan coils.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it," he says.

Electrical upgrades have also made a difference, and much of it came down to simply changing light bulbs. 175-watt metal halides were changed out to 26-watt LEDs. LED lights were also installed in the parking lot.

"It's a better light quality, it's instantaneous and I'm never going



The Alerton® direct digital control system.

to have to mess with it again. Those have like 35,000 light-hours," says Luerssen. "The amount of energy they saved us is fantastic."

It's costly to upgrade a building. But for many of his upgrades, Luerssen was able to take advantage of rebates from Avista. And the added efficiency should make everything worthwhile.

Luerssen estimates the boiler upgrades alone will result in

significant savings. The Flour Mill's natural gas costs were reduced by 50 percent. Electrical costs were also cut by ten percent, while adding more load to the system. In the end, these savings can be passed on to tenants by the building's property manager, Kiemle and Hagood.

With help from Avista, Luerssen has transformed a leaky old building



The boiler upgrades alone will result in significant savings.

cobbled together over the years into a 21st-century facility — the envy of any building owner looking to save some money on energy bills. He says any company can do the same.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have seen increased productivity and safety and lowered maintenance costs. Avista thinks it's energy well spent.

(For more, visit [avistautilities.com/bizrebates](http://avistautilities.com/bizrebates))

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# Collaborative Philanthropy

People join hands  
in grassroots efforts  
to make a difference

By Michelle Martin

**B**arry Lopez looks out at the McKenzie River nearly every day. His home—which he moved into 44 years ago after relocating to Oregon from the Midwest—sits on a riverbank site about 40 miles northeast of Eugene. He can point out an osprey nest; observe subtle color changes such as aqua tints in the water related to spring snowmelt or other factors; and tell if Chinook salmon have returned, based on the splashing and burbling sounds of their tail fins in the current.

The 90-mile McKenzie River originates at Clear Lake in the mountains of the Willamette National Forest and flows west before joining the Willamette River about five miles north of Eugene. Lopez—an essayist and the author of numerous books, with honors such as the 1986 National Book Award in nonfiction, for *Arctic Dreams*—says that sometimes during the summer, when the water level is just 3 feet, he tosses a notebook and pen into a waterproof bag and wades out to a boulder in the middle of the 350-foot-wide river, to work in the sun. Other times he dons scuba gear and nestles into the gravel under an eddy to watch the underwater world.

Lopez is a strong supporter of the McKenzie River Trust, a land trust that manages and conserves about 4,000 acres,

either through ownership or conservation easements, and that is working to protect the river's watershed in perpetuity. The trust began 25 years ago when several people united in their vision to safeguard the river.

Bob Doppelt, then executive director of what is now the Portland-based Pacific Rivers Council, which works to protect western U.S. rivers, conceived the idea and found there was enough interest locally to start the trust. Eleven people were invited to be on the original board. They ranged from a former U.S. Forest Service administrator to an information-technology expert, from an artist to an aquatic biologist. Additionally, the board maintained an advisory panel of 15 to 20

experts it could consult, while others, such as Lopez, also offered input and financial support.

The success of the grassroots undertaking illustrates the power that everyday people from various backgrounds can have when they join forces. Most people have limited time and resources, yet they still wish to make a difference in the world. One of the ways they maximize their impact is to connect with others who feel the same way.

The McKenzie River Trust, The Greater Seattle Bureau of Fearless Ideas youth-mentoring center, and the Idaho-based Care Convoy emergency-equipment-donation organization are three examples of nonprofit groups that started with an idea and developed into significant philanthropic endeavors thanks to the synergy of dedicated individuals coming together.

## McKenzie River Trust

The McKenzie River is a treasured waterway for many rea-

**"Some people assume it's the distance from heavily developed land that keeps me in this area," says Barry Lopez, one of the nation's premier nature writers. "But the thing that keeps me here is that river. It's my anchor."**



TIM GRAUDIER

sons. It provides clean drinking water for the city of Eugene and nearby Springfield (the official symbol of Springfield is the McKenzie drift boat, which was developed on the river), and is a popular destination for river rafting, fly-fishing, hiking and mountain biking, with water views along the 26.5-mile McKenzie River Trail. In addition, local breweries Ninkasi Brewing and Oakshire Brewing rely on high-quality water from the McKenzie River for their brews, and donate proceeds from special brews to the McKenzie River Trust ([mckenzie-river.org](http://mckenzie-river.org)).

Tom Bowerman, one of the co-founders of the trust and the president of the board for the first seven years, says all the board

members were volunteers, donating their time because of a desire to preserve a vital natural asset. It was a decade before any paid staff could be hired, he says.

People organizing the trust understood that a river system functions best if it "has room to move," he says. Constrained to fewer and more narrow channels, the water speeds up and becomes more of a flood hazard,

**Left and below: McKenzie River Trust volunteers help to restore and preserve the Green Island area.**



MARTY NEIL



*She makes me*

## SO NERVOUS

---

SHE'S 4 FEET TALL. 60 POUNDS.  
7 YEARS OLD. AND SHE PASSED ME  
LIKE I WAS STANDING STILL.  
3 TIMES THIS MORNING.

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*She makes me*

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and it can't carry and deposit gravel in the best way to purify the water and allow salmon to thrive. When the trust was formed in 1989, rivers in the Willamette Basin had been simplified to just 10 percent of the many braided channels mapped in the 1800s, Bowerman says. Factors such as dams, digging out gravel from riverbanks for road construction and putting in hard banks for erosion control had contributed to confining the water, he says.

In 1992 the trust procured its first conservation easement, a 20-acre piece of land. By 2003, the trust was able to purchase the first portion of what is now 1,100 protected acres on Green Island, the trust's flagship project, says trust Executive Director Joe Moll.

The island sits at the confluence of the McKenzie and Willamette rivers, just north of Eugene. The area is rich in biodiversity, including spring Chinook salmon, Oregon chub, western pond turtles and northern red-legged frogs. The property is also home to more than 100 bird species, including western meadowlarks, pileated woodpeckers, black phoebes and great blue herons.

The trust purchased the land from a family that

**Tom Bowerman recalls that at first it was hard for the new organization to establish credibility with landowners and convince them that if they donated or sold their land to the trust, or provided an easement, the non-profit would be around long term to make sure the land remained undeveloped. "We were approaching people who'd had land in their families for three or more generations," he says. "You have to show that you're solid."**

had farmed it for more than 70 years and wished to have it preserved and protected, Moll says. The organization has since removed levees to allow the river to move across the landscape, and has been restoring the land with native plants. It converted more than 400 acres from agriculture fields back to floodplain forest, grasslands or riparian habitat, he says.

Last winter and spring, about 100 people—among the trust's 760 members and/or volunteers—planted trees and shrubs on a portion of the island along the Willamette River. These plants help stabilize disturbed ground, prevent erosion, lock moisture into the soil, and provide a place for animals to hide and forage.

"Rivers are the arteries of our world body, of our natural system," Bowerman says. "It's essential to protect them."

## The Greater Seattle Bureau of Fearless Ideas

At the Greenwood Space Travel Supply Co. store in the Greenwood neighborhood north of downtown Seattle, a secret door leads to a hidden room. If you happen to be there at the right time, you may see children slip behind that door—paying little heed to

## Washington Women's Foundation

Over the next year, the Washington Women's Foundation ([wawomensfoundation.org](http://wawomensfoundation.org)) will be celebrating its 20th anniversary. It was founded in late 1995 by Colleen Willoughby and four other women, to leverage women's growing capacity to become more knowledgeable and effective donors. The concept attracted 100 Seattle-area women as founding members, and the foundation awarded its first pooled grant, of \$100,000, in 1996 to Mothers Against Violence in America.

Since that auspicious beginning, foundation members have granted more than \$14 million to thousands of nonprofit organizations. Now, with more than 500 members, the foundation annually awards five grants, of \$100,000 each, in the categories of Arts and Culture, Education, Environment, Health, and Human Services. This year's grantees were the following:

- **Shunpike**, which provides independent arts groups in Washington with the services, resources and opportunities to forge paths to sustainable success.
- **The Martinez Foundation**, which works to improve teacher diversity and the retention of teachers of color in Washington.
- **Conservation Northwest**, which protects and connects old-growth forests and other wild areas stretching from the Washington coast to the B.C. Rockies.
- **Open Arms Perinatal Services**, which provides community-based support for low-income new mothers throughout pregnancy, birth and the postpartum time period.
- **Community Youth Services**, which offers programs to help



young people become successful adult members of society.

Foundation grants support critical needs, innovative bold ventures and new solutions to timeworn problems, Willoughby says. The foundation prides itself on its rigorous analysis of grant applications and says that receiving a WWF award may have the added benefit of bringing the nonprofit to the attention of other individuals and granting organizations. The foundation also provides International, Diversity, and Emerging Issues "Partner Grants" with other local organizations, as well as helping in times of emergency via special response grants.

Willoughby says her interest in women's leadership inspired her to start the foundation. "For a long time, women were not being asked to be serious philanthropists. They were certainly loyal donors to churches, schools, etc., but they hadn't been tapped for larger investments. We have changed the paradigm—to show women, and others, that women are capable of being sophisticated philanthropists. We lead not just by the dollars we give, but by the dollars we influence others to give."

Any interested woman can join the foundation, she adds. "We've demystified philanthropy: You don't have to be Bill Gates. We can all contribute to make a collective difference." —MM



Colleen Willoughby.



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During this holiday season, all of the principals at Patterson Buchanan hope that your travels are smooth and that you are blessed, as are we, with wonderful people to surround you. We wish you prosperity and hope, now and in the coming year.



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the signs: “Warning: Safety trials in progress”; “Absolutely, positively no admittance without protective gear”; and “Incoming aliens and Earth natives must register at front desk.”

The store is the public face of The Greater Seattle Bureau of Fearless Ideas, previously known as 826 Seattle, a fun, quirky place of imaginative play and serious work. All proceeds from the store support this writing and tutoring center, which helps about 3,000 kids a year. The youngsters complete homework, write and publish stories, and take virtual trips to Mars, all with the help of hundreds of volunteers who work one-on-one or in small groups with the children. And all of this is free for kids ages 6 to 18.

In 2004, schoolteacher Teri Hein, now executive director of the Bureau of Fearless Ideas, had the idea to start a writing center. “In our culture,” she says, “the ability to communicate effectively in writing opens large doors.”

She contacted many people who had started their own organizations, and she peppered them with questions about how to be successful. She then teamed up with one of these experts—Sherry Prowda, who had started Seattle Arts & Lectures—to create the writing center. Prowda’s extensive knowledge of how to create

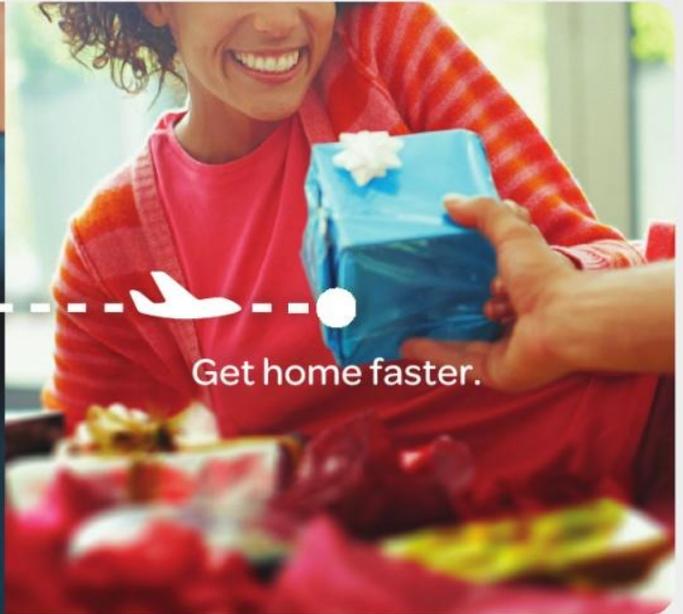
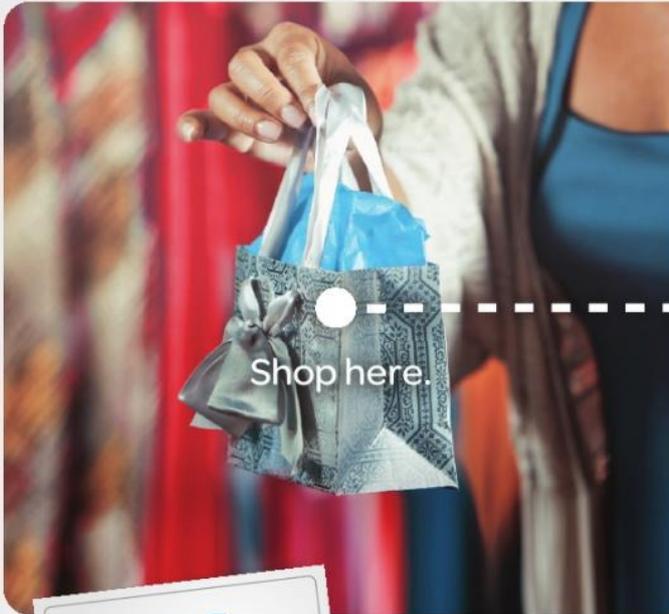


VICTORIA VANBRUNISSE

The Greater Seattle Bureau of Fearless Ideas is located in a hidden room, entered through a special door, at the Greenwood Space Travel Supply Co. store.



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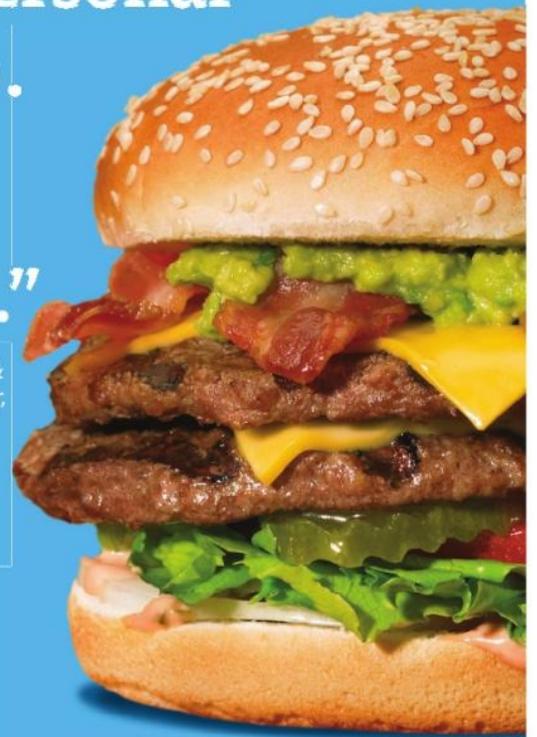


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a board and how to get the word out was crucial to launching the organization. “A project that helps empower kids to express themselves through words, to feel accomplished, to feel connected, to be engaged with learning, is a great thing,” says Prowda, “especially when it does all that with humor, affection and the utmost respect for kids.”

In 2005, the center became 826 Seattle when it was invited to become a chapter of 826 National, a program started at 826



Ben, a Bureau of Fearless Ideas tutor, helps students Edom (center) and Morgen perform a song the students wrote.

VICTORIA VANBRUNNISE

Valencia—an address in San Francisco’s Mission District—by author and philanthropist Dave Eggers and educator Nínive Calegari. The Seattle center—whose supporters include best-selling Northwest authors Tom Robbins and Sherman Alexie, both of whom have served on the board of directors—became independent again (reflected in its new The Greater Seattle Bureau of Fearless Ideas name) last month. Hein wants to expand its programs beyond writing instruction and tutoring to include all forms of communication—for example, radio, digital storytelling, plays and podcasts.

Hein speaks with joy about success stories, such as how the center supported a Greenwood-neighborhood eighth-grader named Meron. Her mother, who did not speak English, wasn’t able to help her with homework, and wanted her to go to the center, Hein says. “In 2007, Meron quickly became a fixture at 826 Seattle, coming four days a week for homework help, signing up for writing workshops, and becoming the first eighth-grader allowed on our youth advisory board, which is normally reserved for high-schoolers.”

When 826 Seattle won a National Arts and Humanities Youth Program Award in 2011, Meron accompanied Hein to the White House to accept the award from First Lady Michelle Obama. Meron is now thriving as a junior at Bryn Mawr College. While Hein says much of the credit for Meron’s success lies with Meron and her mother, the center’s broad, family-related approach helped the teen solidify her confidence in herself and in her leadership skills.

**The organization plans to open an additional space in the White Center neighborhood, south of Seattle, in January 2016.**

Another memorable student is Edom, now age 12, who emigrated from Eritrea with her mother four years ago. When Edom started coming to the Greenwood center in 2011, she barely spoke English, but her language skills slowly improved over time as she worked with tutors. Two years ago, she and her friend Morgen

*Continued on pg. 62*

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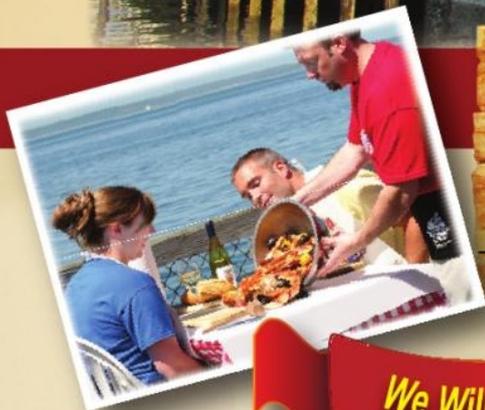


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Cover: The Chihuly Bridge of  
Glass in Tacoma, Washington.  
Photograph by Tim Thompson

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## THE WONDERS OF THE EVERGREEN STATE

By Candace Dempsey

**M**y husband and I decided to swap the East Coast for Seattle more than three decades ago, after we visited the Pacific Northwest and were enchanted by the view of Mount Rainier rising to the southeast of the Emerald City, along with the Olympic Mountains towering to the west and the Puget Sound lapping at the shoreline. For me, it was a homecoming of sorts. I grew up in the Eastern Washington city of Spokane, and my time away helped me appreciate this unique state all the more. Washington—celebrating 125 years of statehood in 2014—offers a diverse landscape that includes rolling farmland, mountain peaks, ocean beaches and majestic rivers just waiting to be explored.

### SEATTLE

When visiting the Emerald City, a good place to start is with the iconic Space Needle, located at Seattle Center, which has many attractions, including the EMP Museum and the Chihuly Garden and Glass museum—a showcase for many works and installations created by the famed glass artist Dale Chihuly.

From the Space Needle's observation deck 520 feet above the ground, you get a wondrous view of the Cascade Range, the Olympic Mountains, the city of Seattle and Puget Sound, a 100-mile-long inlet from the Pacific Ocean that has helped define the region's character.

Other must-see locations in Seattle include Pike Place Market, known for its fresh seafood, restaurants and local vendors selling everything from flowers to handmade jewelry; the Seattle Art Museum, which has a col-

lection of approximately 24,000 pieces of art, spanning a variety of cultures and eras; and the city's waterfront.

A walk south along the waterfront brings the delightful scents of seawater and smoked



provoking art and include Alexander Calder's 39-foot-tall **Eagle**, a soaring sculpture that is made of steel and is painted bright red; and **Echo** (at left) the latest addition to the park—a 46-foot-tall sculpture by Spanish artist Jaume Plensa.



**ABOVE:** Mount Rainier, which stands 14,410 feet high, is Washington's tallest peak.



**LEFT:** Bellevue is known for its many urban amenities, including shopping, dining and outdoor recreation.

**OPPOSITE PAGE:** The Seattle Great Wheel is a top waterfront attraction.

salmon as you pass various restaurants and shops. The renowned Seattle Aquarium is located on Pier 59, and a little farther south is one of the city's newest attractions, the Seattle Great Wheel, which stands 175

feet tall and offers another amazing view of the city and Puget Sound.

On the water itself you can see everything from large yachts and freighters to kayaks and sailboats. You can ride a Washington State ferry, take the *Victoria Clipper* to Canada, or tour Elliott Bay with Argosy Cruises. You may even spot orca whales, which are sometimes seen in the Sound.

### Artful Park

The 9-acre **Olympic Sculpture Park** on the north end of downtown Seattle's waterfront has developed into one of the city's great public places. First opened in January of 2007, the park offers lawns, wide paths and breathtaking views of Puget Sound and the Olympic Mountains. It also has a variety of art installations that are located throughout the park. The works offer an eclectic mix of thought-

### BELLEVUE

For more urban fun, travel on one of the floating bridges across Lake Washington to Bellevue, the state's fifth-largest city, where you can enjoy kayaking, cycling and hiking.

As home to The Bellevue Collection, the city is known as a top shopping location. Including Bellevue Square, Lincoln Square and Bellevue Place right



ALL PHOTOS ON THIS SPREAD: TIM THOMPSON

in the heart of the city, The Bellevue Collection offers more than 250 retail stores and boutiques, entertainment, movie theaters and more than 30 cafes and restaurants. While in Bellevue, you may also enjoy visiting

the Bellevue Arts Museum and The Shops at the Bravern.

### TACOMA

Located about 30 miles south of Seattle, Tacoma is another port city that is one of my favorite

places to explore. Located on Commencement Bay, Tacoma is close to such outdoor destinations as Mount Rainier and the Crystal Mountain Resort ski area. You can hike the 765-acre Point Defiance Park, scuba dive

at Titlow Beach, and kayak in the bay.

Tacoma's downtown offers a bevy of popular attractions, such as the Tacoma Art Museum; the Museum of Glass, which showcases glass works by many artists, including native son, Dale Chihuly; and the LeMay—America's Car Museum, which displays a rotating selection from the LeMay family's collection of more than 3,500 vintage vehicles.

### OTHER PUGET SOUND LOCATIONS

Across Puget Sound from Seattle and Tacoma is the lush Olympic Peninsula, where you can explore rain forests and historic lodges, and stroll the

### ONLY IN WASHINGTON

◆ **Cape Alava**, Washington, is the westernmost point in the contiguous 48 states. Next stop, Japan.

◆ Matt Parker and Joe Walker paddled the length of 55-mile-long **Lake Chelan** earlier this year in 12 hours, 30 minutes while on stand-up paddleboards. In 2011, Emily von Jentzen swam the length of Lake Chelan, one of the nation's deepest lakes, in 36 hours.



◆ **Spokane's 12K Lilac Bloomsday Run** is one of the world's most popular road races, attracting more than 40,000 participants in May each year. In 2014, Kenya's Allan Kiprono won the race with a time of 34 minutes, 11 seconds.

◆ **The Hanford Reach National Monument**, created in 2000 by President Bill Clinton, is located about 50 miles northwest of the Tri-Cities and is the last free-running stretch of the Columbia River in the U.S.

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coastal beaches. A great location for winter-storm watching is from the cliffs near La Push on the state's north coast. Another is on the Long Beach Peninsula, near the Oregon border.

Bellingham, located about 90 miles north of Seattle, is another center for adventure. The port city is home to Western Washington University and is known for its proximity to both Puget Sound and the Cascade Range. Bellingham Bay is popular for sailing, kayaking, scuba diving and just about any other water sport. About 50 miles east of the city is Mount Baker, a 10,781-foot peak where you'll find Mount Baker Ski Area, which averages more than 700 inches of snow each year.

## EAST OF THE MOUNTAINS

The Cascade Range, which runs from British Columbia to Northern California, divides Washington into two distinct regions: the rainy western side of the state and the dry eastern side of the state. In the Cascades, you will find a variety of ski resorts, including Stevens Pass on U.S. Highway 2, and The Summit at Snoqualmie, located along Interstate 90, about 50 miles east of Seattle.

On a flight over the Cascades to Eastern Washington, you will notice how the craggy peaks and the deep green of the mountain forestlands begin to change to grasslands, farmland and even semiarid desert. This region is also where the 1,243-mile-long Columbia River first enters



LEMAY MUSEUM

**ABOVE:** LeMay—America's Car Museum, in Tacoma, showcases a rotating collection of rare vehicles.

**RIGHT:** The Mount Baker Ski Area, in the North Cascades, averages more than 700 inches of snow annually.

**BELOW:** Eastern Washington has developed into one of the world's finest areas for growing wine grapes.



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Washington from Canada and flows through the state, carving deep gorges and magnificent basalt cliffs on its path to the Pacific Ocean.

## WINE COUNTRY

Eastern Washington's agricultural region has long been dominated by apples, wheat and potatoes. However, today it is probably best known as one of the nation's leading wine producers, and almost all of the state's wine grapes are grown in Eastern Washington.

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**Elk herds:** Large herds of elk can be seen daily in the winter during the afternoon feeding time at the Oak Creek Wildlife Area, located about 15 miles northwest of Yakima.

(For more information, visit [wdfw.wa.gov](http://wdfw.wa.gov).)



# Discoveries Great and Small

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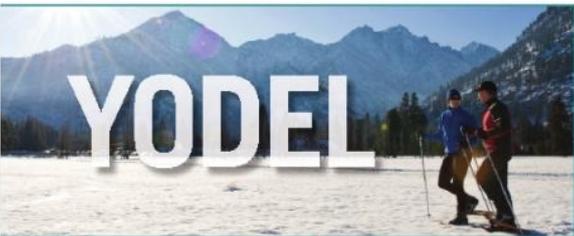
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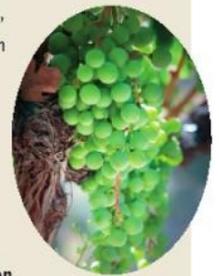


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## BY THE NUMBERS

Washington is the nation's **second-largest** premium wine producer, with more than **50,000 acres** of wine grapes. In 1981, there were only **19 wineries** in Washington. As of 2013, there were **more than 800 wineries** located throughout the state. A fast-growing wine-tourism industry also has developed, which generates more than **\$1 billion** in annual sales. According to the Washington Wine Commission, the wine industry's total economic impact on the state was estimated at **\$8.6 billion** in 2012.



Pinchot National Forest and the Mount Adams Wilderness.

## THE INLAND NORTHWEST

As someone who grew up in Spokane, the state's second-largest city, I've never lost my fondness for the region.

Located about 20 miles west of the border with Idaho, Spokane is the economic center of the region and the area's recreation destination. In winter, you can swoosh down the slopes at Mount Spokane Ski & Snowboard Park, 30 miles northeast of downtown. In the spring and summer, you can visit the 18 lakes near Spokane and tee it up at nearly 20 public golf courses within a short drive of the city. Rock climbing is popular at Minnehaha Rocks, and cyclists enjoy the region's many bike trails.

Pullman, the home of Washington State University, is located about 70 miles south of Spokane, in the heart of the hilly Palouse, which contains some of the world's most fertile wheat land. Such natural beauty is what brought me back to Washington and why I always find something new to appreciate in the Evergreen State. **GNW**

*Candace Dempsey is a writer based in Seattle.*

*GETTING THERE: Alaska Airlines (800-ALASKAAIR, [alaskaair.com](http://alaskaair.com)) offers frequent service to communities throughout Washington. For more information, visit [alaskaair.com](http://alaskaair.com) and [experiencewa.com](http://experiencewa.com).*

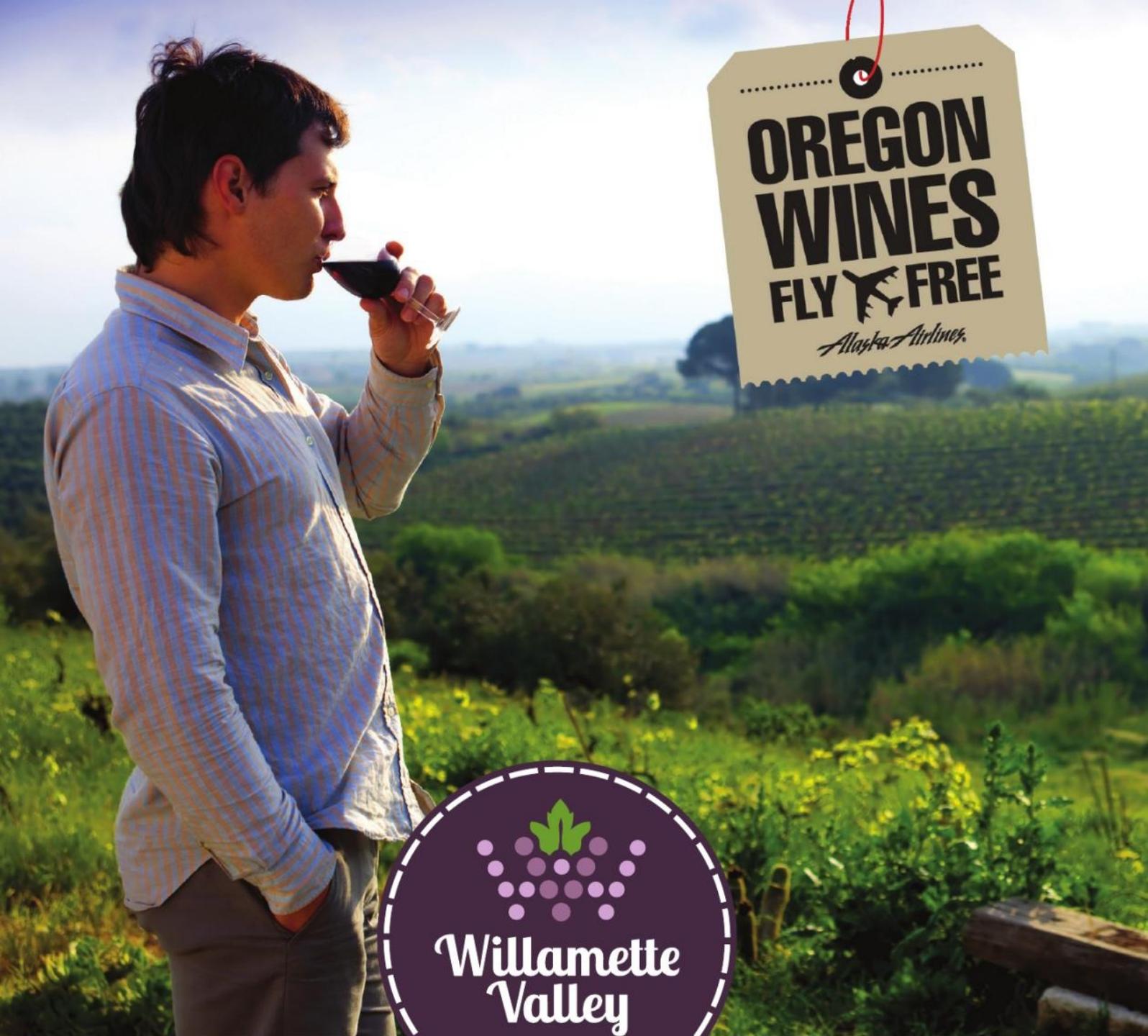


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## EPICUREAN ADVENTURES By Tina Lassen

**K**elsey Schopp weaves her way through the Portland Farmers Market, deftly parting the crowds for her seven Forktown Food Tours guests trailing behind. Schopp offers an insider's look at Portland's renowned culinary scene, leading the way to high-quality bistros, sidewalk produce stands and parking-lot food carts downtown. Along the way, the tour illustrates the astounding depth and breadth of Oregon's food.

The market is a high point. Wander among the stalls here, and you begin to see Oregon as one big buffet table. Vendors offer heirloom tree fruit (Bosc pears, for instance), free-range meats, freshly milled grains, cranberries, oysters, baby artichokes, fresh steelhead, culinary herbs, Willamette Valley hazelnuts, a fantastic assortment of exotic mushrooms and, well, practically any other fresh foodstuff you could think to eat, almost all from the Beaver State.

"Except for tropical fruit and citrus, we can grow or raise pretty much everything in Oregon—including beer hops and wine grapes," Schopp notes, as the group nibbles on fresh beet salad with housemade ricotta and roasted hazelnuts at Nel Centro. It's all thanks to the state's temperate climate, abundant fresh water and rich alluvial soils. Inspired chefs make the most of the local bounty, fueling a food appreciation that, in turn, raises the culinary and agricultural bar even higher.

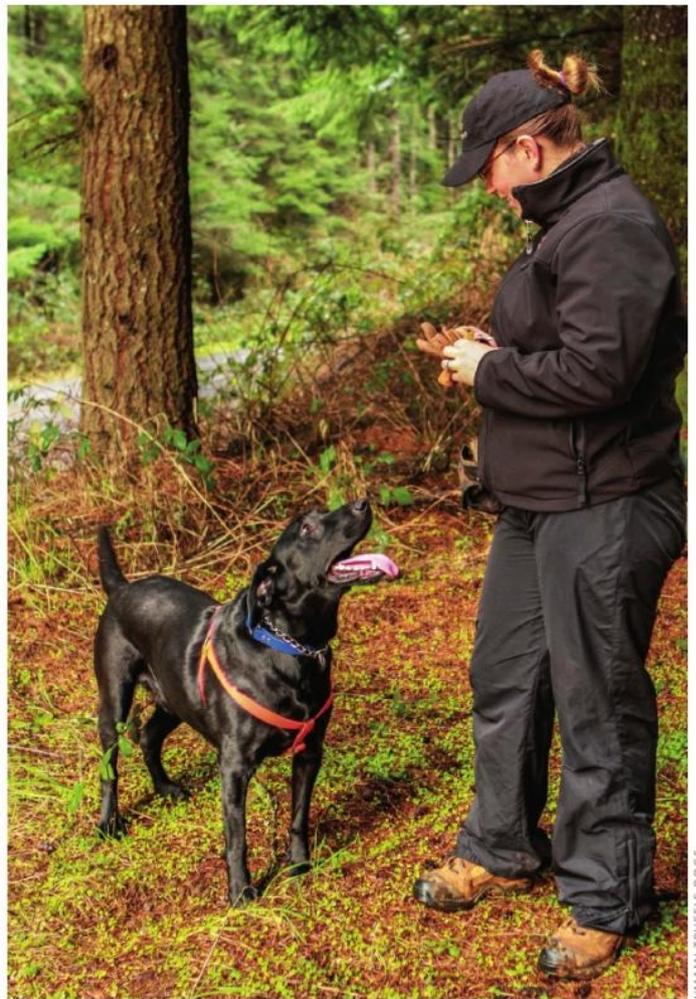
The results are apparent as

you nosh your way through a Forktown Food Tour. Addy's Sandwich Bar elevates the simple lunch staple to homemade duck confit with cranberry relish on a chewy baguette. Magic even emerges from modest food trucks, such as the black-bean tortilla *panuchos* from El Taco Yucateco, and eggplant and



PORTLAND FARMERS MARKET

**Portland Farmers Market** Established in 1992, this is one of the oldest such markets in the United States. It's also one of the biggest, with as many as 200 vendors offering produce and prepared foods during the summer.



UMAMI TRUFFLE DOGS

walnut paste *badrijani* from Kargi Gogo. Yes, Oregon black beans, eggplant and walnuts.

Expansive as the food tour is, there is one way to get closer to great food in Oregon: Grow, raise, hunt, fish, forage or craft it yourself. The adventures below are exemplary, and fun.

### HUNTING FOR TRUFFLES

Goose leaps from the bed of Kelly Babbitt's pickup and roars in big gleeful circles through a dim understory of Douglas fir. Right now, he's being a typical exuberant black Labrador retriever, enjoying a late autumn day in the foothills of the Coast Range west of McMinnville.

But with one verbal command, his demeanor clicks into a more serious gear. "Go to work," says Babbitt. Goose drops

**ABOVE:** Seeking truffles is no trifling matter in Oregon's Willamette Valley, where experts such as Kelly Babbitt rely on specially trained dogs.

**RIGHT:** Clammers celebrate success in Seaside.

his glossy black muzzle to the pine duff and begins weaving among ferns and fallen leaves.

He's sniffing for truffles, the elusive fruiting body of a fungus that's prized by foodies from Paris to Portland.

Many types of truffles grow under our feet, like small lumpy potatoes. Only a few varieties, however, are coveted for their uniquely delicate, earthy flavor that can range from garlicky to

fruity. Three varieties—a black, a white and less commonly, a brown—thrive in Oregon.

“The Willamette Valley is the epicenter for these wild truffles,” explains Kris Jacobson, owner of Umami Truffle Dogs. “We have gentle rolling hills and the right amount of moisture, and former pasture land with soil that’s ideal.” Oregon truffles grow in a symbiotic relationship with Douglas-fir trees, Jacobson explains, and just like wine grapes, they have their own terroir. It makes sense that the famous European epicurean delights thrive in a region where famous European wine grape varieties also prosper.

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- Oregon has many “champion” biggest trees—including a black cottonwood near Salem; a bigleaf maple in Lane County; and a Western juniper near Lakeview.



- The state flower is Oregon grape (mahonia). Though not a true grape, the shrub’s berry is edible.

For more information visit [traveloregon.com](http://traveloregon.com).

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The keen nose of a dog can detect a ripe truffle underground. (So can pigs, which were traditionally used in Europe. But, as the joke goes, dogs are much easier to get in the backseat of a car.) Umami’s Jacobson trains dogs to find wild truffles, which she sells to res-

taurants and specialty markets. With ripe truffles commanding about \$400 per pound, it’s not a bad day’s work. Umami also offers “guided truffle forays,” where you can tag along for a hunt with one of Jacobson’s trained handler/dog teams.

That’s where Babbitt and

Goose come in. With the 4-year-old Lab focused on the job at hand, Babbitt leads the way, crunching through the woods of her favorite 10-acre truffle patch. She keeps a sharp eye on Goose, able to distinguish when he’s simply sniffing an animal trail and when he’s



DONFRANKPHOTOGRAPHY.COM



The Willamette Valley's vineyards, growing at the same latitude as many of the finest in Europe, have become famous for their Pinot Noir and Merlot grapes, among others.



ALL PHOTOS THIS PAGE: SHUTTERSTOCK.COM

## OREGON SHELLFISH

**Razor Clams** Seafood connoisseurs consider these slender bivalves, found on the broad beaches of the outer Pacific Coast, to be the best-tasting of all native clams. Chefs usually sauté them gently in butter or wine—they are not usually used for chowder, as their delicate flavor is best enjoyed with simple preparations. Large specimens can exceed 6 inches.



**Oysters** Most of the oysters found in seafood stores and on restaurant menus are non-native species brought to Pacific shores from Europe and Asia, chiefly Japanese and Belgian types. The only native oyster, the Olympia (pictured) was originally found from Southeast Alaska to Baja, and is the subject of extensive restoration programs in Washington, Oregon and California. Recreational harvest in Oregon is prohibited, but some commercial growers raise them.



**Spot Prawns** Of the various species of shrimp found in the North Pacific, the most numerous is the spot prawn, which is found from the Gulf of Alaska to Southern California. Chefs take great care cooking these delicate shrimp—even a half-minute too much can result in overdone prawns. Other North Pacific shrimp include coonstripe and sidestripe. There is, technically, no difference between “shrimp” and “prawns,” though the latter term is often applied to larger specimens.



**Dungeness Crab** It's easy to trigger a debate among West Coast residents by asking whether Dungeness or king crab is better—zealous advocates are found in both camps. The Dungeness is the centerpiece of the crab industry from Juneau to San Diego, with large numbers harvested by both commercial and recreational fishers. It's named after Dungeness Spit, on the Olympic Peninsula—which was named in 1792 by George Vancouver, after a similar promontory in Great Britain.



scented a ripe truffle. “If it were a truffle, he'd look at me and start pawing the ground,” she explains, “or he'd come get me and lead me back to the spot.” Together they'd work to unearth the truffle, usually a few inches to maybe a foot underground.

Both Babbitt and Jacobson abhor the use of rakes, an alternate harvesting method they consider unsustainable, disrupting the soil and digging up less-than-ripe truffles. “Dogs only dig when a truffle smells,” Babbitt explains. “And if it doesn't smell, it doesn't taste. And then it's no good.”

Babbitt returns her gaze to Goose. “It's addicting,” Babbitt says of truffle hunting. “You find one, and then you just want to find the next one.”

Customers get to keep the truffles Goose unearths on the guided foray.

## CLAMMING ON THE COAST

Ask native Oregonians for tips about clamming, and most will just shrug their shoulders—and

launch into dreamy retrospectives of childhood vacations at the Oregon Coast. There are certain things one does at the ocean's edge in Oregon: You fly a kite, you peer into tide pools. You throw a soggy tennis ball for the family pooch, you build a bonfire. And you get up early and dig for razor clams.

The sport is decidedly—delightfully—low-tech. Pull on a pair of rubber boots, or at least old tennis shoes. Arm yourself with a shellfish license, a shovel and maybe a pair of gloves. If you want to get fancy, invest in a clam gun—essentially a pipe with a handle that excavates a column of sand like a post-hole digger. As the surf recedes, watch for a clam “show”: either a small hole about the circumference of a Sharpie marker or, if you're lucky, the fleshy tip of a clam neck sticking out of the sand. Time to dig!

There's more sport to it than you'd think. Clams can burrow down quickly, so you need to be efficient with your technique, yet careful not to crush the clam shell. You don't really dig with

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the shovel so much as dislodge the sand so you can slip your hand in and feel around for the shell. Local knowledge suggests you'll do best if you position your clam gun or shovel slightly to the ocean side of the show.

Aim for two hours before peak low tide; choose a calm day, when the critters tend to be closer to the surface. While you can find razor clams along the entire length of Oregon, they really thrive along the north coast in Clatsop County, where an 18-mile stretch of beach accounts for more than 90 percent of the state's razor clam harvest.

Choose your battle carefully, because regulations limit you to your first 15 clams—no throwbacks. There are other rules and seasonal closures, too, so check with the Oregon Department of Fish and Wildlife. Maybe it's not a fair fight. But there's a swell of pride and achievement that comes when you pull that first subtly striped copper shell from the porridge of wet sand. Like spotting your first Easter egg or chanterelle mushroom, now you're primed for the hunt. So roll up your sleeves and your sandy pant legs, and get busy digging.

**MAKING YOUR OWN PINOT NOIR**

It's harvest time in Dundee, Oregon, and the pungent smell of promise wafts through the air. Actually, it's the aroma of Pinot Noir grapes, just snipped from the vines striping the hills of the Willamette Valley. Forklifts move bins of grapes from vineyard into winery, where workers gently guide them through sorting, de-stemming, crushing, and eventually into fermentation tanks and barrels. It's a delicate and precise production conducted under the watchful eye of Laurent Montalieu, a Bordeaux-bred winemaker who owns several wine ventures—including Soléna Cellars, Northwest Wine Company, and the Domaine Danielle Laurent vineyard—in the Willamette Valley.

On this day, Christopher Hermann watches it all intently, too. An attorney with Stoel Rives LLP in Portland who specializes in wine industry law, Hermann and his firm are members of Montalieu's Grand Cru Estates wine club. Members buy in for as little as a quarter barrel, which currently

runs \$5,000 annually, along with a one-time \$5,000 joining fee. Then they participate in the winemaking process with Montalieu, yielding their personal barrel of wine, which will be bottled and labeled just for them. Members can join in the harvest, help sort the fruit, be there for the crush, taste through and choose which of 10

vineyards' grapes they want, even craft their own signature blend. "It's as experiential as you want it to be," says Montalieu.

Montalieu began the club in 2009, inspired by a similar program in Napa Valley.

Hermann joined that first year. "You get to be a participant in the Oregon wine industry," he says eagerly. "This club allows you to be a part of their ecosystem in a way you can't do anywhere else. And it's really wide open—you can do as much or as little as you'd like."



BRIENA SASH / SASH PHOTOGRAPHY (X2)

## GRAND CRU ESTATES

"Grand Cru," Laurent Montalieu explains, is a French designation given to a region's very finest vineyards. "We give our members access to the best of the best wine grapes in Oregon," Montalieu notes. "At the same time, we want to demystify wine and make it approachable. We encourage our members to trust their palate, to exercise the freedom to say 'I know what I like.' " Thus members craft their own, personal vintages.



**Winemaker Laurent Montalieu delights in helping customers make their own wines.**

And the same is true for the broad menu of culinary adventures in Oregon, starting from the ground up. **GNW** Tina Lassen lives in Hood River.

**GETTING THERE:** Alaska Airlines (800-ALASKAAIR, [alaskaair.com](http://alaskaair.com)) offers frequent service to communities throughout Oregon. Visit [alaskaair.com](http://alaskaair.com) and [traveloregon.com](http://traveloregon.com).



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\*photo - The Governor, a Coast Hotel in downtown Olympia

## THE GEM STATE'S GREAT OUTDOORS

By Greg Hahn

For those who enjoy the outdoors, there are few places in Idaho more exciting than the Frank Church–River of No Return Wilderness Area. Covering more than 2.3 million acres of craggy peaks, world-renowned whitewater rivers and dense forest, the wilderness area in north-central Idaho is the second-largest protected wilderness area in the contiguous United States, after California's Death Valley.

With more than 2,600 miles of hiking and horseback riding trails, a few backcountry airstrips and a series of historic lodges along the Salmon River, the Frank Church offers the chance to get away and reconnect with nature.

However, in Idaho you don't have to hike deep into the backcountry to be awed by the grandeur of the state. No matter where you go, there are plenty of opportunities to get outside and enjoy this region's natural beauty.

### BOISE: A CAPITAL CITY WITH A BIG BACKYARD

I was reminded just how much Boise residents and visitors enjoy the outdoors when I recently cataloged the various activities I see on my regular bike ride through the city's popular greenbelt that runs along the sides of the Boise River.

Here, in the heart of the state's largest city, I've watched people canoeing, fly-fishing for trout, hiking, jogging, kayaking, mountain and road biking, river

tubing, rock climbing, spin casting for steelhead, stand-up paddleboarding, swimming and wild-berry gathering.

The Boise River, which curls through the city, is the center of local outdoor activities. The main park along the river is Julia Davis Park, which is home to attractions such as the Boise Art Museum, the Idaho State Historical Museum, a rose garden and Zoo Boise.

The City of Trees, with a population of 214,000, is the state's center of commerce and industry, and home to Boise State University and the Idaho State Capitol. It is also near



numerous mountains and hiking trails.

The foothills to the north of Boise can be explored via more than 130 miles of hiking and biking trails. And Bogus Basin Mountain Recreation Area, located about 20 miles to the northeast of Boise, offers 2,600

skiable acres and some 35 kilometers of groomed Nordic trails.

### SUN VALLEY: CENTRAL IDAHO'S SUNNY SLOPES

The first destination winter resort in North America, Sun Valley has played host to the notable and famous almost from the day W. Averell Harriman built the central Idaho getaway in the 1930s.

The area's outdoor activities attracted the author Ernest Hemingway—who was one of Ketchum, Idaho's most famous residents for many years, enjoying the local fishing, hunting and skiing. Trout fishing is still popular throughout the year, at Big Wood River and at the Silver Creek, one of Hemingway's



GLENN OAKLEY / IDAHO STOCK IMAGES



JOSH ROOPER / IDAHO STOCK IMAGES



TORY TAGLIO / IDAHO STOCK IMAGES

**FROM LOWER LEFT TO RIGHT: A mountain biker rides through the foothills north of Boise. Rafters float down the Salmon River in the Frank Church–River of No Return Wilderness Area. A skier savors the slopes at Sun Valley Resort.**

favorite fishing holes.

Hollywood celebrities continue to be attracted to the resort, drawn by its winter activities and amenities. The resort and its promise of deep, light powder lure winter adventurers from near and far. The

resort boasts nearly 80 runs located on Bald and Dollar mountains and a vertical drop of about 3,400 feet. There are about 25 miles of cross-country ski trails at the resort and more than 70 miles of trails in the surrounding area.

One of the resort's latest additions is the Sun Valley terrain park at Dollar Mountain, which includes various jumps, obstacles and quarter-pipe features. In 2013, the park added a super pipe run with 22-foot-high walls.

## EASTERN IDAHO: GATEWAY TO GREAT FISHING

This area, near the border of Montana and Wyoming, is known throughout the year for its exceptional fishing.

The Henry's Fork of the Snake River, about 80 miles north of Idaho Falls, is one of Idaho's most storied trout fisheries—and home of some of the state's finest lodges, including the award-winning Henry's Fork Lodge. In addition, this area provides a route to nearby Yellowstone National Park and in the winter it offers downhill and Nordic skiing, snowmobiling and snowshoeing.

Another attraction is the 29-mile Mesa Falls Scenic Byway, a stretch of road that is used as a snowmobile path in the winter, but is open to cars the rest of the year.

The byway begins outside the town of Ashton and travels north through the pristine Targhee National Forest. Some Idahoans are working to make the byway Idaho's next protected national monument.

## ONLY IN IDAHO

Idaho is the nation's top potato-growing state, producing nearly 12 billion pounds of the staple food each year. To learn more about the history of the potato, visit the **Idaho Potato**

**Museum** in the town of Blackfoot, located about 30 miles southwest of Idaho Falls.



Idaho is known as the Gem State because of the many types of colorful gemstones that are found there. In fact, the summit of Crystal Mountain, which is a 6,929-foot peak located about 30 miles northeast of McCall, is known for the large amounts of **quartz crystal** found on the mountain. The state is best known for star garnets, which are found only in Idaho and India.



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## IDAHO'S PANHANDLE: LUSH FORESTS, BIG LAKES

The Idaho Panhandle is perhaps most famous for its stunning lakes. A series of three freshwater beauties highlight this stretch of land, which runs from about the Nez Perce National Forest in the south to the Canadian border in the north.

The largest of the three bodies of water is Lake Pend Oreille, located about 50 miles northeast of Spokane, Washington. The lake, which reaches depths of 1,150 feet, is so deep it is still used to test large-scale navy submarine prototypes. Visitors often stay in the resort town of Sandpoint, where they can enjoy water sports in the summer and snow sports in winter, including skiing at the Schweitzer Mountain Resort, which is located about 15 miles northwest of the town.

**ABOVE:** Hikers enjoy the view of Lake Pend Oreille, the largest of the Panhandle's three main bodies of water.

**BELOW:** Cyclists ride across one of the former train trestles that are part of the Hiawatha Bike Trail in northern Idaho.

Perhaps the most popular of the three lakes is Lake Coeur d'Alene. Located about 30 miles east of Spokane, the lake offers a mix of amenities, including The Coeur d'Alene Resort and its golf course, with the famous floating green on the 14th hole. The resort is also known for its various lake cruises, which include the popular Journey to the North Pole Cruise. Nightly, through January 4, passengers can take a cruise past displays with 1.5 million lights, including a trip to the North Pole to see Santa and his elves.

The most northern of the three lakes is 19-mile-long Priest Lake, located northwest of Lake Pend Oreille. It is known for its crystal-clear water and as a popular area for sports, such as snowshoeing and cross-country skiing—not to mention the hundreds of miles of groomed snowmobile trails that can be found in this area of the Idaho Panhandle.

One of my favorite Panhandle getaways in the late spring and summer is along the St. Joe River Scenic Byway. The St. Joe River begins as a shallow mountain stream full of cut-throat trout in the Bitterroot



WOODS WHEATCROFT / IDAHO STOCK IMAGES

## IDAHO STATE EVENTS

The **McCall Winter Carnival** (January 30–February 8, 2015) will celebrate its 50th anniversary in 2015 with 10 days of activities, including such events as the Idaho State Snow Sculpting Championships, snow bike races, parades and fireworks displays ([mccallchamber.org](http://mccallchamber.org)).



DAVID RYAN / IDAHO STOCK IMAGES



Boise's **Treefort Music Fest** (March 25–29, 2015) has become a major event in the City of Trees. Hundreds of bands, from local upstarts to national headliners, pack venues across downtown, and a growing slate of side "forts" celebrate technology, local beer, film, storytelling, yoga and more ([treefortmusicfest.com](http://treefortmusicfest.com)).

One of the largest Basque events in the world, **Jaialdi** (July 28–August 2, 2015) takes place once every five years in Boise, which is home to a thriving Basque population. The festival attracts visitors from many countries and showcases Basque music, dances, food, international performances, sporting events and many contests of strength ([jaialdi.com](http://jaialdi.com)).



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Mountain Range of western Montana and runs mainly west to Lake Coeur d'Alene, near the town of St. Maries. Along this journey, St. Joe quickly grows to a whitewater wonderland with class 3 rapids. A popular bike route near the St. Joe River is the Hiawatha Bike Trail, which offers a breathtaking backcountry experience of riding along a 15-mile stretch of a former Milwaukee Railroad route that runs through 10 tun-

Biking through Boise and the state's backcountry, driving the Mesa Falls Scenic Byway and skiing Sun Valley are just a few of the many treasures to be discovered when exploring Idaho.

nels and over many high trestles. Visitors can pay the fee for using the trail; rent bicycles, headlamps and other equipment; and buy food at Lookout Pass Ski Area, near the Idaho-Montana border. The trail ride begins 7 miles from the ski area at the East Portal trailhead.

The ride isn't taxing, having only a gentle downward slope to the Pearson trailhead, where buses shuttle riders back up to near East Portal. Various area outfitters, including Row Adventures, offer Hiawatha Trail tours, as well as whitewater rafting and fishing trips along the St. Joe. After the bike ride, I follow the St. Joe Byway as it heads west, past rapids and great fishing spots, before reaching Lake Coeur d'Alene.

Cycling through Boise and the state's backcountry, driving the Mesa Falls Scenic Byway and skiing Sun Valley are just a few of the many treasures to be discovered here, in Idaho, the nation's Gem State. **GNW**

Greg Hahn is a Boise-based writer.

**GETTING THERE:** Alaska Airlines (800-ALASKAAIR, [alaskaair.com](http://alaskaair.com)) offers frequent service to communities throughout Idaho. For information, visit [alaskaair.com](http://alaskaair.com) and [visitidaho.org](http://visitidaho.org).

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## EDIBLE DISCOVERIES IN BIG SKY COUNTRY By Jean Arthur

Montana's nickname, Big Sky Country, is especially pertinent when viewed from on high, such as the vantage my husband, Lynn, and I are experiencing at 11,166 feet atop Lone Peak. Looking 100 miles in any direction reveals a dimpled landscape in which Montana's mountain peaks look like bric-à-brac on velvet. Exquisite scenes lie in every direction: northward, the 259,000-acre Lee Metcalf Wilderness; eastward, 2.2-million-acre Yellowstone National Park; southward, the Grand Teton country.



BIG SKY RESORT

But enjoyable as all that is, we're here to focus on something much closer to hand, Montana's culinary bounty, in a special summertime tasting event at Big Sky Resort. We savor surprisingly delicious and interesting local fare; and are equally gratified to sip hearty regional wine vintages that stand up to the robust foods they accompany.

Vine & Dine is the name for Big Sky's four-day event, which begins with a memorable jour-

ney to the mountaintop. From the vantage of the Swift Current chairlift, we see hikers among crimson Indian paintbrush and blue harebell and lupine. We hear gleeful cries from couples on the Adventure Zipline. We welcome a snow-brushed breeze on this 80-degree day, when a mountain zephyr kisses a high alpine snowfield.

Riding a safari vehicle from the top of the chairlift to the base of the Lone Peak Tram, we pass handsome 300-year-old



RAB CUMMINGS



MICHAEL CHILCOAT

**FAR LEFT:** Chops and steaks grilled on-site are part of Big Sky's Vine & Dine.

**LEFT:** Ranch at Rock Creek's Josh Drage incorporates local foods in his cuisine.

**BELOW:** Gallatin Valley Botanical owners Matt and Jacy Rothschilder provide vegetables and herbs to Bozeman-area chefs.

herbed greens with mache from Bozeman's Gallatin Valley Botanical; a Flathead Valley cherry gastrique over grass-fed lamb; and Amaltheia Organic Dairy goat ricotta cheesecake topped with tangy Montana huckleberries.

Amaltheia cheese is a Montana treasure, one that's often

on my refrigerator shelf. It's very popular with discriminating chefs such as Ranch at Rock Creek's Josh Drage, whose unique approach to food dates back to his wild-country roots as an Alaska native, Montana transplant and backcountry-to-front-country food expert. The Ranch at Rock Creek is 10 mountain ranges and one Continental Divide northwest of Big Sky, southeast of Missoula along 4 miles of its eponymous blue ribbon trout stream.

Drage's Montana-centric menu features delights such as elk puttanesca, which celebrates the sweet, tender meat from Belt, Montana, near Great Falls.

"Twenty years ago as a student at the University of Montana reading famous Western authors Doug Peacock, Jamie Harrison, and Rick Bass, puttanesca sauce was a common thread of cooking in the backcountry," Drage explains. "You can trace puttanesca back to ancient Rome—its rich, bold flavor appealed to the men. Because Peacock, Harrison, and Bass wrote about it, I decided to cook it in the backcountry. At first, mine was pretty rustic, made riverside on canoe trips. Now, at Rock Creek, I use braised elk chuck steak with local roasted organic tomatoes, onions, garlic, leeks, marjoram

whitebark pine trees. Our driver tells us that pine squirrels and Clark's nutcrackers stash the high-fat-content seeds each summer, and bears are known to raid the nut caches in the fall. The bruins also venture above timberline for moths, sometimes devouring as many as 40,000 a day.

We're here for more sophisticated fare. Throughout Vine & Dine, we enjoy meals from Big Sky's kitchens, tutorials with experts such as Google Global Food Program Chef Scott Giambastiani, and sommelier-led pairing tutorials such as "Cheese and Wine: One Stinky Good Time." Most events showcase Montana's organic culinary ingredients—wild, herbed, grained, stuffed, sweetened or fermented.

For example, we sample

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LONNIE BALL

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BOB CORONATO

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 ◆ For more information please go to [visitmt.com](http://visitmt.com).

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## 8<sup>th</sup> Morningstar Peer Ranking

Percentile rank out of 635 Large Cap Value Funds for the ten-year period ended 9/30/14. Based on total returns.



## Overall Morningstar Rating™

Out of 1,092 Large Cap Value Funds as of 9/30/14. Derived from weighted average of the performance figures associated with its 3-, 5- and 10 year Morningstar Rating metrics, based on risk-adjusted returns.



### Morningstar Large Cap Value Ranking (based on total returns)

September 30, 2014	1 Year	5 Year	10 Year
BVEFX Percentile Ranking %	28th	32nd	8th
Number of Funds in Peer Group	1,259	966	635

The Fund is distributed by Quasar Distributors, LLC. Becker Capital Management is the Adviser to the Fund.

Standardized performance data current through the most recent quarter-end can be obtained by calling 800-551-3998 or by visiting [www.beckercap.com](http://www.beckercap.com).

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3-year period: ★★★★★ out of 1,092 Large Cap Value Funds, ★★★★★ for the 5-year period out of 966 Large Cap Value Funds, and ★★★★★ for the 10-year period out of 635 Large Cap Value Funds. Morningstar Rankings represent a fund's total-return percentile rank relative to all funds that have the same Morningstar Category. The highest percentile rank is 1 and the lowest is 100. It is based on Morningstar total return, which includes both income and capital gains or losses and is not adjusted for sales charges or redemption fees.

Mutual Fund investing involves risk. Principal loss is possible. Small and mid capitalization companies tend to have limited liquidity and greater price volatility than large-capitalization companies. The Fund invests in foreign securities through ADRs which may involve political, economic and currency risks, greater volatility and differences in accounting methods. The value of the Fund's investments in REITs may change in response to changes in the real estate market.

*The statutory and summary prospectuses contain information about the Fund, including investment objectives, risks, charges and expenses, which should be considered carefully before investing. You may obtain a current copy of the Fund's statutory or summary prospectus by calling 1-800-551-3998. Read carefully before investing.*

[WWW.BECKERCAP.COM](http://WWW.BECKERCAP.COM)



## ALSO IN MONTANA

◆ Montana's two national parks, Glacier and Yellowstone, hold 70 native mammal species such as bison and mountain goats, and millions of acres of wilderness. Each park offers unparalleled hiking, canoeing and wildlife watching; [nps.gov](http://nps.gov).



◆ The Great Divide Mountain Bike Route crisscrosses the Continental Divide on 2,765 miles of dirt roads and mountain trails from Canada to Mexico; roughly 700 miles wind through Montana mountains; [tourdivide.org](http://tourdivide.org).



◆ Montana's 90 rivers are famous for wild trout fly-fishing with many catch-and-release stretches; [visitmt.com](http://visitmt.com).



◆ Pan for sapphires, Montana's state gem, at the Sapphire Gallery in Philipsburg, where visitors can procure a bag of gem ore and learn to sift for blue, pink and yellow; [sapphiregallery.com](http://sapphiregallery.com).

and chiles to make the sauce. It's always delicious."

Montana wild foods have been central to life here for millennia, of course. Elk, venison or bison was commonly combined with wild berries to make pemmican, and the berries often were the famously tart chokecherries that grow on thickets of bushes along river bottoms. It's in one of those vast mountain valleys that my daughter, Gretchen, and I are picking chokecherries on a late summer afternoon so lovely that the brightly colored leaves around us seem as brilliant as gold bullion.

Flocks of finches and sparrows, juncos and warblers chatter above us while we tug clumps of the black-ripe fruit into pails. The fruit ripens in August and September, and hangs heavy in cylindrical racemes, growing on fruit spurs whose white flowers blossom in early spring.

My fingers are stained the deep ruby of chokecherry juice.

I stop picking to brush September heat from my forehead, and examine the spherical drupes. Each ripe cherry, a quarter to a half-inch in diameter, weighs heavily with juice.

I think of how the Plains Indians survived, even thrived, in the challenging Montana winters for the past 12,000 years, simply by relying on local foods such as chokecherries and wild game. I put a ripe chokecherry between tongue and cheek. Its bitterness makes my eyes tear. But with ample sweetening, made in eastern Montana

from sugar beets, the syrup will become winter's waffle topping that I set on the table before we head out for a day's skiing.

As befits a place as large as Montana, dozens more culinary adventures beckon. We've eaten bison burgers in Bozeman at Ted's Montana Grill, and bison osso buco at other regional restaurants. Even a classic highway roadhouse such as the Corral Bar, Steakhouse & Motel, along the highway leading up to

Yellowstone, has embraced the locavore ethos with a succulent bison ribeye and homemade huckleberry pie.

Not all the Treasure State's culinary discoveries are edible. Some you imbibe, such as the Ten Spoon Winery's Range Rider red, a vigorous wine

made from the Marechal

Foch, Frontenac, Léon Millot and St. Croix grapes whose vines survive the challenging winters in Missoula. And at Bozeman's RoughStock Distillery, local spring wheat is used to make the first commercially crafted



### CHOKECHERRIES

Famously tart, these grow in thickets of brush along Western waterways.

whiskey in Montana in a century. Montana's big sky has much beneath it, and I'm sure many other edible discoveries lie ahead. **GNW**

*Jean Arthur is based in Bozeman.*

**GETTING THERE:** Alaska Airlines (800-ALASKAAIR, [alaskaair.com](http://alaskaair.com)) offers frequent service to communities throughout Montana. For information, go to [alaskaair.com](http://alaskaair.com) and [visitmt.com](http://visitmt.com).

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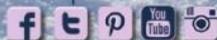
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## COASTAL CANADA EXPERIENCES

By Eric Lucas

We feel like wilderness voyagers as we approach a sublime haul out on a sunny morning. A tiny cove leads to a flower-speckled prairie with gnarled oaks, their arms reaching over the grass. On a rocky point are graceful willows. A heron is poised on a rock, intently watching the water. An eagle calls far overhead, and breezes ruffle the water.

### URBAN WILDERNESS

Despite the rustic description, we are actually in the middle of Victoria, British Columbia's quite cosmopolitan capital located on Vancouver Island. My wife, Leslie, and I are in rental kayaks, venturing up the Gorge Waters, a peaceful arm of the city's Inner Harbour.

We continue up the Gorge, enjoying the views from this narrow strand of water before turning back. An important mission awaits—lunch at Red Fish Blue Fish, the city's nonpareil sustainable fish-and-chips cafe on the dock, near the Inner Harbour Airport.

Basted in tempura batter, quick-fried in safflower oil, served with aioli, sockeye salmon has rarely tasted better. I savor the succulent meal at the waterside food bar in the afternoon sun.

An entirely different experience awaits us after lunch, when we rent bikes downtown and cycle over Victoria's famous Blue Bridge to the start of the Galloping Goose Regional Trail. A recreation path created from a former rail line, the trail leads

from the heart of Victoria westward into the foothills of the Vancouver Island Range.

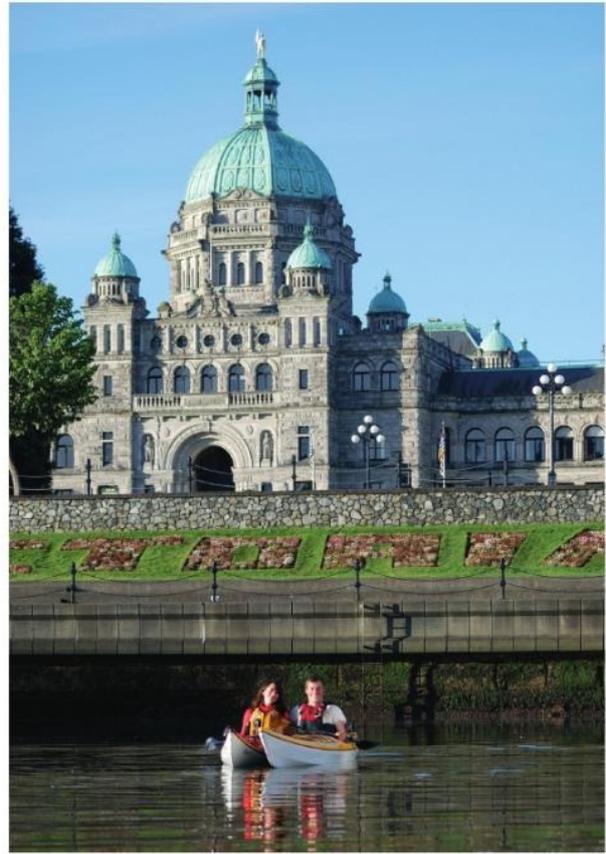
We bike past suburbs and pastoral farmlands before reaching a small dock at a woodland lake, where we watch a fisherman casting his rod to, apparently, no avail.

I admire the way British Columbia's leading cities, Victoria and Vancouver, have fashioned themselves into centers for urban adventure. And after days that are often filled with paddling, biking, hiking, skiing, snowshoeing, golfing, even swimming, my appreciation for the delicious food that awaits in local restaurants is magnified.

### ONLY IN B.C.

The Kettle Valley Rail Trail, located about 30 miles south of Kelowna in the **Okanagan Valley**, is the region's best-known recreation path, running along 373 miles of a former railroad line. The section nearest Kelowna runs through the Myra-Bellevue Provincial Park and crosses 13 high-elevation trestles. The trail offers spectacular views of Lake

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OCEAN RIVER SPORTS

**With the impressive British Columbia Parliament Buildings as a backdrop, kayakers paddle along Victoria's Inner Harbour. The capital of the province offers many diverse urban experiences.**

Both communities boast outdoor activities rarely equaled in or near major cities, and rich West Coast cuisine, which relies on the wealth of ingredients in

the province. Salmon is just the start. Regional ingredients such as crab, apples, lamb, wine and cranberries—to name a few—are melded into a culinary kaleidoscope based on European and Asian influences.

At Victoria's 10 Acres Bistro + Bar + Farm, located a few blocks from the Inner Harbour, menu items such as an excellent cioppino-style seafood stew are inspired by the produce grown on the restaurant's 10 Acres farm on the island.

After a hearty meal, it's just two blocks south, past the landmark Fairmont Empress Hotel, to the Royal BC Museum, which showcases numerous exhibitions and has three permanent galleries: Human History, Natural History and BC Archives.

**Okanagan and the Okanagan Valley** ([kettlevalleyrailway.ca](http://kettlevalleyrailway.ca)).





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**ABOVE:** Vancouver's Stanley Park is home to many attractions and offers views of the city's skyline and of English Bay.

**RIGHT:** The Galloping Goose Regional Trail runs from Victoria to the foothills of the Vancouver Island Range.

## EXPLORING VANCOUVER

Across the Strait of Georgia from Vancouver Island is British Columbia's largest city, Vancouver, where you can fashion many urban adventures.



One of my favorites is to hike or bike from Canada Place, Vancouver's convention center on the city's waterfront, west to Stanley Park, which is home to such attractions as the Vancouver Aquarium. I like to travel along the Seaside Greenway path—also known as the Seawall Path—which takes me

around Stanley Park, then along False Creek. I exit the trail at Granville Island and explore the Public Market, where the many stands offer mainly locally sourced produce and food.

The trail also goes by the Vancouver Maritime Museum and the University of British Columbia Museum of Anthropology, home to one of the world's top collections of Northwest Coast First Nations art.

The Whistler Blackcomb ski resort—which hosted part of the 2010 Olympic Winter Games—is less than 100 miles north of Vancouver. However, a 20-minute drive over the soaring Lions Gate Bridge brings me to a much closer 2010 Olympic venue—Cypress Mountain ski area, which boasts 53 runs and six chairlifts.

One winter while skiing Cypress' Mount Strachan, I stopped to gaze down at the city, which was so close, I could see the people in Stanley Park. I felt a yearning for the salmon burgers from the city's Mill Marine Bistro. While I couldn't quite ski there, I could get close. I turned my skis to the fall line, carved a wide arc across the new-fallen snow and aimed right at the city, assured that I'd be there soon. **GNW**

*Eric Lucas is a contributing editor at Alaska Airlines Magazine.*

**GETTING THERE:** Alaska Airlines (800-ALASKAAIR, [alaskaair.com](http://alaskaair.com)) offers frequent service to communities in British Columbia. For more information, visit [alaskaair.com](http://alaskaair.com) and also [hellobc.com](http://hellobc.com).

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Continued from pg. 26

decided to join the center's Poetry and Songwriting Club, where they wrote a song about friendship. Ben, one of the tutors, helped them set it to music.

"It was so good, we asked if the trio would perform at our annual fundraiser," Hein says. Two days before the event, during a rehearsal in front of about 30 students at the center, Edom froze when it was time to sing her solo part. "This made us nervous," Hein says. "But we also knew her affection for Ben and Morgen, so we said, 'Take a deep breath, and look at Ben, and you will be able to sing.'

"So that night on stage at The Triple Door club in front of 300 people, Edom glanced at Ben, took a deep breath and sang for the audience. She sang in her second language—a song about friendship ... with her friends ... that she wrote herself," Hein says. "We don't really know what Edom's life will be like, but we feel like mastering that experience will forever change her sense of what she is able to accomplish."

**Youngsters' work is published in book form via the annual anthology *What to Read in the Rain*, which is filled with selected works by Bureau of Fearless Ideas student writers and by famous adult authors. The book is available for purchase.**

The Bureau of Fearless Ideas ([fearlessideas.org](http://fearlessideas.org)) has about 350 active volunteers, ranging from copy editors to rocket scientists to prior students, who together are creating a multifaceted haven and mentoring experience for young people.

### Care Convoy

In 2005, Todd Jaynes, a volunteer firefighter and paramedic in Jerome, Idaho, about 120 miles southeast of Boise, was preparing to volunteer his medical services at the Baja 1000, a race with various vehicle classes that typically goes from Ensenada to La Paz in Mexico. Jaynes had been volunteering at various racing events for 15 years.

As Jaynes and fellow Idaho paramedics were getting ready for the 2005 Baja 1000 race, Dennis Patterson, a fire chief in Carey—about 40 miles southeast of Sun



CARE CONVOY

Care Convoy delivers donated medical supplies and equipment in the U.S. and abroad.

Valley—asked them to take some previously used fire clothes to donate to health-care workers in Mexico. Though the clothes were in fine condition, U.S. regulations stipulated they could not be used once they were 10 years old, Jaynes says. When the paramedics arrived in Ensenada, they were able to give the firefighting clothing to 20 people, mostly dressed in T-shirts and jeans, who were battling flames in a palm-tree grove. The Baja firefighters had a total of only two sets of fire clothes, Jaynes says. They were thrilled to receive enough clothes to outfit the rest of the group.

That experience made a big impression on Jaynes, who realized the enormous potential of what he calls “ultimate recycling.” In 2008, he started Care Convoy (facebook.com/CareConvoy), enlisting friends and colleagues to collect and deliver previously used ambulances, backboards, crutches, medical equipment, computers and other equipment, in addition to fire clothes.

The first year, Care Convoy delivered \$76,000 worth of goods, gathered in Idaho, to firefighters in various Mexican towns. This year, Care Convoy is on track to deliver around \$4 million worth of donations to organizations in Mexico and other countries around the world, with contributions from Idaho, Utah, California, Nevada, Oregon and Arizona, Jaynes says.

Automotive students from Buhl High School in southwestern Idaho have tuned up various ambulances and fire trucks for donation. The vehicles aren’t subject to the 10-year obsolescence rule, Jaynes says, so they can be donated to smaller U.S. fire departments, and Care Convoy first looks

for those in need in the United States when it comes to donations, he says. “We help our neighbors first.”

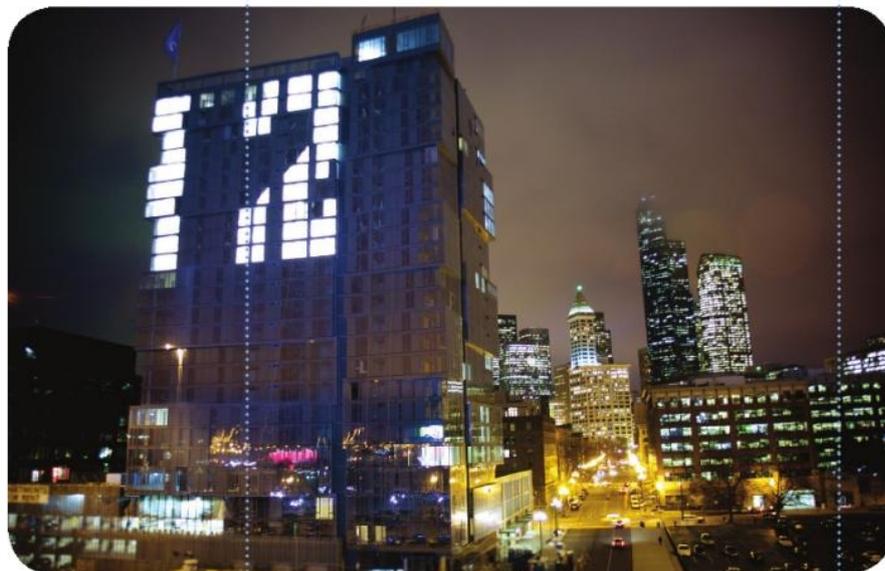
Internationally, Care Convoy has made deliveries to places ranging from the Dominican Republic to Liberia. It partners with about 500 volunteers around the world who help to raise money for shipping costs, and with volunteers on the ground in each country who work to make sure the donations go to their proper destination. A volunteer fire department in Peru recently reached out to

the United Nations for help finding a fire truck and was referred to Care Convoy, which is working on that project, Jaynes says.

“It’s pretty amazing how one fire chief’s idea has grown to encompass aid for many parts of the world, as people who want to make a difference have expanded on and contributed to the recycled-supplies project,” Jaynes says. “It shows the value of combined resources and efforts.” ■

Writer Michelle Martin lives in Seattle.

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# Redefining Retirement

How to be happy and healthy in the golden years | BY M. SHARON BAKER

**W**HEN SKIP LEI RETIRED FROM HIS JOB, he launched a new career as an entrepreneur. The 58-year-old Portland, Oregon, resident retired from Nike in 2013 after 31 years. In the ensuing months, instead of taking it easy, he's landed more than \$22,000 from a Kickstarter campaign for his patented wine aerator, the Tribella; he's in discussions with several manufacturers to make a better boogie board; and he's helping a Southern California businessman create a high-end golf shoe.

When Lei hung up his corporate shoes as Nike's director of footwear integration, he had no golden parachute and no official retirement plan. He did have a lot of patents collecting dust in his basement, but for years he'd been content knowing that his quirky ideas were patent-worthy. "I loved the Nike corporate culture," Lei says. "I was around inspiring, smart, creative people every day, and there was every reason never to go. I questioned whether

I should work for another 10 years, and knew I could work there forever. But I thought, 'If I ever want to do my own stuff, when should I do that? Should I wait until I'm 65 or 70?'" In the end, he decided to join the ranks of baby boomers (those born between 1946 and 1964) who are fully or partially retired, although many so-called retirees have chosen a life that's quite different from the way their parents spent their later years.

Lei says this next chapter in his life is just a beginning. Like many of the country's nearly 77 million baby boomers who are retired or looking ahead to retirement, he's redefining what retirement means, with an eye to making the most of his golden years.

"Retirement has changed," says Nancy K. Schlossberg, author of *Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose*; and *Retire Smart, Retire Happy*. "It's entirely different than what my parents thought, and even what my cohort thinks."

Retirement is a complicated series of transitions that are interwoven, says Schlossberg, who is 85. "Retirement today means changing gears, moving on to new adventures, new paths and new involvement."

To make the most of their retirement years, boomers are traveling with a purpose, such as learning about other cultures and providing service to make a difference in the world; actively seeking recreation at home and away; moving closer to their kids to forge stronger family connec-



# Redefining retirement living in the Emerald City.



*“It took two years to get my husband Jack to agree to sell our Mercer Island home and downsize to our apartment in Seattle. Of course now that we’re here, he’s glad we did it. He gets to go to the Mariners and Seahawks games all the time and we both enjoy the cultural arts — all without the traffic and driving. We love our new downtown lifestyle.”*



## People are redefining aging in a lot of ways.

by Rosie Reagan

**T**hey’re working longer, making career changes and continuing to thrive in romance. So at 62+, what are these active adults retiring from? For many, retirement is nothing more than right-sizing to a retirement community in order to get the most out of life.

If you’re 62+, here are the top six reasons to consider retiring in Seattle.

### Walkability

When considering a move, a high walkability score is key, with services and amenities outside your door for maximum independence.

### Arts & Entertainment

With more leisure time to enjoy the pleasures of city living, you can take advantage of the cultural mecca that is downtown Seattle, including the theater, performing arts, sporting events and art galleries.

### Living on Your Terms

Redefine your retirement and have full control of your future with an early downsize, rather than later. Vibrant downtown living means your neighborhood includes people of *all* ages, right outside your door.

### Social Connections

Whether you’re married or single, living near people you like can not only add years to your life, but *adds life to your years.*

### World-Class Medical Care

Downtown Seattle has some of the top medical care available in the nation. Your goal is to stay healthy, but should you need it, medical care within blocks versus miles is preferable.

### Freedom to Travel

Living in a community means you can shut the door and travel for any length of time with no maintenance to bog you down.

## WHAT

Awesome apartments for people 62+ with lots of options. Choose CCRC, entrance fee or month-to-month rentals.

## WHY YOU’LL LOVE IT

- Independent living apartments that offer added services if you need them – such as assisted living, memory care, rehab and skilled nursing.
- Great amenities like dining, fitness center, indoor pool & spa, yoga and intellectual programming just to name a few.
- Most are pet-friendly, so Felix or Fido can move too!

## WHERE

Check out the top Seattle retirement communities listed below.

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[www.SkylineatFirstHill.org](http://www.SkylineatFirstHill.org)

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[www.ExeterHouse.org](http://www.ExeterHouse.org)

### Park Shore

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[www.ParkShoreSeattle.org](http://www.ParkShoreSeattle.org)

### Fred Lind Manor

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View from Skyline's 26th-floor, rooftop deck.

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Find out more at (206) 973-2187 or visit [www.SkylineatFirstHill.org](http://www.SkylineatFirstHill.org).



### WHAT IS LIFE CARE AND WHY SHOULD YOU CARE?

If you never need assistance, memory support, rehab or long-term care, you'll be in the lucky 25 percent WHO DON'T. But if you happen to be among the 75 percent who do, it can drain finances fast. Without a Life Care contract, services like assisted living and skilled nursing can cost up to \$100,000 a year or more. So why take the chance? The perfect time to learn more about healthcare options is when you're healthy.

Skyline hosts a Life Care seminar monthly. For more information, give us a call at (206) 973-2187 or visit [www.SkylineatFirstHill.org](http://www.SkylineatFirstHill.org).



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tions; joining new social groups; choosing lifestyle and housing options that provide mental, physical and social stimulation; continuing to learn; developing new skills; and even, like Lei, becoming entrepreneurs.

Experts recommend steps such as those below to ensure that “retirement” is one of the most fulfilling parts of your life.

### Boost Your Psychological Portfolio

The key to a successful retirement and enjoying this stage of life is good planning, experts say. Financial planning is vital, of course, but Schlossberg says those preparing for retirement also need to take stock of their psychological portfolio.

“The psychological portfolio is reflected in your identity, relationships and purpose,” she says. “When I interview retirees, their biggest problem is figuring out their new identity.” Before retiring, people are identified by their careers, she says. “When you retire, you no longer carry a business card or title that defines who

you are. You need to determine a new, psychologically satisfying identity and purpose.”

That’s why it’s important to visualize what a rewarding retirement will look and feel like for you, says Martha Deevy, senior research scholar and director of the Financial Security Division at the Stanford Center on Longevity at Stanford University. “Creating deliberate and specific scenarios not only helps in financial planning but also helps individuals psychologically make the transition from one phase to another.”

### Analyze Dreams for Direction

The ability to analyze your dreams and take direction from them is one of the first steps toward what life

coach Barbara Waxman calls a rewarding “protirement”

The editor of *How to Love Your Retirement*, a collection of advice about how to transition and thrive in retirement, says dusting off dreams you have put on a shelf can lead to new opportunities in your golden years. “Did you always

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want to teach or volunteer your services to make the world a better place?" she asks. "Think about the type of work that would pump you up, and then consider the skills you'd need to enter that field, and how you can obtain them. It's never too late to shift careers."

For some retirees, such as 64-year-old Gwen Lowery, shifting careers means returning to school. Lowery was working at Microsoft when she decided to pursue a lifelong interest in becoming an artist. She began her art-career journey at the Gail Harker Center for Creative Arts, now located in La Conner, Washington. While Lowery's fiber-art studies were at first a nice counterpoint to the work she was doing at Microsoft, she determined, when she was five years into a seven-year art-study track, com-

prising two programs, that she wasn't able to balance her job and school. "I was more obsessed with art, so I decided to quit Microsoft," says Lowery, who was the director of user assistance for Office products. She went on to get a design-and-embroidery diploma at the Harker Center in 2004, and she began marketing and selling her fiber art online. Her work, which has evolved into larger pieces, is inspired by weather and natural phenomena ranging from the sea to the aurora borealis.

**By the time the last U.S. baby boomer turns 65 in 2029, one in five Americans will be age 65 or older. By 2032, there will be more people age 65 or older than children under 15.**

—Stanford Center on Longevity

### Get Fit

For years, longevity experts have said that staying healthy is vital to living a long, productive life.

Some baby boomers are taking the idea a step further with activities such as running half marathons or going on long bike rides.

Sixty-three-year-old Betsy Moore says getting into better shape and being healthier are critical to being able to reach her 100th birthday. To improve her health, she began running and competing in half marathons six years ago. "My main motivation for exercising is the health issues in my family," says





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## Expert Tips for Retirement

We asked several longevity and retirement experts to give us their top tips for a quality life during the golden years. Here's a consolidation of the recommendations from life coach Barbara Waxman, who was a special editor of the book *How to Love Your Retirement*; Martha Deevy, senior research scholar and director, Financial Security Division at the Stanford Center on Longevity; and well-known speaker Alexis Abramson, who in addition to having a doctorate in gerontology, has written four helpful books for those over 50.

**\$ Plan for financial well-being.** Even with access to numerous financial tools and services, a significant number of employees 45 and older have failed to calculate how much money they will need to have in retirement savings (Employee Benefit Research Institute Retirement Confidence Survey, 2013). Financial calculations, done regularly, are important guideposts in preparing for the kind of retirement experience you desire.

**Live within your means.** Create a workable retirement budget that includes travel, leisure activities and health-care costs so that you can be fiscally responsible by day and sleep better at night.

**Simplify.** Simplify your life now so that you'll be able to focus on the things that will bring you the most joy in retirement. Take a hard look at possessions, activities and relationships. If it energizes you, keep it; if not, release it.

**Stay fit.** Many people assume that physical fitness inevitably declines with age. But taking time to exercise and eat well is even more important as you get older. Not only will a regular exercise routine save you money by lowering your health-care expenses, it will also serve as fuel in the proverbial gas tank, giving you the stamina to fully engage in your "protirement" years.

**Engage.** Social activity and engagement obviously have a positive effect on quality of life. Build habits of social engagement, and make it a priority to develop and retain good relationships and social interaction with others.

**Bolster your brain health.** Engage in activities that challenge your mind, such as learning a new language or taking up painting, and you might find yourself having fewer so-called senior moments.

**Reduce your stress.** Sometimes you have to rethink your priorities. In the process, you may decide to relinquish control of a stressful chore that you constantly avoid or that you complete with mental, emotional or physical distress. Letting go of situations that create stress may be your ticket to enhanced health and quality of life.

**Take time to sleep.** A good night's sleep can be an effective tool in enhancing mental and physical performance and stamina in your golden years. Lack of sleep has been linked to poor concentration, dizziness, headaches, weight gain and depression. According to the National Sleep Foundation, mature adults require seven to nine hours of restful sleep each night. —M.S.B.



Judy Cornish, founder

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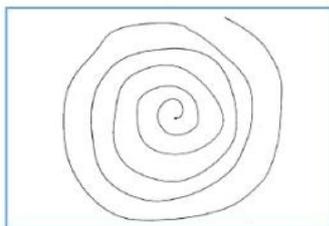
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the Southern California resident. “We are a family of high blood pressure, high cholesterol, heart attacks and diabetes. I gave up smoking in the ‘80s because I wanted to see my grandchildren grow, marry and have kids.”

Denver resident Anne Skinner, who is turning 68 this month, and her husband moved into a retirement community that offers many exercise options and from which she can connect to numerous bike trails. Some days Skinner, an avid cyclist, rides as much as 25 miles.

Life at the retirement community also gives the Skinners many opportunities to create and maintain social connections with fellow retirees. “Everybody my age has known parents who lived at home until they died,” she says. “As they aged, they lost their social interactions and you could see them decline. We wanted to avoid that.”

Social activity and engagement has proved to have a positive effect on quality of life as we age, says Deevy from the Stanford Longevity Center. “Creating those networks prior to retirement and maintaining them in retirement will reduce the risk that individuals find themselves socially isolated, which we know can lead to depression and other negative health effects.”

Boomers can also benefit from keeping in touch with relatives through regular phone calls, email, Skype or Facebook, and planning trips around special events such as high school and college graduations, family reunions and weddings.

LEI, LOWERY, MOORE AND THE SKINNERS are all enjoying their lives because they envisioned what they wanted to do in retirement and positioned themselves to embrace that next chapter. Those who retire “to” something rather than “from” something are typically happier and more successful during their golden years.

“For some, retirement is difficult because they don’t know what they are going to do next other than play golf and clean the garage,” says Lei, the Portland inventor. “But for me, I had a list of things I wanted to do, and I was going to get on it.” ■

Writer M. Sharon Baker lives in Seattle.

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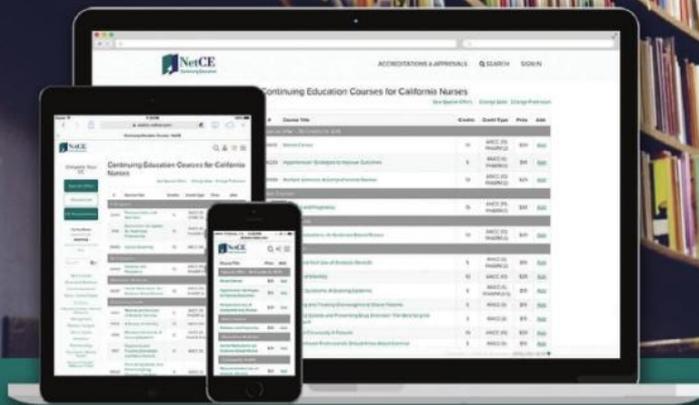


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# Story Teller



Fantasy, fun and fascination with the real world have made Idaho's N.D. Wilson a best-selling children's-book author

By Buddy Levy

**E**arly in his fifth-grade year, Nate Wilson decided he no longer needed to pay attention in school. "I determined I'd learned everything I needed to know," he recalls with a wry smile.

He quit doing homework, and he began to complain to his father that the books the students read were deeply flawed. His dad,

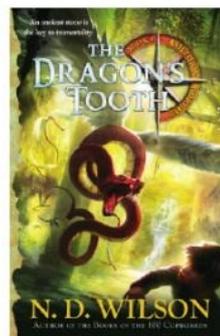
an educator with a master's degree in philosophy, had co-founded the private school in Moscow, Idaho, seven years earlier, in 1981.

"I would whine at the dinner table about how I hated everything that I was reading and that the authors were making huge mistakes—that's not how I would have done it," Wilson says.

His father's response was parental genius. "He told me that instead of complaining, I could bring edits to the books. I could write down what I would have done better, or how I would have made the beginning or the ending better. But only constructive criticism. Only improvements."

Wilson began thinking like an author.

He pondered and critiqued everything from characters' names to pacing and plot. At the end of his fifth-grade year, he stood up at the





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family dinner table and proudly announced that he was going to be a writer. "And not only that, I said that I would publish under my initials, just like the greats—J.R.R. Tolkien, C.S. Lewis, G.K. Chesterton and P.G. Wodehouse—did." His parents smiled. His two sisters—one older, one younger—just laughed at him, he says.

But in 2005, after attending New Saint Andrews College in Moscow, Idaho, and earning a master's degree in liberal arts from St. John's College in Maryland, the budding author achieved his goal. Random House accepted his preteen-adventure novel, *Leepike Ridge*. It was published in 2007. The author's name on the cover: N.D. Wilson. N.D. stood for Nathan David.

Since then, Wilson's fantasy/adventure novels, including the *100 Cupboards* trilogy (*100 Cupboards*, *Dandelion Fire*, *The Chestnut King*) and *Ashtown Burials* series (*The Dragon's Tooth*, *The Drowned Vault*, *Empire of Bones*), have garnered critical acclaim and impressive sales. His work's been published in dozens of countries and more than 20 languages. And his storytelling has been featured on programs such as NBC's *Today* show and NPR's *All Things Considered*.

The internationally famous writer has chosen to live in Moscow. He and his wife, Heather Garaway, whom he met while in grad school, agreed on the merits of raising their children in Northern Idaho. They now have five youngsters (whom Wilson describes as "our primary source of entertainment") and devote a lot of time to their family. Wilson also

Puzzle on page 78.

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loves sports, especially basketball, and he plays in Moscow's city league.

He writes in an attic loft from which he can see the window of the birthing room at Gritman Medical Center, where he arrived in 1978. He also teaches part time at New Saint Andrews College, and he visits schools around the country to talk about his work and inspire students to live full and adventurous lives "in this world, the one we live in now."

Instilling appreciation for the real world is important to Wilson. "Sometimes kids ask me, if I could live in any fantasy world, which one would it be? And I always say, 'This one! The one we are living in!' Look, imagine. I can fly through the sky to go places. And I have this little magic box [he pulls out his cell-phone and waves it around] that I can use to grab light off my face and send it through space and beam it to my wife, where she has one, too, that reinterprets the information, and she shows a picture of me to our daughter.

**"We live in a magical world, and I don't want kids to become numb to it. We have airplanes. Frodo had to ride an eagle! I want to wake kids up to the amazing potential here, in this world, in our world."**

His *Ashtown Burials* series strikes a chord with readers because of its approach, he says. "It's less high fantasy, and more adventure skewing toward fantasy. They aren't characters with magical powers. They're just regular kids, swept up in the chaos of the world."

Wilson says this distinction between high fantasy and what he calls "mythic Americana with fantasy elements" represents his growth as a writer, a storyteller and a teacher. While his work is richly steeped in historical, cultural and mythological references—dragon's teeth from Greek mythology's quest for the Golden Fleece; the fifth century's Saint Brendan the Navigator; the Mesopotamian epic of Gilgamesh—he blends them brilliantly into characters and situations in modern American settings.

"I love combining pieces of the American mythos with characters who truly belong in the meta-myths, so I

## Loyal Local

N.D. Wilson is intensely loyal to his hometown of Moscow in the Idaho Panhandle, and to the talented people who live there. After graduate school at St. John's College in Maryland, when he was ready to submit his first fiction works for potential publication, he enlisted Moscow friend Aaron Rench, who had a degree in liberal arts from local New Saint Andrews College, to serve as his agent. (Rench now has a master's in creative writing from Oxford, as well.) Rench had never represented an author, but he flew to New York in the summer of 2005, made copies of Wilson's work at a copy shop, and hand-

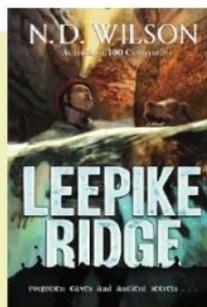
got a lot of joy from pulling in Gilgamesh, putting him in tight white pants and making him a little bit Miami for *Ashtown Burials*," Wilson says. "I want, as a fundamental goal of my writing, to bring magic to America, to take mythic Americana—truck stops, football, baseball, barbecues—and bring that to global fantasy. I want to bring the ancient stories and connect them to the magic of this world."

He adds that he also enjoys crafting fantasy creatures, "although the best ones are usually based on real animals, and they only need modification," he says. "Whip spiders, dragonflies and alligator snapping turtles—all are actual real-world species, although Leon, my giant snapping turtle, spent centuries wallowing in the fountain of youth."

Wilson points out that high fantasy, such as the *Harry Potter* books, and even his own *100 Cupboards* series, is fine as far as it goes, but it has limitations. "The problem is, after finishing these, no matter how many times a kid repeats the words of some magical spell, or waves that magic wand, it isn't going to happen. You can't really take a course in the dark arts—but you can learn to translate Greek or Latin as my young characters, Cyrus and Antigone Smith, do."

In *Ashtown Burials*, the two siblings are initiates in a secret society of explorers known as the Order of Brendan. Their exploits involve aspects of the supernatural but relate to the real, physical realm of this world, and the pair is continually forced to rely on their own wits and physical capabilities to solve problems.

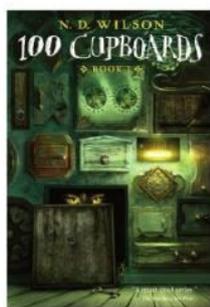
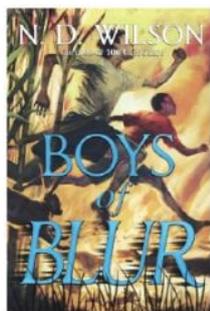
Wilson is elated when he gets fan mail from kids who, after finishing his books, want to improve their



delivered the manuscripts to some of New York's finest literary establishments. After a couple of weeks, offers began to pour in, and ultimately, Wilson says, Random House won a bidding war and signed the author to a four-book deal, comprising the novel *Leepike Ridge*, published in May 2007, and the *100 Cupboards* trilogy, with the books in the series published, respectively, in December 2007, February 2009 and January 2010.

Wilson also uses a local publicist named Kiki Beauchamp to supplement the publicity offered by New York publishing houses. "I find people who are talented, gifted, dedicated and honest, and I stick with them," he says.

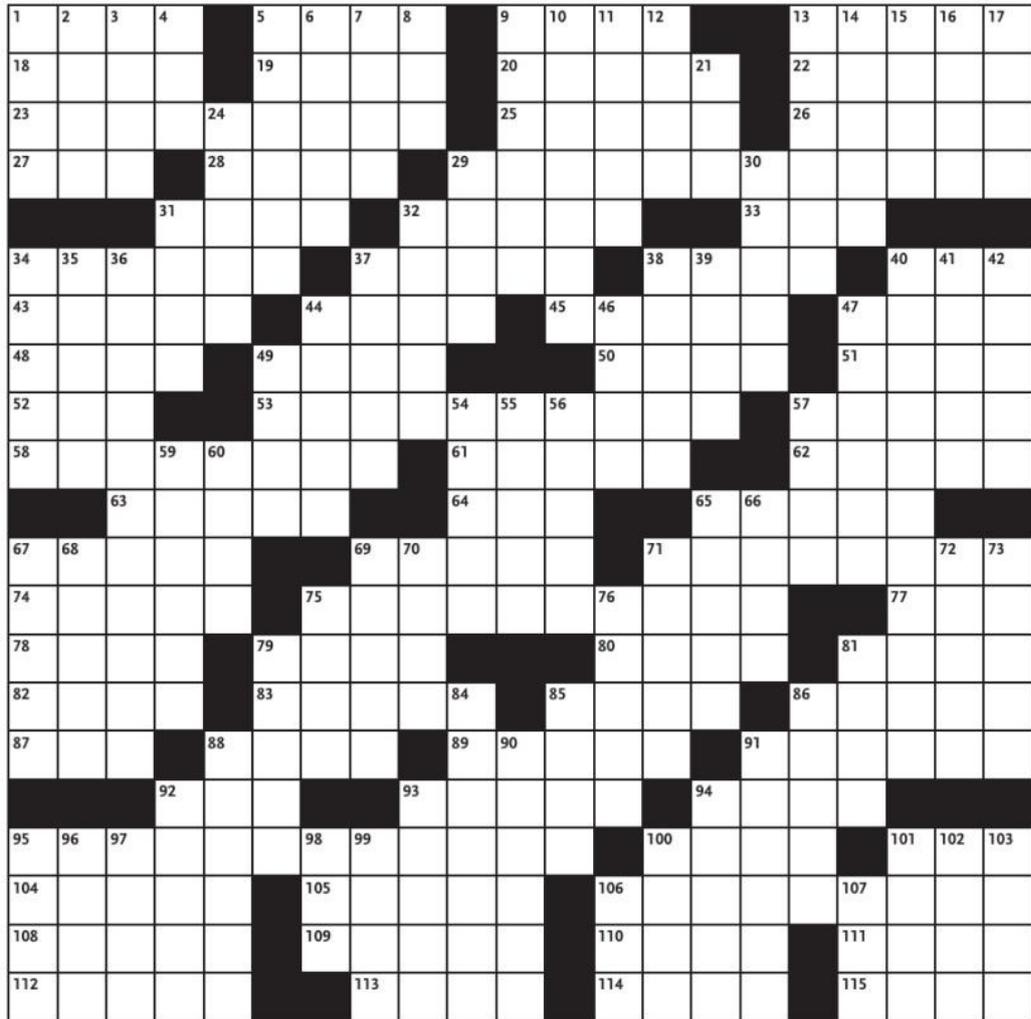
**N.D. Wilson's popular books include his new *Boys of Blur* novel and his *100 Cupboards* series. *Boys of Blur*, which was published in April, is getting good buzz as a contender for the 2015 Newbery Medal.**



## INTO THE WOODS

### A C R O S S

- 1 Or \_\_\_\_!
- 5 Quick pace
- 9 List entry
- 13 Second president
- 18 Wander
- 19 MD's needle
- 20 Cut up
- 22 Municipal
- 23 Did some cleaning
- 25 Put the ham in "Hamlet"
- 26 African republic
- 27 Social
- 28 Iowa college town
- 29 Joplin composition
- 31 Declare positively
- 32 Curriculum \_\_\_\_
- 33 Drunk
- 34 Pie fruit
- 37 Light cloth
- 38 Terrible tyke
- 40 Brought home a trophy
- 43 Dribs and \_\_\_\_
- 44 Skin
- 45 \_\_\_\_ of Langerhans
- 47 Not ruddy
- 48 She was a showgirl
- 49 Official stamp
- 50 Window unit
- 51 Downwind
- 52 School of thought
- 53 Fragrant storage place
- 57 Ecclesiastical council
- 58 Tarnishes
- 61 Build
- 62 Miserable
- 63 Lowly chessmen
- 64 Crooner Torme
- 65 Passed out
- 67 Twilled fabric
- 69 Comment to the audience
- 71 Recovered a wreck
- 74 Takes a bit off the sides
- 75 Small rabbit
- 77 Color TV pioneer
- 78 "\_\_\_\_ Christie"
- 79 Casino game
- 80 Senator Feingold
- 81 Songs for one
- 82 Jazz bookings
- 83 Communion table
- 85 Minute
- 86 Maritime
- 87 Ouija board word
- 88 Madame Bovary
- 89 "The Matchmaker" actor
- 91 High spirits
- 92 Positive vote
- 93 Stage show?
- 94 Earthy deposit used in fertilizer
- 95 T.S. Eliot play
- 100 Powdery mineral
- 101 Backdrop
- 104 Trusty
- 105 Nursemaids



- 106 Longs for
- 108 San Diego athlete
- 109 Orange \_\_\_\_
- 110 Mass reply
- 111 Latch
- 112 Target practice
- 113 Droops
- 114 Phoenix suburb
- 115 Eye sore?

### D O W N

- 1 Formerly, of old
- 2 Bound
- 3 "Two Mules for Sister \_\_\_\_"
- 4 Big bird
- 5 Recurring topics
- 6 "Heathers" actress
- 7 Literary work
- 8 Apex
- 9 Conjure up
- 10 Kettledrums
- 11 Eleve's place
- 12 Parcel (out)
- 13 Cafe \_\_\_\_

- 14 Trend
- 15 ERA or RBI, e.g.
- 16 Poet Angelou
- 17 Stocking mishap
- 21 Marina \_\_\_\_ Rey
- 24 Gives in
- 29 Mojito herb
- 30 Thrill
- 31 Spanish general (1507-1582)
- 32 Country house
- 34 Wing it
- 35 Novel text
- 36 California resort
- 37 Guides
- 38 Wing-ding
- 39 Flat fee
- 40 "Little House on the Prairie" town
- 41 Butter substitutes
- 42 Down-and-out
- 44 Coevals
- 46 On \_\_\_\_ (without client commitment)
- 47 Variety of bribery

- 49 Read a bar code
- 54 Make payment
- 55 Motto
- 56 Trojan beauty
- 57 Czech, e.g.
- 59 Molten substances
- 60 Wool providers
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- 66 Annexes
- 67 Theatrical
- 68 Baseball's Banks
- 69 Primary artery
- 70 Greek walkway
- 71 Hot spot
- 72 Splendor
- 73 Every 24 hours
- 75 Not windy
- 76 Director Lars von \_\_\_\_
- 79 Well-known
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- 98 Preschool downtime
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Solution on page 76.



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JAMES ENGERBRETSON

## Moving into Movies

N.D. Wilson also has recently forayed into film, which he views as just another form of storytelling. He's written two original scripts that are making their way around Hollywood, and he's adapting a script from C.S. Lewis' *The Great Divorce*. At left, Wilson is shown directing a 15-minute "surreal short" called *The Hound of Heaven* (based on the Francis Thompson poem), which was filmed primarily at a vacated car dealership in Moscow, Idaho. The film, which he wrote, premiered on Oct. 4 at the Raindance Film Festival in London. Last summer he wrote and directed his first full-length independent feature film, *The River Thief*, starring Joel Courtney and Tommy Cash. Film is an interesting new avenue, he says. "I'm excited to grow into it and see how much I like it."

their own life stories."

He's busy finishing *Ashtown Burials*' final installment, while his latest published novel, *Boys of Blur*, separate from his other series, was released in April. *Boys of Blur* combines a youngster's visit to a football-obsessed Southern town with aspects of *Beowulf* and zombies, in a tale of good vs. evil.

Wilson views writing novels as "cooking for the imagination." He sees himself as a chef and baker. "I'm making meals, with words and ideas," he says animatedly. "I'm baking something and trying to give it to as many imaginations as I can, with the hope that what I've

lives. "I got one from a girl who now wants to learn other languages, and is doing archery and studying history. That's my goal—to have kids become interesting characters in their own lives. I want to wake them up to the amazing possibilities of

cooked will be really effective at feeding those imaginations. My focus is: How many imaginations can I feed, and what will they dream of?" ■

*Buddy Levy lives in Moscow, Idaho.*

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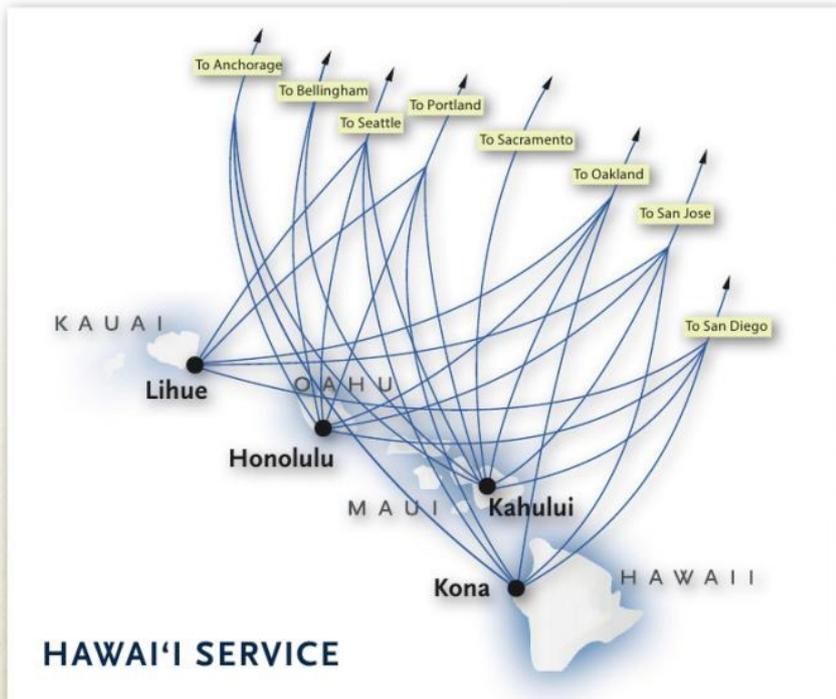
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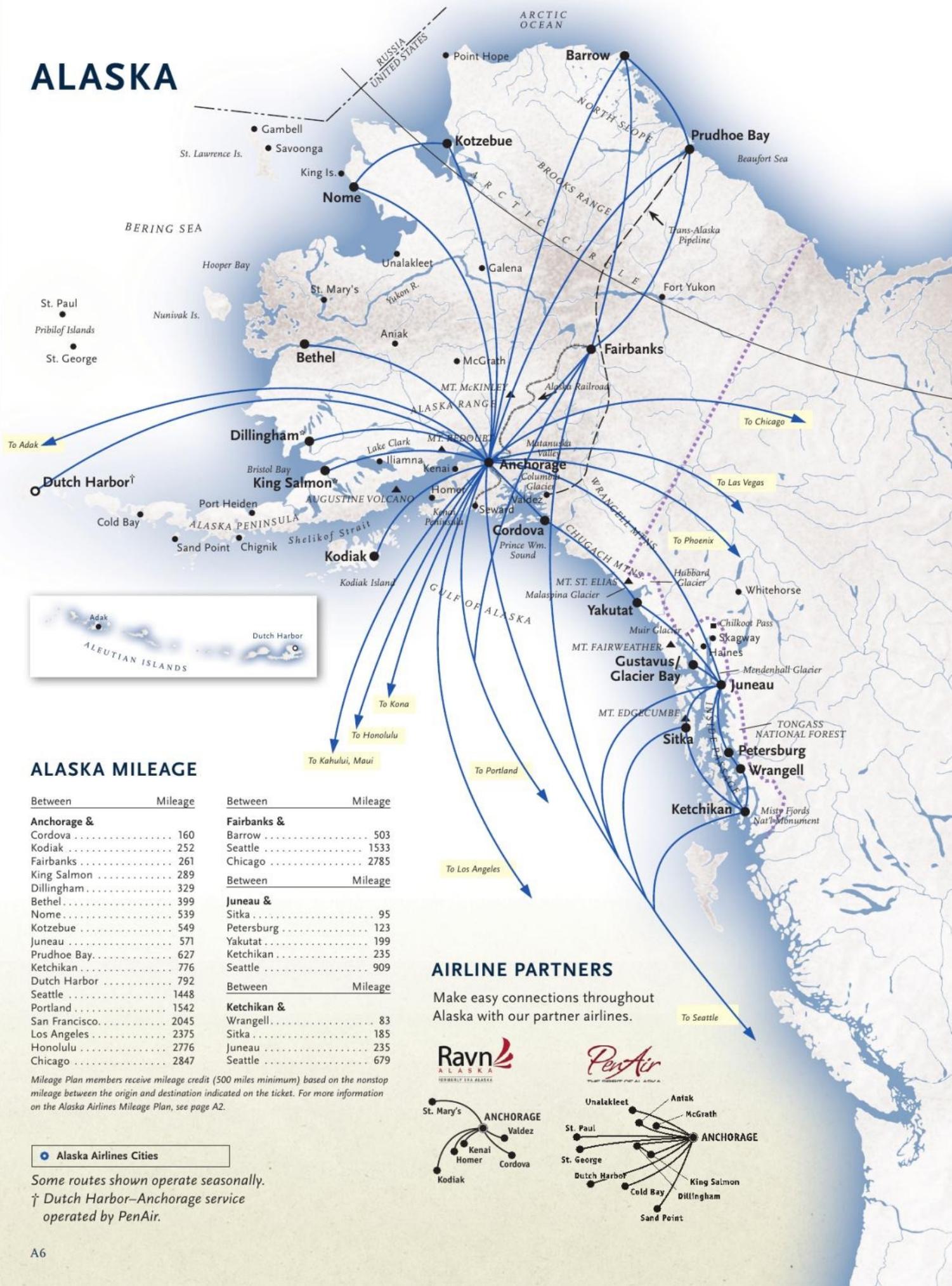
Between	Mileage
<b>Seattle &amp;</b>	
Boston	2496
Denver	1024
Honolulu	2677
Los Angeles (LAX)	954
Fort Lauderdale	2697
New York City/Newark	2401
Phoenix	1106
San Diego	1050
San Francisco	678
Washington, D.C.	2306
<b>Portland &amp;</b>	
Los Angeles (LAX)	834
Phoenix	1009
San Diego	933
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# ALASKA



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Between	Mileage
<b>Anchorage &amp;</b>	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
<b>Fairbanks &amp;</b>	
Barrow	503
Seattle	1533
Chicago	2785
<b>Juneau &amp;</b>	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
<b>Ketchikan &amp;</b>	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

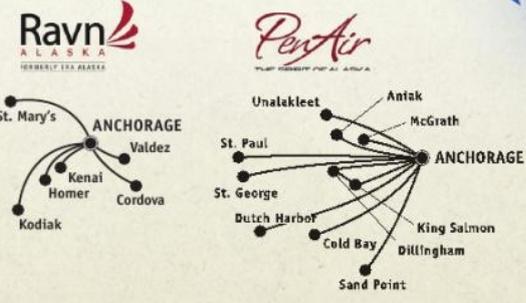
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● Alaska Airlines Cities

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# Tooting His Own Horn

Dad finds daughter's tutelage noteworthy | BY TODD POWELL

**B**alloons and bubble gum: I've never mastered the art of inflating them by mouth. So I was dubious about the prospect of my 11-year-old daughter, Ava, teaching me how to play the trumpet. (Sorry, kid, these aren't Dizzy Gillespie cheeks.)

Still, Ava's assignment from her fifth-grade band teacher required assistance. First, she had to give three lessons to a family member about the instrument she was playing. Second, she had to report the results. It was a terrific pedagogical idea for beginning band—one predicated on the notion that if you teach a skill, you further engrain that skill in yourself.

"Why don't you ask your mom?" I said.

"Because she already knows how to play trumpet and you don't."

"Your sister?"

Ava gave me a look that said, Don't even go there. So it came down to me, a guy who can barely whistle, let alone blow bubbles or balloons.

"OK, Dad, here's how you hold your trumpet," she said during our first lesson, which could be called *Get to Know Your Trumpet*. This is the bell. These are the valves. Here's the water key, where you empty out the excess. ...

"Uh, no, your pinky goes there," Ava said as she showed me where to rest my right pinky. "All right. Now let's try a C."

Yes, I knew that note, at least on a keyboard. In fact, I was far from a musical novice, having taken eight years of piano lessons as a kid. I knew my notes and clefs and time signatures. I even knew terms such as *andante*, *allegro* and *fortissimo*. Maybe this wouldn't be so difficult. After all, we weren't pushing down any valves yet, and all I had to do was put my lips against the mouthpiece and emit air.

"Got it," I said, and then I puffed out my cheeks and proceeded to render a noise that sounded like a cross between a wheezy goat and a dyspeptic donkey. My wife, who was sitting on the couch, could hardly contain her laughter.

"What?" I said.

"It's not about the cheeks," she said. "It's about the lips."  
"But what about Dizzy Gillespie? Have you ever seen his cheeks?"

"Don't look at me. Your daughter's teaching this class."

She stopped talking but continued to chuckle.

I glanced over at Ava. "Mom's right, Dad. You have to put your lips like this." My daughter pursed her lips and made them buzz while blowing a steady stream of air. No bulbous cheeks, here. I tried again and this time made a sound that still registered some-

where in the vicinity of farm animal but felt like an improvement. I tried again and again, focusing on pushing the air through my lips, until, at last, the note I hit seemed recognizably musical. Maybe that's why I could never inflate balloons—all the air went into my cheeks instead of out my mouth.

During our next lesson, we advanced to using the valves and playing a few more notes. As a piano player, I figured my fingers would adapt to the valves easily enough. I was wrong, of course, for these were more like pistons than keys. On a piano, all you have to do is push down a key and you get the tone you're looking for. On a horn—as any attendee of beginning-band concerts knows—you can be woefully off-key. But that's part of the process. You have to create

a lot of noise before you can carry a tune.

Ava and I kept at it. She taught me how to adjust the embouchure of my lips and mouth so I could jump an octave from low C to high C. She helped me understand the fingering for a five-note scale. By the end of our third lesson, the ranking of Louis Armstrong, Miles Davis and Dizzy Gillespie in the pantheon of esteemed trumpeters remained secure, but at least I'd gained new insight into my daughter's chosen instrument. And Ava refined her skills through the process of teaching.

"My dad had trouble at first," Ava wrote in her report. "But he tried really hard and improved a lot."

Thanks, kid. I'll make a note of that.

*Todd Powell lives in the Seattle area.*



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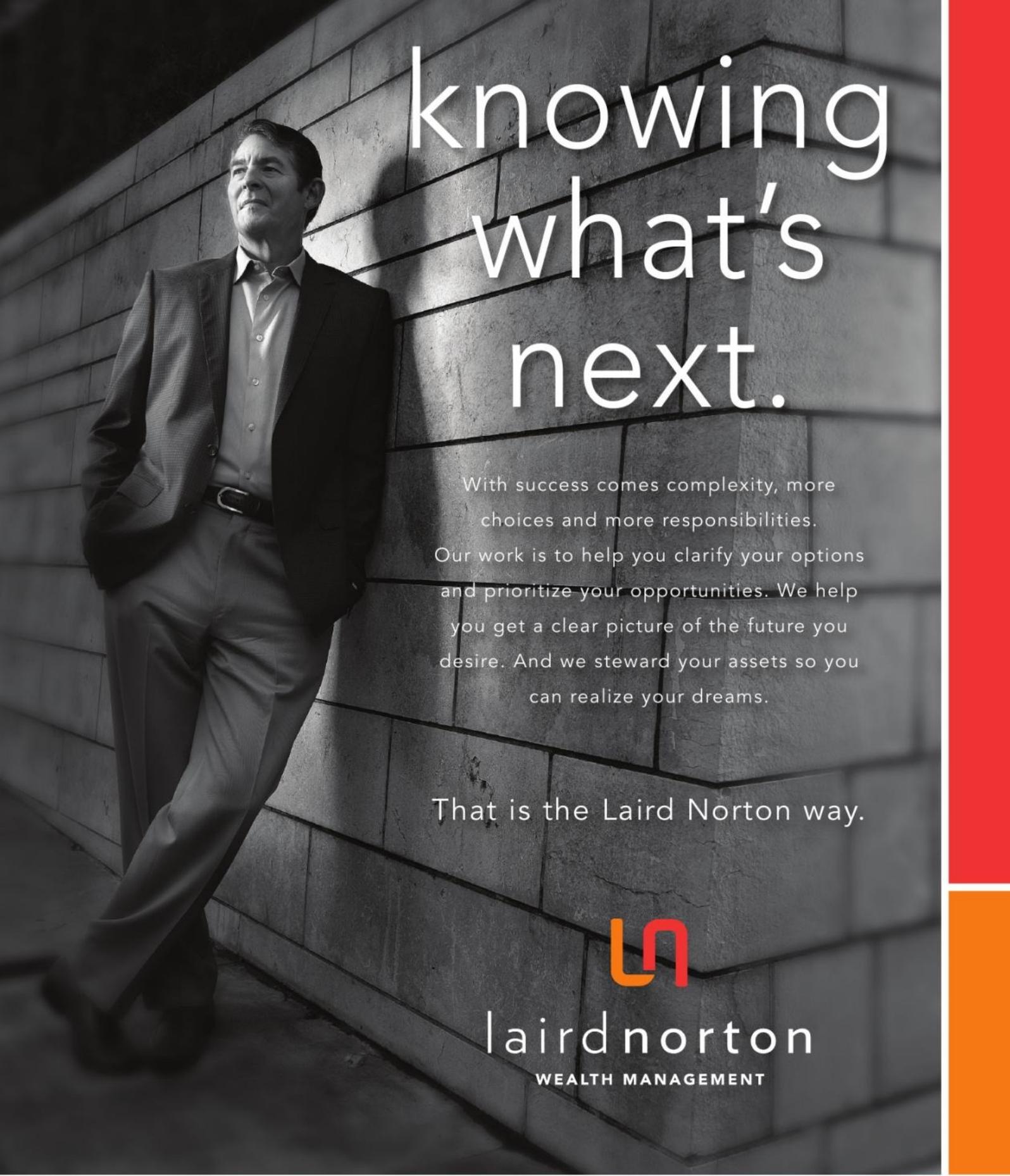
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