

## Yoga at the Kettle Falls Senior Center

by Peggy Mandin

Laura Huddleston is offering yoga therapy classes at the Kettle Falls Senior Center. The classes are for adults and seniors, with a focus on fostering a "mindfulness of the body and what it needs". People who want to increase flexibility or those who are overweight could very much benefit from this approach, according to Huddleston. These classes stress the physical aspects of yoga and will not include a spiritual aspect.

Classes meet on Monday mornings at 11am and Friday evenings at 6pm. A person usually signs up for a once weekly class. Huddleston's goal is to offer classes that fit participant's schedules and are affordable for all. A person can join the classes at any time. The cost is a \$10 donation per class or \$30 a month for once weekly classes. For those who want to participate twice a week the cost is \$50 a month. Huddleston encourages anyone who is unable to afford the classes to talk with her personally, as she does not want to deny participation to anyone who wants to come.

Laura is a massage therapist and has "over thirty years of experience as a holistic healer". She reminds everyone that she is "not a doctor" but knows a lot about the body from her massage therapy. She realizes that not everyone will be at the same point or be able to do the same yoga techniques, so teaching will be individualized. No one will be expected to do more than they feel able to do, and steps to reach personal goals will be taught.

If you want to come to class wear loose sweats and layers of clothing. The room used for classes is cool, so layers help, and can be shed if you become warm during the yoga movements. Laura has extra yoga mats, blocks and straps so no one needs to purchase any of these items to participate.

These classes were previously held at the Highland School, but have moved into town to a setting more appropriate for winter temperatures. If you are interested in taking classes call 509-738-2511 or Laura's cell phone at 509-690-2591.

*Mindfulness is the awareness of the internal mind and body, noticing the subtle changes necessary for creating personal strength, balance and wellness.*

## Haran Dancers Go To Competition

Submitted by Judi Branstetter

One of the unique opportunities in our community and the jewel of Kettle Falls is the Haran Dance Studio. Founded in 1991 by Deirdre Abeid, this school has been turning out world class Irish dancers for 20 years. Hundreds of dancers, their families, and the community have been impacted by this wonderful program. When Deirdre passed away, her daughters took over the challenge of running the school: Clair Worley teaches in Kettle Falls and her sister Caitlyn Trusler teaches in Spokane. The students regularly compete and place well in the local feis (fesh) events in Seattle and Portland.

Now, two Haran dance students have the opportunity to travel to competition on a larger scale. The sisters, Brittney Johnson Roberson (20) and Allie Johnson (16) recently competed in the regional Oireachtas competition in Sacramento, California.

Allie competed against 100 other dancers in her age group and placed in the top half in group dances. This enabled her to be invited back for a solo dance. When the awards were given at the end she placed 24th, which qualified her to compete at the national competition in Nashville, Tennessee this coming June. There are at least 1,700 dancers each year selected to compete at Nationals; it is a big honor for them to represent the local Kettle Falls studio.

Allie's sister Brittney has spent much of the past several years traveling locally on tour with An Dochas; and internationally with Michael Londra, a former Riverdance singer and creative producer of Celtic Legends. She has placed in the top 20 in the last three Oireachtas competitions. This year in Sacramento Brittney was awarded 6th place in her competition with the highest level of dancers. For the first time she qualified for Worlds, the largest Irish dancing competition, held in Dublin, Ireland over Easter weekend. Brittney is a hard-working new bride who helps teach at the Haran school, still travels with dance troupes and works at Big R in Colville.

Brittney and Allie are trying to raise money for their travels. You may have seen donation jars at some local Kettle Falls businesses. It would be an honor for our community to get behind these talented sisters and support them in their dance competitions.



Sisters Allie Johnson and Brittney Roberson, of the Haran Dance Studio in Kettle Falls at the Sacramento Oireachtas.

## Historic Area Orchards

There is a small group being created, who are looking for anyone in the community, who might know more about historic orchards that were located along the Upper Columbia River before Grand Coulee Dam was erected. If you, or anyone you know, has any information about old orchard sites such as what types of species/varieties were grown, who owned them, where they were located, etc. then please contact us. We are especially interested in finding out if there was an orchard maintained near the site of Old Kettle Falls. We are also encouraging you to sign up if you are interested in helping preserve and protect some of the heirloom fruit tree varieties within Lake Roosevelt's boundaries or to help create a community heritage orchard. Give your name and contact information at the Kettle Falls Information Center, 738-2300, if you are interested and we will be in touch with you.

## March for Meals to Benefit Meals on Wheels Program

by Peggy Mandin

The goal of the ninth annual "March for Meals" campaign is to raise awareness of senior hunger in America. Senior nutrition programs and partners across the nation are participating in this effort during the month of March, holding a variety of events to raise money as well as awareness. Meals on Wheels, a program run by Rural Resources Community Action in our Tri-County area, will be involved in the campaign. All money raised in our community stays at the local level with 100% of funds going to provide more meals for seniors through the Meals on Wheels program. Other goals of the campaign are to identify potential new clients and recruit new volunteers in the effort to end senior hunger.

The March for Meals campaign was created by the Meals on Wheels Association of America and this year's slogan is "So No Senior Goes Hungry". Their goal is to end senior hunger by 2020. The campaign takes place in the month of March because it was during this month that the law was enacted that included Senior Nutrition Programs in the Older Americans Act. Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons.

Meals on Wheels delivers meals to home-bound seniors for whatever length of time is needed. Some seniors are enrolled short-term after a medical crisis or other event causes them to be temporarily unable to cook for themselves, others need long-term participation in the program to be able to stay in their own homes. The criteria for participation in the program are not based on income, but on an individual's inability or difficulty providing for their own needs. Referrals often come from hospitals, concerned neighbors or family members, although a senior can call and ask for services for themselves. After services are requested an employee of the program will make an in-home visit and assess what that individual needs. Services can be started after a phone call and before an in-home visit in an emergency.

The program works like this. On Monday, Wednesday and Friday hot meals are delivered, along with a box containing seven frozen meals. Shelf-stable meals that do not need to be cooked or refrigerated are available, as well as liquid meals such as Ensure and Boost. Sometimes this program is about more than just food; for many seniors the delivery drivers may be their only contact with others, as home-bound seniors can easily become socially isolated. While delivering meals the drivers might discover other problems that have arisen for the individual and able to report these to someone who can help. For example, a driver might find a person who has fallen or that help with house work is needed.

In the effort to educate, raise public awareness and money about senior hunger and the Meals on Wheels program the following events will be taking place in our community.

- The Kettle Falls Middle School Community Group is planning a 'Penny Drive' that the student body will participate in. March 1st - March 10th. They hope to raise \$1,000!
- On all four Thursdays of March Poppy and Nonny's will donate 1/2 of the sale of their special 3 Tacos for

\$3.00 to the campaign. They are located at 550 Meyers Street in Kettle Falls.

- Kettle Falls High School art students will hold an art show/contest with meals and/or wheels as the theme and display their work to the public. Some of their work will be on display at Little Gallea Restaurant in Kettle Falls. Come and vote for your favorite; \$1.00 per vote. Vote March 5th-26th. Some of the students will be donating their art to a silent auction which will take place while they are on exhibit at the restaurant. Little Gallea is located at 345 W. Third Street (on Highway 395).
- The Eagles Lodge located at 608 N. Wynne St. in Colville will host a Spaghetti Dinner on March 21 from 5-7pm. The cost is \$8.00. All dinner proceeds benefit Meals on Wheels.
- On March 24 there will be a Walk-a-Thon from Booth and LaDuke to Safeway and back in Colville. This two mile walk is scheduled to take place during the hours of 11am-2pm so walkers can come out on their lunch break to participate.
- Providence Mt. Carmel Hospital will hold a chili feed on March 24 from 11:30am-1:30pm at the hospital cafeteria, Courtyard Café, with 1/2 of the proceeds benefiting Meals on Wheels. The cost is \$5.50 including a drink.
- Hofstetter School students are hosting a Walk-A-Thon on March 29th.
- The Kettle Falls High School ASB will sponsor a "Hat Day" during the month. Students will pay \$1.00 to wear a hat to school. Money raised will go to Meals on Wheels.

There may be other events occurring that were not scheduled by the time this was printed, so watch for further information.

Funds are always needed to keep Meals on Wheels operating. Tying in with the national campaign makes our local Meals on Wheels program eligible for grant money. Donations are always appreciated to help Meals on Wheels reach out to more and more seniors. If you would like to donate please send checks payable to Rural Resources Senior Nutrition to Rural Resources Senior Nutrition, 956 S. Main, Colville, WA 99114. If you want more information or would like to volunteer call Anita Sailor at 509-684-8421 or Rural Resources at 1-877-219-5542. You can also visit [www.mowaa.org](http://www.mowaa.org).

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*Program of Rural Resources*

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