

FOOTHILLS RURAL ASSOCIATION NEWSLETTER

VOLUME 32 ■ ISSUE 3

JUNE 2014

FRA EVENTS CALENDAR

ANNUAL FOOTHILLS

FUN RUN & PANCAKE BREAKFAST

Saturday, June 14th

FRA Community Center

SUMMER BBQ

SHOW AND SHINE

Thursday, July 31st

Foothills Church/FRA Community Center

FIRE STATION 96 OPEN HOUSE

Thursday, July 31st

HARVEST FESTIVAL & CHILI FEED

Friday, October 31st

FUN RUN & BREAKFAST

Foothills Scenic Five - June 14th

Fit and fleet, or huffing and puffing but trying, the Foothills Scenic Five welcomes runners of all abilities for this fun and scenic run. If you are not up for five miles, one and three mile courses are also available. After working up an appetite running, or even just watching the runners, join your neighbors for a delicious and bargain priced all-you-can-eat huckleberry pancake breakfast. Just \$3 for breakfast, kids under 5 are free. The run begins at 8 a.m., breakfast begins at 8:30.

SUMMER BBQ

Show & Shine, Rootbeer Floats and Firehouse Open House - July 31st

Come admire the classic cars and farm equipment, enjoy a tasty burger, and sip a delicious cold rootbeer float at the Summer BBQ Show and Shine, jointly held by the FRA and the Foothills Community Church. On August 31 the cars, trucks, and tractors will be parked around the church education building where burgers will be dished up. Rootbeer floats will be served at the FRA Community Center. Join your friends and neighbors at this free summer event. Food bank donations (church) and scholarship donations (FRA) are welcome.

On the same day, Fire Station 96 will be holding an open house so you can also admire the fire equipment and chat with our local firefighters while at the BBQ.

EASTER EGG HUNT

Gaggles of grinning girls and boys enjoyed perfect weather for hunting eggs at the annual FRA Easter Egg hunt hosted in April by the FRA Youth Committee. Hundreds of eggs were hidden and found, including six special golden eggs. Many area kids went home with baskets full of treats, and everyone went home with a smile.



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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

RHUBARB: RHEUM RHABBARUM

FROM POISON TO PIE

By Karen Feyk

Rhubarb originally came from Siberia and its name is from the Roman name for the Volga River (Rha), and the Latin word barbarum, for foreign. It was used in China over 4500 years ago for medicinal purposes, even though the roots and leaves can be poisonous. Benjamin Franklin introduced rhubarb to America in 1770, but it wasn't popular as food until the 1800s when sugar became more readily available to counter the astringency of the taste. Rhubarb became so popular in pies that it is also known as Pie Plant.

Rhubarb is actually a perennial vegetable, a member of the buckwheat family, although used as a fruit. In 1943 the courts in the United States declared it a fruit in order to standardize its import duties as fruit. Although most commonly used in a sweet dessert, rhubarb sauces can also be used as a savory enhancement to dishes such as pork, chicken or fish. In Iceland, rhubarb soup is popular.

CARE: Plant in an area with good drainage, plenty of well-rotted manure or compost worked into the soil increases production. Rhubarb, like celery, likes lots of water. Otherwise the stalks become stringy and tough. Fertilize with compost or complete garden fertilizer in early spring, just as growth begins, and again in late June as production winds down. Remove seed stalks as they appear, promoting longer growth. Remove dead leaves regularly, and remove all the leaves and stalks before the winter to prevent rhubarb pests from over-wintering in them. The leaves die back in the fall, and start to grow again in early spring. In the fall, after frost kills the tops, dig down 18 inches on two sides of plant and add two shovels of manure or compost and cover with soil.

Plants continue to produce for about four or five years, then must be divided to continue vigorous production. Small, tough stalks are a signal that it is time to divide. The best time to divide is in early spring, just as the leaves are emerging. Using a shovel, slice down through the crown (wearing heavy shoes or boots!! Preferably worn by your husband) and cut into four to eight pieces, each with at least one strong bud. Re-plant the crown sections 2 inches below the surface of the soil, at least 48 inches apart. Keep them moist and mulched. Go visit your Grandma or a neighbor and get a slice of their rhubarb plant, or buy from local nursery.

Rhubarb suffers from few diseases or insects. If you notice something eating your leaves, other than an ugly appearance, is usually doesn't affect the health of the stalk. Harvest stalk and remove damaged leaves. Keeping the plant tidy will help insure a healthy happy plant.

HARVEST: Rhubarb is ready when stalks (petioles) are about 1/2 inch in diameter or larger and leaves are fully developed. Avoid cutting with knife, as this wound may allow rot to set in. The large stems are often tougher and dry. Leave small stalks to grow. Grip stalks near the base and pull up and twist slightly so the stalk snaps off clean resulting in a spoon shape at base. Cut off leaves and bulb base,

chop into desired size. Rhubarb can be eaten fresh, in sauces, baked goods, canned and frozen.

EATING: When cooking with rhubarb always use glass or stainless steel vessels. Once I made a rhubarb cake in a cake pan that wasn't SS or Glass and it took the finish right off....So the following two recipes I use glass cake pan and paper liners for the muffins.

RHUBARB CUSTARD CAKE

1 pkg. yellow cake mix

Water, oil and eggs called for on cake mix box

4 cups rhubarb, cut into 1 inch cubes

1-1/4 cups sugar (I only use about 3/4 cup)

1 pint whipping cream

Prepare cake mix as directed on package. Pour into 9 x 13 glass pan. Spread rhubarb over cake mix. Sprinkle sugar over rhubarb. Pour cream on last.

Bake at 350 degrees for 1 hour.

RHUBARB MUFFINS

1 1/4 cups packed brown sugar

1/2 cup salad oil

1 egg

2 tsp. vanilla

1 cup buttermilk

1 1/2 cups diced rhubarb

1/2 cup chopped walnuts, optional

2 1/2 cups flour

1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. salt

Topping:

1/2 cup sugar

1 1/2 tsp. cinnamon

1 T. butter, melted

Heat oven to 400 degrees. In a mixing bowl combine sugar, oil, egg and vanilla; beat until well blended. Stir in buttermilk, rhubarb and nuts. In a separate bowl, combine flour, baking powder, baking soda and salt. Add all at once to rhubarb mixture; stir until just mixed. Fill lined muffin tins until 2/3 full. Combine sugar, cinnamon and butter. Sprinkle over muffins, pressing gently into batter. Bake for 20 minutes or until muffins test done. Makes about 2 dozen muffins.

INCIDENT REPORT

From mid-March to mid-May Station 96 rolled out seven times. Only one call was for a fire, on April 2. There were four calls for EMS services not related to vehicle accidents, and two calls were either cancelled or no incident found. Hopefully things will remain so quiet for Station 96 as we head into the summer fire season.

SPRING CLEANUP

Thanks to Mike Britton, Karen Feyk, Holly Weiler, and Mark Jacobson who showed up and pitched in at the annual FRA Spring Cleanup. Thanks also to the Roger and Sherrie Potter family, who did additional clean up later. The Community Center grounds were made ship shape for the upcoming spring and summer events!

CONTRIBUTIONS

The FRA Newsletter welcomes contributions from its readers! Something on your mind? Comments or questions about the newsletter or articles you read here? Do you have a special recipe or rural living advice you would like to share with the community? History, local personalities, stories you want to share? Contact the newsletter editor, Mark Friendshuh, at fra-newsletter@hotmail.com, or call 208-659-6522. This newsletter is for, about, and by the FRA community. We want to hear your voice!

PINECROFT CHRISTIAN SUMMER CAMP

Affiliated with Foothills Community Church

- **Middle School Camp - Grades 6-8 | July 7-11**
- **High School Camp - Grades 9-12 | July 14-19**
- **Junior Camp - Grades 3-5 | July 21-25**

Get in on the discounted price and register by June 9th. New for 2014: t-shirts will be given out only to campers that pre-register. Registration forms are found at: <http://foothillsc.net/youth> Please note that registration forms are to be mailed to the Pinecroft Bible Camp address.

If you have any questions about Camp Pinecroft, please contact Steve Powers at 509-953-9578. This is a great camp for young people! No computer? Call the church office for camp brochures/forms at 926-4971 during office hours, 8:00AM – 2:00PM.

CENTER RENTAL

Don't forget to make your reservations for your summer events at the FRA Community Center. Just \$50 for rental of this cute, convenient, versatile space. Host your graduation party, wedding reception, family reunion, club meeting, or other event here and save the headaches of hosting at home. Summer is a busy season for the Center, so contact Sherrie Potter soon for your reservation at 927-8532.

Corrections

The April Newsletter stated that members of the FRA may rent the community center for \$540. The actual fee for members is \$50. We regret the error.

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Anderson Collision.....	924-2748
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BCi Creative	465-9775
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Britton, Cheryl.....	922-1494
<i>Tole & decorative painting</i>	
Crews, Scott J. DDS & Dr. Craig Ellsworth...	924-1580
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Foothills Suri Alpacas	928-0299
<i>Call for a free farm tour</i>	
Holly Lane Tree Farm	928-5970
<i>Christmas trees & wreaths</i>	
Humbird, Ashley	994-8538
<i>Piano lessons for ages 6 to adult</i> or 927-3046	
Impact Business Products	928-8782
<i>Office supplies & cash register supplies</i>	
Knecht, Allison	921-2729
<i>Licensed massage therapist</i> or 475-7126	
Kreider's Western Glove.....	926-2946
<i>Bill Kreider</i>	
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Yokes Fresh Markets.....	343-8888
Yokes Pharmacy	343-3379

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: June 9, (No meetings July and August)
September 8, October 6

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	aliknecht@gmail.com
Treasurer	Don Tucker	924-9105	dat@wwdb.com

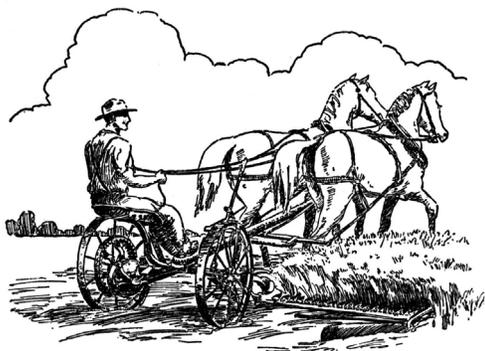
Board Members:

Roger Potter	(14)	994-8591	rallenp51@gmail.com
Marc McIntosh	(16)	928-6662	thee1mac51@aol.com
Marvin Moore	(15)	922-3361	wheatview@icloud.com
John Cannon	(15)	922-3454	johne@ptera.net
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.