



March 2017
Volume 25, Issue 3

The Center News

Newsletter of the Community Cultural Center of Tonasket

“Psychedelic Folk Revival” Joanne Rand Concert



Saturday, March 18th 2017 ~7pm

Tickets \$9 members/\$10 non members La Ultima Dinner 6 PM \$8

“I have sung for outlaws and politicians, (invited by City Hall to sing the National Anthem), for kindergarteners, rebel teens, and the elderly. I have sung for Native Americans, Hell’s Angels, Microsoft billionaires, Buddhists, goddess worshippers and good old, rural salt-of-the-earth folk. I have sung for my supper, for the forests and rivers and fish, for human rights, gay pride, hemp, baby showers, and in shopping malls. Always aiming to pollinate ideas, raise spirits, give hope, inspire forward motion, and to bring freedom for the soul.”

more at [http://joannerandmusic.com/!](http://joannerandmusic.com/)

**The Center News
Newsletter of the Community
Cultural Center**

411 S. Western Ave.
P.O. Box 664
Tonasket WA, 98855
(509) 486-1328

info@communityculturalcenter.org

**Regular office hours are
Tuesdays and Thursdays
9:00-4:00**

*For info on building rentals,
contact Valerie Braman
at (509) 486-0365*

The purpose of the Community Cultural Center, a non-profit organization, is to provide a safe and cooperative multi-purpose public facility to support the arts, education, recreation and other activities that foster family, community, environmental, and economic health; and encourage diversity, cooperation and tolerance.

The Center News is published as a service to the members of the Community Cultural Center.
Quill Hyde, Editor

newsletter@communityculturalcenter.org

Acceptance of advertising does not indicate endorsement by the CCC of the product or service offered.

MARCH HIGHLIGHTS

EVENTS

- Mar. 3d, OHA's Highland Wonders, 5:15 Meal, 6:30 Show.
- Mar. 8th, Okanogan Valley History Series, 6-8P.
- Mar. 18th, Joanne Rand in Concert, 6P Meal, 7P Show.
- Mar. 23d, Commodities distribution. 9-11A.
- Mar. 24th, Highland Voices CD release, 5:30P Meal, 7P show.
- Mar. 26th, Free Meal- sharing the abundance! 3P.
- Mar. 26th, CCC Member Celebration, 4-6P.

CLASSES - GROUPS

- Mondays, 3-6:30P, LFW School of Dance
- Tuesdays, 10A-12P, Children's Play Group
- Tuesdays, 1-3P, Okanogan Language Class
- Tuesdays, 5:30-7:30P, Buddhist Study Group
- Tuesdays & Fridays, 9-10A, Pound Fit
- Saturdays, 11A-12P, Mountain Mama Yoga
- Saturdays, 12-1P, Loving Kindness Meditation

CCC Board Meeting

February 21st, at the community center.

All CCC members are welcome. Non-members may also attend, by invitation from the board. Draft minutes are posted in the CCC foyer. If you wish to address the board regarding an issue or suggestion please contact the CCC office to be added to the agenda.

Board of Directors

- | | |
|---|--|
| James Moore, <i>President</i> (486-1429) | Jean Pfeifer, <i>Vice President</i> (486-0617) |
| Sarah Gelineau, <i>Treasurer</i> (486-1412) | Rick Braman (486-1016) |
| Janet Culp (486-2061) | Quill Hyde, <i>Secretary</i> (560-9520) |
| Sarah Kaiser (322-5031) | Rob Thompson, a new interim board member! |

Executive Director

Valerie Braman (486-0365)

MEMBERSHIP CELEBRATION!

Annual Membership Celebration - March 26th, 4-6pm

Sunday March 26th will see the CCC Board of Directors hosting the 2017 membership celebration. Mostly we want to celebrate what the Center has accomplished in the past year and review the plans for the next, but we also have to meet to do a few formalities like vote in the board's officers. What is on the agenda:

- Ice Cream - banana splits and sundaes....
- Highlights of the last year and plans for the future
- 2017 Building Front Renovation - meet with designers and project managers Bob and Jane Thompson to see the plans and vision for this summer's project.
- 2017 Weekly Class Schedule - see what new classes will be offered beginning this spring.
- Input from the members on 1) a name change, 2) expanding alcohol use policy, and 3) whether to continue hosting Music in the Park.
- Vote by members on the new board members and officers.

So, save the date, and come on down to help welcome spring with a community get-together.

BLUEBIRD BOXES

Curt Howard is building and donating another round of Blue Bird boxes - Get 'em while they last! \$15 each, a CCC fundraiser - many thanks, Curt!

LOCAL HISTORY SERIES STARTS THIS MONTH

The CCC presents: Local History Lecture Series, coming March 8th. Join us for 3 exciting nights of local history! Starting with the local fur trading March 8th, continuing April 12th with the mystery behind Hiram Smith and finishing up with "The Cariboo Trail - Cattle in the Valley" on May 10th. All times are 6-8pm. Don't miss this exciting FREE local history series by Kay and Mike Sibley, and look for more local history talks in the fall! for more info call 509 486-1328 or follow this link:


<http://www.communityculturalcenter.org/events/flyers/Local%20Historical%20Lecture%20Series.pdf>



Red Apple Inn

- ◆ Samsung Flat TV's
- ◆ Hi Speed Wi-Fi
- ◆ Micros-Fridges In Room Coffee
- ◆ Quiet Surroundings—Clean Rooms

509-486-2119 20 S. Whitcomb Ave. (Hwy. 97, Tonasket)



P.T. WORKS, INC.
PHYSICAL THERAPY
 FOR THE NORTH OKANOGAN COMMUNITY
 39 CLARKSON MILL ROAD - BOX 800
 TONASKET, WA. 98855

TELEPHONE: 509-486-1616
 FAX: 509-486-1603

TONASKET
Natural Foods
Co-op
Best Lunch In Town!
 21 West 4th Street www.tonasketcoop.com
509 - 486 - 4188



OKANOGAN HIGHLAND ALLIANCE PRESENTS ECOSYSTEMS OF THE OKANOGAN

A HIGHLAND WONDERS EVENT WITH ANDY STEPNIEWSKI

On Friday, March 3, 2017, Andy Stepniewski brings an all-new topic to the Highland Wonders series, with "Ecosystems of the Okanogan." The beautiful Okanogan lies to the east of the Cascades, in the rain shadow of this range. The region showcases an impressive mosaic of ecosystems because of its varied terrain with great differences in elevation, from alpine summits to valley bottoms. Huge variation in temperatures and precipitation occur along this elevational gradient. Ecological diversity is the region's hallmark, from the windswept, snowy, alpine mountaintops of the western edge of the Okanogan, eastward into extensions of boreal Canada's "Spruce Kingdom," downward into progressively warmer and drier forest zones, and into the semi-arid shrub-steppe zone. Combined, this array of ecosystems adds up to stupendous natural biodiversity in a relatively small area. This diversity is rarely exceeded by other areas at this latitude in North America. Join Andy on this armchair tour celebrating the natural highlights of the Okanogan. Scott Sandsberry writes in the Yakima Herald:

"If you ask Andy Stepniewski about himself, you'll get either a short answer or a change of subject. As one of Yakima County's foremost naturalists, he is fascinated by the world, its flora and fauna... He can regale you for hours about vegetation zones' role in the biosphere. He can detail minute distinctions between nearly identical bird species, from their calls and colors to their diet and migratory patterns."

In the world of Washington birding and the state's Audubon community, Stepniewski is an icon. He wrote the book, quite literally, on the birds of Yakima County. His efforts were essential to the state's go-to birding book, "A Birder's Guide to Washington." And he'd prefer you didn't know or care about that, to keep the focus on the natural wonders he finds so fascinating. That state birding guide? You'd never know he had any part in it by looking at the cover. Stepniewski refused to be named as an author, wanting the credit to go solely to the Washington Ornithological Society. Andy authored sections about the Okanogan Highlands in the WA State Birding guide mentioned above, and also wrote the guide, *Birds of Yakima County, Washington*.

Inspired by the Cannings brothers, Canadian naturalists and scientists living in the BC Okanogan, Andy has been visiting the Okanogan since 1972 and has hiked trails throughout the region, from the Cascade crest east to the Kettle Range. In addition to a passion for plants, he has documented the breeding of three boreal forest owls: the great gray, boreal, and northern hawk. He has also been interested in diversity of breeding birds and has conducted various surveys including censuses both east and west of the Okanogan River.

By speaking in the Highland Wonders series, he generously offers to share his perspective on the ecological mosaic that is the Okanogan -- a favorite destination and home to birders, hikers, and so many who share Andy's enthusiasm for the natural world.

When: Friday, March 3, at 6:30 pm. (Dinner benefiting the Community Cultural Center at 5:15 pm, followed by the presentation with tea, coffee and desserts.)

Cost: Presentation is free; donations are always welcome. Dinner is \$8 for CCC members and \$9 for non-members; desserts by donation (benefit for the CCC).

More info about this and other upcoming events: <http://www.okanoganhighlands.org/education/hw>

SPRING CLASSES BEGIN!

March

Tuesdays 1-3pm March 7-May 9:

Native Okanogan Language Class:

Pronunciation, Some Immersion, Animal Names, Stories, Song (see longer description on flap)

Thursday March 9: **1-3:00**

Understanding Medicare : with Heather Brownlee: She shares her time with you to help you learn about Medicare, ask questions, get more of the info you need for your insurance.



Tuesday March 14 : **3:30-5:30**

*School Gardens: with Alex Eppel

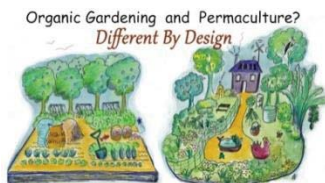
Thursday March 16

“How to write your will”: 10-11am

Gluten Free Baking Class: 1-3pm

Tuesday March 28 3:30 -5:30

*Permaculture Design with Alex Eppel



This introductory permaculture presentation is designed to inform and inspire your approach to garden, farm or land design. Learn how the patterns in nature can be used to create low maintenance, highly productive and beautiful landscapes that positively impact our environment.

April

Tuesdays 1-3pm through April:

Native Okanogan Language Class

Tuesdays 11-12:30 April 4th-ongoing

Non-Violent Communication Group

Led by Heather Straub: intro class April 4th and on-going, supportive group on non-violent ways of communicating, finding new approaches to difficult or challenging interactions.

Thursdays 11- 12:30 April 6, 13& 20

*Chiropractic Health 3 pt. Series with Dr. Hammer of Family Chiropractic Omak

Beginners

Thursdays

Hip/Hop

3:30-4:30



With

Anna Torres-

Wolleat: Beginners Hip Hop and Groove: We'll practice finding the beat in music and use simple varying moves to match it. We'll go over basic steps and isolations and learn how to put them together in 8-beat segments. The main goal is to loosen up, use every ounce of that body and have fun!

Thursday April 13 5:30-7:30 Earthships

with Steve Fardys: The presentation will include stories and personal observations from various builds and a photographic tour of some of the custom earthship homes of The Greater World Earthship community in Taos. (See pic. On cover)

Saturday April 29th 11-3



Hot Sauce Workshop-

Come

learn and create fun hot sauces from scratch with Ann of Texas Creek Salsa! She will show you what to use, discuss neat/local ingredients and how to bottle. Sharing ideas for what to grow this season in your garden!!

UPCOMING EVENTS FOR 2017

Local History Series
2nd Wed. March - April - May

Joanne Rand Concert
March 18th 7pm

Membership Celebration
March 26th 4 - 6pm

3rd Annual Art Gala
April 22nd

Duo Flamenco w/Eric Jaeger
May 20th

Polly O'Keary and The Rhythm Method
September 30th

Annual Auction Dinner Fundraiser
Nov. 4th

23d Annual Holiday Bazaar
Dec. 1 & 2nd

Art Gala April 22nd!

Themed Art work show & sale
Appetizers, wine by the glass \$5
Live music!


Smoked Gouda Chicken Fettuccini
dinner with roasted veggies, garlic
bread & salad \$10

Silent & live auction!

CCC Fundraiser for the front of the
building!

Don't miss it!

Community Cultural Center Presents:
411 Western Ave, Tonasket~509-486-0365
3rd Annual Fundraiser
Art Gala April 22nd, 2017



*Art Show & Sale~Public Judging 3-6pm *Live Music~Appetizers
*Games *Original Art *Gourmet Dinner 5:30pm~\$10
*Door Prizes~Gift Certificates
*Silent & Live Auction~Silent 5:30~Live 6:30
*Food & Wine Baskets
*Wine by the glass