

# FLSRV Newsletter



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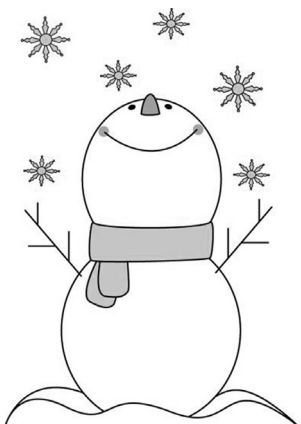
## Valley Cleanup 2016

Michael Kennedy

Friends of the Little Spokane River Valley will hold their annual cleanup day for the roads in the Valley on Saturday, April 16, 2016 at 9:30 AM. Please meet at Shady Slope Rd. and Little Spokane River Drive. 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 areas along US 395.

After the cleanup, an annual chili feed will be held at Bart and Lindell Hagen's home for those who helped out.

Please mark your calendars for this year's cleanup. We need your time and your continued support to help to keep our Valley clean. This is also a good way to get to know your neighbors!



## 2016 Annual Meeting and Dinner/Action

Harla Jean Bieber

**- RESERVE THIS DATE -**

Friday, February 26  
Wandermere Golf Club

Doors open  
5:30pm

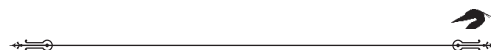
Meeting Times  
6:30 pm, dinner 7:00 pm

This year we will be featuring a Taco Bar for our dinner. This meeting is an opportunity to catch up on the latest happenings in and around our Valley and enjoy some fellowship with neighbors. Election of board members will be held; only those with paid membership are allowed to vote. There will be a brief program.

Last year's auction was one of the most successful ever. The items were outstanding and we raised nearly \$2000. Great items are coming in; don't miss out! The majority of the funds raised go to trails development. The cost is \$20.00 per person. Tickets will be mailed to you on receipt of your registration.

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 Bieber  
2220 E. Colbert Rd.  
Colbert, WA 99005



## Membership

A 2016 membership form is enclosed for your convenience. In 2015 we had 85 paid member families. This money 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 Bieber  
2220 E. Colbert Rd.  
Colbert, WA 99005



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: 509-466-2823

For article suggestions or comments,  
contact Harla Jean Bieber

### Board of Directors

- Lance Pounder, President
- Martha Schaefer, Vice President
- Lindell Haggin, Secretary
- Harla Jean Bieber, Treasurer
- Jack Bury, Director
- Michael Kennedy, Director
- Kirk Neumann, Director
- Tina Wynecoop, Director
- Dave Maccini, Director

## Number 93161 Nets FLSRV Four Annual Cash Payments !!

***You can help Friends of The Little Spokane River Valley earn donations just by shopping with your Fred meyer Rewards card!***

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. FLSRV was granted enrollment last week. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to FLSRV at:

[www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards)

You can search for us by our name or by our non-profit number 93161. Then, every time you shop and use your Rewards Card, you are helping Friends of the Little Spokane River Valley earn a quarterly CASH donation!

***You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.***



## Pine River Park Entrance

*Deanna Sommers*

The renovation of the Pine River Park entrance sign (see photo below) was completed in August. Don Secor, of the Spokane County Parks Department, began the process in January of 2015 with an application for a grant which was awarded. Karen Dashiell, of Pine River Park, coordinated the effort with the county, Gary Sander, of Nelson Landscaping, Lance Pounder, and a resident who offered to repaint the sign. Five hundred and five dollars was raised through donations from Pine River Park residents and this was matched by a five hundred dollar donation from the FLSRV.

Following the removal of the old shrubs, the area was covered with weed barrier and a thick layer of rock. The project was completed with six large rocks and a double fence. It was decided not to include any shrubs or trees as there is no water supply. There have been offers from area residents to plant flowers in the spring. The result is a vast improvement and Pine River Park residents are very grateful to all those who participated.



**Pine River Park Entrance**

## Friends Of Wandermere Update Regarding Apartment Construction Between Highway 395 and Wandermere Road

*Jennifer Mudge*

In July 2015, the County Commissioners approved the re-zoning of the 4.5 acre parcel of land between Wandermere Road and Highway 395 to high density. This gave the developer, Rudeen Development, high density zoning on all three parcels of land he owns in the area between Highway 395 and Wandermere Road for a total of 17.6 acres of land at high density zoning to pursue building the apartment complex. The approval was subject to agreements with the Friends of Wandermere neighborhood group and the County of Spokane. At present, Phase One, the northern most parcel (approx. 7 acres) is currently being developed. Below are some points from the agreements.

- The entire 17.6 acres will contain no more than 310 units (there was a potential of over 500 units being built).
- In the original plans for Phase One there were 3 story buildings planned at the far north end of the property near Glencrest Drive and 2 story buildings along Highway 395. This will be reversed and the two story buildings placed on Wandermere Road side of the property. There will still be 3 story buildings but these will be near the Elto intersection and will be perpendicular to Wandermere Road instead of parallel to it.
- A fence will be built from the far north of the property (just south of Glencrest Drive) to the southern end of the 4.5 acre parcel approximately where the

- Apartment Constr. / Continued on page 4 -

## Practical Knowledge

Tina Wynecoop

If one is used to finding all their food and supplies in a supermarket the wild places may seem a poor resource! Practical knowledge can reveal provisions where the 'grocery store' mindset sees nothing. We can look to the wilderness for sustenance and supply and yearn for a Yokes, Rosauers, Wal-Mart or Fred Meyer; or, we could begin to discover what is already out there for harvest and use. Several interesting examples come to mind: A useful native orchid called Western rattlesnake plantain (*Goodyera oblongifolia*) includes a reproductive aid, chewing gum, pain reliever during childbirth, tea, tonic, poultice, toy, perfume, and, most surprising and wonderful, a bandage!



Last fall my Sinixt (Arrow Lakes) friend from Inchelium, Nancy Michel, and I were walking along a forest trail when she noticed a low growing plant colony in the shaded, deep leaf forest litter and told me her tribe calls the plant "Frog leaves" or "Indian band aid," and that it was/is used to cover small wounds, providing protection and acts as antiseptic. I recognized this local plant immediately as a member of the wild orchid family from its leaf structure and bloom. But I knew nothing about its practical applications.

Nancy showed me how a leaf was picked and rubbed between the thumb and a finger to soften it and then split in two along its flat plane. Its moist interior

could then be placed directly onto surface wounds as a protective covering. And it stays on.

The name for this plant in one of the many Interior Salish dialect is "splitting open easily." Since the plant has a widespread range throughout North America, it has other aboriginal names as well: Coastal Indians used words in their dialects meaning "it's got spots," and "medicine for childbirth." Our local tribes' word for frog leaves is "nki?iw's". Elders used the leaves extensively and commonly to draw out infections. Early pioneer settlers called the plant Rattlesnake plantain because they thought the pattern found on its leaves resembled snakeskin. (It is not a member of the plantain family though.) Nancy told me Indian band aid leaves can be harvested year-round and stored in the refrigerator (I kept a few leaves in a plastic bag in my fridge for 5 months just in case I needed to cover a wound - and to test the practice. I found the leaves to be very fresh up to then, and, as the photo shows, when I applied one to a cut on my husband Judge's hand, it adhered beautifully).



The list of provisions - both food and non-food 'products' - available for our benefit is expansive. For example, the cattail (*Typha latifolia*), a plant found in abundance around wetlands and lake margins throughout the northwest can be made into bread by using the starch in its rhizomes. The tender white portions at the base of the shoots can be eaten raw or cooked; the seeds, pollen, and leaves are edible. The leaves have been and are still used in basketry, while the brown female flower head, whose downy puffs blow so easily in a wind to every child's joy, has been used for diaper material, and as stuffing for winter moccasin insulation.

Native humor is a delight, and my friend told me that Indians classy-up the name of a well-known adhesive called "Duct Tape" - manufactured by 3M - by calling the silvery gray tape, "Indian chrome." "We fixed the back bumper with Indian chrome." Meanwhile other natural plant-based adhesives such as salmon slime, tree sap, pine pitch, etc. abound in the 'supermarket of the wild.'

And finally, although I am barely touching on the subject of available foodstuffs and products, there is a botanical clover root gathered from the tidal flats beside the Salish Sea to eastern alpine meadows. The harvesters fondly call the roots "Indian spaghetti." In scientific circles the native plant is named Perennial clover (*Trifolium wormsijoldii*). For a people with a diet rich in proteins sourced from salmon, deer, and mountain goat, edible plant matter eased the monotonous diet and added carbohydrate balance and variety. The roughage introduced to the digestive system provided a natural dietary laxative, although these plants were not considered medicine.

Both native and non-native ethno botanists have contributed grocery-carts-full of traditional botanical information to the storehouse of practical knowledge relating to the culture and customs of the indigenous peoples. These are they who have lived intelligently on the land. Their keen observations have provided a wonderful connection to our region's natural resources.

*I include a small sampling of excellent books on the subject for your consideration:*

Plants of Southern Interior British Columbia

Plants of the Pacific Northwest Coast

Native American Ethno botany

Ethno botany of the Okanogan-Colville Indians

Ancient Pathways, Ancestral Knowledge

Ethno Botany of Western Washington

Food Plants of Interior First Peoples

The Spokane Indians

*The writer's home base is in north Spokane County; the landscape and people of the Columbia River watershed are her teachers.*



trees remain.

- Six-plex buildings will be built on the Wandermere Road side of the 4.5 acre parcel within the fifty foot setback requirement - these will look more like single family homes. The 3 story buildings will be built towards the 395 side of the land.

- The developer will donate a \$25,000 mitigating fee to the Mead School District.

- If a violation of the noise ordinance occurs (any work on the property before 7:00 am or after 10:00 pm), for every instance after the first, the developer will donate \$300 to the Mead Food Bank. (Please call the Sheriff's Department Crime Check line at 509-456-2233 if you personally see this happening.)

In addition to the agreements, in lieu of putting a sidewalk on the west side of Wandermere Road, the developer is required to pave the path on the east side from Glencrest to Elto as part of phase one construction. It is understood that the County will most likely require the path be completed to Little Spokane Connector during construction phase two and three of the complex. A crosswalk will be constructed at the Elto intersection using a raised cement platform and some significant lane design changes will be implemented on Wandermere Road as the complex comes close to being occupied.

## Trail Walking in The Little Spokane River Valley

Tina Wynecoop

“Swiss modernist writer Robert Walser captured this spirit in his short story “The Walk,” which includes this exquisite line:

*“With the utmost love and attention the man who walks must study and observe every smallest living thing, be it a child, a dog, a fly, a butterfly, a sparrow, a worm, a flower, a man, a house, a tree, a hedge, a snail, a mouse, a cloud, a hill, a leaf, or no more than a poor discarded scrap of paper on which, perhaps, a dear good child at school has written his first clumsy letters.”*

But no one has written about walking, its cultural history, and its spiritual rewards more beautifully and with more dimension than Rebecca Solnit in her 2000 masterpiece Wanderlust: A History of Walking:

*“Where does it start? Muscles tense. One leg a pillar, holding the body upright between the earth and sky. The other a pendulum, swinging from behind. Heel touches down. The whole weight of the body rolls forward onto the ball of the foot. The big toe pushes off, and the delicately balanced weight of the body shifts again. The legs reverse position. It starts with a step and then another step and then another that add up like taps on a drum to a rhythm, the rhythm of walking.”*

From [www.Brainpicking.Org](http://www.Brainpicking.Org)

by Maria Popova

Cartographer of Meaning in a Digital World

## Natural Resource Conservation From A Watershed Planning Perspective

Special Report - Part 1

Rob Lindsay

For the past decade, private land owners and conservation groups have coordinated with environmental and wildlife management agencies, government planners and water-based utilities to develop Watershed Management Plans for the greater Spokane River, the Little Spokane River, and Latah Creek (a.k.a. Hangman Creek) watersheds. The primary purpose of the watershed planning effort was to collect information about the hydrology of the river basin(s), estimate the demand for water for various uses into the foreseeable future, and develop a plan to meet the needs for those future demands that recognizes the availability and sustainability of the water resources, both surface water and groundwater. These plans also studied the needs for plant and animal habitat, as well as minimum flow needs for the streams and rivers; and made recommendations to protect and enhance those resources. In short, these watershed plans attempt to balance the needs of the natural environment with the needs of the built community.

A consistent theme throughout each of the regional watershed plans is that land conservation is essential to preserve and protect these watersheds. Preservation of established wetlands and aquifer recharge areas, and the protection of riparian areas along local streams is critical to sustaining a healthy watershed. Through the ongoing work of the Inland Northwest Land Conservancy, more of these critical areas are protected every day. Each of the regional watershed plans is unique, of course, and reflects the wide diversity of the Inland Northwest.

- Natural Resource / Continued on page 6 -

## Protecting And Enhancing Wetlands

Kirk Neumann

Avista recently acquired a 109-acre parcel on the West Branch of the Little Spokane River (Sacheen Springs property) to partially fulfill wetland-related requirements. The Sacheen Springs property contains over one-half mile of frontage along the West Branch of the Little Spokane River and is located within the Little Spokane River Watershed in Pend Oreille County. Historically, the property had been drained and hayed and was recently scheduled to be logged for its timber. Now that Avista purchased it, a highly valuable wetland complex with approximately 59 acres of emergent, scrub-shrub and forested wetlands and approximately 50 acres of adjacent upland forested buffer will be protected in perpetuity. Several seeps, springs, perennial and annual creeks also add to its wetland values.

Avista's Terrestrial Resource Specialist David Armes says: "We will be partnering with Ducks Unlimited to conduct wetland delineation, complete wetland ratings and develop a conceptual restoration plan. The restoration plan will include alternatives for preserving, enhancing and/or restoring habitats on the property."

From Avista's  
Fall 2013 Spokane River News



## Crossing Paths With Washington's Wildlife

WA Department of Fish & Wildlife

Water is key to complete backyard wildlife habitat. This year's record drought really brought home a basic tenet of providing backyard wildlife habitat: Water is often THE limiting factor.

Anyone who witnessed birds or other wildlife drawn to lawn sprinklers this summer can attest to this key element. With the weather forecast for Washington this fall and winter including higher than normal temperatures and lower than normal precipitation, relatively dry conditions are likely to continue.

While most species need to consume water regularly, either directly or through their food, some also require it for cleanliness and fitness. Many birds need water for bathing and post-bath preening to keep their feathers in shape to provide "all weather" protection.

The provision of water, including through fall and winter freezes, can turn an average wildlife habitat into an extraordinary one.

Those fortunate enough to have a natural waterway running through their property already have that "extraordinary" status. But most of us need to create sources of water, either building ponds, ditches, landscape swales, or rain gardens, or just setting up birdbaths.

The trick with maintaining a birdbath through the winter months in many parts of Washington, of course, is keeping the water thawed.

Birds need to drink and bathe even on the coldest days, and although they can use snow and melting ice, open water may be more attractive. Keeping water just above freezing between dawn and dusk, when birds are active, is key.

You can keep a birdbath free of ice by regularly pouring water into the bowl, but that quickly becomes tedious during extreme cold when water freezes rapidly. A stick of wood left in the water during cold snaps can help you pop out the ice so you can add fresh water. When the water freezes, the stick will also help prevent the birdbath from cracking. Providing water next to a reflecting window can also help keep it open.

Birdbaths equipped with submersible,

thermostatically controlled heaters will save time and maybe the birdbath itself. Small heaters designed to operate at a depth of one to three inches, many with automatic shut-off features when water levels drop or evaporate, are available through garden and hardware stores that cater to bird-feeding enthusiasts, and catalogues or on-line businesses.

Be careful about the source of electricity needed to run a birdbath heater. Outdoor outlets should be on a circuit or outlet protected by a ground fault circuit interrupter (GFCI), which will cut off the flow of electricity in the event of a short. Most outlets in newer homes are GFCI-protected, but if you're not sure about yours, have outlets checked by an electrician.

Providing water for birds and other wildlife comes with the responsibility to keep the water clean to prevent diseases from spreading. This is especially important during warm months, but periodic thaws during cool months can be deadly, too. Scrub the birdbath a few times each month or briskly hose it out to remove algae and bacteria. Change the water frequently; locating the birdbath near a hose bib is a good idea. Never add chemicals to clean or keep water from freezing because you may poison wildlife.

If providing open water consistently through winter is difficult for you, consider other ways you can help your backyard birds and other wildlife.

Drinking water is obtained by some animals through fleshy fruits, berries and other plants they eat in your landscape.

Some birds bathe in dust, rather than water, sifting and shaking soft, dry soil through their feathers to clean them for thermal regulation. Wrens, sparrows, quail, grouse, pheasants and hawks will enjoy vigorous dust baths in a tilled garden space or specially-dug area with a mixture of loose sand, loamy soil, and wood ashes.

For more on providing water in your backyard wildlife habitat, see <http://wdfw.wa.gov/living/birdbaths/index.html>

**Washington Department  
Of Fish And Wildlife**  
600 Capitol Way North,  
Olympia, WA 98501-1091

For that reason, each one of the next three INLC newsletters will highlight a specific watershed. The articles will include basic information for each watershed, and specific examples of the water resource challenges facing those watersheds. Topics may range from beaver relocation efforts to the latest in municipal wastewater treatment. And for each watershed, I will provide examples of natural resource conservation efforts making a difference.

The first article will highlight the Spokane River watershed, and many of the challenges associated with the interstate, urban center of the community. Topics will include municipal water supply for over 500,000 people in the face of the ongoing drought, our water-based connections with Idaho, Spokane River water quality, and the latest on the wetland restoration project at Saltese Flats in eastern Spokane County.

The second article will highlight the Latah Creek watershed and the unique nature of that primarily agricultural area. Water resource issues in this area include impacts to water quality from non-point sources and the associated challenges of restoring and maintaining riparian zones. Organizations like the Spokane County Conservation District have been very effective in supporting these efforts. Water resource challenges associated with water supplies in the Columbia River basalts will also be noted.

Finally, the last article will highlight the many challenges facing the Little Spokane River watershed. This area in north Spokane County includes both urban and rural land use, and is growing rapidly. Water supplies vary significantly, with many residents facing severe water shortages this year. Stream flows have diminished in the Little Spokane River over the past 20 years, and legal proceedings in the state may have an impact on the legal availability of rural water in the future.

In response, Spokane County recently completed a feasibility study to develop a water bank in the Little Spokane River watershed. On the conservation side, the watershed plan identified over 600 acres in the watershed that are suitable for wetland restoration.

Please feel free to contact me at [rlindsay@spokanecounty.org](mailto:rlindsay@spokanecounty.org) if you have any questions or comments you would like me to include in this series. Also, there is a great deal of watershed planning information on the web at [www.spokanecounty.org](http://www.spokanecounty.org). Follow the links to Water Resources and then to Watershed Planning.

Rob Lindsay is the  
Water Resources Manager for  
Spokane County Utilities &  
INLC Board Member

*Article reprinted with permission.*

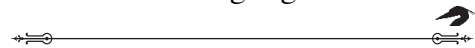


**Newest Board Member:**  
Friends of The Little Spokane River Valley

My name is Dave Maccini and I was elected to your board last February. I grew up in an Army family and attended the University of Vermont for my undergraduate and medical degrees. My wife, Merry, and I met in college and were married shortly after medical school.

We spent 10 years in the Army before moving to Spokane in 1992. For 19 years we lived in Brookside Village where we raised our three boys who attended Mt. Spokane High School. Once the boys left home, we moved onto the Little Spokane River in 2011. I retired 2 years ago so there is more time to enjoy skiing, golf, kayaking, gardening, racquetball and traveling.

I am excited to be a member of FLSRV board and participate in such a forward-looking organization.



## Haines Estates Bench Update

*Kirk Neumann*

The Eagle Scout project to replace the bench at Haines Estates is now scheduled to be completed this spring. Due to a slow delivery from the manufacturer and early winter conditions, the bench was not installed this past year.

The bench will overlook the Little Spokane River allowing walkers to sit and relax along the trail. They will be able to watch the river and the wildlife in the river valley as they take a break along their way.

The new bench, constructed from steel and recycled plastic should last many years into the future. The rot-resistant materials will be more vandal resistant and last longer than the original wood model.

Other items included in the project are a new trail map and new roofing on the kiosks. These upgrades along the trail should be ready for use as soon as the weather warms up.



## Friends of the Little Spokane River Valley, Inc. 2016 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 area's 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.

Property owners in the area *3/4 mile either side of the Little Spokane River from Chattaroy to Dartford, then 1/2 mile either side of the Little Spokane River from Dartford to the Fish Hatchery* are invited to become members. Each membership may include two members of one family. Individuals who live outside the designated area, or any organization, may join as an Associate (non-voting) member.

**Being in agreement with the goals, I wish to join FLSRV.** Signature \_\_\_\_\_

Name (or Organization): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home telephone: \_\_\_\_\_ E-Mail/FAX: \_\_\_\_\_

What are your special concerns about the valley?

What issues or topics would you like discussed at meetings?

<p><b>Check if you are interested in helping with:</b></p> <p><input type="checkbox"/> Trails Committee</p> <p><input type="checkbox"/> Parks Committee</p> <p><input type="checkbox"/> Newsletter (writing &amp;/or publishing)</p> <p><input type="checkbox"/> Sign Design or construction</p> <p><input type="checkbox"/> Board member</p> <p><input type="checkbox"/> Administrative help</p> <p><input type="checkbox"/> Other _____</p>	<p><b>2016 FLSRV membership dues:</b></p> <p><b>(Full member \$25)</b></p> <p><b>(Associate member \$15)</b>                     \$ _____</p> <p><b>Action Fund Contribution</b>                 \$ _____</p> <p><b>General Fund</b>                                     \$ _____</p> <p><b>Trail Fund Contribution</b>                     \$ _____</p> <p><b>Welcome Sign (future)</b>                     \$ _____</p> <p style="text-align: right;"><b><u>TOTAL PAID:</u></b>                     \$ _____</p>
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Friends of Little Spokane River Valley, Inc. is an IRS Section 501(c)(3) tax-exempt non-profit corporation (a charity). Dues and donations are tax exempt to the full extent of the law. You should check with your tax consultant to be sure this applies to you.

Make checks payable to: **Friends of Little Spokane River Valley**  
Mail to: **Harla Jean Biever, 2220 E. Colbert Rd., Colbert, WA 99005**

<b>FLSRV Dinner Reservation</b>	Friday, February 26, 2016, Doors Open 5:30pm, Meeting 6:30pm, Dinner 7:00pm <b>Wandermere Golf Course Clubhouse</b>		
# Tickets requested <b>(\$20.00 Each)</b>	Name(s): _____		
Amount enclosed: \$	Street: _____	City: _____	Zip: _____
Make checks payable to <b>FLSRV</b> . Donations may be tax deductible.		Phone: _____	
Send to: <b>Harla Jean Biever</b> <b>2220 E. Colbert Rd. Colbert, WA 99005</b>		<b>Pick up your tickets at the door.</b>	



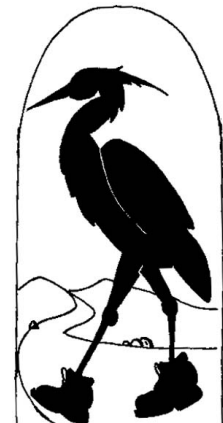
Friends of  
 Little Spokane River Valley, Inc.  
 P.O. Box 18191  
 Spokane, WA 99228



### A Walk With Jack Nisbet

*Erin Kennedy, DVM*

Mark your calendars for the annual outing with Jack. On Saturday, May 7, he has set a tentative destination of Antoine Peak. This area is across the Spokane Valley from the Saltese Uplands where last year's hike was held and explores very different habitats from last spring. More information will be coming your way early spring.



### 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](http://flsrv.org).

