



# Newsletter

March 2003

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## **Message from the President...**

Each of us has, at one time or another, leafed through travel magazines and stared with awe at exotic landscapes that seem so unique and inspiring.

Yet isn't it ironic that we Pacific Northwesterners so often take for granted the natural treasures that sit in our own backyards. Protecting these few unique local landscapes was the reason the Stewardship Foundation was created. We saw the impending threat of development creeping into the relatively uncluttered natural areas of our community that needed to be preserved.

Nearly five years later, with your support and encouragement, we continue to serve in our roles of watchdog, citizen organizer, educator and guardian of the extraordinary natural environment of the city. Our work is ongoing as there is still much to be done.

Two critical and controversial issues are facing our community:

- **The City's Comprehensive Plan Update.** The issues surrounding the Plan were outlined in a letter sent to all members on February 17th.
- **The Brightwater Sewer Treatment Project.** One of the many Brightwater impacts to be imposed on our community is the possibility of damage to the sole source aquifer that supplies ground water of incomparable quality to the central section of Lake Forest Park. There are other extremely severe economic, environmental and social implica-

tions for our small city, in the massive disruptions created by a two-acre portal and earth removal area in or adjacent to our only shopping center and its surrounding area. And you think traffic congestion is bad now! Also consider the impact on our local merchants.

Both processes need vigilant scrutiny, monitoring and oversight. The Stewardship Foundation is on public record on both of these campaigns - our response letters are available on our website ([www.lfpsf.org](http://www.lfpsf.org)). I encourage each of you to carefully review the issues and, through public involvement, lobby your public officials to support what you feel is best, in the long-term, for your community. Let your voice be heard at public hearings or through letters to the City or to the editor of your local newspaper. Of all the threats to our community today, the greatest by far is apathy.

Ensuring that our community remains the treasure that it is now will only succeed with your help. Let us hear from you. In return, the Stewardship Foundation promises to represent your concerns for vigorous protection of this community and to provide you with outings and events that bring you closer to this unique and special part of our region.

Well, enough of the serious business and on to something lighter! I look forward to joining you at our benefit dinner/auction on April 26th to celebrate our 5th anniversary. It will be a special event that you won't want to miss.

-- Carol Dahl

## ***Know Your Place: Rediscovering a Watershed***

**Editor's Note:** *"Know Your Place" is a new regular column written by historian and Foundation board member Coll Thrush. Each installment will use elements of Lake Forest Park's past to shed light on environmental and community initiatives, and will encourage residents to get to "know their place" just a little bit better.*

One of the most important developments in the modern environmental movement is a growing emphasis on watersheds. By understanding the places where we live based on the movement of water rather than on arbitrary political boundaries, we gain a better understanding of those places and the problems they face. Among the bioregional wing of environmentalism, this process is known as "reinhabitation." The *Salmon's Guide to Lake Forest Park*, produced last year by the Foundation, is but one example of a community discovering its watershed and its sense of place.

In Lake Forest Park, though, it might be more accurate to say that the watersheds are being *re*-discovered. For thousands of years, local indigenous people, who called themselves the People of the Lake, knew all about our little watershed. To them, Lake Ballinger was known as "The Face" in Lushootseed, the Native language of the Puget Sound region. Meanwhile, the mouth

of McAleer Creek, which flows out of Lake Ballinger, was known as "The Mouth of the Face." The exact significance of these names has been lost over the past century and a half of non-Indian settlement, but the indigenous landscape of Puget Sound is rich with place names that describe the land as a living, animate thing. Moreover, the word for "mouth" also means language, river, doorway, and road, highlighting the deep connections between place and culture in the first societies that made their home here.

For the People of the Lake, this watershed was an integrated whole. Although it was some distance from the nearest year-round settlements (at the mouths of the Sammamish River and Thornton Creek), the "Valley of the Face" was surely known through fishing, hunting, and gathering centuries before the creation of Lake Forest Park and the other municipalities through which these waters now flow. And although forgotten for a time, the understanding of our watershed is returning. Whether we call it "Face" or use newer names like Ballinger and McAleer, knowledge of our place is again on the rise. Through small acts like counting salmon, restoring native plants, or unearthing local history, we are rediscovering the watershed that has always been here.

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## ***Federal Protection for Ponds and Wetlands in Danger***

The Bush Administration is in the process of removing federal protection from "isolated" streams, ponds, and wetlands. This leaves these waters more vulnerable to being filled and polluted. Plus, it places a greater burden on states and local communities to clean up water pollution. See <http://www.sierraclub.org/cleanwater/> for more information about this issue and what you can do to keep ALL waters of the United States clean and healthy.

## **Save The Date!**

On Saturday, April 26th, the Stewardship Foundation celebrates its Fifth Anniversary Dinner and Auction. We want you to be there to help observe this milestone. This is a significant occasion considering that the life expectancy of a non-profit is 18 months.

How can you participate?

- Be a table captain - recruit friends & family to make a total of 8 at your table,
- Donate something for the Silent or Live Auctions – like weekend get-a-ways, vacations, artwork, antiques, quilts, homemade items, goods or services,
- Just come! - We will have delicious appetizers, exceptional wines, live music, a wonderful dinner, a special program and many great auction items.

Reservations for this 5th Anniversary Celebration are \$40 per person or \$300 for a table of 8. It starts at 5:30 PM at the Lake Forest Park Civic Club, right here in Lake Forest Park. Don't miss it! Call us at 206-361-7076 or email at [info@lfpsf.org](mailto:info@lfpsf.org) to make a reservation or a donation.

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## **Salmon's Guide Wins Technical Writing Award**

"A *Salmon's Guide to Lake Forest Park*," a booklet which the Stewardship Foundation mailed to every home in Lake Forest Park just over a year ago, was honored by The Puget Sound Chapter of the Society for Technical Communication (STC) last month.

The Foundation produced the brochure, complete with a one-of-a-kind detailed map, to tell Lake Forest Park residents about their creeks, wetlands and city parks. It combines the "wet geography" of the city with the history of the creeks along with information from professional biologists about protecting the fish and wildlife habitat from further degradation.

The STC found the booklet worthy of its Award of Merit, in company with professional publications from Microsoft, Boeing and other business and industrial giants. "We were surprised and thrilled," said Foundation President Carol Dahl, "to see our *Salmon's Guide* up there with slick, full-color glossy brochures from the marketing departments of large corporations."

Dahl and Board Member Jean Reid attended the award banquet on behalf of the Foundation board and membership. Reid said STC President Vivian Toddhunter was impressed to learn that the "*Salmon's Guide*" was the work of volunteers for a non-profit Corporation.

"She told us 'of course you're professionals, you've just won a professional award,'" Reid recounted. "We said, 'nope, we're just a bunch of neighbors who care about the natural beauty of the community.'"

Entries in the STC's awards competition are judged on appearance and content, and must convey technical or scientific information in an accurate and comprehensible fashion.

The "*Salmon's Guide to Lake Forest Park*" was partially funded by a grant from the Northwest Fund for the Environment, and by donations to the Stewardship Foundation by local citizens. If you did not receive a copy of the booklet or would like additional copies, contact us at [info@lfpsf.org](mailto:info@lfpsf.org).

## **Brookside Creek Restoration Project**

The Brookside Creek Salmon Habitat Restoration Project is aimed toward restoring Coho Salmon to Brookside Creek, a tributary of McAleer Creek.

As the first step, we will be removing the obstacle to fish migration caused by a dam which was placed on an upper reach of Brookside Creek by a homeowner to create a backyard pond, in the 1960's. Launa and Rick Hoy, current owners and residents of the property on which the pond is located, have generously given their consent to this stream improvement in their backyard.

The \$49,000 Community Salmon Fund grant, which the Foundation was awarded last year, is funding this first step. It also provides for informational meetings with citizens who live along the creek. In addition it will help pay the salary of Eleanor Boba, the Foundation's new Administrative Assistant, since one of her responsibilities will be administering the details of this activity.

Project Director Mamie Bolender, Jean Reid, and the Brookside Creek Committee have been working with Hart Crowser and Pentec Engineering Consulting firms, with local

experts, and with the owners, to develop a plan that will accomplish the goals of providing good habitat and staying within the budget of the grant.

We're expecting to utilize much volunteer help when work begins this summer. There will be considerable wheelbarrow work involved, to move yards of earth, and then to place gravel, rocks and logs to create stream structure. Volunteer gardeners will be needed to remove invasive species and to plant vegetation that will stabilize and enhance stream banks, and the wetland and streambed which will replace the pond. Please watch for this call for volunteers in July, August and September. There may be an earlier call for help with plant salvage, which involves visiting potential building sites to collect native plants that would be suitable for this site.

This is an exciting and worthwhile first restoration project for the Foundation. We expect it to be a community effort. Hart Crowser and Pentec personnel have already generously committed to considerable volunteer time to see this project through to a successful completion.

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It's not too soon to begin thinking about items for the upcoming auction. Even small items can be very useful for coordination in our many gift baskets. Baskets are currently planned around Gardening, Honey Bees, Cats, Dogs, Sunflowers, Harvest, Christmas, Halloween, and Disney themes, but the list of possibilities is limited only by the imagination (and donations). Handmade or other one-of-a-kind items are particularly helpful, so if you have a handicraft, please let it show!

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## ***New Board Members***

The Foundation is fortunate to have had two recent additions to the Board of Directors.

**Rick Purn** comes to the Stewardship Foundation as an activist and educator. When living in the Portland, Oregon vicinity, he became actively involved in leading students to outdoor camp for one week each year. Ecological studies involved investigations in soil, water, plants and animals. After moving to Sunriver, Oregon, Rick continued his involvement with outdoor education. Students extensively studied plant and animals of the high desert as they worked in cooperation with the Sunriver Nature Center and High Desert Museum in Central Oregon. Rick also helped the Museum get started by teaching a class called "Patterns in Nature" based on the Fibonacci number pattern. After moving to Lake Forest Park, Rick and his 3rd Grade students have been involved in various environmental learning projects which include having students help save the Lyon Creek property before becoming a park.

**Paula Clark** is the newest addition to the Board. She has been a LFP resident living on McAleer Creek since 1974. She has participated in Shoreline school projects with her two daughters over the past 18 years. Her profession shifted from teacher at LFP Montessori in the 70's to floral and plant designer since 1988. Her interests in the environment and permaculture blend well with the Stewardship Foundation goals. Paula is also a member of the LFP Garden Club. Her education in native plant restoration and xeriscaping are welcome contributions to the Board.

Please join us in extending a hearty welcome to Paula and Rick!

## ***Meet Eleanor Boba – our new Administrative Assistant***

With grant funding from The Seattle Foundation and the Community Salmon Fund, the Stewardship Foundation recently hired a part-time Administrative Assistant. Eleanor will be an outstanding asset as she helps us to implement our goals of strengthening the infrastructure and the capacity of the Stewardship Foundation to sustain our efforts. She brings many years of non-profit experience to the position in the areas of event planning, database management, editing, publication production and community relations.

Eleanor has a long-standing interest in the preservation of natural landscapes. While earning a master's degree in public historical studies, she studied the history of parks. Her interest in nature can be seen through the active involvement in her childrens' school nature study programs. Soon after she was hired, Eleanor and her young son, along with some Board members, visited the Grace Cole Nature Preserve. Gary came equipped with his own set of binoculars and an impressive understanding of local birds.

We are excited about what we will be able to accomplish with the help of Eleanor's talents and efforts.



## ***Take Action To Decrease Pesticide Use In Our Community***

Virtually every stream, lake and river in the Northwest that has been tested is contaminated with pesticides. This includes the streams in Lake Forest Park. Scientists testing local streams found from 25 to 50 different common garden pesticides, including herbicides, insecticides, and other pest control chemicals, polluting our watershed and impacting endangered salmon and our communities.

Pesticides can kill salmon directly or cause damage that significantly reduces their chances of survival. Factors in salmon decline include pesticide effects on salmon behavior, immune and hormone systems, food supply, and habitat.

Pesticides from applications to home or business landscapes also pose a threat to people, particularly to children's health, and to their pets. Common garden pesticides may also be harmful to "good bugs" and birds that help keep insects under control.

The Stewardship Foundation is a member of the regional Clean Water for Salmon

Network, supporting pesticide-free streams to aid salmon recovery across the northwest. The City of Lake Forest Park has taken action to adopt policies that emphasize pest prevention and restrict use of hazardous pesticides on public property and has served as a model for its citizens and other municipalities.

This spring, as part of our Community Salmon Fund grant to help restore the salmon run in Brookside Creek, the Stewardship Foundation is offering workshops to provide information, resources and assistance to streamside residents in supporting pesticide-free streams to aid salmon recovery and improve water quality.

As a citizen of this community, you can help too! We encourage you to contact us for more information about these workshops. You and your neighbors will learn less-toxic ways to manage specific pests, get advice on environmentally friendly lawn and garden care, and help promote a healthy garden and an attractive community.

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## ***Cole Preserve Cleanup Party***

The Lake Forest Park Stewardship Foundation enthusiastically kicked off the restoration of the Cole Nature Preserve with its inaugural work party on August 17, 2002. Thanks to Lisa Leinbaugh, Sarah Stone, Aviva Leonard, Eric Alef, Erik Aploks, Coll Thrush, Chuck and Mamie Bolender, Bill Bennett, Doug and Raymond Mitchell and Jean Reid for their hard work. Volunteers shoveled dirt, hauled garbage and generally had a sweaty good time. A couch, two car seats, an old bike and untold cans, bottles and other refuse were hauled to the road-

side, where the City's Public Works Department collected them for disposal. Several deep holes, remnants of prior perc tests for proposed housing development, were filled in to reduce hazard. One particularly large hole (dubbed "the elephant grave" by volunteers) remains only partially filled, so keep those shovels ready. Further preliminary restoration, including native plantings and invasives removal, are anticipated when they can be coordinated with the City's overall plan for the park. If you are interested in volunteering for future work parties, please call us, or email us at [info@lfpsf.org](mailto:info@lfpsf.org).

## **West Nile Virus Comes to Washington**

West Nile Virus (WNV) has arrived in Washington state. Although the object of a great deal of media hype, the virus itself is usually quite mild, and often goes unnoticed in otherwise healthy adults and children. In rare cases, it can cause encephalitis, or swelling of the brain. People get this disease by the bite of a mosquito that is infected with the WNV. The disease is not transmitted from person-to-person, nor animal-to-animal. Most infections result in no symptoms at all. Symptoms, when they do occur, include fever, headache, body aches, skin rash and swollen lymph glands. The incubation period (from time of infection to first symptoms) is 5 to 15 days.

Individual actions by residents and communities to reduce or eliminate water holding containers is the most effective counter measure against mosquitoes. Look around your house, especially outdoors, even in

small containers, and eliminate standing water to reduce the risk of mosquito breeding. Look for standing water in tin cans, barrels, plant saucers, wading pools, and gutters. If you have a bird bath in your yard, please change the water at least twice a week.

Wild game hunters, hikers and persons going to mosquito infested areas should take measures to protect themselves from getting bitten by mosquitoes. Wear light-colored, long pants and long sleeved shirts and apply mosquito repellents according to label instructions.

General information on WNV can be found on the Internet at the Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).

(This article was partially excerpted from the Howard County Health Department West Nile Encephalitis flier.)

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## **The Grace Cole Nature Preserve Project**

As most of you know, the City of LFP established the Grace Cole Nature Preserve in 2002. This involved the purchase of over 11 acres of undeveloped land at the headwaters of Brookside Creek. The City has established an interdisciplinary task force to study the options for proceeding with this project and to develop the project's Master Plan accordingly.

The Task Force consists of City Staff, representatives of several of the City's volunteer Commissions, members of the Foundation's Board of Directors, and other members of the community. At the current time, one of the Task Force's primary objectives is to perform a technical evaluation of the functions of the Preserve's wetlands in order to determine what impacts potential future developments such as hiking trails will have on the sensitive

areas in the Preserve, as well as to provide the basis for any mitigation and/or restoration efforts which will occur in the future. The Foundation agrees with the City that it is important to proceed with due deliberation and to arm ourselves with accurate technical data before making any detailed long term plans.

We applaud the City for inviting an effective cross-section of the community to participate in this Task Force. This kind of inclusiveness is part of what makes Lake Forest Park such a special place. Feel free to contact the Foundation with your concerns and recommendations for the future work on this magnificent nature preserve. We'll be keeping you informed of future developments in subsequent newsletters and on our web site.



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## ***Welcome!***

The Foundation welcomes these new  
members: Lisa Leinbaugh & David  
Bailey; Paula Clark; Diana Dillard; Dr.  
Fred Ebsworth; Sonja Groset; Doug &  
Beth Bronger Jones; Howard Langeveld;  
Rick & Lisa Lockard; Nancy Teel & Scott  
Roberts; Mansuke & Sachiko Shoda;  
Barry Werner; Wild Birds Unlimited.

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