

Fall City NEIGHBORS

Volume 27, Issue 3
March 2024



Farming is an important part of our economy here in Fall City and the Snoqualmie Valley. Local farmers face the challenges of high land values, growing production costs, flooding, and a changing marketplace. But a new generation of farmers is addressing these business challenges to keep farming thriving. In this month's issue we till into the Fall City farm economy, discover how we are protected in our outdoor pursuits, and honor a true community servant.

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You are invited to donate to Fall City Neighbors to help us cover expenses of the coming year. Please make your check to "FCCA/Fall City Newsletter," and mail to: Fall City Neighbors Newsletter, P.O. Box 1064, Fall City, WA 98024.

EDITOR'S NOTE

Living the "rural character" in our part of Unincorporated King County is why many of us moved here. We appreciate the closeness to the earth, nature, and the warmth of good people who work hard and say "hi" when you meet on the street. Preserving that character is why Fall City Sustainable Growth was founded and why the Snoqualmie Valley Preservation Alliance works to bring together the many interests in the Valley to find creative solutions to shared challenges.

No one feels those challenges more closely than those who work the land. Our local farmers. They battle nature, they battle development, they battle government regulations, they battle flooding, they battle climate change. Why would anyone want to be a farmer! Just ask one. It is a deepfelt passion for being close to the land and putting food on the plates of their neighbors.

Reading this month's story on agriculture in our community will help you better appreciate the sacrifices and triumphs of our local farmers. And hopefully, motivate you to support them as they labor to give us healthy, locally grown and humanely raised food.

— JIM HUTCHINS, editor

Fall City Neighbors, since 1998: Helping to build a caring and connected community of neighbors.

Fall City Neighbors is a monthly publication of the Fall City Community Association (www.fallcity.org) and is supported by local sponsors and donors. It is distributed free of charge to the community, available at the Fall City Library, Fall City Post Office (green box in front), Farmhouse Market, The Hauglie Building, the Raging River Cafe, and Aroma Coffee.

SUBMISSIONS: We encourage submissions, story suggestions and comments from our community. We are always looking for writers, reporters,

artists, photographers and idea people interested in volunteering for this publication.

STORY IDEAS, ARTICLES, SUGGESTIONS, COMMENTS, OR TO SUBMIT/REQUEST A BUSINESS PROFILE: James Hutchins, Editor, e-mail: editor@fallcity.org or mail to *Fall City Neighbors*, P.O. Box 1064, Fall City, WA 98024.

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Deadline for submissions is the TENTH of each month.

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Community News and Notes

FALL CITY COMMUNITY ASSOCIATION

Highlights of the February 2024 Meeting



PRESIDENT'S REPORT. President Rachel Shepard welcomed attendees and shared that the Fall City Community Association (FCCA) is an all-volunteer organization, a nonprofit dependent on donations and membership dues. We live in unincorporated King County with no mayor or government, etc. so we make things happen ourselves. She encouraged community members to learn more, join or renew their membership (voting memberships are a “steal” at \$30.00), or at www.fallcity.org. Agenda ideas are welcomed at ilovefallcity.org. A variety of volunteer opportunities are available and this month we are specifically highlighting:

- Events Calendar: if you are interested or have experience in marketing or social media, we would love your help publishing a Fall City-wide calendar.
- Town clean up this spring
- Fall City Day

Rachel asked for concerns, updates or edits to the January minutes. None were offered. A motion to approve the January 2024 minutes was made, seconded and approved. Rachel announced we currently have 79 members of the FCCA as of February 1, 2024. The goal is 100 members. Currently we have 1200 people on the community email list. Thanks to those members who have completed the FCCA Survey asking what is important to you this coming year. President Shepard encouraged members to complete the survey as soon as possible.

COMMITTEE UPDATES

FALL CITY COMMUNITY CENTER. *Mary Butler & Todd Brown.* A Fall Community Center has been envisioned for years – all who have worked on the project, sought out and found funding, etc. were thanked. Sarah Perry and Kathy Lambert, our current and former King County Council representatives, respectively, were thanked for their leadership in obtaining two King County grants that will fund preliminary work, including a feasibility study, and provide limited funding for the purchase of a site. Also, thank you to Jeff Wilson, Fall City resident and County Project Manager for the Fall City Septic project, who offered to consult on the project – his experience and skills are welcomed. We are hopeful that the FCCA will be the sponsor for the project. Those who are passionate about a Fall City Community Center are welcome to contact Todd and Mary.

FALL CITY EVENTS. *Carrie Lee.* Kelly Coughlin and Bill Shaw recently met with the group to share resources for event coordinators. A new online event calendar is available on the Fall City website ([https://www.fallcity.org/fall-](https://www.fallcity.org/fall-city-events)

[city-events](mailto:fallcityevents@gmail.com)); email fallcityevents@gmail.com for more information. Watch for an Event Coordinators Meeting in March – it will be an opportunity for groups sponsoring events to learn marketing tips and techniques about social media, demographics and more.

FALL CITY ROADS. *Carrie Lee.* Radar speed signs have been placed on the Preston Fall City Road, south and north of 328th Way; the signs will be rotated from time to time.

In June, traffic studies under a \$375,000 Puget Sound Regional Council Rural Town Centers and Corridors Program grant will commence. This is an ideal time for such a study as our population and density change, significant traffic increases raise new concerns about pedestrian safety, the west side trail is initiated, etc. A survey to understand residents' thoughts and concerns about our roads will be launched prior to the study.

FCCA BYLAWS UPDATE. *Rachel Shepard, President.* Rachel shared guidelines for reviewing and approving the recommended changes to the bylaws, last updated in 2010. Recommended changes clarify, simplify and reflect current processes and have been shared in three previous meetings. Rachel led the group through each Article of the Bylaws and responded to questions and concerns. Various motions and amendments to the existing Bylaws were approved and will be posted on the website.

PARTNER UPDATES

KING COUNTY DEPARTMENT OF LOCAL SERVICES. *John Taylor, Chair.* John announced that after serving in his current role for five years, he will begin as Director of King County's Department of Natural Resources and Parks. John leaves Local Services with a “heavy heart”. Believing our planet is at an “inflection point” and there is much work to be done for King County's environment, John looks forward to his new role. John was thanked for his engagement with Fall City as well as providing a direct line to King County.

FALL CITY SEPTIC ASSOCIATION. *Jeff Wilson, King County Project Manager.* Jeff shared that the County received two bids for the project and is moving forward with an “Intent to Award” with one of the bidders. Mobilization will start in April and drain field construction in the park should be completed in July; concurrently, pipe will be laid in the alley way behind the businesses and some of the side streets – no road closures are planned. The treatment

(Continued on p. 16)



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Bob Forslin Retires After Long Water District Career

by Sharon Brown

There are few people known by everyone in Fall City, but Bob Forslin may certainly be one of them. He has served our community for the last twenty years maintaining our water system and delighting our dogs with his ever-present treats. As he retires to Ellensburg, we give Bob a loud shout out for his service that was not only done with such precision, but always with a big smile and hello for everyone.

Bob was born in Nelms Hospital in Snoqualmie and lived in North Bend for fifty years. He graduated from Mt. Si High School in 1977. During his senior year, Bob worked for George Wyrsh, pumping gas and doing oil changes at the Arco station, putting in a 40-hour week while keeping up with his studies at the same time. Our Valley boy also stayed active with football, baseball and wrestling at Mt. Si. After graduation he worked at Ken's Truck Town. He hunted and fished for a few years, then went into the carpentry trade, which lasted for over 20 years.

"I met my wife, Tracey, while playing on a men's baseball league in 1984", he explained. "She came with her friend whose husband was also playing. We married in 1986." Bob and Tracy lived in North Bend where she taught at a Montessori school and Bob continued his trade as a carpenter. Soon he had the opportunity to take on a new career working at the Snoqualmie Pass Utility District. The family moved to Carnation in 2009 for thirteen years, where Tracey opened her own Montessori school.

When the Fall City Water District was going through changes back in 2005, Bob got a call from District Manager Terri Divers who was reaching out for some assistance. Bob started working three days at the Pass and two days in Fall City, "just to help out." He ended up full time in Fall City and has graced our streets fever since.

"I went to school with a lot of people from Fall City, so it's been so much fun seeing familiar faces and being a part of keeping the water flowing safely," says Bob. "This has been an outstanding place to work, and everyone has been so appreciative of what we do. There were some challenging years when we were down workers, and I was out in the field alone. But we made it through those times, and I have enjoyed working with Tree for the past 10 years and Chris for eight. Now Dusty, Pennie and BJ are there as



After 20 years as a Water District employee, Bob Forslin is looking forward to spending time with the grandkids and doing projects on the farm.

well, so I leave knowing there is a good team in place."

"I look forward to what is ahead for me and my family. We have twenty-five acres in Ellensburg where we live across the street from my son, daughter-in-law, and two grandsons. We just love it! Our daughter lives in Seattle, works for Alaska Airlines and just recently got married, so our family continues to grow." exclaimed Bob.

Bob will be spending his time mucking out stalls, feeding their eight horses and one donkey, building fences, irrigating his land, replanting fields and putting in water lines. "There is so much work to do on the property. Now I will have time to get done some of the projects that have been waiting for me. We also have a place at Blue Lake, so we look forward to enjoying that, as well as traveling more," says Bob with a big smile.

We will miss Bob's presence on our streets, but we carry fond memories of all that his service has meant to us as well as the great person we've experienced along the way.



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Valley Farmers Adapting To Changing Costs, Climate and Marketplace

by *Kate Grossman*

As one of the world's oldest professions, farming has been central to civilization for more than ten thousand years. It is also one of the oldest professions in the Valley: the 1870 Washington Territorial Census listed nine farming families in the Fall City-Snoqualmie area out of 37 households. The trend continues, as the Snoqualmie Valley Agricultural Production District (SVAPD) was home to 214 farms comprising 35% of the food farming acreage in King County as of last year. These farmers not only provide critical food security to our local communities and, more broadly, the County and State; they also preserve open space and maintain a human connection with the earth. However, farming is not for the faint of heart.

Perhaps the most challenging aspect of farming is simply the economics of agriculture. It's expensive to grow food. "It's a tough but very rewarding industry," says David Haakensen, owner of Jubilee Farm in Carnation. "Farming is not typically profitable." Approximately three-quarters of Valley farmers own their land, but most land is valued based on housing development potential, not agriculture, making it difficult to buy into farming. Says Haakensen, "The high cost of land doesn't really reflect the value you can extract, even if you're very productive." Though food prices have increased in recent years (up 22% since 2017 in Seattle-Tacoma-Bellevue according to the Consumer Price Index), they have been outpaced by increases in prices for housing (61%) and transportation (36%), among other costs. Labor is also more expensive in King County, with a mean hourly wage for farming and forestry that is 24% higher than the national average.

Many farmers remain optimistic about the opportunity despite the higher costs of food production. "This is a handcrafted vegetable, so it is more expensive, it takes more time and cost," says Scott Ridout of Farm Among Us in Preston. "But the method I'm using is very low capital. Though not ideal for most, I'm really passionate about showing people that no matter how old you are and where you start, [farming] is doable."



Photo courtesy of Steel Wheel Farm

That attitude of sharing knowledge is prevalent among farmers. Sno-Valley Tilth, with sixty farms among its membership, provides resources to existing farmers, such as specialized workshops, and monthly gatherings with farmers. It also hosts the Experience Farming Project, an incubator for aspiring farmers to share resources and try their hand at agriculture before they commit to farming full-time. Explains Ellen Scheffer, owner of Frisky Girl Farm in North Bend and president of SVT, "It's just a really great way for people to experience farming on a trial basis without having to make the huge investment."

But even with the mentorship and a helpful start from the local farming community, economies of scale are uniquely difficult to create in the Snoqualmie Valley. American "Big Ag" can take advantage of huge tracts of land, planting and harvesting crops in rows a mile long. The fertile soil of the Valley is largely in thanks to the Snoqualmie River and its many tributary creeks, but those waterways and the wetlands that surround them make it difficult to plant large, contiguous fields of more

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FARM (cont'd from page 7)

uniformly harvested crops. The average farm in America has 446 acres, while the geography of the Snoqualmie Valley is home to substantially smaller farms. According to the SVAPD Agriculture Strategic Plan, the majority of Valley farms each grow specialty crops on less than 49 acres, many on less than nine acres.

“I received the message to be content with the boundaries you’ve been placed in,” says Ridout, who embraces the smaller scale and farms on just one-third of an acre. “If there’s a desire, the path opens up before you. We’re all part of this system, this symbiotic life relationship, and this is my attempt to nurture and cultivate that.”

Having the desire to farm is critical, as is having a consistent market and a supportive community in which to sell a farm’s products. Farmers in the Valley sell through a variety of channels, from CSA (Community Supported Agriculture) boxes to farmers markets to local stores and restaurants. The farmers in the Valley also support each other, as in the Snoqualmie Valley Farmers Cooperative. The co-op has nineteen member farms between North Bend and Snohomish, and their mission is to “help create a viable economic model for farmers in the Valley,” says general manager Bob Bois, who is a farmer himself. Farmers sell a portion of their crop to the non-profit co-op, and then the co-op collects, markets, and delivers the food to consumers primarily via CSA. “All of the farmers in the cooperative sell to other places besides the co-op,” says Bois, “but they love to sell to us because it’s a lot easier. It’s not the total answer, but it’s a nice return.”

Having more consistent demand helps with financial sustainability, especially important given the unpredictable nature of farming. The climate, of course,



Photo courtesy of King County.

can provide bounty or wreak havoc for local farmers in any given year. The same river that provides the fertile soil can also take it away - and any seeds planted in it - with a few days of rain. And some of the challenges for farmers, particularly having to do with the river, also create points of contention with other interest groups.

King County is charged with balancing these competing interests. The Fish, Farm, and Flood Advisory Committee provides input to the King County Council and Executive about how these competing interests can be served in mutually beneficial ways. The “Farm” part of the committee recently developed an Agriculture Strategic Plan, a “very unique document,” says Joan Lee, Section Manager within the Department of Natural Resources. It focused on “improved farmland productivity, farmland protection, and recommended acreage,” but a point of contention on the broader committee is how much farmland is necessary, as compared with, for example, land used for fish habitat restoration. However, says Lee, “A common love for the Valley makes agreement possible.”

Even with the challenges, Snoqualmie Valley’s farmers feed the region and beyond. They love farming, they love the land, and they want to help sustain their communities. “People get into farming because it’s very much a part of human need to create things and have that productivity,” says Haakensen. “Buying from a local farm is neither cheap nor convenient, so why should you pay more for a product and go out of your way to get it? You’re getting quality, freshness, and farmers preserve green space in the county. If you like to see beautiful farm land, you’ve got to support it. You’re supporting the farmer, their business, and the people they hire. We’re not a big piece of the county economy, but we’re an important piece.”



Photo courtesy of Steel Wheel Farm.



P.O. Box 293, Fall City, WA 98024

historylives@fallcityhistorical.org

www.fallcityhistorical.org

Fall City Library: 80 Years of Community Action & Ingenuity

Is that a desk floating down the river? We can use that!

It all started in March 1944 when the fairly new King County Rural Library District approved the application submitted by the Fall City Study Club for the establishment of the Fall City Library. As the sponsoring organization, the Study Club then had to find a location for the library, raise funds for heat and electricity, as well as provide the furnishings. Even though the war efforts were stretching everyone's resources, the community rallied. Fall City United Methodist Church offered the use of their two Sunday School rooms, Elmer Gochnour donated lumber and his woodworking skills for shelving, a piece of linoleum was found at Bennett's Second Hand Store for \$10, and lastly, the surprise find of a desk floating in the Snoqualmie River completed the library's provisions. For the first two years, the United Good Neighbor Fund provided for the \$100-\$200 expense of heat and utilities. After that, the Study Club held two annual fundraisers: a plant sale in the spring, and a silver tea and cultural program in the Fall. The first librarian, Mary Stokes, volunteered her time for the two afternoons and one evening that the library was open. In addition to checking books in and out, she also tended to the two stoves and hauled wood.



First library in the United Methodist Church



Work Party at the Hanson Home

In 1957, a new location was needed as the church members had approved some remodeling work. In step Al and Bonnie Hanson with a donation of their first home, an 18'x24' honeymoon cottage - it just needed to be moved within one month. After a large community appeal, The Study Club received approval from the School Board to place the building on school property. Thanks to efforts from all across the community, the building was moved, repaired and remodeled, plumbing and wiring installed, and even some new paint! Funds were raised with plant and rummage sales, pickle sales by school children, paper and glass drives, and car washes.

When it opened in the Fall of 1957, there was new shelving for 6,000 books, and even a new desk. The community united again in 1965 when the Study Club needed to raise \$8,500 for a new 1,300 sq ft library building, which opened in 1967. Today's 5,000 sq ft library is home to staff, events, programs, and classes for children, teens and adults, as well as a community meeting room. Look for the annual plant sale this spring, sponsored now by the Friends of Fall City Library.

Support for our work from King County Heritage 4Culture is gratefully acknowledged.



Fall City Metropolitan Park District
 PO Box 1180 Fall City, WA 98024
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 website: www.fallcityparks.org

Attend one of our regular meetings on the 2nd Tuesday of each month
 7:00pm at the Fall City King County Library (33415 42nd Place SE)



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Keeping Safe in The Great Outdoors

by Jim Hutchins

Fall City and the surrounding area offer a unique blend of natural beauty and thrills for the adventurous spirit. Its strategic location provides residents and visitors with unparalleled opportunities for recreation. From the thrill of mountain biking and rock climbing to the serene experiences of hiking and kayaking, Fall City is more than just a destination; it's an escape from the everyday hustle and bustle.

The Pacific Northwest, and King County in particular, has witnessed an uptick in backcountry access, leading to increased usage of our trails and rivers. On average there are 200 calls per year for a search and rescue response. This trend underscores the need for professional, well-trained, and well-equipped search and rescue teams.

In remote locales, a call to 9-1-1 does not bring the usual response of police cars or fire trucks. Instead, those in need are met by rescuers who may have traversed miles of terrain to provide assistance. They are part of more than 600 volunteers that belong to specialized units within the King County Search and Rescue Association (KCSARA).

Helping to coordinate those resources is local resident Christine Nelson, a member of the Incident Response Team. "Nine separate units make up King County Search and Rescue. Each is a non-profit that brings to the table specific skills and training," said Nelson.

"The Incident Response Team supports the Sheriff's deputy that is the incident commander for each one of the missions. We also support the leadership to make sure all volunteers are turning out for the missions, that we have them logged in, and that we know who is dispatched out in the field."

Another important responsibility of the Incident Response Team is to do search planning and mapping to coordinate the search areas and assign the appropriate teams. "We will assign a driver to search a particular road, a dog team to search a park or wooded area, or ground teams to search neighborhoods," said Nelson.

KCSAR operates under the auspices of the King County Sheriff's Office. When a 9-1-1 call comes in, it is forwarded to the Search and Rescue Coordinator, who then ascertains the required assets. Each unit within King County Search and Rescue brings a unique skill set and specialized gear, tailored to meet the challenges of each mission. The all-volunteer force relies heavily on personal resources such as



Local resident and member of the Incident Response Team, Christine Nelson.

their own vehicles and gear. While grants and donations do support larger assets, it is the volunteers' personal commitment and resources that form the backbone of KCSAR's operations.

According to Nelson, two of the larger units are Explorer Search and Rescue and 4x4 Search and Rescue. "Explorer Search and Rescue is the 'boots on the ground' that do a lot of the trail and area searching. 4x4 Search and Rescue does road searches and provides transportation and logistics for especially larger searches."

KCSAR not only does mountain and backcountry rescues, it supports rescues on our rivers and assists in searches for children and at-risk adults who may have gone out for a walk and not come back. One particularly memorable event for Nelson was an at-risk adult from Fall City who went for a walk, became disoriented, confused, and lost.

"There was quite an extensive search around homes, roads; different places where they thought the person may have gone walking. The individual did end up covering

(Continued on p. 12)

SEARCH & RESCUE (cont'd from page 11)

quite a distance and was found in a place accessible off of Preston Fall City Road. It took several hours, but he was reunited with his family,” recalled Nelson.

Nelson offered the following advice for those who want to venture outdoors. “To start with, it’s important, no matter what a person is doing, to always let someone know where you are going and when you anticipate being back. Whether it be a day trip, a hike in the backcountry, or even an urban hike.” She also advises to bring a backpack with the Ten Essentials, especially water, and appropriate clothing and good footwear.

“Cell phones are wonderful and have online mapping programs, but do not rely on them always. We’re really fortunate that cell phone coverage is pretty good on a lot of trails off the I-90 corridor, but there are spots where it is not available. It is highly recommended to take along a satellite device like a Garmin inReach.

Nelson also recommends always taking a flashlight or headlamp. “We’ve had so many times when people call 9-1-1 because all of a sudden it’s getting dark and their cell phone battery is running out because they have been using it for their flashlight, as well as their communications and navigation device.”

The strength of KSCAR is the dedication and commitment of its volunteers. “I got involved after I retired,” said Nelson. “I am a retired Air Force officer



and a lifetime hiker and backpacker. It seemed like a very good fit. I also was motivated after my son, who is an avid outdoorsman, had to put out a call for help to the Whatcom County Search and Rescue.”

There are many different ways in which community members can use their skills and experience and become involved in helping their neighbors when they are “having the worst possible day of their life,” according to Nelson. KCSAR and its member organizations also provide training opportunities. Those interested in learning more about King County Search and Rescue Association and becoming involved should visit KingCountySAR.org.



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Planting More Natives

Spring is when native plants show off their best bloom. So March is the ideal time to find native plants in nurseries with a native plant section or new nurseries devoted to natives. Native gardens are growing in popularity because they improve soil quality, are low maintenance, and provide ideal pollinator habitat. Locally adapted plants are a win-win for garden and gardener, and nurseries are playing catch-up to increase native plant stock. Natives with modest blooms may already grow around you: Mahonia, short and tall Oregon grape or salal, Indian plum and huckleberries called native blueberries.

Look for native ground covers such as *Sedum spathulifolium* or colorful broad-leaved stonecrop (includes *Sedum Autumn Joy!*), wild strawberries, and sturdy kinnikinnick *uva-ursa* with pink flowers and seasonal berries; low trees including *Arctostaphylos densiflorus* with red berries and red bark, tall Oregon grape (*Mahonia*); and plants like red penstemon (hummers love their tubular flowers), red-pink currants (*ribes sanguineum*), lavender Seaside daisies (*erigeron glaucus*) lasting from June through October (loved by bees), and red paintbrush (*Castilleja*).

New native nurseries include Carnation's Oxbow Native Plants (oxbow.org/native-plants), Seattle's Native Plants LLC (206) 953-7313, Woodinville's Tadpole Haven Native Plants (tadpolehaven.com), Shoreline's Go Natives! Nursery (gonativesnursery.com) and MsK Rare Plant Nursery (kruckeberg.org/msk-nursery), and Bellevue's Happy Crow Nursery (happydrownursery.com). If you are interested in attending a workshop on native plants, Go Natives! Nursery holds regular learning events. Learn more at their website or email: gonativesnursery.info@gmail.com. We want to give emerging nurseries support because when we plant natives we help feed our pollinators, help the soil by not requiring fertilizer, reduce the need for pesticides, and use less water.

It's also pruning time! Join me for a pruning seminar on March 10th to learn how to properly prune your trees and shrubs. Registration details are below.

On The Climate Front:

In early February, The Seattle Times started up its Climate Lab initiative with four dedicated reporters to climate change. The initial article discussed how much of our drinking water is disappearing. The Times focused on Seattle water storage sources in Ross, Diablo, Chester Morse (south of North Bend) and Pend Oreille River with Boundary Dam (north of Spokane). The Times ups the urgency to "WA's Drinking Water Is at Risk. Where Does Yours Come From?" Ours comes from wells throughout the Valley. The Fall City Water District has eight wells that are checked for quantity and quality every 7-8 years.

For decades Washington water supplies have come

GARDEN & CLIMATE CORNER

by *Susan Miller*

Master Gardener & Pruner

from glacial melt stored in lakes Ross, Diablo and Chester Morse, until needed by users. Compared to the rest of the country, the Pacific Northwest has weathered climate change more gently than other regions. True, drought affected farmers whose agricultural loss was estimated at \$350 million in 2015 and our wildfires have become more intense and destructive. Residents are still attracted here due to economic vibrancy, natural beauty, mild winters and cooler summers, but the past is not a predictor of the future with climate change.

Our summers have warmed up and our rains are more intense as data have shown. Pacific Northwest water-related CEO's think it will take thirty or forty years to do "one big thing" regarding our water supply. Agriculture and water experts talk of changing crops, irrigating more efficiently, and preventing drought. Flooding, of which we've experienced little, is inevitable. And everything is connected to everything as our Native tribal members tell us, so consider the needs of those who can't speak for themselves, like the salmon struggling to survive in warmer and lower river levels.

.....
susanamiller@hotmail.com
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HANDS-ON PRUNING SEMINAR

Sunday March 10, 1:00 p.m.
SR-202, Redmond, WA

Join Master Gardener & Pruner Susan Miller as she prunes her Japanese Weeping Maple. Pruning principles apply to many of your trees and shrubs.

To Register: (425) 785-4546

March Sno-Valley Senior Center Events

LUCKY RAINBOW BINGO

Friday, March 15, 7:00 p.m. (Doors open at 6:30) Is it your lucky day? Join us for a fun night of Rainbow Bingo with Sylvia O'Stayformore. \$20 per person \$35 per twosome for 10 bingo games and the chance for awesome prizes.

SENIOR HEALTH RESEARCH STUDIES

Wednesday, March 6, 11:00 a.m. Join the University of Washington PACIFIC Study Team to learn about an opportunity to improve your ability to move and reduce pain. The FREE study provides live-streamed fitness classes three times per week for four months. Participants will be assigned to either an "Aging and Health" or "Behavioral Health" class. There is no cost to participate and compensation is provided for assessments.

SOUND BATH GROUP SESSION

Wednesday, March 6 1:00 p.m. Join Sound Practitioner, Stacey Freeman as she leads you through a relaxing sound bath. You will lie down comfortably, close your eyes and allow the sound vibrations to wash over you. The perfect way to relax, unwind and refresh, bringing new energy and clarity to your mind, body and spirit. \$20 for members. \$25 for non-members.

SAFE DRIVING CLASS

Wednesday, March 13, 9:00 a.m. The AARP Smart Driver Course, by AARP driver safety is a refresher course designed for older drivers. The goal is for you to become a safer driver. We will provide a review of driving skills, techniques, and strategies to help adjust to normal age-related changes. The eight-hour course fee is \$20 for AARP members and \$25 for non-members. Checks payable to AARP.

BASKET MAKING CLASS

Wednesday, March 20, 11:00 a.m. Join us to make a beautiful basket! Using a slotted wooden base and round reed we will make a gorgeous 10-inch basket with leather handles and a sturdy rim. Fun and easy to do. Limited to 20 participants. \$30 for non-members. \$25 for members

MARCH BIRTHDAY & ST PATRICK'S DAY LUNCH

Friday, March 15, 12:00 p.m. Come celebrate March birthday and St Patrick's Day. We will be entertained by the SV Singers and two local musicians. Call 425-333-4152 to make your reservation.



For more information or to register for classes and events go to snovalleysenior.org or call 425-333-4152. ((Or Use QR Code))

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JOIN OUR TEAM!

Please call 425-269-8098 if you are
interested in volunteering – more
hands are always welcome!

Dates

1st & 3rd Wednesday of every month

Time

12 - 1:30 P.M. & 6:30 - 7:30 P.M.

Location

Fall City United Methodist Church
4326 337th Place SE
fallcityfoodpantry.org

Like us on Facebook!

NEXT FOOD PANTRY DATES

March 6 and March 20

FALL CITY COMMUNITY FOOD PANTRY

A DECADE OF GIVING

For 10 years without fail, Alan Bateman (in the middle) has organized food drives within various wards of the Mormon Church in Snoqualmie during the holidays. He distributes empty bags and flyers listing our most needed items to his neighbors' doors and picks up their generous donations a week later. This year was no exception!

Once delivered by Alan and others, an eager and able-bodied crew of 10 volunteers unloaded many boxes and bags of food and personal items and carried them upstairs to be sorted into the crates lined up against the hallway walls. Meanwhile, several more volunteers arrived with much more food and stayed to help. We are so grateful for their annual efforts!



INCLEMENT WEATHER POLICY

The Food Pantry is closed for inclement weather when the Snoqualmie Valley School District is closed, as was the case on February 17. We follow this schedule to ensure the safety of our volunteers and clients. If schools are closed, it generally indicates that surrounding roads are unsafe for travel, which means our walkways and sidewalks may be icy and hazardous.

On distribution days when the weather is questionable, please double-check the Snoqualmie Valley School District website to see if schools are open. We will do our best to post messages to our Facebook page and our website when the Pantry is closed due to weather, we will be open on our next regularly scheduled distribution day.

VOLUNTEERS NEEDED

We are seeking several volunteers for the Food Pantry.

- One volunteer with QuickBooks experience for approximately five hours each month. Contact Food Pantry Board Chair Sarah Greer at curtisgreer405@gmail.com.
- Two volunteers to help set up on the Tuesday mornings before the 1st and 3rd Wednesday distribution days. Shifts are 9 a.m. to 10:30 a.m. and 10 a.m. to 11:30 a.m. No heavy lifting is required. Contact Food Pantry Manager Nance at npmyhre@comcast.net.

MARCH 2024 FALL CITY COMMUNITY CALENDAR

(Not-for-profit organizations and elected/appointed government groups may submit calendar items to editor@fallcity.org. Deadline is the 10th of the month before the event.)

TUESDAY, MARCH 5

7:00-8:30 p.m. *Fall City Community Association Meeting.* Fall City Firehouse Community Room on Facebook: @Fall City, WA

WEDNESDAY, MARCH 6

3:00 p.m.-4:00 p.m. *Art Afternoon at The Library.* Hang out and learn some low-stress ways to make art. Snacks provided. Presented by Arts in the Alders. Grades 4-8.

THURSDAY, MARCH 7

10:30 a.m-12:30 p.m. *Seed Packing Party.* Fall City Learning Garden welcomes all to help package their homegrown seed for sale at the Snoqualmie Valley Seed Exchange on March 16 at Tolt McDonald Park in Carnation. Take home some packets for your garden, too. Event takes place in the Fall City Library meeting room.

SUNDAY, MARCH 10

1:00 p.m. *Hands-on Pruning Seminar.* Join Master Gardener and Pruner Susan Miller as she prunes her Japanese Weeping Maple. Pruning principles apply to many of your trees and shrubs. Call (425) 785-4546 to register. FREE event.

MONDAY, MARCH 11, 18, 25

4:00 p.m.-5:00 p.m. *Chess for Young Learners.* You and your

kiddo will learn the foundations of chess using a “Win or Learn” approach to beginner chess and life. Sponsored by KCLS Foundation in partnership with Chess4Life. Ages 5-9 with an adult.

TUESDAY, MARCH 12

2:00 p.m.-3:00 p.m. *Fall City Library Book Group.* Enjoy community, discussion, and books. New members welcome. Adults only.

TUESDAY, MARCH 13, 20, & 27

10:00 a.m-12:00 p.m. *Community Garden Planting.* Help Fall City Learning Garden prepare the beds for the 2024 harvest that supports local food banks with fresh produce throughout the growing season. No experience necessary. Open to supervised youth and adults. The Learning Garden is located behind the Masonic Lodge at 4304 337th Pl. SE. (Weather permitting)

TUESDAY, MARCH 19

5:30 p.m. *Beginning Ukulele Workshop*

6:30 p.m. *Intermediate/Advanced Ukulele Workshop.* Learn to play and have fun making music with your neighbors. Youth and adults welcome. Loaner ukuleles available. Fall City Library, 33415 SE 42nd Pl.

FCCA HIGHLIGHTS (cont'd from page 3)

facility will take one year to built and be delivered. Attendees expressed interest in seeing diagrams of the pipe runs, etc.

FALL CITY LIBRARY. *Kellyn Haley, Adult Services Librarian.* The King County Library system had the third largest

digital check-outs in the world; digital check outs make up about 40% of Fall City Library check outs. 2,576 people visited the Library in January. A pop-up Fall City Historical Society Museum will be in the library in February and March. Also, a multi-session Passport to Chess program will be started on March 8th. The program is for ages 6-9 with an adult.

FALL CITY HISTORICAL SOCIETY & FALL CITY CEMETERY. *Cindy Parks and Ron Johnson.* The Fall City Cemetery was founded 125 years ago. The Historical Society has been partnering with the Cemetery to clean the gravestones. Cindy requested that the FCCA provide funding for a new sign outside of the cemetery. A motion was made to have the FCCA grant Fall City Cemetery \$300 towards a new sign. The motion was seconded. After discussion, it was agreed that the motion would be tabled and offered again next month after the FCCA 2024 budget presentation.

KATALUNA HORSE RESCUE. The horse rescue, located at 324th and 202, will participate in the Fall City Day parade again this year; they will host an open house two weeks later as well as an Auction in August.

YOUR TOWN NEEDS YOU!

JOIN US AT THE NEXT FCCA MEETING.
1ST TUESDAYS OF THE MONTH, 7:00 PM
AT THE FIRE STATION AND ONLINE.

JOIN, DONATE OR VOLUNTEER
TODAY AT WWW.FALLCITY.ORG



NEXT FCCA MEETING: Tuesday, April 2, 2024, 7:00 to 8:30 p.m. via Zoom, Facebook Live and phone.