

Fly fishing is therapy

Kevin Holten



Most people think that fly fishing is a sport. But what we learned on Tuesday is this: It's therapy. And if everyone was a fly fisherman, the world would be a better place.

Joey Puettman, from Sheridan, WY, is a former wrestler who might just be a fly-fishing addict. And as that he's proof that not all addictions are bad.

You see, he has turned his love of fly fishing into a rod building, and a fly-fishing instruction and guiding business. And what might have started as a love for a sport has turned into therapy for a lot of people and counseling for disadvantaged youth.

So, we interviewed Joey, his partner JT and rod builder, Savannah on Tuesday for our series on the Cowboy Channel and RFD-TV. And we learned a lot about fly fishing, but maybe even more about life.

You could say that fly-fishing is very comfortable sensory overload. And what I mean by that is that you are typically placing yourself in or next to a running stream surrounded by incredible beauty.

As such, you are getting away from it all, developing a certain rhythm and letting the cares of the world wash away. Or you are at least filtering through your thoughts and casting aside the negative ones and keeping the best.

In that way, nature is like a filter, and it helps you to realize what is important in life, what you should focus on and what you're wasting your time on.

Can a little fishing trip to a nearby

stream do all of that? Absolutely.

Now, I went fishing with my family a fair amount in my youth. But fly-fishing is a whole different activity simply because you are doing your best to duplicate the activities of a fly (at the end of your fly-fishing line). You see, you want to make it just tap the surface of the water and tempt a fish that happens to be in the right place at the right time to devour it along with your hook.

It sounds a little tedious in the beginning but it's not. After all, you're in the middle of the Garden of Eden. And it might even sound a little cruel until you realize that 90 percent of the fish that are fooled in a fly-fishing situation are ultimately thrown back into the water. And that's one of the reasons why I refer to fly-fishing as less a sport and more of a therapy session.

Now Joey has a young lady named

Savannah working for him that originally came into his shop at the age of 12. And Savannah's early childhood was fraught with challenges and abuse.

She happens to be a very gifted artist and someone with the perfect personality and temperament to build high quality fly-fishing rods. In other words, she is an artist that applies that artistic ability to fly-fishing rods with love.

Savannah is also very soft-spoken, intelligent and introspective and you would never suspect that she was also an MMA fighter for six years. Thus, you might say that she has found peace doing what she is doing after the chaos of a contentious childhood and athletic endeavor.

Paul Whitehouse, who is a Welsh actor, writer, presenter and comedian said this about fishing: "It's hunting, but unlike shooting, which is noisy and intrusive, fishing is all about quietness and stealth."

Community Calendar

Friday, July 4 Bone Builders at the Belfield Senior Center, 10:30 a.m.	Wednesday, July 9 Bookmobile at Prairie School, Fairfield, 9:30 a.m. - 4:00 p.m.
Train Dominoes at the Belfield Senior Center, 12:30 p.m.	Strength & Balance Exercises at Belfield Senior Center, 10:30 a.m.
Belfield Inert Pile, 3:00 p.m. - 6:00 p.m.	Belfield Intert Pile open, 3:00 p.m. - 6:00 p.m.
Saturday, July 5 Belfield Inert Pile, 10:00 a.m. - 3:00 p.m.	Belfield County School Boat at DeMores School, 5:00 p.m.
Monday, July 7 Bookmobile at DeMores Schook in Medora, 9:30 a.m. - 4:00 p.m.	Belfield Pavilion Supper, 5:30 p.m. - 7:00 p.m., meal by Belfield Lutheran
Bone Builders at Belfield Senior Center, 10:30 a.m.	Belfield Knights of Columbus at St. Bernard's Parish Center, 7:30 p.m.
Train Dominoes at Belfield Senior Center, 12:30 p.m.	Thursday, July 10 Belfield Public School Board at BHS, 6:00 p.m.
Tuesday, July 8 Belfield City Council at Belfield City Hall, 5:00 p.m.	If you have an event you would like to add to our weekly schedule, email it to bcp@gspublishing.net
Belfield Legion Bingo at Burly's 5:00 p.m.	

PUBLIC NOTICE

NOTICE OF ZONING MEETING

The Billings County Planning & Zoning Commission will hold a work session on Wednesday, July 16, 2025 at 9:00 AM in the Commissioner's Room at the county courthouse, Medora, ND.

The purpose of the work session is to attend a Housing and Planning & Zoning training session remotely in the commissioner's room. A quorum of the board may be present. No action will be taken or decisions made during this work session.

There will not be a regular zoning meeting on Thursday, July 17, 2025 due to a lack of applications.

The next zoning meeting is scheduled for Thursday, August 21, 2025 at 1:00 PM. Applications are due on Thursday, July 31, 2025 by 4:00 PM to be on the agenda for August.

Dated at Medora this 26th day of June, 2025

Stacey Swanson, Zoning Director

Published July 3 & 10, 2025

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If you have a story tip to share, please email jill@gspublishing.net or call 701-584-2900.

Recipe: **German Spaetzle**

From the kitchen of: **Joy Zimmerman**

Ingredients:

- 4 C. all-purpose flour
- 2 tsp. salt
- 8 large eggs
- ¾ C. milk

Directions:

In a bowl, whisk together until the batter is well combined and develops bubbles. Let the batter sit for 10 minutes. In a big pot bring water to a boil. Add 1 Tbsp. salt then reduce heat to simmer. Press batter through a Spaetzle maker working in batches. Cook for three minutes until the dough floats to the top. Remove cooked dough with a slotted spoon to cake pan. Repeat until all of the dough is used up.

In a frying pan, melt some butter and put the spaetzle and fry until crisp. Great served with creamed fresh garden lettuce.

If you don't want to fry them in butter, add 2 Tbsp. butter to the hot spaetzle to prevent them from sticking together and serve right away.

If you don't have a spaetzle maker, use a large holed colander to push the dough through with a spatula.

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ACHIEVEMENT DAYS

COME JOIN the FUN!

July 10th: 4-H Exhibits & Shows

July 11th: Food Trucks; Vendor Show; 4-H Shows, Parade of Champions, Premium Sale; Inflatables; Dunk Tank; Art with Miss Myra; 5 p.m. free-will donation meal; Magician Keith Raymond; Booz-n-Tuna (\$10)

July 12th: \$10 Admission All Day; Food Trucks; Vendor Shoe; 5K Color Run; Parade; Inflatables; Dunk Tank; Farmer Olympics; Power Pull; Balloon Factory; Art with Miss Myra; Kids Power Pull; Corn Hole Tournament; Magician Keith Raymond; Ashley Wineland Concert

Magician Keith Raymond
Fri., July 11 & Sat., July 12 - 7 p.m.



Booz-n-Tuna
Fri., July 11 - 9 p.m.



Ashley Wineland
Saturday, July 12 - 8:30 p.m.



ABBREVIATED NOTICE OF INTENT TO AMEND NORTH DAKOTA ETHICS COMMISSION RULES RELATING TO THE COMPLAINT PROCESS

TAKE NOTICE that the North Dakota Ethics Commission will hold a public hearing to address proposed changes to the N.D. Admin. Code ch. 115-02-01 at 9:30 am on Tuesday, September 9, 2025 at 600 E Boulevard Ave, Judicial Wing Rm. 321, Bismarck and on Microsoft Teams. These are not emergency rules.

A copy of the proposed rules and a link for the hearing may be found at www.ethicscommission.nd.gov or obtained by calling (701) 328-5325. Written comments may be submitted on the Ethics Commission's website or to 600 E Boulevard Ave, Dept 195, Bismarck, ND 58505 until September 22, 2025. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Ethics Commission at the above telephone number at least 14 days prior to the public hearing.

Dated this 26th day of June, 2025.
Rebecca Binstock, Executive Director, North Dakota Ethics Commission