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## WELCOME TO *THE* (NEW) *HIGH PRAIRIAN*

We inaugurate a new era with a new look and more options to read your favorite local newsletter.

If you have received this by email, you can either print it out to read in a comfy chair or you can read it on your computer where you will find hyperlinks (bold, underline text) that, when clicked, lead you to helpful online resources related to articles, more (color!) photos and additional articles. To make sure that you receive your copy, send your email address to [\*\*Barbara Parrish\*\*](mailto:bbparrish@embarqmail.com) (bbparrish@embarqmail.com).

Of course, to view all of the content you can always read the latest edition or archived issues on the [\*\*High Prairie website\*\*](http://www.highprairie.us) (http://www.highprairie.us).

If you don't have access to the Internet or just prefer a printed copy mailed to your home, contact Debbie McDonald (365-6913). Printed, mailed subscriptions are just \$5 per year.

## FIREHOUSE SALE A BIG SUCCESS

Audrey Bentz

(originally published in The White Salmon Enterprise on May 31, 2012)

### FIREHOUSE SALE FAST FACTS

13th Annual "Best Ever" Firehouse Sale, May 19 & 20

**Gross Receipts: \$14,045**

Second Event: 13+ Miles of Yard Sales, June 9 & 10

**Gross Receipts: \$3,053**

**TOTAL GROSS RECEIPTS FOR 2012: \$17,098\***

\* Some money is still coming in

**Proceeds Support the High Prairie Community Council,  
Community Center & Fire District #14**



Susan Sattem, winner of High Prairie quilt raffle.

lamented the sad cancellation of her daughter's wedding, and a local resident was struggling with the likelihood of his wife's death from a long illness. And another boy was so proud when he looked in the mirror to see his "face painting" appearance and asked his mother "can I wait 1000 days before I wash it off?" Heard many "hey, it's so good to see you again!" greetings between neighbors. And I witnessed a broken friendship restored in the conversations. There were smiles, there were tears, but a rich element of community caring, for which we all celebrate in our High Prairie!

View [\*\*additional photos\*\*](#) of the 2012 Firehouse Sale online.

Thanks to all the hundreds of friends and neighbors who took part in the 13th annual Firehouse Sale this month. Although the proceeds will be most supportive to our fire department and community center this year, there is another valuable reward to this annual weekend event. We call it "community building!"

Although the bargains were great, the music good, the bratwurst tasty, the weather beautiful, it was "people encounters" that made it most memorable. In just a couple hours, one little boy wanted his face painted with a spider and a rainbow, but "no girly colors!" Another elderly lady related with her tears how she's trying to adjust to her husband's recent death. Another mother



Photography: Fern Johnson

## THANKS FOR DONATING TO THE HPCC SILENT AUCTION

Aimee's Attic - Goldendale  
 Amanda Richards - High Prairie  
 Amery Family - High Prairie  
 Artisan's Jewelry - White Salmon  
 Ayutla's Mexican Restaurant - Goldendale  
 Bette Wilde - Goldendale  
 Beneventi's - Bingen  
 Bill Stallings - High Prairie  
 Bingen White Salmon Police Department  
 Blue Sky Coffee Company - Lyle  
 Bob Calvert - The Dalles  
 Carquest Auto Parts - Goldendale  
 Cascade Cliffs Winery - Dallesport  
 Clark's Floral - Goldendale  
 Collage of the Gorge - White Salmon  
 Columbia Gorge Hotel - Hood River  
 COR Cellars - Lyle  
 Country Cafe - Lyle  
 Dave Martin - White Salmon  
 Diane Cazlet - High Prairie  
 Dickey's Farms - Bingen  
 DJ's Repair - Bingen  
 Dona Taylor - High Prairie  
 Everybody's Brewing - White Salmon  
 FLI Landscaping - The Dalles  
 Full Sail Brewing - Hood River  
 Glass Onion Restaurant - Goldendale  
 Golden Art Gallery - Goldendale  
 Goldendale Chiropractic - Goldendale  
 Goldendale Tire Factory - Goldendale  
 Holcomb's Sentry Market - Goldendale  
 Hometown Pizza - Goldendale  
 High Prairie Community Council  
 Huntington's Bar & Grill - Klickitat  
 Imperial River Company - Maupin  
 Jim & Penny Rutledge - High Prairie  
 Jocelyn Weeks - High Prairie  
 Josh & Jennifer Machado - High Prairie  
 Julie Vance - White Salmon  
 Katina's Cafe - White Salmon  
 K-C Pharmacy - Goldendale  
 Killer Burger - Bingen

## THANK YOU

Sharon Aleckson

*The 13th Annual High Prairie Firehouse Sale  
was the BEST ONE EVER!!!!!!*

THANK YOU, VOLUNTEERS, for all the time and talent you generously donated to make this sale a success. This event could not have happened without your help. Pat yourself on the back for a job well done!

## NEW COMMUNITY CENTER ACTIVITIES COORDINATOR

Audrey Bentz

It has been enjoyable taking charge of coordinating and lining up all kinds of programs for our beautiful High Prairie Community Center the past couple years. Now I am passing the baton to Fern Johnson and she will be the one to contact if you wish to sponsor a program or coordinate with a group for its use. Fern's number is 509-637-5465 and her email is fernvjohnson@gmail.com. I'm sure she will appreciate your ideas and assistance in keeping this building a way to serve the education, health and entertainment needs of our community.

## SHALL WE DANCE?

Audrey Bentz

The Strawberry Mountain Band got a lot of toes tapping when they came to High Prairie in April. The dance at the Community Center was well attended—nearly fifty happy people! By popular request, we intend to schedule another dance in mid-summer. If interested, is Friday, July 13 a viable date? Should we ask the Strawberry Mountain Band to play again, or do you have another suggestion? Contact Fern (509-637-5465) or Audrey (365-3600).

## THANKS FOR DONATING TO THE HPCC SILENT AUCTION

Klickitat Pottery - White Salmon  
 Klickitat River Guides -Klickitat  
 Lawrence Browning - Goldendale  
 Linda Cox - High Prairie  
 Linens Wholesale - Oakley, Idahoe  
 Little Grace Espresso - Goldendale  
 Los Reyes Mexican Restaurant - Bingen  
 Lyle Lions Club - Lyle  
 Lyle Mercantile - Lyle  
 Lyle Style - Lyle  
 Martha Hamil - High Prairie  
 Max Fernandez - Centerville  
 McCredy Company - Goldendale  
 McDonald's - Hood River  
 Milestone Nursery - Lyle  
 Myrin Bentz - High Prairie  
 Naked Winery - Hood River  
 Norco Medical Supplies - The Dalles  
 Patricia Farrer - Goldendale  
 Paul Strait - High Prairie  
 Postal Connections - White Salmon  
 Pro Window Cleaning - Wishram  
 Quik Change Lube Center - The Dalles  
 Read's Scrubb N Bubbles - Goldendale  
 Sawyer's True Value - The Dalles  
 Sharon Aleckson - High Prairie  
 Simcoe Mountain Coffee - Goldendale  
 Sole 2 Sole Health Center - Goldendale  
 Starlisa Black Photography - Husum  
 Sunshine Gardens - Goldendale  
 Sunshine Mills Winery - The Dalles  
 Sylvia Holly - Goldendale  
 Tad Blouin - High Prairie  
 The General Store - Goldendale  
 10 Speed North - White Salmon  
 Tim Coe - Prairie City, Ore.  
 Trellis Fresh Flowers - White Salmon  
 Troutlake Abby - Troutlake  
 Victoria Singer - Lyle  
 William Stallings - High Prairie  
 Windy Ridge Saloon - Goldendale

## PAUL STRAIT—DREAMCATCHER

Rachael Carlson

In the 1920's a young boy stood at the edge of the Pacific. In his imagination he sailed over sand and rocks and waves toward the Hawaiian Islands, to Singapore and Indonesia, and on to a world of exotic possibilities. A few years later, as a teenager, he first read 'Mutiny On The Bounty,' and the tale of a group of mutineers and Tahitian women abandoned on the South Pacific island of Pitcairn shaped his future. More than fifty years later Paul Strait and a friend set out on the 32' sailboat, 'Jubilee', which Paul had lovingly built for this long-imagined voyage. After forty-two days at sea they were warmly welcomed to Pitcairn by the forty descendants of the Bounty's mutineers, some of whom Paul is still in contact with. Their elation and their journey—a lifetime in the making—ended on the return trip, with the 'Jubilee' shipwrecked on a tiny radioactive island—a French nuclear test site. The next morning Paul and his fellow sailor were airlifted off the reef, and the 'Jubilee' confiscated by the French government.

In the decades before his adventure on the high seas, Paul met and married Gladys, the love of his life and his wife for seventy-four years. With their five children they enjoyed years of family explorations in the waters off British Columbia and Alaska. A skilled machinist, Paul worked in a variety of mill towns in the northwest, always seeking a broader perspective and fresh experiences. Ultimately, he founded Climax Manufacturing, which revolutionized the repair of industrial machines—particularly in the pulp and paper industry—by building portable tools that could perform on-site repairs at mills and factories.

Since moving to High Prairie in 2000, Paul has used his creative and technical skills, and delightfully quirky sensibilities to create small wooden and metal constructions of exquisitely detailed working pistons, cranks, gears and wheels whose purpose is purely to delight. His projects in recent years have included uniquely beautiful rolling pins (with more than 100 offered as gifts to High Prairie cooks) and finely inlaid cutting boards, constructed from exotic woods and crafted with his trademark attention to detail.

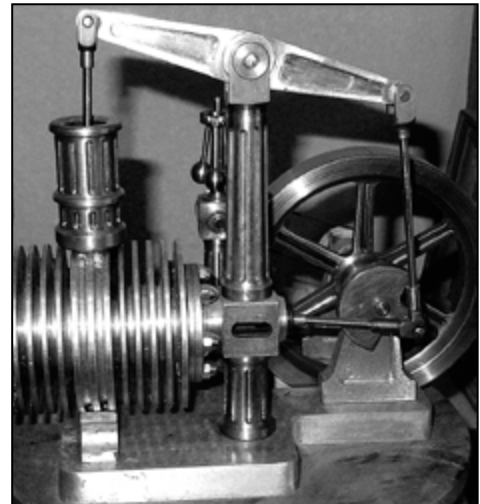
Paul's beloved Gladys passed away in 2011, and he now shares his home with his son Donny, who has inherited Paul's love of craftsmanship; son David and daughter-in-law Judy live nearby. Paul's home is filled with a wealth of magical treasures that he has created over the years, and with photos of a life rich with family and grand adventures.

In 1990, traveling with his grandson in a Navy whaleboat that Paul had modified, he retraced his journey to Pitcairn to join in the island's bicentennial. There were no shipwrecks this time, just a fitting celebration of the fulfillment of a dream begun more than sixty years earlier on an Oregon beach.



Above: A display of some of Paul Strait's creations.

Photography: Rachael Carlson



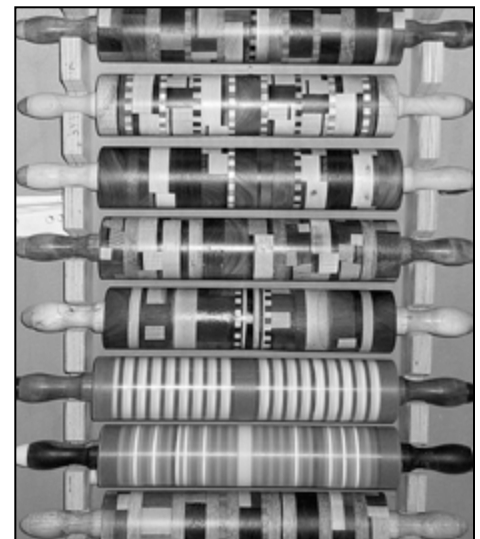
Above: Detail of a miniature steam engine, machined by Paul Strait.

Photography: Rachael Carlson

## EARLY MORNING IN MARCH

Jocelyn G. Weeks

Hope today comes screaming  
like the male Red Tail,  
answered by his mate, "Keeeeer",  
slicing lines through chalky air,  
causing me to lean my rake and watch the pair.  
Shadow wings sweep the sky and steep hill stubble grass.  
They cry again surprised,  
then rise and cyclone swoop a stray Bald Eagle,  
chasing him with shrieks and razor sharp suggestions.  
Next to him they look like Magpies.  
Still, the Eagle spiral climbs  
and hops a south bound thermal,  
back to riverbanks and rising fish.  
I hold that moment, aerial as a wish, a pipe dream fading.  
Hope is nesting, guarding, waiting.



Above: Rolling pins!

Photography: Rachael Carlson

## BEEP – BEEP – BEEP – BEEP – BEEP!! MY PAGER IS GOING OFF

Philip Haner Captain, High Prairie Fire District #14 Fire Commissioner

It is early August, 95 degrees, and DRY with strong west winds—the “perfect storm” for wildland fires in the Gorge! A quick look around tells me that there doesn’t appear to be a fire near me. If it’s a fire, I hope it isn’t near someone’s home.

When the pager goes off, there are three major problems that people may need help with: Medical, Motor Vehicle Accidents (MVA), and Fires. High Prairie Fire District #14 (HPFD) responds to them all, any time, day or night. All three problems are related, as each requires additional help. Medical calls and MVAs are similar in that the help we provide is usually from our automatic aid agreement with Lyle Fire District and the hospital ambulance service. A fire, however, may require one fire truck from our district or a whole army of people and equipment from across the state.

The wildland fires HPFD responds to can be broken down into three distinct types of response:

1. Fires within our District or within our automatic response to Lyle Fire District calls
2. Fires outside our District but within Klickitat County, under our mutual aid agreement
3. Fires outside Klickitat County under a State Mobilization agreement

Each of these three response types has different requirements for the equipment and personnel used. Fires (or any emergency) in our district or Lyle’s are covered by an automatic response agreement we have with Lyle. This agreement allows Dispatch to page out both HPFD and Lyle for every emergency in either district and increases the number of people and equipment responding—automatically. In these cases, we will respond with anything needed, knowing that if something else were to happen in our District, we would be able to divert any resources needed to the other call.

Response to fires outside our fire district, but within Klickitat County, is covered by the county-wide mutual aid agreement. This agreement allows any fire district within the county to ask for help from the other fire districts. In these cases, HPFD response is usually just one or two engines and maybe the water tender. However, we will always coordinate with Lyle to make sure we have enough equipment and personnel left in-district to make sure both of our districts are covered.

Our response to a State Mobilization call is the only time we will take our fire equipment outside of Klickitat County. These are fires that are so big that the local fire districts become overwhelmed and ask Washington State for help. For example, State Mobilization was called for in 2010 at the Old Hwy 8 Fire in Lyle and in 2011 at the Monastery Fire in Goldendale. Before State Mobilization was called, HPFD responded to both of these fires as initial attack units under either the automatic aid agreement we have with Lyle or the mutual aid agreement we have with Fire District 7 in Eastern Klickitat County. HPFD typically responds to 2 to 5 State Mobilization fires each year depending on the need by the State and availability of our crews. The response HPFD makes to State Mobilization fires outside our county is typically a single brush truck or structure engine.

There are several reasons why HPFD responds to calls outside our local district, but the most important reason is that someone needs our help. Lyle and High Prairie fire districts’ automatic agreement

helps both districts cover times when there are not enough volunteers in either district individually. The mutual aid agreement in Klickitat County makes that help county-wide, and the State Mobilization can help anyone in Washington State.

The second reason for responding outside our district is the experience gained. Every time we respond to any emergency, we gain knowledge. We receive quality training throughout the year, but the real-life experiences we receive when we go to a working fire are invaluable. We do not get very many calls in our fire district (thankfully), so the more calls we can go to elsewhere, the more experience we get, and the better fire fighters we become.

High Prairie Fire District can also benefit financially from some responses outside our district. Hourly wages for both the equipment and the personnel at State Mobilization fires and those caused by Burlington Northern Santa Fe Railway are paid to the fire district and the crews that worked those fires. For each hour worked, a fire engine makes between \$70 and \$110 depending on the type of engine. In the past ten years or so, HPFD has earned approximately \$10,000 to \$12,000 each year for working these fires. This money has been used to purchase additional equipment, upgrade fire engines, and pay for new personal protective equipment for the firemen. The hourly wage earned by the firemen is slightly more than minimum wage and is not the reason we like to go to fires outside our district. We are doing it to help our neighbors, gain experience becoming better firefighters, and to earn money for our fire district so we can have the best equipment and safety gear possible.

BEEP – BEEP – BEEP – BEEP – BEEP!! Dispatch explains the fire is a false alarm caused by blowing dust. Good, it’s too hot to go to a fire today.

Remember, be safe, the Burn Ban goes into effect July 1 and if you need us, call 911, we are here to help!

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## WHEN WAS YOUR WELL WATER LAST TESTED?

Debbie McDonald

If you own a private well as most of us do on High Prairie, you are responsible for testing your own water. Drinking contaminated water is a health risk, with the two most common contaminants being coliform bacteria and nitrates.

Coliform bacteria will not likely cause illness, but their presence in drinking water indicates disease-causing organisms (pathogens) may also be present. Too much nitrate in your body makes it harder for red blood cells to carry oxygen. While many people may not notice a difference, this can be very dangerous for infants and pregnant women. Other at risk populations are those over 50 years old and those with compromised immune systems.

Potential well contaminants are septic tanks, household wastes, livestock wastes, pesticides and fertilizers, landfills, and underground storage tanks. Contaminates may also enter at your wellhead cap, which should extend 6”-12” above the surface of the ground with

the ground sloped away from the cap so water doesn't collect and seep down into the well.

The Washington State Department of Health recommends that you test your well water every year. These are easy tests to obtain from the Klickitat County Health Department. The test for bacteria costs \$30 and the nitrate test is \$20. You pay for tests at the Health Department where they give you a sample container containing a stabilizing powder and very specific instructions on collection to avoid contaminating your sample. Return the sample to the Health Department within 30 hours of collecting the water where it will be tested. Test results within normal limits are reported to you within a few days either by mail or email at your request. If your test results are out of limits, you will get an immediate phone call.

Another naturally occurring contaminate is arsenic, found in well water throughout Washington State. The Health Department also recommends testing your well water for arsenic but just twice—once during late summer and again during the early spring to see if there are seasonal differences. Arsenic tests must be conducted by an outside laboratory, cost \$20-\$35 per test and you can find a list of labs online at the **Washington State Department of Ecology** (<http://www.ecy.wa.gov/programs/eap/labs/search.html>).

Lots more information may be found at the **Washington State Department of Health website** (<http://www.doh.wa.gov/CommunityandEnvironment/DrinkingWater.aspx>) or you may contact the Klickitat County Health Department at 509-493-1558 (White Salmon) or 509-773-4565 (Goldendale).

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## NEIGHBORS I

Bill Stallings

I remember as a kid in Colorado Springs we had neighbors: I had playmates and my folks had lots of friends, but back then the town had only 45,000 people and I could walk from one side to the other. Later I lived in the big city or the 'burbs.' I think Baltimore was my favorite, because it was like a bunch of small towns stuck together, but that was before I met Portland.

Portland is like Baltimore without the grinding poverty in half its neighborhoods. Its biggest slum is maybe two blocks long, and every neighborhood has its park, which is used. Diane and I lived downtown, where kids play in the fountains and the sidewalks are not rolled up at 5 p.m.; but downtown is city, not urban village. We had many acquaintances, who had things to do and places to go, but few friends to just sit with to relax and pass the time, because time was always a-wasting.

Years ago we showed one of our friends where we planned to build our High Prairie retirement home. She said, "How can you move here? It's so remote!" Yet move here we did, and what we found is a neighborhood, with real neighbors, as far from remote as High Prairie is from the South Pole.

Well, neighbors, because we have things to do and places to go, we forget to tell you how much we really appreciate being in this neighborhood, not just for vast views and solitude, but for close community and more new friends than we ever had in Portland. You have things to do and places to go, but you fight fires and build a

new fire hall with a community center to boot, have huge sales to pay for it, garden and quilt and publish and party as a community, a small village spread over thirty-six square miles. Oh, and by the way, cut our weeds because our weed whacker died, plow our lane because we have only a snow shovel, haul fruit crates because you heard we wanted some and send us vegan recipes because Diane's brother is a new convert.

Here we see faces and, over time (because we are slow at such things), put names and faces together with character and individuality. It is not a daunting task, whereas, even in a city as user-friendly as Portland, faces disappear into the throng because there are so many of them. Here we are in our hometown. Thanks, neighbors.

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## NEIGHBORS II

Diane Cazalet

High Prairie is a unique community! In the 2½ years we have been living here we have experienced some of the most kind, helpful, giving people. We have been made to feel so welcome, have had a group of neighbors give us a housewarming dinner and they provided all the good food, had a neighbor who had recently lost his wife to cancer, show up on his mower machine to cut down the grasses and weeds on our un-landscaped front yard as they were a fire threat. We had another neighbor offer to plow our driveway during the January snowstorm and we didn't dream he was 82 years old or we wouldn't have let him.

We have had so many organized gatherings at the Community Center from Christmas parties to classes on preventing identity theft and have had so many ways to connect to this community. I have been attending the Needlers group, which meets weekly, and allows me to really get to know a lot of really neat women who also happen to be my neighbors. I have also been a member of the "Prairie Larks," a singing group that gets together to sing for special High Prairie functions such as Christmas parties and funerals or caroling for the bedridden or housebound during the holidays. This is my second year of working in the community garden with a great group of folks in the Garden Group. We also have several dinners each season using produce grown in our garden. I counted over 60 varieties of fruits, vegetables, and herbs we grew there last year. "Many hands makes light work" can certainly be felt here as we all pitch in to plow, plant, weed, water or harvest and it becomes fun!

The past two years of attending and working on the Firehouse Sale has been a great way to connect with our neighbors, both the old and the new. It has been such a pleasure, as we are all working together for our common good. A task that might sound tiring or boring becomes a way of connecting with people we may not see but once or twice a year. This gives us an opportunity to catch up and enjoy our neighbors and strengthen our relationships. Good food, relaxed atmosphere, and a common project become not a task but a pleasant experience and I enjoyed all of it.

What a great neighborhood we have. My neighbors look out for each other and help out when ever they see a need. They teach, they share, they reach out. What more could we ask for? Thanks so much, neighbors. We love our neighborhood.

## SWALE CANYON TRIP

Douglas L. Taylor



Photography: Doug Taylor

Our trip down remote Swale Canyon was a suggestion of Tom Doll who discussed the possibility with Jack Bruckner and others. The thought was that if the Park Service would OK their idea, a motorized trip on the old rail line could be enjoyable for folks unable to walk the distance from end to end. Jack has been very involved with Klickitat Trail Conservancy and received support from some of their members. He then spoke with one of our local neighbors, Andy Kallinen, who is the lead Park Ranger for the Columbia Hills State Park. Ranger Kallinen worked through channels with the State of Washington and secured the use of a motorized state vehicle to pull a trailer equipped with seating capacity for 9 to 12 people. Ranger Brian Kuh assisted Andy on our tour, opening gates and removing rocks we couldn't bounce over.

On Friday, June 15, 2012 we met at Harms Road Trailhead and traveled downgrade three hours through the canyon eventually reaching our destination at Wahkiacus where we completed the trip via car shuttle. Attending were Jack Bruckner, Tom Doll, his grandson and friend, Bud and Becky Jester, Bill Stallings and Diane Cazalet, and Douglas Taylor. Some who had originally planned to make this experimental trip were committed to other endeavors due to the short notice but one can rest assured they will try for the next available trip.

After traveling down grade for a couple of hours we stopped before crossing one of several trestles for a lunch break. Ranger Kallinen pointed out that there still is much work to do when funds become available and manpower is restored. Due to the present economic crunch the Park Service is very short handed.

The balsam root and other flowers had mostly bloomed-out but the mock orange was in full bloom and in many places it was very thick and very aromatic. The desert parsley was prevalent and very much noticeable. Several other beautiful bushes were also blooming that we could not identify. There was wildlife to see, including raptors and deer, and many interesting rock formations. One song bird was very vocal even for us hard of hearing; it kept out of sight but serenaded us for several minutes.

The ride was both scenic and educational as Andy explained the geological formations and the benefits of Swale Creek to fish and wildlife. We were instructed to bring along a cushion to sit on and a sack lunch, both of which made the trip that much more enjoyable. One could concentrate more on the scenery and other points in relation to landmarks above the canyon walls. We all felt very comfortable with two retired nurses and a doctor along and of course our park guides who could allay any fears of imagined wild critters.

I have not been in the canyon for many years and then only in a small portion of the upper end near Stacker Canyon where I grew up. It was nice to see where the old rail bed had been before the flood in 1994 with remnants of it still visible. The grade was much steeper than one would imagine and from Wahkiacus to Warwick it is a gradual uphill grade. There are several gentle curves with several trestles crossing the stream. One can see why they would have had a speed limit on the track when it was in service.

We very much appreciated that the Park Service allowed us the chance to see some of our local history first hand and we thank the park employees who spent much time consolidating and preparing for the trip and were such excellent tour guides.

View additional photos on the [High Prairie website](http://www.highprairie.us/index.php?option=com_content&view=article&id=94:v12n2&catid=12:the-high-prairian&Itemid=16) ([http://www.highprairie.us/index.php?option=com\\_content&view=article&id=94:v12n2&catid=12:the-high-prairian&Itemid=16](http://www.highprairie.us/index.php?option=com_content&view=article&id=94:v12n2&catid=12:the-high-prairian&Itemid=16))

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## AROUND HIGH PRAIRIE

Audrey Bentz

A new High Prairie baby! The High Prairie population was expanded by one with the birth of Ian Hunt in May. Ian's parents are David and Prema, and Prema's parents came all the way from Malaysia to celebrate their new grandson, along with David's parents from Corvallis.

We welcome Bill Downing who now lives at 10 Oda Knight Road. Bill has already given hours of volunteer labor for the Firehouse Sale. He has done construction work for many years, and one look at the work he has done on the former Sexton property is most impressive. Bill is open to local building projects while awaiting permanent employment. (Ask Myrin Bentz for a reference!) Contact phone is 509-637-4102.

Our hearts go out to Sharon Edwards. After losing her husband Cal just over a year ago, her father died in late May, and now her son is recovering from Diverticulitis at the time of this writing. We hope that his recovery will be speedy and thorough.

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## BOOKMOBILE TIME

Lozetta Doll

Summertime is just around the corner which means Bookmobile Time! Get ready for the arrival of the Fort Vancouver Regional Library's bookmobile. The bookmobile stops at the fire hall on Centerville Highway every other Tuesday morning from 9:45 until 10:20. The dates are June 12 and 26, July 10 and 24, and August 7 and 21.

The library also initiates great summer reading programs for youths and teens. Sign up can be done at any library or the bookmobile starting June 1.



## COOKING FOR A VEGAN GUEST

Gwen Berry

What do you feed a friend or family member who has let you know that they're no longer eating meat, eggs or dairy? More people are adopting an "all plant-based" (vegan) diet as a health measure, so sooner or later you may be faced with this question.

Don't panic! There are lots of good vegan recipes which use ingredients you already have on your shelves. Look for ideas on the internet. Keep in mind that Mexican, Indian, and Asian cuisines commonly include vegan options. Plan meals that won't leave a hole on your plate where the meat usually sits—like stir-fry, stew, or casserole dishes. Remember to check the ingredients on common foods. Bread may contain milk or eggs, spaghetti sauce is sometimes flavored with meat, and many things have a chicken broth base. (Milk can hide with names like 'whey,' 'casein,' 'hydrosylate,' or any word with 'lacto' in it.) Keeping certain staples in your pantry can make cooking for your favorite vegan much easier. Some suggestions:

- Non-dairy milk – Get plain, not vanilla, so you can use it in cooking. You can always sweeten and flavor it if desired. Some people are sensitive to soy, so you might want to buy rice, oat, or almond milk.
- Hummus – Great for impromptu snacks or with veggies in a sandwich. You can get it already made up or in dry mix form.
- Tabouli mix – An easy cold side dish mixed with tomatoes and sometimes cucumbers; it's available in the bulk foods section or in a boxed mix.
- Vegan bean and/or vegetable soups – A good addition to a quick lunch. Buy lower salt versions, or mix no-salt and regular salt versions together for the same effect.
- Vegetable broth – Use in all the ways you would use chicken or beef broth.
- Cans of white/pinto/garbanzo beans – These can be added to soups, casseroles, etc. for added substance and protein. Buy the lower sodium varieties because when you put several canned ingredients together you can end up with a LOT of sodium.
- Egg replacer – EnerG brand is a powdered egg substitute that you mix with water. It works great in pancakes as well as baked goods.
- Pancake mix – Get whole grain mixes that don't have egg or milk already in them.
- Soft tofu – Great for in sauces, "creamed" soups, etc. Aseptic packs don't need refrigeration.
- Firm or extra firm tofu – Can be marinated, sauteed and added to grain or veggie dishes.
- Soy products – If your vegan guest is OK with soy products, there are lots of choices. Some are made to simulate "regular" food—like veggie burgers, faux hamburger patties and chicken patties, "ground beef" crumbles, sausage, deli slices, etc. Just check the ingredients carefully. Some are vegetarian (not vegan) and contain eggs or milk (e.g. whey, casein, cheese).

Links to recipes: (there are LOADS more recipes on the internet—these are only some I've tried and liked):

**Tofu "Cream" of Mushroom Soup** (<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=202604>)

**Agave Mustard Dressing Or Dip** (<http://www.cooks.com/rec/view/0,1915,142167-227202,00.html>)

**Shredded and Roasted Brussels Sprouts with Toasted Almonds** (leave out Parmesan cheese) (<http://www.kalynskitchen.com/2009/11/recipe-for-shredded-and-roasted.html>)

**Gingerly Chickpeas In Spicy Tomato Sauce** (<http://low-cholesterol.food.com/recipe/gingerly-chickpeas-in-spicy-tomato-sauce-351925>)

**Spiced Bulgur Pilaf with Currants & Pine Nuts** (<http://sites.google.com/site/cookincanucksprintablerecipes/spiced-bulgur-pilaf-with-currants-pine-nuts>)

**Red Swiss Chard with Onions & Currants** (leave out optional bacon) (<http://www.oprah.com/food/Red-Swiss-Chard-with-Onions-and-Currants>)

## RECIPE:

### RHUBARB PILAF

adapted from a recipe at

**The Rhubarb Compendium**

(<http://www.rhubarbinfo.com/stuff>)

#### Ingredients:

- 1 c Uncooked bulgur (or use 2 cups cooked millet, rice or other grain)
- 1/2 c Chopped onions
- 1 Tbsp Oil 1 garlic clove, minced
- 2-1/2 c Chopped rhubarb
- 7 ea Dried apricots, chopped
- 1/4 c Apple juice
- 1 tsp Cinnamon or Curry powder
- 1 pinch Cayenne
- 2 Tbsp honey
- 1/2 tsp Tamari
- 1/4 c Slivered almonds
- Fresh sprigs mint for garnish

**Procedure:** If using bulgur: Place bulgur in a medium sized saucepan or mixing bowl & add 2-1/2 c boiled water. Cover & set aside to steep for 30 minutes.

In a large skillet, saute the onions in oil until translucent. Stir in the garlic & rhubarb & saute for 1 minute. Add apricots, juice, cinnamon (or curry powder) & cayenne. Cover & cook over medium heat until bubbly. Add honey & tamari. Stir in the bulgur (or other grain). Garnish with slivered almonds & fresh sprigs of mint. Serve warm.

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Are you interested in writing an article or contributing a photograph, recipe, poem or a story to *The High Prairian*? It's easy to do. Just email your submission to **Gwen Berry** ([pgwenberry@gmail.com](mailto:pgwenberry@gmail.com)).

The deadline is usually the middle of the month prior to publication (March, June, September, December). An editorial committee will review your submission. Most articles, photos, etc. will be added to the online version of *The High Prairian*.

Priority for publication in the PDF version is given to articles with fewer than 400 words.



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