

MEDICAL LAKE

CONNECTIONS

MEDICAL-LAKE.ORG

MARCH 2024



Mayor Terri Cooper

Hello Friends!
Wishing you a
Happy Spring
even if old man
winter doesn't
want to let go.
What does bring
a sense of hope

is all the new rebuilding and construction happening. It is encouraging to see so many building permits coming in and we are down to the last few lots that need to be cleaned up. If you need assistance, please contact Re*Imagine Medical Lake, they can point you in the right direction and know how to navigate the systems.

Myself along with staff are regularly meeting with FEMA, State and County Emergency Management, Salvation Army Case Workers, and the newly established Spokane Region Long Term Recovery Group. The city will continue to host community meetings to help coordinate information and connect you to resources. Our community is resilient because we love well and care for each other! We have set the high mark at every step! I love you!

ENERGY CODE CHANGE IMPACTS COST OF REBUILDING ON 3/15

The new energy code takes effect March 15, 2024 significantly impacting the cost of building homes. Both the City of Medical Lake and Spokane County are expediting the permitting process for fire survivors!

CITY OF MEDICAL LAKE EARNS WELL CITY AWARD

The Association of Washington Cities (AWC) recently released a list of the cities, towns, and other local governments that have earned the distinguished WellCity designation. This recognition is bestowed to entities that meet the AWC Employee Benefit Trust's stringent WellCity standards and demonstrate a commitment to employee health. Employers that meet the WellCity standards earn a 2% discount on their medical premiums. We are so proud to have received this award which will result in reduced health care benefits for our employees.

PRESIDENTIAL FEMA AWARD

Our hard work has paid off! President Biden signed an unprecedented FEMA award for Individual Assistance. Spokane County fires did not reach federal thresholds yet has been designated a federal Primary Disaster Area opening funding for Individual Assistance (home owners and renters) and Public Assistance for business owners and local government to recoup losses. Not only can homeowners and renters seek assistance and reimbursements, small business can claim lost revenue, and the City of Medical Lake can request funding for post-fire mitigation projects. FEMA has never been awarded in this way and our city, once again, set a new standard because of our hard work and persistence; your Mayor doesn't take no for an answer. **All impacted survivors are encouraged to apply, deadline for application is April 20, 2024.** Doing so opens opportunities for reimbursements and benefits along with low interest rebuilding and gap loans. Re*Imagine Medical Lake is your local partner and can help assist, also open with staffed hours.

A local FEMA Disaster Relief Center is now open and taking applications. **Do Not Miss The Deadline.** Open six days a week in Medical Lake to serve you.

Where: Medical Lake City Hall, 2nd Floor, 124 S Lefevre St

Hours: Mon/Tues/Friday 8:30am - 5:30pm

Wed/Thursday 8:30 am – 3:30 pm

Saturday 9:00 am – 3:00 pm

Applications can be made online or by calling disasterassistance.gov or [1-800-621-3362](tel:1-800-621-3362).

Please text the word **RECOVERY to **99411** if you want to receive fire recovery resource and meeting announcement.**



CONVERSATIONS ABOUT COMMUNITY

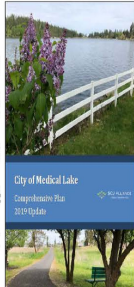
Updating Medical Lake's Comprehensive Plan

March 2024

Comprehensive Plan Update

The City of Medical Lake is embarking on a three year process to update its comprehensive plan and development codes.

Our last comprehensive plan update was initiated in 2019 and adopted in 2021. However, this update happened during the coronavirus pandemic and public participation was limited.



This time we are hoping to involve our citizens early and often to create a plan that truly represents the expectation of our community.

20 Year Forecast

Our Comprehensive Plan must demonstrate how the City will handle projected growth through the year 2046. The State and County provide population forecasts and the City will determine what housing, infrastructure, and services will be needed to support that increase in population.

Housing

The City will perform a housing needs analysis to determine if we have housing for all income levels. Housing type often translates to housing affordability, therefore, we will be looking at our supply of single family houses, duplexes, triplexes, fourplexes, and apartments.

Growth Management Act

The Growth Management Act (GMA) was first adopted by Washington State in 1990. It contains 15 land use goals and requires most cities and counties to have comprehensive plan. It also mandates that the plans are periodically updated. Our update is due in June of 2026. You can find out more at <https://mrsc.org/explore-topics/planning/gma/growth-management-act>.

Planning Commission

The Planning Commission will be discussing each chapter of the existing Comprehensive Plan during their monthly meetings.

- Mar 28th: Land Use
- Apr 18th: Transportation
- May 23rd: Public Services & Facilities
- June 27th: Parks and Recreation
- July 25th: Housing
- Aug 22nd: Economic Development
- Sept 26th: Natural Environment

Meetings start at 5:30 and can be attended in person at City Hall or via Zoom. We encourage you to listen and give your opinion.

Access a copy of the existing plan at www.medical-lake.org

FEED MEDICAL LAKE
AN OUTREACH OF ST JOHN'S LUTHERAN CHURCH
2nd Monday 4:30-6:00 pm
4th Monday 11:30-1:00 pm
223 S. Hallet St (Come in the Back)

Facebook: MedicalLakeKiwanis

KIWANIS 42ND ANNUAL
EASTER EGG HUNT

MARCH 30TH
11AM SHARP

MEDICAL LAKE
WATERFRONT PARK

FREE - Ages 0 to 12
Candy, prizes and pictures
with the Easter Bunny!

For more information
FACEBOOK: MEDICAL LAKE KIWANIS
CALL: 509-995-1099



PUBLIC MEETINGS CITY COUNCIL

1st & 3rd Tuesdays at 6:30PM
Meeting Dates: 3/5, 3/19, 4/2

City Hall Council Chambers, 2nd Floor
124 S Lefevre St unless otherwise posted

COMMUNITY MEETING
GRAY RD FIRE RESOURCES
Wed. March 27th - 6:30PM
Medical Lake High School
Auditorium
200 E Barker St
Medical Lake, WA

MEDICAL LAKE PARKS AND RECREATION

Medical Lakers After School Program

Grades: 3-5 Cost: \$95 / Month

Hours: 2:45-6:00pm

Join the Medical Lake Parks and Recreation Department everyday after school for some fun free play! We have video games, arts and crafts, board games, homework help, and so much more. This unstructured program is a great way for your grade school children to blow off some steam after being in school all day.



4Rec Soccer

Come and have your child participate in this progressive league where your child will learn the fundamentals of playing soccer to help them progress towards playing competently.

AGES: 5/6 | 7/8 | 9/10 | 11/12 **COST:** \$50*

SEASON: 4/8-5/23

(2 weekday practices & Saturday Games)

REGISTER BY: 3/8

*\$5 Late fee for registration after registration deadline.



4Rec Flag Football

Get your young ones ready geared up to learn how to play football when they are older! This non contact format of flag football teaches kids the



basics of how positions and plays work for when they get ready to play for their schools team.

AGES: 7/8 | 9/10 | 11/12 **COST:** \$50*

SEASON: 4/8-5/23

(2 weekday practices & Saturday Games)

REGISTER BY: 3/8

*\$5 Late fee for registration after registration deadline.

Skyhawks SuperTots Ages: 18 month-5 Years

SuperTots Sports Academy

provides sport-based development



programs where children discover and develop athletic, motor, and social skills. SuperTots' curriculum is specifically designed to promote development along side a healthy, active lifestyle.

All Supertot programs held in Medical Lake can be found at Skyhawks.com. NEW SESSIONS AVAILIABLE

Karate with Kris Wilder

COST: \$96

Ages: 4-6 & 7-10

Session: 3/11-5/1 [8 weeks]

Mon. & Wed at 4:00PM

Registrations open 11/13 at medical-lake.org/recreation



SPRING BREAK DAY CAMP

Join Medical Lake

Parks and Recreation Staff

this Spring Break for

some daily fun and

adventure. We will have

daily activities and trips

planned to entertain your

children all week long.

Daily breakfast and snack are included.

Bring your own lunch.

Ages: 8-13 **Cost:** \$200

Hours: 7:30am-5:30pm

Become AN INSTRUCTOR

Do you have a special hobby, skill, or passion that you would like to share with others in our community? Reach out to us at City Hall and we will see if we have the time and space available to help you host classes to share your knowledge!

Phone: 509-565-5007



COMMUNITY GARDEN

Medical Lake Parks and Recreation is now offering community garden plots for our community to plant, weed, feed, harvest.

Location: E. 515 Barker St. (Corner of Baker and Hallett St.)

Price: \$30.00/per year

Available: 10 gardening beds



TEEN PROGRAMS

FROZEN ON BROADWAY - INB

Enjoy your favorite songs you know and love from the original Oscar-winning film. This will be an unforgettable experience filled with Special effects, stunning sets, and costumes. Ticket price, transportation and supervision included with cost. Feel free to dress up, but not required! **Drop off and pick up at ML City Hall.**

Ages: 13-17

Date: 7/25

Cost: \$70

Register By: 3/18



SPOKANE INDIANS BASEBALL GAME

Check out your favorite local baseball team as they play the Hillsboro Hops of the Arizona Diamondbacks. Fee includes transportation to and from ML City Hall, entrance ticket, and supervision. Please send money with your teen if they would like to purchase food at the game.

Ages: 13-17

Date: 8/1

Cost: \$20

Register By: 7/26



TEEN HIKING CAMP

We are partnering with Cheney Parks and Recreation's popular hiking camp to take teens out for some fun and adventure. Our program will embark on beautiful daily hikes exploring hiking trails around Washington and Idaho. Hikes will be no longer than 4-5 miles each day. Bring lunch, snacks, water bottle, backpack, sunscreen, bug spray, good hiking shoes, and a hat everyday.

Ages: 13-17

Dates: 6/24 - 6/27

Time: 9:00am - 3:00pm **Cost:** \$150

TEEN WHITEWATER RAFTING

Come raft whitewater rapids on the Clark Fork River with Wiley E Water's Whitewater Rafting Co.! Send your teen with a towel, sack lunch, sunscreen, and change of clothes.

Ages: 13-17

Date: 8/15

Time: 6:00am -4:00pm

Cost: \$150

Register By: 7/18



ADULT PROGRAMS

6v6 Soccer

Hit the pitch for Spring 6v6 Coed Soccer and compete for the title of Spring Soccer Champs!

- 6 to 10 players per team
- Modified field: 60yds x 40 yds
- Includes single elim playoffs

Season: Fri 5/3-6/7 **Time:** 6:00-8:00pm

Cost: \$250

Register By: 3/24



Hunter Education

We will be offering two Washington State Hunters Education courses. Head to <https://www.register-ed.com/events/view/208776>

for more information.



GARDEN TOURS

Join Sue Hines as we travel to local Farms and learn tips and tricks from the pros! Most of our stops will have their own greenhouses to shop for your season starters. All Garden Tours include a sub sandwich for lunch. More detailed information on trips can be found on our registration webpage. Please bring water and a snack if needed. Cost per trip is \$40 per person. Expected arrival back at ML City Hall is 3:30pm.



May 1st, 9:00am - Trellis and Table Farm and Nursery, Agape Farm, and Rosarium.

May 15th, 9:00am - Genna Bettin's Equine Partnership Training and Tall Grass Farms.

Yoga! Cost: \$8.00/Session

Come and enjoy a Yoga class designed for 55 and over! Sign a one-time waiver.

Payment due before class each week.

11:30am – 12:30pm: Wednesdays

Location: City Hall Auditorium

124 S Lefevre

Pinochle Cost: FREE!

Socialize and meet new people in our weekly Pinochle group. Bring a snack to share.

Noon: Tuesdays

Location: City Hall Auditorium, 124 S Lefevre St.



55+