

Here's

# What's Happening

Kendrick-Juliaetta and 7 Ridges Community News | kj7newsletter3@gmail.com

Nov./Dec. 2022

## Support Your Local Newsletter

***If you enjoy reading the Kendrick-Juliaetta and 7 Ridges Community News, please consider providing financial support.***

The "Here's What's Happening" community newsletter for the KJ7 area was first published in 2007, under the impetus generated by a Horizons Program community forum held that year, sponsored by the Northwest Area Foundation.

During the forum, *communication within the community* was identified as a priority to be addressed, so a KJ7 Community Development Association subcommittee was formed to investigate the possible solutions. The newsletter was developed as a result.

**The newsletter depends on community donors and advertisers as an all-volunteer effort with no permanent funding source.** We are grateful to all who have supported this vital community effort. The newsletter is mailed to 1,100 households in the KJ7 area and more than 70 beyond it. If you would like to help defray our expenses, please write a check in any amount, payable to KJ7 Newsletter, and mail your contribution to: **KJ7 Community Development Association, PO Box 204, Kendrick, ID 83537.**

We value your input and invite you to offer comments and suggestions about our current content and format.

**Your support is greatly appreciated!**

***If you would like to become a newsletter sponsor, please make your check payable to KJCDA-Newsletter.***

***Please send your contribution to:***

***KJCDA, PO Box 204, Kendrick, ID 83537***

**Name or Organization Name:**

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☐ Individual    ☐ Business    ☐ Church or Organization

**Amount enclosed: \$** \_\_\_\_\_

***Thank you for your support! We couldn't do it without you.***

# City of Juliaetta News



CITY OF  
**KENDRICK**

## Light the Park

This year's Light the Park event will be held at Juliaetta Centennial Park on Sunday, November 20 at 5:00 pm. Hot cocoa will be available by donation; proceeds will purchase new or replacement lights for next year. We hope you'll join us for the festivities!



## Daylight Savings Ends

Don't forget to "Fall Back" at 2:00 am on Sunday, November 6!

## Yard Waste

As a reminder this Fall, dumping leaves and yard waste at the Bulky Waste site is a good alternative to burning. The Juliaetta site is open the first and third Saturdays of each month, 8:00 am-4:00 pm. Large loads can be taken to the Transfer Station on Highway 8 outside Moscow.

## City Council Meetings & Office Closures

Upcoming City Council meetings will be held on Tuesday, November 8 and Tuesday, December 13. These meetings begin at 7:00 pm. Agendas are posted in the window at City Hall the week before each meeting, as well as at [cityofjuliaetta.com](http://cityofjuliaetta.com). The public is always welcome to attend. If you have an issue you would like to have added to the agenda, you must contact City Hall by noon the Wednesday before the meeting.

City Hall will be closed Friday, November 11 for Veterans Day, as well as November 23 through the end of the week for the Thanksgiving holiday. In December, City Hall will close on Monday the 26<sup>th</sup> for Christmas.

**May this holiday season bring only happiness and joy to you and your loved ones. Wishing you all peace, health, happiness, and prosperity in the coming New Year!**

## Kendrick Beautification Project

The city will be installing pre lit snowflakes in the downtown area between 5<sup>th</sup> and 7<sup>th</sup> street. These snowflakes were made in the high school shop by our students under the direction of Matt Ross Vo Ag teacher. In the spring we will hang flower baskets on those same lamp posts. We have received donations to sponsor this project. If you are interested in donating, you may do so by stopping in at City Hall or mailing a donation noting "Kendrick Beautification." City Hall 289-5157

## Loose Dogs in the City

There have been several complaints of loose dogs in the city. You are responsible for keeping your dogs contained in your yard. The city has a leash law, and the Latah County Sheriff's department has been notified to enforce our ordinance. They will be addressing all loose dogs reported to them. All dogs must be licensed with the city. Please stop in to license your dog; this is a lifetime license for that dog.

## Welcome Home and Thank a Veteran

The city passed a Proclamation the week of October 18-25<sup>th</sup> as "Welcome Home and Thank a Veteran" in honor of Dareld Hazeltine VFW member and recent recipient of an Honor Flight trip. If you know a veteran, please thank them for their service and time.

**Website: For information look at our website at [cityofkendrick.com](http://cityofkendrick.com)**

## For Your Convenience

Did you know that you can pay your utility bill online at the City of Kendrick website under bill pay? All you need is your utility bill web id# located under the Postage stamp "100 Web ID" and you can make a one-time payment or set up an account. There is no cost to pay online at the website.

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## Library News

Welcome to the Juliaetta Library! Autumn is in full swing and we have activities for all age groups:

**Pinochle** Mondays 12pm

**Story time** (ages 0-9) Thursdays 11am

**Open puzzles** everyday

**Book club** We are looking for a facilitator! If you love books and organizing, we need YOU.

**Adult craft nights** coming soon!

Interested in attending an activity or leading an activity? See Erin, the Juliaetta Community Library librarian. As always, updates will be posted to the Friends of the Juliaetta Library Facebook page. For further questions or more info you can also call 208-276-7071

*Erin Davis*

## JK Fire News

The weekend of the 7<sup>th</sup> of October members from the Kendrick and Juliaetta Fire departments attended an Extrication class in Deary as guests of Deary Fire Department. Elite Extrication trained us in the stabilization of vehicles in the event of an accident in a safe and expedient manner. This training is invaluable to our volunteer Fire Departments. It was an excellent training starting Friday night through Sunday.

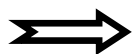
On October 21st the Fire department visited the Juliaetta Elementary School and visited with the students during their Safety Week and showed them the Fire Equipment and spoke with them about the importance of Fire safety.



### Exercise Caution Around Space Heaters

The cold winter months are upon us and that means many residents will be turning up the thermostat. According to the National Fire Protection Association (NFPA) half of home heating fires are reported during the months of December, January and February. Heating equipment is involved in one in every seven home fires and one in every five home fire deaths. A few simple steps and precautions can help prevent most heating fires from happening.

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove or portable heater.
- Create a three-foot "kid-free zone" around open fires and space heaters
- Never use your oven to heat your home
- Have a qualified professional install space heating equipment, water heaters or central heating equipment according to local codes and manufacturer's instructions.
- Have heating equipment and chimney cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.



## It's almost CHRISTMAS!

The City of Kendrick is sponsoring two holiday events this season:

### *Special Christmas Season Launch Ceremony*

On November 19<sup>th</sup> the City of Kendrick will light the Snowflake Light Poles between 5<sup>th</sup> street and 7<sup>th</sup> street along with the Kendrick Park. In coordination with the KHS Vo Ag department and their teacher Matt Ross, the decorations were crafted in the shop at the High School. Please join us that evening to celebrate in the holiday season. The event begins at 5:00 pm, and then area businesses will be open with refreshments.

5:00 p.m. Opening Ceremonies, Music, Lighting of the Park Trees and Snowflake Poles. These are sponsored by City of Kendrick, Hill and Valley Garden Club, Lion's Club, Kendrick Grange #413, Nathan's Café and Latah Credit Union.

Special Guest Santa will be at the Grange to visit with the children and adults. Come enjoy a bowl of delicious homemade soup and homemade chili with fresh rolls and cornbread at the Kendrick Grange by donation. We will have homemade cookies by Doug Harris, a craft table for the children to enjoy while waiting to visit with Santa.



Visit the area businesses open that evening: hot cocoa at Furry Tales Mercantile, special hot cocoa at the Furry Tales Inn, dinner and drink specials at Nathan's Café.

### *City Holiday Decorating Contest*

We encourage the town residents and businesses to join in and decorate your yards for the Christmas holidays. Judging will take place the weekend of the 19<sup>th</sup> and be announced on Facebook and on our website at [cityofkendrick.com](http://cityofkendrick.com) If you have any questions, please contact city hall at 289-5157.

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- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
  - Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
  - Test smoke and CO alarms at least once a month.
  - Keep portable generators outside, away from windows, and as far away from your home as possible.
  - Plug only one heat-producing appliance into an electrical outlet at a time. Never use a power strip to plug a heater in.

## JES Fill the Food Pantry Drive

During the month of November Juliaetta Elementary School is hosting a "ready to eat " Food Pantry Drive. The school typically receives food backpacks from the Idaho Food Bank to distribute to participating students each Friday. The foods needed for this project are foods that students can make themselves at home. Non-perishable items such as heat-and eat-soups, pastas, and mac and cheese, pudding, fruit cups, juice boxes, crackers, granola bars, small cereal packets, cheese and cracker snack packs, and packaged cookies work best in these packs. This ensures students have access to additional nutrition over the weekend. Our pantry is getting low on food supplies, so any donations would be appreciated. You can drop donations off at the school between the hours of 8:00 a.m. and 3:00 p.m. Please call the school at (208)276-3422 for more information.

Angie Cannon



## Mrs. Dorie Nelson

October was National Principal Month and the J.E.S students would like to spotlight our amazing principal.

*Q and A with Mrs. Nelson:*

Q: How long have you been the principal of J.E.S.?

A: 4 years. Going into my 5th year.

Q: What is your favorite part of the job?

A: Interacting positively with the students.

Q: What is your favorite part about the school?

A: That we are a "Leader In Me" school. We get better each day by understanding the seven habits and making an impact on our school and community. I also love how well and hard the staff works. I like building relationships not only with the staff but with the students as well.

We thank Mrs. Nelson for bringing "Leader In Me" to our school. We also thank her for all her hard work and effort she puts into the school.

Fun Fact: Mrs. Nelson's favorite vacation spot Hawaii!

By Audrey Marshall and  
Ruth Bateman from the  
J.E.S. 6th grade



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## Christmas Shopping — Kids Only!

Hi my name is Jack Silflow. I am currently a Senior at Kendrick High School.

As a kid I always loved Christmas and the spirit of giving. One of my favorite things to do as a kid was to sit and watch my parents' faces as they opened up the presents I had picked out for them all by myself. Now, for my Senior Project this year, I would like to share my experience with the children of our community.



I will be opening two Christmas pop-up shops for children in the Kendrick-Juliaetta area. The children will be able to come to the store and purchase presents for their family. All gifts will range from \$0.50 - \$5. The children should arrive with the list of family members they will be shopping for. Other volunteers and I will help the children pick out the perfect gifts. Once they have picked out their gifts, they will be able to wrap them at the Christmas wrapping station, so they are all ready to be placed under their tree at home. This fun experience will also teach the children good life skills, such as independence, and especially how to budget their money.

My Christmas shop dates will be:

Saturday, November 26, 2022, Kendrick Grange

Saturday, December 3, 2022, Juliaetta Elementary School.

Both Events run from 9:00am - 3:00pm.

Children can also get their picture taken with Santa on both dates from 10:00am - 12:00pm

Thank you to everyone that has donated to my project. I have been overwhelmed by your support. All profits from this event will go to the Kendrick-Juliaetta DYW Christmas project to provide Christmas to a J-K family in need.

For more information or to donate please contact Jack Silflow at Kendrick High School or email [silfljac@sd283.org](mailto:silfljac@sd283.org)



## Spirit of Christmas 2022

Each year around this time, the Kendrick-Juliaetta Distinguished Young Woman Committee hosts a "Spirit of Christmas" toy drive. This is our way of thanking and giving back some of the joy that comes with being a member of the Kendrick-Juliaetta community. Each year, we are amazed at how giving individuals and businesses are for this project as well as supporting scholarships for the young women of our community.

This year we are continuing to provide an opportunity for people to sponsor a child or a whole family for Christmas. Sponsors can be individuals, couples, families, or businesses. Our goal is to make this a fulfilling way to experience the joy of giving and being involved in the community. If you choose to participate, all you have to do is choose an envelope containing information, shop, wrap the items, label the outside of the packages and return it to the participating business or organization. The tree containing shopping lists for families will be set up Friday, November 25th and located in Phil's Family Foods. A huge thank you to Phil's for supporting this toy drive and for donating space as gifts are returned!

Families interested in being included on the tree can fill out forms or paper containing children's age, gender, wants and needs for each family member. Please include your family name, two wants and two needs for each child, a family want or need, and a phone number to contact when gifts are ready! We ask that forms be filled out no later than November 23rd. The DYW Committee will be distributing gifts on Sunday, December 18th, time and place to be determined at a later date. Forms can be found at the Juliaetta Food Bank or information can be listed on a blank sheet of paper and mailed to: Kendrick-Juliaetta DYW, 37192 South Road, Kendrick, ID, 83537. *Angie Cannon*



## Wreath Sale Not Far Off!

Hill and Valley Garden Club will have its Christmas wreath and table arrangement sale again on Friday, December 9 at the Kendrick Grange. We will have lots of gorgeous wreaths and arrangements, so put the date on your calendars! If you can't attend, contact a member, and we can arrange another way. Also this year, we are having a raffle for a fully decorated tree, so get your tickets! Advertising and ticket sales will begin in November. Proceeds from both sales fund community projects, one of which this year is a \$1000 gift to the City of Kendrick to purchase new winter decorations and hangers for the light poles.



The KHS Ag students are welding stars or snowflakes wrapped with bright lights for Kendrick's Main Street. The hangers will support plantings throughout the growing season.

Congratulations to Brian Silflow who was the winner of the drawing for a \$75 tree at the spring flower show.

Thanks to the Grange for having large historic canvas prints made to hang on the walls to help with the acoustics! Those, along with the donated quilts will certainly make for easier listening in the Grange hall!

New officers are Kay Roberts, President; Joanne Gertje, Vice President; Sharon Harris, Treasurer; Raina Weyen, Secretary.

KHS Ag Teacher Matt Ross purchased greenhouse at KHS, which he hopes to have up and running sometime in 2023. He said he would welcome any donations of 4" plastic pots, gallon pots or small hand clippers. They are looking for peonies, day lilies and other perennials to propagate. If you have something to donate, please contact KHS.

Guests and potential members present at our last meeting were Teresa Cortese, Jayne Weber, Bonnie Whismore, Gary and Nora Pearson and Lori Russell. We were sad to lose a Charter Member of the club with Donna Weyen's passing, but happy to welcome a new baby girl to member Megan Webb. As always, everyone is welcome to join us at our next meeting on Tuesday, November 15 at 1:00 at the Kendrick Grange. Come and learn new things, share some delicious treats and meet new friends who love to garden, grow, laugh and learn! *Raina Weyen*

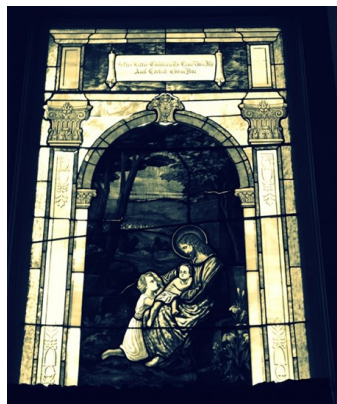
## More Improvements at Leland Pioneer Church

The backyard project has been completed by building a new fence. We thank John Wedin for donating the materials.

The parking lot has been covered with a new coat of gravel from Taylor Gravel and spread by Dale Wolff.

We have had a min-split heating and air conditioning unit installed. It will be an improvement over the aging basement furnace.

You are always welcome at Leland. If you are looking for a place to worship while feeling at home, we have it. Come study the Bible with us. Church service starts at 10: AM. Sharon Harris



## Cameron Choir Annual Christmas Cantata

After a 2-year hiatus, the Cameron Choir will be back to present the cantata *"A Promise Kept"* by Marty Parks. The cantata will be presented on Dec. 18 at 4pm at the Cameron Lutheran Church. A reception will follow in the church basement with coffee, punch and lots of cookies!!!! The cantata is free of charge and everyone is welcome to attend.

The choir is looking for singers to join in the singing. Our numbers are down this year and we are in need of more voices. Anyone with musical experience and who loves to sing is welcome to join us. Joanne Gertje is the choir director and can be reached at jgertje28@gmail.com, on Facebook, or by phone: 208-289-3932.

Weekly rehearsals will be held on Sundays and will begin on Sunday Oct. 30 @ 4:30pm at Cameron Lutheran Church.

Joanne Gertje



## Pastor's Corner

### Celebrate

Who hasn't felt the stress this year has brought? No longer do you go to the store or even order something online assuming it will always be immediately available. How many items have you found you had to wait longer than usual because it is out of stock? How much deeper have you had to dig into your wallet when going to the grocery store or filling up your vehicle's gas tank? About the time we think Covid is a thing of the past, it makes another comeback. With all this, what do we have to celebrate? I think that very question shows how important the holidays of November-December are for each of us. November is a reminder to stop and look at all that we do have to be thankful for in our lives, and December reminds us that there is a God who cares about us and gave the gift that can see us through the difficult times like this year has brought into our world.

Just the word Thanksgiving makes us stop and think. We are reminded we have a roof over our heads, we have food to put on the table. How full is your Thanksgiving table? When you look around your house, how many things do you see? Most of us have at least two vehicles sitting in our driveway, or wait, do we have a garage they are in and, they probably are not the only thing in the garage. Yes, there is plenty to cause us stress and we can focus so much on those things that we lose site of all we do have, and how blessed we are. Gas is expensive but we still find we have means to buy it. More than likely, your pantry and refrigerator are not empty. May November be a reminder to us of all we have and maybe we will see some of that stress being relieved.

Even though many people find December to be a month of stress because of all the activities, it can actually be a very stress relieving time. When we remember what we are celebrating and realize we can have a personal relationship with that Baby born in a manger, we can find a stress relief for the whole year. Jesus came into this world to give us a life of abundance—*John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.* This verse does not say I will have an abundance of things but have an abundant life. That is a promise that we will have everything we need in life that it can be lived to the fullest. That life is found through the one who came in a manger but later went to the cross for our sins. This world throws stress at us to try and steal and destroy what God desires to give in abundance. Finding Jesus as a personal Savior replaces a life of stress with a life of abundance. Yes, when Jesus is our Savior, stressful events still come our way, but God gives us a choice now: let the world cause you stress or enjoy the abundant life that says I can have peace even under stressful situations. *John 14:27 (NLT) "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

Pastor Larry Haylett

Julietta Community Church



## At the Grange

The Grange will sponsor **Soup with Santa** to launch the holiday season on **November 19<sup>th</sup>**. Kendrick will light the park, and businesses will be decorated for their sales event. Bring your children to see Santa and the decorations at the Grange.

The hall has a new look with multiple canvas prints of the history of Kendrick. These were donated by J K Heritage Foundation. It is our hope they will reduce the noise and echoing in the hall. Doubled with some plants on a high ledge, it is very attractive.

Latah County Library donated a large display case to the Grange. It can be seen in the front window. With the help of members of the football team, it was moved into place October 7<sup>th</sup>.

KHS used the hall for their Homecoming dance.

*Sharon Harris*



## Lion's Club

The Lions Club sponsored a highway clean-up project on October 7<sup>th</sup> with the help of the KHS Senior Class (photo below). Many bags of trash were collected.

The calendar information has been submitted for printing. You can expect to receive your calendar in late December.

Rose Norris and Matt Ross visited the club to talk about the Main Street Beautification Project which will have lighted snowflakes for the winter season and hooks to hold beautiful petunia baskets in the summer. The club supported this project with a donation of \$1000.00.

*Sharon Harris*



## Kendrick VFW News

The VFW presented Harold Brammer, who was born and raised in Cameron, with a burial service fitting for a World War II Veteran. He was instrumental in the development of nuclear energy. Harold recalled being deployed to Europe. Their plane made stops in Bermuda, the Azores, London, Frankfurt, Berlin, Prague, Vienna, and finally, Rome. Harold recalled seeing Berlin from the air, "All that could be seen were walls filled with rubble—not a roof in sight! Allied bombers had done a thorough job on that city." From there, he was sent into Italy to serve in a financial capacity.



In other news, Melva Eichner has applied for a grant to fund many needed improvements to the VFW building.

A group of VFW members attended the District Meeting held in Kamiah recently. *Sharon Harris*

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## Dareld Hazeltine on Recent Honor Flight

The Honor Flight on October 3 and 4th had a Kendrick man on board. Dareld is the Commander of our local VFW Post and was honored to see the sights in Washington DC. He is a veteran of the Viet Nam War.

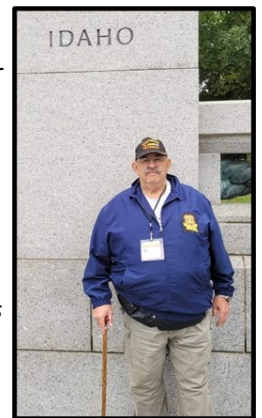
Most of the first day was spent flying. Upon arrival, the men toured the Air Force Memorial before going to their hotel.

The second day was a whirlwind of touring starting with Arlington National Cemetery where they witnessed the emotional changing of the guard at the Tomb of the Unknown Soldier. That was followed by the Women in Military Service Memorial at Arlington.

The men then viewed the World War II Memorial, the Viet Nam Memorial, and the Korean War Memorial.

After lunch, they boarded a bus to tour the Navy and Marine Corps Memorials before departing for the airport to return home. *Sharon Harris*

*Right: Dareld at the WWII Memorial in Washington, DC*



## News from the Senior Center

We have installed the automatic door openers and they are now operational. We have purchased hand dryers for the restrooms with grant funds, and we will have them installed soon.

Activity Director, Kay Roberts, is planning Bingo on October 26<sup>th</sup> at 10:30 AM. There will be Bingo on November 30<sup>th</sup> and December 28<sup>th</sup> at the same time.



You are most welcome to come for lunch on Wednesday or Friday. The meal is served at noon. *Sharon Harris*

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## Big Bear Ridge Celebration a Success

Big Bear Ridge Community Hall would like to thank all those who came to the 100th Birthday party Oct. 8<sup>th</sup>. The Hall was full with approximately 120 people and the conversation and laughter resonated with activities of years past. Kathy Jones presented some history facts from the beginning of the Community Hall in 1922 until present day. Several others in the audience shared some special moments they remembered about the Hall in years past. Although there are many people to thank for the party's success, we would like to express our sincere appreciation for those teams that worked on the outside and inside of the building. A special thank you to Aaron and Diane Heinen for donating all the meat, and thanks to Dareld Hazeltine for smoking and cooking the pork. Additional thanks to Morgan Ball, a newcomer to Big Bear Ridge, for constructing an outdoor play area with round hay bales.

A new book on past families and buildings on Big Bear Ridge was recently published by Sharon Harris from the J-K Heritage Foundation. Please contact her for a book.

***A Christmas Potluck Party will be held at the Community Hall on December 10th at 1:30pm. Please join us with your favorite potluck dish to share. Everyone is invited!***  
*Kathy Jones*

## Thank You from the Southwick Community Center

The Southwick Community Center would like to thank everyone who attended our annual fundraiser Oct. 1st. It was a beautiful fall day with great attendance, and Beargrass provided wonderful music. We are planning a free thank you breakfast in the future.



The Center is available to rent for community and family events. Please contact either Mark Mustoe at 509-990-8841 or Tim Parsley at 208-791-8131. Thanks again for your support! *Mark Mustoe*



## JCIA Thanks You!

The Juliaetta Community Improvement Association would like to thank everyone who attended and participated in this year's Annual Blackberry Festival and Classic Car show. It was a tremendous success. We could not have done this without your support. We also greatly appreciate the grant from Latah Arts and Culture Committee for providing funding for our music during the festival. The funds raised from this event will help pay expenses for the Community Center. We are already planning for next year's event and would like to hear suggestions from you.

Please join us for our monthly meetings. They are the first Thursday of the month at 7:00pm at the Community Center in Juliaetta. Or you can communicate your ideas to any of our board members: Justin Cope, Ed Groseclose, Jayne Smith, Kathy Groseclose, Alice Henson, Eric McDowell, Desmond Groseclose, and Ernie Smith. Thank you again to everyone who helped make this year's event a hit.

In addition to our festival fundraiser, the JCIA has received charitable grants from Steele Reese Foundation for remodeling and updating our electrical system and from J-K Recreational District for upgrading our sound and entertainment system. Thank you all.

*Kathy Groseclose*



## Annual Wreath Making

Mark your calendars and join us for a fun filled day of wreath making, on Saturday, November 19th from 9am to 1pm at Southwick Bible Church. We'll have sweet breads, coffee and tea during the morning; and soup, crackers and bread for lunch. Everything will be provided to make your Christmas wreath. All you need to bring are wire snips, scissors, and gloves. If you have a wire frame from last year, please bring that as well. Looking forward to seeing you! If you have any questions, please contact Sharlene @ 208-827-1337 or Sherrie @ 208-476-3816.  
*Sharlene Mitchell*



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## JKHF Busy These Days

We enjoyed having a historical display at the Blackberry Festival and a booth for selling our books. Chris Massey of Clarkston, Washington, won the book drawing.

We have completed our annual mailing to solicit donations. A big, hearty, thank you to all of you who responded. This is the way we fund our work and operate the museum. Our latest guests at the museum were from Olympia, Washington, and were relatives of the Pavel family.

Try to get a chance to see the historical prints on the walls of the Grange. We provided 36 canvas prints of scenes of historical Kendrick. They will serve two purposes: to create an awareness of the history of the town and to cut down the noise pollution in the building.

We unveiled our newest book, ***The History of Big Bear Ridge***, at the Bear Ridge 100 Year Celebration. The book is now available at Furry Tales and Phil's Family Foods.  
*Sharon Harris*



## Open Burning?

With such a dry fall, local citizens have had many questions about whether burning is allowed.

The rules about burning are currently different for Juliaetta and Kendrick, but open burning is now allowed in both towns through the spring of 2023. Be sure to check with your city hall, as there are specific rules about what, where and how much you can burn.

Also remember, Kendrick has a dumpster for yard debris (Kendrick residents only, please), and the Juliaetta waste collection takes yard debris on the first and third Saturday of each month.



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## LPC at Juliaetta

Latah Preservation Commission held their monthly meeting September 29<sup>th</sup> at the First Bank of Pizza. Nora hosted the event. All present were pleased to see the renovations and décor. The Commission tries to meet at a variety of places around the county. Last month they met at the historic Mountain Home Grange near Potlatch.

The group is tasked with preserving historical buildings and sites throughout Latah County. *Sharon Harris*



*Latah Preservation Commission members: Hayley Noble, Chris Strong, Sharon Harris, Jeremy Ritter, Kelly Funk, Gary Strong, and Jan Pipher.*

## Foodbank News

### Holiday Baskets

The last day to sign up for Thanksgiving Baskets from the Foodbank will be November 11th. Pick-up for Thanksgiving baskets will be Saturday, November 19th 9am.-12pm at the Foodbank.

The last day to sign up for a Christmas Basket is December 9th. Christmas basket pick-up will be Saturday December 17th, 9 a.m.-12 p.m.

Please register for holiday baskets at the JK Good Samaritan Foodbank (Fridays 1 p.m.-3p.m.) or call Jerry Galloway 208-289-5324

Donations of turkeys for the holiday baskets is greatly appreciated and helps the foodbank greatly.

*Jerry Galloway*



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## NEEDED

### EMTs and drivers for J-K Ambulance

About 3 months ago, I was forced to drive the ambulance to town for maintenance. I was sure that I could never drive, let alone park, something that big and awkward. Guess what? It was a piece of cake. I probably shouldn't have said that out loud because before I knew it I was a driver.

If you've ever needed an ambulance, you understand how important it is to have someone show up in an emergency. Our crew is entirely volunteer, and many of us have full-time jobs. The more people we have on the crew, the easier and faster we can get to you when you need help. It could be you that needs help, but it could also be your grandmother, parent, child, or friend.

No previous training is required for drivers, and we train them right here in the area. If you are interested in becoming an EMT, we can help you get the training and cover the cost. No experience necessary. If you are interested in helping out, Contact Kim Cannon 208-791-5692.

*Jill Groseclose*



## Christmas Raffle Benefiting Local Youth

This year, the Hill & Valley Garden Club has chosen to add a special holiday festivity to the annual Christmas Wreath sale. The members will be hosting a Christmas Raffle in collaboration with Kendrick/Juliaetta business owners to benefit our local youth. On November 15, 2022, a 6 foot, fully decorated/lighted Christmas tree will be showcased in the Kendrick Grange front window. In addition, several other raffle items that have been graciously donated by local business owners will be part of the raffle. The goal of this raffle is to raise money specifically earmarked for youth scholarships.

The specifics of the raffle are as follows:

Tickets for the raffle can be purchased between November 25, 2022, and December 9, 2022, at Furry Tale Mercantile, Humm Salon, Kendrick Ag, and the 1st Bank of Pizza.

The Hill & Valley Garden Club will also be selling tickets November 28<sup>th</sup> through December 9<sup>th</sup>. 9:00 am to 3:00 pm and again on December 9, 2022, during the annual Wreath Sale at the Grange building.

1 ticket \$1.00; 6 tickets \$5.00; 11 tickets \$10.00.

*Sherill Calhoun*



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## Splash Pad Fundraising

The committee for the JK Splash Pad is doing a basket raffle to help raise funds for a worthy cause. We will display the baskets at the Blackberry Brew & Pub/Bottoms Up in Juliaetta starting the 1st of November. We will have a video of the baskets posted on the Juliaetta-Kendrick 2.0 and BU Facebook pages. The cost is \$1.00 per ticket or \$5.00 for 6. They can be purchased at the BU in Juliaetta, Juliaetta Library and Furry Mercantile thru the November 21st. You do not need to be present to win. We are working on six to ten baskets; we are still receiving donations.

We will announce winners of the basket raffle at the spaghetti/alfredo dinner, another fund raiser. This will include spaghetti and alfredo dinner with a Caesar salad, garlic bread, and dessert for \$15.00 at the Blackberry Brew & Pub/Bottoms Up November 22nd from 4 to 9 pm. If you have any questions or would like to help the Splash Pad Committee, please contact Bonnie at 208-816-2954 or Christine at 253-241-3183. Thank you for your involvement and support.

*Christine Prokay*

## New Dentist at Kendrick Dental Office

We are so excited to welcome Dr. Morgan Ball to the Kendrick Dental Team!

Dr Ball is an Idaho native and is thrilled to be back after his education and a 2-year church mission took him away. He met his wife, Chelsey, while attending Brigham Young University (Go Cougs!) and they both continued their education in Southeastern Florida at Nova where Dr. Ball studied dentistry and Chelsey studied nursing.

The Balls moved to Kendrick in 2020 and have four children: Carly (10), Benson (9), Gunner (5) and Cora (3). When not in the office, you may find Dr. Ball on his Kendrick farm or on the Snake and Salmon Rivers. He also loves watching his boys on the Moscow wrestling team and his girls competing in triathlons.

Dr. Ball has 11 years of dental experience and can offer sedation options, implants, bridges, dentures, root canals, wisdom teeth extractions and even full mouth reconstruction.

"We think you'll love our office and staff and may, for the first time, actually enjoy (or at least not dread) going to the dentist!" –Morgan Ball

*Erin Ledgerwood*



**Furry Tale Mercantile**

Old, New and Everything in between!

Mark your calendars for our annual Black Friday & Small Business Saturday SALE! Nov. 25<sup>th</sup>, 10am – 5pm & Nov. 26<sup>th</sup>, 10am – 3pm. Storewide 20% off and we'll have treats and prizes.

SANTA will be visiting the Mercantile again this year. Make sure to stop by and see him either, Sat. Dec 3<sup>rd</sup> and Dec. 10<sup>th</sup> from 12pm – 2pm. Bring your phone/camera to take pictures.

FURRY TALE INN! Available now, stay in the beautiful, historic charm of 704 East Main Street in downtown Kendrick! If you're looking for a romantic getaway, a place for visiting friends or family, or a delightful century-old venue for a special occasion, don't delay! We are already getting bookings, so reach out to us today! 208-289-3156 or [furrytalefarmvenue@gmail.com](mailto:furrytalefarmvenue@gmail.com)  
*Sharlene Mitchell*

## KJ7CDA Business/Organization Membership

The Kendrick-Juliaetta 7 Ridges Community Development Association (KJ7CDA) is amidst building a more robust means of supporting the 7 Ridges business community.

One of the ways we will do this is by showcasing KJ7CDA Business Members & Organizations on a social media platform/website that will enhance both recognition and outreach opportunities.

In addition, we are building a new model for business brand recognition in the "Here's What's Happening" newsletter publication.

To rebuild the 7 Ridges business presence and begin executing this enhanced process, we will just need the following:

Payment for Membership (check payable to KJ7CDA – P. O. Box 204, Kendrick, ID 83537)

A copy of your logo and tagline, if you have one, emailed to [info@kendrick-juliaetta.com](mailto:info@kendrick-juliaetta.com).

**Your membership will be for a full 12 months from the inception of your payment.**

Benefits Include: Updated online/social media presence for enhanced community outreach; publicity and advertising to over 1,100 households in the 7 Ridges area; marketing information for the New Resident welcome bag; opportunities to showcase employees or company; business consulting professionals; special events announcements and promotions.

Our goal is to help you make the most of your local advertising dollars.

Once you have updated your membership, our Virtual Business Directory Board Member, Dawn Eden will be calling to welcome you and find out what we can do to make the most of your membership.

Please call Dawn Eden for more information or if you have any questions at (541) 999-1150.  
*Sherill Calhoon*

Amethyst	Large Business	7 or more employees	\$100
Garnet	Medium Business	3-6 employees	\$60
Jade	Small Business	1-2 employees	\$30
Opal	City Organization	Includes city-appointed committees	\$75
Rose	Non-Profit Organization	School, Church, etc.	\$30
Ruby	Local Club	4-H, Scouts, Garden Club, etc.	\$30
Sapphire	Individual(s)	Includes households, married couples and anyone owning a business with no employees	\$30

**Chili Feed/Christmas Carol Singspiration**

**Juliaetta Community Church**

**December 4**



**Chili Feed 5 PM**

**Carol Sing 6 PM**



## Hardware Brewing Company in Kendrick to Re-Open

Get ready for some good brews, great food, and fun times!

Patty and Layne, a mother and son duo, are under contract to buy the brewery! Watch for the grand opening date around the new year. The kitchen will be open for dinner on weeknights and lunch and dinner on Friday through Sunday. Stay tuned for the official operating hours. They will bring on beers from your favorite breweries for the first months while they get the brewing operation going, at which point new brews from Layne and brews from HBC will make a return.

After the new year, the brewery will be in full swing, with live music, events, and more. The brewery will again be available for rent to host private events.

We are excited to announce that soon after opening we will begin to offer a catering service in our area. No matter what the event, we will serve the food that you love.

If you have questions, comments, or suggestions for beer or food that you hope to see at the Brewery, please send it to Layne at 1 208-874-9037 or email [brewing@laynemharris.com](mailto:brewing@laynemharris.com)

Patty has been a chef nearly 30 years, running public and private kitchens. She will bring her industry expertise to the Brewery kitchen to offer gourmet dishes at local prices. Layne has been a home cook since he was little, taking inspiration from family members Papa Doug Harris and Grandma Dianne Hill. You may know us from the community or from working in the deli at Phil's. We look forward to serving you more great food soon!

*Layne Harris*



The official state gem of Idaho is the Star Garnet, which can only be found in two places in the

world: Idaho and India. The gems got their name because their stone causes a reflection that gives them the appearance of a 4- or 6-pointed star.



We welcome women who own a business, who have retired from a career, who are thinking of starting a business, who need to find new employment, who are entrepreneurs, and women who support the empowerment of other women.

There is no fee to join.

Events are every month at a different hosted location.

Each event has a speaker to educate and inspire women in attendance.

### Upcoming Events

November 16, 2022 - Rivaura Winery

December 16, 2022 TBA

For more information contact Sherill Calhoun at [sherillcalhoun@gmail.com](mailto:sherillcalhoun@gmail.com)

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## Blackberry Brew and Pub, Bottoms Up

We are making our venue a fun place for the JK community to hang out. We have a few events to share! November 3<sup>rd</sup>, 4 - 8 pm, The Hungry Horse Food Truck is doing a kitchen take-over. They are bringing their favorite dishes to Juliaetta.

November 11<sup>th</sup> is Veteran's Day, thank you for all that have served! From 11 am to 5 pm veterans get a free appetizer and drink on us!

November 12<sup>th</sup>, 6 - 8 pm, We will Have Live Music from Running with The Boys, they play a wide variety of acoustic music.

November 19<sup>th</sup>, 5 - 8 pm, The Lukenbills will be back from Live Music, they play 60's, 70's & Country music. They will be back again on the 17<sup>th</sup> of December from 5 - 8 pm.

November 22<sup>nd</sup>, 4 - 8 pm we will be hosting the Spaghetti Dinner Fund Raiser and Basket Raffle for the JK Splash Pad.

Check us out on Facebook, we are always doing new food & drink specials. *Christine Prokay*

# Idaho Department of Labor @ Juliaetta City Hall Annex

203 Main Street, Juliaetta, Idaho

Wednesdays, 10 a.m.- 1 p.m.

Schedule an appointment or call for more information:

208-799-5000 or email [LewistonMail@labor.idaho.gov](mailto:LewistonMail@labor.idaho.gov)

Walk-in services: search job listings using IdahoWorks, find careers in demand with JobScape, file for unemployment benefits, file a wage claim, get assistance with online job applications, and talk to a career planner.

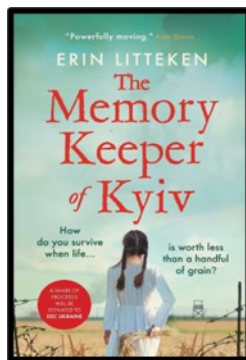
Appointments: adult/youth education and training programs, Trade Act Assistance, Veterans services, farmworker services, resume and interview assistance.

The Idaho Department of Labor is an equal opportunity employer and service provider. Reasonable accommodations are available upon request. Dial 711 for Idaho Relay Service.

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## Book Nook

The top pick for this edition is ***The Memory Keeper of Kyiv*** by Erin Litteken. It is a novel about Ukraine's painful and tragic struggle with Russia, which is especially significant in these times of Russia once again trying to crush the Ukrainians. It is a powerful book about Stalin's reach into the country and forcing the starvation of millions in his quest for Russian dominance.



***The Second Mrs. Astor*** by Shana Abe is wonderful! It is a well-written, award-winning tale of love prevailing through tragedy. A historical novel that portrays the tragedy of the sinking of the Titanic. The author is an exquisite storyteller. You will have trouble laying this one down.

As I send this month's article for the Newsletter off I am a little over half way through ***Wolf Hall*** by Hillary Mantel. The book takes place during the reign of Henry VIII in the 1520's. Henry is trying to annul his marriage to Katherine and marry Anne Boleyn. It is currently a best seller. It centers around the life of Thomas Cromwell. It is an appropriate read since the beloved Queen Elizabeth II has recently passed. She was the 12th great granddaughter of Mary Boleyn (Anne's sister.) *Wolf Hall* is the first book of a three part trilogy. Sharon Harris

## MENOPAUSE HELP

**“WARNING:** may cause cramps, nausea, diarrhea, headache, and vomiting.” Who wants to deal with side effects like that? Women voluntarily do that daily while taking synthetic hormone replacement therapy for menopause. More and more women are turning to natural alternatives. “With all that we know about the pitfalls of conventional medicine's treatment of women in menopause, it makes sense that women are turning to “natural” approaches (Lee, Zava, & Hopkins 2002). Several herbs are providing positive results include black cohosh, primrose or evening primrose, soy, kelp, alfalfa, and parsley.

I have a wonderful tea recipe to help with menopausal symptoms: ½ oz elder flowers (*Sambucus nigra*), ½ oz black cohosh (*Cimicifuga racemosa*), ½ oz motherwort (*Leonurus cardiaca*), ½ oz partridge berry (*Mitchella repens*). Mix the herbs together and store in a glass container in a dark cool cupboard. As needed, use one teaspoon of herb blend to prepare an infusion using one cup of boiling water. Steep herb blend for 10-15 minutes. Prepare as needed; do not store the prepared tea. Use up to three cups a day between meals. You can learn about other recipes and herbal remedies online and at natural health food stores. Two resources I recommend are American College of Health Sciences Apothecary Shoppe or Mountain Rose Herbs, [apothecary-shoppe.com](http://apothecary-shoppe.com) or [www.mountainroseherbs.com](http://www.mountainroseherbs.com).

As women transition into menopause, nutrition is a vital part of their health. Menopause can't be avoided, but a sound dietary plan can make life easier. Your diet should be rich in foods containing vitamin E, with an emphasis on sprouted and raw seeds as well as organic fruits and vegetables. Try to get most of your nutrients from your foods; complement with supplements. Avoid processed foods as much as possible. Unnecessary amounts of sugar, salt, tea, or coffee can have a negative effect during menopause. Steer clear of tobacco products, including smokeless products. Curtail your alcohol consumption to 5 drinks a week or no more than 2 drinks per sitting. These adversaries can steal crucial vitamins and minerals from the body and speed up the aging process. Remember to get plenty of exercise, rest, and relaxation during this time.

Christine A. Prokay, MSEE, BA, RA, LMT, BCTMB, Nutrition Counselor, Personal Trainer  
P. 253-241-3183

Email: [7ridgesholitichealth@gmail.com](mailto:7ridgesholitichealth@gmail.com)

### References:

\*Balch, P.A., & Balch, J.F. (2020). Prescription for nutritional healing, Fifth Edition, p. 90 & 105

\*All Refer Health (2012). Chapter 16 The Light and Dark Sides of Soy.

\*Alternative Therapies for Managing Menopausal Symptoms, April 20, 2016

\*American College of Health Sciences. Nat 101 Nutrition, Body care & Herbalism, Module 5, Nutrition for Menopause

## ***PTSD and TBI***

In November we celebrate our veterans for their service and sacrifice. Many veterans deal with post traumatic stress disorder (PTSD) or have suffered a traumatic brain injury (TBI). Knowing how to recognize and treat these injuries can help an individual with their personal battle. Trauma comes in several forms; how we deal with the trauma can make all the difference in the world for someone suffering from PTSD and/or TBI. These traumas are not just limited to war; they can be experienced from motor vehicle accidents, violent personal attacks, personal or natural disaster, repeated falls, or occupational hazards.

Events can trigger a person's PTSD. They can cause a person to have flashbacks, reoccurring nightmares, night terrors, avoidance of situations, development of a phobia, anger, irritability, poor concentration, black-outs, and anxiety. In America, 7-8% of the population will develop PTSD; this is not limited to just service members. Women are twice as likely to suffer from PTSD than men ([www.medicinenet.com](http://www.medicinenet.com)). Many resources are available. You can locate a professional in our local area at [www.nimh.nih.gov](http://www.nimh.nih.gov). Therapies available include eye movement desensitization and reprocessing (EMDR), exposure therapy, cognitive processing therapy, psychotherapy (talk therapy), and stress or anger management. The Veterans Administration is consistently improving on their services for veterans. Find resources at [www.va.gov/health-care](http://www.va.gov/health-care) Latah and Nez Perce counties also have great resources for mental health concerns.

Medication and natural approaches can help with the healing process of PTSD and/or TBI's. Yoga, meditation, breathing exercises, mindfulness training, biofeedback, essential oils, and massage therapy are a few ways to help the mind, body, and spirit make a connection again without the use of medication. Many healthcare providers, mental health practitioners, and Veterans facilities are recognizing those benefits. If you are someone that struggles with a TBI or PTSD, you are not alone in your fight; get the support you need! It is key to healing trauma.

*Christine Prokay, 21 Year Air Force Veteran, PTSD Sufferer*

## **Evening Grosbeaks**

Male Evening Grosbeaks resemble male goldfinches on steroids. Both are black, white and bright yellow. However, the goldfinch is quite small, 5 ½" or less. Evening Grosbeaks are also finches – just especially big ones. They have robin-sized bodies and outsized bills. Females and juveniles have gray bodies, black and white wings and greenish-yellow tinges on the neck. All grosbeak species have enormous beaks designed for cracking seeds. In fact "grosbeak" comes from the French **grosbec** meaning **big beak**.

These birds summer in northern forests. They nest high in the trees, surrounded by a cafeteria of foods. They eat insects, (spruce budworm larvae, caterpillars, aphids) and seeds (maple, box elder, ash, cherry, apple, pine, dock, bindweed). Small fruits round out the diet, (cherries, snowberries, hawthorn and Russian olive fruit, juniper berries). They may strip the flesh from cherries, crack and consume the seeds. Additional favorite foods are the buds of maple, elm, willow, oak, aspen, and cherry, and maple sap produced when they snap maple twigs.

While classified as a songbird, these birds lack songs. They produce chirps, twitters, and single note calls, but have no true mating songs.

In the winter, they form large noisy flocks that move across the country and may descend upon feeders. They prefer platforms as they are too big to utilize traditional tube-style feeders. Whether picked from plants or offered by humans, seeds form the bulk of the winter diet.

Most species have well defined populations and dependable migration patterns. Birders check the calendar and know when a particular species should arrive. Evening Grosbeaks follow no such pattern. They are both erratic and irruptive. This means they suddenly move into a new area, often in great numbers, completely changing their ranges. The birds may flood an area where they have not been in years or disappear from locations where they had been commonplace.

In the 1800's Evening Grosbeaks were rare east of the Rocky Mountains. Then winter migrations found them expanding eastward until by 1920, they reached Rhode Island. The situation reversed between 1966 and 2019, with populations dropping by almost 75%. These declines may have been caused by logging and development in northern forests and disease outbreaks such as West Nile virus and salmonella.

The variability means Evening Grosbeak sightings should be treated as gifts.  
*Nora Abbott*





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Juliaetta Kendrick Firefighters Association  
Juliaetta Volunteer Fire Department  
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