Whitworth professor uncovers history of how people of faith influence policies

Dale Soden, history profes-
sor at Whitworth University
for 36 years, recently received
recognition for his research
and publications on the political
and social influence of Pacific
Northwest individuals motivated
by their faith.

For his contributions to the
study and teaching of Pacific
Northwest history, the Wash-
ington State Historical Society
awarded him the Robert Gray
Medal—named for the first
recorded American to navigate
into the Columbia River.

A focus of his current work is
on the role of African-American
pastors and churches in civil
rights on the West Coast.

Dale is campus historian. He
wrote An Enduring Venture of
Mind and Heart: An Illustrated
History of Whitworth University.
He also helped establish a special
collection for Protestant materi-
als in the Pacific Northwest at the
Whitworth University Library.

His classes have covered
American intellectual history,
religious history, popular culture,
great trials, history after the
Civil War, history of financial
collapse, history of the Vietnam
War and Northwest history.

For a January 2019 class, Dale
had a 1973 Whitworth graduate
and Vietnam veteran to meet with
and embrace a Vietnamese soldier
he may have fought against.
His 10 students said the encounter
was a life-changing lesson.

His teaching style includes
informal leaders of groups. Six
students said the encounter
was a life-changing lesson.

Growing up Lutheran in Sea-
natte, while studying history at
Pacific Lutheran University,
he realized how his opposition to the
Vietnam War differed from his
father’s, who fought in World
War I, and father, who fought in
World War II. His father linked
his belief in country and conser-
vative politics with patriotism.

“I considered myself liberal,
not radical,” Dale said. “I be-
lieved we were in Vietnam for
the wrong reasons and should
have withdrawn earlier. Most
of my peers who were Christian
differed from their parents, too.
Religious impulses led to protest
against the war.

“Lutherans are not pacifists, but
Continued on page 6

2020 Census count nears end, but when?

The response rate for the 2020 Census is low in some areas,
but there is still time for faith communities and nonprofits to
help increase participation to make sure everyone is counted.

Because of the COVID-19 outbreak, the U.S. Census Bureau
earlier this year adjusted the 2020 Census operations timeline.
Pending court decisions, the official Census 2020 count may
continue through October 31, which means it’s not too late
for people to respond, said Meg Lindsay, director of education
programs at Inuvia Foundation in Spokane. Inuvia, the com-

munity foundation serving Eastern Washington and North Idaho,
has been working since last fall on Census outreach efforts to
ensure a complete and accurate count of all communities.

A complete count is critical, Meg said, because over the
next 10 years, census data will be the basis for distributing
hundreds of billions of dollars in federal funds each year for
education, health care, emergency services, food assistance and
more. A community can lose $30,000 in funding—$3,000/year
for 10 years—for each individual who is not counted.

“This election year highlights the importance of apportion-
ment,” she said, noting that the Constitution sets population
as the basis for political power, not wealth or land. The census is
the basis for allocating seats in the House of Representatives.

While the census count is going well in some counties of the
region, Meg said, many households have not responded. Spokane
County and Kootenai County have self-response rates of more
than 70 percent, but some rural counties are below 45 percent.
Census takers worked on non-response follow-ups in September.

If Census 2020 continues in October, faith communities can:
Continued on page 3

By Mary Stamp
Susan Hales’ love of engaging
with people of many cultures led
her to spearhead an effort with the
League of Women Voters (LWV) in
Spokane to translate 2020 ballots
into six languages.

She arranged with Spokane
International Translations to tran-
late ballots into Russian, Spanish,
Vietnamese, Arabic, Chinese and
Swahili, so citizens who speak
those languages can use a trans-
lated ballot to guide them in filling
out the official ballot in English.

Susan learned about the league
and joined it three years ago when
she found she could register newly
naturalized citizens to vote. She
was hooked on voter outreach
“...I have helped the league expand
outreach with the library, Spokane’s
Community Court and people who
are homeless,” she said.

She also helped Jewels Helping
Hands’ voter outreach, producing
LWV voter registration kits for
people who are homeless.

At a community meeting last
summer with Rep. Andy Billig and
Lucy Barefoot of the Secretary of
State office on engaging people with
disabilities, a man from South Su-
dan asked about translating ballots.
Lucy said the Secretary of
State
does not translate them for people
if their language is spoken by less
than five percent of the county
population, and they cannot use
state funds, but then Vicky Dalton,
county auditor, stepped up to say
among community groups could do transla-
tions and she would post them on the
Elections Office website.

Last spring, Susan did a needs
assessment contacting formal and
informal leaders of groups. Six
languages emerged as most needing
translations, and she began working
with Spokane International Transla-
tions, which does translations for
schools, businesses and nonprofits.
They estimated it would cost
$4,365 to do the translations. The
League of Women Voters provided
part of the funds and the Smith-
Barbieri Progressive Fund gave
a grant of nearly $4,000.

In mid-August, the Spokane
County Elections Office provided
a sample ballot.

In posting translated ballots on
the website, Vicky makes it clear
it’s not an official ballot, but one
people can use side-by-side with
an official ballot to help people un-
derstand what they are voting for.

Susan collaborated with the
Asian Pacific Islander Coalition
Continued on page 4
Catholic church leaders urge peace for the world amid COVID-19

In the face of despair, churches lead a growing “crusade for the stranger” as a part of a movement triggered by the Syrian War that has exposed the “call to welcome the stranger is an integral part of Christian heritage.” He adds, “the love of God moves the world to reconciliation and unity” in the context of COVID-19.

Plan for the 11th Assembly from Aug. 31 to Sept. 8, 2022, in Geneva, will present the theme “The 21st Century Church: Reconciliation and the Challenge of the Poor” for the World Council of Churches assembly that will now be in 2022.

WCC assembly will now be in 2022.

The World Council of Churches (WCC) Assembly Planning Committee met in late September, its fourth preparatory meeting and its first meeting online. It is focusing on the theme “Christ’s love moves the world to reconciliation and unity” in the context of COVID-19.

Plans for the 11th Assembly from Aug. 31 to Sept. 8, 2022, in Geneva, will present the theme “The 21st Century Church: Reconciliation and the Challenge of the Poor” for the World Council of Churches assembly that will now be in 2022.

The presentation is part of a new webinar series on the local and global realities of COVID-19, produced by the Rev. Einar Tjelle, who is head of the Council on Ecumenical and International Relations.

Cameroonian leaders crusade for peace

Around the world, church gatherings, liturgies, felnaviruses are pandemic, perhaps none is as plaintive as those to god, a news source says.

In September 2019, they purchased Griffin Publishing in Spokane Valley, which published The Fig Tree since 1971. George Grifin, Jr., founded it in 2002. Prior to that, The Fig Tree’s printer was Spokane Print and Mail, owned by George’s father. Previous printers include the Cheney Free Press and Spokane Valley Herald.

The church has three issues with them in 2019, and then chose Northwest Offset Printing, a Spokane company. Grifin, Jr. said, “We wanted to maintain the column, said Mary Stamp, editor. “After the September issue, we returned to TPC Holdings because they are more geared to run under 10,000.”

For information, call 535-1813 or visit thefigtree.org.

The Fall Folk Festival will cast from 2000 to 2019, and do stream pre-recorded per- casts online. For information, call 838-6533, or email dgraham@spokanemobilereview, to maintain the column’s presence.

The committee is currently planning for a keynote speaker, panel response, workshops and a legislative briefing to address issues coming before the Wash- ington State Legislature that convenes Jan. 11 for a 60-day session.

The benefit planning commit- tee is in the process of deciding if the benefits will be virtual and the timeline. A lunch is planned March 5 and breakfast March 10.

For information, call 535-1813 or visit thefigtree.org.

Fall Folk Festival plans re-broadcasts on KPBX

The Fall Folk Festival in 1996 at the University of Washington in Seattle, has become a major event on the University of Washington campus.

The Festival of Fair Trade, begun in 1996 at the University of Washington in Seattle, has become a major event on the University of Washington campus.

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Faith leaders hold ‘Grieving Together’ vigils

Inspired by the national Mourning Project, the Faith Leaders and Leaders of Conscience (FLLC) will hold weekly vigils for “Grieving Together” Tuesdays, Oct. 6, 13, 20 and 27.

The Mourning Project, “Mourning into Unity: United We Stand, Divided We Fall,” is a nationwide, interfaith series of four weekly candlelight vigils to mourn the more than 200,000 deaths from COVID-19, and other losses from the pandemic: unsafe schools, unsafe workplaces, unemployment. The goal is to reclaim commitment to peaceful elections and defuse rising violence.

Led by faith and healthcare leaders, the vigils are held outdoors with social distancing and masks. Some will join in parked cars or from home via social media.

“Simple math shows the need for showers among Spokane’s homeless,” said Maurice Smith, executive producer. “The January 2020 Point in Time Count showed 1,559 people in various stages of homelessness, an increase of 18 percent over 2019, which was pre-COVID. Spokane’s city-wide shelter system has only 648 beds, leaving 58 percent of the know-and-counted homeless in Spokane with no access to a shelter, bed, shower, toilet or basic services shelters offer.”

“The Dignity of a Shower” highlights and humanizes this reality. “The census has already had an impact. In addition to making one-hour documentaries on homelessness in Spokane—three in the past 18 months, which air locally on Community-Minded Television and Rising River Media, the “My Road Leads Home” series is creating documentary shorts. These are of 10- to 15-minute ‘mini-docs’ that focus on a particular issue for the homeless community, like the need for showers.”

‘Dignity of a Shower’ is latest documentary

“The Dignity of a Shower”: the latest installment in the “My Road Leads Home” documentary series on homelessness in Spokane, was released in Sep-

The two-woman performance is produced by Key City Public Theatre and Denise Winter. They will give a live introduction before the performance.

Joyce Weir, coordinator for Create, added that Create participates in The River Arts Alliance, 11 arts and humanities centers for the arts in Newport, on a donation basis.

The SVCRC focuses on environmental issues, advocates for human health interventions, grassroots organizing, leadership development and educational outreach.

For information, call 208-784-8891, email vccommunityresourcecenter@gmail.com or register at silvervalleyaction.org.

Create schedules virtual performance

Create in Newport has re-scheduled an April performance of “May’s Vote” to a virtual performance at 7 p.m., Saturday, Oct. 24.

“May’s Vote,” a play by Toni Douglas, is about the prim and proper professional women’s suffrage organizer Emma Smith DeVe in Western Washington and the outrageous, flamboyant May Arkwright Hutton, a Spokane millionaire who struck it rich in Idaho silver mines. In their different styles, they worked side-by-side to lead the campaign that won the vote for women in Washington in 1910.


The two-woman performance is produced by Key City Public Theatre in Port Townsend and performed by Barbara Callander and Denise Winter. They will give a live introduction before the performance and answer questions in a post-play discussion.

It is being offered virtually by Create, a volunteer community center for the arts in Newport.

Joyce Weir, coordinator for Create, added that Create participates in The River Arts Alliance, 11 arts and humanities organizations serving communities from Elk to Metolius Falls. They meet quarterly by Zoom to share activities and promote each other’s programs and education opportunities.

Washington Nonprofits recently helped connect nonprofits there with learning opportunities. Gabriel Cruden of Kettle Falls hosts the One River Nonprofit Network. For information on the program and how to rsvp, call 447-9277, email create@createarts.org or visit www.createarts.org.

‘Dignity of a Shower’ can still assist in promoting the census

‘Dignity of a Shower’: the latest installment in the “My Road Leads Home” documentary series on homelessness in Spokane, was released in September during a week of broad broadcasts on Community-Minded Television (Gunsmoke, 14) and on the myroadleadshome.org documentary YouTube Channel.

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Susan Hales learns from, stands in solidarity with people of diverse cultures

Continued from page 1 (APIC), which hired a student intern, Tia Moua. Her phone number is 206-582-6191 or email info@nwsids.org.

The Northwest Infant Survival and SIDS Alliance ninth annual Run for the Angels will be Oct. 11, at McKuen Park in Coeur d’Alene. The run provides funds to support families affected by a sudden infant death or lost pregnancy. It also provides funds for resuscitation training, sleep sacks, car seats and safety checks. For information, call 206-582-6191 or email info@nwsids.org.

The run funds bilingual support workers, including Spanish language interpreters, who meet with families at the hospitals to translate. “I went to experience being in another country, where I did not know the language or culture,” she said. “That helped me understand the experience of refugees. I experienced culture shock as I learned about the culture and country, often broke social norms and felt like a child.”

She and Larry studied the Russian language three days a week, not enough to be fluent. “I had only studied French in high school and basic Inuit in college,” Susan said. “I have experienced that knowing other languages opens understanding.”

Back in the U.S. after Russia, she taught a course on refugee experience at EWU and completed her doctoral degree at Gonzaga with a dissertation on resilience among Hmong refugee women, graduating in 2004. With there being no jobs with refugees after 9/11, she went to Dickinson State University to direct international education for two years.

Returning to Spokane from Dickinson in 2006, Susan was director of international education for three years at Eastern Washington University. For both Dickinson State and EWU, Susan said, “Adapting to the new culture does not happen that fast. Many needs arise and continue long after three months,” said Susan. So she started Refugee Connections Spokane in 2010, and it became recognized as a nonprofit in 2011.

After many years of travel, now because of the COVID-19 pandemic, she misses getting off a plane and stepping into another country. “Stepping off a plane is a first step to understanding,” she said. “As a child, I was told often in words and actions by my mother that privilege carries an obligation,” Susan added. “I have benefited from so many unearned privileges. They have given me an education and access to resources that allow me to be useful to others, if I listen to what people tell me they and their communities need,” she said. “This is what gives me purpose and gives me joy.”

For information, call 220-1875 or email susanhales15@gmail.com.

SID’S holds benefit run Oct. 11

The Northwest Infant Survival and SIDS Alliance ninth annual Run for the Angels begins at 9:30 a.m., Sunday, Oct. 11, at McCuen Park in Coeur d’Alene. The run provides funds to support families affected by a sudden infant death or lost pregnancy. It also provides funds for resuscitation training, sleep sacks, car seats and safety checks. For information, call 206-582-6191 or email info@nwsids.org.

We created an online form to collect data on incidents of hate and bias, which happen often to people who are LGBTQ+, of various religious affiliations, people of color, people with disabilities, and any other marginalized groups.

To report an incident visit ReportHateBias.org. These reports are not connected to law enforcement; if you are a victim of a hate crime and need the police to respond, call 911.

Information@report.org PO Box 4052, Spokane WA 99220
SpokaneCountyHumanRightsTaskForce.org

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ReportHateBias.org
As president of the Hispanic Business and Professional Association (HBPA) since 2018, Isabel Mazcot del Torres understands the struggles and cultures of many Hispanic people in the region.

She was born in Mexico and emigrated when she was eight with her family who came in the late 1980s to Wenatchee seeking opportunities. Her father worked in the fields and orchards. Her mother worked in a warehouse. Crossing the border without documents, they were granted amnesty and filed to be residents. She and her two sisters are citizens and are helping their mother become a citizen. Her family moved for a few years to Arizona where her father worked in construction. He died there in 2011.

In Arizona, Isabel worked with a school district, enrolling Spanish speaking students and interpreting for parents. She was a receptionist who is a student at Eastern Washington University.

In Arizona, Isabel worked with a school district, enrolling Spanish speaking students and interpreting for parents. She was a receptionist who is a student at Eastern Washington University. Her two sisters and mother now live in Spokane, too.

“I volunteer with the HBPA because I understand the struggles of many Latinx people. I know where they are coming from,” Isabel said.

When she first came to Spokane in 2006, she met only a few Hispanic people, including her husband, until HBPA invited her to participate. She volunteered to represent Mexico in the Unity in the Community “Cultural Village.”

“When I did that, I had a sense of connection and felt involved, seeing people from other countries who represented our small Latinx community,” she said.

After that, she became a member of HBPA. Now as her volunteers, she learns about what it offers and what she can offer.

“Since I found HBPA, I have felt better living in Spokane. We are seeing the Hispanic population in Spokane grow and the need to provide services,” said Isabel.

HBPA, which was started in the 1980s under a different name, is an association and a foundation that has offered scholarships since 1993. It also does a Hispanic graduation ceremony.

“That’s big for me. We are underrepresented in higher education because it’s hard for parents to help pay for their children to go to college,” said Isabel, who is one of eight officers for the association and foundation, along with two foundation directors.

HBPA’s mission is to promote Hispanic/Latinx cultural, business, professional, educational and social justice interests in the area. It works to connect members to build professional and personal relationships, offer professional development, provide access to resources, develop cultural education and increase community involvement.

In a recent statement, it said it stands with the Black community against racism and inequality, supporting Black Lives Matter, recognizing that communities of color have been victims of a system that oppresses people.

This year, HBPA established an office at the Lorraine Building in 308 W. First Ave., at the invitation of the building’s owner. The office has become a Latina resource center offering different services. It is open from 10 a.m. to 5:30 p.m., Monday and Wednesdays, staffed by a receptionist who is a student at Eastern Washington University.

During COVID-19, HBPA has been helping families with food, health kits and financial services with funds from a grant.

Isabel Mazcot heads Hispanic Business Professional Assn.
Historian is sensitive as he selects what to include on black churches

Continued from page 1

we read about Dietrich Bonhoeff-
fer’s resistance to Nazism and
were concerned that most Ger-
mans acquiesced,” Dale said. “I
realized we could not be passive.”

In 1973, he earned a bach-
elor’s in history, then a master’s
in 1976 and a doctoral degree in
1980 at the University of Wash-
ington. After teaching five years
at Oklahoma Baptist University in
Shawnee, Okla., he came to Whitworth in 1985.

“My interest is explaining
the impact of social, political,
economic and religious forces on
American culture and life in the
Northwest before and during the
last 100 years,” he said. “I teach
history of the late 19th and the
20th century through the prism
of the present. How did we get
to where we are?”

Interest in integrating faith
and learning led him to help form Whitworth’s Weyerhaeuser Center for Christian Faith and
Learning in 1998.

Dale is fascinated that the
Northwest—the “least-churched”
area of the U.S.—has been sig-
ificantly influenced by people
to move up the ladder.

“Religion can provide critique
of or reinforcement of beliefs,” he
said. “Many do not develop a criti-
cal religious view until they have
adapted a political, economic or
social view. Children learn Bible
stories. Later they use religion as
a lens to affirm or critique social
or political values.”

While Dale sees this era as
different from the 1960s when
there was an unpopular war and
an anti-war movement, he sees
comparisons of the civil rights/
black power movements then
with today’s Black Lives Mat-
ters protests after the murders
of George Floyd and Breonna
Taylor, recasting the focus on
policing.

In both times, protests stirred
politicians to call for “law and or-
der.” A difference is more white
people are involved now, he said.

“Sadly, even with the elec-
tion of Barack Obama, social
and political changes have been
exceedingly slow. In the early
1960s, there was hope Ameri-
cans could change attitudes,
practices and policies on race
because of the Civil Rights
Act, the War on Poverty and
the stage for the mid-1960s
to 1970s civil rights movement.
The drug war in the 1980s and
1990s took a toll on black com-
unities, he said.

“Since the 1960s, many black
pastors have navigated between
an anti-war movement, he sees
issues to make the world a bet-
ter place,” he said. “In early
days, black pastors fought laws
restricting blacks. Oregon at-
tempts to exclude blacks, so few
settled there.”

In 1890, Calvary Baptist
and Bethel African Methodist
Episcopal churches formed in
Spokane. Because there were
few African Americans here,
churches were havens for them.
Early incidents led the NAACP
to form in Spokane in 1919.

From World War II to the
mid-1950s, Dale said West Coast
black pastors were activists, set-
ting the stage for the mid-1960s
and government to address jus-
tice issues,” Dale said.

As a white history professor
at a white Christian university
identifying documents and facts
to tell the story, he said history
is about making selections.

Despite that, Dale said a black
pastor friend in Oakland and black
pastors he has interviewed keep
calling him to tell the story.

For information, call 777-
4433 or email dsoden@whit-
worth.edu.
NAACP increases participation to address emerging, ongoing racism

As president of the National Association for the Advancement of Colored People (NAACP) Spokane since 2017, Kurtis Robinson has implemented changes that have increased participation, resulting in record meeting attendance on numerous occasions.

The organization’s membership and executive committee membership have grown.

People are hungry for champions who will get out in front on issues,” said Kurtis, who calls members to be the change that is needed. “We have set in motion ‘boots on the ground’ advocacy, moving people into spaces so those in power may no longer be comfortable to have conversations about us without us.”

The history of Spokane is full of disparities in access socially, economically, politically, educationally and in health.

“We do not want to continue to flatline; we need to be consulted before decisions are made, not after,” he said.

Kurtis said NAACP Spokane represents multiple communities of color interested in addressing police brutality, racism, justice, transparency and account-ability in addressing racial disparities in health care, political, private and educational systems.

People are ready to participate in real work,” he said, adding that NAACP Spokane is connecting with other community of color organizations, like the Spokane Coalition of Color, the Hispanic Business and Professional Association, the Asian Pacific Islander Coalition and the Muslims for Community Action.

“We see our responsibility,” he said. “We may disagree on philosophy, but by working together there can be real solutions.”

Kurtis calls for challenging power structures that maintain systemic and institutional racism because what happened historically and still goes on is harmful to communities of color.

Kurtis Robinson has been branch president since 2017.

People’s actions are the marker to show where they are at the struggle for racial equity and justice for our communities of color,” he said.

One effort in motion is the push for an Office for Civil Rights for the city and county. For now, Kurtis said NAACP Spokane is working with the Human Rights Commission to submit a proposal to the city and county by the end of the year. Included are a list of 136 civil rights complaints made to the task force since 2019, in addition to the 100 letters and phone calls related to concerns at the Spokane County Jail, Kurtis said.

“Systemic racism is real here, and Spokane has made significant progress in exposing that reality through organizing to draw more media coverage, and through stronger relationships among the Native, Asian, Pacific Islander, Latina and black communities,” he said. “We are poised to address historic trends that have gone on for too long.”

Kurtis said NAACP Spokane is in a better financial position than in previous years. It is also on the verge of drawing in new leaders.

He attributes that to more visibility gained through sustained meaningful engagement and recent virtual forums as part of their monthly General Membership Meetings on third Mondays.

The virtual gatherings have included panels and education on mass incarceration, native issues, police accountability, racism in the American church and mentoring youth.

“We will continue to carry on meaningful conversations and high level community engagement,” he said. “The forums give voice to multiple community members sharing their institutional expertise, lived experiences and organizational programs.”

The September meeting program was conversations about NAACP Spokane’s mission and organization.

The meeting at 7 p.m., Monday, Oct. 19, will continue the focus on 2020 branch elections. While the fall convention will not be held, the branch will award the Michael P. Anderson scholar-ship and a new scholarship for finance and business majors.

Before school started, NAACP Spokane administered COVID funds to provide internet access and IT support for students and families of color in collaboration with Spokane Public Schools.

It also entered into a cultural audit of the sheriff’s office with Eastern Washington University. Its mission is to ensure the political, educational, social and economic equality of all citizens, engaging youth, removing barriers to voting and political representation, addressing environmental and climate change, and seeking enactment of laws securing civil rights.

For information, call 209-2425 x144, email presidentspokanenaacp@gmail.com or message on Facebook.
By Kaye Hilt

During the time naturopathic doctor Toby Hallowitz has practiced in Coeur d’Alene, he has reached out to the community to introduce people—besides his clients—to the reality that nature plays a crucial part in keeping people healthy.

One opportunity was on a mid-August Wednesday when he offered a presentation on “Nature Immersion and Immune Enhancement” to about 20 people at the Shared Harvest Community Garden in Coeur d’Alene.

The lecture was a joint program of Shared Harvest, Pilgrim’s Market and Toby’s practice, In Coeur d’Alene Acupuncture and Holistic Healing.

Toby described himself as a proponent of “ecotherapy,” which teaches “how focusing on being in nature affects our immune system and our health,” he said.

He said connecting with nature can affect a person’s immune response to the COVID-19 virus.

“aromatics, sounds, and a video from Harvard Medical School.

Toby’s calling came shortly after he married Brigitte and was ill with Crohn’s disease. He was fresh out of college, where he had studied pre-med, hoping to follow in his father’s footsteps and become a doctor.

During his junior year, however, he did not like what he learned about where the medical profession was going. Suddenly, he realized he wanted to practice medicine in his own location, not just the sick—to learn how to live healthy. I want to help people, everyone—just the sick—to learn how to live healthy. I want to live this,” he said.

Toby returned to the U.S. with a focus, but no knowledge of how to bring it to pass. He learned about nature medicine, which led him to study at the National College of Natural Medicine in Portland, Ore. He graduated in 2004 with a doctor of naturopathic medicine and master of science in Oriental medicine degrees.

While studying, he and Brigitte took in his grandmother, who suffered from dementia. She had been in an assisted living facility. During the years she lived with them, Toby took her off her medications. While she still dealt with dementia, she came alive, he said. They took her with them everywhere.

When they left the Northwest for New York, Toby saw again in her the healing power of nature.

Toby built a practice in a small, rural community in an area depressed because Welch’s Grape Jelly’s main employer, had moved out.

While there, he reached out to the community to offer classes in Qi Gong, generally outside in a park, but inside in the winter.

And Brigitte had loved living in the Northwest, so in 2011, they returned, this time to the Spokane/Coeur d’Alene area.

In Coeur d’Alene, Pilgrim’s Market owner Joe Hamilton built a clinic. Toby agreed to run it.

“I was drawn to how I would not only see patients in the clinic, but also serve the community, such as at school,” he said.

“In addition to clinic work, I gave talks on topics, such as what foods help improve health. I offered advice on how to cope when a person can’t eat bread, cheese or eggs for breakfast. I taught Qi Gong. I offered lectures on how to make bone broth soup, baking with alternative flours and sweeteners, and benefits of black seed oil,” Toby said.

Brigitte, Toby and their son Lukas shared Austrian recipes for people on dietary restrictions.

“I was available in the natural healing department for an hour at 4:30 p.m., Wednesdays, to answer questions, and to be a resource for people to test the waters about what natural medicine can do for them,” he said.

After working in the Pilgrim’s Market clinic for five years, he realized he wanted to practice medicine in his own location, so he moved to an office just off Third St for three years while he regrouped.

With his move to larger quarters at 810 E. Sherman Ave. this spring, Toby has room to expand not only his practice but also his community engagements.

He still consults with customers at Pilgrim’s Market for a small stipend.

Now he has a community room for teaching Qi Gong, for book clubs, lectures, meditations and more.

Toby plans to connect with the Coeur d’Alene Art Association to display local artwork in the clinic and to be part of the monthly Artwalk.

He still feels called to engage with the community.

“I’m making the clinic about nature medicine,” he said. “It’s important to connect with nature on a deeper level in different ways. I want my practice to be about offering myself and the clinic as a community resource.”

Toby hopes his lectures will inspire a passion to heal the community through integration and immersion with nature. They will include forestry, environment, recycling and art therapy.

His practice gives him the infrastructure to support community events to improve lives.

“We can be in nature here,” he said. “Just living here versus living in an urban area, we’re healthier.”

When we slow walk and tune into nature with all five senses, our health parameters improve, and even more when we practice Qi Gong in nature.

“Two all our assets here are our beaches, the lake and the trails. Our health as a community is much stronger because of the environment in which we live,” Toby said.

He believes COVID numbers are higher where people are not in nature.

“This pandemic shows how essential it is for us to participate and actively engage in this, our prized foundation of who we are,” he said. “Ultimately, the more involved my patients are in nature, the more healing occurs on both the individual and community level.

He will offer the community opportunities to tune in to “our bodies and spirits through nature,” and is bringing in a counselor who focuses on eco- therapy, helping the community reconnect with nature.

For information, call 208-665-2293 or email frontdesk@cdahc.com.
350 Spokane’s poster lists 12 steps individuals and groups can take

The 350 Spokane Interfaith Committee on Climate Change recently developed a poster listing 12 actions individuals, faith communities and businesses can take to challenge climate change. To invite action, steps are verb forms ending with “-ate”:

- facilitate, motivate, educate, advocate, rallycoalite, deterrific, anticipate, accentuate, eliminate, contemplate, rejuvenate and activate.

One column lists practical ideas for individuals. The second column is for faith communities, the third is for advocating government action, the fourth lists organizations to join and the fifth column gives websites.

“People of faith have reason to care about creation,” said Patrick McCormick, professor of religious studies at Gonzaga University since 1994 and leader of the 350 Spokane Interfaith Committee. It includes people from Catholic, Episcopalian, Jewish, Methodist, Mandurian and other traditions.

We educate people on the environment. 350 Spokane advocates for state and local legislation to reduce carbon emissions and clean the air,” he said. “We urge people feel passionate by the size of the task to address climate change. It’s hard to know where to start. The chart offers bite-sized actions,” he said.

“Joining groups helps multiply and sustain energy, as Bill McKibben, co-founder of 350.org said. If I act as an individual, it’s harder for me to sustain action than in a group,” Pat said.

“We will be working to reduce climate change the rest of our lives. We need intergenerational commitment and energy to sustain us. That comes from spiritual resources of prayer, meditation and studying.

“I came into environmental issues through teaching a class on Christianity and Environment,” he said. “Reading about the agricultural industrial system piqued my interest in environmental action and studying.

Pat’s wife, Guay Tippett, a retired therapist, took a class on environment from Brian Henke at Gonzaga, who helped start 350 Spokane in 2017 as part of the international 350 group. Pat joined in 2018. Motivation for Pat and Guay also came from the birth of their first grandchild, a grandson, in June.

“His future will be shaped by how we address climate change,” he said.

Two members of 350 Spokane on the Council of Spokane’s Sustainable Action Committee are working on the Fossil Free Spokane Campaign. In 2018, they had success when the City Council passed a 100 percent renewable electricity ordinance. Pat lived in various communities on the East Coast as his father moved around in the Air Force. In studies at the Gregorian University in Rome, Pat earned a doctoral degree in moral theology in the 1980s. He taught ethics and Catholic social teachings at Mary Immaculate Seminary in Allentown, Penn., for five years, and taught at St. John’s University in the 1990s.

“I am interested in social justice issues related to the environment, because the burdens of climate change are uneven, mostly suffered by poor communities and nations. In the U.S., climate change is disproportionally felt by minorities and communities of color, especially with COVID-19 and many living near refineries, waste plants and toxic waste dumps.

“Climate change is also an economic and social justice issue. Recently, Christians have been rethinking our relationship to nature, especially in documents from the World Council of Churches and Pope Francis’ Laudato Si’,” he said, noting that modern capitalist societies have lost their relationship to creation.

Pat said Genesis 1 stories speak of creation’s glory, grandeur and harmony. The picture of Creation in Genesis 1 and 2 shows different life forms co-habiting and interrelated. For him, that contrasts to “the western monoculture of the industrial plantation,” Pat said.

Many theological documents address climate change as an issue of environment and systematic theology.

The 350 Spokane Interfaith Committee seeks to reach faith groups with online resources and its blog at https://360spokane.org/350spokane-blog, but it’s hard to reach new people because of COVID.

350 Spokane has open monthly meetings at 6:30 p.m. on 2nd Tuesday evenings, often with speakers.

Pat said COVID has taught him several things:
- Communities and societies can make significant changes easily and quickly. Congress passed trillion-dollar packages to help people.
- Many people are social distancing and wearing masks.
- Good leaders can make a difference. Some communities and nations have responded well.
- COVID has reinforced existing demographic inequities. He questions a laws sign, “We Are All in This Together,” saying, “We are not in it together. Some neighborhoods are overcrowded, economically insecure and lack housing. Structural inequities and injustices affect commodity to disease, so some people are more susceptible to contract or die from COVID.”
- COVID shows “we have to respond to a threat before we see it,” Pat said. “If we wait until it is in our neighborhood or water is lapping on our doorstep from climate change, it’s too late.”

“Science informs us of things we can’t see, like the exponential growth of COVID from two cases to one million,” said Pat. “While the virus is too small to see with our eyes, science can help us see its effects.”

“Climate change and COVID are both threats,” he added. “Science moves us beyond anecdotal and personal threat. We need to think long-term how to reach those who think COVID or climate change are hoaxes. Statistics and numbers persuade few. Personal connection is more important.

“Faith communities’ responsibility is for the poor, widow, orphan and stranger. We need to tap into the call to be compassionate,” he said. “We need to reach out to both the stranger in need and the stranger with wealth. The people we need to aid those overlooked by society and communicate with those who think differently. People watching MSNBC and Fox disagree and do not talk with each other, but need to.”

Pat listed factors in climate change denial:
1) Economic interests of the fossil fuel industry operate by the playbook the tobacco industry used when it denied smoking caused cancer. They try to confuse, obfuscate and muddy the waters to deny, deceive and delay.
2) People’s economic self-interests mean those who use fossil fuels want the industry to continue to sell fuel.
3) Many who work for and invest in energy companies are afraid of losing their jobs. They try to delay.
4) Ordinary people realize their lives have to change to reduce their carbon footprint: flying and driving less, eating less meat. It calls for sacrifices.
5) “At the heart of denial of climate change is the fear that it is too hard a problem to address,” he said.

“Already COVID has had major impact on people, and they have made changes. Millions are no longer flying. People in the airline industry face massive lay-offs with fewer flights, said Pat, who did not teach in London this summer or in Florence this fall, and did not visit his grandson in Atlanta.

Of the 12 action steps on the 350 Spokane poster, Pat said his focus is “educate,” step #3. For him, that means reading, advocating and talking to people. He also has looked at his life. Before COVID, he biked and used GU’s free bus pass. Now he is considering renewable energy for his house, is turning off appliances and reducing water use.

“We are also deciding what candidates to support,” he said.

He writes letters each month to representatives, donates to advocacy groups and reads about legislation on climate issues, like drilling, pipelines and oil trains.

“When I learn creeps into my conversations. I have spoken at City Council meetings and written a guest opinion in the Spokesman-Review on ‘What Religion Has to Say about Climate Change,’” Pat said.

“It’s inspiring to go to 350 Spokane’s meetings and hear what others are doing,” he said. For information, call 230-5018 or email mccormick@gonzaga.edu, or go to https://360spokane.org, or download the chart at 350Spokane.org.

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We’re doing our part.

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Read our reports at SpokaneTransit.com/Essentials
May we arise from the deluge of discouragement to save democracy

I’m overwhelmed and discouraged—deluged by 205,000 COVID-19 deaths, more police killings of African Americans, converging violent extremism more than peaceful protesters, Ruth Bader Ginsberg’s death creating a vacancy on the Supreme Court, devastation from West Coast wildfires, flooding and winds from one hurricane after another, and a President unwilling to commit to a peaceful transition of power.

Uncertainty generated by the nation’s leader on the election tops them all. His deflection from voting by mail raises questions about who owns voting machines and what tampering in person-voters may face. More media need to ask about that. Why are they tempting American democracy to have a monopoly on voting machines? What is the record of errors in elections from the Omak and Chelan member of the President’s family hold a trademark for machines? Why are the companies so secretive? What’s the potential for Russian, Chinese or even U.S. tampering and hacking? Do these machines have a paper trail?

While Washington votes by mail, most states are reverting to in-person voting stations and electronic systems and election reporting tools from these companies. Some in the computer security industry have voiced concern since at least 2019. Lawsuits were aired after the 2000 punch-card fiasco in Florida.

Compounding that, as our leader talks of commissioning state legislators to “free” voters from their constituents to reflect the popular vote. Would be to keep asking questions, urge media to ask that questions that do more than chase the latest tweet. After 20,000+ lines, might talk of a rigged election be true?

Do we persist in selecting media from asking other questions?

We must not let confusion discourage us; we don’t count.

Democracy takes work—persistent perseverance in challenging corruptions, propaganda, power grabbers and those wanting one-party rule.

Was it ever this bad? I remember Commu- nist baiting in Congress, assassination of leaders, water cannons used as weapons, by police protecting those seeking votes, election corruption, protests of injustices, and racial exclusion and oppression. Has democracy ever been so overtly manipulated since being freed from the world?

Those who don’t want a dictator to divert attention from the widening wealth gap keep them in line. But we must all meet the challenge, act, using their unique insights and skills to improve the community, society and world. This issue’s stories are examples of how people are doing that:

• A woman arranges to translate ballots for refugees and immigrants.

• A history professor records the influence of black pastors on the West Coast.

• A Hispanic group supports businesses, celebrities their role and opens doors.

The NAACP continues more than a century of challenges, uniting people to identify and undo systemic racism.

Natürlich doctor encourages peo- ple to find health and renewal in nature.

• 350 Spokane lists 12 steps of action, believing its possible to halt climate change.

• A woman does yardwork and plants flowers to form a nonprofit mentor youth at risk.

• Frustrated by the wildfires in the re- gion, many set in motion the organizations and mutual aid networks.

• The news stories, ads and the calendar also share opportunities for involvement.

We cannot do it alone. I’m overwhelmed by so many being concerned—people with a history of taking action and making a difference.

May we be encouraged and the caring and calls for justice in live- stream sermons, Zoom meetings, webinars for organizations, personal conversations, personal conversations, newspaper-radio- TV news and feet moving on streets.

The wildfire disasters entered the area so it can direct funds to areas of most need.

For information, call 838-9871.

May we, and those who care and calling for justice in live-stream sermons, Zoom meetings, webinars for organizations, personal conversations, personal conversations, newspaper-radio-TV news and feet moving on streets.

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Scott Cooper, director of Parish and Community Relations with Catholic Charities of Eastern Washington, said Catholic Charities is responding to needs from the Cold Springs Fire in the Okano- gun, the Pearl Hill Fire in Douglas County and the Babb Rd. Fire in Malden and Pine City in Whitman County.

Steps toward recovery began with two North Central Washington groups through response of the Okanogan County Long Term Recovery Committee, which was formed after the Carlton Complex Fire in 2014, and the Unmet Needs Round Table.

They have case managers in conversa- tion with people and acting as a clearing- house for agencies and congregations to come together and coordinate efforts to reduce duplication and assume efficient use of resources, Scott said.

The Red Cross housed 20 households at the former Burlington Northern Depot and six Ap- peals to its donors for the wildfires.

There is also response to the Palmer Hill Fire in August and a small fire on Christmas Island has been an issue for residents because of the de- stroyed some primary residences.

I’m waiting for referrals for specific needs requests. We provided bottled wa- ter when Brewster High School was an evacuation center. It’s closed now. About 350 people were housed from Bridgeport lost its home. Most were agricultural workers in H-2 visas to work six months. Orchard workers, we’re working.

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For information, call 838-9871.
Calendar of Events

Oct 1 • “Respect for Human Dignity,” People Who Care Online Transitions Conference, 12 to 12:30 p.m., help@women-online.org, #womenregister
• YWCA Women of Achievement 2020 Virtual Spotlight celebration, 6 p.m., rsvp at ywca-spokane.org; Oct 27, 9:30 p.m., Mission Campaign, online to raise awareness of domestic violence and $257,000 for 17,000 women, children, and families, 326-1190, ywca-spokane.org, event.gov/s/a/2020

Oct 2 • Greater Spokane County Meals on Wheels, annual gala and auction, online silent auction, live bidding and virtual celebration of 41 years of service, 8 p.m., 924-6876

Oct 3 • “Living in a Time of Fear,” Coffee Talk, Spokane FVIS, panelists Gen Heywood of Veranda UUC, Steven Smith, retired journalism professor and Roger Hudson of Governor UMC, Zoom, 10 a.m., spokanenews.com

Oct 4, 10, 17, 24, 31 • Southside Community Center, Estate Sale Furnishings Auction, 3151 E 27th Ave. 10 a.m. to 2 p.m., 535-0803

Oct 6 • “Listen Good to Caring,” Companion Live Zoom Worship Service, Northwest Intermountain Synod of Evangelical Lutheran Church in America and its companion Ullegra Nwembo Diocese of the Evangelical Lutheran Church, mainyono.org

Oct 6, 13, 20, 27 • The Mourning Project, Faith Leaders and Leaders of Conscience, Verandah United Church of Christ, 611 N. Progress, in its parking lot west from 9 to 12 noon, 2nd Sunday of each month, 9 a.m. to 12 noon, 482-4677

Oct 7 • Spokane Candidates Climate Change Forum, Gonzaga’s Environmental Studies Program, 350 Spokane, the Lands Council, Spokane Riverkeeper, Sunrise Movement Spokane, Community Building, Fluoromega, Brian Henning as moderator, 7 p.m., environmentalstudies@ gonzaga.edu or gonzaga.edu/events/events

Oct 8, 21 • “Who Was Chief Seattle?” David Buerge, biographer and historian to the Duwamish Tribe, Inland Northwest Summit: Virtual Session I on “Tribal Climate Change Policy,” Affiliated Tribes of Northwest Indians, 10 a.m. to 1 p.m., on Zoom, 535-4112

Oct 10 • Spokane AIDS Network, “Civil Conversation in an Angry Age,” Humanities Washington for Spokane, Public Lib., library, philosopher David Smith on tools for thoughtful, fruitful discussions, 9 a.m. to 7 p.m., 444-5300, events/spokanerbfair.org/events/e494b375s

Oct 12-29 • “For Such a Time As This,” 2020 Bishop’s Convocation, Zoom for hosted leaders, Jenny Duncan, Ross Murray and Ryan Panzer

Oct 17 • Spokane Pride Parade and Festival, Pavilion at Riverfront Park, noon to 6 p.m., 720-7609

Oct 19 • “Civil Conversation in an Angry Age.” Humanities Washington for Spokane, Public Lib., Library, philosopher David Smith on tools for thoughtful, fruitful discussions, 9 a.m. to 7 p.m., 444-5300, events/spokanerbfair.org/events/e494b375s


Oct 28 • “Spokane River 2020.” Spokane Rivierkeeper LiveStream Fundraiser with stories connecting the watershed’s people, communities and the river, 9:30 a.m. to 1 p.m., #spokaneriver2020

Nov 1 • “The Power of Community,” Catholic Church Reflections on Bishop Daly’s Pastoral Letter, The Most Holy Eucharist, St. Peter’s Parish, 9 a.m. to noon

Nov 3 • “For Such a Time As This,” 2020 Bishop’s Convocation, Zoom for hosted leaders, Jenny Duncan, Ross Murray and Ryan Panzer

Nov 5 • “The Fig Tree,” Benefit/Development, noon, Board 1 to 3 p.m., on Zoom, 535-4112

Oct 14 • “Heating Up: The Ethics of Climate Change,” Brian Henning, global warming as a symptom of self-concept and relationship to the natural world, 6 p.m., humanities.org/eventonline-heating-up-the-ethics-of-climate-change

Virtual Northwest Passages Forum, “Can’t Even: How Millennials Became the Burnout Generation,” author Anna Helen Petronova, NW Passages Book Club, Aunties Bookstore and The Spokesman Review 7 to 9 p.m.

Oct 16 • “Immaculate Heart Retreat Center Morning Prayer with Sr. Mary Eucharista, SMCC, Catholic Church Reflections on Bishop Daly’s Pastoral Letter, The Most Holy Eucharist,” St. Peter’s Parish, 9 a.m. to noon

Nov 13 • “The Power of Community,” Catholic Church Reflections on Bishop Daly’s Pastoral Letter, The Most Holy Eucharist, St. Peter’s Parish, 9 a.m. to noon

Nov 19 • “Civil Conversation in an Angry Age,” Humanities Washington for Spokane, Public Lib., Library, philosopher David Smith on tools for thoughtful, fruitful discussions, 9 a.m. to 7 p.m., 444-5300, events/spokanerbfair.org/events/e494b375s

Nov 21-29 • Fig Tree Fall Fundraiser on Facebook

Nov 23 • “Eye Contact: Homeless Art Exhibit and Fundraiser,” Volunteers of America of Eastern Washington and North Idaho, online event, 6 p.m., #eyecontact2020

Nov 24 • “Grow & Prosper,” 2020 Covid -19 Estate Sale Fundraiser for Southside Community Center

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A mother’s experience leads her to start a nonprofit to mentor youth

By Catherine Ferguson

“I was just a mom with a missing kid and an idea!” Natalia Gutierrez, the founder of the nonprofit If You Could Save Just One, introduces herself. Fortunately, her son is no longer missing and her idea of helping fill the gap from a lack of programs for at-risk youth and parents who struggle with youth from 12 and 18 is a reality.

Natalia’s vision is to provide activities and resources that help youth and parents of the Hilliard community and surrounding area create their own path to success.

Her response to the need she experienced when she was unable to access court-ordered services for her son, was to learn how to set up a nonprofit with the help of Rich Wallis, a volunteer nonprofit consultant and mentor with SCORE, and a former CEO of the YMCA of the Inland Northwest.

She partnered with Lidgerwood Presbyterian Church to transform their garage into a space for activities that permit her and others to mentor youth and adults.

“We are always looking for adults to mentor youth, as every teen is different,” Natalia said, noting research showing four out of 10 youth in the juvenile justice system have learning disabilities.

Just One volunteers, mentors and participants take part in service projects and activities such as music, art, cosmetology, fashion or robotics, according to the interests of each person. “As part of the Just One team, our mentors help young people meet the challenges and overcome barriers to become resilient adults in today’s world,” she said.

At the Aug. 17 general meeting of the NAACP, a panel discussed “Mentoring Solutions for Youth in Spokane.” William Davis, a gang expert who mentors in the Spokane public schools, describes qualifications to be a mentor based on his experience: “My gift to those I mentor is my change. I started gang-banging in the 1960s in Los Angeles. They when they realize the change I had made, that was my in. The 12-step program says it takes one to teach one.”

When Natalia shares her life story, it’s clear what experiences and insights shaped her ability to be a mentor. Her insights were hard won through a life journey full of trauma.

As a child, drugs were common in her family. Her grandfather was murdered. She had to defend herself in school with gang rivalry. She experienced trauma in the foster care system. She was put into a detention center/school identified as a “charlatan behavior modification facility” in the lawsuit that closed it. She hooked up with a man to get out of the system before she turned 18, and she experienced homelessness.

In describing these experiences, Natalia often highlights her family. “I was too sensitive to explain things to and they were bad role models,” she said.

So Natalia started a nonprofit to provide youth and adults with real-time resources, mentors who have gone through what youth are going through now and provide the opportunities the youth desire.

If You Could Save Just One started in 2018. Before COVID, it welcomed neighborhood youth and others who heard about it by word of mouth to participate in activities that interest them, taught by community members.

Activities became the setting for relationship building, in which participants could talk. Staff and volunteers listen and seek to develop positive relationships.

“First, conversation is about the activity but, in time, it’s about more personal things.” Natalia said.

If You Could Save Just One has changed how it works since COVID, no longer able to offer classes onsite for 60 youth. They created Projects in a Bag, which are delivered to 120 youth each month. They would have done the projects with mentors.

Natalia gives youth a gift card as an incentive to finish a project.

They used to reuse materials, but now she buys new things, so it’s more expensive.

Staff and volunteers also do projects by live streaming, which allows mentoring to continue.

She said the projects make a difference in the community. “I see kids coming back, which is hopeful. Changes in behavior take time because teens need consistency and adults willing to listen. The youth who participate in the activities are not far from falling through the cracks,” Natalia said.

For information, visit www.ifyoucoul dsavejustone.org.