FLSRV Newsletter



Winter 2018



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Membership

A 2018 membership form is enclosed for your convenience.

In 2017 we had 80 member families. This money generated from dues goes into a general fund and provides the resource for printing and mailing newsletters, maintaining our web site, auditing of each years financial records and other miscellaneous expenses. Please complete the form, make check to FLSRV and send it to: Harla Jean Biever, 2220 E. Colbert Rd. Colbert, WA 99005

School Bond Vote

This is a reminder about the upcoming vote for the school bond and levy that takes place in February, 2018. We are urged by Dr. Thomas Rockefeller, Superintendent of the Mead School District, to exercise our right to vote on this issue.

Mark your calender!

2018 Annual Meeting and Dinner/Auction

Friday, February 23, 2018 Wandermere Golf Club

Doors Open - 5:30pm, Annual Meeting - 6:30pm Dinner - 7:00pm

This meeting is an opportunity to catch up on the latest happenings in and around our Valley and enjoy some fellowship with neighbors. Rob Allen, president of Fairwood Neighborhood I, will give a brief presentation on the Middle-Little Spokane Trail Project. Election of board members will be held; only those with paid membership are allowed to vote. Board members to be voted upon for a two-year term: Kirk Neumann, Dave Maccini, Tina Wynecoop, Lindell Haggin, and Mark Case. Nominations from the floor also accepted.

Last year's auction was very successful. The items were outstanding and we raised \$1875. Great items are coming in; don't miss out! The majority of the funds raised go to trails development. If you have items to donate for the auction, please let Harla Jean know.

To order your tickets complete the information at the bottom of the enclosed Membership Form and send it along with a check made out to FLSRV to: Harla Jean Biever, 2220 E. Colbert Rd. Colbert, WA 99005. Because the Taco Bar was such a hit the last two years we will be having it again as our menu. The cost is \$20.00 per person. Tickets will be mailed to you on receipt of your registration. Everyone is welcome to the meeting even if you are not purchasing a ticket for dinner.

- In Memoriam -Harold Balazs

He said, "Art teaches me a little about what I was, where I came from . . . it speaks to me and tells me something about the promise for the future."

This friend of the Little Spokane River Valley... the center, tho not the boundary, of his universe.

He went out to the edges of one ceaseless, ever-present Now and invited us all to go along on the joy ride.

> A true Friend of the Little Spokane River

Friends of Little Spokane River Valley, Inc.

FLSRV Newsletter

is a publication of:

Friends of Little Spokane River Valley, Inc.

P.O. Box 18191 Spokane, WA 99228 Phone: 509-951-2084

For article suggestions or comments contact Harla Jean Biever

Board of Directors

Martha Schaefer, President Lindell Haggin, Secretary Harla Jean Biever, Treasurer Mark Case, Director Michael Kennedy, Director Kirk Neumann, Director Dave Maccini, Director Tina Wynecoop, Director Lance Pounder, Director Jack Bury, Director Emeritus

Trail System Section Completions

Mark Case

The Colbert Road trail was completed last fall. We now have 900 feet of trail along the north side of Colbert Road, intending to connect Little Spokane Drive to Meadowbrook Road that loops back around to Golden Road. 2017 was a very busy year with the economy back in full swing, I called about a dozen con-

tractors, only ended up with one bid from Brownscape. They did a great job, clearing and grubbing, placing base material and a 6 foot wide gravel walking surface. The trail comes up short of Little Spokane Drive due to limited right-of-way width, a hillside and the need to drain the wetland overflow.

You may have noticed that over the summer the county tore up the connector road on the north side of the triangle (approximately 300 feet), they replaced the base gravel under the road, added a drainpipe

down the middle that drains water getting under the road from the wetland on the corner, and added a roadside ditch to help divert the wetland overflow. With that new ditch in place there wasn't room left for trail. A future trail is being discussed to connect the Midway Trail to the Colbert trail along the west side of Little Spokane Drive, it has many challenges to overcome, we are looking into grant money to complete this project.





Middle of Little Spokane River

Daniel Collins

Waikiki Springs received another dose of community spirit on the Switchbacks trail in late October. Waikiki Springs is 114 acres of second-growth Douglas fir forest and river floodplain managed by State Department of Fish and Wildlife - DFW. Ten volunteers with pitchforks, pickup trucks, and shovels planted 50 trees and shrubs to mask damaging social trails along the steep slopes down to the Little Spokane River floodplain. We were supported by the DFW's: Area Manager Daniel Dziekan with deliveries of mulch, Large Woody Debris, plants and tools-we have an outstanding steward in Mr. Dziekan! We've termed

these events Save Our Switchbacks (SOS) to raise awareness to the needs of this unique area for conservation and recreation. SOS is sponsored by the Fairwood Farmers Market and is the brainchild of Chris Zeller Fairwood II president and Rob Allen, Fairwood I president. To this point, stewardship has included, litter pickup, repairing trails, and tree planting to restore damaged slopes. The basic methods we used for closing trail are borrowed from the US Forest Service. In 2018 and beyond, we hope to engage more community in stewardship of these public lands so that we can begin to address the bigger issues and needs - such as vandalism, trespass, better signage to orient users and the planning for the Middle of the Little Spokane River conservation and trails effort. We welcome all, on our stewardship of this area.



Valley Cleanup 2018

Michael Kennedy

Friends of the Little Spokane River Valley will hold their annual cleanup day for the roads in valley on Saturday, April 21, 2018 at 9:30 AM. Please meet at the bottom of Shady Slope Rd.

Our goal each year is to clean up most of the major roads in the valley from Wandermere to Perry; Shady Slope to the top of the hill; Dartford to Hazard Road; Hatch Road to the pool; and Golden Road, Midway, and Colbert Road including some new area along US 395.

After the cleanup, an annual chili feed will be held at Bart and Lindell Hagen's house for those who helped out. Please mark your calendars for this years cleanup. We need your time and your continued support to help keep our valley clean. This is also a good way to get to know your neighbors!

School Time

We are including the reprint of an editorial from the Spokesman Review on why walking to school is a smart choice. It sure uplifts the day when we see kids walking, biking and scootering to school.

With more folks using the trail to run or amble, there are also more dogs getting in a good on-leash walk as well. Both of these aspects are good reasons to build a trail throughout the Little Spokane River Valley.

On another subject, there are many conscientious dog walkers who take care of their dog's business in a neighborly way. A few (just a few) just leave it and ,more astoundingly, a few bag the poop and then tuck the bag behind a rock or mailbox or pitch it in the woods. For this reason, we have also included another Spokesman Review article explaining why being responsible for what comes out really matters!

Walking to School is a Smart Choice

Spokesman-Review article. September 1, 2017 Reprinted by permission.

OK, so parents might've exaggerated when they told their kids they trudged many miles to school – uphill, both ways – but they probably did walk. And it was good for them.

Half of students nationwide walked or biked to school in 1969, as The Spokesman-Review reported on Thursday. That figure dropped to 13 percent by 2009. We don't imagine that trend has reversed, given the mini-traffic jams around schools each morning and afternoon caused by parental chauffeurs.

Students are eligible for bus rides if they live a mile or more from their school. For those living closer, that's a manageable walk or bike ride. Sadly, it might be the only exercise some children get outside of school recess and gym classes. Health experts recommend children get at least an hour of physical activity per day. Walking to and from school provides a nice aerobic workout.

Unfortunately, many kids get a ride home and then plop down with electronic devices or television.

Since the 1970s, childhood obesity rates have tripled, according to the Centers for Disease Control and Prevention. About 20 percent of children between the ages of 6 and 19 are obese, and that leads to a host of negative outcomes.

According to the CDC, they include:

- A higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes and risk factors for heart disease."
- Being "bullied and teased more than their normal weight peers, and more likely to suffer from social isolation, depression and lower self-esteem."
- A greater chance of adult obesity, "which is linked to serious conditions and diseases such as heart disease, type 2 diabetes, metabolic syndrome and several types of cancer."

Granted, some neighborhoods in these car-centric times weren't designed for walking, and crumbling sidewalks (if they exist at all) are a problem. The city is working to improve safety near schools, with improved curbs, sidewalks, crosswalks and re-engineered intersections.



Seeing Red Over Dog Poop? Oregon Town Paints it Orange

Spokesman-Review article.
October 13, 2015
Reprinted by permission.
Originally published July 28, 2011
The Bellingham Herald

Students and veterinarians in Corvallis, Oregon, have a bright idea for raising awareness of the amount of dog poop pet walkers are leaving around parks and wild areas. They're painting it orange and leaving it to make a point.

They're on to something. From what I've seen around Spokane, in natural areas and Riverside State Park trailheads, the number of people hiking with dogs is mushrooming while the problem of people not picking up after their pets is growing into an epidemic.

Here's a report on the Oregon project from the Associated Press.

For the last three weeks, it's been difficult for anyone walking McDonald Forest trails not to notice the countless mounds of dog poop littering the trails and walkways. And it wasn't just because of the smell; orange poop is kind of hard to miss.

On Saturday, volunteers set about picking up all of the piles of poop that were previously spray painted orange with a construction-grade paint to make the poop stand out. About 20 volunteers picked up around 1,000 piles of poop at Oak Creek, Peavy Arboretum, Lewisburg Saddle and Calloway Creek trail.

The orange poop is part of a new public information campaign from the Oregon State University College of Forestry and local veterinarians aimed at bringing awareness to the amount of waste that – in addition to being unsightly and smelly – is causing potential ecological problems.

"We've been getting dozens of complaints from people noticing the increas-

- "Seeing Red" / Continued on page 4 -

ing amount of poop on the trails and it's been getting worse the last couple of years," said Ryan Brown, recreation and engagement program manager for OSU Research Forests. "We're all dog lovers and dog owners and walkers of these trails and we know the opportunity to have dogs out here is super important to the community of Corvallis. And 99 percent of them are really careful and clean up after their dogs. But we want people to be aware that this is causing a lot of problems."

While some community members have argued that dog poop is natural and can act as a fertilizer, local veterinarians and professors with the OSU College of Forestry say the dog poop has caused serious ecological issues along the trails and in the forests themselves.

"There are stream ecology studies happening in the waterways along Oak Creek and anything that gets into the water can drastically change the ecology," Brown said. "That isn't natural and it can really throw off the health of the streams and cause certain organisms to grow that aren't natural to the area."

Veterinarian Sharon Forster-Blouin, who owns and runs Corvallis Cat Care, volunteered for the campaign after picking up after her own dog on the trail and hearing arguments that the dog poop was natural. "I had someone say to me while I was picking it up that I was picking up valuable fertilizer the forest needs," she said. "I said, `no, I'm trying to keep you and your dog from getting horrible viruses and keeping it from contaminating the waterway.""

Forster-Blouin, who holds a master's degree in zoology and parasitology, said dog poop can carry dozens of parasites including roundworm, hookworm, tapeworms, whipworms, coccidia, glardia and cryptosporidium. In addition to being a veterinarian and dog owner, Forster-Blouin volunteers to pick up the poop from the Oak Creek trail. She

regularly picks up more than 80 pounds of dog poop from the half-mile trail each month.

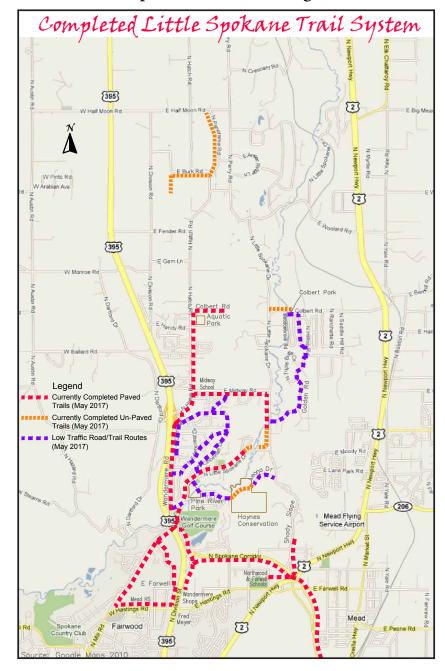
"It is not natural for there to be this much poop in one small area along our creeks and our forests," she said.

Forster-Blouin is convinced that more people in Corvallis would pick up after their dogs if they were aware of the ecological and public health problems. "The thing that I find to be interesting is that there is no human litter. People in Corvallis are environmentally aware and care about where they live and they don't litter

on these trails," she said. "But I don't think they realize that dog stool is litter."

Brown said she's hopeful that even if people disagree with the environmental and sanitary concerns shared by volunteers, researchers, dog lovers and veterinarians alike, they would pick up after their dogs for another tough-to-miss reason. "It stinks. In the summertime we get a lot of complaints from people who won't walk these trails anymore because there is so much poop," she said. "I mean, it's gross."

Map of Current Trail Progress



Friends of the Little Spokane River Valley, Inc. 2018 Association Membership Form

Goals of the organization:

- Preserve and sustain the unique character of the Little Spokane River Valley, including its open space and natural setting, maintaining lower density zoning.
- Protect the areas ecosystem including water quality, wetlands, priority habitat and wildlife, and dwindling native vegetation.
- Encourage the development of area parks.
- Educate public officials of FLSRV concerns, being pro-active when major issues are at the forefront.

MEMBERSHIP: Property owners in the area 3/4 mile either side of the Little Spokane River from Chattaroy to the Fish

Hatchery are invited to bed who live outside the design					•	als
Being in agreement with th	e goals, I w	ish to join FLSRV	. Signature			
Name (or Organization):						
Address:						
City:					ip Code:	
Home telephone:			E-Mail/FAX	<u> </u>		
What are your special concer	ns about the	valley?				
What issues or topics would	you like dise	cussed at meetings?				
Check if you are interested in helping with:		2018 FLSRV membership dues:				
☐ Trails Committee ☐ Parks Committee ☐ Newsletter (writing &/or publishing)		(Full member \$25) (Associate member \$15) Action Fund Contribution			\$	
☐ Sign Design or construct☐ Board member	ion		General Fund Trail Fund Contribution Welcome Sign (future)		\$	
☐ Administrative help						\$ \$
Other			Welcom	TOTAL PAID:		-
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FLSRV Dinner Rese	rvation	Friday, February 2		Open 5:30pm, Mee	ting 6:30pm, Dinner 7:0	00pm
# Tickets requested (\$20.00 Each)	Name(s):					
Amount enclosed: \$	Street:			City:	Zip:	
Make checks payable to FLSF	RV. Donation	s may be tax deductib	le.	Phone:		
Send to: Harla Jean Biever 2220 E. Colbert Rd. Colbert, WA 99005			Pick up your tickets at the door.			

We are honored that you support the **Friends of the Little Spokane River Valley**. Your donations, membership, sweat equity and enthusiasm have brought us a long way over the last two decades.

What we Accomplished Together in 2017

- We cleaned litter from many miles of roadways and trails in April for Earth Day and because we care.
- We monitored the water quality of three streams monthly for Spokane Conservation District: Little Spokane, Little Deep Creek, Deadman (Peone) Creek.
- We picked up litter along a section of WSDOT's "Children of the Sun Trail" four times (located between Wandermere Frontage Road and Highway 2) from April through October.
- We wrote letters to our county commissioners regarding the proposed opening up of gun ranges in our Valley's "no-shooting" area to allow shooting. (Noise pollution obeys no parcel lines). The result of this opposition was that the proposal was withdrawn by the sponsor for the change.
- We held our annual meeting, dinner, and fundraiser at Wandermere Golf Course. Board member Lindell Haggin displayed her wonderful photos of wildlife and nature observed along the Little Spokane River.
- We raised \$1,875 for our non-profit organization's account in order to forward work with trails, signage, and communications.
- We collaborated with, and provided funding to support, Fairwood's "Middle of the Little" organization for their work to preserve the LSR natural area below Bozarth Mansion/Waikiki Springs.
- We prepared semi-annual newsletters full of information relevant to our LSR Valley community.
- We advised the county road engineers of the need for crosswalks/signage to enable safe pedestrian passage across busy roads near Pine River Park and the new trail at the base of Colbert Road.
- We attended nine FLSRV board meetings and planning sessions.
- We invited and listened to Mead School District School Superintendent, Dr. Rockefeller, explain the challenges and pressures our school district faces with unchecked population growth.
- We maintained a website loaded with historic information, photos, and e-newsletters.
- We invited members and friends to attend another annual fundraiser: where we accompanied author Jack Nisbet in exploring the geology, flora and fauna of Reardan's Audubon Lakes.
- We refurbished three informational kiosks: at Cincinnati/LSDrive, and at both entrances to the Haynes Conservation Area.
- We provided bags for the doggie doo dispensers installed along the trails.
- We installed FLSRV signage along the recently completed Wandermere Frontage Road pedestrian trail which now completes the connection between Wandermere Bridge and the Hatch Road trail system. (The developer of the apartment complex funded/constructed the trail.)
- We successfully supported opposition to a proposed exemption to the no-shooting area along Little Spokane Drive.
- We forgot to mention in last year's list of on-going accomplishments our involvement with the county when three bridges
 were replaced: Dartford, Golden Road, and Wandermere Bridges. We wanted our bridges to be designed to enhance the
 community's connection to, and awareness of, the Little Spokane River. Walkways, aesthetics, visibility, and design were
 included in our participation with the county engineers.
- We funded, designed and built a 900' pedestrian connector trail from Colbert Road Bridge to Little Spokane Drive.

We look forward to 2018!

When you join this organization you help to promote ongoing projects as opportunities arise. If not already a member, please consider joining our neighborhood family. See included membership form.

Local, Family-Owned Landmarks: Pounder's and Pattison's

Tina Wynecoop

My first piece of real jewelry was a roller skate key that hung on a simple chain around my neck. It was the only tool I needed besides roller skates to have the best times growing up a little girl could have. I still have that key...and wonderful memories of skating on a concrete oval walkway that encircled an apartment complex my family lived in south

Seattle. It was my "rink" - available all day, everyday. All the neighborhood kids went round and round on it, too. I remember skating in the counterclockwise direction only.

I didn't know that there is a word for it, but I do know that I can still feel the direction I always took. Does it have something to do with the term "goofy foot" that snowboarders contend with? To this day, when I skate

at Pattison's North I still prefer to go with the flow that is usually counter-clockwise. I remember those painful times when on my outdoor rink when I hadn't used my skate key properly to tighten the clamps that held the skates to whatever shoes I was wearing. The skates would fly off in mid-stride. Momentum ceased. Gravity ruled. Flesh suffered. It didn't matter. I loved to roller skate and I loved leaning into the airstream my momentum created. Skating was my "the solution to gravity." Why be

earthbound?

Our family moved to the "north end" of Seattle about the time I started fifth grade. The streets were 'paved' with bumpy asphalt and there were no sidewalks to skate on. My skating opportunities came to a halt. But, when it was raining (which it usually was) my mom would let me and my sister skate in our basement. Good thing she did because we had lots of energy to unleash. I have since learned that the activity of roller-skating equals jogging in terms of energy spent in exercise and it provides a complete aerobic workout. Karen and I would weave our skates among the indoor clotheslines,



storage boxes, the furnace, dad's band saw and tool bench, as well as the general accumulation of junk found in most basements. It was a small house. Outdoor skating was preferred.

My second piece of adornment came from Pounder's Jewelry store at Northtown Mall in the early 70's. It was my wedding ring - a gold band costing \$25. If I remember right, Jim Pounder sold it to us. It was a lot of money to be spending at that time. Sadly, years later I lost the ring. I still have my skate key. Pounder's store has since moved further south of Northtown Mall on

Division Street. It is a spacious and beautiful family-owned building having glorious vistas of downtown Spokane, the South Hill and the everchanging skyscape.

I relate my skate key not only to what is kept in my jewelry box but to another treasured landmark: Pattison's North Roller Rink which located on the same highway as Pounder's, but much further north at the southern edge of the Little Spokane River Valley. The familyowned landmark is well-known and popular throughout the upper Columbia region. Four generations of Pattisons and Winklers have

operated it since 1951 and it continues to provide Spokane and surrounds with affordable family entertainment.

Last year I joined my friends, Bea and Jim for skate time at Pattison's. We aren't flashy skaters and mostly sit and visit more than we skate. Yet it still feels so good and freeing to zoom around the rink. The rotunda-shaped floor of the rink is constructed of #1 grade maple boards

which cover a surface 95' x 176'. It is roomy enough to accommodate multitudes of skaters of all ages. The maple boards are curved at both ends of the oval so "when you go around the 'corners' you are skating with the grain of the wood." It's designed to be smooth and fast.

We three 'elders' don't run into the end walls but we sure do appreciate the railings and soft carpeting that embrace the rink's edges and give us stability.

- "Landmarks" / Continued on page 8 -

I am glad our two sons learned to skate at Pattison's. And now we have the pleasure of watching their children do the same. Roller-skating was considered for inclusion in the 2012 summer Olympics but never became an event. Fortunately we can enjoy it locally as an ever-present pastime, and as a competitive sport venue: speed skating, roller hockey, roller derby, etc.

In 2006, the owners of Pattison's, Ben Winkler and Bobbi Pattison

Winkler, were approached by developers with offers to purchase their Spokane landmark. The intent was to demolish the rink and build houses. The family fended off the lucrative offers because they were set on maintaining the rink generations. for future Instead the Winklers sold the business to nephew Shaun and his wife Jericho Pattison. By doing so they kept their traditional values and ideals in the community. Shaun and Jericho are the current owners. A quick search on the Internet brings up more information about the family.

In the 1700's the roller skate design was adapted from ice skates and had the appearance similar to today's inline skates. I approached my best friend from fifth grade (who lived on the same bumpy street) with the question, "Do you have any rollerskating memories I can share in my article?" She did not. And then a short while later I received this sweet remembrance that skated into her consciousness: "Every once in a while my dad took me to an ice skating rink, and because he had played ice hockey growing up he was a very good skater. During

those times we both owned our own skates. He would enfold me with his right arm over my right shoulder...I'm not sure where my left hand was. He would gently guide us around the outer realm of the rink, turning us perfectly round each turn. It was wonderful for me...not just being with him, and skating my best ever, but skating with my much loved daddy."

One can appreciate similar parentchild duos at Pattison's. On blades or wheels, on ice or #1 maple boards, the parent-child experience is a very special one.



Then, I asked Nancy, my Colville Reservation friend if she had any memories of rollerskating to share for my article. She grew up at Inchelium which is a small town located on the west side of the Columbia River. She did: When Pattison's North was just seven years old her high school Senior Sneak headed there to celebrate their milestone.

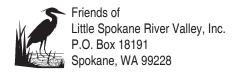
Just like me, Nancy skated in a basement. The kids in her community got to skate at the Catholic Church Hall. Father Ryan had constructed a big wooden box divided into cubby holes (just like at Pattison's) and each cubby held a pair of roller skates. Those were happy times. What Nancy remembers liking about skating at Pattison's was that the floor was "supered" – engineered just like a good highway road should be – a sure deterrent to gravity's pull.

Life-long LSRV resident, Debbie K., admitted that supered or not, "the only way I could stop was to run into the wall. And, I remember we held hands, three or four girlfriends, skating around together in friendship and fun."

What got me thinking about landmarks and roller skating was an old building that still stands on the east boundary of the Spokane Indian reservation Ford, WA. I first noticed the building in 1970 when I moved to Wellpinit. My husband remembers skating there as a teenager in the forties. Playing "Crack the Whip" on wheels was a thrilling activity for him. The rink was owned and operated by Mr. Snotty - actually, his name was Mr. Snoddy but no one I interviewed remembered it that way. His story will be continued in the Fall FLSRV newsletter.

For now, I still have my treasured skate key. I grew out of my metal quad roller skates eons ago yet I have the distinct feeling there are lots of other memories to be shared about my local heroes, Pounder's and Pattison's. Please do add to the story.









Membership

Included in this newsletter is a membership form for year 2012. Your board is hard at work. Many of the articles in this issue address projects and issues we are working on. We appreciate your support by renewed membership. We will keep you updated through our web site, newsletters, and reminder post cards . . all a part of your privilege as members.

New Board Position

After many years of valued service on the board of FLSRV, Jack Bury has stepped down. We want to honor him as the first Director Emeritus of our organization. This will place him in a consulting position when we need input on various aspects of our functions as a board. Jack has served his community in many aspects and we wish him all the very best in the years to come.

Yearly Walking Tour With Jack Nisbet

Lower Hangman Creek

Mark Your Calendar Sunday, April 29, 2018 9:00 am-Noon.

Come explore the human and natural history of Lower Hangman Creek from its confluence with the Spokane River to the beginning of its spectacular high bluffs. This mostly flat walk will begin at Sandifur Bridge in People's Park and move upstream along the proposed connecting trail through Vinegar Flats.





FLSRV Website

Have you visited our web site? We are continually updating information in which you might be interested. Take a look at flsrv.org.