**Active Transportation Update**

*BY DIXIE GATCHEL, ACTIVE TRANSPORTATION COORDINATOR*

*PHOTOS PROVIDED BY DIXIE GATCHEL*

**Foothills National Recreation Trail Receives WSTC Outstanding Trail Award**

The Washington State Trail Coalition (WSTC) Conference, held in Wenatchee, from October 25 to 27 was a huge success. It provided our Foothills Coalition attendees a great opportunity to network and learn along with 250 other trail professionals and volunteers. The icing on the cake was receiving the WSTC award in recognition of trails demonstrating exceptional planning and design, public involvement, and benefit to the community.

Space prevents me from capsulizing all of the great breakout sessions, however, I was able to attend two sessions and plan to learn more about the following:

*“When Youth Lead” by Washington Trails Association (WTA)”*

WTA’s Youth Ambassador Program supports teens in developing projects in their community to engage youth in the outdoors. Ambassador projects have included starting school outdoor clubs; coordinating volunteer work parties; contributing to WTA’s hiking guide; and meeting with state and local representatives to speak up for trails. Over twenty percent of Washington State’s population is under age 18. WTA goes above and beyond in expanding opportunities and addressing barriers that prevent youth...
Notices:
Annual Meeting & Dinner

The annual meeting and dinner for the Foothills Rails-to-Trails Coalition will be held on Thursday, January 24, 2019, at High Cedars Golf Course in Orting.

The doors will open at 6:00 pm for registration and socializing with dinner served promptly at 6:30 pm. Following dinner, there will be a brief business meeting to update the membership on upcoming events, past year’s accomplishments and voting for board of directors. Everything should wrap up about 8:00 pm.

Directors serve a period of three years, and each year five members are up for election. In accordance with our by-laws, a member of the Coalition may be considered as an eligible candidate for Director by submitting a petition of nomination to the Board of Directors not less than 21 days before the Annual Meeting. Such petition must include the valid signatures of 10 Coalition members or 10 percent of the Coalition membership, whichever is less.

The candidates seeking consideration for the five open Director positions are listed below:

Buzz Grant  Pat Johnson  Nicole Martineau
John Selby  John Warhol

Please RSVP no later than January 19th to Bill Hilton at Billhltm@aol.com or (253) 302-1104. In order to make sure we have enough meals to serve everyone and not pay for more meals than necessary, pre-registration is important. All those that register on or before the January 18th will be entered into a drawing for a prize.

The cost of the dinner is once again $20 and money will be collected at the door. Like last year, there will be a no host bar, and this should be another fun evening with many fun elements, including a silent auction and a few chances to win a contest or two.
Passing of Beloved Community Leader Diane Kastama, age 84, on October 25, 2018

BY DIXIE GATCHEL

The inscription on the memorial swing bench sited in Puyallup’s Veterans Park dedicated to Diane and Bob Kastama reads: In appreciation of their outstanding, visionary leadership and voluntary service to the Riverwalk Trail, Veterans Park and overall trail stewardship, ending with their favorite quote, “To rest is not to conquer by Phil Mathers”.

A few of Diane’s many contributions and accomplishments in the area of trails and parks include: former Foothills Rails-to-Trails Coalition Board Member; winner of the 2017 Rainier to Ruston Relay Founders award for serving as Puyallup Station captain for five years; longtime secretary for the Friends of the Riverwalk at weekly meetings; chief organizer for annual Families in Motion events: co-designer of Friends of the Riverwalk brochure; and much more.

Diane and Bob Kastama were married for 62 years and, coincidentally, Bob also passed at age 84 in May 2017. They were well-known as they volunteered thousands of hours for over a 10-year period “keeping the trail tidy” as Bob used to say.

On a personal level Diane was like a younger sister to me, but she was the one that encouraged me to keep on track. We had so much fun together. She was so super intelligent and well-read, and I learned so much from her. She loved her family, friends, pets (especially her cat Awzie) and never had a bad word to say about anyone. Diane fought a brave battle to survive because she loved life and her family so much. Near the end she told me she was ready to let go and be reunited with Bob.

A memorial service honoring Diane’s life will take place at 11am on April 20, 2019 at Veterans Park in Puyallup. In lieu of flowers, you may make donations to Friends of the Riverwalk c/o Foothills Rails-to-Trails Coalition, PO Box 192, Puyallup WA 98371.
A Day Out On The Trail

BY CAROL TOWNSEND, NORTHWEST SMALL EQUINE CLUB MEMBER
PHOTOS PROVIDED BY CAROL TOWNSEND

On November 11 the Cascade Cartwheelers enjoyed a day out on the trail from Crocker. We were well received by a number of bicycle riders that enjoyed seeing the horses. We appreciated the courtesy shown to the miniature horses and enjoyed participating at the Rails to Trails booth at the fair again this year. Thanks to everyone that stopped by to say hello to the people at the booth. The Cascade Cartwheelers will be in the Christmas Parade on Dec 1st in Sumner at 3pm.
ForeverGreen Trails Report

BY DR. JANE MOORE, EXECUTIVE DIRECTOR, FOREVERGREEN TRAILS

Once again, ForeverGreen Trails hosted a successful Pierce County Trails Conference. On October 10, more than 70 people enjoyed presentations and networking at the historic Titlow Lodge in Tacoma. Conference evaluations were uniformly positive.

The first panel, Economic Benefits of Trails, started with Loren Cohen from Point Ruston. Cohen advised they built walkways first and used them as a primary selling point for homes in the development. He strongly supports a Schuster Parkway connection between Ruston Way and downtown Tacoma. Buckley Mayor Pat Johnson, second presenter, compared trails to railroads in their significance in improving community connections, attracting businesses, and improving property values. Finally, Scott Hall, Newland Homes and Tehaleh, noted that when finished there will be more than 1800 acres of parks, 40 miles of trails, and open space in the area. According to Scott, every home will be within a two minute walk of a trail and that parks as well are an essential component of the development.

The second panel focused on Trail User Perspectives and started with Rich Brown regarding the Cascade Bike Major Taylor Program. The program involves bike clubs at schools with more than fifty percent students qualifying for free and reduced lunch programs. Students learn to ride and maintain bikes; they can earn a bike through the program and participate in the Seattle to Portland (STP) bike ride. Current programs in Pierce County are at Mount Tahoma, Lincoln, and Foss High Schools; Jason Lee and Stewart Middle Schools; and Chief Leschi School. Paula Larson, Metro Parks Tacoma, second presenter, shared that Metro Parks Adaptive Recreation added a hiking program this year to allow participants to get outdoors, make connections, and see sights. Paula noted the need for more than just accessible trails - accessible restrooms, no slope, firm surface, and no cattle guards or turnstiles. Accessible trails can be used by anyone; friendly trails are doable but not comfortable for everyone. Finally, Kathy Young, Backcountry Horsemen of Washington, shared how the Backcountry Horsemen of Washington Pierce County group does lots of trail maintenance work; noting they started in 1973 when they were losing access to trails. Kathy stressed their goal is to keep trails open for all users.

Keynote speaker April Claxton, Recreation Northwest, Whatcom County discussed their Parkscriptions program (www.parkscriptions.org) which gets healthcare providers to prescribe outdoor activity. It is patterned after a program in Washington, D.C. and there are hundreds of programs now and all are different (www.parkrx.org). The Whatcom County program collected data on all parks in the county to create an on-line database; it is searchable by location and by amenity – bathrooms and benches are most important amenities. 70 healthcare providers are participating this spring. 40% have written at least one prescription. April has trained providers individually in their offices; usually spending 20-60 minutes. They are still trying to figure out how to track impact of the program. Next year, they will do a public education campaign to stress benefits of nature.

Their budget is about $100,000; mostly for staff time, and primarily grant funded from a local health foundation; also individual donations and fund-raising breakfast. She is looking for research related to each specific type of provider and working to create consistent messages.

Final presentation was Breaking News:
* Puyallup – Van Lierop Park Phase 1, Ernie Bay Connector, 10-12-foot-wide shared use paved trail with future connections to Foothills Trail & Riverwalk Trail. Riverwalk Trail Phase V – Missing Link – city in negotiations to purchase parts of four parcels adjacent to Puyallup River along 5th ST NE to allow development of segment between Veteran’s Park and SR 512 trailhead. Puyallup Loop Trail, 4.2-mile natural trail, connects many trail segments in Clarks Creek Park.

* Chambers Creek Canyon Trail – Leach Creek Trail will run from Kobayashi Park along Leach Creek to Woodland Wetland Park, total 4.5-mile trail. There will be 7 trailheads connecting Lakewood, University Place, Steilacoom, and unincorporated Pierce County. Phase 1 & 2 of 3-phase plan have been funded which the Foothills Rails-to-Trails Coalition has pledged $2,000 as a partial grant match.

* Pipeline Trail – connects schools, parks, libraries, and community centers from Tacoma to Puyallup and will connect to the Foothills Trail. Survey will be completed by end of 2018; design will begin in 2019.

* White River Bridge Crossing – will connect Foothills

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How Well Do You Know Your Pierce County Trails?

BY JOHN SELBY, BOARD MEMBER

Here’s your chance to win a free membership renewal in the Foothills Rails-to-Trails Coalition. If you can accurately describe the location of the photo below before anyone else does, you will win a one-year individual membership renewal. (Sorry, board members are excluded.)

The photo in the September issue was of the dock on the southern side of Lake Waughop. No one even tried to guess! At 340 acres, Fort Steilacoom Park is the largest park in Lakewood and provides a diverse mix of active and passive recreation. It features an expansive trail system, baseball, softball and soccer fields, state-of-the-art playground, off-leash dog park, two picnic shelters and year round restrooms.

Let’s see how well you do on this one. Please respond to JohnSelby16@gmail.com with your answer to “How Well Do You Know Your Pierce County Trails?” Good luck! The winner will be announced in the next issue.

If you don’t know your Pierce County trails well enough to guess, then get out there and explore them! You are missing out!

Foothills Coalition Courtesy Patrol Leader Needed

BY BILL HILSTON, EDITOR

The Rails-to-Trails Foothills Coalition is looking for a Courtesy Patrol Leader.

The Foothills Coalition would like to re-establish the Courtesy Patrol with the purpose of providing information and assistance to users of the Foothills Trail while walking, cycling, rollerblading, running or riding horseback on the trail.

The Courtesy Patrol was created in 2002 to encourage trail courtesy and provide trail information to users. Members also assist with special events such as the Foothills Dash, Daffodil Classic bike ride, the Rainier to Ruston Relay, and the Buckley to Orting Half Marathon. Patrol hours and locations are optional. Members wear bright, yellow vests which identify them as Courtesy Patrollers.

The Courtesy Patrol members previously met the 3rd Saturday of each month at High Cedars Golf Course, 149th St. Ct. E., Orting. A no-host breakfast starts at 8 AM and the casual meeting at 9 AM with a free-for-all discussion about the past, present and future of the Courtesy Patrol. Guest speakers and training sessions are often included.

If you are interested or would like more information please contact John Selby at (253) 841-1767 or john-selby16@gmail.com.
Fair Bicycle Drawing Winners Announced

by Bill Hilton, Editor
Photos provided by Scheuerman

The 2018 Washington State Fair was well attended and we wish to thank all who volunteered at the Foothills Rails-to-Trails Coalition booth. The three bicycles (graciously) donated by Bonney Lake Bicycle Shop of Sumner and South Hill were won by Jan Nestegard, Frank Mendez, and Mayson Torres. We also gave out thousands of trail and bike maps for Pierce, King, and Thurston Counties as well as specific maps for the Foothills Trail, Puyallup Riverwalk, and Sumner Link Trail which drew interest from a plethora of visitors.

Winner #1 Jan Nestegard
Winner #2 Frank Mendez
Winner #3 Mayson Torres

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Memberships/Donations

The Foothills Rails-to-Trails Coalition is a non-profit organization with a mission to assist Pierce County communities in the creation, maintenance, and usage of a connected system of non-motorized trails for healthier people from Mount Rainer to Puget Sound. The following people and organizations have renewed their memberships or made a donation between August 2018 - October 2018.

Althauser, Heidi & Jerry
Broadus, Jerry & Clarice
Brown, Steve
Curran, Richard & Georgean
FRED MEYER REWARDS PROGRAM
Freeman, Mark & Catherine
Gaub, Ty & Monica
Hamilton, Mark
Helmer, Charles
Henry, John
Lee, Carla Moschetti & David
Lewis, Tom
SUNRISE GLASS

Pierson, Beverly
Quintella, Joseph & Karen
Walter, Linda
Whitehouse, Gerald
Wienecke, David & Nancy

Gaub, Ty & Monica
Disch, Shaun
Henry, John
Shadduck, Wiliam & Sandy
Ross, Marlis & Layne
Welling, Larry
Baker, Craig & Theresa
Forslund, Jeff D. & Cathy T.

Anderson, Cathleen
Foss, Cindy
Silvernail, Stan & Carol
Lewis, Tom
SUNRISE GLASS
Arnold, Jennifer
Brimhall, Sharon

Mc Kibbin, Randy
Bonney Lake - Deputy Mayor
Teter, John & Sandra
Keeter, Preston
Countryman, Helen
Grubenhoff, Richard D,
Uehling, Jeffrey & Sherry

2018 Y.T.D. New Members

253.286.6000 — toyotapuyallup.com
1400 River Road
from becoming active in the outdoors. One of the young panelists voiced his frustration at wanting to volunteer in his early teens and being told that he was not ready - wait until you graduate from high school. After several similar turndowns he decided he was ready when HE felt he was ready and got involved with WTA to great success. www.wta.org.

“Connecting Trails Across Washington”:
Various agency representatives, with the help of a large wall map, described completed and planned trails and the challenges and opportunities in each agency going forward in connecting existing trail segments into an interconnected trail system crossing our beautiful State of Washington.

I was somewhat disappointed to see that none of our Pierce County Trails were included in the discussion. Not to worry! In the interactive segment Pierce County Parks Director Roxanne Miles, Foothills Coalition President Buzz Grant and several of our board members were enthusiastically adding all our rapidly growing Pierce County trails into the mix. Monica Leers, from King County Parks, spoke about the White River Bridge project which will extend the Foothills Trail between Buckley and Enumclaw. She mentioned the “wonderful Foothills Rails-to Trails Coalition as a partner in that project. Work on the bridge will start in 2021 and when completed will accommodate pedestrians, bicyclists and emergency vehicles in the case of a catastrophic event. I was also excited to hear about the great progress taking place on the Olympic Discovery Trail in Clallam County. www.olympicdiscoverytrail.org.

Congratulations to the three other well-deserving WSTC award winners: Greg Dunbar – Emerging Leader Award; Ian MacKay – Trail Leader Award; Sue Abbott – Lifetime Achievement Award. Learn all about their outstanding achievements and inspiring stories by linking onto www.wstc.org.
President’s Message Continued from Page 1

things about the conference were a number of the individuals we met and what impact they will have on trails in the future.

For those who may not be aware, Foothills Trail Coalition Secretary Stuart Scheuerman and I have been working almost fulltime on the Coalition’s development of three, two and one half acre lots on Gale (Wilkeson) Creek just west of the Town of Wilkeson. We are hopeful to have a subdivision of the property completed by the end of 2018. We’re finding the experience to be a lot like being hopeful a trail section will be complete on time, Ha! Ha!

Happy Trails!
Buzz

ForeverGreen Continued from page 5

National Recreation Trail to King County’s Plateau Trail. Cost will be $9.87 million to complete bridge and trail connections. Construction is to begin 2021. Partnership between Pierce County, King County, Buckley, Enumclaw and the Foothills Rails-to-Trails Coalition who pledged $50,000 as a partial match for the grant.

* Fennel Creek Trail, Bonney Lake – funding for 2-mile trail to extend existing one-mile Fennel Creek Trail northward to the Sumner -Buckley Highway; will connect Angeline Valley to Midtown, Downtown, retail, schools, and public agencies. Future trail segments will connect north to Allan Yorke Park, east to Pierce County’s future Flume Trail, and south to the existing Foothills Trail. The Plateau Trails Coalition, a committee of the Foothills Rails-To-Trails Coalition, is diligently working on this trail project.

The three annual Pierce County Trail Awards were presented this year:

1. Place or project: The Foothills Trail, South Prairie to Buckley; presented to Pierce County Parks & Recreation Services for finally connecting to the longstanding Buckley Foothills Trail.
2. Non-governmental Organization: Foothills Rails-to-Trails Coalition for their work getting Pierce County to actually complete the South Prairie to Buckley segment of the Foothills Trail.
3. Outstanding Individual: Gary Leaf for his single-handed efforts to develop the Fennel Creek Trail in Bonney Lake.

Overall, it was an enjoyable and informative evening. The ForeverGreen Trails Board will meet January 9 to plan 2019 activities. We should have a date for the 2019 Pierce County Trails Conference soon after that. We’ll also have a date for 2019 Trails & Ales event. The 3rd Annual Pierce County Trails Day will be July 27, 2019. Contact foreverygreentrails@gmail.com If you know a group who would like to host a Trails Day event.
**Planning a trail vacation?**

*Rambletown*

http://rambletown.appspot.com/
is an excellent website that features
geocoded trail information in their
GoogleMaps.

The Rails-To-Trails Conservancy has
also been mapping trails nationwide
on their trail finder site at
http://www.traillink.com
featuring detailed trail information,
guidebook descriptions and trail reviews.

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**Support the Foothills Trail**

**Re-enroll for Fred Meyer Rewards Program**

Community Rewards Customer Re-enrollment is required at this time. When making your purchases at F.M. you should see a notation (at the bottom of the receipt) that the Foothills Trail is connected to your account. If you don’t see that, re-enrollment is required at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards)

If there are any questions, please contact
Loras Gassmann, Treasurer
at 253-508-3353 or by e-mail at: LAGasman@msn.com
Monthly Board Meetings:
Open to all members and are generally held on the 4th Thursday of each month from 6:30-8:30 p.m. at the Heritage Quest Research Library located at 1007 Main St., Sumner. Monthly meetings may be rescheduled, so check our website at www.piercecountytrails.org for changes.

Friends of the Riverwalk Committee:
We are an informal group of volunteers devoted to the enjoyment and betterment of the Puyallup Riverwalk. Please join us for most Monday mornings* at 8 a.m. at Mrs. Turner’s Restaurant, 701 East Main, Puyallup. We also have a group walk that starts at 9 a.m. following the meeting and is open to those who would like to join us. *Call prior to confirm in case of cancellation. Bill Hilton (253) 302-1104, billhltn@aol.com, Puyallup City Parks 253-841-5447.

Charlie Chat - Weekly Luncheon:
Informal luncheons every Wednesday from 12-1 p.m. at Charlie’s Restaurant, 113 East Main, Puyallup. All are welcome to come and share what they have been doing to promote the mission of the Coalition. No business is conducted even if a quorum of members is present.

Plateau Trails Coalition
We are a group of volunteers devoted to the enjoyment and betterment of trails. Please join us on the first Thursday of each month at 630 pm at the Justice & Municipal Building, 9002 Main St E, Bonney Lake, WA 98391. *Please email prior to confirm any changes or cancellation at ptcchairperson@gmail.com
Membership makes a difference!
The work we are doing is made possible because of your membership and generous support. Credit cards accepted.

☐ $20 Single
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☐ $50 Pathfinder
☐ $100 Trail Builder
☐ $200 Corporate  (Includes a 1 year ad in the Trail Line News)
☐ Please email my newsletter to ________________________

The Mission of the Foothills Rails-to-Trails Coalition is to assist Pierce County government and communities in the creation, maintenance and usage of a connected system of non-motorized trails for healthier people from Mt. Rainier to Puget Sound.

Pay online using Pay Pal  http://www.piercecountytrails.org/become-a-member/

Charge my ☐ Visa ☐ Mastercard  CCV (3 digit number)  Exp._______
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Mark your categories, mail form and check to:
Foothills Rails-to-Trails Coalition
P.O. Box 192,
Puyallup, WA 98371-0021