

FOOTHILLS RURAL ASSOCIATION NEWSLETTER

VOLUME 32 ■ ISSUE 2

APRIL 2014

FRA EVENTS CALENDAR

FRA COMMUNITY
SPRING CLEAN-UP

Saturday, April 12th 9:00 a.m.

FRA Community Center

ANNUAL EASTER EGG HUNT

Saturday, April 19th 10:00 a.m.

FRA Community Center

SCHOLARSHIP

APPLICATION DEADLINE

Friday, May 16th

INTERVIEWS - TENTATIVE DATE

Wednesday, May 21st

ANNUAL FOOTHILLS

FUN RUN & PANCAKE BREAKFAST

Saturday, June 14th

FRA Community Center

SPRING CLEAN-UP

Annual FRA Community Center Clean-up

Once again the melting snows reveal the detritus of the long winter - from dropped branches to errant garbage, the neighborhood needs a bit of a pick-up and polish. Join your FRA Board at the Community Center to pitch in and help keep this community resource looking its best. Wear gloves and work clothes, bring yard tools if you like. Many hands make light work! Remember, the FRA is an all-volunteer organization. Working together is what makes the FRA work!

EASTER EGG HUNT

Saturday, April 19th

Don't miss the Annual FRA Easter Egg Hunt on the Community Center Lawn on April 19, the Saturday before Easter. The search will begin promptly at 10 a.m., with a staggered start to give the littlest seekers a chance. The FRA Youth Committee sponsors this event, and they always make sure that this is a true egg hunt, not just a race - some of those eggs will be very well hidden! In addition to the usual candy treats, there will be several golden eggs hidden, redeemable for special prizes. The event will be held rain or shine, but cross your fingers for good weather. Bring a basket, bring a smile, and we will see you there!

ANNUAL MEETING

Two new officers and two new board members were elected at the FRA Annual Meeting in January. The FRA welcomes its new President, Mike Britton. We look forward to his leadership over the next year - congratulations, Mike! Mark Friendshuh was elected vice president, and Don Tucker and Allison Knecht were re-elected to Treasurer and Secretary, respectively.

The FRA also welcomes new board member Karen Feyk. Board member Mark McIntosh was re-elected to his position, and Roger Potter was selected to fill the remainder of Mike Britton's term as a member of the board.

Everyone at the meeting enjoyed delicious Longhorn Barbecue while listening to a presentation from Mike Britton and the Inland Northwest Wildlife Council about the Big Game Recovery Program. It was good to see so many community members there - thank you for attending!

E-Mail

Seventy two people receive the newsletter via email. To become part of the paperless newsletter group, please notify the membership chair of your wish to do so via email: rfkrenkel@ptera.net. Your membership dues are also payable at this time. Email the membership chair to check on the status of your membership dues. Thank you.



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Foothills Rural Association

The Foothills Newsletter is published 2 - 4
times a year by the Foothills Rural Association

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It is mailed to all known resident addresses in the
Foothills area. Send address changes to:

FRA Membership Records
16115 E. Temple Road
Spokane, WA 99217

www.ruralspokane.com

MEMBERSHIP FRA

by Mike Britton

What does membership in the Foothills Rural Association mean? This was asked of me recently, and I felt the need for someone to identify all of the benefits of our rural association as well as dues paying membership.

The Foothills Rural Association (FRA) includes all residents living within the station #6 of Fire District #9 service area. That area is bound on the east by the ridgeline separating us from the Newman Lake drainage and their fire district. The south limit is the northerly edge of Spokane Valley and the cliff line that follows generally westerly to Lehman Road. Then the west boundary is Lehman road north to the north edge of the Pleasant Prairie. Then the north limit follows easterly along the north edge of Pleasant Prairie east to the ridgeline served by Scribner Road. The area includes nearly 30 square miles and approximately 500 households, and is often referred to as "The Foothills".

All residents are geographically members of this historic neighborhood and all known addresses receive the most appreciated service absolutely free, the Newsletter. (See the newsletter for additional information regarding the FRA.) For planning purposes, Spokane County has this identified as a specific neighborhood, and the FRA Board is the neighborhood contact.

Dues-paying membership includes the following members-only benefits: By paying annual dues of only \$20, members can vote and hold office in the FRA. Up to two family members per household are "trustees" of the FRA facilities and property. Members can vote on who serves on the Board or directly manage the FRA at the annual meetings.

FRA facilities include the playground, play area with swings, benches, and teeter totter, and the Community Center. The Center, a remodeled historic schoolhouse, includes a kitchen and a large meeting room with tables, chairs, piano, and projection equipment. The FRA facilities also include the "cottage" near the Center, a historic school teacher's residence now producing rental income that supports the many activities of the FRA.

All of the property is owned by Fire District #9 and leased for a very reasonable fee to the FRA, a tax exempt non-profit corporation under 502(C) (4) of the Internal Revenue Code, 1983.

Additional member benefits include reduced-cost use of the Community Center. Members can use the facilities for \$540 to defray wear and tear and utility expenses. Non-members may rent for \$150 plus a refundable damage deposit of \$100. The Board currently considers the Center as a community asset and is managed for the benefit of the community and not specifically to maximize revenue. For example, the Community Center rental for all of 2013 produced \$1510 revenue and the electricity alone was \$1159.

A much appreciated and successful member benefit is the Scholarships. The FRA Scholarship Committee has awarded approximately \$35,000 towards education expenses of "residents" of the Foothills as determined by the FRA Board.

Numerous community events have been conducted by the FRA and their members including: the Easter Egg Hunt, Community Clean-up, Foothills Family Fun-Run and Pancake Breakfast, Community Yard Sale, Founder's Day, and the Annual Christmas Party. The FRA has also held joint events with the Foothills Church such as the Harvest Party Chili Feed and summer BBQ/Show-n-shine/Fun Fair.

The FRA has an internet site called www.ruralspokane.com and shows many of our activities and archives.

All of these activities require people and a revenue source. One of those sources is the \$20 membership fee. Nearly one fourth of all Foothills residents participate and become and remain dues-paying members. Thanks to all members in the important support of all of the Foothills activities.

To verify that you have paid your dues, review the mailing label on the last newsletter issue. The Board is currently evaluating an efficient method so that those receiving the electronic newsletter can identify their member status.

MEMBERSHIP DUES

To date there are 69 up-to-date FRA members. Last year, 2013 ended with a total of 105 members, a number much lower than previous years. There are nine businesses that have paid this year's dues. Check for "member 2014" next to your name on the front of this newsletter. If that information is missing, please take a few moments to send a \$20 check along with the membership form, to the membership address located there. The FRA Board and members thank you for your support of this association!

INCIDENT REPORT

March has come in like a lamb, with no calls for the Fire Station 96 in the first two weeks of March. From Mid-December through February, there were 11 calls. There was one vehicle fire and two car accidents with no injuries. There were six Emergency Medical Services calls that were not from car accidents and one call to assist an invalid. One call was cancelled while en route. Thank you to the Station 96 personnel!

BABYSITTING SERVICE

My name is Ashlin Klocke, I'm 13 years old, an A student, responsible and great with little kids. I am looking for an opportunity to babysit during the weekends and summer. Please call (509) 362-8326 for more information. Thank you!

JESS KRONQUIST MEMORIAL SCHOLARSHIP APPLICATION

In these uncertain economic times you may be considering going to, or returning to, school - but it can be hard to pay for education. The FRA wants to help! If you are a Foothills resident and a student in need, please apply for the Jess Kronquist Memorial Scholarship. The Foothills Rural Association and the Blue Ribbon Circle fund annual scholarships, typically three or four in amounts from \$500 to \$1000. In the past, assistance has been provided to Foothills residents of all ages, all disciplines, and all needs. You can find the scholarship application below or on-line at www.ruralspokane.com. The scholarships will be awarded by the Scholarship Committee following interviews on May 21.

The Foothills Rural Association also welcomes donations to continue support for this scholarship fund. Please contact any board member for more information.

JESS KRONQUIST MEMORIAL SCHOLARSHIP APPLICATION Foothills Rural Association • Blue Ribbon Circle

Scholarship Eligibility and Administration: The amount of each scholarship may vary; past scholarships have averaged \$500-\$1,000 each. Scholarships will be awarded to Foothills residents as selected by the Foothills Rural Association Scholarship Committee. Consideration will be given to:

- ✓Need and use of the scholarship
- ✓Grade Point Average (GPA)
- ✓School activities/community service
- ✓Completion of application as directed

APPLICANT NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

PARENT OR GUARDIAN NAME: _____

APPROXIMATE ANNUAL HOUSEHOLD INCOME: \$ _____ ADDITIONAL HOUSEHOLD MEMBERS ATTENDING COLLEGE: _____

Education: *Attach a copy of your most recent high school or college transcript.*

Essay: *Attach a description of your background, your personal and educational achievements, along with your interests / activities. Share your goals and aspirations and tell how this scholarship will be used to achieve them. Be sure to address the listed considerations.*

- *Return the completed application to one of the individuals listed below no later than **MAY 16, 2014**.*
- *All applicants are required to be interviewed by the Scholarship Committee.*
- *Applicants will be contacted for this interview tentatively set for **MAY 21, 2014**.*

Foothills Scholarship Committee:	Carol Stoll	Mike Britton
	16221 E. Lincoln Rd.	13502 N. Forker Road
	Spokane, WA 99217	Spokane, WA 99217
	Phone: 279-4732	Phone: 922-1494

TICKS!

By Sandra Friendshuh

The time is coming again... when ticks will be out. If you have hiked or worked in the woods in the Foothills, you have almost certainly collected a few. If you are lucky, you find them before they bite. If you are unlucky, you find them embedded in your skin. How dangerous are these tick bites? And how can you protect yourself?

Ticks are found in brush and low-lying vegetation. Seeking blood for food, they grab onto humans and animals when they brush past. They will crawl until they find a suitable spot, oftentimes in the hairline, where they bite and feed for minutes to days.

Most tick related diseases are rare in Washington. Lyme disease - usually 0-3 cases per year - starts with an expanding circular rash at the bite site and can cause fever, headache, muscle aches, and joint pain. Untreated, it can lead to more serious problems, but it is easily treated with antibiotics.

Very rarely ticks can cause "tick paralysis." Beginning with weakness in the legs and progressing upward, tick paralysis can cause trouble breathing and even death. Fortunately, removing the tick usually leads to complete recovery. Only 12 cases have been reported in Washington between 1990 and 2011.

One to twelve cases of tick-borne relapsing fever are reported each year in Washington. As the name implies, this disease causes recurrent fever.

Rocky Mountain Spotted Fever is a little more common in Eastern Washington; symptoms of an infection may include fever, nausea, severe headache, rash and muscle pain.

Even though tick-borne diseases are treatable and rare in Washington, tick bites are still unpleasant at best. To avoid being bit, wear light colored long pants and a long-sleeved shirt. Ignore fashion and tuck your pant legs into socks and shirt into pants. This helps keep ticks outside of your clothes and easy to spot and remove. Check yourself, children, your clothes, and pets for ticks as soon as you come inside. Washing clothes does not reliably remove ticks! Tick repellent containing DEET or permethrin is very effective. Be careful when using repellents on children. Shower or bathe within two hours of being outside - this can also remove crawling ticks.

If you have been bitten, remove the tick with tweezers. The tick needs to be grasped as close to the skin surface as possible and pulled upward steadily. Do not jerk - mouthparts may break off and remain in the skin. Afterwards, disinfect the bite site. Note the date and place you found the tick, just in case you become ill. Avoid using hot matches or other supposed folk remedies - they may make matters worse as they may cause the tick to become irritated and release additional saliva, which again may increase the chance of transmitting disease.

So, although the ticks are out, you don't need to stay in. Proper prudence and precautions will prevent tick problems.

A PROTECTION HOME INSPECTION
*It's your biggest Investment,
know what you are paying for.*

Eddie Konrad
Inspector
(509) 270-0812



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E-mail: konrad5s@juno.com

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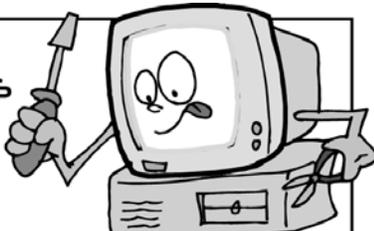


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Custom framing & photography
- Anderson Collision.....924-2748
Unibody & frame repair. Expert painting
- BCi Creative465-9775
Graphic & web design, screen printing
- Britton, Cheryl.....922-1494
Tole & decorative painting
- Crews, Scott J. DDS & Dr. Craig Ellsworth...924-1580
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- Ethan The Handyman.....994-4378 or 921-6766
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- Foothills Suri Alpacas 928-0299
Call for a free farm tour
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- Holly Lane Tree Farm928-5970
Christmas trees & wreaths
- Humbird, Ashley994-8538
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- Impact Business Products928-8782
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- Knecht, Allison921-2729
Licensed massage therapist or 475-7126
- Kreider's Western Glove.....926-2946
Bill Kreider
- Melaleuca Products.....926-1157
Sheri Boorman - The Wellness Company
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- Yokes Fresh Markets.....343-8888
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FRA BOARD MEETINGS

Board meetings are held at the Community Center building on the second Monday of the month. Meetings begin at 7 p.m. and usually end just after 8 p.m. All Foothills residents are welcome and encouraged to attend.

2014 Board Meetings: April 14, May 12, June 9

The Foothills Rural Association, 11000 N. Forker Road, was established as a non-profit corporation under section 502(C) (4) of the Internal Revenue Code on December 12, 1983. The purposes of the corporation are to organize the property owners and/or current residents within the boundaries of Fire District 9, Station 6: to provide a forum by which the property owners and/or current residents to assist governmental agencies in better planning the use and resources of the Foothills area: to preserve and protect the rural agricultural environment.

Voting Membership in the Association is open to any property owner or current resident within the Foothills boundaries. Membership dues are \$20 per year. Non-voting Membership is available to others through payment of dues. The Association is governed by elected volunteer officers and a board of directors.

FRA Alerts system has been established in an effort to increase community awareness about crime occurring in our area. Residents are encouraged to report ALL crimes to Crime Check, 456-2233. After making a report, please email david@ruralspokane.com or rfkrenkel@ptera.net or call Faye Krenkel, 928-6610.

The Foothills Community Center, 11000 N. Forker Road, which is located adjacent to the Foothills Fire Station, exists as a result of community efforts to save and renovate the former Foothills School Building. The Center, used for many community activities, is maintained and supported by the Foothills Rural Association. It is available for use by members of the Foothills Rural Association for a nominal utilities charge and by non-members for a reasonable rental fee. The Community Center includes complete kitchen facilities. For information or to reserve a date, call: Sherrie Potter, 927-8532.

Foothills Rural Association Website: www.ruralspokane.com
Contact: David Fisher, Webmaster: davidf@ruralspokane.com

2013 Board Officers

President	Mike Britton	922-1492	mbritton@wildblue.net
Vice-President	Mark Friendshuh	208-659-6522	friendshuh@hotmail.com
Secretary	Allison Knecht	921-2729	alieknecht@gmail.com
Treasurer	Don Tucker	924-9105	dat@wwdb.com

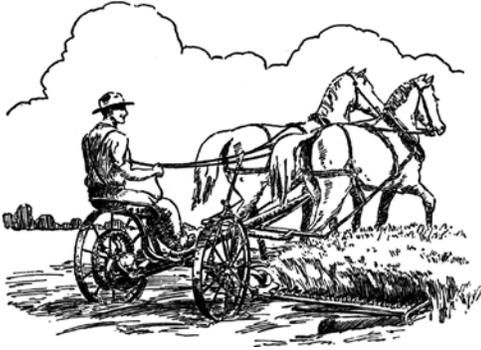
Board Members:

Roger Potter	(14)		rallenp51@gamil.com
Marc McIntosh	(16)	928-6662	thee1mac51@aol.com
Marvin Moore	(15)	922-3361	wheatview@icloud.com
Rosie Potter	(15)	927-8532	rosiepotter8@aol.com
Karen Feyk	(16)	928-0088	kfeyk@hotmail.com
Holly Weiler	(14)	921-8928	hmweiler@yahoo.com

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Membership

It's easy to become a member of the Foothills Rural Association. NOW is the time to play an active role in the foothills community. Annual dues of **only \$20** will help support programs, events and information for our community.

We are now collecting 2014 dues. Please check your mailing label above - if your label says "Member 2014," you have already paid. If your label does not say "Member" - please join or renew your membership. Your support is essential for this community non-profit organization. Thank you for your continued support.

Please complete the form and mail it with your annual membership dues of \$20 to: Foothills Rural Association
16115 E. Temple Road
Spokane, WA 99217

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____ PHONE: _____

Interested in receiving notices of FRA events via email? YES NO

EMAIL: _____

I am/we are willing to volunteer for one event during the year _____ YES _____ NO

Thank you for being part of the Foothills Community.