Music has powerful influence on lives

By Mary Stamp

Kay Heberling, SNJM, started taking music lessons from the Sisters of the Holy Names of Jesus and Mary (SNJM) because of their reputation for quality education in music.

Now she carries on the tradition started in 1888 when five Holy Names sisters came from Portland, Ore., to open an elementary school and soon began teaching piano.

Sr. Kay said the Holy Names sisters have long recognized the power of music and the arts in people’s lives, so music has had a prominent role in their missions of education and justice.

The reach of the sisters’ music education has continued through many generations to today in thousands of schools, music teachers, performers, artists and patrons locally to globally.

Today’s Holy Names Music Center, established in 1982, continues the music department that was part of Fort Wright College of the Holy Names. The college was strong in education, science, art and languages. Holy Names College had operated on N. Superior from 1938 to 1960, following Holy Names Normal School from 1907 to 1938.

Sr. Kay is the last Holy Names sister to have brought music into the lives of many people.

NAACP Spokane’s president applies his firefighting skills to seeking justice

As president of the NAACP Spokane since May, Kurtis Robinson has found that his work as a firefighter fighting wildland fires for Spokane and now for Spokane County Fire District 10, has similarities to fighting “fires” of oppression to bring social justice.

He also likened it to his experiences of fighting “fires” of addiction, incarceration, violence and ostracism that had impact on his early life.

“I know from fighting wildland fires in overwhelming and seemingly impossible situations what we need to do to deal with personal, spiritual, social and political wildfires that seem overwhelming and impossible,” he said.

“When fire comes at us, firefighters get out of the way, hook around and catch the tail to put it out, moving from the back and sides into the head of the fire,” Kurtis said. “Or we back burn up to the fire to cut off the fuel.

“There is value in the struggle and chaos, and out of the ashes, there is opportunity for new growth, life that would not grow if it wasn’t for the fire,” Kurtis observed.

“Injustice is like a fire with multiple heads. Rather than dealing with it head-on from the front where there is momentum, we need to break it from the back or burn towards it to slow and stop its momentum,” he said.

Kurtis sees the NAACP as laying foundations to prevent and slow the momentum of the dysfunction coming at us, so that when it reaches us it does not go further,” he said.

The NAACP Spokane works to ensure everyone’s political, social, educational and economic equality through its committees on equality, education, youth political action, the environment and criminal justice.

In 2018, the NAACP Spokane was the first branch in the state to issue a resolution on “Framing Faithful Discourse for the Common Good”.

Panelists are the Rev. Walter Kendricks, president of the NAACP Spokane; the Rev. Elise DeGuzman, co-founder of the Faith Action Network, who will moderate the panelists as they explore the involvement of faith communities in public policy in these chaotic, divisive times.

“How can we help people move past the intractable paralysis of government and polarized political opinions? How can we engage in conversations and faithful responses that help us move from hate, fear and power plays?” are among the questions they will discuss.

Panelists are the Rev. Walter Kendricks, president of the Spokane Ministers’ Fellowship; the Rev. Kendricks, regional minister and president for the Northwest Region of the American Civil Liberties Union, and Bishop Gretchen Relinger of the Episcopal Diocese of Spokane; the Rev. Gregg Sealey, Inland District Bishop of the United Methodist Church; Bishop Emeritus William Sklystad of the Catholic Diocese of Spokane.

There will be two workshop sessions with seven workshops:

• “Environmental Legislative Priorities for State and Region” will be led by Jessica Zimmerle and Tom Soeldner.

• “Impacts of Mass Incarceration on Communities of Color” will be presented by Kurtis Robinson, Devon Wilson

Continued on page 6

Faith leaders explore political polarization

Five bishops and regional church leaders will join in a panel discussion on “Framing Faithful Discourse for the Common Good” for the 2018 Eastern Washington Legislative Conference, from 8:45 a.m. to 3 p.m., Saturday, Jan. 27, at St. Mark’s Lutheran Church, 316 E. 24th Ave., in Spokane.

Elise DeGuzman, co-founder of the Faith Action Network, will moderate the panelists as they explore the involvement of faith communities in public policy in these chaotic, divisive times.

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Continued on page 4
The Fig Tree in the world. “So long as this earth exists we will have problems,” it fall into the water to see the ripples.”

We could do a lot because everyone brought something.”

The neighborhood came the next day and built burned,” he said. “The neighborhood contributed with prayers, knowledge, worship and communion.”

“We must see further than our own issues.”

neighbors live next door or is across the world. “In Romania, we have a system that happens with the of our neighbor, whether that neighbor lives next door or is across from each other. In a series interviews with WCC Communication, church leaders shared the challenges and rewards of their dialogue.

The ecumenical family works that way as well, he said, “and without a nationality, a stateless person is excluded from enjoying the rights, freedoms and opportunities to which every- one should be entitled,” said Peter Prove, director of the WCC Commission of the Churches on International Affairs. “Stateless people are invisible but they are among us—fellow travelers on the Pilgrimage of Justice and Peace, and it is our responsibility to recognize them, name what complicity we have in their situation, and accept the gifts they have to offer within our communities.”

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“We must see further than our own issues,” he said. “I’m glad to learn about these other issues because we tend to think about our own country as our own world, our own social problems, our own Roman Catholicism. We have a vision of life further away, but the WCC has opened that for me.”

By participating in the Church Leaders Meeting, his ecumenical family members, he said, “We realize we are not alone with our problems, and many people have larger problems. We can contribute with prayers, knowledge, worship and communion.”

United Nations High Commissioner for Refugees (UNHCR), Council for Reflections on childhood statelessness, resulting both from lack of birth registration as well as from gen- der discrimination in laws preventing mothers from conferring nationality to their children.

They affirmed principles in their faith traditions that hold them accountable to work to end statelessness. This does not mean that the faiths address the issue directly, rather that there are a minimum—sanctuaries—that relate to the issue indirectly and point to specific kinds of action. These teachings are to be explored by participants in the weeks following the conference and be included in a future joint statement.

“The ninth annual Peace & Justice Action Conference will focus on the theme, “Building Beyond the Moment,” Friday and Saturday, Feb. 11 and 12, at the Unitarian Universalist Church of Spokane, 4340 W. Fort Wright Dr. Eric Ward, a long-time civil rights strategist and director at Western States Center, will give a keynote address.

There will be an opening reception from 6 to 8:30 p.m. on Friday with food and performances. Friday evening, Feb. 11, will be the Action Conference with three workshop sessions, a keynote address and opportuni- ties to connect with like-minded folks who are putting their values into action, said Liz Moore, co- director of the Peace and Justice Action League (PJALS), which is organizing the event. Eric has worked in community, regional and national organizing and philanthropy. From 2011 to 2017, he was a Ford Foundation program officer for gender, racial and ethnic justice and a program executive for The Atlantic Philan- thropies U.S. Racial Reconciliation and Human Rights Program. He began his civil rights career when white nationalists were engaged in violent paramilitary activity that sought to undermine democratic government.

As an organizer with Commu- nity Alliance of Lane County, field director of the Northwest Co- alition Against Malicious Harass- ment and a national field director for the Center of New Commu- nity, Eric designed campaigns to expose and counter hate groups and their violence. He was one of a few leaders of color working to counter organized hate.

For information, call 838-7870 or visit pjals.org/2018conference.
For the 33rd year, Robert Trimble, a retired pastor, Yakima’s NAACP president and a community activist, has worked with Yakima’s Martin Luther King Jr. Interfaith Commemoration Committee to plan events to remember and learn about civil rights.

“One Nation, One People” is the theme for the citywide memorial church service at 3 p.m., Sunday, Jan. 14, at the Greater Faith Baptist Church, 815 6th St. Speakers will reflect on the community of love King talked about in his book, When Do We Go from Here: Chaos or Community?

Robert said the service, in which the Yakima Association of Churches and Faith Communities participate, will include Catholics, Protestants, Muslims, Jews and people of other faiths.

At noon Monday, Jan. 15, Yakima’s annual Justice, Peace and Equality March begins at 5th St.

The march follows Martin Luther King Blvd. to the Yakima Convention Center, where there will be speeches and singing historical, spiritual and civil rights songs.

Robert said he and others went to the Yakima City Council every year for 19 years proposing to name Martin Luther King Blvd. Every year he was turned down, but in the 20th year, 2006, they renamed the street.

At 2 p.m. Monday at Henry Beauchamp Community Center, 1112 S. 7th St., the soup kitchen will serve soup to anyone who needs to eat.

“We also encourage people to read about the civil rights movements and to do community service to give the community love, not hate,” Robert said.

The Police Department usually participates to build better relationship between police and young people to keep the dream alive, he said.

Every day from Jan. 8 to 15, the Yakima Herald will publish a quote from King that Robert has provided, along with a guest editorial.

During that week, Yakima schools will have educational assemblies planned with the Commemoration Committee, which has met Mondays since Nov. 2. Robert, who has been retired as a pastor for 15 years, was in ministry since the 1980s.

He came to Yakima 35 years ago from Atlanta after serving in the U.S. Army during the Vietnam War. After finishing college, he came to Yakima to teach school and, “seeing the needs of the community, I became involved and stayed,” he said.

There are 10 African-American churches in Yakima, but instead of attending one of them, he goes to different non-African-American churches to share his vision.

“My next goal is to work to wards integrating the churches on the west side of town, rather than leaving black or white churches,” he said. “A church should be the house of God. We are all one under God. We are God’s people with many cultures.”

“Therefore, I will continue to help build the love community King talked about in his Dream, for we are all brothers and sisters,” Robert said. “On his last night, King said he just wanted to have a committed life to make the world a better place for all of God’s people.

For information, call 509-910-0251 or email rtrimble3@gmail.com.

Robert Trimble is a long-time MLK Day organizer. Photo courtesy of David Hasker.

PULLMAN PLANS WORSHIP AND DAY OF SERVICE

In Pullman, local faith leaders will lead the annual Martin Luther King Jr. Interfaith Service at 4 p.m., Sunday, Jan. 14, at St. James Episcopal, 1500 NE Stadium Way. It includes King’s words on economic justice, poverty, worker justice, racial and religious discrimination, and war and militarism.

Washington State University’s Community for Civic Engagement (CCE) plans the MLK Day of Service. Opportunities at 379 agencies in Pullman, Moscow and the region are at https://cwe.wsu.edu/events/national-days-of-service. The day honors King’s life and accomplishments.

There will be a CCE Public Square Forum on Wednesday, Jan. 17 on “The Widening Generational Gap in Civil Rights and Social Justice Activism.”

Pullman’s 2018 MLK Community Celebration is at 7 p.m., Thursday, Jan. 18, at the CUB Se- nior Ballroom with speaker Shaun King of the Black Lives Matter movement. He uses social media to highlight police brutality, sexual discrimination and civil rights.

For information, visit mlk.wsu.edu/events/mlk2018.

BONNER COUNTY TASK FORCE PRESENTS STUDENT ART SHOW

The Bonner County Human Rights Task Force, which has been working since 1992, will hold an open meeting at 5:30 p.m. Monday, Jan. 8, at The Heartwood Center, 615 Oak St. in Sandpoint, for people interested in volunteer- ing, becoming a member or board member.

For its annual MLK event, the task force will present Student Art for Human Rights and honor MLK in the library of the Sandpoint High School starting Tuesday, Jan. 16.

For information, email Sharon McAhon at bchrtaskforce@gmail.com or visit bchrt.org.

FAITH COMMUNITY ORGANIZES INTERFAITH SERVICE FOR MLK DAY IN YAKIMA

North Idaho schools work with human rights task force

The Kootenai County Task Force for Human Relations (KCTFHR) is organizing the 33rd annual Children’s Program Honoring Martin Luther King Jr.’s Works on Thursday, Jan. 11, at Lake Post Falls schools will be there at 11:30 a.m.

The program on “Don’t Be Little, Be Big: Courage, Safety, and war and militarism. One child from each school will read an essay about a dream actor residing in Coeur d’Alene. Offices for his Ovation Company will serve soup to anyone who needs to eat.

We served 809 children at our 2017 Children’s Christmas Joy Event

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Panel: Involvement in Public Policy in These Times

Workshops on environment • homelessness • affordable housing criminal justice • education • Doctrine of Discovery • Challenging hate

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Scott Cooper - Catholic Charities - (509) 358-4273
Paul Benz - Faith Action Network - (206) 625-9790

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Piano teacher treasures relationships developed with students over years

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to come for private lessons in the Fort Wright campus studying the college relocate to 76 acres Holy Names College, she helped found it in 1956 for Sr. Kay or 326-9516 for the music center, or email afauth@whitworth.edu. For information, call 475-2089-755-8477 or visit us at 1508 W. 6th Ave. 8 a.m. and 6:30 p.m. - Monday through Friday Conference plans seven workshops on rights

Whitworth lecturer discusses role of ‘allyship’ in civil rights

There will be a Martin Luther King Jr. Day Public Lecture on “Allyship: Why We Teach the Movement” from 7 to 9 p.m., Monday, Jan. 15, at Weyerhaeuser Hall at Whitworth University. The historical moment requires coalitions built across historical fault lines of race, class and gender,” said Whitworth professor of political science Joshua Adam Fast. “The success of the civil rights movement depended, in part, on coalitions and their power.” The lecture by Kate Shuster, president of Shuster Consulting and author of Teaching the Movement: The State of Civil Rights Education, will review best practices in allyship, making the case for coalition-building in the context of teaching and learning about the history and lessons of the civil rights movement. For information, call 777-3583 or email afauth@whitworth.edu.

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For more information, call 475-1956 for Sr. Kay or 326-9516 for the music center, or email kheberling@comcast.net.
The Spokane City Council voted on Oct. 16 to award a four-year contract to the Martin Luther King Jr. Family Outreach Center (MLK) Center. It will assume operations of the East Central Community Center on Jan. 1.

Freda Gandy, executive director, who has been at the MLK Center for 16 years, recognizes there is a need to repair some relationships to build community unity and support around serving the neighborhood, because some had supported continuing the contract with the East Central Community Organization.

She plans to involve the community in designing programs and services.

When it was clear the MLK Center was outgrowing its current facilities in two buildings on Sherman, it had planned to tear down the two structures and build a two-story building there.

Last spring, however, when the City of Spokane issued a request for proposals to non-profits to manage the former East Central Community Center, Freda and the board developed a proposal to sustain their existing programs and bring them together with the services at the ECCC, including continuing the early childhood and children (WIC) and the Spokane Neighborhood Action Program (SNAP) as tenants.

The project will include moving referrals to WIC and SNAP regularly, so being there gives our clients more access to those services and the benefits they provide,” she said. “The more we offer under one roof the more services people can access with less time and without added transportation.”

The MLK center will collaborate with the Community Colleges of Spokane Head Start/ECAP program to offer Early Head Start as another service to serve children from birth to three years old, along with serving children from three to five years old in the ECCC, which will expand from serving 40 children half days to serving 60 all day.

“Working on one site is not practical for the program to be three hours just four days a week,” Freda said.

The after-school program for children from five to 12 years old will be moved from Grant Elementary School, and will be able to serve 120 children instead of just the 60 now involved.

The teen program will expand to year round, rather than just summer.

“Our vision is to serve multiple generations,” she said.

The ECCC’s senior program, food bank and program for people with disabilities will continue.

There are plans to add a dental clinic, and there is a goal to open a health clinic in the future.

Another plan is to have an office for an officer from the Spokane Police Department, and eventually to have a precinct house there. This will give officers access to the community to build relationships and trust with youth, and for officers to know neighborhood people, particularly people of color, as human beings.

After the Martin Luther King Jr. Family Outreach Center has the building on Jan. 1, it will keep its services in the present location through late spring while it does renovations to make more classrooms in the 30,000-square-foot building.

During the winter and spring, Freda plans to “hang out” at the ECCC to meet seniors, food bank operators, WIC and SNAP staff to learn about gaps and needs.

The playground at the present MLK site will stay because it is used by so many neighborhood children and families, Freda said.

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Freda cares about the community, children and families, and will rely on her relationships within the city and community to make the visions reality.

The MLK Center has community support from its 40 years and will continue to ask for support. For information, call 455-8722 or email fgandy@mlkspokane.org.

The Spokane City Council has leased the building for 15 years and has a contract to operate it from the City for four years. It must demonstrate success for funding to be renewed.

“Our success with the MLK Center is rooted in best practices and the broad community support for funding for quality programs,” she said. “We have to prove ourselves.”

The MLK Center has a unique approach, serving people of various backgrounds, based on the life and legacy of Martin Luther King Jr.

“His dream is for more than the African-American community,” she said. “We want all people to feel welcome and to increase the diversity of those the ECCC serves.”

Freda cares about the community, children and families, and will rely on her relationships within the city and community to make the visions reality.

The MLK Center has community support from its 40 years and will continue to ask for support. For information, call 455-8722 or email fgandy@mlkspokane.org.
Chapter addresses inequities, promotes healing, galvanizes people

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“We have many moving parts,” said Kurtis, who is completing Phil Tyler’s term that ends in 2018. “We have been going through soul searching, hangering not only for healing as an organization but also to be a viable, meaningful, energetic organization,” he said.

Kurtis described fires in his early life and interventions that led him to this leadership role. “I was born in Idaho, but lived six years in the Bronx, where I was beat up as a mulatto boy. In the 1970s and 1980s, I moved from Oregon through to San Diego, the son of a single, white woman concerned about social justice but married abusive men,” he said. “My school years were filled with dysfunction, abuse, addiction and violence, leading to suspensions and expulsion.”

He was 18 when he learned he was also African American and Native American, and the man he’d grown up thinking was his father wasn’t. Lacking a healthy adult role model, he sought to meet his needs with drugs and gangs.

“I became a cocaine-addicted adult and was arrested when I was 24,” said Kurtis. He was in and out of jail for three years until a probation officer released him to Hope House, a long-term drug treatment program in Anaheim. Over two-and-a-half years, he moved from addictive behavior to pro-social behavior.

“Victims who do not process their abuse may become perpetrators,” he said, glad he and his mother have worked through their trauma.

Kurtis maintained recovery for several years, even though his felony conviction was a barrier to finding employment. Eventually he began working plumbing in Orange County, Calif., and then Arizona.

He married and divorced, then married a second time in Arizona. His older sister’s suicide and the murder of her daughter drew his attention to spiritual questions about life and God. He began to explore through Native American communities.

Then a mountain bike accident crippled his right arm, leaving him in pain and shaving his career in plumbing. He was told it would never heal.

In 2004, Kurtis came with his second wife to Keller, Wash., to be near her family on the Colville Reservation. During the chaos in his second marriage, when he wanted to die, he cried out to God for help. He had been suspicious about religion, because he had seen people of faith harm people.

“I heard God say, ‘Kurtis, I’m here. I told God I wanted to go home,’ but God said, ‘I understand, but you’re not done,’” Kurtis said.

He asked God to heal him and began to read the Bible, pray, meditate and talk with the Keller Community Church pastor and other pastors.

One invited him to surrender his life to God. As Kurtis did, he realized he was no longer the “illegitimate son” he had considered himself, but he was “a child of the living God,” he said.

He stopped taking the medicines for his arm, grew stronger and felt called to reach out to people. He entered a tribal program to gain work experience.

Kurtis began asking God, “What do you want me to do next?”

After his divorce in 2007, a fire almost burned Nespelem, so he took wildland fire training.

When complaining about humanity, he felt God call him to “go down off the mountain and do something to help humanity. What do you think I saved you for?”

He came home to the Union Gospel Mission (UGM) shelter in Spokane, “open to the experience spiritually and mentally,” Kurtis said.

He returned to Keller, planning to go to North Dakota for the oil boom, but a woman in the church suggested he become a nurses’ aide. He felt God speaking to him through her.

In 2011, he brought his belongings, and returned to UGM while being trained as a certified nurses’ aide and working at two nursing homes.

Summers he fought wildland fires. Kurtis met Pastor Danny Green at Celebrate Recovery and moved into its Reaching Out Advocacy Recovery (ROAR) House. In 2012, he began managing ROAR House and the ROAR Project of Family of Faith Community Church. He helped build up the program, which added more houses.

Then in 2014, he re-married and joined the Spokane County Behavioral Health Advisory Board, through which he met Layne Pavey with I Did the Time, a Ministry of Faith Community Church. He helped build up the program, which added more houses.

In 2015, he became involved with the NAACP Spokane. He joined and then chaired the Criminal Justice Committee, which put him on the Executive Committee. In May 2017, he was elected president.

Kurtis believes it’s what God wants him to do for right now.

To fight fires of inequality, injustice and enslavement, it takes weeks to help the NAACP Spokane: • address local to national racial disparities in criminal justice and education systems; • use solutions-based approaches to address health care, help people be self-advocates and heal relationships; • galvanize people to stand against the increase in racist behavior with information and awareness of how to be politically involved, and • institute solutions-focused restorative changes for communities of color and all communities.

“The NAACP nationally has been a hallmark of advocacy for the oppressed and ostracized. It’s called to be that again,” said Kurtis, who is guiding the local chapter to respond to needs “of God’s children crying out for help.”

“Communities of color are traumatized. We need to come to terms with our trauma and seek restorative processes and restorative justice for ourselves, our communities and our society,” Kurtis said.

“White people are traumatized by the same dynamics that traumatize communities of color,” he pointed out, calling “for soul searching and social dialogue on the capitalist caste system.

“How is it that some have more and some have less? How do we manifest classism and racism? How do we dismantle classism and restore democratic ideals?” he asked.

“If we are our brother’s keepers, we must help liberate those who suffer and are oppressed. The future of humanity depends on it,” Kurtis said.

For information, call 509-631-2506 or email kurtisrobinson@live.com.

Kurtis Robinson shares story of overcoming “fires” in his life.
Retired couple have an impact as long-term care ombudsmen in Idaho

Mark Kinney
Contributing Writer

Lew and Gloria Hinshaw’s observant eyes, empathetic ears and inquisitive nature make a difference to residents living in a long-term care facility in Post Falls where they volunteer as long-term care ombudsmen.

When they moved in 2015 from Kansas to North Idaho to be closer to their daughter, Brynn, and her family, their chief goal was to serve their new community.

Gloria, a retired special education teacher, decided to apply through the Retired Senior Volunteer Program to help as a reading tutor at a Post Falls elementary school. While she was applying in the Area Agency on Aging office, Lew, a retired United Church of Christ pastor, browsed literature in the waiting area and noticed a pamphlet for the Idaho Long-Term Care Ombudsman Program.

It piqued his interest as something he and Gloria could do together.

After discussion and prayer, the couple decided to explore the possibility of serving as ombudsmen.

They recognized that this was the next step when they learned that only one other North Idaho couple was serving in the volunteer program. After being accepted and completing a seven-week training program in September 2015, they began serving as qualified volunteer ombudsmen that November.

According to Lew, an ombudsman is an advocate for residents and a problem solver.

“We first try to help residents solve their problems they may have,” Lew said. “If necessary we can ask the resident for permission to investigate the problem and share findings with the facility administration.”

If a resident won’t give permission to investigate a problem, Lew said, ombudsmen may anonymously survey other residents to see if they are experiencing a similar problem.

“We are even given access to a resident’s medical chart to explain any changes in their physical condition,” Lew said.

He added that ombudsmen elevate more serious issues to an ombudsman employed by the state.

“We would do so, if warranted and after relaying the allegation to the facility administrator,” he said.

The Long-Term Care Ombudsman Program was instituted as part of the Older Americans Act of 1965 because of concerns with the quality of nursing facilities, the care provided in them and the government’s ability to enforce regulations in these facilities, Lew said.

Unlike regulators, whose role is to apply laws and regulations, the mission of ombudsmen is to help identify and resolve problems on behalf of residents to improve their overall well-being.

The Act mandates that states create monitoring programs, he said. Idaho’s Long-Term Care Ombudsman Program is designed to protect the health, safety, welfare and rights of long-term care residents who are 60 years or older.

Lew and Gloria are assigned to a 100-bed facility with four cottages and with memory care. They typically visit twice a week for one-and-a-half to two hours at a time. Their visits are unannounced.

“We visit with residents and try to sense how they are doing and if they are properly dressed and clean,” Gloria said. She said those two factors are often indicators of care issues.

Lew and Gloria enjoy working together as a team.

“Doing it as a couple gave us more confidence at first,” she said.

“We have a second set of eyes and each other to consult with, and we can achieve twice as much in the same amount of time.”

She said there is an additional benefit for their team approach.

“It’s good because sometimes a resident may be more comfortable speaking to a man or a woman,” she said.

Gloria said they try to reach out to all residents, including those with severe memory conditions.

“Despite their condition, they can see we care,” she said and “we can tell when there is a connection being made.”

The Hinshaws meet with other volunteer and state-employed ombudsmen every six weeks to hear from speakers directly involved in elder care. They report on their visits, including the hours served, relevant observations and lessons learned.

They leave business cards with their contact information in the facility for residents or family members who may want to contact them to discuss care-related issues, Lew said.

“We feel it’s important to be accessible,” he said.

When asked, Lew and Gloria will pray with residents. At home, they also pray together for the residents they serve, often by name.

The Hinshaws were inspired to serve others by the example of their parents, who were active volunteers in retirement.

Lew’s father was a volunteer music leader and choir director in several congregations, and his parents had music ministries in several local nursing homes.

“My mother played piano, and my dad sang and played violin,” he said.

Gloria’s father transported people in need to appointments, was a volunteer tax preparer and served as a Big Brother to an inner-city child for many years. Her mother knitted mittens for children and durable cotton leper bandages for people suffering from leprosy.

Gloria said that in the early 1960s her mother stood up to segregation in their community when a young African exchange student was not allowed to swim at the local swimming club.

“They told us they could accommodate us after the club closed because they did not want other members to be uncomfort- able. My mother let them know it was wrong and our family canceled our membership,” she said.

Lew graduated in pre-med and psychology in 1965 from the Midwestern Baptist Theological Seminary in Kansas City, Mo., and graduated in 1971 from the Graduate Theological Union in Berkeley, Calif.

Gloria began her undergraduate degree in sociology at Illinois Wesleyan in Glen Ellyn, Ill., but moved with her parents to Tucson, Ariz., and completed it at the University of Arizona in 1971.

Realizing she would need a master’s degree to work in her chosen field, she enrolled in the University of Arizona’s guidance and counseling program, where she met Lew, who was also enrolled in the program. They were married in the Congregational Church in Tucson.

After working together as outpatient mental health counselors in Tucson, Lew explored entering pastoral ministry and applied for ministerial standing in the United Church of Christ. After he was accepted, Lew and Gloria began serving together in ministry at a Congregational church in Phoenix.

They served at three more congregations in Overland Park, Lawrence and Baldwin, Kansas, until Lew retired in 2015.

Gloria worked as a paraprofessional in special education classrooms during their time in ministry before she decided to become a certified special education teacher.

Then she returned to graduate school at the University of Kansas in Lawrence, Kan., to earn certification in special education.

She worked as special education teacher until a retiring in 2012.

Lew and Gloria alternate between worshiping at Community Presbyterian Church in Post Falls and at Westminster United Church of Christ in Spokane. They also attend weekly Taizé services at Gonzaga’s Ministry Institute.

They noted there are more than 70 long-term care facilities in the five counties of North Idaho with one full-time and two part-time state-employed Long-Term Care ombudsmen for those counties.

The Hinshaws said there is need for more volunteer ombudsmen like them.

“We encourage others to become ombudsmen. The need is great and so are the rewards,” Gloria said. “It’s a wonderful feeling helping to make a difference in someone’s life.”

For information on volunteering in Idaho, call Jan Neyes at 208-667-3179 or in Washington, Erin Riley at 509-456-7133.

The Arc of Spokane
Promotes independence and choice. Enhances the quality of life for people with developmental disabilities and their families.

The Arc believes having a disability should not prevent young people from experiencing a full and meaningful life.

Call 328-6326 • www.arc-spokane.org

N-SID-SEN-Camp & Retreat Center
A year-round retreat center for your youth group, church gathering, workshop or meeting space.

With 200+ acres and 14 miles of beachfront, we welcome you to the pristine shores of Lake Coeur d’Alene.

January 2018 - The Fig Tree - Page 7

Offerings from The Ministry Institute (TMI):

Taizé prayer service — every Thursday from 4:15 to 5 PM, TMI chapel – free! We begin again on January 11, 2018. Happy New Year!

For more information contact Shonna Bartlett at 313-5765 or bartletts@zozaga.edu

ALL ARE WELCOME!

Spirituality 101 series with Kathy Finley – Reflections on how spirituality connects to our daily lives Wed. afternoons, 12:30 to 2 PM, Jan. 24 to March 7, 2018 in TMI chapel – $15/session, $70 for series, $60 if early registration received before January 17, 2018

For details, contact Kathy at 509-484-4668, or info@mitchandkathyfinley.com

The Ministry Institute — 405 E. Sinto, two blocks north of St. Aloysius Church.

We invite you to join us for reflection and prayer.
Therapist believes parents need to offer children connection, security

By Kaye Hult

Brenda Hammond, the mental health specialist at three Mountain States Early Head Start (MSEHS) centers in Bonner, Kootenai and Shoshone counties, believes strong families begin with secure attachment and relationships between parent and child.

“As a teacher in the 1980s and 1990s, she said, “I’d notice that in order to help children, she needed to work with their families.”

After helping organize the Community Action Agency in Sandpoint, she said, “I saw that we need to offer children connection, security, nutrition and support services—what’s going to make it possible for them to share it with the wider community.”

“Having a secure attachment to parents, grandparents, foster parents or guardians is the greatest variable factor for children to grow to their fullest potential,” said Brenda, who grew up in Michigan and lived 25 years in New Mexico before settling in Idaho in 1987.

In many Sandpoint families, the Early Head Start offers free comprehensive child development, health, nutrition and support services to their families from pregnancy through a child’s first three years, Brenda said. She noticed that the Circle of Security (COS) program helped parents understand their children’s behavior and how they can reinforce a secure relationship with their children.

“The Circle of Security program strengthens parents’ abilities to observe and improve their own caregiving skills, which then allows them to offer secure relationships to their children,” Brenda said. The Circle of Security program promotes children’s current and future well-being. Trained facilitators offer eight classes. A DVD and handouts provide content that invites parents to talk about their challenges in a safe environment, she said.

For those not interested in group learning, the information can be shared at home.

“I learn so much every time I teach a class,” she said. “I see parents opening up and understanding more.

“When parents participate in a class, they see other struggles too,” Brenda said. “They see that struggle is normal, and parenting is just plain hard.”

Parents learn to be self-reflective. When they are more able to look honestly at their own feelings, thoughts and behaviors, they have more control over how they interact with their children, she explained.

As parents look back and develop a coherent life story, Brenda said, it frees them from uncon- scious reactions, she said. “Parents learn to validate their children’s feelings by being with them in their feelings, which helps them learn effective ways to regulate those feelings.

“Parents come to understand there is no such thing as a perfect parent,” Brenda said.

One mother commented, “I used to think my son was really bad.”

“Now I understand that he’s trying to tell me something. If I can meet his need, we’re both much happier,” she said.

Brenda said it’s never too late to strengthen the connection, the relationship between parent and child.

“According to attachment research, if a parent can get it right 30 percent of the time, that individual is a good parent,” she said. “The Early Head Start speech therapist observed that when one mother began to understand her child’s struggle, their relationship became more harmonious. Having seen changes that come from using the Circle of Security, MSEHS has committed to send all of its staff who work directly with families to be trained to teach it. It is also teaching the Circle of Security beyond their enrolled families.”

“We applied for grants to offer the program in the communities,” Brenda said.

“In Sandpoint, we received funding to offer three series. We will be offering classes in Kootenai County in February, and in Shoshone County after that,” she said.

Brenda said parents come eager to learn and share. Their feedback is positive, and parents are grateful.

“We see how great the need is. We think we have something to offer that answers their need,” she said.

Mountain States Early Head Start just received a grant from Idaho Children’s Trust Fund for another series of classes.

That trust fund, whose mission is to prevent child abuse, wants to offer the Circle of Security as a way to prevent child abuse by helping parents understand their children and meet their needs.

MSEHS wants to remove barriers to attending the COS program, so they do not charge for classes. They also provide refreshments and small stipends for child care and transportation.

Working with MSEHS and COS fits with her Methodist upbringing and her Islam faith.

“A basic belief in both is that everyone is here to make the world a better place,” she said.

For information, call 208-263-2569. ext. 419, email bhamp- mond@jannus.org or visit the website at 222.msehs.org.
By Austrinaa BrooK
Intern from Whitworth

Communication professor promotes responsible media consumption

she said. “I ask the students: What is the power of the media? How does it influence us even when we do not consume it?”

“I'm afraid that we do not consume that powerful media, so they consume media indirectly. They also see billboards while driving or a TV playing in the background at a doctor’s office.”

“If it’s influencing us even when we do not consume it, then it’s important for the public to be aware of the power we have as consumers,” Nichole said. “Stop watching a show and tell other people you're not watching it.”

“When we learn the messages being sent out about pop culture and media portrayals, and how that affects everyone’s lives. Media messages convey about what men and women are supposed to be like and how we are to act are reflected through cultural norms. The image is told us that the woman is living up to those cultural norms then it could have profound psychological impact. Nichole said. Women are taught that their worth comes from how they look, but they are only a narrowly defined way to look to be considered beautiful and be valued. That can be an incredibly damaging form of “othering.” It can be life threatening if it leads to eating disorders or other conditions from cosmetic procedures. It can be costly for someone who spends money and time buying and applying those cosmetics, rather than engaging with the community, the said.

Nichole incorporated media literacy in Whitworth courses she teaches. For spring semester, she will teach a class called “Media Criticism.” Her goal is for students to understand messages media give their audiences.

“We're going to look through different lenses and at different procedures. It can be life threatening if it leads to eating disorders or other conditions from cosmetic procedures. It can be costly for someone who spends money and time buying and applying those cosmetics, rather than engaging with the community, the said.

Nichole incorporated media literacy in Whitworth courses she teaches. For spring semester, she will teach a class called “Media Criticism.” Her goal is for students to understand messages media give their audiences. We’re going to look through different lenses and at different theories to view media critically.”

“Part of the reason, beyond my love of writing and creating, is that Nichole said. “I led me to teach communication, and that is the potential impact media can have,” she said. “It can be life threatening if it leads to eating disorders or other conditions from cosmetic procedures. It can be costly for someone who spends money and time buying and applying those cosmetics, rather than engaging with the community, the said.

“Sometimes we are not aware of the power we have as consumers,” Nichole said. “Stop watching a show and tell other people you're not watching it.”

We can let our opinions be heard, and that powerful in- vesting ourselves in the power to make changes.

Nichole encourages students, community members and others to use their voices if they find perspectives are overlooked, specifically with entertainment media.

“Sometimes people are not aware of the potential impact of media,” Nichole said. “It can be life threatening if it leads to eating disorders or other conditions from cosmetic procedures. It can be costly for someone who spends money and time buying and applying those cosmetics, rather than engaging with the community, the said.

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Many thanks to the strangers who rushed to help me when I fell flat on my face in a puddle while stepping from a chain-store parking lot onto the sidewalk. Sounding Board Review columnist Paul Turner recently ad- dressed the experience of strangers reaching out in impulse to help people get up when they fall. He observed that in these times, when people don’t want to talk about differing political opinions, those helping don’t want to talk about the cost of a second to help, asking, “Are you all right?”

As we enter the new year, with a new tax law, ongoing natural disasters, feasting hate across racial and religious lines, threats of nuclear war, let’s hope we continue to ask each other, across our social media feeds, yoga classes, and in conversations with friends. How do we build resilience for this winter? How do we continue to help each other stand up again?

We continue to ask each other, across our differing political opinions, those helping one another, “Are you all right?”

It is our obligation to keep hope alive if we are to be fully human. It is to notice when something changes for the better—name it, talk about it, celebrate it, support those who made it happen, believe that hope is happening. It is to act on behalf of hope to make the world one that instills hope more easily.

It is to turn when something changes for the worse—name it, talk about it, believe that hope does not depend on external signs, stories or events. It is to act on behalf of hope to make the world one that instills hope more easily.

It is to build hope. It is to recognize that hope is good news, a friend who loves me, a new umbrella to push the raindrops of those lives reflect that they, too, allow hope to continue circling within them. They decide to be hopeful caregivers. They decide to help others and receive from them, to act on behalf of hope to make the world one that instills hope more easily.

It is to turn around. That’s what we do with this exposed truth.

There are some individuals with great power today just as Herod and Pontius Pilate were 2,000 years ago. Those who did not like each other, yet they worked together to increase their wealth and power. It is to turn when something changes for the worse—name it, talk about it, believe that hope does not depend on external signs, stories or events. It is to build hope. It is to recognize that hope is good news, a friend who loves me, a new umbrella to push the raindrops of those lives reflect that they, too, allow hope to continue circling within them. They decide to be hopeful caregivers. They decide to help others and receive from them, to act on behalf of hope to make the world one that instills hope more easily.

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### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan 2</td>
<td>• Police Ombudsman Commission Meeting, City Council Chambers, 5:30 to 7:30 p.m.</td>
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<tr>
<td>Jan 2, 16</td>
<td>• Showing up for Racial Justice, 35 W. Main, 5:30 to 9 p.m., 838-7870</td>
</tr>
<tr>
<td>Jan 4</td>
<td>• Café Allegro Community Day: Benefiting the Peace and Justice Action League of Spokane, 35 W. Main, 7 a.m. to 8 p.m., 838-7870</td>
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<tr>
<td>Jan 4, 18</td>
<td>• Peace and Justice Action Committee, 35 W. Main, 5:30 p.m., 838-7870</td>
</tr>
<tr>
<td>Jan 10</td>
<td>• Hispanic Business/Professional Association Monthly Luncheon, Bob Lutz, Spokane Regional Health District, Perkins Restaurant, Division and Olive, 11:30 a.m. to 1 p.m., <a href="mailto:ihpspa@comcast.net">ihpspa@comcast.net</a></td>
</tr>
<tr>
<td>Jan 14</td>
<td>• Spokane Regional Law and Justice Council, Spokane Regional Health District, 1101 W. College Ave, noon to 1:30 p.m., 838-7870</td>
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<tr>
<td>Jan 17</td>
<td>• Inland Northwest Death Penalty Abolition Group, 35 W. Main, 5:30 p.m., 838-7870</td>
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<tr>
<td>Jan 11</td>
<td>• “Don’t Be Little, Be Big: Courage, Safety, Value and Kindness,” Children’s Program Honoring Martin Luther King Jr’s Works, Kootenai County Task Force on Human Relations, Lake City Community Church, 6000 N. Ramsey, Coeur d’Alene, two schools at 9:30 a.m. and Post Falls schools at 11 a.m., 208-765-9322, idahohumanrights.org</td>
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<tr>
<td>Jan 19-21</td>
<td>• Justice Night: Talk to a Lawyer for Free, Center for Justice, 35 W. Main, 5:30 p.m. cjjustice.org</td>
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<tr>
<td>Jan 17, 18</td>
<td>• Navy Prayer Service, The Ministry Institute, 405 E. Sinto, 4-5 p.m., 513-5765</td>
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<tr>
<td>Jan 12-13</td>
<td>• 24-Hour Cancer Retreat, “To See Another Sunrise: How to Survive and Thrive When Cancer Hits,” Jim Morrison, stage 4 cancer survivor, Immortality Heart Retreat Center, 6910 S. Ben Burr Rd., 448-1224</td>
</tr>
<tr>
<td>Jan 14</td>
<td>• “Downsizing: After the Catechism: Everything You Wanted to Know But Don’t Want to Ask,” Fr. Michael Maher, SJ, IHRC, 6910 S. Ben Burr Rd., 448-1224, ihrc.net</td>
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<tr>
<td>Jan 19</td>
<td>• Register for the 2018 WIC Organ Academy in May, American Guild of Organists and Musicians Northwest, 624-2980, <a href="mailto:williamclose@comcast.net">williamclose@comcast.net</a></td>
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<tr>
<td>Jan 24</td>
<td>• Women’s March on Spokane: “Washington Women Moving Mountains,” Spokane Convention Center, 1 p.m.</td>
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<tr>
<td>Jan 27</td>
<td>• Police Accountability Coalition Meeting, 35 W. Main, 5:30 p.m., <a href="mailto:spkncpbr@gmail.com">spkncpbr@gmail.com</a></td>
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<tr>
<td>Jan 28</td>
<td>• Trinity Center’s Inaugural Evening of Art, Music, &amp; Theater, Whitworth University, 7 to 9 p.m., 777-3581, whitworth.edu/museumofart</td>
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<tr>
<td>Jan 31</td>
<td>• “On Allyship: Why We Teach the Movement,” Kate Shuster of Shuster Consulting, Weyerhaeuser Hall, Community Building, 35 W. Main Ave., 7 to 9 p.m., spokanearts.org</td>
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<tr>
<td>Feb 1</td>
<td>• “Restoring the Lower Snake River: Restoring a River for Fish, Wildlife, Recreation and Economic Development,” Sam Mace of Save Our Wild Salmon, Center for Justice’s Justice Lunchbox Lecture, Magic Lantern, 25 W. Main noon, 835-6211</td>
</tr>
<tr>
<td>Feb 7</td>
<td>• Day of Reflection: “Loving People Who Love You and the Art of Mourning,” Catherine Reimer, Immortal Heart Retreat Center, 6910 S. Ben Burr Rd., 9 a.m. to 3 p.m., 448-1224, ihrc.net</td>
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<tr>
<td>Feb 9</td>
<td>• Pullman’s MLK Community Celebration, ’Shawn King’s move in the Black Lives Movement, CUB Senior Ballroom, 7 p.m.</td>
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<td>Feb 11</td>
<td>• Spokane’s MLK rally and March, Convention Center Ballroom, 334 W. Spokane Falls Dr., 10 a.m., 455-8722</td>
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<tr>
<td>Feb 25</td>
<td>• MLK Community Celebration, Holy Temple Church of God in Christ, 806 W. Indiana, 4 to 6 p.m., 455-8722</td>
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<tr>
<td>Feb 28</td>
<td>• MLK Interfaith Service, “our Human Unity,” St. James Episcopal Church, 1505 N. Division, 4-5 p.m., mlk.wsu.edu/events/mlk-2018</td>
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<tr>
<td>Mar 3</td>
<td>• Spokane’s MLK Rally and March, Convention Center Ballroom, 334 W. Spokane Falls Dr., 10 a.m., 455-8722</td>
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<tr>
<td>Mar 6</td>
<td>• Justice, Peace and Equality March, going from S. 5th St. along Martin Luther King Blvd. to Yakima Convention Center, noon to 1 p.m., 509-916-0251</td>
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<tr>
<td>Mar 15</td>
<td>• Henry Beauchamp Community Center Soup Kitchen, 1112 S. 7th, Yakima, serving soup at 2 p.m.</td>
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<tr>
<td>Mar 18</td>
<td>• Day of Service, Washington State University Community for Civic Engagement, ourplacespokane.org/national-days-of-service</td>
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### Just Trade

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- **Brused Books**
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  Pullman, WA 509-334-7898
- **Rockwood South Hill**
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  509-536-6650
- **Rockwood Hawthorne**
  101 E. Hawthorne Rd.
  509-466-0411

**www.rockwoodretirement.org**

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### COMING HOME

**Gonzaga and Maggioni Theatre**

**Thursday, Feb. 1**
6 p.m. reception & silent auction
7:30 p.m. play begins

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from her childhood and early years in Szeged in southern Hungary, living under the Cold War dictatorship, Ildikó Kalapács understands suffering and cares about human rights. She conveys those concerns both in her art—acrylic paintings, pastel drawings, sculpture, mixed media, embroidery and textiles, some by her and some from refugees. For the exhibit, she also compiled old photos of Hungarian villagers, isolated villages in Transylvania and Romania to show how they present themselves to convey their cultural and ethnic identity. Ildikó's other art venture is called "The Bearing Public Sculpture Project," a nonprofit organization raising funds to create, cast and install a life-size, eight-foot, eight-ton bronze statue, called "Bearing." She created a model of the statue to promote the project. She plans to install it in 2021 in Sunset Park at the west end of Kendall Yards beside the Centennial Trail, as a destination site for individuals and groups to visit for healing. The project also includes articles on healing from veterans and refugees.

"Bearing" celebrates the strength of women around the world, especially civilian women in war. It depicts a woman carrying, in a food basket on her head, a young man, a soldier with a gun. While women are often the food makers and nurturers, Ildikó said that more women have died and been injured because of wars since World War I than soldiers.

"The ratio is increasing, but women are invisible in war," Ildikó said. "We need media to cover stories of women who bear the physical and emotional load in the aftermath of wars."

UNICEF reports that civilian fatalities have climbed from 15 percent in World War I to more than 90 percent in the 1990s with aerial bombings and door-to-door combat in villages and cities, rather than there being clear battlefields and civilian areas.

"The burden of war on society is a multi-generational trauma, especially for refugees and the women who do not have ways to process issues," Ildikó said. "When they arrive at their new home or return home, there is no healing place. They are ashamed to talk about what happened to them and what they have done. I hope people—tribes, veterans, women and others—come to the statue as a destination site, a place to deal with and heal from traumas of war and loss," she said. Ildikó also told how her commitment to art, folk dance, folklore and human rights intersect.

Unable to attend an art university in Hungary, she studied from ages 14 to 18 at a special art school. Then from 1983 to 1987, she made a living as a stone carver and folk dancer.

Because she wanted to be an artist historian, she moved in 1986 near Budapest, where she met her husband Wayne Kraft, a German professor at Eastern Washington University (EWU), at a folk dancing event. He was there on a one-year Fulbright scholarship to study folk dancing and the Hungarian language.

"During the Cold War, Fulbright scholarships were important ways for people to build connections," she said.

Ildikó came to the United States in 1987 to study at EWU. She earned a bachelor's degree in studio art in 1992.

Since graduating, she has created art works, as well as performing, choreographing and teaching folk dances, and doing folklore research.

For more than 20 years, she and Wayne, who grew up in Arizona and Alaska, have done research on folklore and folk dancing. Both are fluent in Hungarian, so they have visited Hungarian-speaking villages in post-Communist Romania for their research. They also do translation work for communication between Americans and Hungarians.

In interviewing villagers, Ildikó gathers information to share at anthropological conferences in the U.S. and forums on how non-Western societies function and how cultural tradition is often tied to farming.

"When farmers fail and are swallowed up in large-scale, capitalist farms, villages break up, and the people lose their culture," she said. "The farmers are able to keep their land and cultivate it to sustain their families."

People were tied to the land in feudalism. Hungary was an agrarian country until 1945. The culture, economy and lifestyle of peasants was about caring for the land from birth to death, she said.

"Today, people try to continue the non-GMO, manual farming because it's better for them and the environment," Ildikó said. "If they can stay in the community they can sustain their language and culture."

In Romania, the minorities are Hungarian, Roma, Germans and a small number of Jews, so staying on the land is not just about how they treat the land, but also about human rights as minorities.

"We cannot separate healthy food production and rights of access to safe drinking water," said Ildikó, noting that the issues of sustaining land, water, language and culture apply on any continent.

Ildikó said the Hungarian Folk Dance movement going to isolated villages in Transylvania strengthened peasants living under dictatorship 40 years ago to now, helping them realize the issues they face are global issues for minorities.

"Native Americans and African Americans in the U.S. also struggle to keep their cultures," she said. "It's a long-term fight everywhere."

Ildikó said it raises villagers' self-esteem for academics to come to study their culture, assuring them that there is something valuable in their way of life. Today, teachers, priests, pastors, doctors and judges have major roles in the villages of Central Europe, helping maintain strict cultural values but also helping children rethink options for their future, beyond farming tasks.

"They know most of the people and have authority, both positive and negative," she said.

In her art, Ildikó captures different dynamics, metaphors and images of peasants' lives, as well as her concern about minority rights and water rights.

"Western culture is invasive, and communities have lost much through wars. They cling to what is tangible and enduring," she said.

When Ildikó exhibits her art in Central Europe and Japan, in particular, she hopes to start a dialogue and hear reactions of viewers there to images she creates.

Ildikó said her parents and grandparents saw war and had no way to address it. Her grandparent's were peasants with limited education, and her parents were blue-collar workers.

Because they experienced wars and life under a strict dictatorship, they lacked control over their lives. What they read, saw and listened to were censored. That abuse and strictness were passed on in their family.

"Growing up like that was not healthy, but it was how I became sensitive to suffering, which I convey in my art," Ildikó said. "I saw damage because people did not have a way to talk about the pain and trauma they experienced so they could digest it and have a healthy society," she said. Ildikó grew up atheist and humanist in the Communist society, so she is not religious, but believes it is important for refugees, veterans and others to forgive themselves and others.

"Forgiveness is important," she said. "For me, it's important to forgive my family, forgive others and forgive myself. Too many people carry guilt and anger. 'My values are to care for the poor, marginalized and sick,' she added, noting that the marker for a strong democracy is in how it treats marginalized people."

That's why art, folk dance, folklore and research and human rights come together in her life.

For information, call 747-0979, email Ildiko@ildiart.com or visit thebearingproject.com.