

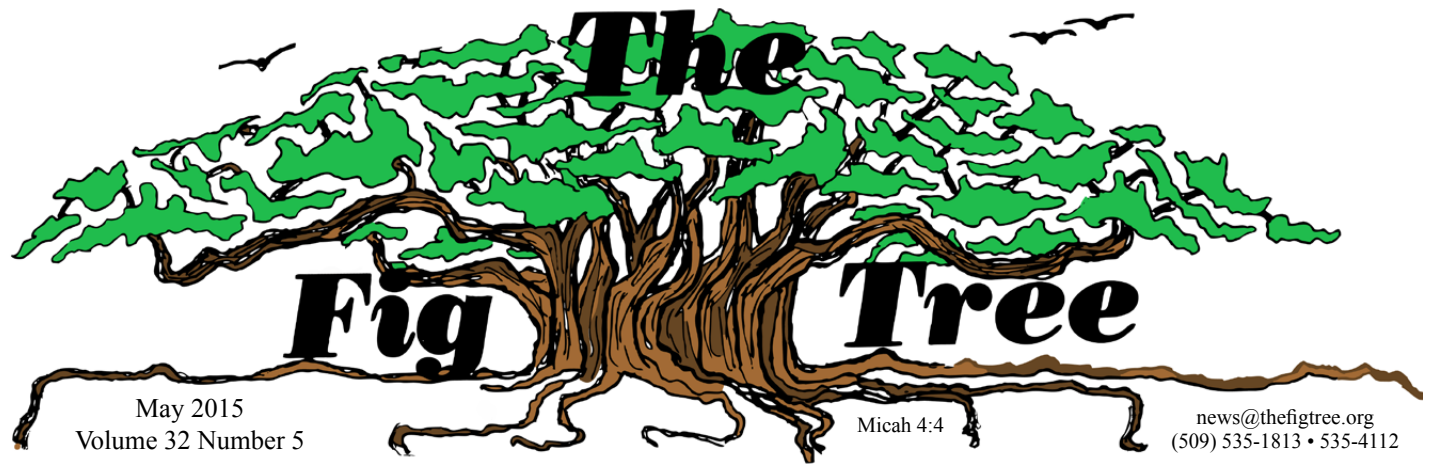
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Monthly newspaper and website covering faith in action throughout the Inland Northwest online at www.thefigtree.org • check The Fig Tree Facebook page daily for news and links

Program prepares veterans to farm

By Mary Stamp

To meet Spokane County's need for farmers to replace its aging farmers, the Spokane County Conservation District (SCCD) is beginning a project to connect veterans with jobs in farming.

It's in sync with the district's responsibilities for forest management, environmental education, soil science, small-acreage farming, production agriculture and water resources programs to promote wise use of natural resources to protect them for the future.

Its newest program, which will launch in November, is Operation New Mission: Veterans on the Farm.

It will identify agriculture-based employment for veterans, said Vicki Carter, executive director of the SCCD.

Since 2005, one to three of her seven family members in the military have been deployed. So she is aware of difficulties veterans have moving back into civilian life.

To help her mark the time when her son, Ben Parriman, was deployed to Afghanistan in 2010, she began Ride for Red Fridays, an indoor cycling class at the Spokane Club. After he returned, the group of 18 continued to ride to honor



Vicki Carter describes Spokane County Conservation District outreach.

others who are deployed.

In 2012, the group showed the documentary, "Ground Operations: Battlefields to Farm Fields," at Spokane Community College.

The film makes the point that America needs a million new farmers as the average age of farmers is 60, and there's no one to succeed many of them. Veterans want jobs, and agriculture offers jobs that can nurture them as they experience anxiety and PTSD.

"Here are two groups with needs," Vicki said. "Vets need to transition from the destroyer mentality into a living, creating and nurturing mentality on farms that allows their brains to reprogram for civilian life."

Vicki believes she is in her position at the SCCD to respond to this need in Eastern Washington.

Just one other group in Washington, the three-year-old Growing Veterans in Lynden, has been working to connect veterans with jobs in farming.

Six month ago, Vicki organized a group to launch the Veterans on the Farm program during a symposium at the Pacific Northwest Tilth Conference Friday, Nov. 13, in Spokane. The event will screen

Continued on page 4

Partners International mobilizes aid to assist following earthquake in Nepal

Partners International, a ministry with headquarters in Spokane, is mobilizing to assist its ministries in Nepal, contacting those unaccounted for since the magnitude 7.9 earthquake April 25.

Its two partners in Nepal, Reaching the Himalayas Center (RHC) and National Church Foundation Nepal (NCFN), have both suffered losses.

Prem James, South Asia area director, said many people are injured, buildings are in rubble and the need for relief is dire.

"We have confirmed that leaders of both partners are safe, but

dozens of believers they have been teaching were killed," said Scott Steinloski, director of marketing and communications in the Spokane office. "Other workers remain unaccounted for. Many people are sleeping in the streets as aftershocks continue to threaten buildings that remain standing"

In places he visited, Buddah, a staff member for NCFN in Kathmadu, found crowds of people—men, women, children, pregnant women, sick people with their newborns to older children in the streets. Immediate needs are for safe drinking water, sanitation,

personal hygiene, shelter and sufficient food.

In the wake of the disaster, Partners International has sent an initial \$10,000 for relief for its partner ministries.

Prem is meeting with Chinese and Indian partners in India so they can begin assisting in Nepal.

Partners International is also part of the International Disaster Response Network, a group that coordinates relief efforts, to assist in larger-scale efforts.

"Our partners are trained to assist relief organizations on the ground with distribution of supplies and translation," said Scott.

Partners International's President and CEO Larry Andrews visited Nepal last week, leaving just three days before the quake struck. Before he left, he prayed for several church planters who were setting out on a 16-day trek from Kathmadu to remote villages in the Himalayas. He said it was surreal to hear that many monuments and buildings he had visited are now rubble and new friends he just met "are in the thick of it."

Continued on page 3

CROP Walkers fund relief, wells

At Spokane's 38th annual Hunger Walk on Sunday, April 26, a group of 79 walkers from 14 congregations heard from Church World Service/CROP Walk regional coordinator Amber Blake that Church World Service (CWS) was already present and providing help in Nepal, following the earthquake the day before.

Funds from previous CROP Walks were already at work there. Along with providing relief aid in such disasters, funds walkers have raised have helped to "halve extreme poverty since 2010, a U.N. Millennium Development Goal that was not anticipated to be reached until 2015," she said.

Amber praised Spokane walkers, because in the past two decades alone, they have raised close to \$700,000, ranking the Spokane CROP Hunger Walk as one of the top three in the Pacific Northwest.

This year, the group raised \$7,336 as of the day of the walk. She said that when recipients of aid and programs ask CWS staff in their countries about whom they can thank, the staff usually show pictures of CROP walkers. Many are at first puzzled about why the people in the United States are walking. They are told that the CROP walkers walk because the people in the community receiving help walk to draw and haul water.

Last year, 25 percent of the \$12,000 raised in the Spokane CROP Walk was shared locally with Greater Spokane Meals on Wheels and Family Promise. Pam Almeida of Greater Spokane Meals on Wheels said the amount they received went toward 260,000 meals served in Spokane County this year.

Susan Heitstumen of Family Promise said funds they received helped feed families sheltered in churches, noting that over the last seven years, 82 percent of those housed by Family Promise have found sustained, permanent housing.

For information, call 503-468-6220 or email ablake@cws-global.org, or locally contact organizer Randy Goss 468-4099 or email goss301@gmail.com.

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WCC calls for hope in midst of climate change

A message on human dignity and the right to hope in a world threatened by climate change was proclaimed on April 28 by World Council of Churches (WCC) general secretary, the Rev. Olav Fykse Tveit, in a meeting on climate change convened by the Vatican.

“Climate change makes crystal clear what kind of change is needed for a sustainable future. Humanity has a right to hope, the right to a future, a right to life itself. No power on earth can destroy the thirst for human dignity and for life in just and sustainable communities,” said Olav.

He was among high-level people at the event with other religious leaders, academics, scholars and policy makers. The meeting was held as Pope Francis prepares an encyclical letter to bishops on environment and climate change for release this summer, before the UN climate negotiations in December.

The role of religious leaders for climate justice was especially emphasized by the UN secretary-general Ban Ki-moon, who said, “Religious leaders, we the peoples need your moral leadership to address climate change.”

“We have seen now for many years action to address climate change is delayed, even to some extent blocked. Some deny the scientific facts, some ignore them, some feel paralyzed,” said the WCC general secretary. He went on to say that some even shy away from addressing the root causes.

“Looking to the next elections, some political leaders do not always provide a long-term commitment and vision that would move people and liberate the energies for change,” Olav said.

He recognized that churches in the past have contributed to “a mechanistic understanding of nature that was to be subdued and exploited for narrow human interests. They did not question the unsustainable development path of industrialized societies with the reckless consumption of natural resources and the ever growing use of fossil fuels. We have to acknowledge these sins of the past in order to be credible today,” he said.

WCC, ACT launch Act Now for Climate Justice

As part of churches’ on-going struggles for climate justice, the campaign Act Now for Climate Justice was launched at the Ecumenical Centre in Geneva, Switzerland, on April 22, Earth Day.

The campaign initiated by the ACT Alliance runs in collaboration with several ecumenical partners, including the World Council of Churches (WCC) and the Lutheran World Federation.

The campaign involves churches, religious organizations and civil society around the world in raising awareness on climate change effects, especially in their effects on the most poor and vulnerable people. The initiative calls on world leaders to cut carbon emissions drastically, and to help the world’s poorest to cope with the impacts of climate change while engaging in development in a sustainable way.

Act Now for Climate Justice has also been launched in many places. It is significant given the upcoming United Nations Climate Change Conference (COP21) in Paris this year, where governments will strive to agree on a comprehensive climate agreement.

Ecumenical organizations involved with the campaign have been working together in advocacy and campaigning, as well as in prayer and solidarity, to support the millions affected by the impacts of climate change. The Rev. Ioan Sauca, WCC associate general secretary and director of the Ecumenical Institute in Bossey, Switzerland, shared theological reflections at the launch.

“Humans are partners and co-workers with God and should act responsibly towards creation,” he said. “God creates human beings so that they can ‘till and care’ for the garden of creation according to the biblical story in Genesis 2,” Ioan added.

The launch included a prayer service, exhibition and signing the Act Now for Climate Justice Petition. A symbolic march around the Ecumenical Centre stressed the “pilgrimage of justice and peace” call from the WCC 10th Assembly in the Republic of Korea in 2013.

REGIONAL ECUMENICAL & INTERFAITH NEWS

Resource Directory updating underway

From now through early June, ad sales for the 2015-16 Resource Directory: Guide to Congregations and Community Resources will continue—with the goal of raising \$28,000 in underwriting support.

Malcolm Haworth, directory editor, is updating the data, so congregations and agencies may continue to send their addresses,

phone numbers, fax numbers, emails, websites, descriptions and names of leaders.

More volunteers are needed to assist with the project, he said.

The directory will be published and distributed during the summer.

Meanwhile, The Fig Tree continues its pledge drive, seeking to reach a basic goal of \$30,000 and

then \$50,000 to cover publication, media training, internships, writing, editing, mailing and other projects.

“We have a team working on nurturing major giving, constituency building, directory underwriting and the ongoing pledge drive,” said Mary Stamp, The Fig Tree editor.

For information, call 535-1813.

Gonzaga recognized for green practices

The 2015 Princeton Review Guide to 353 Green Colleges, published in April for Earth Day, named Gonzaga University among the nation’s most environmentally responsible colleges.

It chose schools for its sixth “green guide” based on its 2014 survey of 347 U.S. and Canadian four-year colleges. Gonzaga also was named in 2013.

Robert Franek, publisher, reports growing interest in green colleges among college-bound students with 61 percent of 10,000 surveyed in 2015 saying a school’s commitment to the environment influences their choice.

The guide lists Gonzaga’s

sustainability efforts.

GU approved a comprehensive Climate Action Plan (CAP) in 2013. Having signed the Presidents’ Climate Commitment, it pledges to work for climate neutrality. With a “green rating” score of 95 out of 99, GU aims to reduce greenhouse gas emissions by at least 20 percent of 2009 levels by 2020 and 50 percent by 2035. It hopes to reach climate neutrality by 2050 by having new campus construction to meet LEED Silver certifications.

GU supports renewable energy, purchasing Renewable Energy Certificates equal to 20 percent of its energy usage through Avista’s

Buck-a-Block program.

It uses green practices in landscaping and lawn care, using computerized irrigation controllers to control water output campus-wide based on weather.

It also participates in Spokane’s “Clean Green” program, composting more than 35 tons of tree needles and leaves each year.

Its car sharing options and free bike rentals help students and faculty adopt green practices.

In fall 2014, Gonzaga hired Jim Simon as its first director of sustainability to help coordinate efforts.

For information, call 313-5571 or email simonj@gonzaga.edu.

Whitworth builds music center addition

Whitworth University’s board of trustees voted to begin construction on the Cowles Music Center July 1, with completion scheduled August 2016, so the music department can move into the new space for the 2016-17 academic year.

The addition to the current music building will mean nearly 21,500 square feet of new teaching studios, practice rooms, rehearsal rooms and lobby space. The 15,625-square-foot existing building will be remodeled.

“I am excited for the new opportunities that the Cowles Music Center will provide Whitworth to serve the Spokane community through performances, master classes, music festivals and other educational programming,” said Ben Brody, associate professor of music.

Although the university has not yet reached the \$13.5 million needed to fund the project, the administration decided delaying construction would mean higher costs. Fund raising for the Cowles Music Center is part of The Campaign for Whitworth

and will continue with its other fund raising initiatives of the campaign, which include adding to the university’s endowment and revamping Whitworth’s Core curriculum and honors program.

The Harriet Cheney Cowles Foundation pledged \$2 million and Whitworth Trustee Walt Oliver and his wife, Kay, pledged \$3.75 million.

A groundbreaking ceremony will take place at 2:15 p.m., Saturday, May 16, followed by the Senior Honors Recital at 3 p.m. in the Seeley Mudd Chapel.

For information, call 777-4401 or email twisenor@whitworth.edu.

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Ganesh Himal Trading in Spokane plans to rebuild clinic it built in Nepal

Denise Attwood and Ric Conner of Ganesh Himal Trading Company in Spokane, which has worked with artists and craftspeople in Nepal for 30 years, have connected with their 15 fair trade groups and the clinic they helped build in areas near the epicenter of the 7.9 earthquake April 25 in the Dhading region of Nepal.

As of May 1, they had heard from 14 of the groups. Some of their homes are badly damaged, but they are safe.

Five weeks before the quake, they had been in Nepal, visiting a clinic in the village of Dhadaguan, Baseri, 25 miles from the epicenter. Five years ago, they built the clinic and trained medical staff.

Talking by cell phone, their friend Sita said, "It took three years to build the clinic and three seconds for it to be destroyed."

All the buildings in that village have been destroyed, Denise said, but the clinic could be staging ground in international relief.

"Although the main building of the clinic was destroyed, another section, containing medical supplies and some shelter is still intact," she said. "The clinic's physicians assistant and a former army medic have escaped injury and are helping local residents."

In addition, there is an open



Chunta Nepali of Ganesh Himal in Nepal, Denise Attwood, Martha Newell of Missoula and Austin Zimmerman at the Baseri clinic.

level area—unusual in the region—that could be used as a helicopter landing zone.

About 7,000 people, many elderly and children live in the Baseri region. It is the northern most settlement in that section of Nepal, about 25 miles from the epicenter, Denise said.

"People seeking medical care will likely go to the clinic, so it could serve as a staging area for medical assistance," she said.

"We have been committed to the welfare of people in Nepal and welcome the opportunity to help through our clinic," she wrote to international relief agencies.

"We can also help them because

we have extensive local knowledge of villages there that can help pinpoint needs," she said.

"No one in that village was killed, but people in the area need food and shelter. It's raining and they are living outdoors," she said.

Meanwhile, through their recently founded nonprofit, Con-

scious Connections, Denise and Ric are raising funds on the Ganesh Himal website. As of April 30, they had collected more than \$20,000. They estimate it will take \$35,000 to rebuild and help families rebuild.

"We have not heard from some dear friends," she said, noting that cell phones are working, but batteries are low. "One producer said she and her workers were all alive, and their facility was okay, so they can go back to work once workers return from checking on family closer to the epicenter."

Ric and Denise have learned that the women paper producers, staff of the Association for Craft Producers and CBA Handicrafts producers are safe. They await hearing from many more.

This is not the first tragedy they have helped their Nepali friends through. They also stood by them to help during the civil war that lasted from 1996 to 2007.

"I was just there and felt that finally the people had hope," said Denise. "I cannot imagine how they will continue, but I know their resilience will help them. They are amazingly strong."

Ganesh Himal Trading received a major shipment in early April, so they have enough to sell to retail outlets while producers rebuild.

"Now they are in a survival mode, and we appreciate your thoughts, prayers and love," she said. "We will collect money and find partner organizations that can deliver supplies to the area."

She anticipates rebuilding the clinic and finding resources to keep its programs alive.

"Our first step is to get relief in so people survive," she said.

Commenting on the donations that have already come, Denise said, "I am struck by how beautiful humanity is."

For information, call 499-3320 or visit ganeshhimaltrading.com.

Partners funds disaster relief

Continued from page 1

"I was devastated and it broke my heart. Nepal faces so many challenges spiritually, socially, politically and economically," Larry said. "This earthquake on top of that is a real tragedy. We have the opportunity to share God's love in a practical way—by responding.

"We ask the American church to help our partners rebuild and serve the population they minister to in Nepal long after initial relief efforts have concluded," he added.

Prem shared immediate needs:

- Rations and daily essentials to partners and their workers;
- A computer to replace computers that have been destroyed;
- Relief so partners can serve their neighbors;
- Assistance to missionaries who are unaccounted for in the earthquake area. PI also needs to provide for their families.

"Nepal needs our prayers for Jesus' love and passionate care," Larry said. "Many will seek God in their need. They also need our help to provide basic living needs

and people who will love them and give them hope."

The Nepalese ministries' network of more than 1,000 local churches have medical, child education and family-training projects in communities. Now they will gear up to help with earthquake relief.

The Reaching Himalayas Center ministers to ethnic Tibetans living in the Himalayas.

The National Churches Fellowship of Nepal unites scattered believers for fellowship, prayer and encouragement. It is the largest coalition of indigenous churches in the country, Steven said.

PI works to build the church among the least reached, least resourced nations on earth, partnering with 39 indigenous ministries to provide training, guidance and financial resources.

It funds both short-term relief work and long-term ministry recovery after most relief efforts have subsided, he said.

For information, call 343-4021 or visit <https://www.partnersintl.org/give-to-nepal>.

World Relief Nepali refugee staff contacts friends

Since the recent earthquake in Nepal, Pingala Dhital, one of 350 Nepali-Bhutanese refugees who settled in Spokane since 2008, has been texting friends with the non-governmental women's organization she worked with in Kathmandu.

"All are alive and none are hurt, but their homes are destroyed," she said. "It's heartbreaking to see a monument I had climbed destroyed. Many friends are sleeping outside on the street."

Pingala and her family were some of the first refugees of Nepali descent who escaped Bhutan and lived in refugee camps in Nepal for 20 years until the U.S. Refugee Resettlement program started admitting them to the United States.

Ostracized and persecuted in Bhutan for being of Nepali descent, she left in 1990 when she was 17. As persecution increased, Nepali left Bhutan.

Pingala lived nine months in India and in 1991 went to a refugee camp in eastern Nepal, where she studied, married Kamal and raised two children.

"My ancestors are from Nepal, but we did not have the right to work or have legal status in Ne-

pal," she said.

She and her family lived three years in Kathmandu, where she advocated for Nepali refugees and her husband worked with Bhutanese human rights organizers.

They arrived in Spokane in February 2008 and in June she began working with World Relief

as employment specialist, helping refugees apply for and find jobs.

World Relief, said Spokane director Mark Kadel, has its international disaster relief in place, responding with earthquake relief.

For information, call 484-9829 or visit <https://worldrelief.org/nepal-earthquake>.

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SCCD projects protect natural resources

Continued from page 1
 “Ground Operation” and have its director, Dulanie Ellis, speak.

When the SCCD started the program, they hired a veteran intern from Spokane Community College (SCC), Will Hulings. The VetCorps pays half the cost of his internship.

The program will recruit veterans to participate in classes using a 12-week curriculum, “Cultivating Success,” which Pat Munts, small farms acreage coordinator for the Washington State University Spokane County Extension and Spokane Conservation District, teaches. It will help veterans decide if they are interested in a career in farming, ranching or agriculture.

Then the program will match farmers and ag employers with veteran interns. The SCCD seeks funds for internships and training. The third piece is to launch people into employment in agriculture.

“I feel we are on the right path because new doors open every day,” said Vicki.

After a Farm Bureau meeting two months ago, a farmer and his wife, Randy and Lisa Emtman of Valleyford, donated a 1954 tractor, two acres for a learning farm and 25 horses for equine therapy.

St. John Hardware in Fairfield is cleaning up and repairing the tractor, and painting it red, white and blue so it can be used to promote the program at fairs and parades.

In her 24 years with the Spokane County Conservation District, Vicki has assisted people on many land- and water-based natural resource issues.

“We are unique as a non-regulatory government entity. We meet with people who want our help. We don’t tell them what to do, but offer services, technical assistance and financial assistance,” she said.

“Working with landowners, we make a difference that has impact for generations,” Vicki said.

The SCCD’s Onsite Septic Repair and Replacement Project, originally conceived as a rural project, has become an urban project in Spokane Valley and North Spokane, where many people could not afford to hook up to the sewer.

Some elderly and low-income people had liens on their homes and were on the brink of selling, until the program helped them.

The SCCD had expected to do 40 sewer hookups over five years,

but did 36 in 2014 alone and two septic replacements.

Another program, the Spring Tree and Shrub Seedling Sale, sells 60,000 trees. Trees sold in 1993 are now big trees.

Through the Fencing Project, the SCCD educates landowners with livestock and helps landowners with the cost and installation of fences to keep livestock out of creeks. It contracts with the Department of Natural Resources, Americorps and Vet Corps to build fences that protect water resources and save landowners from being fined.

Most SCCD funding is from state grants, accessed through Spokane County, the State Department of Ecology (DOE), the state Recreation Conservation Office (RCO), the State Department of Natural Resources (DNR) and Washington Conservation Commission.

The DNR deals with forested areas and fire programs.

The RCO, Family Fish and Forest Program helps private landowners replace culverts that block fish passage in streams with bridges.

The DOE funded the septic project.

The Washington Conservation Commission provides conservation districts with basic funding.

The SCCD offers classes, such as its popular Backyard Conservation Stewardship Program, which educates homeowners on soils, planting seasons and wildlife.

The two acres surrounding the SCCD offices in an industrial zone at 210 N. Havana are a Green Zone demonstration site. What was a parking lot in the 1980s was transformed into a green zone when the new building was built in 1998.

The 17 Spokane County Conservation District staff with the help of a summer intern maintain the site, which shows water conservation, such as with xeriscaping (drought tolerant) landscaping, wetlands, a dry creek bed, and a storm garden pond catching rain running off the roof.

Low-voltage lighting lines a section with street trees.

Weaving through the green zone are paths with different plant-friendly materials—crushed granite, pavers and chipped bark.

There are rock gardens, a bird and butterfly garden, an ornamental grasses garden, a tree nursery and every species of tree the SCCD sells. One section shows

composting methods.

People come to see plant, tree and landscaping options for their yards. Schools bring groups for treasure hunts.

“Conservation came out of the Dust Bowl, when the government started the Soil Conservation Service and gave authority for states to set up county districts, because each has different natural resources and needs,” Vicki said.

“Now we hear the words sustainable and organic. They are important, but conservation is bigger,” she said.

The Spokane District was formed in 1943. In 1971, four districts—Cheney, North, South and Spokane—consolidated in one district, as most counties have done.

“Conservation is about being stewards of the land. It’s ours to take care of,” said Vicki.

“I go home and feel good about my work because it makes a difference in the world, it creates a legacy every day,” she said. “That’s biblical.”

While Vicki and her husband grew up Catholic, they began attending Life Center 11 years ago. Now they are involved at Emmanuel Church, a church that emphasizes mission.

“I used to think mission was a long-term commitment overseas, but now I realize it is about everyday, where I work and who I am with,” said Vicki. “My work feeds my spirituality and values.”

In 1986, Vicki came to Spokane to study at Whitworth, but wound up earning a business degree at Spokane Community College in 1988, and later took courses on human resources management at Whitworth.

She began working with the Spokane County Conservation District in 1991.

“We are in exciting times. We have new generations who want a better world. Many are studying ecology and natural resources,” she said, noting that she has many applications for internships.

“People want a different world. People are interested in their food sources—where and how it’s grown,” Vicki said. “People want to know about the farms that grow their food, and they are interested in growing their own food.”

The Veterans on the Farm program fits with that trend as one of the new ways the SCCD can serve the region, she said.

For information, call 535-7274 or email info@sccd.org.

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Resettling refugees helps communities gain insights into diverse people

Believing each person is of intrinsic worth and knowing how communities gain as they interact with people of different cultures, Mark Kadel leads World Relief of Spokane as it resettles refugees with the assistance of 30 local congregations and 100 volunteers.

“How many companies bring 528 new people to Spokane to add to the tax base and the community’s diversity?” he asked. “That’s the number of refugees we resettled in 2014.

“We could resettle more now that the economy has improved and there are more jobs,” said Mark, who has been director of World Relief Spokane since 2010.

For 70 years, since starting after World War II as War Relief, World Relief (WR) has been the humanitarian arm of the National Association of Evangelicals.

Globally, with the help of local churches, WR serves vulnerable people with disaster relief, health care, agricultural development, HIV clinics, microenterprise loans and refugee resettlement.

In Spokane, one of 28 offices in the U.S., the focus is on refugee resettlement and anti-human trafficking awareness.

Resettlement involves case management services, employment services, microenterprise development, matching grants, immigration legal services and citizenship education.

For 35 years, World Relief (WR) has resettled refugees on contract with the U.S. State Department Office of Population, Refugees and Migration. Today, as one of nine organizations resettling refugees nationally, WR resettles 10 percent of the 70,000 refugees resettled in the U.S. each year.

Of 17.9 million refugees worldwide—the highest number since World War II—the U.S. resettles less than .5 percent in any given year, Mark said.

The Spokane office, which opened in 1992, is one of five agencies in Washington and is now the only agency resettling refugees locally. After 2001, Catholic Charities stopped resettling refugees in Spokane. Church World Service resettled refugees until the 1990s.

Between its Spokane, Kent and Tri Cities offices, World Relief resettles more than 50 percent of refugees in Washington, with 20 percent of all refugees in the state coming to Spokane. Other Washington resettlement agencies are Lutheran Community Services, Catholic Charities, International Rescue Committee and the Hebrew Immigrant Aid Society.

“A refugee is someone forced to flee a country because of per-



Mark Kadel offers insights of state of refugee resettlement.

secution based on race, religion, nationality or political opinion,” said Mark. “Most refugees come from areas in conflict.”

The top 10 countries refugees fled in 2014 were Bhutan, Burma, Iraq, Afghanistan, Somalia, Cuba, the Democratic Republic of Congo, Iran, Eritrea, Sudan, Ethiopia and Syria.

“In 2015, we will resettle the same number as in 2014, including people from Syria and Colombia, along with people from Iraq, Afghanistan, Burma, Congo, Sudan and Cuba. Refugees from former Soviet Union states such as Armenia, Moldova, Belarus and Russia now come as part of family reunions,” said Mark.

“Today, the U.S. opens its doors to a select few, many with PhDs who speak five languages, plus doctors and engineers. People fleeing from Burma’s jungles, however, may lack the basic skills to open doors in the U.S. They seek an opportunity to start their lives over,” Mark said.

- In Congo, more than 6 million have been killed in 10 years.
- In Burundi, people flee ethnic cleansing, walking to safety.
- Burmese Karen fled through jungles, facing dangers because their children were recruited into

the military to go into fields to check for land mines.

- Burmese Karen crossing the Thai border built schools. When Myanmar soldiers shot mortars into their camp, they fled into the jungle and then returned to fix the camp.

- In Darfur, Christian Sudanese and Muslims in the North are fighting. Many have lived there in deplorable conditions since the early 1990s.

- After Damascus, Syria, was bombed, Syrian families longed to go to a UN refugee camp, expecting to stay a few months. Some have been there 17 years. To go that long without being repatriated to a third country is not a solution, Mark said.

- The second largest refugee camp in the world is in Jordan with more than 400,000 Syrian refugees. It lacks staff for security.

Since 2011, 3 million Syrians have fled. Many were internally displaced. One in seven people in Lebanon and one in 10 in Jordan are Syrian refugees. Syrians flee because, with 70 factions fighting, everyone faces persecution.

This year, Spokane’s small Muslim community helped a Syrian family of seven, who came to

Spokane from Jordan.

Mark reassures people concerned that terrorists might be resettled. He said refugees must be cleared for security and disease by five federal agencies, including the Department of Homeland Security and the UN High Commission on Refugees (UNHCR).

Because misinformation can lead to xenophobia, Mark informs people about the refugees.

Spokane will resettle a few of about 3,000 Syrian refugees the State Department has approved.

“Syrians have suffered immense trauma,” he said. “The family here lived less than a mile from the Jordan border. It took them two years to escape through military surrounding their town.”

Because refugees suffer some degree of PTSD, WR connects them with mental health professionals at Lutheran Community Services Northwest in Spokane.

While WR is the official sponsor, its contract with the State Department requires it to recruit volunteers and community support. It invites donations of furniture and funds. Every dollar donated is matched two-to-one, so \$1,000 becomes \$3,000 to help with rent and initial living expenses.

World Relief Spokane has a \$2 million annual budget from private donations and state grants.

“Spokane is welcoming. We offer new arrivals a meal of familiar food, settle them in apartments, and help them to adjust and move to self sufficiency,” he said. “Many are employed and pay taxes within six months. They qualify for a green card within a year and can apply to be citizens after five years.

“Refugees come full of hope and thankful for the slightest help,” Mark said.

Staff and volunteers need to explain about living in an apartment, because stoves, ovens, microwaves and refrigerators are new to many. They also introduce refugees to supermarkets.

World Relief teaches English, life skills, resume writing, job interview tips and job skills.

“Employers call us because they love how hard refugees work,” Mark said.

WR’s microenterprise development program helps with small

loans open businesses.

It partners with Spokane Community Colleges to help refugees with professional skills be certified. Medical degrees are not recognized, so doctors do other health care work.

“We are a nation of immigrants. Many have fled their homelands to come to the U.S. While the first generation wants to keep their language and customs, the second wants to be American,” said Mark who is eight generations removed from his German ancestors.

“Our mission is to empower local churches to serve the vulnerable,” Mark said. “We give members tools, so they can do what the church does best: show Jesus’ unconditional love. We partner with churches who want to do mission without leaving home.

“We are always looking for volunteers,” he said. “Volunteers welcome refugees at the airport. Volunteerism is new to refugees.”

“It’s rewarding to see how thankful refugees are for kindness they experience. We want them to find peace here,” he said.

Half of WR Spokane’s 35 staff, who speak 25 languages, are former refugees, foreign born or lived abroad. Mark, his wife and family spent nine years in the 1990s as missionaries in Albania, Kosovo and Greece, helping repatriate refugees. After the Kosovo genocide, 98 percent of the Albanians who fled later returned.

After some college, Mark worked 21 years as a baker before going to the Balkans. In 2002, when he returned, WR in Boise hired him. From 2007 to 2010, he served WR in North Carolina.

“I am thankful every day for the love, grace, mercy and hope my Savior gives me. I let God work through me to love and welcome strangers,” he said. “As we do to the least of these, we do to Jesus.”

When he is not speaking in churches, Mark and his wife attend Life Center North.

Each year WR joins other refugee agencies to celebrate World Refugee Day on June 20. The event includes a citizenship ceremony, and recognition of volunteers and service providers.

For information, call 484-9829, email wrspokane@wr.org or visit worldreliefspokane.org.

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Consortium adds to affordable housing opportunities

When the Spokane Low Income Housing Consortium (SLIHC) formed 25 years ago, its 10 members owned 77 safe, affordable rentals. Now the consortium has more than 40 members—nonprofit developers, other nonprofits, banks, architects and attorneys. They have developed more than 3,700 affordable rentals and have provided more than 2,000 home ownership opportunities.

“That’s testimony to how far we have come,” said Cindy Algeo, SLIHC’s executive director since 2004.

SLIHC will celebrate its anniversary from 11:30 a.m. to 1 p.m., Tuesday, June 16, at the Lincoln Center, 1316 N. Lincoln, with a benefit lunch, video and review of SLIHC’s past, present and future.

In 1990, it grew out of the Greater Spokane Coalition Against Poverty (GSCAP), a project initiated by the Spokane Council of Ecumenical Ministries, which gathered bankers, government, nonprofits, social workers, congregations, businesses and low-income people.

GSCAP looked at areas that were lacking services and housing was one concern, Cindy said.

The consortium formed so members could coordinate development of affordable housing and collectively advocate for it.

The first 10 years, it built developers’ capacity by learning the “financial mechanisms.”

“We started projects with Section 8 contracts that guarantee developers will have a portion of their projects be ‘affordable,’ meaning people pay only 30 percent of their income for decent, affordable safe housing,” she said.

Cindy’s awareness of lives behind statistics and her belief that housing is a right are behind her commitment to make more affordable housing available.

“While there are 28,000 Spokane County households earning less than \$15,000 a year, there are only 8,000 affordable rentals in Spokane and just 4,000 households with tenant-based vouchers,” she said. “So there are enough affordable units to serve 12,000, but that leaves 16,000 more households for whom housing prices may be out of reach.

“Where do people in those households live? Many may live in substandard housing or pay rent that is 50 percent or more of their incomes,” she said.

“A good job market with good wages are the flip side of affordable housing,” Cindy said. “Housing provides stability for a family. Without that stability, families face multiple challenges.

“It’s hard for people to be



Cindy Algeo promotes affordable housing.

successful in other parts of their lives—school or work—without a stable home,” said Cindy, who promotes her belief that housing is a human right.

“What will it mean for us when everyone has housing stability? We will have a stronger community,” Cindy answers.

Before leading SLIHC, Cindy worked 10 years with the Spokane Housing Authority as family self-sufficiency coordinator and Section 8 housing manager.

Coming from Central Idaho, she earned a bachelor’s in American studies in 1974 at Gonzaga University, and later earned a teaching certificate. She taught two years at a Spokane Valley Catholic school, and then worked several years cataloguing at Gonzaga’s former Crosby Library.

In the 1970s and 1980s, she was home with three children.

Cindy worked part time at a Lutheran church for two years, and then worked two years with the Citizens League of Greater Spokane. After earning master’s degrees in public administration and in urban and regional planning in 1995 at Eastern Washington University, she worked with the Spokane Housing Authority (SHA), where she did internships during graduate school.

The SHA helped found SLIHC. Andy Reed was director for 10 years, and Marg Dalstrom for four years.

SLIHC helps its members pre-

serve affordable housing, as well as advocate for it.

Its Asset Management Group meets four times a year with experts on landscaping, maintenance and preservation of affordable housing communities.

Members advocate for strengthening the Washington State Housing Trust Fund and the Low Income Housing Tax Credit Program through the Washington State Housing Finance Commission, two tools for financing affordable housing.

SLIHC works with other agencies and the city to reduce homelessness through new approaches. For example, HUD and the Washington State Commerce Department require local jurisdictions to coordinate programs.

There are now common assessment tools for families and individuals to place people in housing suitable for them—shelter, transitional or permanent—so they quickly connect with services and can succeed.

She said the community supports preserving mobile and manufactured home parks, which are affordable. The Spokane and Spokane Valley councils are revising their comprehensive plans, and are considering that manufactured home parks be preserved through zoning and land use plans.

Cindy anticipates Congressional battles to keep the new National Housing Trust Fund. If it passes, there could be \$4 mil-

lion available for projects in the state in 2016. The city and county have funds for rehabilitation and development from federal and local sources.

SLIHC also supports affordable housing by advocating for incentives.

The City of Spokane Council members may consider the Affordable Housing Impact Statement, which would require developers to report on the impact of a new development on affordable housing stock.

Another consideration, mandatory inclusionary zoning, would require developers to include a percentage of housing in their development that is affordable to households at 30 percent of the area median income—\$15,000 for a household of two.

Because local jurisdictions need long-term goals for affordable housing, SLIHC members build relationships with local elected officials and businesses.

Cindy, who grew up Catholic, lived in Spokane from 1970 to 2006, when she moved to Coeur d’Alene. Her father modeled that “we are to share our wealth and that it’s important to serve others,” said Cindy, who now attends St. Thomas Parish in Coeur d’Alene.

“I never experienced not having a safe home or adequate financial assets,” she said. “So I know if people have access to affordable housing it sets them on the path to more security.”

For information, call 325-3235, email cindy@slihc.org or visit slihc.org.

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Agencies collaborate to build neighboring buildings for chronically homeless

With federal and state tax credit project support for Housing First for chronically homeless people, Catholic Charities of Spokane and Volunteers of America of the Inland Northwest are collaborating to build two neighboring 50-unit permanent supportive housing facilities on the 200 block of East Second Ave. in Spokane.

The U.S. Department of Housing and Urban Development (HUD) now knows it saves money to house chronically homeless people *before* they are sober, drug free or mentally stable.

Housing First may cost \$12,000 a year per person. In contrast, when chronically homeless people fall down drunk, police and fire fighters come, and an ambulance takes them to an emergency room, jail or social services, it may cost the city/county \$300,000.

Rob McCann, executive director of Catholic Charities Spokane for 15 years, knew a man who went to the emergency room 62 times in one year.

Both he and Marilee Roloff, who has been the CEO for 19 of her 30 years working at VOA, know the issues relating to housing homeless people.

Catholic Charities operates House of Charity and St. Margaret's shelters, and opened Fr. Bach Haven, a 50-unit Housing First facility, in 2011.

VOA operates Hope House, a shelter for women, and serves homeless youth at Crosswalk.

Until recently, HUD blocked housing homeless people with untreated alcoholism, substance abuse or mental illness, or people with criminal backgrounds and credit problems. Many programs and landlords also have barriers making it hard to find apartment owners who will rent to chronically homeless people.

"Chronically homeless" is a HUD term referring to people homeless for a year or homeless four times over three years, said Marilee, noting that some people have slept at the House of Charity every night for up to 10 years.

Housing First is an alternative to the idea of homeless people progressing from emergency shelters to transitional housing before permanent housing. It means homeless individuals or families move from the streets or shelters directly into their own apartments.

"Previously homeless people had to sober up, have mental health therapy and complete drug treatment before they moved into housing," she said. "The idea with Housing First is that those issues can be confronted after a person moves in. People improve faster if we remove barriers to housing."

Housing First emerged in Salt Lake City. When Utah reduced the number of chronically homeless people by 72 percent, HUD adopted that approach.

HUD's priorities have changed through the years.

Rob said that in the 1960s and 1970s, many churches and nonprofits built senior housing, because funding was available for it. Those funds were reduced over time and today there is little or no funding for seniors.

Now with funding for permanent supportive Housing First for the chronically homeless, agencies like VOA and Catholic Charities are working to build what they can as quickly as they can.

In the 1980s, many built hous-



Marilee Roloff and Rob McCann show drawings of buildings.

ing for disabled people. VOA built four facilities with 88 units in the 1980s and 1990s.

When Catholic Charities built Father Bach House in the Housing First model, it picked 50 homeless people from the House of Charity and other agencies to live in the apartments as permanent housing.

Rob and Marilee said the new buildings are near downtown, and Frontier Behavioral Health, House of Charity, Hope House and Providence Medical Center.

A ground breaking and blessing ceremony will be held Friday, May 22. Construction will be completed in 10 to 12 months.

The Catholic Charities building will be called Buder Haven, after the Buder family in the Spokane Catholic community, Rob said. The VOA Board has not yet announced the name for its facility.

"We used to provide big, one-bedroom apartments, but at Fr. Bach House, we have small studios and security staff so only one person can occupy an apartment. We can discourage couch surfing or residents inviting friends to move in with them," Rob said.

After building stability in Fr. Bach Haven, some moved out in two years to standard apartments.

"Mental health counselors and substance abuse treatment are on site," he said.

Case managers can go door to door, rather than all over town, as they do to serve people living in VOA's 122 scattered sites, renting from private landlords.

Marilee said one vet took four months after he was given keys to

half a duplex to sleep in his bed. He slept outside for a week, then on the porch and the kitchen floor.

"He would have done better in a building with 49 other people to talk with him," she said.

Building two buildings on one block at the same time with the same architect and contractor will save several hundred thousand dollars each for Catholic Charities and VOA. Concrete will be poured, drywall installed and plumbing put in both buildings at the same time.

Once the buildings are open, they will share services like mental health, substance abuse and medical nursing staff.

"It's rare for two organizations to do such a project together," said Marilee, "but we have already worked together on the Christmas Bureau for 60 years, Respite Care after hospitalization for men at the House of Charity and women at Hope House, and VOA staff works with people in St. Margaret's, as well as Hope House."

Catholic Charities' furniture bank will furnish both buildings.

"We will continue to be generous partners with each other," Rob said. "That should be everyone's goal, because it's better for the poor if social service agencies work together."

Both have also worked together for five years in the Community Housing and Human Services (CHHS) with SNAP, the Salvation Army, Transitions and others.

By working together rather than competing, CHHS agencies receive the city's largest social

service grant for housing—more than \$3 million in HUD and Department of Commerce dollars.

For the project, Catholic Charities and VOA will receive funding from the State of Washington Finance Commission, which grants 9 percent tax credits to investors—individuals and banks donating funds for tax breaks. Over 10 years, a \$10 million investment can be a \$10 million tax credit.

Construction is \$7.5 million plus soft costs for a total of \$10 million for each building.

Operating costs will come from other philanthropy and government sources. Given that tenants will pay no rent, thanks to Spokane Housing Authority Section 8 vouchers, both projects need local contributions.

For the next few years, Rob plans to build at least one new project like this a year, eventually to house all the 362 chronically homeless people—based on the last count in the city.

In addition, the City of Spokane has Single Coordinated Entry, so homeless people are assessed and those with the highest scores can enter the Housing First program.

"When people with the highest need are in this housing, it will free other housing for people with fewer challenges," said Marilee.

Catholic Charities has 1,000 units of housing in Eastern Washington. Fr. Bach Haven, a new project for homeless veterans in Walla Walla and the Collins Apartments are the only other housing for chronically homeless.

Rob said they will recruit for the new units at the 104-bed dormitory of House of Charity and 34-bed Hope House.

"Over time, we will free beds for the temporarily homeless, the newly homeless and homeless travelers," Rob said. "Shelters should not have residents sleeping there for years and years."

"It would be fabulous to have empty shelters," said Marilee, pointing out that it's to everyone's advantage—businesses, hospitals, police, tourism and homeless people themselves—to have chronically homeless people off the streets downtown.

For information, call 358-4250 for Rob or 624-2378 for Marilee, or visit www.ccsokane.org or www.voaspokane.org.



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Goal of Know, Love, Serve planning process is to spread Jesus' love

With many Catholic parishes graying, the Diocese of Spokane has embarked on a process to call parish leaders and members back to the primary focus of the faith: love.

"Corporately, we may look at numbers, but the foundational piece that drives the church is love," said Brian Kraut, staff to the new Parish Support and Renewal Services office.

"The language we use is about moving us from maintenance to mission," he said.

After serving 21 years as a lay youth minister at St. Pius Parish in Coeur d'Alene, he began working July 1 to implement the "Know, Love and Serve" diocesan planning process and former Spokane Bishop Blase Cupich's pastoral letter, "Joy Made Complete."

In 2012, the Diocesan Presbyteral Council asked the bishop to develop a process for diocesan planning.

Brian said the goal is for people to see Christ in how "we Christians live, pray and make a difference. Laity cannot just defer to those who are ordained," he said.

The process was also inspired by Pope Francis' encyclical, "The Joy of the Gospel."

In it, he invites Christians to renew their personal encounter with Christ, to be saved again and to be taken into God's redeeming embrace.

"Pope Francis says faith is to be action motivated by love. Love will bring more change than obligation. It's not about having to do something but about response to someone's love for us," Brian said. He calls the church to live in the world, saying, "People long for something authentic in relationships. So much of young people's lives is virtual. They want to experience something real."

The diocese invited Mark Mogika of Green Bay, Wis., to initiate a process of inquiry with priests, parishes, religious communities and other Catholic organizations. It generated 100 reports. A committee reviewed them in 2013 and 2014 to help develop a plan.

The diocese sent a questionnaire to help parishes and institutions identify their strengths and dreams, and to talk about how to build on them.

In April 2014, a summit of 50 parish leaders took the information, processed it and recommended to Bishop Cupich eight goals for renewing the church.

He used that input to write "Joy Made Complete," as a four-year plan with priorities for each year. It was published in August 2014. Parishes are using that plan to make their own plans, which



Brian Kraut guides the diocesan planning process.

they submit to Brian.

Fr. Pat Kerst, pastor at St. Mary's in Spokane Valley, chairs the steering committee that developed the inquiry process and now serves as an advisory committee for Brian.

Fr. Pat said responses vary with parishes, priests and local committees.

"Some are implementing it lavishly. Small parishes are doing less. Some have 10 parishioners. Others have 5,000," said Fr. Pat. "The process presumes people and resources."

Parishes are to work on two of the eight goals each year, based on their own strengths.

- The first year's priorities are leadership development and faith formation for teaching adults.
- The second year's priorities are community, youth and young adult ministry, and family ministry for renewing communal life.
- The third year's priorities are liturgical renewal, and discipleship and stewardship related to Eucharist and prayer.
- The fourth year's priorities are service and evangelization, and ecumenism to share with those in need and add to parishes' vibrancy.

"The invitation is to reflect on the parish, be grateful to God, give witness to faith, think about what they can do and step outside their comfort zones, to be creative and do new things," Fr. Pat said.

Brian's role is to come alongside parishes and work with them for the process to take root.

His initial task was to do parish visitations with the bishop, but

in September former Spokane Bishop Cupich was installed Archbishop of the Diocese of Chicago and left Spokane.

That left Brian to do 62 parish visits with pastors and parish councils.

What each parish does is unique, Brian said. "Pastors are to provide the ignition."

He met with a Newman Center retreat, went to a parish leaders meeting in Brewster and a youth night in Okanogan. He visited the Colville Reservation and just listened for two days. They said he was the first to come from the diocese in a long time, and they want to be connected.

In Walla Walla, he met with three parishes that work in collaboration with one pastor. Many parishes are served by one pastor. Multi-parish ministry is growing as the number of priests retiring exceeds the number being ordained. In the Spokane Diocese, 47 priests, pastors or parochial vicars serve 82 parishes.

Brian, who started in youth ministry at St. Pius when he was in his 20s, grew up in Lewiston and earned a degree in education in 1993 at Lewis and Clark State College. While at St. Pius, he also taught science and math for 10 years at Holy Family Catholic School in Coeur d'Alene.

His job with the Diocese of Spokane also includes strengthening youth ministries by developing a team of youth leaders and training youth ministers.

Brian also organizes leadership and parish gatherings.

About 230 leaders came to a di-

ocesan planning meeting in April.

A second assembly Oct. 9 and 10 will include a Friday gathering of parish leaders and a Saturday gathering for everyone from parishes and agencies. That gathering will focus on the need for churches to collaborate, for leaders to encounter Christ so they can lead others to encounter Christ, for bringing compassion to teaching and for engaging in mission work.

"We serve and lead based on our personal stories," Brian added. "The foundation of our work as disciples is to know Christ and Christ's love in a way that drives us to have others encounter the Spirit, especially young people."

"All who are baptized are responsible to do the work of evangelization, which is about our being and doing," Brian said. "In addition to our work of catechesis, we must give witness to what Christ is doing in our lives, rather than just share knowledge of beliefs."

After years of negative feelings because of abuse by some priests, this process is positive, Brian said.

While the Charter for the Protection of Children and Youth re-

quires all people who have contact with children to have background checks and boundary training, he recognizes that there is continued need for healing.

"Out of suffering, however, there is potential for growth," he said. "The church has taken a lead in looking at child abuse, which is a societal problem."

"We must now share what we have learned with society, so we can be proactive and prevent child abuse in other settings, where society still may turn a blind eye to abuse," Brian said.

"The church offers the story of God who is merciful, brings healing and forgiveness to those who had their power taken," he said.

"The church has grown to be a place to cherish children," he said. "I have great hope as we move forward."

"The Know Love Serve process can motivate parishioners to move from defensiveness and maintenance to a spirit of mission," Brian said. "It is a response to the reality that the church lost its way and is being called back to its primary motivation of love."

For information, call 358-7314 bkraut@dioceseofspokane.org.

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We invite you to join us for reflection and contemplation.

Inland Northwest Food Network wants a resilient, restorative food system

By Kaye Hult

Shortly after relocating to North Idaho in 2013 and spurred by her interest in food-related issues, Teri McKenzie began interviewing people involved in various aspects of food system work.

Inspired to create a local food system, she organized a February 2014 meeting that drew more than 60 people who share her passion. Participants called a second meeting.

At that meeting, Teri realized there was need for a structure to develop a network of people engaged in food systems work.

They formed the Inland Northwest Food Network to “grow a healthy, fair and accessible regional food system,” she said.

“It seeks to create a resilient, restorative local food system to ensure the health and food security of communities in the Inland Northwest,” she said. “We seek to achieve this with education and facilitating connections between people, place, food and farms.”

“I believe in the power of connection,” Teri said. “We are working with limited resources and need to be working together.”

“The Inland Northwest food shed includes Spokane,” she said. “The state boundary makes it tough, but personal connections make it possible. In spite of boundaries, connections through the network can help ensure the security of the area’s food future.”

Finding people “endlessly fascinating” and looking for “the gold” in each one, Teri celebrates the beauty each brings to the world, noting: “There’s strength in our diversity.”

Tired of fighting against things, she wants to work for something.

So she gathers people to come up with new solutions and strategies. Individuals, businesses, congregations and other organizations are represented.

Speaking with hundreds of people, some who have perspectives different from her own, Teri finds points of connection, the things that unite them, and from that she tries to build a movement through consensus.

“With the increasing unpredictability of our weather,” she said, “our agricultural practices will have to change drastically.

I foresee less rainfall and hotter temperatures. I expect we’ll see an increase in dryland wheat farming, for example, or we might have to grow new types of crops.

“I envision the wild plants outside our doors becoming a ‘new’ food source because they will adapt,” Teri said. “One of our goals is to help people understand and appreciate eating locally and seasonally. We hope to educate the public about food preservation and renew their interest in cooking.”

“The INW Food Network can provide solutions, helping people to be aware of challenges and issues facing our food system regionally and nationally,” she said.

One concern is that the average age of farmers is 57, and “people become farmers over time, not overnight,” she said.

To address these concerns the network’s board developed its mission in 2014, bringing focus to the multifaceted topic of food systems. The organization could have chosen any number of directions, but decided to focus on education and outreach, and facilitating connections among the many players and aspects of food systems.

In January 2015, they began to offer programs.

- The Food for Thought Book Club meets from 6 to 7:30 p.m., first Wednesdays, at the Coeur d’Alene Public Library. Participants engage with others in the community who care about what they eat and where it comes from.

- Chew on This! is a monthly series related to food systems, food and celebrating the local food culture. It usually meets at the University of Idaho Extension Building in Coeur d’Alene.

The first meeting covered the history of food and farming in Kootenai County. Robert Singletary, a local historian, spoke to 55 people. He said that less than 100 years ago, there were more than 1,000 farms in Kootenai County.

In February, more than 130 people attended the second meeting on “Know Your Farmer; Know Your Food.”

In March, they showed the documentary film, “Dryland,” which was filmed in Lind, Wash. In April, the theme was “Get



Teri McKenzie

Growing! Garden Strategies for the Urban Dweller.”

At 5:30 p.m., Tuesday, May 12, at the UI extension building, Chew on This! will discuss “Food as Medicine.” Future topics include culinary tips, genetically modified organisms (GMOs), fermenting foods and seeds.

- Another part of the INW Food Network is the newly forming Local Investing Program that provides peer-to-peer, low-interest loans to farmers and food businesses in the region.

The program was launched after a visit from Carol Peppe Hewitt, co-founder of Slow Money North Carolina. She spoke at a January luncheon at the Kroc Center on “Financing Our Local Economy with Slow Money.” Carol explained how the program she helped set up in North Carolina has catalyzed more than \$2 million in loans in support of their food system.

“These are not wealthy people. They are lending money at 2 to 3 percent interest,” she said. “In the Inland Northwest, many farmers have trouble securing loans. A peer-to-peer program

gives investors control over where their investment dollars go, and could have a major effect in the community.

“The discussion generated buzz and excitement,” Teri said.

Within two weeks, one investor provided a loan to a local food truck. A second investor loaned money to a farmer.

The INWFN will continue to recruit more investors to help strengthen the local food community.

- “The Lexicon of Sustainability” is a Pop-Up Art Show. New words, such as ‘permaculture,’ are placed on two-foot by three-foot posters, along with explanations in art to help demystify terms being used frequently related to local food systems and sustainability.

The network was selected to be a curator for the exhibit, which made its debut at the Coeur d’Alene Earth Day celebration in April. The exhibit is available for groups to rent.

“I’m also interested in the arts as ways to promote social change,” said Teri, whose roots are in New York and Ohio.

While attending Ohio University, she interned at Southeastern Ohio Legal Services and started a newsletter, “The Community Networker.”

“Who knew!” she said. “That’s what I’ve done and continue to do. I’ve always been passionate about

social change.”

After graduating with a bachelor’s degree in political science and grassroots organizing, she spent two years gaining cross-cultural experience in the Peace Corps, from 1983 to 1985 in Senegal, West Africa. There, she was on her own, isolated, without cell phones or computers.

“Since then, I have consciously sought out places that will challenge me,” Teri said. “It’s not easy, but it is enriching. I embrace change.”

After the Peace Corp, she attended Antioch University in Seattle, where in 1988 she earned a master’s degree in whole systems design with a focus on nonprofit leadership.

Over the years, she has worked at several nonprofits, including Washington Physicians for Social Responsibility, Oxfam America, Oregon Campus Compact and the Portland Waldorf School. She also spent time at home, raising her two children.

Before coming to Coeur d’Alene, she was program coordinator for the environmental science department at Portland State University.

Teri considers herself a spiritual omnivore, drawing strength and wisdom from several faith traditions.

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The call to engage in mission interconnects us with neighbors everywhere

Mission is about love, relationships and being human, said Denise Attwood of Ganesh Himal Trading. Overwhelmed at the outpouring in “our small corner of the world because people love and trust us,” she said people grasp caring for people who are suffering: “It makes us the human family.” She’s anxious to provide tents and filtered water, but her commitment, as it has been in fair trade, is for the long haul.

Interview by interview, this issue of The Fig Tree wound up themed on mission:

- A woman whose family members have served in the military now wants to give vets an opportunity to farm.

- Locally, CROP walkers, Ganesh Himal, Partners International, World Relief, Seventh-Day Adventists and people in many other churches and faiths find personal and institutional channels to bring relief Nepal.

- A refugee resettlement director brings

diversity and taxpayers to the region, strengthening communities.

- A woman persists to assure there is more affordable housing in Spokane because she considers housing a human right.

- Two leaders of multi-service, faith-based entities collaborate to build two buildings to house and serve chronically homeless people, and to empty shelters.

- A former youth minister oversees a planning process to redirect leaders and parishioners to the essence of faith: love.

- A woman connects and educates people to strengthen the area’s food systems.

- The ministry coordinator of a regional church, known for its disaster response, community ministries and health emphasis, spreads her commitment to live for others.

- A regional food distributor is adding a community kitchen to teach cooking.

We have many ways to engage in the

mission loving people and helping them heal when they are without the stability of homes, jobs, family and community. We have hope as part of local-to-global networks of caring that generate more generosity, loving action and hope.

Lives have literally been turned upside down in Nepal, shaken by the earth’s realignment. People of all faiths rally through their personal contacts and organizational connections—including via texting, social media, emails and digital communication—to send funds to provide immediate, tangible relief.

Lives have also been turned upside down by personal disasters, exacerbated by policies and practices that leave too many without affordable housing, just-paying jobs, enough food and health care. Many in right here bear scars of trauma.

Volunteering among neighbors, bring-

ing new ideas to entrenched problems and educating to change hearts and minds help people be part of solutions.

As people work together, they find partnerships are enriching and effective. Partners may differ in beliefs, cultures, politics and world views, but they can work together to make a difference.

Mission is abroad, at home, in neighborhoods and in communities. Mission is about gathering people to work together.

It is about love and life. It can be face-to-face and digital. It’s about persevering, protecting, communicating, creating, risking and trusting. Together we can do much.

Mission is about caring for those with the least and challenging those with the most.

As it emerges from diverse values and faith, mission makes every day an adventure.

Mary Stamp - Editor

Fluctuating statistics about prices and wages should not blur inequality

A real neighborhood reflects community, which is a work of the Holy Spirit. Its more requires more than keeping up the statistics of news cycles and poll findings.

A headline in a business section caught my eye recently: “Increase in prices of homes outstrips pay hikes.” The article outlined how slow wage growth affects the real estate market, especially when housing prices rise. For some months now, business pages have been reporting that the housing market is recovering. Sales are going up. New home starts are increasing. It seems hopeful, even cheerful.

However, the cheerful picture has not extended to many middle class families looking for moderately priced homes.

Those who have been paying attention to the news have heard that the benefits of the economic recovery have been flowing overwhelmingly to those in the highest income bracket, and the corporations are sitting on record cash reserves instead of upgrading equipment and creating new jobs.

RealtyTrac, a housing data firm, has done

a study of the relationship of wage growth and home prices. They used wage data from the Bureau of Labor Statistics and home price data from sales deeds in 184 Metropolitan Statistical Areas (SMA)—a city and outlying areas. They compared information from the second quarters of 2012 and 2014, when the median U.S. weekly wage increased 1.30 percent and the median home price increased 17.31 percent.

The company found that home price increases outstripped rising wages in 140 of the 184 markets that they studied—76 percent of the markets studied. The ratio of home price rise to wage growth was 13 to 1.

A significant portion of the potential market has been shut out of that market.

In 24 percent of the areas, wage growth kept pace with or exceeded home price rise.

A spokesman for RealtyTrac said buyers “not constrained by income as much as traditional buyers” were not being affected by the disconnect between wage growth and price growth. In other words, those with cash, whether individuals or companies,

were able to be active in the market.

He expected the real estate market to begin showing effects of this spread. Where the spread is greatest there will probably be “plateauing home prices in 2015 until wages catch up. Meanwhile, markets where wage growth has outpaced home price appreciation in the past two years are poised to see at least steady growth in home prices in 2015 in most cases.”

Another report comparing first quarters of 2014 and 2015, shows that home prices slowed and Oregon employers, with more jobs to fill, are paying more.

Last year, 61 percent of available jobs paid less than \$15/hour. This year, a third of available jobs paid less than \$15/hour and two-thirds are full time.

That progress seems positive, but data from each new study seems to shift reality. We must continue to be alert to the consistent reality of ongoing inequality.

In Portland, where I now live, a phenomenon called “infilling” is becoming controversial. The process involves building new

homes on previously unoccupied land or demolishing an older home and building a new one. It’s a normal part of the evolution of livable neighborhoods, especially when attention is being paid to the neighborhood and the new house blends in.

The most interesting neighborhoods have developed gradually. They fit together with a mixture of architectural styles and house sizes, and community develops.

However, what we are seeing is a reflection of the current market. Large three-story houses, affordable only by those with ready access to cash, are replacing modest homes. They are being built as close to the property line as possible. Sometimes two tall skinny ones are built on a lot previously occupied by one smallish house, a garden, lawn, patio and play area. Other houses left on the block are dwarfed and shaded by the new building.

This speaks to our need for affordable housing and permanence, where neighborliness is retained and community is strong.

Nancy Minard – contributing editor

Newsletter Excerpt

Sounding Board

Letter to the Editor

Born in 1838, John Muir emigrated from Scotland to America and became one of the first and strongest voices for preserving wild, natural spaces. Yosemite National Park owes its existence in part to Muir, among other revered sites. Today, when our ecological situation teeters between despairing and doomed, the witness of Muir and others help us as people of faith engage public advocacy for the sake of the planet.

The state that houses Yosemite National Park is currently experiencing a monumental drought. California is rationing water use for the first time, though four major bottled water companies continue to sell water pulled from underground aquifers. What would Muir say about that? What would Jesus say?

Sundays as we gather for worship, I pour clear water from a pitcher into the baptismal font as a sign for us to remember who we are: born of water and the word, sent into the world to work for its welfare. What would that sign mean in the heart of California’s drought? Would it look like excess? Would it be a prophetic sign?

Martin Luther’s “flood prayer” for baptism declared that because the Lord stepped in the river Jordan, all water is holy. Another realization that all water is linked comes in Marilynne Robinson’s novel Gilead. The main character is a pastor reflecting over his life and writing letters to his young son. He muses that since there is no new water on the planet, only water recycled and returned to us by rain, all water bears memory of the Great Flood, when only Noah and his family and the animals were delivered. Every puddle on the sidewalk, the pastor

thinks, smells of corpses.

We could look at our ecological place and the reality of climate change, and see only corpses. That is part of the truth. People are dying because humans have altered rhythms of life on the earth, yet we are bathed and blessed by Christ. We have hope. We trust that, even in this bleak hour, we can repent of misuse and greed. God can empower us to live differently. God can call us to be with the dying and the hurting, to accompany those who suffer.

Just as God called Muir to this country for its betterment, God calls us to engage the powers and principalities.

Consider this: there is a great amount of fossil fuel still underground that can be burned. If even one-fifth of that energy is burned, the earth will be unlivable for creatures like us. Energy companies count that buried fuel as assets. They own it. They bank on it. What are we to do? One other moment in history has seen citizens rise up on moral ground and declare a resource once considered bank-able capital could no longer be thus. It was the abolition of human slavery. People of faith had a voice in that action. No longer could human beings be bought and sold. Alleluia! Can we find a similar voice to speak to the powers in our own time?

If the baptism of Jesus makes all water holy, then air, soil, rocks and trees all shine with the sacred touch of their creator. We too, called children of God through baptism, have sacred worth and a holy purpose on this earth.

Pastor Liv Larson Andrews
Salem Lutheran Church

As I read in the March article, “Relationship of Spokane and Solala dioceses enriches lives and faith,” that “the people were poor because the country was in a civil war from 1960 to 1996,” I felt it overlooked the history of what happened.

The Guatemalan Civil War was mostly between the Guatemala government and the rural poor— indigenous Mayans and Ladino peasants. Democratic elections during the Guatemalan Revolution in 1944 and 1951 brought popular leftist governments to power, but a 1954 U.S. backed coup d’etat installed the military regime of Carlos Castillo Armas, followed by a series of conservative military dictators. Why? Because banana magnates rebelled against the audacity of a Central American government that gave citizens a legal equality with honorable families of exporters.

Social discontent in the 1970s gave rise to armed leftist movements among the indigenous people and peasants. The conflict included a major campaign of violence by the government against civilians: indigenous activists, government opponents, returning refugees, critical academics and students, left-leaning politicians, trade unionists, journalists and street children.

Readers need to understand events in Guatemala and America’s overthrow of at least 13 other mostly democratically elected governments between 1893 and 2003.

Why does a strong nation strike against a weaker one? It’s usually to impose its ideology, increase its power or control resources—like oil. Few private companies have been as interwoven with the U.S. government as United Fruit in the mid-1950s.

It made great profits in Guatemala because it operated without interference from the Guatemalan government the first half of the 20th century. It claimed farmland, arranged legal title through deals with dictators, and operated plantations free of such annoyances as taxes or labor regulations. As long as that system prevailed, Guatemala was considered “friendly” and “stable.”

Sadly, Catholic priests and bishops in Guatemala, as in other Latin American countries, were aligned with the ruling class. Francis Cardinal Spellman of New York directed that a pastoral letter be read in every Catholic church in Guatemala, warning the faithful that a demonic force called communism was trying to destroy their homeland. He called them to rise up “against this enemy of God and country.”

Where was the Christian concern for the Guatemalan people when their democracy was destroyed by our government and during the “civil war” that followed?

Zen teacher and author, David Loy writes, “Any religion espousing cosmological dualism (devaluing this world in favor of a superior reality such as heaven), and individual salvation (the idea that what ultimately happens to me is disconnected from what ultimately happens to you) is contributing to our world’s problems rather than offering a solution.”

We need a scriptural call for justice: to end militarism, privatization of the public sphere and deregulation of the corporate sector. We need a scriptural call to save the planet from the greed of those who seek increasingly to destroy it.

Jim Wallrabenstein - Spokane

Second Harvest builds community kitchen

Second Harvest is building a community kitchen to help move people in poverty from hunger to health and improve their self-sufficiency.

With donations from the community, Second Harvest has raised close to half of the nearly \$1 million needed for construction and the first three years of program costs.

A 1,700-square-foot corner of Second Harvest's distribution center is being transformed into a teaching and production kitchen. Construction is underway and will be completed by the end of May. Classes will start this summer.

Second Harvest provides more than 2 million pounds of free food each month to a network of 250 food banks and meal programs that feed 55,000 people a week in the Inland Northwest.

The kitchen will help low-income people build scratch cooking, nutrition and food-budgeting skills needed for a healthier diet and more self-sufficiency.

"Second Harvest's network is built on partnerships, which puts us in position to reach low-income families with educational opportunities that focus on health as part of the solution to hunger," said Jason Clark, president and CEO.

The kitchen's education center will include a demonstration island and 12 workstations that accommodate up to 24 students.

An adjacent production facility will allow for preparation of sample meals that can be frozen and used for food distributions to promote healthy eating.

In addition, food prepared in the production facility will provide easy meals for people in crises.

Second Harvest hosted some community brainstorming sessions with health district, extension service, universities, Head Start and other organizations seeking to create a healthy eating culture for people who may need to overcome cooking challenges.

Classes, recipes and educational materials generated by the kitchen will give individuals and families tools to eat healthier meals and stretch limited food dollars, said

Drew Meuer, director of kitchen programs. "A priority is to educate children to build basic skills, move families toward a better diet and reduce generational poverty."

The kitchen will train leaders of partner food pantries, health care nonprofits, schools and other entities to educate clients. Kitchen updates and classes will be posted at secondharvestkitchen.org.

Second Harvest provides 2

million pounds of free food each month to fill nutritional gaps for people in poverty, the working poor, elderly and disabled people on low fixed incomes, and children and families in temporary crisis.

Second Harvest distributes food in 21 counties in Eastern Washington and five in North Idaho.

For information, call 252-6284 or email drew.meuer@2-harvest.org.

Calendar of Events

- May 8** • **PJALS Spring Soiree & Benefit Auction**, St. John's Cathedral, 838-7870 or slicity@pjals.org
- May 9** • **Living an Open Hearted Life: Practical Ways to Develop Compassion**, Psychologist Russell Kolts and Ven. Thubten Chodron of Sravasti Abbey, Unitarian Universalist Church, 4340 W. Ft. Wright Dr., sessions are from 9:30 a.m. to noon and 1:30 to 3:30 p.m., 509-447-5549, office.sravasti@gmail.com
- **Spokane Solidarity Caravan to Pasco: End Police Brutality**, Volunteer Park, 1125 N. 4th Ave, Pasco, 2 p.m., pjals.org/pasco
- **Family Fun Fair**, Riverfront Park, 9:30 a.m. to 3 p.m., nwfamilyfun@yahoo.com
- May 11** • **Gender Wage Gap**, EWU/WSU Spokane Campus Classroom Phase 1, Auditorium, 6 p.m.
- **Spokane Nonprofit Network Meeting**, "Library Resources to Help You and Your Nonprofit," Mark Pond of Spokane Public Library and Aileen Luppert of Spokane County Library District, Spokane County United Way, 920 N. Washington, noon,
- May 12** • **Unity in the Community Committee**, Emmanuel Family Life Center, 631 S. Richard Allen Ct., 5:30 p.m., mahenderson@west.com
- May 12-13** • **Shaping Conversation: Nonprofit Leaders Driving Greater Action**, 2015 Washington Nonprofit Conference and Pre-Conference, Meydenbauer Center, Bellevue, Heather McLeod Grant, co-author of *Forces for Good: Six Practices of High Impact Nonprofits*, wastatenonprofitconference.org
- May 12-15** • **Eastern Washington University Diversity Week**, www.ewu.edu/about/ewu-events/diversity-week-15
- May 13** • **Women Musicians in the South African Freedom Struggle**, Sheila Woodward, music department chair, EWU/WSU Spokane Campus Classroom Phase 1, Auditorium, 5:30 p.m.
- **Spokane Police Accountability & Reform Coalition**, Community Building, 35 W. Main, 5:30 p.m.
- **Veterans for Peace**, Community Building, 35 W. Main, 6:45 p.m.
- May 14** • **Cokie Roberts**, NPR senior analyst, Spokane Public Radio's 35th Anniversary, Bing Crosby Theater, 901 W. Sprague, 7:30 p.m.
- May 14, 28** • **Palestine-Israel Human Rights Committee**, Liberty Park United Methodist Church, 11th & Pittsburg, 5:30 p.m.
- May 17** • **Faith Action Network Annual Spring Summit**, Unitarian Universalist Church, 4340 W. Ft. Wright Dr., 2 to 4 p.m., fan@fanwa.org, 206-625-9790
- May 18** • **Women Helping Women Fund Benefit Luncheon**, Amanda Lindhout, freelance journalist who endured 460 days as a hostage in Somalia, Spokane Convention Center, 11:30 a.m., whwspokane.org
- **NAACP meeting**, Community Building, 35 W. Main, 7 p.m.
- May 19** • **"Mary, Model of Perfect Freedom"**, Marian Day of Prayer, Fr. David Kuttner, spiritual director, Immaculate Heart Retreat Center (IHRC), 6910 S. Ben Burr Rd., 448-1224, ihrc.net
- May 20** • **Coffee and Contemplation**, "Contemplation: The Path to Renewal," Rt. Rev. James Waggoner, Jr., Episcopal Diocese of Spokane, at IHRC, 9 to 11 a.m., 448-1224, ihrc.net
- May 26** • **Living an Open Hearted Life**, Reading, Discussion and Book Signing with authors Russell Kolts and Ven. Thubten Chodron, Auntie's, 402 W. Main, 7 p.m., 838-0206, auntiesbooks.com
- May 27** • **Inland NW Death Penalty Abolition Group**, Community Building, 35 W. Main, 5:30 p.m.
- May 29-31** • **Annual ArtFest**, Coeur d'Alene Park in Browne's Addition, Spokane, northwestmuseum.org
- **Marriage and Parenting for Parents and Grandparents Retreat**, Fr. David Kuttner, at IHRC, 448-1224, ihrc.net
- May 31** • **Third deadline** for advertising/underwriting commitments for The Fig Tree's 2015-16 Resource Directory, resourcedirectory@thefigtree.org, 535-1813
- June 3** • **The Fig Tree mailing and distribution**, St. Mark's Lutheran, 316 E. 24th Ave., 9 a.m., 535-1813
- June 4** • **The Fig Tree Annual Meeting**, Emmanuel Family Life Center, 631 S. Richard Allen Court, 1 p.m., 535-1813

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Adventist ministries coordinate communities' responses to disasters, needs

By coordinating 50 ministries in 120 Seventh-Day Adventist congregations in Eastern Washington, North Idaho and Northeast Oregon, Patty Marsh helps congregations be part of solutions, working in partnership with other churches and agencies.

As director of Adventist Community Services (ACS) for the Upper Columbia Conference, she is responsible for disaster response, community development, elder care, human services, crisis care and intervention, mentoring and tutoring programs, and education on better living.

"Our list of ministries is ever changing," Patty said.

In disasters, ACS the U.S., and Adventist Development and Relief Agency (ADRA) internationally provide emergency response and long-term recovery.

In Nepal's earthquake, ADRA's office and staff in Kathmandu escaped harm, so they are providing plastic sheeting for shelters, food, water and health care, she said, adding donations can be made at adra.org.

In the U.S., ACS comes early to work with FEMA and other agencies. It typically sets up multi-agency warehouses to stock furniture, food, clothing, generators, water and more, particularly after hurricanes, earthquakes and floods. It stays after media leave.

For the Carlton Complex Fire in the Methow Valley last summer, ACS set up a warehouse, first at Okanogan and then Pateros. People meet caseworkers there and replaced things they lost. People still have no homes. Patty expects it will take five years for the area to recover.



Patty Marsh oversees a variety of Adventist ministries in region.

ACS meets with Washington Volunteer Organizations Active in Disasters (WAVOAD). An ACS representative served more than a year on the long-term recovery team after a violent windstorm in 2012—until needs were met.

"Our strengths at ACS are organizing and caring volunteers," Patty said. "While Saturday is our Sabbath and worship day, if there is an emergency, we will help."

Shortly after 9-11, many trained Adventists served as counselors in New York City helping people with post-disaster trauma.

After the 2010 earthquake in Haiti, area Adventist churches and schools raised \$150,000 in many ways—including offerings, car washes and cookie sales.

"We take seriously helping 'the least of my brethren' as Matt. 25 says we are to do," Patty said. "It's in our DNA to do that. We use our talents where we can to make the world better and touch people's lives. Religion must have shoes on. It's not about sitting in pews." Serving is in Patty's DNA as

the daughter of a pastor, who ingrained in her early that she was to serve others. After earning a degree from Loma Linda University in Riverside, Calif., she taught high school business classes and piano. A life-long learner, she continues to take classes.

After marrying Larry, who is vice president for education with the Upper Columbia Conference, they lived in Northern California, Indiana and Missouri. They lived eight years in Spokane when Larry was principal at the Upper Columbia Academy in Spangle. Then they served in Staunton, Va., before returning in 2008 to the Upper Columbia Conference.

Patty encourages churches to be involved in their communities.

"We need to keep our ears to the ground. The world changes all the time," she said.

Two years ago, a couple donated \$100,000 as matching funds for ACS to start new ministries. Those funds have helped ACS open and upgrade 20 ministries.

Every day is an adventure for

Patty as she develops, nurtures and coordinates thrift stores, soup kitchens, food, clothing and furniture banks, God's Closets, multi-service centers, medical clinics, Stay Active and Independent for Life (SAIL) classes, Better Living Centers and more.

"People planning a ministry need to know community needs, church members' strengths, what others are doing and where God is opening doors," she said.

A Post Falls church hosts homeless families with Family Promise. "If a group meets a need well, we support it," she said. "If other churches are responding, we join them. We should not compete."

Thrift stores help fund ministries. "Bonners Ferry's Thrift Store does a booming business. Social workers and the health department refer clients for help with such things as gas money, airline tickets, attire for job hunting, utilities or vouchers to shop," Patty said.

In Deary, Idaho, a retired woman with help from church and community friends organized a food and clothing bank. They raised \$150,000 to build a warehouse for a furniture bank, stocked by furniture college students set out when they leave Moscow and Pullman. Two years ago, she also took on a food bank and thrift store ready to close in nearby Troy.

God's Closet, which started in Spokane, has spread to nine cities. Four Thursdays a year, Adventist and other women sort and set out donated children's clothes. From 9 a.m. to 1 p.m. the next day, the fellowship hall of Central Adventist Church opens. Up to 300 people pay \$1 to enter and

fill three bags—or based on need.

May 8 is the next God's Closet in Spokane and at Deer Park and Yakima Adventist churches.

Richland's Adventist Church across the street from a public school brings 18 second and third graders Tuesday and Thursday mornings to the church for breakfast. Members listen to them read and tutor them. The school, which had low test scores, has seen major improvements in scores.

SonBridge, an agency Seventh-day Adventists started at 1200 SE 12th St., in College Place at Walla Walla, is in a retirement home that was renovated in 2004. It includes a thrift store, medical/dental clinic and an education wing. There are classes in English as a Second Language, suicide prevention, becoming debt free, AARP driving safety, successful living and more. There are also addiction recovery, life transitions and caregiver support groups. Catholic Medical Services, which runs the clinic, treats 120 patients a month.

In the West Plains, two Adventist women lead a SAIL program for the community, teaching classes in strength, balance and fitness for adults 65 and older to prevent falls and broken hips that reduce quality of life.

On Aug. 3 and 4, Pathways to Health comes to the Spokane Fairgrounds, with free medical, dental and eye care services.

Part of Adventists' holistic understanding of people is their emphasis on eight keys to healthy living: nutrition, exercise, water, sunshine, temperance, air, rest and trust in divine power, Patty said.

For information, call 242-0621 or visit uccsda.org.

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