



Newsletter

Fall 2005

Message from the President

A friend who knows my passion for conserving our natural environment recently recommended a book called “Last Child in the Woods—Saving Our Children from Nature-Deficit Disorder.” Its author, child advocacy expert Richard Louv, reveals some startling facts. By the 1990’s, the radius around the average home – where children were allowed to roam on their own – had shrunk to one ninth of what it was in 1970. And today’s average eight-year-old is better able to identify cartoon characters than native species in their own community.

The message is alarming! Never before in history have children been so plugged in – and so out of touch with the natural world. In the author’s interview with a fourth-grader, the youngster reports “I like to play indoors better ‘cause that’s where all the electrical outlets are.” This groundbreaking new work links the lack of nature in the lives of today’s wired generation to some of the most disturbing childhood trends, such as rises in obesity, attention deficit disorder, and depression. In vivid contrast, I am reminded of Gordon Orians, noted ornithologist and longtime resident of Lake Forest Park, telling of experiences with his father who introduced him to birds at an early age. During a father/son dinner at his father’s church, the featured speaker spoke about and showed pictures of birds. The presentation piqued his father’s interest and started his quest to learn more about birds. Together they began exploring nesting areas, building blinds and observing

bird behavior that was captured on the family’s motion picture camera. By age seven, Gordon was hooked on nature. At age nine he began recording birds he saw in little notebooks which he still retains. By age thirteen he discovered that people got paid to do what he knew he loved doing. This validates those intimate, close-up learning experiences in the natural world guided by an attentive and knowledgeable mentor that can help launch a career as well as a life-long appreciation of nature.

Creative explorations that inspire a powerful experience for children, parents and teachers alike can still be achieved in Lake Forest Park. Preserving these precious possibilities requires that we be stewards of our remaining close-to-home natural places. These treasures may include an in-town garden, a stream, wetland or lakeside beach, a secluded wildlife nesting site or a waterfront viewpoint for quiet reflection. Your property may include a critical link to some of these natural treasures. Or you might explore one of our parks and open spaces, such as the Cole Nature Park, Animal Acres, Lyon Creek Waterfront Preserve or Horizon View Park. Each offers a unique environmental experience.

Meanwhile, I strongly recommend Richard Louv’s book to everyone concerned about our environment. And I hope you’ll sign up to help your Stewardship Foundation protect the very special natural riches of our unique community.

--Carol Dahl

IT'S AUCTION TIME!
Friday, October 21st 6 pm – 10 pm

Are you ready for an evening full of the excitement of bidding on fabulous and unusual items, being served a delicious dinner, catching up with old friends and meeting new ones? All while making it possible for the Lake Forest Park Foundation to continue its mission of fostering awareness, appreciation and stewardship of our natural environment and preserving/enhancing parks and open space? We hope your answer is a resounding "Yes," and that we will see **you** at this year's dinner auction.

We have moved the event to the Nile Shrine Center. Although we wanted to keep it at the Lake Forest Park Civic Club, the event has outgrown the facility, which is a good thing in many ways. With no other larger facility available in Lake Forest Park, we chose the Nile Shrine Center for its increased size, proximity and great parking!

There will be plenty of room for everyone to comfortably view our unusual silent, live and dessert auction items, to mingle with others, and to enjoy the delectable dinner, which will be served to you at your table.

Please be sure to respond to your invitation you received by mail, host a table, and/or call 361-7076 for more information.

SEE YOU AT THE AUCTION!



Volunteer Alert!

Work Party at **Grace Cole Nature Park**, October 15, 9 AM to 12 noon.
Barbecue lunch included!

Dedication as a Park Wildlife Habitat will occur at 11:45 AM.

Tasks planned for the day:
Removal of invasive species and planting natives.

The City will provide tools. Bring your own favorite pruners, loppers, wheel barrows shovels and plastic tarp if you like.

Good Stewards Update

The Good Stewards project has had a busy summer and fall. We now have 140 Lake Forest Park yards certified as Backyard Wildlife Habitats. In addition, the City of Lake Forest Park was certified as a Business Habitat. The Schoolyard Habitat program is underway as described elsewhere in this newsletter.



We hope you will certify your yards, if you have not yet done so, to help us reach our goal of 175.

We gave a short talk at the Woodland Park Zoo about our Community Wildlife Habitat at their first Backyard Habitat Training program. We took Hannah Schardt, an editor of the National Wildlife Magazine, on a tour of three certified Backyard Wildlife Habitats, the Hillside Creek Restoration project and Grace Cole Park for an article they are doing on Community Wildlife Habitats in the Pacific Northwest. We had a table at the Farmers Market on September 25th during Salmon Days where we had wonderful conversations with many environmentally concerned people.

The National Wildlife Federation now has 55,000 certified yards, and 11 certified Community Wildlife Habitats. With your help, we are hoping to have Lake Forest Park certified next summer.

A new television series called Backyard Habitats is now airing weekdays at 11 a.m. on channel 43. Each day, viewers learn how to transform an outdoor space into a certifiable backyard wildlife habitat. This show is a partnership between Animal Planet and the National Wildlife Federation.

We hope you will join us for a work party at Grace Cole Park on Saturday, October 15th from 9 a.m. to noon and for a short ceremony at 11:50 a.m. to officially certify the park as a Community Wildlife Habitat. If you have questions, or need directions, please email Libby Fiene at lfpswildlife@comcast.net.

PART-TIME ADMINISTRATIVE ASSISTANT NEEDED

After over two years of doing outstanding work for the Lake Forest Park Stewardship Foundation, Eleanor Boba, the Foundation's Administrative Assistant, is moving on to other opportunities. During this short time, Eleanor has done an exemplary job of getting and keeping us organized. Much of what we have accomplished these past two years is the direct result of her outstanding writing and organizational abilities. We were very fortunate to have her on our team. To say that she will be missed is an understatement.

Therefore, we are looking for a new, part-time, administrative assistant to start in January, 2006. Responsibilities include database management, grant administration, assisting with scheduling, volunteer coordination, Board communication, event preparation and support, marketing/outreach and fundraising support.

Requirements include excellent computer and communication skills. Non-profit, budgeting, and relationship building experience is desirable. There will be access to LFPSF information and supplies. Since the Foundation does not have an office, the successful applicant will work at home. Salary DOE.

For more information, call 206-361-7076. For a complete position description, please see our web site, www.lfpsf.org.

Lower Brookside Creek Project

The stream restorations at the Wilcox home were adeptly rendered in two weeks' time. This expediency was due to careful planning on the part of Jay Kidder, of Chinook Engineering, associated with Steward and Associates, and Brian Bodenbach (Biosphere Company), the contractor, AND the hard labor and long hours put in by Brian and Kevin Waller, the excavator operator. The excavator could drop materials very close to their resting place, but the final placement of the rocks and gravel for formation of the weirs and pools in this stretch of Brookside Creek was achieved by sheer muscle power, plus the skill and knowledge gained from years of experience. Brian will tell you the hardest part, physically, was creating the creek bed of boulders and gravel through a new metal culvert which is 6 feet wide 4 feet high and 25 feet long, and replaced a smaller one under the Wilcox's driveway.

Before any stream work could begin, Brian had the challenging task of designing and creating a 280-foot bypass out of 20-foot sections of rigid plastic pipe and 45-degree angle connectors. During the 1 1/2 weeks of work in the new streambed, this securely anchored conduit, reminiscent of the Alaska Pipeline, successfully carried the stream from the street culvert at the Southwest corner of the Wilcox property, diagonally across their lot, to the stream in the neighbor's backyard. This diversion was necessary, in order to provide a dry creek bed for the restoration work.

The bypass culvert was begun on Monday, August 29th. The new driveway culvert was set in place on the 31st. The new channel was completed and water was returned to the stream on Thursday September 8. This is the second of three projects to remove man-made obstructions that the Stewardship Foundation has set out to complete on Brookside Creek.

Remaining work at this site is the restoration of vegetation to the landscape. Adopt-a-Stream, a regional non-profit environmental organization, will be donating native plants and labor for this phase. The Stewardship Foundation will be calling for volunteers during the planting, which will extend into November.

....continued on page 5



Before and after photos of Brookside Creek just upstream (south) of the new culvert.

Lower Brookside Creek Project (continued from page 4)

Dustin Hinsen, fisheries biologist from Steward and Assoc., the primary engineering firm for this project, was on hand to assist with installation of the diversion pipe. To satisfy Washington State Department of Fish and Wildlife guidelines, a qualified fish biologist must be present to relocate any fish which might be stranded when a stream is diverted. Though initially there appeared to be no significant aquatic life at the site, splashing in a small pool as the water was gradually deflected into the bypass proved to be caused by a 5 to 6 inch Cutthroat trout. Due to size and coloration, it was determined to be a stream native, as opposed to a lake trout. It was safely relocated downstream. Later the same day, as Kevin lifted a large rock from the river bank with the giant jaws of the excavator, a Pacific Giant Salamander (*Dicamptodon tenebrosus*) lay lurking under the rock, at water level. Unlike the Pacific Giant we'd seen at the Hoy project upstream, this one had gills. Thus it is classified "neotenic", rather than "metamorphosed" (without gills). This salamander species is the heaviest to grow in this region. It may reach 30 centimeters in length. Klaus Richter, PhD, an expert on amphibians of the Northwest, who Brian contacted immediately, said the gilled version of Pacific Giant salamander is fully aquatic, and is an excellent indicator of clean water. It is not generally seen in urban areas. The salamander was carefully relocated, as were a few sculpin and a crayfish.

This little stream, Brookside Creek, has the good fortune to be flowing through a naturally protected watershed for most of its length. Its steadfast perennial flow arises primarily from springs in Grace Cole Nature Park. It passes through a long, deep ravine along which most homes are set above steep slopes. Covered with dense vegetation, these sloped banks provide functional buffer for the stream.

Not all the news about this stream is good, however. It has an additional source of water which is storm runoff from streets above the headlands. The Foundation is searching for a solution to this problem runoff, which results in destructive, erosion-causing fluctuation of stream flow. It is a major cause of the habitat-damaging load of sediment which is often carried, during and following storms, into McAleer Creek, and into Lake Washington. A means to work collaboratively with the Cities of Shoreline and Lake Forest Park to lessen storm event impact is a goal of the Foundation.

Members of the Wilcox family have shown an outstandingly cooperative spirit of support for the task of bringing salmon back to Brookside Creek. Before we began restoration, they removed an ingeniously designed heat exchange system, which had been built by their father, now deceased, in the 1950's. It had been designed to take heat from the stream water to warm the home. It consisted of many feet of tubular copper coils enclosed in large concrete and steel boxes, buried under a portion of the front lawn. This plant, due to high maintenance, had fallen into disuse long ago.

It has been a distinct pleasure working and visiting with the Wilcox family during the process of restoring their portion of the creek. They seem very pleased with the babbling brook which now tumbles over river rock, pauses in a resting pool, then tumbles and pauses again, as it makes its way through their front garden.

This project was funded by the Community Salmon Fund grant and a King County, Department of Natural Resources and Parks, WaterWorks grant.

Reported by Mamie Bolender, volunteer Project Director

Land Use Actions

Your Stewardship Foundation is monitoring land use actions that affect our City. We submitted comments to the City Planning Departments of LFP and Shoreline and to the LFP Hearing Examiner as follows:

197th Avenue NE - Steep slope and cutting of trees

- Incorrect land use action sign location
- Inadequate geotechnical report
- Lack of State Environmental Policy Act (SEPA) Checklist
- Need to replace several old growth trees to be cut down

Beach Drive NE - Sideyard setbacks

- Lake view would be obstructed with reduced side-yard setbacks
- Lack of information on lake impact
- Large lot shouldn't require variance

25th Avenue NE (Shoreline) - Runoff into Lake Forest Park

- Runoff from proposed subdivision would drain into Hillside Creek in LFP

- In excess of 100 trees would have to be cut; need to be replanted

You can help us monitor these actions in and around Lake Forest Park. If you see work going on please check to see that permits are displayed properly. If they are not, please notify the Lake Forest Park Planning Department. If you see any of the following, please leave a message on the Stewardship Foundation phone (206-361-7076) describing the location:

- Use of large construction equipment; no permits visible
- Work of an unusual nature that might be harmful to the environment
- Cutting of a large number of trees or large trees

We will follow up on your report; if you leave your number, we will let you know what action we have taken.

We can all help keep the "Forest" in Lake Forest Park.

SCHOOLYARD HABITAT PROJECT AT LFP ELEMENTARY SCHOOL

The City of LFP, the LFPSF and National Wildlife Foundation are all working very hard to register backyard habitats that supply food, water, cover and a place to rear young. It would only seem logical that a schoolyard would be included in the National Wildlife Foundation's program. So, all the teachers and students have decided to get to work at LFP Elementary School.

Currently, teachers and students are collaborating while making special plans which involve weeding, mulching, planting native ground covers, bushes and trees. In the spring the school should be ready for certification by the National Wildlife Federation. Some ideas being reviewed are a Peace Garden, refurbishing the Butterfly Garden, Painting native plants and animals on the cement wall on the west side of the upper playground, creating a garden between the primary and intermediate wings and starting a mini wetland out of a natural dribble of water. Lake Forest Park Elementary should look quite different by May of next year. The National Wildlife Foundations Grant of \$1700 for plants and materials should change the appearance while supplying new habitat for wildlife. Isn't it just great having all those kids help their school and the community of LFP get registered for the backyard habitat program?

A PTA Environmental Committee has been formed to help guide and maintain the schoolyard after students and teachers work to transform and enhance the school grounds. Parents interested working to help maintain the schoolyard met a week before school began in September. Possibilities were discussed while walking the school grounds. (If you're interested in volunteering, please call Terry Williamson or Rick Purn at LFP Elementary School.)

LFPSF and the FIFTH GRADE STUDENTS at LFP ELEMENTARY SCHOOL

Last spring, the LFPSF helped fund LFP Elementary fifth grade students from the classrooms of Mr. Nelson, Mrs. Wildey, and Mr. Wellman, so that they could attend the outdoor school at Olympic Park Institute. The experience was exciting, educational and a once-in-a-lifetime experience for all those who attended.

The LFPSF helped to make this possible with a \$1,000 gift. Dr. Hodges, the school principal, along with parents and fifth grade teachers, all worked hard to raise money for this trip to the Olympic Mountains. It was an expensive endeavor, and families of students were required to pay some of the expenses themselves, but it was worth it. Because the experience was so successful, the LFPSF and the teachers and administrators of LFP Elementary hope that this becomes an annual event for their students.

Educational classes included the study of mammals, water, macro invertebrates, food chains, old growth rain forests, soils and much more. How did the students enjoy their three day camping and classes? Read these few quotes to get a feeling of what teachers and students were thinking and feeling:

Austin Upton: "This was the first time I had ever done a big school camp. It was fun, and amazing, and I learned a lot. I liked having all my friends there from all the fifth grade classes. I liked sleeping in the cabins and going hiking in the woods all day long. The biggest highlight for

me was hiking to the waterfall!"

Ben Killorin: "I loved being with all my pals. We did a lot of fun things. I have to give my compliments to the cook—his pizza was SO GOOD. The views of the mountains were beautiful. I really liked that Barnes Creek is actually used as an example of a healthy stream for the whole Puget Sound area. They use it for testing. My instructor was very nice and I liked learning about the environmental systems of the OPI area."

Hannah B Calas:

WATER, WATER, WATER! That's the story at OPI! I loved it because we got to take water samples and check for pH, salinity (how much salt), and bacteria (using microscopes)! Who knew that there was so much to learn about WATER! We also mapped water tables, (I actually mapped one myself) and learned about wetlands and natural filtration and erosion and how its all related to life in all forms! I especially remember learning how salt water and fresh water work together and change each other and how the life forms change with the salinity. Since hurricane Katrina has been in the news so much I actually understand what wetland erosion means and how the Gulf coast is being destroyed by oil refineries even before Katrina. I would like to sample the water in New Orleans and do some of the tests we did at OPI on them, that would be interesting! At OPI we not only heard about things we got to SEE them in real life and I think I will remember that stuff all my life.

SALMON NIGHT AT THIRD PLACE!

Thursday, October 20 at 7:00 PM

Two UW professors and a King County senior ecologist will discuss the past, present and future of the Pacific salmon: **Thomas Quinn** (Behavior and Ecology of Pacific Salmon and Trout); **Dave Montgomery** (King of Fish); and **Gino Lucchetti**. Quinn synthesizes the most current research on the life histories of these remarkable fish. Montgomery recounts their near demise and details how the PNW can protect this resource. Lucchetti will discuss the survival of salmon in our local watersheds.



Published by the Lake Forest Park
Stewardship Foundation, a nonprofit
corporation in the State of Washington.
Send inquiries and address data to:
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