

FREE

Summer
2022

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
23rd year!*



FAMILY DAY IN THE PARK



Family Day in the Park Friday, June 10

Inside: 2022 Summer Camp Guide
25 Fun Things to do for Summer
Local Housing & HomeShare Resources

Event Program Inside!
Books & Giveaways
Games & Activities
Local Entertainment
Food Court
North Idaho Family Marketplace

www.nifamily.com



Seniors! Parents! Counselors Educators!

Questions ... ? It's all HERE:

EdInfoCenterCDA.com

**Links to Regional Education Information
from Birth through Retirement**

- Bookmark It**
- Use It**
- Contact us for Help**

Education INFORMATION Center™

**START
HERE!**

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Local Preschools 

Specialty instruction

School District links

Second career

Recertification

Developmental Screening

News blogs

Professional Tech

Education savings plans

Dual Enrollment

Career Counseling

Home school standards

Glossary of terms

Drivers Training

Your Search for Regional Educational Information & Resources is Over!

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EdInfoCenterCdA.com

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FROM

PRE-KINDERGARTEN

TO CAREER TRAINING

AND BEYOND!



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For advertising information,
 or item for inclusion
 in the next issue:

208.699.0126

Refer to ad on page 21.

www.nifamily.com

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ACKNOWLEDGEMENTS:

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the Group
North Idaho Family
Scoop

The **North Idaho Family Group** has re-tooled our communication to area nonprofits to focus on more direct, relevant, educational information for area nonprofits and North Idaho Family Group members, supporters and partners. *That's The Scoop!*

Sign up today at www.nifg.org

Welcome!

For over 23 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

North Idaho Family Group:

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and projects, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22.
- Education Information Center (edinfocentercda.com)
- Family Day in the Park: Annual collaborative, community event held on the last day of school.
- Marketing & Communications to area nonprofits and agencies in The Group Scoop.

IT'S ALMOST HERE!
June 10: Family Day in the Park
 See pullout on pages 11-14

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250 - word article in up to three issues (Preference for articles is always given to Members)
- FREE vendor booth at Family Day in the Park
- One \$150 gift certificate toward an ad of your choice in one issue
- Service Directory listing in magazine, and a link on www.nifg.org
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

- Online: Visit www.nifg.org and click "Join Now"
- Email: Members@nifamily.com
- Call: 208-699-0126

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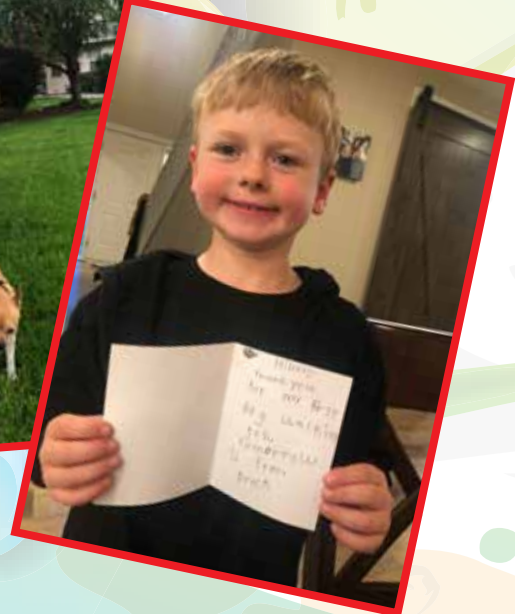


HEALTH

18



NORTH IDAHO FAMILY KIDS! MAGAZINE



The Siegler Family

Enterprising, Brock Bauman, was brave and confident to ask a neighbor if he could have a job walking their dog. He asked if he could walk Neiko for 15 minutes a few times a week for \$2. The neighbor generously paid him extra. He wrote a thank you card himself and delivered it.



The Denney Family

We LOVE our North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature 3-4 kids in each issue, chosen from social media, messages to facebook.com/NorthIdahoFamilyMagazine, etc.



HomeShare Kootenai County forms nonprofit, launches website

An effort to launch Idaho's first homesharing program is gaining momentum.

Though homesharing is a new concept in North Idaho, it has proven successful in other states, said Kandi Johnson, a Rathdrum business owner and co-chair of the nonprofit HomeShare Kootenai County.

"In homesharing, two or more people who aren't related share housing," Johnson said. "It's beneficial for both the home provider, who can earn rental income, and for the home seeker who is looking for affordable housing."

Anyone who has a spare bedroom in their home, apartment, condo or mobile home, can apply to be a home provider through HomeShare Kootenai County. In exchange for providing space for a home seeker, home providers receive rent or a combination of rent and help around the house.

"Homesharing is an option for a wide range of individuals," Johnson said. "We have heard from empty nesters, singles, widowers and local workers who have spare space and would like extra income. We have also heard from many people who have struggled to find and afford housing in Kootenai County and are interested in learning more about homesharing."



www.homesharekc.org

North Idaho College
HEAD START

Free preschool program for low income families. For children ages 3 or 4 years before September 1.

Now Accepting Applications (208) 666-6755

9 Head Start centers in North Idaho

This institution is an equal opportunity provider.

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Looking to prepare for a career or develop professionally?
Visit us at 1 location in Coeur d'Alene

Explore your options at NorthIdahoHigherEducation.org/take-action

MAKE AN APPOINTMENT TODAY

 North Idaho College www.nic.edu 208.769.3456	 LEWIS & CLARK STATE COLLEGE www.lcsc.edu/cda 208.666.6707	 University of Idaho Coeur d'Alene www.uidaho.edu/cda 208.667.2588	 BOISE STATE UNIVERSITY sspa.boisestate.edu/ socialwork 208.426.1568	 Idaho State University www.isu.edu 208.282.7818
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Summer FUN & KIDS' Camps!

VISIT US ONLINE AT NIFAMILY.COM/NORTH-IDAHO-SUMMER-CAMPS FOR THE LATEST UPDATES AND INFORMATION ABOUT NEW CAMPS.

Residential Camps

Camp Cross

McDonald Point, Lake Coeur d'Alene
Grades 2-12, Adult and Family, May-Oct
Residential Bible. Canoeing, boating, hiking,
Dutch oven cooking. campcross.org or 509-
624-3191

Camp Four Echoes

Lake Coeur d'Alene, Worley
Girls grades 1-12, Troops, Family, Adults
June-Aug
Girl Scouts. Windsurfing, kayaking, sailing,
sports, cooking, photography, hiking.
Scholarships available.
gsewni.org or 509-747-8091

Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene
Grades 1-12, Family, Special Needs, June-
Aug Residential Bible. High-ropes adventure
course, climbing tower, waterfront. Financial
assistance and scholarships available.
lutherhaven.com or 208.667.3459 x 119

Camp Mivoden

17415 E. Hayden Lake Rd., Hayden
Ages 8-17 and Family, June-Aug
Seventh-Day Adventist. Wakeboard,
swimming, drama, crafts. mivoden.com or
509-242-0506

Camp Sweyolakan

Lake Coeur d'Alene Ages 5-18, July-Aug
Camp Fire USA. Kayaking, outdoor cooking,
sailing, backpacking, hiking, arts and crafts.
Financial assistance available.
campfireinc.org/page/summer-camps or
509-747-6191

Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla
Ages 7-18, Family, July-Aug
Swimming, canoeing, paddle boats.
clbcamp.org or 208-263-3912

Kids Camps

Various locations
4-18, June-Aug
Real Life Ministries Camps
reallifeministries.com

North Idaho Catholic Youth Camp

Shoshone Base Camp, North Fork, Coeur
d'Alene River
Grades 5-12, July
Zip-lining, river tubing, rock climbing,
campfires. Scholarships available.
nicyc.org or 208-771-1915

Ross Point Camp

Post Falls
Grades 2-12, Family, June-July
Softball, swim, bouldering wall, canoeing,
crafts, climbing wall, high ropes course.
rosspoint.org or 208-773-1655

Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River
Grades 5-12, July-Aug
Residential Bible camp operated by
Lutherhaven. Horseback riding, swimming,
crafts.
lutherhaven.com or 866-729-8372 x119

Shoshone Mountain Retreat Youth Camp

North Fork, Coeur d'Alene River
Grades 3-9, July
This six day, five night program includes
awesome outdoor adventures you don't get
at Camp Lutherhaven!
lutherhaven.com or 866-729-8372 x119

Twinlow Camp

Rathdrum
Grades 1-12, Adult, Family, June-Aug
United Methodist Church Camp. Games,
waterskiing, crafts, swimming, canoeing.
twinlowcamp.org or 208-352-2671

Twin Eagles Summer Camps

Coeur d'Alene, Sandpoint, Spokane, Priest
River
Ages 6-18, June, July & August. Limited
scholarships up to 50% off total cost.
Day and residential. Nature Connection,
wilderness survival, wildcrafting
twineagles.org or 208-265-3685

Schweitzer Adventure Camp

Schweitzer Resort, Sandpoint
Ages 6-11, June-Aug
Hiking, crafts, swimming.
schweitzer.com or 208-255-3081



Day & Week Camps

KidOne Camps

Coeur d'Alene

Unique children's camps combining character, science, games, history, Bible lessons and more.

kidonecamps.com

Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum

Grades 1-4, July

Christian-themed residential and day camps.

Scholarships available.

208-687-1026

LAM Christian Academy

Age 3-6th grade, June-August

6:45 a.m. - 6:00 p.m.

lamcda.org

Boys and Girls Club

200 W. Mullan Avenue, Post Falls

Ages 6-18, July-Aug

Regular Program 9am-6pm (lunch and snacks included, \$20 for all summer)

- Optional Breakfast Program 7-9am (additional \$175)

northidahobgc.org or 208-457-9089

Camp Ka-Mee-Lin

Kiwanis Park, Post Falls City of Post Falls

Recreation Department, Age 4 ½-13

postfallsidaho.org or 208-773-0539

Camp Kroc – Salvation Army Kroc Center CDA

A whole summer of adventure with up to 9 weeks of summer camp! June-August

PeeWee Camp (ages 4-5)

Discovery Camp (ages 6-10)

Adventure Camp (ages 11-14) Scholarship application available at the Kroc Center Front Desk (up to 50% off).

krocdda.org/camp.html

Momentum Sports & Play

Coeur d'Alene

Physical activities including parkour, obstacle courses and gymnastics each day, as well as themed activities such as cooking, science, Warrior Games (dart battles), and action and adventure!

Momentumsportsandplay.com

(208) 966-4535

Castle Rock Ranch Camp

Overnight Summer Camp for Girls

Age 9-14, July-August

Horseback riding, tubing, animal care, gardening, cooking, hiking, and fun!

castlerockranchcamp.com

Hospice of North Idaho's Camp Kaniksu

A free summer camp experience for children and teens who are dealing with the loss of a loved one.

Ages 7-15, July

hospiceofnorthidaho.org or 772-7994

Quest Summer Day Camp

Church of the Nazarene, Coeur d'Alene, ID

A 10 week summer day camp packed with adventures and friendships!

-Explorers Camp, 1st-3rd Grade, -Pathfinders Camp, 4th & 5th Grade, -Ridgeline Camp, 6th-9th Grade

cdanaz.org/quest | (208) 667-3543

Lake City Church Superstar Summer Camp for Foster & Adopted Kids

June

lakecitycc.org

School PLUS Day Camp/Childcare

Coeur d'Alene School District 271 at Borah

(K-3rd) and Ramsey (4th-6th, K-3 siblings

only) elementary schools. June-Aug

cdaschools.org/domain/291 or 208-769-0700

Educational Camps

Camp Invention

Sorensen Magnet School, Coeur d'Alene

Nonprofit science enrichment camp.

Grades K-6, June

campinvention.org or 800-968-4332

HREI Summer Camps

Youth Advocates for Human Rights and

Multicultural Camps - July & August, HREI.org

Gizmo CDA

Different classes each week including unique arts & crafts, robotics, jewelry-making, 3D

Modeling & printing, welding, forensics, and more.

Age varies based on class, June-Aug. gizmo-cda.org

Natural Connections Academy

Varying ages, July

www.naturalconnectionsacademy.net/camps

See ad on page 8

KEA Nature Education Camp

Varying ages, June-August

kealliance.org/nature-education-camp/

Camp NIC

Acting, Writing, Coding, Comics, Game Design & Automation, Robotics, Art, and more. Camp NIC is the place to be.

Ages 7-17, June-Aug

nic.edu/campnic or 208-769-3316

University of Idaho Dig'nIT Tech Camps

Classes "on hold" for 2022

uidaho.edu/dignit-camp

Art & Theater Camps

Art of Nature Summer Camp

Coeur d'Alene, July

kealliance.org/art-of-nature-summer-camp

Coeur d'Alene Summer Theatre

On hold for 2022

Christian Youth Theater

Coeur d'Alene

Age 5-18, July-Aug

CYTNI.org or 208-762-9373

Emerge Art Workshops

Grades 3-12, June-Aug

emergecda.com

Kids Draw Architecture

Coeur d'Alene, Fall

artsandculturecda.org/kids-draw-architecture



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USDA/RURAL • JUMBO • CONSTRUCTION
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Available (Fall 2022)

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- !! Small class size, 1:10 Teacher/Student Ratio
- !! Educated by Certified Teacher
- !! 75% of student time outside in Nature
- !! Science Focused Curriculum

Outdoor Private School in Worley, Idaho
208-428-6224 www.naturalconnectionsacademy.net

25 Fun Things For Kids To Do

1. Attend a **FREE** concert in the park. See page 15 for a whole list!

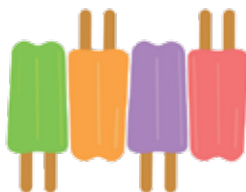
2. Go fishing! June 11 is **FREE Fishing Day** in Idaho. No license is needed.



3. Hike, bike, ride, swim, fly model aircraft, view wildlife, camp, or go "Tree to Tree" (or all of the above!) at Farragut State Park.

4. Go to Family Day in the Park on June 10! A fabulous summer kick-off with dozens of fun activities!

5. Make Popsicles out of your favorite juice. Fill an ice cube tray with juice. Cover with plastic wrap. Poke a toothpick through wrap into each cube. Freeze and enjoy.



6. Ask your Mom or Dad (or Grandma or Grandpa) to tell you about their favorite summer.

7. Learn to skip stones on the water.

8. Enjoy the Post Falls Festival July 8-10.

9. Visit a local library where they will have special events & activities based on themes for children, teen readers, and adults.

10. Walk around Tubbs Hill. Go all the way to the top and check out the view!

11. Plant sunflower seeds and watch them grow.

12. Give your dog a bath. (Seriously!)

13. Pack a picnic lunch and head to the lake with your family.



14. Learn to Swim at SafeSplash + SwimLabs

15. Take an **ART CLASS** at EMERGE www.emergecda.com



16. Chase butterflies across your yard.

17. Visit a museum. Museum of North Idaho offers free admission on 2nd Fridays during ArtWalk.

18. It's happenin' in Hayden: Dog Days of Summer-Fest, Sat. June 18, Hayden Days on July 22-23. Don't miss the parade and car show!

19. Learn to play disc golf at Cherry Hill or Bluegrass Park (Cd'A), Farragut State Park, or Corbin Park (Post Falls).



20. Make a lemonade stand. Donate the money you make to a local charity.

21. Write a poem about a summer day.

22. Ride your bike on the North Idaho Centennial Trail, the Trail of the Coeur d'Alenes, or Route of the Hiawatha. Make sure to wear your helmet!



23. Shop 'til you drop! at local craft & farmers' markets! -- Buy Local!

24. Help mom or dad in the garden.

25. Give your best friend a hug.





FREE Summer Meals



Area school districts offer free summer meals to youth 18 and under. Adults are welcome to enjoy breakfast and lunch for a small fee. Certain restrictions apply for curbside pick-ups.

- Coeur d'Alene SD Nutrition Services 667 - 7469
- Post Falls SD Child Nutrition Office 773 - 1625
- Lakeland SD Food Service Office 687 - 5451

Coeur d'Alene School District

Monday - Thursday/Friday, June 20 - July 22 (closed July 1 & 4)

Borah Elementary, M-F, Breakfast 8-9am, Lunch 11am-12:30pm
 Fernan Elementary, M-Th, Breakfast 8-9am, Lunch 11am-12:30pm
 Lakes Middle School, M-F, Breakfast 8-9am, Lunch 11am-12:30pm

Post Falls School District

Monday - Friday, June 20 - Aug 19 (closed July 4 & 5)

Ponderosa Elementary, Breakfast 8-9am, Lunch 11am-1pm
 Seltice Elementary, Breakfast 8-9am, Lunch 11am-1pm
 Post Falls High School, Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm
 River City Middle School, Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm

Lakeland School District

Monday-Friday June 20-Aug 19 (Closed July 1 & 4)

Lakeland Middle School, Breakfast 7:30-9am, Lunch 11:30am-1pm
 See each location for exact dates and times (subject to change).

FEATURED RECIPE

Flipflop Sandal Cookies

You need:

- Oval-shaped cookies
- Frosting
- Sour gummy worms
- Rope licorice
- Gummy candy



Instructions:

Frost two oval-shaped cookies or dab frosting on each cookie where the "straps" will be attached.

For wide straps, snip the rounded ends from a gummy worm, cut it in half, and slice each half lengthwise, leaving one end intact. For thin straps, cut rope licorice into four 1-3/4 pieces, cut one end of each piece on an angle, and pinch together the pointed ends to form two pairs.

Press the straps, connected ends first, into the frosting. Use more frosting to add gummy candy jewels. Let the cookies set for 20 minutes. Serve on a dish towel or tray spread with a beach of graham cracker crumbs.

7 Summer Safety Tips from Shriners Children's Spokane

Participating in sports, or in any recreational activity, is important to living a healthy and physically active life. But as with any kind of physical activity, there is a risk for injuries.

According to Shriners Children's Spokane, among public health and medical professionals, summer is known as "trauma season" because injuries increase dramatically among children during these months.

"Summertime activities that typically result in orthopedic injuries are all of the usual suspects: sports, biking, skating, rollerblading, ATVs and, of course, playground equipment," said pediatric orthopedic surgeon Jacob Carl, M.D.

Shriners Children's Spokane urges parents and caregivers to remind kids of these simple precautions to keep them injury-free this summer:

1. At the playground, slide feet first and swing sitting down
2. Keep children inside when lawn mowers are in use
3. Keep several feet away from fire pits, campfires or grills
4. Only swim with an adult present and wear a lifejacket on open water
5. Protect yourself from the sun with a hat and sunscreen
6. Stay hydrated! Bring water with you or ensure you have easy access to water
7. Wear the proper equipment for your activity

Shriners Children's Spokane offers wrap-around care! Visit the Urgent Pediatric Fracture Clinic, Monday – Friday, 7:30 a.m. – 10 a.m.



(509) 623-0431
 ShrinersSpokane.org

June 10, 2022

Noon-6pm-ish · Cd'A City Park



WELCOME & THANK YOU!

Over 70 organizations dedicated to healthy families and lifelong learning are working together to bring you the Annual Family Day in the Park! (As of print deadline, with more to come!)

The event is a collaborative, community wide, fun filled kick-off to summer, with loads of free stuff and valuable information for families. We welcome feedback that will continue to build this into the “last day of school, must attend event!” for years to come.

The map and information listed is as accurate as possible to date. Visit familydaycda.com or Facebook for updated partners, activities and participants up to the day of the event.



VISIT THESE EXHIBITS AND ADDED ATTRACTIONS!

- Cd'A Fire Dept. Ladder truck & Cd'A Police Vehicles
- BookMobile
- NEW! North Idaho Family Marketplace - Local Retail vendors
- Don't forget to enjoy entertainment ALL DAY sponsored by Northwest Specialty Hospital!



Parking

Skate Park

Info

HREI

NEW!
North Idaho
Family
Marketplace

Vendor Booths
& Activities

Cd'A Fire Dept
Ladder Truck,
CD'A PD Cars

Vendor Booths
& Activities

Vendor Booths
& Activities

Memorial Field

Picnic Shelter

Food Court &

Bookmobile
Book Giveaways

Interactive Heavy
Equipment

Reading, Books,
Moms, Babes

Activities & Games, Etc.

Playground

Bands
Entertain
Local A

THANK YOU Sponsors & Activity Partners!



City Park & Beach, Downtown Coeur d'Alene

Museum of NI

Heritage Activities
FREE Admission

Cd'A Police Dept.

Info

Independence Point

Bounce Houses

Cultural Activities

Parks Activities

Bandshell

Snacks

Shell
ment!
Artists

City Beach



FAMILY DAY

IN THE PARK



2022 Family Day in the Park Highlights & Activities (Subject to Change)

OVER 70 VENDORS AND COUNTING AT PRESS TIME!
Featured Activities & Partners:

**ALL ACTIVITIES LISTED BELOW WILL RUN 12PM-6PM
UNLESS OTHERWISE NOTED.**

Local artists & acts: Various local acts, music, performers, and activities throughout the day, including Oskar Owens & The Red Books!

Food Court: O’Houli’s Kettle Corn, Domino’s Pizza, CC Delivery LLC Ice Cream, Eric’s Dawg House, Bean & Bubb Coffee, Iced Out Coffee, Sweet P’s Shaved Ice, Cozy Keto Kitchen, Friendly Island Grills, and more!

North Idaho Family Marketplace! Local Retail Vendors at Family Day in the Park: Crafts, Bath & Body, and all sorts of local gift items

Coeur d’Alene School District #271: Multiple programs & resources!

Toddler/Pre-K/Elementary School Area: Multiple organizations - reading activities, book giveaways, Library reading program and card sign ups. Visit the Bookmobile!

Heritage Health Mobile Clinic, Panhandle Health, Kootenai Health: Heritage Health and Panhandle Health District will provide a variety of health screenings.

Interactive Heavy Equipment Activity: The City of Cd’A will have actual, working earth moving equipment that your entire family can explore. Or take a shot at getting in the driver’s seat and operating a big, yellow machine! Free “construction workers’ hats” for the first 500 kids. Sponsored by the City of Coeur d’Alene and Ginno Construction.

First Responders! Coeur d’Alene Fire Department, Coeur d’Alene Police Department, Kootenai Search & Rescue, Kootenai County Fire Prevention Smokey Bear - Meet Smokey, sit in a Fire Truck, meet our local heroes!

Games & Fun! Inflatables from Jump for Joy, Guardians of the Children motorcycle club ... Plus Facepainting and balloons!

Cultural Center Activities: Crafts and table displays from multiple vendors including HREI (Human Rights Education Institute).

Booths close

NOTE: Information listed is as accurate as possible to date. Visit familydaycda.com for additional partners, activities, and participants



2022 Sponsors & Partners

Northwest Specialty Hospital

Ginno Construction

Coeur d'Alene School District #271

Jump for Joy

Elite Auction

Pillar Heating & Cooling

Payne West

Kootenai Health

City of Coeur d'Alene

Beyond Bones Chiropractic

GOT SWAG? WANT TO VOLUNTEER?

- REACH THOUSANDS with your SWAG item - lip balms, bandaids, coupons/ BOGO
- VOLUNTEER OPPORTUNITIES available for the day of the event - perfect for clubs & civic organizations!

Email familydaycda@nifamily.com for more info.



JUNE 30: THE RUB (ROCK)

JULY 7: WHAT ABOUT BOB (ROCK/
BLUES)

JULY 14: MACEY GARD BAND (ROCK/
POP/SOUL/ATTITUDE) FROM
PORTLAND

JULY 21: THE HAPPINESS (ROCK)

JULY 28: ON THE WALK (BIG BAND)

AUGUST 4: JUSTIN JAMES BAND
(ROCK)

AUGUST 11: NU JACK CITY (R & B,
BLUES, SOUL, MOTOWN)

AUGUST 18: VAN PAEPEGHEM
QUARTET (JAZZ)

AUGUST 20: SPECIAL SATURDAY
CONCERT FEATURING SOUL
PROPRIETOR

VISIT HANDSHAKEPRODUCTIONS.NET FOR FREE
CONCERTS IN DOWNTOWN COEUR D'ALENE,
CITY PARK, HAYDEN

Our Community
AT A GLANCE



SUMMER PROGRAM SCHOLARSHIPS AVAILABLE FOR HOSPITALITY WORKERS.

The children's activity scholarship program is available to any restaurant or hospitality worker who lives or works in Coeur d'Alene, Post Falls, or Hayden and who needs financial assistance to afford extra-curricular programs and/or camp for their child. Visit cdaide.org/activity-scholarship-application for info and application

WATER SAFETY - IDAHO LIFE JACKET LOANER STATIONS

Kids 14 years of age and under on boats 19 feet or less are required to wear a Coast Guard approved and properly fitting life jacket when underway.

The life jacket loaner program is free. If you arrive at the lake without your life jackets or not enough, you can borrow and return it at the end of the day.

More info & locations:
parksandrecreation.idaho.gov/activities/boating/life-jacket-safety



JOIN US! The CDA School District is recruiting now for volunteers to join the Long Range Planning Committee. The committee is in need of new community members, in particular anyone affiliated with Ramsey, Borah, Bryan or Dalton elementary schools, or Venture High School. This can be a parent or guardian, former student or anyone who lives in the school's attendance zone.

<https://tinyurl.com/CDAPlan>



JULY 1-10



JULY 22-31



AUGUST 12-21

2022 SEASON

get tickets at cdasummertheatre.com

Idaho's Oldest Performing Arts Organization since 1967



Art Walk! Celebrating 17 Years!



Celebrating 17 years in Downtown Coeur d'Alene!

5:00-8:00pm every second Friday of the month, April-December, stroll through beautiful Downtown Coeur d'Alene and enjoy local and nationally acclaimed artists. Visit supporting galleries, shops, restaurants and businesses. A free family-friendly event!



artsandculturecda.org/artwalk

- June 4 5K ISP Foot Pursuit
- June 10 Family Day in the Park | City Park, Downtown Cd'A
- June 10 Annual Post Falls Open Golf Tournament
- June 11 Free Fishing Day
- June 17-18 Car d' Lane | cdadowntown.com
- June 22 Dog Days of Summer-Fest - Hayden
- July 3 Kiddies Parade | Downtown Cd'A
- July 4 4th of July Parade and Festival | Downtown Cd'A
- July 8-10 Post Falls Festival and Parade | postfallsidaho.org
- June 30 Wine, Women, & Shoes fundraiser | Cd'A
- July 15-16 Rathdrum Days
- July 16 Matt's Place Foundation Charity Golf Classic
- July 23 Race the River Triathlon | Cd'A
- July 22-23 Hayden Days and Parade | cityofhaydenid.us
- July 28 Tesh Benefit Event & Auction @ Settler's Creek
- July 29-30 Priest River Timber Days
- July 29 Teeing up for Kids | unitedwayofnorthidaho.org
- July 29-31 Harrison Old Time Picnic
- July 31 Post Falls Sprint Triathlon | postfallsidaho.org
- Aug 5-7 Downtown Coeur d'Alene Street Fair
- Aug 5-7 Art on the Green | artonthegreencda.com
- Aug 6 Ride for ALICE | unitedwayofnorthidaho.org
- Aug 10 Night Under the Stars | safestartnw.org
- Aug 13 Coeur d'Alene Triathlon/Duathlon | Cd'A City Park
- Aug 19-28 North Idaho Fair | northidahofair.com
- Aug 23 Day of Caring | unitedwayofnorthidaho.org
- Sept 10 Break the Silence Suicide Awareness 5K Walk @ Riverstone
- Sept 17 Boys & Girls Club A Night in Black & White Auction
- Sept 17 Coeur d'Fondo | cdagranfondo.com
- Oct 8 Run for the Angels 2022

VISIT THE NORTH IDAHO CHARITABLE EVENTS (N.I.C.E.) CALENDAR
AT NIFAMILY.COM FOR MORE DATES & DETAILS!



The ABCDEs of Skin cancer

Here comes the sun and with it – skin cancer.

Skin cancer is relatively common as 1 in 5 Americans will develop skin cancer by age 70. When the cancer is detected early, the five-year survival rate is 99 percent.

“If something on your skin looks weird, talk to your doctor,” said Dr. Anthony Rehil-Crest with Heritage Health. “A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn’t heal, or a change in a mole. It’s important to remember that not all skin cancers look the same.”

Research shows that melanoma rates have been soaring over the last 30 years.

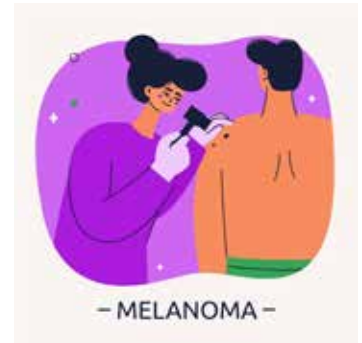
Melanoma most often develops on skin exposed to the sun, but this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight.

“Having five or more sunburns doubles your risk of melanoma,” said Rehil-Crest. “This is why it’s important to use sunscreen. I recommend using a screen with an SPF of 30 or more.”

There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.

For melanoma specifically, there is a simple way to remember the warning signs:

- **Asymmetrical:** Does the mole or spot have an irregular shape with two parts that look very different?
- **Border:** Is the border irregular or jagged?
- **Color:** Is the color uneven?
- **Diameter:** Is the mole or spot larger than the size of a pea?
- **Evolving:** Has the mole or spot changed during the past few weeks or months?



INFO

(208) 620-5250
myheritagehealth.org

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Hospice of North Idaho is here to provide information and education about our unique care, including palliative care, hospice care and grief support.

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WWW.HOSPICEOFNORTHIDAHO.ORG





If something on your skin appears abnormal, get it checked out!

Schedule an appointment today.

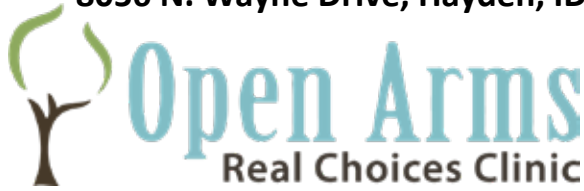
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- STI Testing and Treatment (coming)

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Patients first.

When a loved one is sick, you want someone to treat them who cares as much as you do. Someone you can trust. Someone who will take the extra steps to make them feel better. Someone who will call to check up on them and make sure they have everything needed to be well. At Northwest Family Medicine, that's how we put patients first.

nwsh.com/family-medicine



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www.jumpforjoycda.com

Housing solutions for local workers, middle-income families

After several months of meetings and strategizing, the Regional Housing and Growth Issues Partnership is sharing solutions for Kootenai County's housing crisis. Elected officials, public planning professionals, nonprofits, community organizations and concerned citizens teamed up to form the partnership as housing prices in Kootenai County skyrocketed.

"The lack of affordable housing for workers in Kootenai County and middle-income families is affecting the entire community," said Kiki Miller, a Coeur d'Alene city council member who helped form the partnership. "We can't control the demand for housing, but the community can work together on solutions to change the trajectory. There's no time to waste."

The partnership's biggest challenge, Miller said, is educating the community. The partnership website provides answers to frequent questions and shares resources and potential solutions.



Regional Housing & Growth Issues Partnership

WWW.RHGIP.COM | INFO@RHGIP.COM

INFO www.rhgip.com



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Girl Scouts!

A world of adventure awaits you! Get the scoop on Girl Scouts, Ice Cream social for potential new members. All events start at 5:30pm and are FREE.

- 7/14 & 7/14 Q'emiln Park in Post Falls
- 7/19 Majestic Park in Rathdrum
- 7/26 CDA city Park

RSVP: Text DAISY to (509) 202-7409

girl scouts
of eastern washington
and northern idaho

INFO

www.gsewni.org

10 WAYS TO GET INVOLVED IN YOUR COMMUNITY



- 1) Attend a city council meeting
- 2) Contact your local representatives
- 3) Vote
- 4) Volunteer for a local organization
- 5) Organize a local green space cleanup
- 6) Plant a tree
- 7) Organize a food drive
- 8) Take a first-aid class
- 9) Shop local
- 10) Encourage your friends to get involved



www.civicengagecda.com



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NORTH IDAHO FAMILY MAGAZINE

Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County. Entire magazine appears on www.niFamily.com.

Advertising Rates

- Sponsorship - tailored to your needs!
- Back Cover (8.5"w x 8.5"h + .125" bleed)
- Inside Cover - Front | Back (8.5"w x 11"h + .125" bleed)
- Full Page (8.5"w x 11"h + .125" bleed)
- 1/2 Page (7.5"w x 4.75"h)
- 1/4 Page (3.67"w x 4.75"h)
- 1/8 Page (3.67"w x 2.25"h)

Single Issue	2 Issues each	3 Issues each
\$2500	\$2250	\$2000
2000	1850	1700
1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

MEMBER DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit www.niservicesdirectory.com for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | acco.org/inlandnw

Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A
208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089
northidahobgc.org

Boy Scouts of America, Inland NW Council | 411 W Boy Scout Way | Spokane
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org

Fostering Idaho | 2005 Ironwood Pkwy ste 200 | Cd'A | fosteringidaho.org |
(800) 745-1186

Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com

Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org

Idaho Drug Free Youth | IDFY.org | 664-4339

Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org

Neighbors n Need Sensory Play Center | 2700 E Seltice Way | Post Falls |
neighborsneed.wixsite.com/neighborsneed | 509-220-1918

Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | infanttoddler.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org

Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |
civicengagecda.com/

Crisis Intervention

Emergency, Fire & Police | 911

Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov

Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | thechildrensvillage.org

ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | icareforchildren.org

Domestic Violence Hotline | 664-9303

Idaho Poison Control Center | ID | 800-222-1222

Idaho Suicide Prevention Hotline | 800-273-8255

Kootenai County Crisis Hotline | 664-1443

Kootenai County Sheriff | 466-1300 or 911

National Center for Missing and Exploited Children | 800-843-5678

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D

Cd'A | 625-4884 | nicrisiscenter.org

Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls
773-1080 | postfallspolice.com

Rape Crisis Line | 661-2522

Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | nic.edu

North Idaho Higher Education | northidahohighereducation.org

North Idaho College Workforce Training & Community Education
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | nic.edu/wtc

University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A
667-2588 | uidaho.edu

Education - Child

Be SMART for Kids | besmartforkids.org

Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org

Coeur d'Alene Education Partnership | Cd'A | 714-4561 | cdaep.org

The Dance Company | thedancecompanycda.com

Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

KidOne Camps | kidonecamps.com

KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | ktectraining.org

Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org

Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com

Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org

North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
666-6755 | nicheadstart.org

North Idaho School of Rock | northidahorockschool.com

Opening Books, Opening Doors | openingbooksopeningdoors.com

Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |
questacademyidaho.com | 889-8040

Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232

North Idaho Robotics Opportunities (formerly Xanterra FLL) | facebook.com/XanterraFLL

Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A
777-4190 | familypromiseni.org

Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | uidaho.edu/extension/eat-smart-idaho

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org

Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks

Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1

Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org

Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com

Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093

Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800

First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschiropractic.com

Hazeltree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | hazeltreemidwifery.com

Heritage Health | 1090 Park Place | Cd'A | 292-0292 | myheritagehealth.org

Hospice of North Idaho | 9493 N Government Way | Cd'A | 691-6996 | honi.org

Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org

Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com

Nurse Practitioners of Idaho | npfinder.aanp.org

Open Arms PCC & Real Choices Clinic | 8056 N. Wayne Drive | Hayden |
realchoicesclinic.com | 667-5433

Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org

Peach Orthodontics | peachortho.com | 618-5111 | 1145 E Polston Ave, Post
Falls

SafeStart - NISSA | 1130 North 4th Street | Cd'A | 206-548-9290 | nwsids.org

Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinershospitalsforchildren.org/spokane

Healthcare - Mental

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 | nicrisiscenter.org

Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

Misc.

The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600
cytnorthidaho.org

Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.org

Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cda.library.org

Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105
Cd'A | 660-2958 | cdasummertheatre.com

Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | communitylibrary.net

DogNIt Hotel & Daycare | 2890 N Government Way | Cd'A | dognit-daycare-kennel.business.site/

Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449
eliteauctioninc.com

Idaho Education News | idahoednews.org

Idaho Public Television | idahoptyv.org

Innovia Foundation | innovia.org

Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200
jumpforjoycda.com

Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314

Momentum Sports and Play | 245 W Bosanko Ave Ste | Cd'A | katie@momentumsportsandplay.com | 966-4535

Northwest Health & Safety Network | 99 Brown Creek Rd | Naples

Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813
cdanaz.org

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of Cd'A | safesplash.com/locations/coeur-d-alene-id

The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | kroccda.org

Strikezone / VRCDA | teamvsports.com

Victory Alliance Marketing | victoryalliance.us

Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A
446-1300 | kcsheriff.com/animalcontrol.html

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446

Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com
The Vine Church | 9407 N Government Way | Hayden | 449-2080 | thevineidaho.org

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179

ElderHelp of North Idaho | 9420 Government Way, Hayden | 661-8870
ehoni.org

North Idaho Home Health | lhgroup.com/locations/north-idaho-home-health
Onsite4Seniors | onsite4seniors.org | 967-4771

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E
Cd'A | 664-8757 | cap4action.org

Habitat for Humanity | 176 W Wyoming Ave | Hayden | 762-4663

Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A |
healthandwelfare.idaho.gov

St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095
stvincentdepaulcda.org

Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A
665-4673 | uniongospelmission.org

United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3
Cd'A | 667-8112 | unitedwayofnorthidaho.org

Special Needs

Trinity Group Homes, SVDP | 201 E. Harrison Ave. | Cd'A
664-3095 | stvincentdepaulcda.org

Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org

Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org

Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A
664-4339 | idahodrugfreeyouth.org

Kootenai Recovery Community Center | 405 N 2nd St
Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

Ds Connections NW | dsconnectionsnw.org |

3839 W Prairie Ave, Hayden, ID | (877) 733-3955

NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS ♦ BASIC NEEDS ♦ COMMUNITY RESOURCES



Attention crisis, front-line users, and case managers looking for current, accurate immediate & basic needs resources:

www.NIServicesDirectory.com

Bookmark it now!

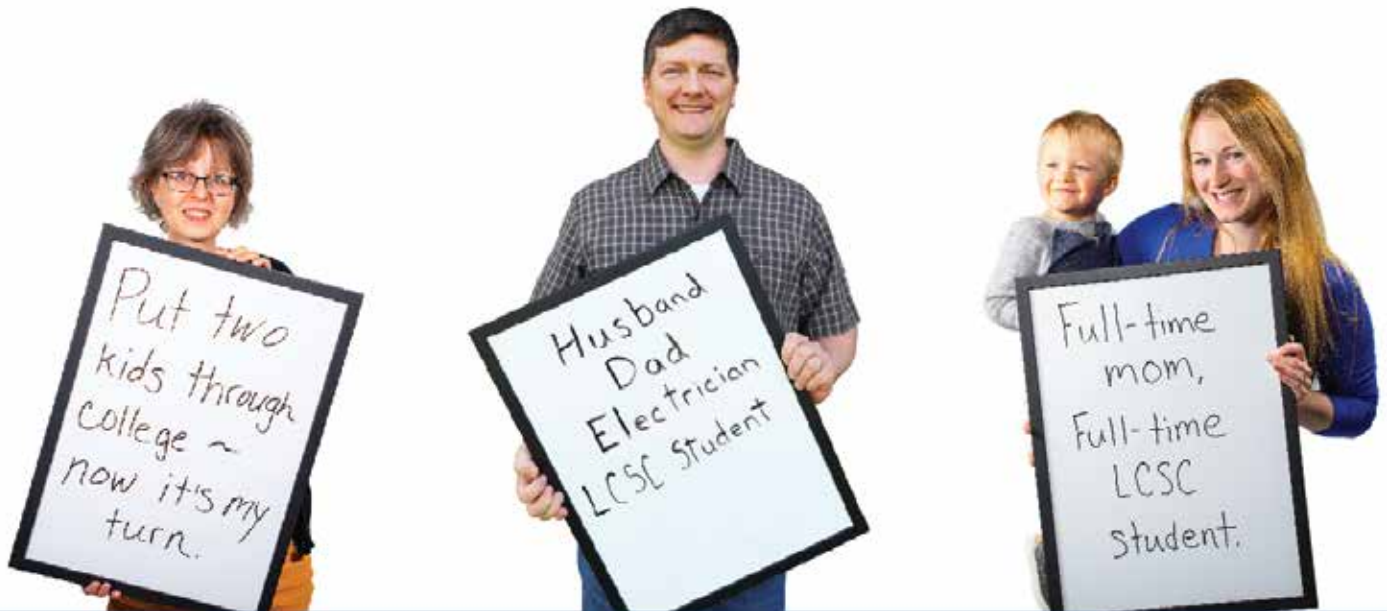
The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields.

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