

FOOTHILLS RURAL ASSOCIATION NEWSLETTER

VOLUME 29 ■ ISSUE 4

NOVEMBER 2011

THANK YOU!

A big thank you to Mike Britton and Ed Morgan for the work they did on the FRA Community Center and Cottage.

The Center and Cottage both needed roof repair before winter. Mike and Ed came to the rescue and completed the needed work in October. Ed graciously provided the front loader to lift Mike up the 20 or so feet to repair the soffits that had loosened over the years. They also replaced the metal roof panels on the cottage garage that had blown off in high winds earlier this year.



Without volunteer work like this the FRA would not be able to continue.

**Thank You
Mike and Ed!**

FRA ANNUAL MEETING

Please plan to attend the 2012 FRA General Meeting on January 17, 2012 at 7 p.m. More than just a meeting, it is a fun social and educational event! Visit with your neighbors, vote for new board members, learn about local businesses and win fabulous prizes.

All FRA board officer positions are up for election, and two board member positions are up for election. FRA members can nominate themselves or others for board positions, and vote for those positions at the annual meeting. Anyone wishing to stand for election to the board must be present at the annual meeting. Participation by members is what makes the FRA possible; please consider serving on your FRA board.

In addition, the meeting will include presentations by a selection of Foothills area business owners about their businesses. Learn about the businesses run by your neighbors. If you own or run a local business and would like to participate, please contact Ashley Humbird at 994-8538 for more information.

The FRA will also hold a raffle/silent auction. The raffle last year was a great success! Foothills members won a hotel suite for a night, grocery cards, massage coupons, camcorders, coffee cards, a solar panel, and many other fun and exciting gifts and prizes.

Whether you are new to the area or have lived here for years, it's a great time to meet your neighbors new and old, and meet the people make the Foothills Rural Association run. We look forward to seeing you there!

Board Officer & Board Member Open Positions

Please consider volunteering for an office or position on the FRA board. Total yearly time commitment amounts to approximately 30 hours per year!

President: One year term. Duties are to serve as board leader, conduct meetings, attend FRA functions, and participate in various projects.

Vice-President: One year term. The VP serves as back-up for the president, attend board meetings and FRA functions.

Secretary: One year term. Take minutes at board meetings, transcribe and email notes to board members, attend and participate in FRA functions.

Treasurer: One year term. Manage FRA ledgers, write checks, balance checkbook, propose yearly budget. Participate in FRA functions. The person filling this position should have some accounting/financial skills.

Board Members: Yearly there are two positions available. Board members serve for three years. Work with the board and other committee members to provide ideas, support events and projects.

Youth Committee: One - two year participation. This is a volunteer position and it fulfills high school requirements for community service.

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

Editor ■ Mark Friendshuh
fra-newsletter@hotmail.com ■ 208-659-6522

Design by ■ BCi Creative
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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

MOPS MOM-TO-MOM

By Kim Keyes

I had my first child at 35. Not for lack of trying...my husband and I started hoping for a child 11 years earlier. By the time my first miracle child was born, I felt more than ready for parenthood! Until we got home from the hospital, and entered the long tunnel of "baby fog" as a friend of mine put it. The wild swings from euphoria to sleep deprived neurosis to amnesia to absolute bliss caught me a bit off guard, to say the least. Add to that swinging hormones and whacked out brain chemistry, and I realized quickly that those well meaning friends who cautioned, "You can never really be prepared for motherhood," were right on the money.

My second child is almost two, and I can definitely say that being a mother has been the most challenging, rewarding, humbling and life-defining experience I could have imagined. The first time around, through the "baby fog" and beyond, I found myself isolated in my little mommy cave. The effort required to get to WalMart occasionally and attend church was all I felt up for. By the second go-round, I began to realize how critical it is to have community and connection with other mothers.

I found a local MOPS (Mothers of Preschoolers) group, and it has been a lifeline for me. It's a tremendous encouragement just to hear someone else say that their child had a fit in the grocery store, or they can't see straight because they were up all night with a sick baby. I love to share in the joys and struggles of parenting with other women going through the same stage of life.



Our group meets on the first Tuesday of each month from 9:30-11:30 at Foothills Community Church, where we enjoy a hot breakfast, listen

to a speaker who shares about a topic relevant to us, engage in a discussion time with a small group, and make a craft each month. One of the biggest blessings of the morning is the provision of child care by local women who volunteer their time to be with the kids so we can have a much needed break.

I love being a mom, and am thankful every day for my two miracle boys. And I cherish the opportunity to walk through the ups and downs of this season with others and forming friendships along the way. We have plenty of room for more women to join us each month. If you or someone you know could benefit from our group, we'd love to welcome you to MOPS! For more info, contact Tracey Jurkovic at 638-7842.

SNOW PLOW ANGELS



Recent weather has reminded us it is that time of year again, when the hills turn white and the roads turn slippery.

The generous snows in some recent winters left some Foothills residents snowbound. FRA residents are in need of both regular for-fee snow-plowing services, as well as occasional volunteer snow-plowing services. If you are interested in plowing for a fee, or if you are willing to volunteer to plow from time to time for neighbors in need, please contact Rich Krenkel at 928-6610 or rfkrenkel@ptera.net. You may also contact Rich to find out who is available to plow in your area.

FRA MEMBER ADVERTISING

FREE newsletter ad space is provided as a perk to members of the Foothills Rural Association. The primary goal of the newsletter is to provide information to our community about news and events in the Foothills area. Due to space limitations not all ads can appear in every issue. Ads, therefore, are rotated throughout the year so that advertising members will have their ad featured at least once a year, more often as space allows. Every issue will list all business members under the FRA Member Business Listing.

FRA MEMBERSHIP 2012

Do you know how your \$20 dues are used by the FRA Board? With membership funds, the Association is able to: sponsor community events such as the Egg Hunt, Root Beer Social, Founders Day Potluck, and the Family Christmas party; maintain the Community Center Building (new furnace this year) and grounds (pay a local youth for mowing); maintain our website (www.ruralspokane.com); and publish and distribute this newsletter (four times a year). Did you know that dues have not increased since the inception of the Foothills Rural Association in 1983? This year ended with one hundred thirty one members; 17 of which are new members, 124 continued or renewed their membership after a year or more absence. Thank you all for supporting your association! Please check the address label: if there is a 2011 or no date after your name, take a moment to send your \$20 dues for 2012. Your membership support is both needed and appreciated. The membership form is located on the lower portion of the last page of each newsletter. Return either the half or full page to the FRA address listed there. **Thank you!**

INCIDENT REPORT

A rash of burglaries have been reported recently in the Foothills area. A burglary occurred on Foothills Road, near Forker Road on the 8th of September while the homeowner with small child was inside the house. A man knocked at the door; since the homeowner did not recognize him, she did not answer the knocking. Fifteen minutes later, the man knocked at the back door; again the owner did not open the door. The family dog was also inside the house barking frantically. The homeowner thought perhaps the person was just someone looking for directions. Later, when the homeowner left home, the homeowner discovered that the man-door to the detached garage was open and the door knob was broken off. A red steel Craftsman storage chest full of tools worth approximately \$3,000 was taken. Crime Check was notified and an officer came to investigate.

In September, another home on Forker Road in the area of the church had items stolen from an open garage with an attempted break in. The outside basement door had signs of forced efforts to unlock the door.

Another burglary occurred about the 11th of October to a home on Temple Road, near Forker Road. A window pane in the front door had been smashed allowing the intruders to reach in and open the door. Two jewelry boxes and an iPad were stolen. According to the responding sheriff officer, the thieves were probably in the home for about 30 seconds.

Late in October, another burglary occurred on upper Temple Road. After attempting, and failing, to gain entry by force through each of the home's three doors, the burglars broke a sidelight window next to the front door and unlocked the front door through this window. Jewelry, personal computers, and other small items of value were stolen. The burglary took place in broad daylight while the home owners were away. The sheriff's office took a report and gathered some fingerprints.

In case of an emergency, call 911. Report suspicious activity or non-emergency crimes to the Sheriff's office through Crime Check, 509-456-2233, or www.crimecheck.org.

There are steps that can be taken to help reduce burglaries. If you have a driveway gate, use it. Lock doors and windows. Use motion-sensor lights and lights on timers. To help recover stolen items, keep a home inventory, including serial numbers and photos of valuables.

To help keep neighborhood awareness high, report illegal occurrences and suspicious activities to either webmaster David Fisher at davidf@ruralispokane.com or Faye Krenkel at rfkrenkel@ptera.net or call Faye at 928-6610. Reports will be posted to the incidents page on the FRA website: www.ruralispokane.com.

FRA NEWSLETTER

now available in electronic edition!

If you would prefer to receive your copy of the FRA Newsletter by email, either in addition to or in alternative to the print edition, please notify the editor, Mark Friendshuh, at fra-newsletter@hotmail.com. You can change back to the print edition at any time, and we will not sell or distribute your email address to anyone. In addition to the convenience of the electronic edition, you will be saving your FRA money for printing and postage.

FIRE STATION SANTA

Saturday, December 17th

Santa will be making a special appearance in the Foothills area riding on a vintage fire truck courtesy of the volunteer fire fighters from Fire Station 96. Santa will be taking a short break from his Christmas preparations to visit Foothills children, listen to a few requests, and give away some sweet holiday treats.

Santa's Schedule

Scribner and Forker: 6:15 p.m.

Foothills and Forker: 6:30 p.m.

Temple and Forker: 6:45 p.m.

Lincoln and Forker: 7:00 p.m.

Judkins and Forker: 7:15 p.m.

Fire Station 96: 7:30 p.m.



FOOTHILLS CHRISTMAS PARTY

Friday, December 2 • 6 p.m.

Join your neighbors for the Foothills Annual Christmas Party, with piano music, gift exchange, raffle, and a special visit from Santa. The party will begin with Christmas music and carols, followed by an inexpensive gift exchange (no more than \$5. Watch for those sales and coupons.) Each person participating in the exchange should bring one wrapped gift labeled for child, teen, or adult. Please label children's gifts with the appropriate age range of the gift. Raffle tickets for a wreath or tree will be \$1 per ticket. Thank you, Mike Yakley, for again donating the tree and wreath. Santa will be there to talk with boys and girls. Bring your camera as a holiday background will be available to take Christmas pictures of your family. A mini-taco snack bar along with beverages will be provided. Please bring a plate of your special holiday treats to share.

WHO'S IN YOUR BACKYARD?

This cougar's picture was taken in early October on Forker Road near Mt. Spokane Parkway. Mr. Gillio was sitting on his deck drinking coffee when he spotted the cougar near the house. As the cougar walked away, he estimated that she weighed about 130lbs.



MOOSE ON THE LOOSE

On Wednesday Oct. 12th a moose fell into an old cistern near a residence on Temple Road. The moose was unable to get out of the large, deep cistern on its own. Employees of the Washington Department of Fish and Wildlife worked with neighbors to tranquilize and remove the moose from the cistern - no small task for an animal that can weigh in excess of a half-ton. The moose's antlers were removed for safety and to discourage hunters from taking the animal. Due to the tranquilizers, the moose would not have been safe for consumption for up to 30 days from being tranquilized. The moose was later spotted higher on Temple Road, identified by his lack of antlers and by an ear tag placed by the Department of Fish and Wildlife. He had a slight limp, but seemed to be recovering nicely. So, if you spot a moose with a yellow ear tag with the number 116, you will know he is a moose with an interesting past.

***Have you seen any interesting wildlife in your backyard?
Email photos to the editor at fra-newsletter@hotmail.com***

FRA WEBPAGE

If you haven't recently taken the opportunity to visit the FRA website at www.ruralspokane.com, you are missing out on great local information and pictures. Have you seen the cougar picture in full color? Checked out the incidents page? Found Mt. Spokane trails? Read previous newsletters in the archives? Webmaster David, keeps the site up-to-date and is quick to add current information. Remember to send David some of your great area photos at davidf@ruralspokane.com

COMMUNITY CENTER

Remember the FRA Community Center when you are doing your holiday planning. The center is a great place for a large get-together or a cozy gathering and it is kept toasty warm with the recently installed new furnace. Call Sherrie Potter with any questions or to make reservations 927-8532.

BLOOD BANK

Thank you to Marc McIntosh for transferring six blood units to the Foothills account! The FRA account now has 14 credits for residents to use. REMINDER: The account is for ALL people living in Fire District 9, Station 96 area. To donate or access the FRA account, simply give the intake person the FRA account number: C367. To contact the Inland Northwest Blood Center, call 624-0151

MEMBERSHIP DUES CORRECTION

The last issue of the FRA newsletter inadvertently left out or stated wrong membership information on the mailing label. Thank you to those that sent in 2011 membership dues. A few of you had already previously paid your 2011 dues; any overpayments have been applied to 2012 membership dues. This newsletter has the correct membership information. Sorry for the confusion!

Faye Krenkel – Membership Chair

Ethan The Handyman, LLC

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HARVEST PARTY & CHILI FEED

By Rich Krenkel, President

If you weren't at the annual Chili Feed and Harvest Party, you really missed a great time, good food and fine company. It was fun seeing all the children along with a few adults in costume, a lot of



effort went into making some of the costumes. There was plenty of chili at the community center with many diners returning for a second or third bowl of chili! To end the meal there were great pies across the street at the Christian Education building.

When I wandered around it was great seeing the kids having fun playing the games at the CE building; I could easily hear the children's excitement, and the candy was appreciated by all. The adults had a great time socializing both at the CE building and the FRA center.



One thing I am happy to report is the FRA received just over \$300 dollars in donations for the scholarship fund. Thank you all for your generous donations! If you missed these festivities this Halloween, be sure to attend next year - it will be a fun evening for you.

FEEDING WINTER WILDLIFE

Reprinted with permission from the Washington Department of Fish and Wildlife

When the temperature drops and snow falls, many people want to feed deer and other wildlife. While the Washington Department of Fish and Wildlife (WDFW) conducts winter feeding under certain conditions, the department generally discourages individual citizens from feeding deer, elk and other wildlife species.

The best way to help wild animals survive a severe winter is to maintain high-quality habitat plantings year-round. If animals go into the winter in good condition, most are able to survive persistent deep snow, ice and cold temperatures. Even in well-functioning natural ecosystems, however, some animals succumb during winter months. The winter season has always kept wildlife populations in balance with available habitat.

There are several drawbacks to feeding deer or elk. First, there is the expense of providing proper feed, in sufficient amounts, and for the length of time necessary to be effective. Concentrating deer and elk at a feeder can create problems by making the animals more vulnerable to disease, predation and poaching. If feeding areas draw animals across well-traveled roads, they are more likely to present a safety hazard and be hit by cars. Deer and elk drawn to artificial feed also can damage nearby agricultural areas, trees, or landscaping, especially if the artificial feed supply is not maintained through the winter.

A deer or elk's digestive system often is not readily able to process many common types of feed. Deer have the most difficult time adjusting to artificial feed. It can take several weeks for them to adjust to the change from natural browse plants to an artificial diet. If they don't have enough fat reserves to carry them through the adjustment period, they can die of starvation even with a belly full of feed they cannot digest. Once a diet shift has occurred, one white-tailed deer can consume three to four pounds of pelleted feed daily; in just four months, one deer could consume almost 500 pounds of feed.

For more information, see the WDFW website at http://wdfw.wa.gov/living/winter_feeding/wildlife.html

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CONTRIBUTORS NEEDED!

Do you have some news that you would like to share with your neighbors? Do you have some photos of the Foothills suitable for publishing? Are there things you would like to learn about or read about your Foothills neighborhood? Contact Mark Friendshuh at fra-newsletter@hotmail.com, or at 208-659-6522, with your story ideas. The FRA newsletter is for and about you and your neighbors!

**Wishing You and Yours
a Very Merry Christmas
and
a Happy New Year!**

**Foothills Rural Association
Board Officers & Members**

MEMBERS ONLY

BUSINESS & CLASSIFIED ADS

FRA MEMBERS - FREE

Email your ad information to fra-newsletter@hotmail.com

NON-MEMBERS: May advertise for a fee - Call 465-9775

YOUTH ADS: Foothills youth ages up to 18 years are welcome to advertise for jobs for Free.

NOTE: Ad space is limited and available on a first come, first request basis. Ads will be rotated throughout the year.

CLASSIFIED ADS

Childcare Needed

Looking for full-time licensed childcare provider in the Foothills area for up to two young children. Must accept State pay for foster children or you must be a foster parent yourself. Additionally, looking for childcare on Tuesday mornings for two young girls, (need not be licensed). References and background check required. If interested please contact Angie Gardner at brianangieg@yahoo.com.

Free Range Eggs

Foothills farm fresh free range eggs - \$2 per dozen.

Call Ashley Humbird at 994-8538.

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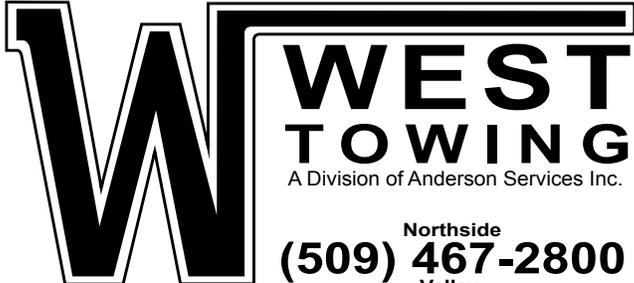
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FRA MEMBER BUSINESS LISTINGS

Below is a listing of FRA Members' Businesses & Services

A Protection Home Inspection.....	270-0812
<i>Home inspection services</i>	
Alpine Frames	922-4825
<i>Custom framing & photography</i>	
Anderson Collision.....	924-2748
<i>Auto frame repair & painting</i>	
BCi Creative	465-9775
<i>Graphic & web design</i>	
Britton Tole & Decorative Painting.....	922-1494
<i>Custom hand painting</i>	
Crews, Scott J. DDS	924-1580
<i>Advanced cosmetic & family dentistry</i>	
EcoEnergy Systems	979-2508
<i>Solar, wind, grid-tie, backup, RV, marine</i>	
Ethan B. Dexter.....	994-4378
<i>Woodwinds & Piano Teacher, Conductor & Guide</i>	
Ethan the Handyman, LLC	921-6766
<i>Licensed, bonded and insured</i>	
Evergreen Powder Coating	535-9950
<i>Powder Coating & Sandblasting</i>	
Foothills Suri Alpacas	928-0299
<i>Alpaca breeders</i>	
Holly Lane Tree Farm	928-5970
<i>Christmas Tree Farm & Wreaths</i>	
Humbird Ashley	994-8538 or 927-3046
<i>Piano lessons for ages 6 to adult</i>	
Impact Business Products	928-8782
<i>Office Supplies & Cash Register Supplies</i>	
Knecht, Allison.....	921-2729 or 475-7126
<i>Licensed massage therapist</i>	
Ravenwood	924-5870
<i>Cashmere goats, yarns, soaps</i>	
R&R Heating & Air Conditioning	484-1405
<i>Commercial & residential</i>	
Vermillion Water Systems, Inc.....	927-9744
<i>Well Drilling & Pumps</i>	
Wensleydale Computer Service.....	892-7594
<i>David Fisher - Upgrades, tuning & networking</i>	
West Towing.....Northside: 467-2800 or Valley: 924-0194	
<i>Automobile towing services</i>	
Yokes Fresh Markets.....	343-8888
Yokes Pharmacy	343-3379

FRA BOARD MEETINGS

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.

2011 Board Meeting Date(s): Dec 12th

2012 Annual Meeting is Tuesday, January 17th at 7 p.m.

Tentatively scheduled 2012 Board Meetings: February 13th, March 12th, April 9th, May 14th

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

2011 Board Officers

President	Rich Krenkel	928-6610	rfkrenkel@ptera.net
Vice-President	Holly Weiler	921-8928	hmweiler@yahoo.com
Secretary	Allison Knecht	921-2729	aliknecht@gmail.com
Treasurer	Don Tucker	924-9105	dat@wwdb.com

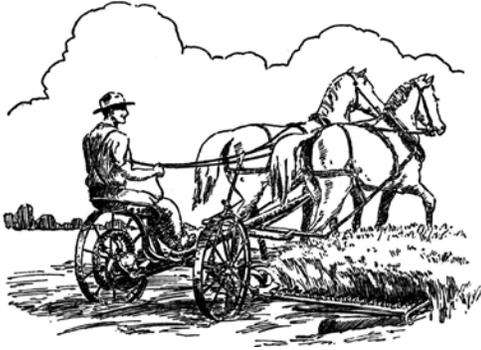
Board Members:

Cheryl Britton	(11)	922-1492	mbritton@icehouse.net
Maria Edelen	(12)	928-2405	mariaedelen@aol.com
Ashley Humbird	(11)	927-3046	itsherragain@aol.com
Marc McIntosh	(13)	928-6662	thee1mac51@aol.com
Ashley Shaver	(13)	714-0220	ashleyshaver.massage@yahoo.com
Marc Tainio	(12)	891-0118	marc@tainio.com

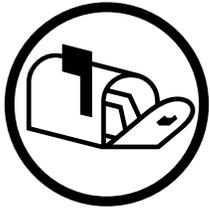
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Membership

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

It is time to join or renew your membership for 2012. Most memberships expire at the end of the calendar year. Please check your mailing label above - if your label says "Member 2012," you have already paid. If your label says Member 2011, please renew your membership by submitting your 2012 dues. If your label does not say "Member" - please join or renew your membership. Your support is essential for this community 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/we are willing to volunteer for one event during the year _____ YES _____ NO

Thank You for being part of the Foothills Community.