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Christine Mallory, Editor

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A New Way of Looking at Death Comes to Grand Marais - Death Cafe Planned

By Kitty Mayo

Before Pat Campanaro got involved in Death Doula training, she didn't know there was a new end-of-life movement afoot.

Now a certified Death Doula, Campanaro, resident of Grand Marais, says she has learned that death and dying well is a revolution that personalizes the process and can ease the transition for everyone involved.

Born out of her personal experiences with death; the passing of her mother-in-law and daughter-in-law with in the last year, Campanaro had a lot of questions about the dying process and how death is handled. What she had learned is that open conversations about death and dying weren't happening often enough.

In January Campanaro's mother-in-law died after asking that Campanaro, her chief caretaker, ensure that she be allowed to die at home, as most people wish for.

"I pictured that as a kind of death you read about, dying peacefully at home with her loving family surrounding her," said Campanaro. However, unprepared for what to expect, the dying process did not go as peacefully as hoped. Since, Campanaro has learned with training that small things can often change the course of a dying process to eliminate as much distress as possible, both for the dying, and those with them.

Just weeks later Campanaro's 38 year old daughter-in-law died on the East Coast where she lived, and Campanaro joined her son in plan-

ning funeral arrangements. She was frustrated with many hurdles of a traditional funeral home to what type of life honoring fit their family best.

"We did the best we could, but with a little training and forethought it could be so much more meaningful," said Campanaro.

Just a short time later Campanaro stumbled across an announcement for a three-day Death Doula training in Minneapolis, and signed up.

"I was fascinated by the fact that here we need a whole lot of training about death, but there are people doing a lot of work about how to have a better death," said Campanaro.

At the training Campanaro learned that a Death Doula is similar to a Birth Doula, it is a person outside of the family circle that can "hold a space" for the dying person's wishes for their death. Whether that is a death plan that says that they want to be facing a window while they are actively in the dying process, or to be listening to a certain type of music.

Once entering the active dying process, chaos and grief can run high. In the best case scenario, a Death Doula would meet with the person ahead of time to make a death plan, include what their wishes are, and even help with legacy projects such as people they might want to speak to or leave messages for. During the active dying process a Death Doula can be present to point back to the plan, a calming reminder for family and

friends that the person's wishes are being attended to.

After the death, a Death Doula can meet with family members who want to and process what happened, as well as refer them to other resources that might be needed.

"Even if I do nothing else, I'm better prepared for what happens with me and my family. You need courage in these situations, courage to say, 'Let's pause and take a breath'", said Campanaro.

At last count, and in a sudden surge, the number of Death Doulas in Cook County went from zero to four since Campanaro's training.

Campanaro and others are actively working with Care Partners

in Grand Marais on a volunteer basis.

Meanwhile, Campanaro, along with Care Partners, is planning a series of Death Cafes, a welcoming place for anyone to gather to talk about "all things death". The first Death Cafe in Grand Marais was scheduled for October 21st, however, the group plans to meet once every two months.

"A Death Cafe is a non-judgmental place to come and talk, with cake and food. Even if you think you just want to listen, someone may say something that resonates with you," said Campanaro.

The date for the next Death Cafe has yet to be set. You can call Care Partners for more information, and to check the upcoming date at (218) 387-3788.

Veterans Home to Host Community Open House

On Wednesday, October 30th the Silver Bay Veterans Home will be hosting a Community Open House event.

During the open house, tours of the home will be available for anyone interested in finding a future home there for themselves or a family member. Persons interested in working at the veterans home are also encouraged to attend.

Military veterans and their families will be able to talk to MDVA (Minnesota Department of Veterans Affairs) representatives about their benefits during the open house, and resident admissions information will be available.

Potential employees can bring their resumes for a complimentary review, learn about paid nursing assistant training, and find out about Minnesota State healthcare careers and benefits. On-the-spot interviews will also be an option.

The open house will have snacks and beverages served, and will be held from 1:00 pm to 6:00 pm.

For more information you can contact: Carrie Ernest from the Minnesota Department of Veterans Affairs Human Resources office at: (218) 353-8694, or email at: Carrie.Ernest@state.mn.us.

Climate Change & Our Food

By Kitty Mayo

Local food growing expert David Abasz will be presenting the second talk in a climate change series. And anyone who knows Abasz knows he is passionate about regional food production, and has the numbers to prove it!

Covering the topic of growing food and climate change, Abasz has much experience personally as a local food grower in Finland, MN at his Round River Farms CSA (Community Supported Agriculture), and at Wolf Ridge Environmental Learning Center.

Under discussion will be how our management of local soil interacts with climate change issues, how our local food supply is affected by climate change, and growing the kinds of foods that are

good for the planet.

As Executive Director of the UMN Extension Northeast Regional Sustainable Development Partnerships (RSDP), Abasz will include research based evidence for appropriate soil amendments to capture carbon, alternatives to calendar-based indicator farming, and positive ways anyone can take in their garden and home.

Open to everyone and free, the event, "*Hungry? Eating and Grow in a changing climate: Explore the problems and be part of the solution*", will be held on Tuesday, October 29 from 6:00 pm to 7:00 pm at the Two Harbors Community Center. The event is one of a nine-part climate change series and is sponsored by Community Partners in Two Harbors.

Na-cho Bizness Sets Up Winter Home at Sonju Cafe

By Kitty Mayo

If you had the good fortune of visiting Amy Goerd's food truck, Na-cho Bizness, this summer, then you will be relieved and a little giddy to find out she's moving operations indoors for the cooler months.

Wowing locals and tourists alike, the jaunty blue truck served up nachos, tacos, burritos and burrito bowls in locations throughout Silver Bay, Beaver Bay, and Two Harbors. If I guess right, I'm not alone in feeling lucky when I spotted the Na-cho truck in my town on any given day. ("Yay! It's our day for burritos!")

Yep, so far the burritos are my fave, with a hefty portion at a good price and ingredients tasting so fresh and balanced you actually feel like you did something good for yourself when you eat it.

Look for the Na-cho Bizness menu at the Two Harbors Sonju in the cafe (that's in the main entrance, and hang a left). You don't have to be in the market to buy a car just to visit the cafe, but what could it hurt to browse a little?

Hours are Monday through Friday from 11:00 am to 2:00 pm.

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