Diversity enriches higher education

By Mary Stamp

As Eastern Washington University’s vice president of the office for diversity and inclusion since July 2017, Shari Clarke is building on EWU’s long history of commitment to diversity and inclusion. African studies, American Indian studies and women and gender studies have been taught for 50 years, and Chicanx studies for 40 years. Its PRIDE Center is nearly 10 years old, plus it offers disability studies and global initiatives programs.

Her role as the inaugural vice president is a step forward, because it gives her a seat at the table with the president and other vice presidents for making decisions and developing initiatives.

Her office is in Showalter Hall beside the president’s office. When construction is complete, the Multicultural and PRIDE Center will be in the Pone Union Building (PUB).

Shari is using several avenues to advance recruitment and retention of students and faculty of underrepresented communities.

• EWU has joined the Southern Regional Educational Board (SREB), an organization that helps recruit and retain faculty by connecting a pool of potential faculty with institutions of higher education. It coaches and mentors graduate school students interested in teaching in higher education and offers a three-day professional development workshop for potential faculty.

• EWU will offer a Summer Institute for Diversity Education May 28 to 31, 2019, to present a 50-hour curriculum that helps faculty understand, engage and learn multicultural competency.

• EWU has launched a Multicultural Center, where students and faculty can gather for discussions to hear different viewpoints and build diversity awareness.

• Diversity Cheney reaches out to business owners to let them know about the diversity on campus and in the community. Shari attends events where she encounters the region’s diverse communities, such as at Fiesta Spokane, Unity in the Community, YWCA Spokane, and the Carl Maxey Center discussions.

• EWU has also launched a five-year diversity strategy goal to create a climate of inclusion for the recruitment and retention of faculty and staff with a focus on becoming...
The Fig Tree is published 10 months each year. September through June.

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The Tree of Sharing began as a statewide, interfaith movement for the common good and now is an independent non-profit supported by Westminster, KREM-TV, Thomas Hammer Coffee Roasters and the Washington Air National Guard.

For the 36th year, volunteers will go door to door in Spokane Valley, North- town Mall and Spokane Valley Mall to distribute tags for shoppers to bring to the shops. The stores will fill the tags with gifts for children and families. This year, there are 8,000 tags from 60 agencies to pick up from Friday, Nov. 23, to Sunday, Dec. 17.

Shoppers purchase gift requests and return them to tables at any of the three malls. From there, they go to a warehouse for sorting. The gifts are sorted to go to the agencies.

The Tree of Sharing began as a project of Westminster Congregational United Church of Christ in Spokane and is now an independent non-profit supported by Westminster, KREM-TV, Thomas Hammer Coffee Roasters and the Washington Air National Guard.

For information, call 535-1813 or email caputo@gonzaga.edu.

There are a few monopolies.

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Oct. 10, so the public has 60 days
from then to submit their com-

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“Under the proposal, if the
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card status,” said Marjike.

She said the policy may affect
some of the immigrants who live in
Spokane and rely on assistance
while establishing themselves.

For information, call 209-2384 or visit protectingimmigrantfamilies.org.

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**Baroque concerts are again in churches**

Spokane Symphony music director Eckart Preu found conducting the 2018 baroque concerts in churches a “cool, joyful, fun and intimate experience.” The churches have smaller settings, but enough space and acoustics fitting for baroque music. “The Spokane Symphony recognizes the importance of baroque music as part of music history,” he said. “Modern, romantic and classical music, and baroque orchestras developed from the baroque era.”

Although some people may not have heard baroque before, Eckart said they would likely recognize it. Baroque music today, appeals to those with short attention spans. Six to seven pieces each last five to ten minutes in a one-hour baroque concert, compared with symphony concerts that last two to and-a-half hours and include three pieces—an overture, a concerto and a symphony.

The Baroque Winter Concerts are at 7 p.m., Saturday, Dec. 8, at Westminster Congregational United Church of Christ, 411 S. Washington and at 3 p.m., Sunday, Dec. 9, at the Twin Founders Church of the Nazarene, 1515 E. 20th Ave.—will feature 50 members of the Spokane Symphony orchestra and 80 members of the Spokane Symphony Chorale performing festive Christmas works by composers from France, Germany and Italy.

Eckart said that the pieces will highlight Christmas traditions in Europe, including the carols from Johann Sebastian Bach’s Christmas Oratorio. For information, call 624-1200 or visit spokanecymphony.org.

**KYRS celebrates 15 years of broadcasting**

KYRS-Thin Air Community Radio is celebrating its 15th anniversary of community broadcasting with locally produced programs, hosted by volunteers, including independent and local music.

It plans two events in November. One is a musical performance at the Big Dipper, on Tuesday, Nov. 13, from 7 to 10 p.m., at 1427 W. Dean, with music by Milonga. Thin Air Radio began in 1999, when community activists learned the Federal Communications Commission would open the public airwaves to a new radio service, Low Power FM. The stations were to be just 100 watts—the power of a light bulb—locally owned, nonprofit and non-commercial. Built mostly by volunteers, donated union labor and community support. KYRS-LP began broadcasting on 93.5 FM on Oct. 26, 2000, with 12 live, locally produced programs, said founder and station manager Lupito Flores.

In 2005, KYRS added the 92.3 FM Translator station for a wider area. In 2007, because of commercial station KPND from Sandpoint, KYRS vacated 95.3 FM, and switched to 89.9 FM. In 2011, KYRS became a full-power, non-commercial, educational station, broadcasting with 6,800 watts. The new signal on 88.1 FM replaced 89.9 FM. It teaches about 400,000 people from Kettle Falls to Pullman, and Cœur d’Alène to Ritzville, including six counties and three Native American reservations.

Since beginning with 12 local programs, KYRS airs more than 40 locally produced programs on youth, poetry, women, environmental issues, and much more.

For information, call 208-944-4823 or email heartofcda@gmail.com.
Students need to be exposed to, comfortable with, respectful of differences

Continued from page 1

March, they will come to campus for a day, participate in a college admissions fair, a poetry slam, music, and workshops on leadership and self-esteem. At the luncheon, 50 girls will be matched with 50 mentors. EWU is recruiting mentors who will connect with the girls once a month.

EWU’s commitment to diversity and inclusion was recognized—as was Whitworth University—among 95 institutions of higher education for the 2018 national Higher Education Excellence in Diversity (HEED), a program of INSIGHT into Diversity magazine, the oldest and largest diversity-focused publication in higher education. The recognition of provosts and deans noted that diversity has occurred since 2012. EWU and Whitworth will be featured in the November 2018 issue.

While 32 percent of EWU’s students are under-represented populations, Shari said EWU seeks more diverse students and has “a robust commitment” to increasing diverse faculty numbers, because they do not yet reflect the number of students. “When there are openings, we want diverse faculty to be in the pool to be considered,” she said. Shari discussed why it’s important for EWU to have diversity among faculty and students.

“Research shows that in the classroom and on campus students benefit from diversity among students and faculty,” she said. “It enhances dialogue, giving students different lenses and ways to view issues and people. It changes conversations.”

“A educational institution needs to lead in knowledge about global concerns and multiple cultural perspectives. When students graduate and are hired, coworkers will be more than white, as incidents of diversity and inclusion and chief diversity officer since 2014.

Continued from page 1

their work but also that there is a long-term relationship between producer and buyer that builds stability in places where opportunities to make a living have been scarce, she said.

“Producers in the villages represent small businesses or ministries connected directly with artisans throughout the world,” said Mary.

“Producers in the villages represent small businesses or ministries connected directly with artisans throughout the world,” said Mary.

“The Jubilee sale helps to remind us of the challenges we face every day throughout the year as consumers. Even when we’re shopping, we are called to put our neighbors’ needs—wherever they live in the world—at the same level as our own,” she said. “That means we need to ask hard questions and make thoughtful decisions that benefit others. As privileged people and followers of Jesus, we are challenged to that.”

First Presbyterian collects a small percentage from vendors’ sales to pay for expenses, like advertising and mailing postcards. Not all the proceeds are returned to artisans by vendors, but to artists’ business, whether for-profit and nonprofit, has expenses, Mary explained.

They have traveled around the country, working with the national Presbyterian Women leaders. They receive financial support from First Presbyterian Church and other congregations.

At this year’s Jubilee Interfaith Market, the church will have a booth to sell pieces produced by women in Guatemala. A group of 12 seamstresses from a Presbyterian women’s sewing project with the Mam, an indigenous group, took sewing classes twice a week for two years. In March 2018, Mary Martic from Hampton Park Presbyterian Church came to Guatemala with several seamstresses to show how to make products they thought would sell. Teens now have treadle machines in their homes. Hammeln provided iron and sewing kits for the project.

“I knew Jubilee would be a great way to introduce the products,” said Sandi. “The biggest impact we have been so far is our self-esteem. Each earned an extra $50 per month for five months.”

When one woman in the group miscarried recently and couldn’t help with a large order, the group shared their wages with her.

“The women, who are sewing cloth napkins, don’t understand why U.S. folks would pay $5 for a napkin, but we in the U.S. are committed to move away from paper products. We thought napkins would be a great seller, and they have been,” Sandi said.

She encourages people who use or wear something that is fair trade to imagine women working from home as they cook, care for their children and sew.

“We work together to bring justice for a different world and to understand each other’s cultures,” said Sandi.

For information, call 539-4742 or email slarke5@ewu.edu or visit ewu.edu/diversity.

Jubilee brings items from ministries, such as one in Guatemala

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Remember to vote by Nov. 6

Students need to be exposed to, comfortable with, respectful of differences
Lorna Hernandez Javais, chief diversity officer and associate vice president for diversity, equity and inclusion at Whitworth University, is grateful that the commitment and collective efforts of faculty, staff, students and senior leadership mean Whitworth has been recognized in both 2016 and 2018 by the national Higher Education Excellence in Diversity (HEED) award.

“The university’s commitment to equity, diversity and inclusion is so strong because it is anchored on our Christ-centered values to seek reconciliation, peace, justice and inclusion,” she said.

INSIGHT into Diversity magazine selected Whitworth based on its efforts in recruiting and retaining a diversified population.

Lorna, who has served at Whitworth since July 2017, follows Larry Burnley, who was there for seven years.

“The award recognizes us for our student life programs; for having one of our campus minis on staff who specialize in equity, diversity and inclusion; for faculty and staff professional development, and for professional development for our senior leaders,” Lorna said.

She described several programs for multicultural students and under-represented groups.

• The BUCS (Building Unity and Cultivating Success) Bridge Program is a four-day program for first-year students from first-generation families or underrepresented racial and ethnic populations.

Whitworth reaches out to students in its pre-orientation program to enhance community building, multi-cultural identity and college navigation, and then mentors students through the first year.

• Act Six is a leadership and scholarship program that selects and trains students who are leaders in their communities, have good academic standing, come from low-income backgrounds, and are the first in their families to go to college. The program connects local faith-based community affiliates with faith- and social-justice-based colleges to equip urban and community leaders. For 16 years, Whitworth selected eight students in the region for full, four-year scholarships.

• On campus, cultural-diversity advocates are in every residence hall. Through peer mentoring, they promote dialogue on race, ethnicity and other differences, including engaging different viewpoints.

• Diversity Monologues, coordinated by students, staff and faculty, showcase stories of diverse Whitworth community members. Not only is the incoming class the largest in number, but also 33 percent are from under-represented populations, Lorna said. That figure does not include the 100 international students from 30 countries.

• The campus minister specializes in equity, diversity and inclusion not only is available to counsel with students, but also assures that there is inclusion of different expressions of Christian worship and different cultures, she added.

• For 24 faculty and staff members each year the Dialogue and Diversity Education program offers a three-day summer workshop that provides “knowledge of cultural issues, intercultural competency training, communication skills and social identity awareness to help in difficult conversations in productive ways, to lean into conflict and to handle disagreement rather than accepting difficult conversations,” Lorna said.

After the workshop, there are monthly meetings through the academic year.

Senior leaders, those on the president’s cabinet—which is more than 40 percent women and 25 percent people in underrepresented populations—engage in monthly meetings on intercultural competency development and implement what they learn in their areas of work.

“We define intercultural competency as skills to engage people of different experiences and backgrounds than our own,” said Lorna. “Those skills include 1) cognitive skills about how we frame our thinking, 2) affective skills about how we react, and 3) behavioral skills about how we act with dignity, respect and understanding of the experiences of others.”

She discussed the role of Whitworth’s commitment to equity, diversity and inclusion related to the university being Christ centered.

“Christianity is why we do what we do,” she said. “We integrate our Christian faith and identity into our work with diversity.

A document, which was developed two years ago by the dean of students, was given to leaders, counselors and professors to organize their thoughts on diversity. As an organization, Whitworth has made great progress in diversity research and is a leader in research in this area.

Lorna said she is grateful for the work that is being done.

“Diversity Monologues are a novel way to help our students share their experiences,” she said.

The Welcome and Witness: A Pharmacology of Faith event was held in the Hixson Union Building Nov. 16, at the Hixson Union Building.

The university understands equity, diversity and inclusion at Whitworth University, is grateful that the community has embraced this diversity, Lorna said.

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In their late teens, they each met Quakers and became Quakers. They met each other when working on a Quaker social project in Mexico.

Here, Lorna attends the Spokane Friends Church.

Lorna earned a bachelor’s degree in psychology in 1988 from the University of Akron and a doctoral degree in cognitive psychology in 1993 from Kent State University.

Her first job was teaching psychology at Hope College in Holland, Mich., where she also did part-time administration work as director of diversity courses and a doctoral dissertation with her supervision.

Lorna became a Quaker and she leads a team to teach and mentor faculty, especially new faculty, on diversity.

“Getting her Mexican and American background, and growing up bilingual, Lorna’s academic research has been in language development, semantics and bilingualism, which represents her lived and academic experiences. Her other research has been on acculturation for adolescents, as the second generation of immigrants, families related to their psychological wellbeing as they adapt to the new culture and maintain their ethnic identity.

Lorna first came to Whitworth when her predecessor invited her for four years ago to lead a workshop on intercultural dialogue.

For information, call 777-4215 or email lhernandezjaviris@whitworth.edu.

International dinner set

Whitworth University’s 34th Annual International Festival will be held with dinner at 5 p.m. and entertainment at 7 p.m., Friday, Nov. 16, at the Hixson Union Building.

Whitworth’s record freshman class of 705 includes students from diverse backgrounds and 34 international students from 17 countries—Mongolia, Japan, Nigeria, France, India, Kazakhstan, the Netherlands, Sri Lanka, Uzbekistan, Nepal, Ecuador, England, Guatemala, Spain, Pakistan, Philippines and Vietnam.

For information, call 777-3796.

“Travel Tips for Your Heart’s Journey”

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Honduran journalist links migration to policies that create violence, poverty

Jennifer Avila, a journalist in Honduras, founded an online publication last year, called Contra Corriente. She works with six other journalists to publish reports about what is happening in Honduras and Central America. She recently spoke to university students, community members and the Latino community in Idaho, Washington and Oregon — at the Human Rights Education Institute in Coeur d'Alene and Whitworth College in Spokane — during the 2018 Northwest Witness for Peace tour. Her message was to tell how United States policies create violence and poverty that make more people flee from Honduras to the U.S.

In the spring, summer and this month, caravans of 1,200 to 7,000 immigrants seeking asylum have come or are coming to the U.S., even though the U.S. government seeks to discourage immigration.

Jennifer said people risk fleeing to the U.S. in spite of stronger laws and borders, because risks of living and struggling to survive in Honduras are greater — with violence, poverty and inequality.

“Journalists need to create consciousness among citizens in Honduras and the U.S.,” Jennifer said. “So people know there is a connection between violence one people experience and both U.S. government policies and U.S. business investments.”

While she found that few in the U.S. know about Honduras or Central America, people wanted to know more. Because mainstream media rarely cover issues, Jennifer said local media challenge the message of nationalism in a time of globalization.

“Everything that happens in the world is connected,” said Jennifer, who was first on a local TV show when she was five.

She has been a journalist for eight years, working with a Jesuit radio station and as a filmmaker producing documentaries on migration, gender violence and human rights.

Last year she helped create Contra Corriente with a website, blog and social media to spread news around the world. They seek funds and receive support to publish translations from Spanish into English, French, German and Norwegian.

“Independent journalists connect with human rights organizations,” she said. “Human rights need independent journalists.”

Jennifer Avila was at the Human Rights Education Institute in Coeur d’Alene with photos by Contra Corriente photographer Martin Callís on display at Emerge, 208 N. 4th St., CDA until Nov. 4. Photo courtesy of Witness for Peace Northwest.

“Independent journalism is not free. It’s expensive,” said Jennifer, who directs a team of six journalists — half in Tegucigalpa and half in San Pedro Sula — and seeks to assure them a minimum wage. “Money, however, does not influence our editorial approach. “It has survived one year, and I hope it will be sustainable, last five, 10, 20 or more years,” Jennifer said.

“While speaking in the U.S., I learned that even though we are 5,000 kilometers apart, many U.S. people believe in solidarity and are committed to help migrants and issues that cause migration for Central Americans far away,” Jennifer said.

She appealed for people in the U.S. to work through community organizations to urge the U.S. government to change policies.

For information, visit witnessforpeace.org/northwest-speaking-tour/ or visit Contra Corriente’s Facebook page.
Staff at Spokane’s hospice houses treat dying as a normal part of living

For a man who had lived on the streets most of his life, his last few weeks of life at Hospice of Spokane’s hospice house were his best days, eating the best food he had ever eaten and drinking all the milk he wanted.

Hospice of Spokane’s two hospice houses seek to provide quality care, comfort and food for patients of any means to make their last hours, days, weeks and months meaningful, quality times, said Alicia Reid, director of hospice houses and admissions, Matt Kinder, director of social services, and Gina Drummond, CEO.

Both hospice houses have 12 private rooms.

The first opened in November 2007 at 367 E. 7th Ave. The second opened in North Spokane at 102 W. Rhoades in April 2014.

“Families and patients can be in a setting where the patient’s care needs are met, so the family can focus on being family,” said Gina, who moved to Spokane 14 years ago to be CEO and to start the first hospice house.

Gina had previously worked 10 years with Peace Hospice of Montana in Great Falls and had overseen building a hospice house there. Hospice of Spokane was then “dreaming” of building a hospice house.

Most of the 2,000 people Hospice of Spokane serves in a year traverse the end-of-life journey in their own homes, assisted living facilities, skilled care facilities or hospitals. Matt said Hospice of Spokane works closely with local hospitals and other facilities to serve patients in all environments.

However, there also was and is demand for the hospice house. “Each day in the hospice houses, we hope the dying person has the best day possible, realizing it could be their last. It’s important that people enjoy every moment count,” said Gina.

“When patients come to a hospice house, we often see relief on the faces of family members who have provided care,” said Matt. “They realize they are in a safe, peaceful environment where caring, competent staff are there to serve and care for their loved one.”

Alicia, Gina and Matt say hospice houses are sacred spaces.

“There’s a peaceful calm when entering the building, not the level of activity in the hospital or the stress at home,” said Alicia.

Matt said the peaceful, home-like environment assures that the patients’ quality of life is as good as it can be for the time they have left. Each patient has his/her own room with bathroom, a microwave and sink. The hospice houses allow pets to visit. Chairs pull out into beds so some family can stay. There’s always soup, coffee, tea and snacks available for family. Patients have full meals.

“Many say living is easy but death is hard. We walk with people through the difficulty that can go with dying,” Gina added.

Gina said education is part of that, so people do not fear. “If people are educated, they are empowered, and their fear falls away,” she said.

“We normalize dying, seeing it as a natural part of life,” said Matt. “We support people whatever their spiritual journeys and whatever they believe,” Gina added.

“I value our agency’s focus on what gives people meaning, what is valued and what is most important to the patients and families,” said Matt. “Spirituality and/or religion is a part of life for so many. We realize we are part of a story that is bigger than ourselves.”

In 1977, a small group of committed volunteers started Hospice of Spokane to make dying people’s last experiences positive. Cecily Saunders, founder of the modern hospice movement, started a hospice in 1967 in England. Just 10 years later Spokane’s opened—the 12th hospice in the U.S., said Matt.

Alicia, who grew up in Spokane, entered nursing as a second career, and 10 months after starting as a hospital nurse, she found her niche with hospice 12 years ago. Her first career was in international business with a telecom equipment business from 1996 to 2002. She earned a bachelor’s in business in 1991 at Seattle University, and finished studies in nursing in 2005 at Spokane Community College because nurses were needed.

“I wanted to spend time with people,” she said of her shift to hospice work. “I have no fear of dying or death, because I have cared for elderly people—hospice work is with all ages. It’s about helping people through their final journeys.”

Alicia oversees both houses, the staff, a clinical coordinator and admissions. Staff includes six registered nurses and six nurses aids at each house.

Staff provide education, support, care giving and compassion.

“We educate families on the care we provide, medications, the process they go through, the progress of the disease and what to report to us,” said Alicia.

In most cases, Gina said, Medicare, Medicaid and private insurance cover hospice care, but a few patients who do not require skilled acute care may be charged room and board at the hospice houses.

The average stay is eight-and-a-half days. Some stays are just hours and some are months.

“People need to continue to qualify by having a prognosis that they will live six months or less and seeking just palliative—or comfort—care,” Gina said. “A few stabilize, are discharged and may come back later.

Matt, who grew up in Spokane and has been with Hospice of Spokane 17 years, earned a master of social work degree in 2001 at Walla Walla University. In 1993, he earned an associate’s degree at Spokane Community College and in 1995 a bachelor’s from Whitworth studying sociology and psychology.

While at Whitworth, he worked a year at the Arc of Spokane with people with intellectual and physical disabilities. He then worked about five years in Seattle at a mental health facility with people with severe and persistent mental illness.

He started with Hospice of Spokane in 2001 as a social work case manager, serving patients and families in their homes.

He has been director of social services for 10 years, overseeing 20 social workers, four employed chaplains, about 20 volunteer chaplains, five bereavement counselors and other volunteers.

Gina, who grew up in Miles City, Mont., earned a bachelor’s degree in 1988 and then a master’s in nursing in 1999 at Montana State University. She was a nurse for several years in oncology and psychiatry before she realized she wanted to work in hospice, including working two years in surgical oncology at the University of Washington Hospital in Seattle before starting at Peace Hospice of Montana.

“Part of my spirituality is through encouraging people and enough kindness,” Matt said. “People find meaning, look at what their lives meant and how they made a difference,” Gina said.

Matt values compassion, empathy, tenderness, service and the non-judgmental presence he experiences with Hospice of Spokane.

Matt added: “We meet people where they are. Our job is to love and serve people, whoever they are and wherever they come from. We encourage people to be on good terms with all people, to live as if today were their last day, to do the best they can and treat people with kindness,” he said.

Matt said the work has opened him up to be more comfortable with mystery and not knowing.

“I have moved from an either/or view to more of a both/and view,” he said, “where everything belongs. This includes tears, memories, anger, laughter, sadness, joy and hope. They are all part of the process.”

Alicia sees that as families gather, they cry, tell stories and laugh.

She recommends the advice of singer Tim McGraw in his 2004 album, “Live Like You Are Dying,” a reminder that no one knows when their time will come.

So we need to do all we can to live fully now.

For information, call 456-0438, email info@hospiceofspokane.org or visit hospiceofspokane.org.
local leaders share ideas on sustainability

In two workshops during the Spokane Compassion Games’ Earth Week celebration, speakers reflected on local sustainability issues and interfaith approaches to stewarding the earth.

Speakers in the first workshop—Julie Schultz of Spokane Riverkeeper, Josh Hechtman of ReProduce 81 and Kristine Major of Spokane’s Regional Solid Waste Disposal Department—offered ideas for people to help the community live in healthier, more sustainable ways.

Julie, a marine biologist who works on water quality and non-point pollution (from rain or snow runoff) in the Spokane River watershed, reported that local water conservation measures will preserve summertime flows in the Spokane River, as the Aquifer provides a majority of flow to the river during the summer months.

“In addition, the city’s work to reduce stormwater pollution will affect the largest source of pollution in the river,” she said.

“Water conservation is also critical for preserving summer flows in the river,” Julie said, also reporting on the work of 475 volunteers recently picking up 15,220 pounds of litter from the river. For information, call 835-5211.

Josh, a Lewis and Clark High School student, founded ReProduce 81 to find ways for Spokane Public Schools to reduce food waste in half by 2030.

He believes increasing community awareness will reduce food waste and eradicate hunger. He said food waste in schools is 66 percent vegetables and 40 percent fruit. He also said that waste produces methane in landfills, contributing to global warming.

ReProduce 81, a project of Spokane Edible Tree where Josh worked last summer, has had some effect.

• Schools are working on finding ways to reuse, recycle, recover or disperse food.

• To recover food, his school has eight bins where students can put food they won’t eat. That food goes to food pantries.

• Josh and the director of nutrition services at Spokane Public Schools created an educational video.

• He and other students plan to go to Olympia this year to lobby for bills to reduce food waste.

ReProduce 81 has 40 members and aims to have 150 by 2020.

“Our goal is for three high schools, three middle schools and three grade schools to collect and recover 3,000 pounds of food by the end of the year,” Josh said. For information, call 209-2890 or email spokaneedibletreeproject@gmail.com.

Kristine, solid waste education coordinator, said each person makes 4.4 pounds of trash each day, creating 1,300 to 1,500 tons of garbage each day in Spokane County. Most goes to the waste to Energy Plant, which for 26 years has incinerated it to recover energy.

“Food waste does not burn,” she said. “The best way to deal with garbage is to make less of it. The region also works to reduce, recycle and compost waste.

Single-stream recycling diverts 50 percent of waste to recycling and compost. For recycling to be effective, people need to know what to put in each bin.

Kristine listed what’s accepted in the blue bins for recycling:

• Items must be clean. Recycling sorters have found dirty diapers.

• Glass bottles now go to the landfill as beneficial cover until markets change.

• Metal—tin and aluminum—is accepted, but should be rinsed and not include lids.

• Paper should be clean and dry.

• Plastic jugs, bottles and tubs are accepted, but not lids, Styrofoam or plastic bags.

• Food scraps and food-soiled paper go in the green bin.

• Why should we care? Clean air, land and water are dwindling resources. Caring about the environment is a social justice issue, as well as a resource issue. Children make us care,” Kristine said, “and that is always a great reason.

For information, email kma@spokanecity.org.

The event is an opportunity to choose from unique handcrafted offerings from Ganesh Himal from Nepal; Conosur Imports, from Chile; Singing Shaman Trader from Pakistan, Nepal and Mexico; Meya Earth Coffee and Moonflower Enterprises from Guatemala; Corazon Scarves from Handknit; and Kizuri’s products from many countries. This year’s it includes celebration of Earth Day on April 22. “Items we feature put people and the planet before profit, promote gender equality and women-owned businesses,” said Sarah Calvin of Ganesh Himal. “With fair trade, we seek to empower and empower individuals.

For information, call 448-6561.
Speakers from four faiths describe beliefs that undergird stewardship

 Speakers in an interfaith work- shop on stewarding the earth as part of the recent Earth and Spirit Festival told about how their faiths’ teachings call believers to care for the earth. They were Gayle Haeger of Valley Seventh-Day Adventist Church, Gurmehak Khahera a first-year college student from the Sikh Community, Cheloye Penwell of the Valley Church of Jesus Christ of Latter Day Saints, and Kimberly Beebe and Michael Collum of the Soka Gakkai International Buddhist community.

 Gayle said Seventh-Day Ad- ventists believe the Creator God created the planet, placed plants, creatures and humans on it, and said it was good. On the seventh day, people are to rest, worship and enjoy the beauty of creation.

 “One way we care for the world is to advocate for a plant-based diet that helps people live an average of seven years longer,” she said.

 “The average American consumes 270 pounds of meat a year. In India, which eats 10 pounds a year, Gayle said, concerned that fewer, bigger factory farms treat animals cruelly and that use of antibiotics increases resistance to antibiotics humans need to treat infections.

 Gayle expects meat-based diets will be unsustainable by 2050 because they require more land, water and pesticides to produce than the equivalent amount of plant-based protein.

 Adventists promote gardening and community gar- dens. Upper Columbia Academy near Spokane has started an agri- cultural program.

 Adventists promote a steward- ship—“we are stewards not domina- tion theology that leads people to exploit creation. She said God expects caring steward- ship from followers for both eco- nomic and social justice reasons.

 Gurmehak said Sikhsim, a monotheistic faith that began in 1469, believes it is important for people to realize “we are respon- sible for the environment” and “we are to be custodians of the earth to benefit all people.”

 “We are to become selfless for the good of all. Concern for nature is part of loving life. To become one with the divine life, we are to live in harmony with all creation,” she said. “All is holy. God is manifest through all life now and in future generations.”

 “The state of the human soul and the environment are interconnected. If we each reduce a little human suffer- ing then people move on to solve big issues of hate, discontent and intolerance of different beliefs.”

 “Families are central. We are said as families. We have a tradition of family gardens and canning,” she said.

 “When we live in harmony with the environment, strife and chal- lenges today solve themselves,” she said. “We need to keep up pressure to protect our shared en- vironment to pass to our children.”

 Kimberly said Soka Gakkai In- ternational (SGI) is about love and peace, changing the individual to change the destiny of the nation.

 “Buddhism began 2,500 years ago with the Buddha’s quest for the meaning of life and enlighten- ment. We are to protect the envi- ronment and humanity because of the oneness of life,” she said. “If I harm the land, plants or you, I harm myself. We are a microcosm and macrocosm. We are to guard the ecological system.”

 SGI’s founder emphasized three levels—local grassroots, interme- diate community and citizens of the earth.

 “At home, individuals can eat healthful foods. Living in commu- nity is about how we treat others and the earth. Globally, I link with everything on the planet,” she said. “We need a global vision of the oneness between self and the environment. We can make changes by changing our lives and how we perceive the world.”

 Michael said the more each person learns of the complex- ity of issues, the more powerless we may feel, but SGI members empower each other by promoting peace, culture and compassion, through the United Nations.

 Michael said SGI believe “we are the change we want to see.”

 The SGI Seeds of Change Ex- hibit and Earth Charter Initiative introduce sustainable development.

 A film, “A Quiet Revolution” says one person can make a differ- ence—as villagers creating a way to capture rain water in a drought or women rallying to plant trees to counter deforestation.

 Michael said a recent SGI “Li- ons of Justice Festival” gathered young people of many back- grounds to stand for the dignity of all in the midst of the polarized society, domestic violence, school shootings, racial discrimination and the nuclear threat.”

 “The roots of evil are greed, anger and ignorance, but one person at a time can change things for himself/herself. That change affects other people and the envi- ronment,” Michael said.

 For information, call 536-2811.

 A MINISTRY OF THE DIocese OF Spokane

 N-SID-SEN-Camp & Retreat Center

 A year-round retreat center for your youth group, church gathering, workshop or meeting space. With 209 acres and 1/4 mile of beachfront, we welcome you to the western shores of Lake Coeur d’Alene.

 Michael Collum, Kimberly Beebe, Cheloye Penwell, Gurmehak Khahera and Gail Haeger.

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 Mon-Fri 11 am-6 pm, Sat 10-6, Sun 12-5

 “The earth has wondrous boun- ty we are to share,” Cheloye repeated. “God works to move us beyond selfishness to care for each other.”

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The dizzying muddle of events/news create election-time cachophony

What a dizzying cachophony of events has led up to the election. What’s happening? Will our shock overwhelm and numb us? How are we going to follow covering it? Are they raising the crucial questions to help us make decisions? How informed are we of the narratives, studies,·bates, voters, guides, social media appeals, ads, campaign rallies, personal connections with candidates and opportunities to research them?

There were bombs mailed to members of one party, the gruesome murder of a Saudi journalist, the financial collapse of another and caravan of Central Americans leaving risky lives of poverty in violent neighborhoods. There’s a talk of terrorism and terrorists. There’s slinging of muddy, hateful words and xenophobia—blaming, bait and switch, repetition of falsehoods to win believers. Words matter. Here there have been volatile words this season. Violence and threat of it is taking the political arena, and into the realm of division that leads to fear and hate that lead to violence. Since the pipe bombs, there’s been a call to tone down the rhetoric. In this issue, we learn that free speech has costs and limits, that some universities are arming students and faculty of diverse backgrounds to build “intercultural competence.” It’s heartening to know that many people are keeping their commitments to work for peace, justice, sustainability and caring. It’s heartening that the State Supreme Court ruled the death penalty and the Spokane City Council voted for renewable energy, a nuclear-free zone and limiting Bor. It’s heartening to know that local people reach out globally to help friends in other lands improve their lives with fair trade. It’s heartening to know that the world of caregivers with people as they are dying. It’s heartening to know there are many voices that are committing to dialoging with people of facts and truth around issues. Someone recently said it’s hard to be resilient in these days, but now and all times are 50 countries formed the United Nations, dedicated to maintaining international peace and security. Thus began a new age for humanity. This year marks the 70th anniversary of what might be considered the most important document in history, the Universal Declaration of Human Rights. It’s worth noting that the world of free speech has limits, and so there are limits to using it. Joan Iva said.

**Sounding Board**

Gonzaga panel debates the role of free speech in allowing and countering hate speech

A panel of Gonzaga faculty responded to a presentation by Nadine Strossen, of the New York Law School, former president of the American Civil Liberties Union and author of *Are We的日?* "Free Speech, Not Censorship*.* The event was held on Oct. 12 to mark the 200th anniversary of the University of Washington and Gonzaga University for the Institution for Hate Studies.

**There are tensions between free speech and concerns about the wellbeing of people.** Because human rights are human rights, they go hand in hand, the best way to counter hate is robust free speech,* Nadine said in a video-streamed speech.* She contends that laws are not only ineffective in countering hate and discrimination, but also counterproductive.

According to a report by the Committee to Eliminate Racism and Discrimination (CERD), laws to suppress hate speech do not do any good. They are often directed against voices and views intended to be protected by laws.

“Regrettably, prejudice and bias are demonic in criminal justice. Enforcing hate speech laws is inherently subjective,” said Roger Harvey, professor of law, Gonzaga University.

“CERD said counter speech is more likely to reduce rather than increase hate speech,” she said.

**Lukov offered an overview of the history of free speech and its limits.** He said that when the Jesus formed at the University of Paris, they began with the idea that if ideas are true, they are made good in the image of a good god.

“Tensions begin with the idea of free speech, and the tension is real,” he said. He said that if we consider the tension between free speech and human rights, we need to consider not only the free speech, but the tension between the rights of others and our own.

**We are to be contemplatives in action,** he said. "Free speech is a treasure. We should not take it for granted. We should use it, but there are limits to using it," Joan Iva said.

Believing faculty are to educate students in engage in dialogue, she said it’s not free speech. "We need to address hate and hate speech, and free speech to be responsible speech.

Vikas brought a sociological perspective and distinguished between troubles and issues.

**We all have troubles—like managing debts and commitments.** We all have personal problems, he said. "There are also issues, which are the socio-political landscape or backdrop. For example, one unemployed person has troubles, but when millions of people are unable to find work for a fair wage, that’s an issue."

The challenge and promise of sociology is seeing common threads between biography and history, and finding ways to alleviate these issues, he explained.

"Hate speech is inextricably linked to violence—lynching, violence against women in particular, and violence against people who are incarcerated and the culture that supports the death penalty even though it’s considered the criminal justice system to those of society’s edges, Vikas said.

He noted that the State Supreme Court recently ruled the death penalty because it is imposed in an arbitrary, racially biased way.

We need to address hate and hate speech that threaten institutions and legitimize violence, he said.

"Before and after we vote, we must be attentive. We must keep informed, inspired and involved."

Mary Stimp - editor

**Gonzaga panel debates the role of free speech in allowing and countering hate speech**

Panelists responding to her presentation were Luke Lavin, director of mission in the college of Arts and Sciences; George Critchlow, Gonzaga Law School professor emeritus; Joan Iva Fawcett, assistant dean of diversity, inclusion, community and equity, and Vikas Gumbhir, associate professor of criminal justice.

Luke cited an article in the Washington Post in which it was reported that the Virginia law was overturned because it was not inclusive enough.

"I don’t agree with Nadine that the only way to deal with hate speech is to criminalize it. I think that we need to address the root causes of hate speech," he said. "We need to engage in dialog, and bring together people of different backgrounds to understand the context and the reasons for the speech." He also emphasized the importance of practicing free speech in a respectful and constructive manner.

George, who studied and taught at Gonzaga’s Law School, said, “We live in a world of power, politics, culture, climate and global politics as culture is in transition.”

He favors restricting some hate speech, based on the Constitution and legal tradition. He said that hate speech that promotes violence or shoot “FIRE” in a crowded theater,” he said. "The notion of harm takes into account a cost of inciting violence, but it is not a cost to protect society," he said. "International treaties allow and compel repression of hate speech that hurts a group of people. He said speech was bad enough in the Nazi era, before the internet, which can be used to educate in a positive way but can also manipulate, create fear, intimate, perpetuate myths and falsehoods, libel entire groups and discourage people from engaging in constructive discourse. We need to address the root causes of hate speech, because they are often the result of systemic and structural issues." He also emphasized the importance of practicing free speech in a respectful and constructive manner.

Joan Iva was born in the Philippines and came to the U.S. in the 1980s, when she was young. During high school, her mother performed in a choir for a Filipino Festival. A school director closed the cuts, but the school director became the center of attention in a Filipino newspaper, challenging that action. He and the newspaper were sued for libel. They tried to settle out of court, but for four years and thousands of dollars, a judge ruled in favor of the newspaper. "It's frivolous," she said. "It cost my parents financially and emotionally.

"Free speech is a treasure. We should not take it for granted. We should use it, but there are limits to using it," Joan Iva said.
As fair trade provides more families with income to send their children to school, the Conscious Connections Foundation (CCF), created by founders of Ganesh Himal Trading Co., finds that more than money inhibits education for girls in Nepal.

In some communities, girls and women do not have access to menstrual hygiene pads, so they cannot go to school and work four to five days a month, said Denise Attwood, co-owner and co-founder of Ganesh Himal with her husband Ric Conner. So Conscious Connections has begun educating girls on menstruation and providing eco-friendly, reusable menstrual hygiene kits.

“We offer a culturally appropriate comic book written in Nepal about menstruation and menstrual hygiene,” said Denise.

“In a fun way, it helps girls understand changes to their bodies, eating healthful foods, keeping clean and how babies are made.”

“CCF also wanted to provide the kits to girls and give employment to some marginalized women, so we started a project employing four women to sew menstrual hygiene kits in Kathmandu,” she said.

In March 2017, CCF received a grant to buy four sewing machines and fabric. The first 150 kits went for the Power of 5 Initiative girls in CCF’s educational program.

Women in the Kathmandu project make kits with a polyurethane fabric shield sewn between layers of cotton flannel to prevent blood from leaking. Women put it in a holder in their underwear. Each kit includes three pads that can be washed, hung out to dry and reused. They last about three years, and give women and girls confidence to go out in public.

“It’s a step up from rags, which many women have to wear. We found women glad to use them,” said Denise, who has used them herself.

CCF began the sewing project with a grant of $1,800 from a couple in Spokane.

The Nepali women who make the kits sell them to CCF and others, and purchase more fabric to make new ones to sell.

When she and Ric were in Nepal last fall, they delivered 50 kits to girls in village schools to see their response. Along with providing the kits, CCF knows education is important because of religious and cultural taboos creating misunderstandings.

“Women and men need to understand that menstruation is normal, not something to be ashamed of, and that women still can go to school and work,” Denise said.

To provide menstrual hygiene education, CCF contacted the

Rebika Mahila makes pads for menstrual kit. (Photo courtesy of Denise Attwood)

Radha Paudel Foundation in Nepal, where many still stay in menstruation huts, away from their families, as if they are unholy or unclean while menstruating.

“Girls and women have died in the huts, because they are ex- posed to the elements, bitten by bugs or snakes, and no one will help them,” Denise said.

Kesang Yudron, who is in her 30s, is CCF’s organizer for this program.

“We have known her since 1984 when we started to work with her parents as partners with Ganesh Himal. Her parents sent their daughters to schools in India, and they had scholarships to study in the United States,” Denise said.

Kesang returned to Nepal and created her own fair-trade business in Southern Nepal with women who had been abused, trafficked and had no families. Seeing how menstruation is a barrier to women there, she began volunteering with CCF to teach about menstrual hygiene.

She organized CCF’s menstrual hygiene workshop in Kathmandu and brought five women leaders from her group in Southern Nepal. In early September, CCF sponsored 26 women and a man from different ethnic groups in urban and rural communities throughout Nepal for an intensive three-day training. The training covered menstrual health and hygiene.

She said the workshops are a step up from rags, which many women have to wear, and they want to help them.

“Every single patient, we’re identifying what their needs are and how we’re going to meet those needs. We do that from the context of being the oldest, largest and only community nonprofit.”

~ Dr. Bob Bray
Hospice of Spokane Medical Director

“CCF seeks to raise $3,000 to train another 30 women leaders ($100 each),” she said, adding that the Spokane couple who helped start the project sent another $1,500.

“With kits costing $7 each, CCF can provide jobs and 400 kits with $2,800 in donations.”

To help with the effort, the CCF’s Power of 5 has raised funds to hire an administrative assistant to work with the Association of Craft Producers.

The Power of 5 raises $25,000 a year for K-10 education for 120 children. With half, they offer scholarships and the other half goes into an endowment to expand the program in future years.

To raise funds in the last two years, CCF has had five teams run in Blooksmay. In 2018, they raised $18,000, including a $10,000 memorial. Some doing virtual runs raised another $3,700.

CCF has also expanded the Joy Attwood College Fund to assist three girls to attend 11th and 12th grades in the Kathmandu area, sharing $2,000.

CCF has worked with Spokane Rotary Clubs to raise funds to rebuild a K-3 school in Ghat- besi, Nepal, which was destroyed by the 2015 earthquake, support primary school teachers and fund college scholarships for 20 rural girls in that area.

“People involved with CCF give more money as they know of the progress,” Denise said.

Some fair trade retail stores raise funds for the menstrual project by selling little doll or namen to hang as tree or desk decorations.

“People are interested in being engaged in helping women if they are given a fun, creative outlet,” Denise said.

For information, call 499-3320 or visit consciousconnections-foundation.org.