



ABOUT SWOT

OUR MISSION

Enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

COMMUNITY CENTER

Located in the Driggs City Center at 60 S. Main in Driggs, Idaho. Hours are 9 a.m. to 3 p.m. Monday through Friday.

HOW TO REACH US

- (208) 354-6973
- swot@tetonseniors.com
- P.O. Box 871, Driggs, ID 83422



WHAT'S INSIDE

The SWOT Team	2
Programming Guide	4
Fit + Active Calendar	5
Menu	6
Picture Perfect	8
Save the Date	12

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



OUR TIN CUP RUNNETH OVER!

TETON VALLEY, YOU ONCE AGAIN FILL US WITH JOY

THANK YOU, GENEROUS people of Teton Valley. Your contributions warm the hearts, fill the stomachs and feed the souls of aging adults who find enrichment, support and nutrition through the programs of Seniors West of the Tetons. Your support means we can continue our current programming, expand it and try new things for health, social activities and combating isolation and loneliness. It means we can continue to provide decent salaries and benefits for our staff. Your donations created a sizeable match from the Community Foundation of Teton Valley, which we also thank for all of its support and guidance over the years.

» SEE THE LIST OF OUR CONTRIBUTORS ON PAGES 10 AND 11





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MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

Eastern Idaho Community Action Partnership,
(208) 522-5391

theSWOTteam

CHAIR CHAT

More comfort food coming your way



ANNA KIRKPATRICK
board chair

WELL, NOW THAT BURRITOS are wrapping up for the summer, I know you're probably having withdrawals, but here's something that ought to make you feel better: SWOT will once again be serving lunch five days a week.

You read that right! Lunches will be served Monday through Friday, with the first Friday on Sept. 8.

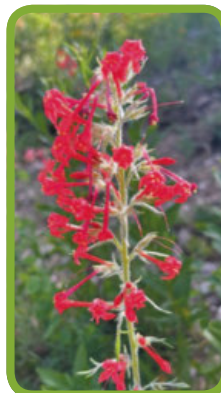
It feels so good to say that. We pared back our lunch program during the pandemic and are just now getting back to five-days-a-week service.

I think September is a comfort month – we've got old favorites coming back like Pizza and a Movie, our Sandhill Cranes viewing tour and the Jenny Lake boat trip. All of these make us feel good, just like comfort food does.

I can't wait to share all this with you!

FLOWERPOWER

WILDFLOWERS WITH
ANNA KIRKPATRICK,
SWOT BOARD CHAIR



Scarlet gilia is everywhere right now. Just take a walk in the mountains or take a ride along the bike path, and you'll see it. Mixed in with hyssop and lupine, it forms an amazingly colorful natural bouquet. But don't pick the wildflowers. Leave them in nature for all of us to enjoy.

MONTHLY TIP

SIT LESS, MOVE MORE

Being active can help you prevent, delay and manage chronic diseases;

improve balance and stamina; reduce risk of falls; and improve brain health. Aim for moderate physical activities, like walking, at least 150 minutes a week (22 to 30 minutes a day) and muscle-strengthening activities, like carrying groceries, at least two days a week.

SOURCE: CENTERS FOR DISEASE CONTROL



DONATE TO MAKE A DIFFERENCE

If you love the services we're providing and want to see even more, please consider making a donation today. We value all contributions – big or small – and we couldn't do this without your help.

Donate online Go to our website and make a contribution:
www.tetonseniors.org/online-donation-portal

By mail Send us a check at
P.O. Box 871, Driggs, ID 83422

Become a monthly donor
Be part of Team SOS –
Support Our Seniors – by giving
at www.tetonseniors.org/sos

2-WHEEL WANDERER AND AVID BIRDER TO SHARE ADVENTURES

Talks and photo shows this month feature:



Ted Kunz

- **Ted Kunz**, author of "The Two-Wheeled Wander" will show slides and discuss his adventures around the world at 6 p.m. Sept. 7 at the Senior Center. Donations at the door to support SWOT.

- **Hilary Turner**, program manager at Jackson Hole Wildlife Foundation, will share photos and tales about more than 200 species of birds in Teton Valley that she documented during her one-year study. Her program starts at 5 p.m. on Sept. 25. Donations at the door support the wildlife foundation and SWOT.

Steele-Reese awards \$10,000 grant

The Steele-Reese Foundation has awarded \$10,000 to Seniors West of the Tetons.

The foundation is a charitable trust helping rural communities in Idaho, Montana, native nations in those areas, and Appalachian Kentucky. Eleanor Steele Reese created the foundation in 1955.

The funds will be used to support SWOT's meal program – meals delivered to homebound seniors as well as lunches served at the Senior Center, which will be Monday through Friday starting this month.

SWOT to use new registration system

A new computer monitor will appear soon at the Senior Center's check-in desk. The computer will be using a software system for guests to use a key-chain tag to check in for lunch and sign up for activities.

A grant from the Area Agency on Aging to help senior centers modernize equipment provided funds for the MySeniorCenter software. It will track participation and run reports, saving hours of data entry.

Stay tuned for pop-up events to obtain a key-chain tag.

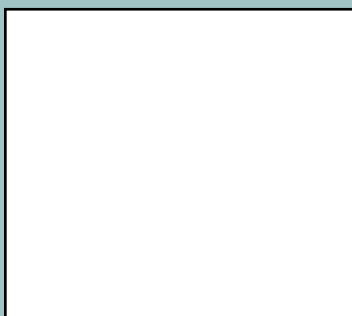
VALLEY TALK 3

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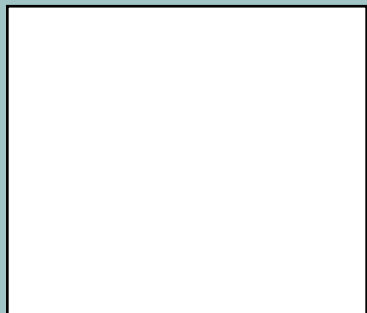
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Get Back To What You Love...

Swing Bed Transitional Care helps you recover close to home when released from the hospital following a procedure or illness.

Teton Valley Health Hospital
Swing Bed Transitional Care

For more information about Swing Bed Transitional Care:
Visit - tvhcare.org/swing-bed
Call - (208) 354-2383 ext. 177

THRIVE LOCALLY



PROGRAMS & activities



WE'VE GOT a lot going on at the Senior Center. Here is your guide to our programs.

FITNESS



Fit & Fall Proof

9 and 10 a.m. Mondays and Thursdays. Wear loose-fitting clothing and bring water with you. Free. Open to all.

This is an exercise program that focuses on improving strength, mobility and balance to reduce an older adult's risk of falling. Local volunteer leaders are trained to teach the class.

Aiki Balance

10:15 a.m. Tuesdays. \$5 suggested donation.

Based on the martial art Aikido; movements are circular, flowing and dance-like. It improves balance, coordination and posture. No falling, tumbling, grappling or rough stuff. Aikido develops our ability to be strong and centered while also empathetic and nurturing. Led by Aikido Shodan Cathy Pollock.

Tai Chi

9 a.m. Wednesdays and Fridays. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

Friday session in Driggs City Park. This is a series of movements performed in a slow, focused manner with deep breathing. Beginners are welcome. Individual instruction is given during and after class. Led by Dan Kesler.

Yoga for a Better Life

9 a.m. Tuesdays. Wear loose clothing; bring water. Yoga mats and gear are provided. Suggested \$5 donation. Open to all.

This Hatha-based yoga practice is designed to increase flexibility while building strength and using your breath efficiently. It's led by instructor extraordinaire, Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of each month (with some exceptions). Free. Open to all.

At these gatherings, we eat, drink and discuss that often taboo subject: Death. It is not a support group; rather, it is a directed discussion whose objective is "to increase awareness of death with a view to helping people make the most of their lives."

Tech Time

At noon the second Tuesday of each month. Free. Open to all.

This program will help you with any technology questions. Phil Mollenkof and Andy Harlan are good friends of SWOT and quite proficient with various technologies. These guys will help you master technology; just bring your device in question and fire away.

HEALTH

Foot-Care Clinic

Free. Open to seniors. See calendar for date. First come, first served. Sign up when you arrive.

Do you have trouble getting to your toes? Is clipping your toenails difficult? Health-care professionals are here to help with foot care. They also provide referrals for potentially larger issues.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Healthy Seniors

Free. Open to all.

A variety of health topics are covered throughout the year. A focus this year has been on mental health.

SOCIAL



Bingo

Check the calendar. Free. Open to all.

We can't guarantee you'll win fun prizes but we can promise you'll have many laughs!

Scrapbooking

11 a.m. second and fourth Mondays. Some materials for purchase. Learn scrapbooking, card making and photo tips. Preserve memories.

Cribbage

1 p.m. Mondays. Free. Open to all.

This card game uses a board and pegs to score points as cards reach combinations of 15 points.

Bridge

1 p.m. Tuesdays. Free. Open to all.

Bridge is a trick-taking card game using a standard 52-card deck.

Mah-jongg

1 p.m. Wednesdays. Free. Open to all.

Mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world - and is now spreading through Teton Valley. Come on down to join in or learn how to play!

Senior art classes

1 p.m. second Monday at Teton Arts studio. \$5 suggested donation. Limited.

A collaboration with Teton Arts offers monthly opportunities to explore your creativity with clay, painting, drawing and other creative endeavors. Register at <https://tinyurl.com/seniorarts>



SEPTEMBER

fit and active

WE'LL KEEP you busy, whether it's a fitness class, a game or a gathering to teach you something.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



A PHOTOGRAPHY CLUB?

Do you like to take photos? Would you be interested in a monthly photo club with a different assignment or topic each month? Email Allie at programs@tetonseniors.com to let her know.

- Tai Chi, 9 a.m., Driggs City Park.
- Knitting circle, 9 a.m.
- **SWOT'S FINAL FARMERS MARKET, 9 A.M. UNTIL WE SELL OUT!**

1

LABOR DAY

Senior Center is closed.

- Yoga, 9 a.m.
- Aiki balance, 10:15 a.m.
- Bridge, 1 p.m.

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

- Fit and Fall Proof, 9 and 10 a.m.
- **SEPTEMBER MEDITATION WITH TETON YOGA CO-OP, 1:30 P.M.**
- **TED KUNZ WANDERER SLIDE SHOW AND TALK, 6 P.M.**

- Tai Chi, 9 a.m., Driggs City Park.
- **JENNY LAKE BOAT RIDE, 1 P.M.** Take the SWOT bus at 11:15 a.m., or drive yourself. Bring a sack lunch and cash to tip tour boat driver. Register at tetonseniors.org/jennylake.

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- Fit and Fall Proof, 9 and 10 a.m.
- **SCRAPBOOKS & CARDS, 11 A.M.**
- Cribbage Club, 1 p.m.
- **SENIOR ART, 1 P.M.** Plein air watercolor with Sue Tyler. \$5 suggested.

- Yoga, 9 a.m.
- Aiki balance, 10:15 a.m.
- **TECH TIME, NOON**
- Bridge, 1 p.m.

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- **BLOOD PRESSURE CHECK, 11:45 a.m.**
- Mah-jongg, 1 p.m.

- Fit and Fall Proof, 9 and 10 a.m.
- **LUNCH WITH MAYOR AUGUST CHRISTENSEN**
- **DEATH CAFE, 1:30 P.M.**

- Tai Chi, 9 a.m., Driggs City Park.
- Knitting circle, 9 a.m.

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- Fit and Fall Proof, 9 and 10 a.m.
- Cribbage Club, 1 p.m.

- Yoga, 9 a.m.
- Aiki balance, 10:15 a.m.
- Bridge, 1 p.m.

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

- Fit and Fall Proof, 9 and 10 a.m.
- **MEDICARE CHAT, NOON**

- Tai Chi, 9 a.m., Driggs City Park.
- **PIZZA & A MOVIE, 5 P.M.** "A League of Their Own." Register at tetonseniors.org/movie.

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- Fit and Fall Proof, 9 and 10 a.m.
- **SCRAPBOOKS & CARDS, 11 A.M.**
- Cribbage Club, 1 p.m.
- **TETON VALLEY BIRDING, 5 P.M.** Hilary Turner shows photos from her adventure documenting more than 200 species. Donations appreciated.

- Yoga, 9 a.m.
- Aiki balance, 10:15 a.m.
- Bridge, 1 p.m.

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- **BITCH CREEK TRESTLE WALK, 12:45 P.M.** Ride the SWOT bus to enjoy this fall walk. Cars can follow. Register at tetonseniors.org/bitchcreek.
- Mah-jongg, 1 p.m.

- Fit and Fall Proof, 9 and 10 a.m.
- **FOOT-CARE CLINIC, 12:30 P.M.**
- **TRIVIA WITH KATE, 1 P.M.** Join us as Kate Driscoll leads us in a fun round of trivia. Prizes and lots of fun for free.

- **CRANE VIEWING TOUR, 7:15 A.M.** Come learn about great sandhill cranes and view them on a tour with the SWOT bus. Register at tetonseniors.org/cranes.
- Tai Chi, 9 a.m., Driggs City Park.

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SEPTEMBER at the center table

MENU is subject to change depending on availability and weather.

WHEN Lunch is served at the Center at noon on Mondays through Fridays.

SUGGESTED DONATIONS
• \$6 for those 60 years and older,
• \$8 under 60 and \$4 for children.

VEGETARIAN OPTION
A vegetarian option is available. It may include dairy.

MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY**

LUNCH NOW SERVED FIVE DAYS!

The Senior Center invites you to lunch on Fridays! With the end of burrito and slider sales at the Farmers Market on Sept. 1, SWOT will be serving lunch on Fridays at the Senior Community Center. That's right, we've got lunch covered all week long.

FARMERS MARKET SWOT BREAKFAST BURRITOS! LAST CHANCE, FOLKS!

1

LABOR DAY
Senior Center is closed.

Beef chili mac and cheese
Steamed broccoli
Garden salad
Wheat roll
Peaches
Chocolate chip cookie

Grilled chicken tacos with pico de gallo
Spanish rice
Refried beans
Salsa bar
Tortilla soup
Churros

Grilled bratwurst with sauerkraut
Boiled potatoes
Garden salad
Wheat roll
BIRTHDAY CAKE

Quiche with choice of veggie or Lorraine with bacon, egg and spinach
Mixed fruit
Wheat roll
Chicken noodle soup

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Mushroom Swiss burger
Potato salad
Coleslaw
Sliced pears
Chocolate pudding

Baked mac and cheese with sausage on the side
Peas and carrots
Mixed fruit
Dinner roll
Oatmeal raisin cookie

Broccoli beef stir fry
Rice
Mandarin oranges
Fortune cookie

Ham and Swiss croissant
House-made potato chips
Garden salad
Fresh grapes

Chicken and wild rice
Green beans
Sliced pears
Vanilla pudding

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Asian salmon salad with broccoli, red pepper and baby corn
Chow mien
Asian beef mushroom soup
Orange slices
Fortune cookie

Grilled rubeen sandwich
House-made potato chips
Garden salad
Apple slices

Spinach and artichoke lasagna with sausage on the side
Grilled zucchini
Grapes
Garden vegetable soup
Vanilla pudding

Barbecue pulled pork sandwich
Potato salad
Coleslaw
Watermelon
Cornbread
Brownie

Hamburger steak with mushrooms
Mashed potatoes and gravy
Sautéed squash
Garden salad
Melon
Cookie

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Grilled tuna melt
House-made potato chips
Mixed fruit
Garden salad
Blondie

Taco salad in flour tortilla bowl with ground beef, tomato, beans, corn and lettuce
Chorizo black bean soup
Cinnamon tortillas

Chicken noodle casserole
Peas and carrots
Apple slices
Garden salad
Wheat roll

Baked cod with sauteed zucchini on brown rice
Peaches
New England clam chowder
Brownie

Grilled pork chop with apple sauce
Peas and carrots
Roasted potatoes
Cupcakes

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by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JULY AND 2023

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are the latest month available.

MEALS SERVED IN 2023

7,227

AT THE CENTER: 5,355
HOME-DELIVERED: 1,872

MEALS SERVED IN JULY

1,032

AT THE CENTER: 789
HOME-DELIVERED: 243

FITNESS/HEALTH PROGRAMS IN JULY

381

GAMES: BRIDGE, BINGO, CRIBBAGE, ETC. IN JULY

99

ENRICHMENT PROGRAMS IN JULY

124

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Gary Bills
- Elen Hanks
- Stephen Hansen
- Raymond Nethercott
- Jim Mctigue
- Paul Serpe
- Don Thompson
- Rod Wade



VALLEY TALK 7

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PICTURE perfect



A LOOK AT some of the activities from the past few weeks.



it takes a village ...

... of volunteers, that is! SWOT is fortunate to have a mini army of dedicated volunteers who wash dishes, prep meals, deliver meals, handle lunch registration, lead exercise and health classes, trim toenails, attend meetings, plan and work events, sell burritos at the Farmers Market and so much more. Board Member Christina Assante opened her home for a Volunteer Appreciation Party in late July, and Chef Peter Troy cooked some of his usual fabulous treats. In addition to the great food and fun, volunteers received hats or visors as a gift.



listen to the music

SWOT traveled over the pass to hear a rehearsal of the Grand Teton Music Festival in Teton Village.

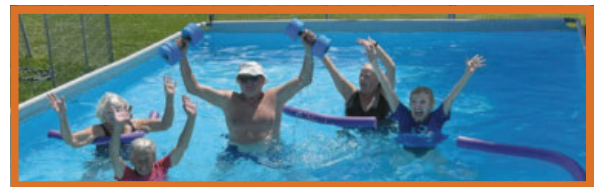
what is it?

John Cheeseman, left, helped a group of about 30 seniors identify wild flowers in Teton Canyon.



fun with the grands

Marie Patty, far left, showed grandparents fun art activities to do when their grandchildren come to visit or live here.



wet & wild

Teton Valley Aquatics organized a senior swim at the pool at Driggs City Park.

september word search

APPLE	K	S	E	C	I	P	S	O	G	R	I	V
AUTUMN	E	B	I	T	C	H	C	R	E	E	K	Y
BITCH CREEK	A	C	Y	K	S	C	S	F	O	T	F	F
CIDER	G	P	N	Z	C	R	S	C	L	L	A	F
COLORS	N	K	P	A	I	A	P	E	H	J	O	U
CRANES	I	M	S	L	D	N	T	I	V	O	C	C
DANCE	L	I	U	N	E	E	T	S	Z	A	O	F
FALL	L	L	Z	T	R	S	L	R	Y	Z	E	L
FALLING	A	Q	T	R	U	T	W	T	I	A	A	L
FOOTBALL	F	O	O	T	B	A	L	L	S	V	H	E
FREEZE	T	Y	A	D	R	O	B	A	L	O	I	Z
FROST	M	O	V	I	E	N	I	G	H	T	R	A
GOURD	D	Z	A	T	S	E	V	R	A	H	Y	F
HARVEST	F	R	E	K	A	L	Y	N	N	E	J	N
HAYSTACK	W	Z	U	K	K	N	I	T	T	I	N	G
JENNY LAKE	X	T	N	O	I	T	A	R	G	I	M	L
KNITTING	T	G	H	C	G	Z	F	R	E	E	Z	E
LABOR DAY												
LEAVES												
MIGRATION												
MOVIE NIGHT												
PIZZA												
SCHOOL												
SPICES												
RUT												
TRIVIA												
VIRGO												

SWOT sudoku

			2	1				
5			7	9	6			8
					5		6	
4								
9	1	2	4					
8				5	7			
1				4	9			7
6					1	2	5	
	8			2				6

>> ANSWERS TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11

VALLEY TALK 9

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THANK YOU, SWOT SUPPORTERS!

Seniors West of the Tetons is grateful for the outpouring of community contributions we received this year during the Tin Cup Challenge. Here is a list of our major donors:

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City of Victor
Barb and Kelly Sanders

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(\$1,000 or more)

Pauline Elliott and Anthony Dodge
Scott Foreman
Carol Gregory and Al Bergy
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Sheila Nielsen
Cathy O'Connor and Chris Larson



Board member Lynne Browning and Volunteer Barb Whissel were on the SWOT team that won the Tin Cup Spirit Award at the Tin Cup Challenge Event Day in July at Driggs City Park.

Lisa and Scott Pierson
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Cynthia Sebesta
Jenna and Ray Thompson
Vancie Turner
Joyce and Felix Zajac

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Judith and Bruce Connery
Leah Corrigan and Benjamin Shortledge
Kathryn Day

Tin Cup Challenge 2023

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(continued)

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 Ben Winship
 The Human Groomer
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words of wisdom



Some guy said to me: 'Don't
 you think you're too old to
 sing rock 'n' roll?' I said:
 'You'd better check with Mick
 Jagger.'

- CHER

PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

3	6	8	2	1	4	7	9	5
5	4	1	7	9	6	3	2	8
2	7	9	3	8	5	4	6	1
4	5	7	1	3	2	6	8	9
9	1	2	4	6	8	5	7	3
8	3	6	9	5	7	1	4	2
1	2	5	6	4	9	8	3	7
6	9	3	8	7	1	2	5	4
7	8	4	5	2	3	9	1	6



SAVE the date



ALL ACTIVITIES are at the Senior Center unless noted. Participants should be register online at tetonseniors.org or call (208) 354-6973.

- Sept. 7 Ted Kunz, "The Two-Wheel Wanderer" Slide Show & Talk, 6 p.m. Kunz will share his obscure location bike adventures.
- Sept. 8 Jenny Lake boat ride, 1 p.m. SWOT bus to leave at 11:15 a.m. Bring cash to tip tour guide captain and a sack lunch. Register at tetonseniors.org/jennylake.
- Sept. 11 Senior Art Plein Air Watercolor Painting with Sue Tyler, 1 p.m. Meet at Teton Canyon overlook on Ski Hill Road near Alta. Register at <https://tinyurl.com/seniorarts>.
- Sept. 21 Medicare Chat, noon.
- Sept. 22 Pizza and a Movie "A League of Their Own," 5 p.m. Donations appreciated. Register at tetonseniors.org/movie.
- Sept. 25 Teton Valley Birding Adventure, 5 p.m. Hilary Turner presents her yearlong experience. Donations appreciated.
- Sept. 27 Bitch Creek Trestle walk. SWOT bus leaves 12:45 p.m.; cars can follow. Register at tetonseniors.org/bitch-creek
- Sept. 28 Trivia with Kate, 1 pm. Come play for prizes.
- Sept. 29 Sandhill Crane Viewing Tour, 7:15 a.m. Ride the SWOT bus. Cars can follow. Bring cameras and binoculars. Register at tetonseniors.org/cranes.



JOIN SWOT to learn about Hilary Turner's yearlong adventure documenting birds in Teton Valley at 5 p.m. Sept. 25.

12 VALLEY TALK



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