

Gathering Our Voice

Interview with Corky Broaddus

Interviewer: Nancy Warner

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Nancy Warner: Okay, this is Nancy Warner. I'm here with Corky Broaddus at the fish hatchery in Leavenworth and we're going to do an interview for the Foodways & Byways project of the *Gathering Our Voice* program, and we're gonna talk mostly about wild food and just some of your background in the Upper Wenatchee Watershed area, Corky, so, um, would just say your name for the tape?

Corky Broaddus: You bet. Corky Broaddus.

NW: Okay. And your middle, your middle name or your maiden name is Work?

CB: My maiden name is Work. Yeah. (laughs) No... Um, you want my middle name?

NW: No, I just was checking, you know, for you because I just was curious about that. And I mean, I guess it kind of sets a standard for.... (laughter)

CB: That's funny. That's funny.

NW: So how long have you and your family lived in North Central Washington? I know you've been here a long time.

CB: I moved to North Central Washington to Lake Wenatchee in 1973, started my first job with the Forest Service as a seasonal employee during my college years, so....

NW: Were you a fire lookout?

CB: Yeah. I was a, you know, in those days, you all worked together, you did forest fire fighting, and tree planting, and winter snow removal...I mean, all those things we all did together, it was a nice kind of fun, core group of us, about twenty of us that still live in this valley, um, but basically I started in fire management and then went into...but always knowing I would do outdoor ed. I knew I'd be working with people in the public affairs mode, and recreation, and those were my strongest, strongest jobs, and then got this job with Fish and Wildlife Service in 1991 with Salmon Fest, sort of brought that over. I -- we started that in the Forest Service and decided to do it here.

NW: Wow, that's a long time.

CB: So I've been here a long time and then recently we sold. Lived at Lake Wenatchee 36 years and have moved down here just a mile from here, and are now residents of rural Leavenworth. I can walk to work.

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NW: Big change! Wow. Nice to be able to walk to work. So I just want to flag this for another interview. It would really be fun to talk to you about the fire look-outs; that's just something that...

CB: I was, I just did relief lookout. I wasn't a full-time lookout, so I could recommend a couple others for you

NW: Okay, all right. Um, well, so what do you like most about the Upper Wenatchee Valley? You have a really good perspective, you know?

CB: Number one is how blessed we are with the natural resources so abundant in our area and also, as years go by, how blessed we are with the people that have lived here before us, with us, and those that are coming back and returning, some of the youth that are coming back, living, and starting to become part of this community. I think the Upper Valley, I think the entire Wenatchee Valley, from Stevens' Pass to Wenatchee, to East Wenatchee is so, is getting so better-connected because there are so many that have common interests, and so much in protecting the natural resources that surround us. I would never imagine living or calling any other place home but here. But it's unique, it's unique. The community of Leavenworth is unique, Lake Wenatchee, every one of our little communities as one is totally unique in the entire country. I've done a lot of travelling with my work, telling our story, and it's hard to describe, why does it work? You know, why? you know... Our agencies work well -- government with local people. So, anyway...

NW: So, it's the sense of cooperation among the people that you really value?

CB: Cooperation, and the opportunity to really get to know people, and to share, share as we talk about food and sustainability and as, I mean, some of my very closest friends are the elders in the community. And of course John and Mary Ware from Lake Wenatchee, who became like parents to my husband and I and to others in the community. There wasn't anything that wasn't homegrown, homemade, home-, you know, created. And it just was such mentors, and those that have opened themselves for us to be their students.

NW: Oh, okay great. Well, I want to talk about some of those things that you learned from them as we go. So, but just to focus on you and your family a little bit before we go broader. Are there any special food traditions that you had in your family that are sort of peculiar or unique to North Central Washington?

CB: You know, I think, you know, we are fish lovers, and yes. Enjoyed fishing for steelhead years ago in the '70s and '80s when the Upper Wenatchee Valley -- or Upper Wenatchee River -- was open. We -- my husband and I -- when we first got married lived in a little cabin that was abandoned on River Road outside of Plain. And we didn't have any plumbing, and we just, it was a one-room cabin. It was probably the greatest place we've ever lived. We stayed there for five years while we were building a log home at Lake Wenatchee and so every evening being able to go outside the door after we'd get home from work and pick out of the garden, and then walk down and catch a fresh steelhead and get the barbeque or the wood stove going. And uh,

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I'd say we're, we're -- that's the kind of food we love and then my husband is from Montana and so we've had the opportunity for years to be able to get good venison. And I'll tell you, my family's favorite meal is mashed potatoes and gravy. Good salad, out of the garden, and venison. Or you know, deer steak.

NW: Oh! That sounds good.

CB: And then of course, I had a grandmother who taught me how to grow vegetable gardens, but I never really understood it until we were able to get one when we moved here, and have loved that. But I'm a real basic, basic gardener. Basic veggies -- we pick, you know, what we truly eat, and enjoy that. And then I have had the opportunity to spend time with some really wonderful Native American folks and some of the older folks in the Lake Wenatchee/Plain area and go out berry-picking, and, you know... And canning! Boy, I used to can, and freeze, and always put up our own food.

NW: Where did your grandmother live?

CB: Well, my family's from Oregon, and so my grandmother lived in Salem, and another one in Portland, and they both were gardeners. I mean, that's the way they were born and raised, and they raised their chickens and... My grandma during the Depression used to carry her basket of eggs from Renton to the market in Seattle, and that was every week, hauling those eggs, but she was the farmer. She was.

NW: How good to have two grandmothers that were farmers. Okay, well, that's great. I know your daughter just got married and we were talking about that celebration right before we started this interview so...

CB: That's right. (laughs)

NW: Are there any other sort of annual traditions your family has around food, besides these good-sounding venison dinners?

CB: Which it really does bring us all together. We have friends and neighbors in Leavenworth that literally will call and ask, "Can we come over? Can we have that meal?" My husband's kind of getting into cooking now, but I would say, no, we're just, you know -- smoked salmon, salmon and...we prepare salmon -- everybody has their own recipe, but we do a pretty neat butter, lemon, brown sugar and Dijon mustard sort of thing on our salmon. And then also, basil salmon -- I mean, there's just a variety of ways to cook salmon, and dry, the traditional way. We enjoy eating it that way, and salmon jerky, so. That's why I work at the salmon fish hatchery, you know, so I can get more salmon. (laughter) You know, I don't think, Nancy, really..... No, it's just whatever fresh we can get, we do.

NW: Well, so how did you learn to dry salmon?

CB: Through the Native Americans here at the encampment site for the Salmon Festival. Just watching them and learning and how simple it is, how basic it is, literally every single piece of

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that salmon, uh, they dry the salmon as we prepare them to serve salmon over the open fire pit. It's prepared by an elder from the Warm Springs Tribe who is a blessed salmon cook from Warm Springs. She's in her eighties and she's come every single year to teach the traditional methods, and of cooking and preparing salmon, and so just hangin' out with them has been great, and just stripping, and just literally, just drying them over in the sun and letting them hang for three or four days. And she lets the yellow jackets work on them a little bit, and she, you know, just keeps them totally, totally out in the air for two days, and then we'll just eat on it.

NW: Ohhhhh...

CB: Very simple. No seasonings, no. Yeah...not so much at home, but I mean as part of these other events that we're involved with.

NW: So would you call that air-dried salmon?

CB: I guess it would be, yeah -- or sun-dried. I don't know. It's the traditional way.

NW: Let me ask you about, about this, Corky, and we can... I'm interested in this in your own background but then also what you found when you moved over here. When you were younger, living in Oregon then, what would you say was the percentage of food that your family got at the store versus what you put up, grew in your garden, hunted for, fished for?

CB: Fifty percent, I'd say. Half and half. In those young, when we were very young, we had, I had four... There are four of us, four daughters. And there wasn't, uh... We canned. My mom, I mean -- canning all the food. I remember each year canning and drying. And yet, we lived in Portland, right in a residential area in Portland. But my mom was a great shopper and she... I mean, Depression kids, parents that grew up in that, boy they knew how to stretch every penny. And then we would go out to the strawberry farms and pick, we'd pick berries out in different-- outside of Portland, in the Tigard and Sherwood areas. My first job was picking strawberries but I got in trouble because I ate, you know, every other berry I picked and the berry -- the farm manager kinda gave me a lecture one time. But that was...you know, then fresh pies, and, you know, that was always a treat in our lives.

But I would say for several years and then I think as we got older and busier Mom always, you know we always had that. Dinner was always at around six and then we'd regroup and but she was one of those planners, which I learned and was so grateful for. Planning out a good week, or two weeks, of food and so if we did go shopping, it was very well planned-out, and meals that stretched. And some of the foods that we would make that would be fresh, um, that would be in the fridge when we would not be certain what we wanted to eat, she used to call "Mustgos." And so, you'd look in the fridge, you'd open it, and go, "That must go, and that must go, and that must go. So we will eat "Mustgos" for dinner." We'd go, "Mom, what's for dinner?" "Mustgos!" Boy, we were so excited. That was one of our big things.

NW: That's great! So you were kind of really well-trained for rural living.

CB: Well, yes, but we were pretty big-city people, too, you know, and it was, I think, tight

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budgets, I guess. That's probably the -- and feeding a family of six. Yes. Mom was a good cook, but very basic I would say. Nothing was gourmet, I mean, she would do fabulous. She would always make a simple meal have a presentation that you couldn't resist. That was always, and, and... You could make Spam look good, you know? (laughs) In those days!

NW: She sounds great. Is she still alive?

CB: No. She passed away about four years ago. But, yeah, she was fun. But it was really through her parents -- my um, my grandfather on my mom's side and my grandmother started a Boy's Farm, it was the first Boys' Ranch in the state of Oregon and it became the first Boy Scout Troop in the state of Oregon in the '30s and '40s, um, out of Lebanon, out of Salem area. Lebanon, Oregon, and so there were you know, they raised boys that frankly had a lot of troubles with legal problems or families, dysfunctional families, and just, trouble. And they'd just bring 'em to the farm and work the farm, and do the harvesting and the planting, and would teach those kinds of skills to the young boys in those decades. And so that was I know where probably Mom picked up a lot of those tricks and tips.

NW: Oh, okay. Yeah.

CB: I never -- you know, I wish I would have had the opportunity now, as we all say with our grandparents, to really sit down and talk about this stuff. I read some of their journaling, but...you know I don't think they ever thought that it was any big deal, but now we look at 'em like "Oh, my gosh, I wish we had the knowledge that they did, and the skills, and just learned how to live simply."

NW: Yes. That's kind of what we're trying to do, I think. I think we're trying to just kind of go back a little ways. And so, so I'm picturing you with that kind of background coming over here in 1973 and living up there in Lake Wenatchee. So can you tell me some of the early stories about things you learned from the old-timers up there? About how to take care of yourselves and eat?

CB: Oh, boy. Well, because we didn't have electricity we got pretty creative with ways of doing things, and uh, we, again -- just the basics. I mean, it was the first time in our lives where... And Duane, my husband, was quite an outdoors guy all his life. He ranched and farmed in northern California and in Montana. There's a town called Broaddus, Montana, named after his family. And he, uh, his father and his brothers... His father was born in 1876. He was 73 when Duane was conceived. He died before he was born, but it was the old Broaddus ranches and the cattle ranches. And so he was born and raised with his mom running the ranches and several others. We actually -- I learned, actually, and he did too -- more from the Montana side of the family about really roughing it. But so we kind of grow up with, favorite thing to do is go split firewood. That's still one of our favorite things is that we have wood heat. That's what we had at the lake, and we knew how much wood heat how much wood we'd collect probably six cords, you know, and that would keep us going. We had uh, no bathroom so we built a double-seated outhouse, two seats, overlooks the river. Back far enough, you know. We did the outhouse. We got a phone booth and made a shower out of it. We just -- we were resourceful, whatever was out there, we'd do. And hung -- had an old ringer washer and just everything. In fact, I'd love to

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go back there. I'd love to live there again and live in that very same setting. Course now I'd do things a little differently and compost toilets, but whatever...

So you know, spending time with the gardening and then we started in 1974, -5, and -6 with Pat and Nevel Harris, Debbie and Dennis Pops, the Burgesses, the Wileys, the, uh, Diane DeWeese, and several -- we started a food co-op. Chris and Grant Gibbs, Chris Rader and Grant. And Cordi and Mike Bradburn. I mean I could name --all of us -- we had kind of about twenty couples who were all out of college, all coming back. We had all bought our ten acres, or twenty acres, and we had purchased twenty. But we started a food coop and learned how to order together. It was absolutely a treat. And learned from each other. And we were the young generation, but whenever we had -- like Mrs. Moore, she had the cow. And she would sell the milk to us, and we learned how to make cheese, we knew how to, you know, we learned all the skills of butter making, all that. And it seemed like we all picked up different skills, and we'd regroup together and we saved money, and had the fun and the camaraderie of once-a-month gatherings to separate all our food coop orders. And we did that for several years. Always swapped recipes. In those days, I gotta tell you, Nancy, it's just changed a lot now, but one would call, "Hey, Potluck. Who's house?" Boom! I mean it was that, we were just instantly there.

And then we started having kids, and that grew and that grew, and hopefully we've continued some of the traditions that our kids have. Although, I gotta say, my work certainly has been busy and I could do forty, fifty hours... I mean, it became, dinner was more of a hurry, you know, food was -- as we all know. And yet we still go back to the basics, but we've found ourselves slipping every once in a while and you know, grabbing what was fast and easy. But we've really never been the fast food eaters and....and then learned juicing, and love to huckleberry pick --

NW: So who taught you about berry picking?

CB: You know, I think we kind of learned that as little kids. And then, there's quite a group at Lake Wenatchee. Everybody knows Top Lake Trailhead, everybody knew the hotspots, and also where the tribes would go up in the huckleberry flats and some of the areas right off of on the backside of Dirtyface, up on Poleridge and Meadowcreek area and those traditional berry picking grounds. And then more recently, recent years, I'd say in the '90s, some of the local tribal people, really, from Salmon Fest, who picked here as young kids -- the William Dick family, Celia and Dick family, um, Fred and Tina Blodgett, who live on Wilson Street, have lived here for years, and he's a Yakama. They're both tribal, they work for the Forest Service, or did. And so I guess we just sort of learned. And people, people, we all would track each other, "Okay, how are the berries looking up in this place?" Or, "How are the berries...?" And some would, um, we would sort of trade. We did a lot of trading, a lot of: "Okay, I picked some blackberries." "Well, I've got some huckleberries." "Well, I've got some raspberries." And then basically our garden started becoming bountiful with that just at home, so...

And then, more fishing. We'd go to Fish Lake, catch those trout, and we used to be real proud of it. Especially us gals, because the guys would always catch 'em, but we'd hop in a little boat, went to a place called Porters' Hideaway. It was across on the north shore of Fish Lake, and catch our trout and you know, thought we were pioneer women, boy. We weren't, but... But I

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guess, you know, overall, there's several of the folks that I think, that I think, are elders of their own... They were so excited to pass on their knowledge. And Mary Ware, for example, she was like one of the, she was the first cook at Stevens' Pass when it became a ski area. And she would tell us stories of the big vats of soup and the big, big, big meals she would prepare just single-handedly. And bread-making, bread-making -- oh my gosh! We all, you know, kneaded our own bread.

NW: So, let me ask you this, Corky, thinking about huckleberry-picking, um, or fishing, any kind of wild food harvest -- hunting, hunting deer. What are some practices that you learned from elders that you think are good conservation practices that should be passed on? Um, so I guess I wanted to focus a little bit on the actual harvest process, you know, um, if there's anything that comes to mind? Anything related to burning?

CB: Well, you know, we always found for our picking that the most successful areas were in those old clear-cuts. And, especially up Rainy Creek and Fall Creek and up Little Wenatchee drainage. And I think we were very conscientious about not stepping on other plants and other, I mean, being very careful about where we would tread, and the impact is to pick lightly, and spread out, um, and leave some for others. Because, boy, when you get in a bunch of those huckleberries you wanna just take 'em all, but knowing that we need to share, you know, we can't take them all. And also, um, follow the bear sign, you know, that was a good way to know where the berries were, by looking at bear scat and other animal scat. But, I think, um, we never over-picked, and we were cautious about impacting other vegetation.

NW: Okay, that's fine. Yeah, that's good.

CB: I mean, I don't know what other things....

NW: As you've gotten to know some tribal members through the Salmon Fest, have you learned other things about how and when to pick berries?

CB: Oh, boy. I know there are a lot of things they've shared, but I can't remember exactly, you know, whether in times of the month, whether the cold temperatures and the turning of the leaves, um -- boy, I can't specifically say, Nancy. I don't know.

NW: That's okay. Well, that'll be something--

CB: I guess one thing is for me, is, we'd follow. We were great followers. (laughs) We'd follow, and "Oh! We'll go with you! Yeah, let's go learn!" But I guess I, I don't really....

NW: That's okay, we'll talk to William Dick and others about that!

CB: Yes, yes, because --boy! Yeah, that'd be really good. And the Blodgett's. That's somebody else I want to give you. Because they would do the annual picking up in those, up in the huckleberry fields off the Chiwawa River.

NW: Okay. So how about hunting? Um, deer and venison is a big part of your life?

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CB: Well, we aren't hunters. That's...you know, but our family and the family in Montana on their ranches -- the over-populated or big populations of deer, they would honestly, the ranchers would invite or they would get the game and they'd always share with us. On every trip that we'd take we'd always bring home some venison. Um, Duane hunted. He was also in Viet Nam for a few years. That didn't appeal to him much after that, but the venison and the antelope that we have been able to receive from those bountiful grounds, those bountiful sources -- so lean, so healthy, you know, and um, such high protein. But we really weren't the hunters. But our family is, his family is. They are very -- hunting is their culture. Hunting and ranching, for population controls and for, you know, keeping.....yeah.

NW: Well, how about fishing? Um, you know, here you've spent your career working at a fish hatchery and also in an area where there have been changes in the fish population that require regulations and you can't just go fish steelhead like you could. But, so, so we are looking for any and all stories we can find related to good stewardship practices of fish, and so, you know, we will be talking with people who are professional biologists as well as those that aren't, looking for those kind of practices. So, anything from your own experience or things that you've learned from others about where to fish, um, how to fish, and, you know, we talked a little about preparing, at least, salmon?

CB: Um, some of the most special times of course are fishing up in the high mountain lakes, in the alpine lakes. Don't say that because it's a wilderness area now, but in those early years up on the Pacific Crest, um, we did a lot of trail maintenance and so you know evening dinner would be fly fishing out in one of the lakes, and those little brook trout and some of those wonderful, um, other trout that we would catch, you know the pan fry size. But, um, you know, this work has really, well -- let me back up.

When we first moved here, nearly 40 years ago, it was bountiful. I mean you could fish, you could really walk, like I said, walk out the door and catch fish. There were, very rarely were there places closed. But there was also a lot of planting of the streams -- the Nason Creeks and the Wenatchee River, planting by the state that used to run fish hatcheries just for stocking for food. And not native fish. And then that just got way, mind you, sort of way, um, out-of-hand, you know, and it also began mixing stocks of fish that weren't native to the streams and so of course it was changing the genetics of the fish and not a lot of changes. And then, the combination with the habitat degradation or over-harvesting or using chemicals or you know there were a variety of things or over-use and, um, more vehicles in the streams. And I mean all the impacts, all the human impacts with the -- there were in our own local areas and up into the Upper Wenatchee. Um, it really made us sit back and go, okay, you know, we're conservationists. We didn't think of ourselves that way, but, but now, realized that we need to keep those same ethics going in the way that we would utilize the natural resources for our own personal consumption, but also I've learned through this job of mine, too, is how then to become better stewards and teach others. And so that has become nearly a passion for our work, and, um, I think to recognize the need to keep these native populations alive you know we are unique enough like with the bull trout and... Judy DeLaverne would be perfect to talk to you about that and and how, you know, the listing of some of these species cut off yeah, sure, when the state cut off catching steelhead in the Upper Wenatchee River all of us were like, "Wait a minute! They

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can't do that. They can't take that away from--".

Well, we need to learn there is a reason for that. And now we're excited because after 20 years of all the hard work and you know, sort of grittin' our teeth and going, "No, I understand now. We were losing these populations. It is critical that we regain these for future generations and for these fish and better habitat." And so measures of course being taken to improve habitat or get it back even to a semblance of what it was before, is critical. And we're seeing the benefits! Now we're starting to see it come back and the de-listing of some species. These Spring Chinook salmon, you know -- working in a hatchery there's a lot of debate: hatchery fish versus wild fish. I mean I even have people come up to me and say, "I can tell the difference in the way they taste. I can tell..." You know, it's like... Well, the one thing about these hatchery fish and the reason we're here, is when they built Grand Coulee Dam, they blocked the passage of millions of spawning salmon into British Columbia and the headwaters of the Columbia River. And, um, they decided we needed fish hatcheries to not only provide as mitigation for the loss of those fish but to provide our goal is subsistence, is food for the tribes and sport fishing and opportunities for non-tribal members to catch fish for food. Food, food! And recreation promises that have been made -- to keep those. And so our salmon might be raised here 18 months, but boy, they travel from this hatchery 500 miles past seven dams, out to the ocean for a couple years' migration, make it aaaaaaall the way back up when they're ready to spawn. And they come back here as 20-pounders-plus, healthy, vibrant, great meat, beautiful fish, wonderful creatures, I mean just incredible! And, um, and we're pretty darned proud of that and these hatchery fish really don't taste any different than wild fish. (laughs) Because they all run the same gauntlet, it's just these guys were babied for a few months before, but there is, you know, real, real, um, good care I think between dam operators and biologists and all the river managers and all the hatchery -- you know everyone's now finally, again, working together, and becoming more conscientious about the quality and the revival of some of these fish species that need a boost and we need to keep it going.

NW: So, um, do you know Ray Hendrickson?

CB: Um, only, I mean, yeah...one of those...

NW: Ray Hendrickson? They just live....

CB: I probably do. Do I? I probably do.

NW: I thought you might. But I would hope to do another interview with Ray about sort of, like, what he learned from his dad about fishing. Because he was before, you know, the old-timers who were here...

CB: Oh, yeah, and Burgesses. Have you ever talked to them?

NW: No, but we'd like to and--

CB: You want to.

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NW: So maybe you could participate in some of those interviews, 'cause that would be helpful.

CB: I will. Yeah, I can stimulate some of those. Yes, because I mean you know that's what they did as little boys. They're in their 80's, I mean, now. Every high lake here they know like the back of their hand and -- And how they fished the stream-- And you know the old days, we've got some historical references and pictures, you know when we used to fill those milk jugs, those big old milk jugs with fish and horse-ride 'em up into the high country and drop 'em into the high lakes, and then we aerial-planned and dropped 'em out of airplanes. You know, that, I mean there's quite a -- quite a lot of info on that.

NW: Yeah, so we'll talk to some of those folks.

CB: Yeah, that'd be good.

NW: Um...

CB: Gosh, I'm sure jumpin' around, aren't I, Nancy?

NW: No, you're doin' great!

(laughter)

CB: I don't know where some of this is coming from!

NW: I'm so glad we're doing this!

CB: I know, 'cause I'm a wiggler. I am terrible about that! Can't hold still.

NW: Um, well we've covered a fair bit of this, but let me ask you this: um, you have been here, what'd you say, nearly 40 years?

CB: Well, '73, and then graduated. Fulltime since '76.

NW: That's a long time!

CB: That's a long time, so, yes, 30 -- whatever it is, six, seven years.

NW: So you and Duane, and, and you have children, and....

CB: Yes.

NW: So what's one of the things that you're most proud of about the way that you do um, um, grow, gather, and care for food in your family?

CB: It's a lot like the work we're doing -- it's connecting with nature. It's just feeling that we can be friends with the ground, friends with -- just the care and consideration for what is here and the

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resources and the -- and learning, you know, by no means are we experts, by no means. We just keep learning every single day and keep sharing what we learn and by, I think, if there's anything, it's good stewards. It's that whole steward thing: become good stewards. Even if everybody could just take their little 10 by 10 plot of earth and grow it -- it's amazing what you can do with that! I guess, I guess most.... There's nothing better than looking at your plate of food and going "Wow! Everything on this plate, we grew, or, has been given to us because of the resources where we live." You know, so all those wonderful dinners, and it just... Even if it's not a lot! Even if it's just, you know, a few meals a week, or whatever it is there is a good feeling about it, and you know it's healthy. And that it's, you know. And the traditions... I mean my, my daughter, who just got married, she and her husband have recently got -- well of course she always helped me as a little girl, but for years, I mean fast food, yeah, I mean they just own their own, and she didn't have her little potted plants. But now they're getting into gardening, and it's so great! Now my son is an organic gardener and he's, he's kickin' into gear and he's returned to Leavenworth and starting quite a -- working with a live-to (?) group and the Sustainability of Leavenworth group and working on a community garden. I mean, things that are happening, and upcoming, and it's exciting to see that, even if we just shared a little bit and they learned one new thing a day, or one new thing to help their lives that we were successful then and we can pass it on and they can do the same. So, I don't know, kind of rambled there, but...

NW: No, that's good. So you passed on a, a...

CB: At least just a....

NW: sense of self-reliance.

CB: And you know what? It also is that is work. It's hard work! I mean you don't just expect the -- I mean, you put your time in, but it's also therapeutic. That is, for me, probably, pulling weeds and -- boy! My veggin' out time. I mean, therapy, therapy. And I think that's true of most of my women friends, especially. You know, every one of 'em, especially those -- it's crazy, but around here there're a lot of hard-workin' women that go a hundred directions and they can spend ten minutes in the evening in their garden -- hoo! That's everything to them.

NW: 'Kay. That's good! (laughter) Okay. Um, we talked about the co-op, and Chris Rader uh we interviewed Chris --

CB: Yeah, Chris would have some -- and of course, Chris --

NW: --a future interview with the whole group --

CB: Wouldn't that be a hoot?! Oh, I love that almond butter. I mean, I just remember some of those -- in fact we were, we were talking once -- yeah, it'd be fun. We'd have fun talking about that.

NW: So let me ask you this, um, we are interested in how people have gotten together, what are some practices that have worked, to do things cooperatively. And you've already sort of talked

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about going huckleberry picking, and, and you know going out fishing, you know, as a community, as friends and so on, but do you have any traditions around, you know, preparing apple cider, or getting together to can, or...

CB: Well, in the old days I used to, but, you know, I haven't, no...not. I'm hoping that we will revive that with our kids as they're harvesting their own and be able to, you know, work with them. Yeah, pickles. Pickles are a biggie. And we have special friends that make the best pickles and my, my daughter for a wedding present not only got a case of pickles, homemade, but also is getting from one of our guys here at the hatchery a case of pickled green tomatoes, which she -- of any wedding present she could ever receive, that's her favorite. I mean it's just great.

NW: Oh, that's so funny to picture --

CB: Yes.

NW: Oh! Well here's another question: we're asking everyone about how in their experience their community dealt with people in need. It could be outside the family, if you just step back and say, "Okay. If someone up in the Lake Wenatchee area was in need, how did the community respond to that?" Or, if you have a personal story that's great, too, but just trying to understand how that has happened in the past.

CB: Well, there's no better community of people than in that Lake Wenatchee/Plain... And actually now that I live in Leavenworth too, it's spread out throughout this whole valley, I see. Um, we have been very involved, personally and work-wise but in personal ways, um, our family's been very involved with helping provide food or fund-raise for food or clothing, um.... My husband's a disabled vet, and his, probably one of the most successful things that we've been able to be a part of and help lead is, um, is providing food and finances for returning disabled vets in our valley from Iraq or Afghanistan in the last few years, and um doing big food drives successfully and then distributing.

That's a big thing we've been -- we stockpile in our shop in our new home uh these boxes and boxes of foods and, and generously donated foods and canned foods and clothing and then uh we've been able to go out and raise funds through some -- I'll tell ya, I won't mention who they are because they wouldn't want to be -- but some of our friends who are some of the business leaders in, in the Wenatchee Valley who just out of their own pockets I mean, you know I can mention like Brian Nelson, who's such a dear and uh and those um, there's just several -- Steve Balldock and some of the car dealer -- I mean that are personally connected to veterans in some way in their own lives. And um, and that I believe we've been able to -- there are so many people who have offered to help and who have their own efforts going and then we can help provide -- I think this community is outstanding. You make one call for help, whether it be through a church or be through an organized um facility or whatever, you're gonna, you can count on it. This community rallies and feels the value of helping others. I mean we've had some really -- you don't even realize some of these people live here and where they're living and isolating way out in the woods somewhere, because they can. Nobody can find 'em. But they're in need, and they're scared to ask and so we've sort of got little networks goin'. If we see

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someone that that needs help, or we get called -- we're actually -- we get called from the local VA Med Center now that it's in Wenatchee. I mean we get called -- "So and so needs to get to a doctor appointment and we don't have a ride. Would you help us?" So, boom, yeah! We'll do, or we'll find someone that can go drive them to the doctor. So and so just this past week, Nancy, he was at Lincoln Rock State Park camped under -- he's from Iraq, he's just totally lost, he can't... Well, we took him a couple bags of food and uh got him connected with a counselor that can help him.

So I think the networks are there and that all we gotta do and all people have to do is just say, "Hey, help!" And I know, and it doesn't even matter if it's a veteran, I mean for all -- there's a couple, especially now with school starting and uh, um, yeah. I think there's a, there's -- how do I say this? The people that have contributed whatever their walk of life, whatever their income, don't necessarily want to be thanked. They're very humble about it -- they give because they love and care and they always will, and you can count on 'em. But they don't want to be noticed.

NW: Neat.

CB: It is neat. You don't find that very --

NW: That is so good. Yeah, that's good. Okay. Well, when you think about the food that we harvest and eat, what is your hope for the future in this region? And, the second part of that question is, how do you see us increasing access to local food? So--

CB: Well, I'm, I'm really big in learning from the youth that are moving back here, too, how -- and reminding ourselves of what we used to do with this whole community garden thing. And these farmers' markets are helping, except they're getting pretty expensive, some of 'em. But it's bringing, bringing the old and the young together and it's also providing, like we've talked about on the front part of our property, a couple acres -- if private land-owners are willing to do this, and there's, uh, someone who will manage it, is to... Our goal, one of our goals with my son is to, um, uh create little plots, and let a family adopt a plot. And again, they're in charge of it, but they'll have too -- you know, because we own the land we'll certainly set parameters and they'll need to come up with water sources. Let the kids help plot out the garden. Start from scratch. Start from scratch, start composting, build good soil, um, but become a family affair. So the young learn along with the parents. There're a lot of parents now, a lot of the generation that have been locked to computers playin' video games and have not, I mean that are having babies now, that haven't themselves been outside, even -- it's amazing, how many live here that are... You know, it's the connecting kids and nature, and looking at it from the health perspectives, the reduced -- the onset of childhood diabetes, reduced obesity levels in kids, because you've gotta get 'em outside. Let 'em play in the garden! Let 'em watch it grow! Man, they connect with nature with that one little thing, that little sprout, that little...

Like Carol -- you know, here at the hatchery we have an alternative high school. This is an alternative high school. We house -- in fact, the new building's going in right now, its right there. And Carol Driess is an awesome one for you to talk to. These kids in their horticulture class -- that little greenhouse grows amazing starts, and they have a plant sale. They also do all our flowers around the hatchery as part of their class. The kids mentor with us; they learn how to

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take care of the fish. They go outside with us and we teach a science class and meet their needs. But they have a garden that they give to Community Cupboard. They harvest through the summer, and these are high school kids that have never been out in the garden. They have grown up flipping burgers at McDonald's; they've seen the food, the fast food, in its peak, with all the packaging. That's the biggie. We gotta keep recycling and reduce that packaging. But this, but this is cool because this is -- and there's probably half of those students are Hispanic. And they are hardworkin' folks whose families do work and live in the orchards. So they've seen harvest, and they've seen the benefits, but they haven't ever learned it themselves, so it's.... But that is a really cool project. That's called Cascade Discovery High School.

NW: Okay.

CB: And it's an actually accredited school through the district and through us, through Fish and Wildlife Service. It's the only high school, only school on the grounds of any federal facility of ours with Fish and Wildlife. I say that because this grant is the first with them in the country.

NW: Really? I didn't know that!

CB: It's right here at the Leavenworth Hatchery.

NW: Okay! That's cool, Corky! I didn't know that. Hmmmm.

CB: Yeah. I don't know how it might fit with this, but it might fit....

NW: Well, it might fit into, say, one of those stories...

CB: Oh, yeah. Yeah!

NW: We're doing a story on Upper Valley Mend... Oh well -- let's not.... Okay. I have one last... Okay, I just want to do a little tweaking.... (adjusts CB's microphone) No, you're fine, it's just that, that kind of a shirt... I just want to make sure that... There we go. Okay!

My last question, and then I want to give you a chance to add anything that I haven't asked you about, but, um, if it was your own daughter, or if it's your future grandchild, or if it's just one of these kids in Leavenworth, um, it doesn't really matter.... What would be your advice, um, to them in terms of how to be more self-sufficient? Around food? Anything you might add that you haven't already commented on?

CB: Never... Um, what do I want to say? Well, never be wasteful. Never -- I don't want to say prepare more than you can eat, but never -- if you're fishing, and you catch a fish, eat it, you know, anything, especially with any wildlife or any fish or game, don't, don't keep it if you're not gonna eat it, you know. That's always a biggie with fish. I don't know if that's the right way to phrase it, but, it's the wastefulness, and, um, and that's real critical. Um, get your hands dirty, you know, dig in the soil, and learn how to do this, and... There are so many benefits beyond even just the food. There's so many benefits of gardening, and, um, and of really creating a relationship with, with nature and what is already provided, what is already there for us. Learn

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from older people who have sustained their families and their, you know -- oh gosh! I think I've already said it in several of these questions, but, it's just... And don't be afraid to try! Don't be afraid to learn and ask questions. If you want to grow a garden, by golly, it's, you know, a couple packets of seeds and ask a little advice and talk to your plants and water 'em right, and you got it! (laughs) But, but it, yeah, I think, um....

NW: Why -- just one more little angle on that -- just kind of playing devil's advocate: why do I want to be more self-sufficient? What do you get out of that?

CB: Oh, boy.

NW: And what do you get about being more connected to nature?

CB: What do you get?

NW: What do you get out of that?

CB: Well, I think (laughs), I think there, there -- you look at the benefits on a very personal level, and not only are there physical benefits. You know, good, healthy eating, and connecting, and being outdoors, and fresh air, and all those wonderful things. And then, you learn about respect, and you respect what is here and, and how to take care of it. And then you learn about -- whatever this may be-- about, there's something spiritual about it, very spiritual about it, that just, there's nothing that makes you feel better. And you can be a helper, you know, that makes you feel better, when you do something right, you feel good about it, and, um, and then, I think, helping others is so critical, and food is something everyone needs, as we know. And it's a simple way of giving that is there! I mean, nobody should go hungry. Nobody should ever want or need food or, you know, but it's, it's -- that's kind of it....

NW: Okay. That's good. Thank you. Do you have any other comments you want to make on this topic before we close?

CB: Um... I guess that I get on my soapbox with this connecting people and nature, but the one thing I think we lack for our own calmness, our own lives, is, one of the richest gifts that we're given from nature, is the opportunity to observe IT. Is to sit out on that rock, or sit on your porch at home, or listen out your bedroom window at night with the window open, and just listen. Just listen. And listen to the sounds of nature. And watch an animal -- watch, watch a frog, watch a bird. I call it "belly biology", because I think it's great to just lay down, get dirty, look at an anthill, and just take time to just watch. And, uh, and we don't do that enough. And take those deep breaths, and just -- it's not, it's not corny. It's not silly. And it's so simple because we can all do it. But we need to stop -- and I am one of the worst because I, I'm always running a thousand directions, and I get in trouble for that (laughs), and I get told all the time, "Would you just stop?!" "But I gotta get this done, I gotta...!"

And, you know, that's just the way I am, unfortunately that's what you get when you live with me, but... But it is, it's simple, but observing -- the observations. And I know Heather will probably talk about that because she does her art -- it's the journaling, it's all the fun -- and it's

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just sitting there! Just sit there for a while and tell me you don't hear one thing. One cute bug, or one...

I had a dragonfly -- we had 250 people at our home, 300 people at our home. And over the din, I mean it was, you know, just days of it, of just prepping and doing this big wedding, and I kept hearing this sound in our house, and we have this log house here that's fairly new. We just built it. And uh, I could hear it, and it just dominated over all the "dadadada", laughing and all -- and it was a dragonfly caught in our windowsill. And it was in a place I couldn't reach, and I kept going -- they though I wasn't, people: "What are you doing? You're not paying attention!" I was like, I don't know, I was busy doing dishes, or whatever. And it was just that thing, and it caught me, and I thought, I kinda laughed, and I laughed at myself, they, you know, were like, "What is so funny?" Because I couldn't get him, and I was frustrated! But I cared more about that little critter, for awhile, was that, was just over-powering all this great happiness, happy sounds, was this: "phwwwwww" (insect sounds). He was just like freaking out! We did get him and let him outside, but it was just like, my little dragonfly! I've been lookin' for him, I hope he made it! But --

NW: A little quiet space--

CB: It was a little quiet -- yes! And it just "Zzzzzzz!" And I know there was some reason that it was dominating my eardrums. But you know, it, that's all, that's all. But just, I think the, that observing nature -- gosh! It's a blessing. You don't have to pay money for it, you know. I mean, money's not everything. And I just see so much money going... These kids, I mean, they're makin' \$8 something an hour, and they have to spend \$4 dollars to get a gallon of gas and then their food, and then they stop in and then they get all this packaged food, and then they have nothing, it's no wonder they have nothing. But I just think there's some, you know, I wish we.... We just need to -- we need in the bigger view, we need to, as agencies, as federal agencies, by golly, as local agencies, and public land, we need to open public land and manage it for the public to use in ways that won't negatively impact the resources. But we have a lot of public land here that we could do a lot of good things with, like schoolyard habitat, backyard habitat -- stuff we're doing!

Fish and Wildlife Service is really getting very progressive about it. Refuges, you know, national forests, they're kind of under so much scrutiny. Um, we at the hatchery are, too. People have -- you know, I mean, we provide recreational opportunities here, summer theater, special uses, and yet, you know, we've closed our gates to some of this tubing and some of the stuff that's becoming an issue, because it's impacting our habitats. Oh, I could tell you a whole 'nother deal about that. But, but, we can be supportive and we -- public land is out there! And if, if, if you coordinate with others, and say, "Hey! We'd like to talk to you about, would there be a little piece of this that we could adopt and do something with, you know, I'll tell you, as one of the managers here, we're always open for ideas. We'd like to turn, you know, we talked about this yard becoming a neat little naturescaped learning outdoor classroom.

NW: Instead of lawn?

CB: Yeah! Instead of lawn!

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NW: Yeah. Well, I guess I'll turn this off.

CB: I guess, yeah, now I'm babblin' on.