SUMMER 2009

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Cooper Mountain Nature Park opens June 27

C. Bruce Forster photo

Overlooking the Tualatin River Valley, the new Cooper Mountain Nature Park sits on the southern edge of Beaverton, shouldered by dense urban development to the north and open agricultural lands to the south. The 230-acre park offers visitors 3 1/2 miles of gravel trails traversing the park's rare habitats and natural features. A demonstration garden and Nature House provide additional opportunities to enjoy the park through self-guided tours and environmental education programs scheduled throughout the year. Cooper Mountain Nature Park is operated through a partnership between Metro and the Tualatin Hills Park & Recreation District.

Western bluebird

Explore Cooper Mountain's diverse and rare habitats

Thick and thin soils atop cracked basalt form patchwork patterns at Cooper Mountain: wet and dry, forest and prairie, fir and oak. Rare and endangered species such as Western gray squirrels, pale larkspurs, Western bluebirds and red-legged frogs find homes on this site and, if you know where and when to look, can be seen by visitors.

Summer programs help visitors discover the wonders of Cooper Mountain

Summer camps, bird walks, wildlife photography workshops, twilight explorations, stargazing and much more will all be part of the inaugural summer season at Cooper Mountain Nature Park. Events are sponsored through a cooperative partnership between Metro, the Tualatin Hills Park & Recreation District and local agencies. Check individual listings for fees and locations.

Advance registration required for all events except where noted; call 503-629-6350.

Connecting Green: Wild in the city

8 to 10 a.m. Saturday, June 27

Join Mike Houck for a morning walk filled with birding, botanizing and learning about Cooper Mountain Nature Park. This is a moderate loop walk of about 2 miles with a short climb back up to the park entry. Binoculars recommended. Suitable for families. Free.

The nature of Cooper Mountain

1 to 3:30 p.m. Sunday, June 28

Join Metro naturalist Deb Scrivens and explore the fauna and flora of Cooper Mountain. The afternoon focus is on native residents of oak, fir, pine and prairie habitats. Suitable for adults and children over 10. Free.

Twilight Tuesdays

7 to 9:30 p.m. Tuesdays, July 7 and Aug. 4

Dusk is one of the best times to see wildlife at Cooper Mountain. On this relaxing walk, Metro naturalist James Davis teaches the basic techniques of wildlife watching and identification. Bring binoculars or borrow a pair on site. Suitable for adults and children ages 10 and older. $8 per person.

Critter tales

10 to 10:30 a.m. July 9, 16, 30 and Aug. 6

Join the Beaverton Library in the Nature House for a fun storytime about nature and animals. Geared to children 2-6 years old, but all ages welcome. Free. Registration not required.

Bob Woods photo

Friday "early bird" walks
7 to 9 a.m. Fridays, July 10 and 24
In the summer, bird activity is best early in the morning. Join Metro naturalist James Davis and learn to identify them by sight and sound. Bring binoculars or borrow a pair on site. Suitable for adults and children 10 and older. Meet at the Nature House. Free.

Family habitat hikes
9:30 to 11:30 a.m. Saturdays, July 11, 25 and Aug. 8
Join a naturalist from the Tualatin Hills Park & Recreation District on a guided hike through one of the many different habitats of Cooper Mountain. Strollers discouraged. All ages welcome; children must be accompanied by an adult. $8 per person. Up to two children (ages 10 and younger) may accompany each registered adult for free.

Introduction to nature photography
9 to 11 a.m. Sunday, July 12
Join wildlife photographer Michael Wilhelm for a brief presentation on nature photography followed by hands-on instruction in the field. Bring a camera and questions and take home images of Cooper Mountain. Suitable for ages 12 and older. $25 per person. by arrangement

Bat boxes and lizard lounges
10 a.m. to noon Sunday, July 19
Lizards and bats are two of Cooper Mountain's most secretive creatures. Help build rock piles and bat boxes to enhance the park's wildlife habitat with shelters and lounging areas. Suitable for ages 8 and older. Free.

Suitable sites for shadetails
1 to 3:30 p.m. Sunday, July 26
What the heck is a shadetail? Find out on this nature hike with Metro naturalist Deb Scrivens. The focus is on native residents of oak, fir, pine and prairie habitats. Suitable for adults and children over 10. $8 per person.

Cooper Mountain star party
9 p.m. to midnight Saturday, Aug. 1
Join the Rose City Astronomers for a night of stargazing. Volunteers provide telescopes and share views of the moon, Jupiter and other celestial objects. Free.

Introduction to macro photography
9 to 11 a.m. Sunday, Aug. 2
Enjoy a brief presentation demonstrating close up photography techniques by wildlife photographer Michael Wilhelm. Then walk through Cooper Mountain and put new macro photography skills to work. Suitable for ages 12 and older. $25 per person. by arrangement

Education birds from Audubon Society of Portland
10 to 11 a.m. Sunday, Aug. 9
Meet some of the birds from Audubon's Wildlife Care Center up close including Finnegan the peregrine falcon, Julio the great horned owl, Hazel the Northern spotted owl, Jack the American kestrel and Ruby the turkey vulture. Suitable for all ages. Free. Registration not required.

Bees, beetles and butterflies
10 a.m. to noon Saturday, Aug. 22
Join entomologist Matthew Shepherd of the Xerces Society for this introduction to the fascinating world of insects by exploring the open meadow and prairies for bugs enjoying their sunny surroundings. All ages. Free.

Myths and legends of the stars
8 to 9 p.m. Saturday, Aug. 22
All cultures find stories in the stars. Join Metro naturalist Deb Scrivens for tales from the Northwest and other regions. Weather dependent – if it is raining or more than a quarter of the sky is covered, the program is cancelled. Suitable for adults and children over 6. $8 per person. by arrangement

See page 6 for events and activities at Cooper Mountain's demonstration garden

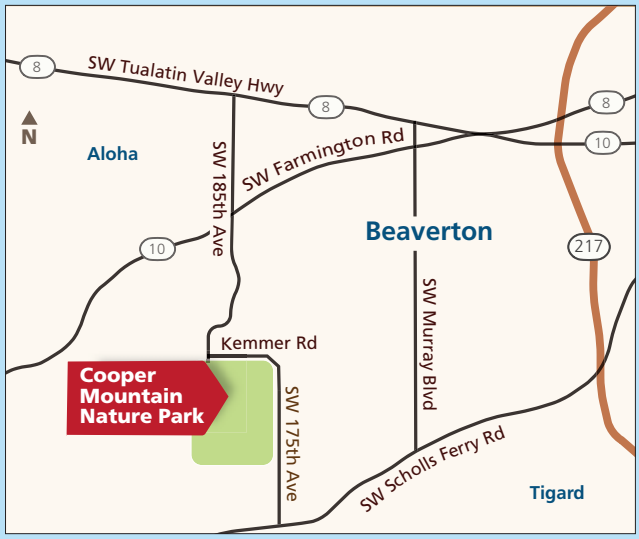
Visiting the park

The park is free and open every day from dawn to dusk starting June 27. Parking, restrooms, the Nature House, garden and play area are wheelchair accessible. From the trailhead, a 1/2-mile gravel loop trail is designed for accessibility. Three additional miles of compacted gravel trails include steep grades in some sections. All trails are 6 feet in width.

All plants and animals are protected. For your safety and to preserve natural habitats, no pets, horses, fires, weapons, hunting, bicycles, alcohol or smoking is permitted at Cooper Mountain Nature Park.

Driving directions | From Highway 217 take the Scholls Ferry Road exit and head west on Scholls Ferry past Murray Boulevard. At Southwest 175th Avenue, turn right and go north, uphill, about 1.8 miles and turn left on Kemmer Road. The park entrance is on the south side of Kemmer Road.

From Southwest Farmington Road (Highway 10), go south on 185th Avenue, which becomes Gassner Road. Turn left on 190th Avenue and left on Kemmer Road.



Address | 18892 SW Kemmer Road, Beaverton

The Western gray squirrel

By James Davis, Metro naturalist

Cooper Mountain is home to what many would consider the most beautiful rodent in America. "What? A beautiful rodent?" you may ask, thinking of drab rats and mice. Yes, there are good looking rodents and the Western gray squirrel is one of the most handsome.

Chris Maser, in "Mammals of the Pacific Northwest," says "When bounding over the ground, these squirrels are grace and flowing beauty in motion. Their long, plumy tails seem to float out behind them as they cover the ground in long, easy, rolling leaps, which cause people, including me, to stop and admire them." How's that for a glowing description of a rodent?

The Western gray squirrel, sometimes called the "silver gray squirrel," is indeed gray but its fur is a bright, silvery gray with white tips that is as beautiful as gray fur can be. With their huge fluffy tail, overall big size and bright white undersides, "Western grays" are fairly noticeable for a rodent. Like all tree squirrels they are active during the day, making them easy to see.

Courtesy of The Oregonian

Western gray squirrels used to be common in oak woodlands, pine forests and drier mixed forests with Douglas fir but today are classified as threatened in Washington and their range has decreased in Oregon. Because of the loss of oak woodlands in the northern Willamette Valley, the presence of Western gray squirrels on Cooper Mountain is significant because it indicates that the nature park retains enough oak woodland to provide habitat for the Western gray. Restoring and enhancing oak habitat is one of the primary management goals for Cooper Mountain.

Look for dreys of the Western grey squirrel in the trees along Cooper Mountain's Little Prairie Loop.

Like other tree squirrels, Western grays use cavities in trees for shelter and nesting but also build "outdoor nests" in trees, called dreys, out of leaves and sticks. Most people have never heard the word drey (sometimes spelled "dray") but they are easy to see in the winter in areas with lots of big, old, deciduous trees. If you look up into a bare tree in winter and see what looks like a big ball of leaves about the size of a soccer ball attached to some branches – that's a drey.

As is typical for all tree squirrels, Western grays are easiest to see in the fall when they are the most active, busily storing nuts for the winter. Like the two introduced squirrels common in the region, the Eastern gray squirrel and the Eastern fox squirrel, our native Western gray "scatter hoards" or buries nuts one at a time over a large area. Our other native tree squirrel, the Douglas squirrel or chickaree, is a "larder hoarder," stashing all the fir cones it has gathered into one or two hollow logs for the winter. Because the Douglas squirrel literally has all its nuts in one basket, it is very defensive of is larder and is the one that chatters and scolds you when you are in its forest territory. And yes, tree squirrels do remember where they bury many of their nuts; but not as well as the jays do.

Green from the ground up

The park and Nature House at Cooper Mountain have been built using many sustainable and energy-saving features:

- benches, boardwalks and bridges made from recycled plastic lumber
- Forest Stewardship Council certified framing lumber for the building
- photovoltaic system generating approximately 15 percent of power needs
- MetroPaint, a recycled interior/exterior latex paint, used both inside and out
- on-site stormwater retention using bioswales planted with native species to filter runoff from the parking lot and Nature House.

Volunteer!

Volunteers have been contributing their time and talent at Cooper Mountain for more than a decade. There are great opportunities to get involved in habitat restoration, education programming, wildlife monitoring, seed collection and much more. To volunteer, call Melissa Marcum at 503-629-6350 or send e-mail to mmarcum@thprd.org.

Park stewardship a joint venture

The Tualatin Hills Park & Recreation District will provide day to day management of Cooper Mountain Nature Park. This includes park ranger operations, security service, educational programming, park maintenance and natural resource management.

Voter-approved funds allowed Metro to purchase land at Cooper Mountain beginning in 1997. More land acquisition followed until 230 acres were protected. Park development is supported by voter funding and a grant from Oregon State Parks.

Volunteers have participated in nearly every aspect of Cooper Mountain's transformation – removing invasive species, restoring native grasses and wildflowers, planting more than 110,000 trees and shrubs, enhancing the oak woodlands and improving the small quarry pond. Metro's science team will continue to lead the restoration activities at Cooper Mountain.

Above the clouds

Profile of a Cooper Mountain site steward

For David Green, the path to Cooper Mountain starts back in the Smoky Mountains of East Tennessee. As a child living in Knoxville while his father pursued a doctorate at the University of Tennessee, Dave's family would escape to Great Smoky Mountains National Park to grab a break from the university environment of married student housing. There began Dave's deep appreciation for the respite nature provided and the value of integrating it into the rhythm of family life.

When Dave and his wife Ruth were raising their family, summer vacations were spent touring the country and exploring the state and local parks along the way. "We travelled across the United States three times with the kids," Dave recounts from his corner office at the law firm of Stoel Rives. "We would camp for one or two days and then stay for a night at a motel with a pool," he continued. "You experience an area so much more vividly when you're out in it rather than trying to appreciate it while looking through a car window."

Dave's passion for being "out in it" led him up the hill to Cooper Mountain for the first time from his then home in Beaverton back in the early '80s. As a veteran of 33 marathons, Dave's weekly 10-mile ascent up through the fog and clouds that frequently socked in Beaverton to the blue sky and brilliant sun at the top of the mountain quickly became his favorite long training run. "Mr. Kemmer was still farming his property back then and when he later died, they started clearing his property for a development. My wife and I decided this is where we wanted to be." They bought a lot and in 1989 built the house they live in today at Kemmer View Estates.

When Metro began purchasing property on Cooper Mountain in 1997 as part of its Natural Areas Program, it was easy for Dave to get caught up in the enthusiasm of the volunteers that showed up on weekends to restore the native prairie and oak woodland habitats. After recruiting work crews from the Kemmer View neighborhood association, Dave was invited to serve on the planning committee and help develop a master plan for the nature center, trail system and natural garden that today is known as Cooper Mountain Nature Park.

"The planning committee represented a number of diverse constituencies, each with an idea of how the nature park could best serve the community," recalls Dave. "I think Metro's greatest strength was the public outreach it did for this project and how well it worked with all the diverging viewpoints to arrive at a vision that everyone, for the most part, could live with."

Today as site steward, Dave often finds himself answering questions from neighbors and visitors to the area about what's going to happen with the official opening of the 230-acre nature park. "I know a lot of people would like to see the area remain as it was and I can appreciate that viewpoint. But I tell them if we don't choose the places we want protected, we're going to lose them. I've always loved Cooper Mountain and going forward, I just see it getting better."

Exploring Metro's learning gardens by touch

Cooper Mountain demonstration garden opens July 2009

Open for self-guided visits dawn to dusk, unless otherwise posted.

Come see this showcase garden featuring colorful, low-maintenance, wildlife-friendly plants. Gather design ideas for creating a beautiful yard and garden without using harmful chemicals. Free.

Demonstration garden kickoff
10 a.m. to noon Saturday, July 18
Choose from tours, presentations and hands-on learning activities and receive a free natural gardening gift while supplies last.

Make compost for your garden
10 a.m. to noon Saturday, Aug. 1
Come for this fun foray into composting essentials and learn how compost can save water and help gardens grow without pesticides. To register, call 503-629-6350.

The garden is located at 18892 SW Kemmer Road, Beaverton.

Pledge to make your home and garden pesticide-free

Make the "pesticide free" pledge to care for your home and garden without toxic chemicals. Receive a handsome, long-lasting yard sign when you pledge (while supplies last). For more information, visit the Metro web site or call 503-234-3000.

www.oregonmetro.gov/garden

Kent Derek photo

Visit the Blue Lake Natural Discovery Garden

Open for self-guided visits daily 8 a.m. to sunset.

Activity times noon to 4 p.m. Saturdays, June 27 to Aug. 29.

See beautiful design ideas you can use at home to make your yard a peaceful, playful place safe for kids, butterflies, lakes and streams. All ages are welcome to smell the flowers, touch leaves, dig in the soil, find a worm, climb on giant rocks or try to spot a hummingbird. During activity times, visitors of all ages can participate in fun, hands-on learning with plants. Come for the garden and stay the whole day to enjoy the park's many recreational activities.

Blue Lake Natural Discovery Garden activity time kickoff
noon to 4 p.m. Saturday, June 27
Enjoy the first day in a summer-long series of Saturday fun and hands-on activities for all ages in the beautiful natural discovery garden.

The garden is located next to the water spray ground. Free with park entry fee ($5 per car, $7 per bus or 15-passenger van).

New! Free programs at Metro's natural techniques demonstration garden in Southeast Portland

The garden is open for self-guided visits daily 7 a.m. to 7 p.m.

Free program times 10 a.m. to 2 p.m. second Saturdays.

Learn to make your yard a place of natural beauty and fun for the whole family. Explore colorful flower displays, native plants, edible landscaping and a rain garden. Each program below includes hands-on activities and a free garden gift while supplies last. Presentation from 10 to 11 a.m. followed by hands-on activity from 11 a.m. to 2 p.m. Free. Registration not required.

June 13 | Water less, save more

July 11 | Want to harvest your own organic winter veggies? Now's the time to plant!

Aug. 8 | Protecting your garden from pests without pesticides

The garden is located at 6800 SE 57th Ave., Portland (at Southeast Cooper Street).

Natural wonder

In the garden of Lisa Albert

By Carl Grimm, Metro natural gardening and toxics reduction specialist

Lisa Albert's passion for natural gardening is matched only by the beauty of her home garden. After falling in love with the adventures of growing plants, she enrolled in the OSU Extension Service Master Gardener program in 1996. That's when everything changed. While her young children played in the yard, she was learning frightening facts about insecticides – that was all it took to inspire her to never use them again. She is pleased to report that her garden more than survived the change; it's healthier than others that rely on chemicals and lower-maintenance too.

Less labor, more joy

Lisa goes for plants that are neither fussy nor ill-behaved. That way she has fewer chores and less worry they'll take over the garden. Pests and diseases do less damage to her many native plants. Climate-specific non-natives are planted in places that provide the specific sun, soil, water and space they each need. All this means more time to enjoy the garden and revel in its beauty.

Breathtaking

Foliage, bark, berries, stone and water blend with blossoms for beauty in all seasons. A masterful attention to color combination, shape and pattern make each bed sing. And sing they do daily as any of the more than 30 species of birds Lisa's identified stop by for a drink, bite or bath. The hand-stacked basalt stone walls and edging add habitat value and a kind of deep backbone to the yard (not to mention a temporary deep soreness in Lisa's and her husband's backs).

Wildlife habitat

Birds, frogs and butterflies all find this garden quite inviting. Last year a brightly-feathered Western tanager visited. Recently the little pond was aflutter with purple finches, goldfinches and chickadees. And a rufous-sided towhee digs for dinner in the leaves daily. Wildlife come and put on quite a show thanks to all the native plants, the lack of pesticides, water from the pond and an array of plant heights for habitat.

See Lisa's garden in real life

Don't miss the chance to visit this garden to gather ideas and inspiration for your own yard. This summer, Lisa will be a host on the Lake Oswego area Gardens of Natural Delights tour (see sidebar). You too can have a yard of natural beauty that's easy to care for and safe for people, pets and the planet.

Lisa's favorite picks

Every gardener has a favorite color combo or theme that works for their yard and garden. Here's one of Lisa's favorite picks.

- **Japanese maple**
  Acer palmatum "bloodgood"
- **Evergreen huckleberry**
  Vaccinium ovatum
- **Western wake robin**
  Trillium ovatum
- **"London pride" saxifrage**
  Saxifraga x urbium

Evergreen huckleberry

Grow green with Metro's 2009 Gardens of Natural Delights™ tours

This year, Metro offers self-guided free mini-tours, each featuring three all-organic home gardens and a public demonstration garden with fun seminars and more.

Oregon City | June 28
Register now.

Lake Oswego | July 19
Registration opens Monday, June 8.

To register, call Metro Recycling Information at 503-234-3000. Space is limited to Multnomah, Clackamas and Washington county residents and a guest. For more information on upcoming tours, visit www.oregonmetro.gov/garden.

Introducing the new updated edition of Walk There!

In its second year, Walk There! – Metro's handy guide to great places to walk in the Portland-Vancouver area – has been updated and is now available in area bookstores. Detailed maps and route descriptions take you through natural areas, scenic parks, historical sites, main streets and commercial districts. Walk, eat, shop and discover the region's rich history and varied landscapes from Alameda to Westmoreland, Forest Grove to Troutdale, and Vancouver to Sherwood. This popular guidebook can be purchased for $9.95. Visit Metro's web site to find retail locations, buy online or download free route maps.

www.oregonmetro.gov/walkthere

You're invited – free guided walking tours

Explore Walk There! routes on a series of free guided walking tours this summer sponsored by Metro and Kaiser Permanente. Participants receive a pedometer and learn about points of interest from expert tour guides and trail enthusiasts. Arrive at meeting locations 15 minutes prior to start time. Registration not required. For more information and a full listing of walks, visit www.oregonmetro.gov/walkthere or call 503-813-7574.

Gresham – Springwater Corridor
2 to 4 p.m. Sunday, June 7
This 5.2-mile round-trip walk, led by Laura Foster and natural resources scientist Kate Holleran, includes visits to three pioneer cemeteries. Elevated terrain. Meet at Main City Park.

Lake Oswego – Millennium Plaza, Riverfront and Old Town
12:30 to 2:30 p.m. Wednesday, June 10
This history walk, led by Laura Foster, explores Millennium Plaza, Riverfront and Old Town. Meet at 200 First St. at Millennium Plaza Park.

Downtown Hillsboro
1:30 to 2:30 p.m. Saturday, June 13
Join Laura Foster for a casual walk past the Venetian Theatre, the Cultural Arts Center and several historic homes. Meet in front of the Washington County Courthouse on Main Street between First and Second avenues.

Pearl to Pittock hike
9 a.m. to 1 p.m. Sunday, June 14
Join Council President David Bragdon and Laura Foster for this 5.6-mile round-trip hike that gains over 800 feet, offering spectacular views of the Cascade Mountains. Elevated terrain. Meet at Portland REI, 1405 NW Johnson St.

Gresham – historic downtown tour and art walk
5:30 to 7:30 p.m. Thursday, June 18
Join Councilor Rod Park and Laura Foster for a 1.6-mile stroll through Gresham's revitalized downtown, ending at the Third Thursday art walk. Meet on the south side of the Cleveland Avenue MAX station near Liberty Avenue and Seventh Street.

Sherwood – historic Old Town
10 a.m. to noon Saturday, June 27
This information filled stroll, led by Laura Foster, spotlights historic buildings then loops through woods and wetlands. Meet at Southwest Pine and Second Street.

Portland – Kenton to Slough
9 to 11 a.m. Sunday, June 28
Join Councilor Rex Burkholder and Laura Foster for a 4.6-mile walk down the North Denver Avenue viaduct and along the north Columbia Slough. Meet at 8319 N. Denver Ave. at the Kenton/North Denver Avenue MAX station.

Beaverton – Last Tuesday celebration
5:15 to 6 p.m. Tuesday, June 30
Join Beaverton Mayor Denny Doyle and Laura Foster for a tour through the Beaverton Downtown Historic District, culminating at the Last Tuesday celebration. Meet at the green in front of the Beaverton City Library on Southwest Hall Boulevard.

Wilsonville – Memorial Park and Murase Plaza
10 a.m. to noon Sunday, July 12
Discover the 126-acre Memorial Park with its people-centered Murase Plaza, community garden on Kolbe Lane, forested natural areas and Willamette River frontage. Meet at Murase Plaza, Wilsonville Road and Memorial Drive.

4T hike – trail, tram, trolley and train
5:30 to 8:30 p.m. Wednesday, July 15
Join Don Baack, chair of SW Trails, for a 3.95-mile hike up the Marquam Trail to the city's highest point. Pass through the OHSU campus and ride free down the Portland Aerial Tram to the South Waterfront District. Elevated terrain. Meet at the Washington Park MAX station at 4001 SW Canyon Road. Bring MAX pass or $2.30 for ticket.

Portland – Irvington classic homes and heritage trees
11:45 a.m. to 1 p.m. Friday, July 17
Celebrate the Lloyd Transportation Management Association's Walk Week with a free guided walking tour of Irvington's classic homes and heritage trees. Meet at the corner of Northeast 15th and Weidler at Grand Central Bakery.

Hillsboro – Orenco Station
2 to 3 p.m. Sunday, July 26
This 2.2-mile walk, led by Laura Foster, takes you through the two planned communities of Orenco in Hillsboro, one old and one new. Meet at the Orenco Farmers' Market at Northeast 61st Avenue.

Portland – Mount Tabor hike
6:30 to 8:30 p.m. Wednesday, July 29
Led by Laura Foster, this 2.1-mile hike through the park combines stairs, closed roadways and unimproved paths. Elevated terrain. Meet at Kaiser Permanente Division Medical Office, 7705 SE Division St.

Tigard to Tualatin – Fanno Creek south
9 to 11 a.m. Friday, Aug. 7
This 2.8-mile walk, led by Laura Foster, traverses three towns and 200 acres of natural area including Cook Park, Durham City Park and Tualatin Community Park. Meet at Southwest Durham Road and Hall Boulevard.

Vancouver – fort, downtown and waterfront walking tour
10 a.m. to noon Saturday, Aug. 8
Join Council President David Bragdon and Laura Foster for a 3.96-mile walk through the Fort Vancouver National Historic Site and downtown Vancouver. Meet at the Fort Vancouver visitors' center at 1501 E. Evergreen Blvd.

Irvington classic homes and heritage trees walk

This 2.8-mile loop tours one of Portland's most beautiful neighborhoods. More than 75 homes are designated as historically significant, ranging from Mediterranean mansions to English cottages to Prairie Craftsman. Blocks of shopping and eating places on Northeast Broadway offer a great way to end this walk.

From Northeast 15th and Broadway, walk north on 15th. At Schuyler see the exuberantly styled 1906 Gustav Freiwald House, now a bed and breakfast. The varied roofline, polygonal bays and turret are elements of the Queen Anne style.

Continue on 15th and turn right at Thompson. Pass one of the first Prairie style homes in town, dating from 1909, at 1617 NE Thompson. The banks of casement windows are typical of the style. Turn left on 17th; at 2424 NE 17th, pass a 1922 Prairie home with its characteristic massive piers.

From 17th, turn left on Brazee and right on 16th. Walk one block to Knott and turn right and then go left on 17th. Walk one block to Stanton, turn right and walk east seven blocks to 24th. Turn right on 24th, cross Knott and turn left on Brazee. Walk four blocks and turn right on 28th. At 2208 NE 28th is a 1925 English cottage with a stunning spider web window. Note the catslide roof over the main entrance and the rounded eaves, meant to emulate the thatched roofs of rural England. Here you are in the Grant Park neighborhood.

Turn around here, walk north on 28th and turn left on Thompson. At 2732 NE Thompson is a Craftsman built by contractor F. E. Bowman for his own family in 1915 on three-quarters of an acre. Former Portland mayor Frank Ivancie once lived here. Note the deeply recessed porch and stonework. At 26th, re-enter Irvington's boundaries. From Thompson, turn left on 25th and right on Tillamook. From Tillamook, turn left on 24th and right on Hancock. At 22nd Avenue and Hancock is the 1911 Lytle mansion, now a bed and breakfast. It has Mediterranean elements (the tiled roof and stucco façade) as well as Colonial Revival (the massive Classical columns and symmetric façade). Turn left on 22nd. Walk two blocks to Broadway. Turn right and enjoy the many stores and restaurants as you return to the start.

2.8 miles | 5,914 steps | difficulty | 45.535, -122.650

Around the campfire at Oxbow

Bring the family to Oxbow Regional Park for campfire stories and old-fashioned entertainment on weekend evenings this summer. Enjoy live music around the campfire on Friday nights and captivating nature presentations and storytellers on Saturday nights.

Campfire programs are held in the outdoor forest amphitheater across from the campground. They are a great way to spend the evening when camping at Oxbow, but no need to camp to enjoy them. Wrap up a lazy afternoon along the river or a picnic dinner by sitting around the campfire. Although the park closes at sunset, those who attend the campfire program and want to leave afterward are let out at the gate by the rangers. Park in the designated area near the boat ramp. Programs are free with a $5 per vehicle entry fee to the park. No registration required. For more information, call 503-797-1850.

C. Bruce Forster photo

Mississippi blues with Steve Cheseborough
8:30 to 9:30 p.m. Friday, July 3
Take in a special performance with Steve Cheseborough, the blues authority. Steve brings to life the acoustic country blues of the 1920s and '30s on beautiful antique guitars, weaving together live music, history and lore.

All the scary animals
8:30 to 9:30 p.m. Saturday, July 4
Join author, artist and tracker Linda Jo Hunter around the campfire for true tales of bears, cougars, wolves and other animals that scare us. Examine tracks of bears and wolves up close and learn about the body language of animals. Discover how tracking and animal awareness can help you fit into the natural world to ease your fears and make you safer in the woods.

Old-time bluegrass tunes
8:30 to 9:30 p.m. Friday, July 10
Join the GTE String Band with Greg Stone on guitar, Tony Rocci on mandolin and guitar and Eileen Rocci on upright bass for a bluegrass hootenanny with fun sing-a-long songs for the kid in all of us.

Slithering tales: snakes and their kin
8:30 to 9:30 p.m. Saturday, July 11
Discover the fascinating world of snakes, lizards and turtles. Metro naturalist James Davis reveals the truth behind the many myths about reptiles. Some live reptiles will join this super scaly program.

The Opal Creek Trio
8:30 to 9:30 p.m. Friday, July 17
Enjoy harmonies that bring back the forgotten songs of the Oregon Trail, the Civil War and even '70s sitcoms. Consisting of a former concert violinist, a Rose Festival Queen and a card carrying ne'r-do-well, this band will leave you with a smile on your face and a spring in your step.

Salmon stories, bear tales and the legend of the swallowing monster
8:30 to 9:30 p.m. Saturday, July 18
Join master storyteller Will Hornyak for an evening of Northwest myths, legends and tall tales. Will's storytelling never fails to please the crowd.

Old-time music with Dave and Will Elliott
8:30 to 9:30 p.m. Friday, July 24
This local father and son duo from just up the hill returns to Oxbow with great bluegrass tunes. Enjoy old-style duets and sing along with some favorites.

Native American stories with Ed Edmo
8:30 to 9:30 p.m. Saturday, July 25
Night is falling, the river is murmuring and the campfire beckons. Get ready for an entrancing evening of stories with Native American storyteller Ed Edmo.

Campfire tunes
8 to 9 p.m. Friday, July 31
Guitarist Brad Price strums and sings family favorites everyone enjoys. Bring back old memories and create some new ones with "Puff the Magic Dragon" and other great classics beautifully performed.

Birds of prey of the Pacific Northwest
8 to 9 p.m. Saturday, Aug. 1
Live birds of prey visit the campfire circle from the Audubon Society of Portland's Wildlife Care Center. Find out cool raptor facts and see these beautiful birds up close.

Songs with Dave Orleans the Earthsinger
8 to 9 p.m. Friday, Aug. 7
Dave Orleans brings energetic and folksy songs, old and new, to the campfire. Sing along with songs for all ages about bugs, seeds and more.

Yvonne's gumbo of stories
8 to 9 p.m. Saturday, Aug. 8
Settle back and enjoy the rich voices and accents of Yvonne's native home in southeast Louisiana "Cajun country." She'll tell wild folktales and animal stories from the bayous of Louisiana and around the world.

Fiddlin' in the park with Greg Clarke
8 to 9 p.m. Friday, Aug. 14
Musician Greg Clarke brings on old-time tunes around the campfire. Enjoy the sounds of banjo, fiddle and mandolin among the trees. It's a contagious performance sure to get toes tapping.

All the scary animals
8 to 9 p.m. Saturday, Aug. 15
See July 4 description.

Old-time bluegrass tunes
8 to 9 p.m. Friday, Aug. 21
See July 10 description.

Shadow puppets: Jack and the Fiery Dragon
8:30 to 9:30 p.m. Saturday, Aug. 22
The sun sets over the Sandy River Gorge. As the sky darkens, the Oregon Shadow Theatre's magical illuminated screen shines in the forest evening. Colorful shadow puppets come to life as live music with banjo and hammer dulcimer keep time with Little Man Jack on his adventures in the Appalachian Mountains.

Songs with Dave Orleans the Earthsinger
8 to 9 p.m. Friday, Aug. 28
See Aug. 7 description.

Wild forest food and medicine
8 to 9 p.m. Saturday, Aug. 29
Discover amazing plants that grow right around us and have been used by people for thousands of years. Get to know several common plants to use for a snack, natural insect repellent and more. All ages love this hands-on program.

Oxbow Adventures

10:30 a.m. to noon, Tuesdays

The edge of an ancient forest at Oxbow Regional Park is the setting for this series of nature programs led by a Metro naturalist. Suitable for children ages 5-10. Meet at the Alder Shelter (group picnic area A); plan to arrive at the park entrance at about 10:15 a.m. to get to the area on time.

Advance registration required. There is a program fee of $2 per participating child, payable at time of program for families (adults and infant siblings do not pay). For childcare centers and other organized groups, payment is required in advance. The park entry fee is $5 per car and $7 per bus or 15-passenger van. To register, call 503-797-1850 option 4. by arrangement except River Roundup

Osprey adventure | July 14
What does an osprey eat? How big is its nest? Find out all about these big birds of prey then take a walk to see a real osprey nest and – with luck – the "fish-hawks" themselves.

Ancient forest adventure | July 21
Naturalist leaders will guide small teams through the deep shady forest on a fun scavenger hunt. But be aware – the others might be sneaking up on you!

River roundup | July 28
Discover firsthand the many creatures that live in and near the Sandy River on this popular trip. Enjoy catching and releasing water bugs, crayfish and more. Nets and magnifying glasses are provided for a close-up view.

Animal detectives | Aug. 4
Discover the clues that elusive wild animals leave behind. Handle plaster casts of real footprints and examine bones, bird nests and other items up close. Explore Oxbow with Metro naturalists and search for tracks and other great wildlife clues.

River roundup | Aug. 18
See July 28 description. This program is so fun it had to be offered again on a hot August day.

Jerome Hart photo

New!

Oxbow Explorers

10 a.m. to 12:30 p.m., Wednesdays

Ready for something wild? Adventure awaits in the cool green waters of the Sandy River or climbing to new heights on Alder Ridge. Oxbow Explorers is a new series of programs for older kids who like to explore nature, meet new people and push the edge in challenging adventure games.

Days are built for fun exploring the hidden reaches of the ancient forest, learning how to survive in the wilderness and dressing in camouflage to stalk unnoticed and win the game.

Suitable for ages 12-16. Registration and payment of $5 per student per day required in advance. The park entry fee is $5 per car and $7 per bus or 15-passenger van. To register, call 503-797-1850 option 4.

Jerome Hart photo

Capture the flag | July 15
Test yourself as you cross into enemy territory searching for the other team's flag, on the lookout for hidden treasure and trying to stay in the shadows. This game sharpens the survival awareness that has kept tribal people alive throughout the ages.

Survivor | July 29
Get lost! Could you survive? The goal is to develop the edge needed to stay alive in a real survival situation. Make a shelter, search for potable water, make fire without matches and learn to feed yourself with what nature provides.

Ridge runners | Aug. 12
Climb through the forgotten trails of the ancient forest in search of Bald Eagle nests, elk trails and beautiful views of the Sandy River Gorge. Play invisibility games along the way and try to get close to deer as they graze in the high meadow.

Sandy River walkabout | Aug. 26
Scramble over rocks, learn tracking stories from the river otter and coyote and feast upon the blackberries of August. Spend the day catching crayfish, dipping feet in the water and exploring the hidden beaches of Oxbow. River safety is a top priority.

Splash into Blue Lake's spray ground

There's no better way to cool off and have fun than with water that sprays, gushes, dumps and pours from colorful and whimsical devices. Designed especially for children ages 1-10, Blue Lake Regional Park's water spray ground is fun and interactive. This popular attraction offers an engaging water play option for non-swimmers, children under the age of five who are not allowed in the lake, and people with limited mobility.

The spray ground is located adjacent to the existing swim beach area at the park and is free to park visitors. Restrooms and parking are conveniently located and make the activity easily accessible for kids of all ages and abilities.

Jerome Hart photo

What keeps Blue Lake clean?

SolarBees! As a part of its mission to keep the water at Blue Lake safe and healthy, Metro partnered with the Interlachen Homeowners Association and committed to split the purchase of three solar-powered water circulators called SolarBees. The solar-powered units visible on the surface of the lake circulate the water and create flow, both essential for healthy water. Regular monitoring over the past two years by Metro scientists, the Oregon Department of Environmental Quality and local residents indicates considerable improvements to the water quality of the lake.

C. Bruce Forster photo

10th annual

Fourth of July fireworks and festivities

Celebrate Independence Day with music, fun and east county's largest fireworks display at Blue Lake Regional Park in Fairview. Pack a picnic, load up your loved ones and join us for a good time for the whole family with fireworks, musical guests and playtime for children in the water spray ground. Activities are located at the west end of the park. For groups of more than 25 people, call 503-665-4995 to reserve a site. Gates open at 8 a.m.

Food court: 5 to 10 p.m.

Music: 6 to 10 p.m.

Admission is $10 per car, $12 per bus, RV or 15-passenger van. No pets, alcohol or personal fireworks allowed.

Presented by
the Yoshida Group

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Gresham Outlook
Metro
City of Fairview

Special thanks to
Gresham Fire Department
Fairview Police Department
Multnomah County Sheriff
Troutdale Police Department
Gresham Lions Group

Learn about the summer events and activities at Blue Lake's discovery garden on page 6.

Kent Derek photo

Summer calendar

Living without a fridge: seasonal food preservation

7 to 9 p.m. Tuesdays, June 2, 9, 16 and 23

Learn strategies for living without a fridge in a series of two-hour workshops on food preservation. Lessons include how to prepare smoked, cured and dried meats, lacto fermented veggies, raw and fermented dairy products, root cellaring and more. Meet at 831 N. Russet St. Registration and payment of $25 per class or $90 for all four classes required in advance; call 503-253-5898. *Trackers NW* by arrangement

Tryon Creek trekkers

noon to 1 p.m. Thursdays, June through August

With the lovely forested surroundings and changing weather, it's the perfect time and place for fitness walking. Whether looking for a walking companion, healthy lunch break options, an excuse to start an exercise routine or as a way to reduce stress, lunch-time hikes are a great motivator. Free. Registration not required. For more information, call 503-636-9886 ext. 225. *Tryon Creek State Natural Area*

Kids and cameras on Johnson Creek

4 to 5:30 p.m. Friday, June 5

Join Daniela Cargill and Matt Koozer for an exploration of Tideman Johnson Natural Area. Geared to kids and their parents, leaders provide information about how to make trips to natural areas safe and enjoyable, share fun fish facts and offer simple identification tips for Pacific Northwest plants. Learn about efforts to restore Johnson Creek and where and why native fish are found in urban creeks. Meet at Southeast 37th and Tenino. Advanced registration required; call 503-886-9870. *Great Blue Heron Week*

Arbor Lodge Park work parties

9 a.m. to noon Saturdays, June 6, July 4 and Aug. 1

Arbor Lodge is one of Portland's first pesticide-free parks. Help replace the use of pesticides with people power by weeding and mulching. Snacks, gloves and tools provided. Meet at North Bryant Street and Greeley Avenue. For more information, call 503-423-7549. *Northwest Coalition for Alternatives to Pesticides*

Big Four Corners paddle

9 a.m. to noon Saturday, June 6

In celebration of Great Blue Heron Week, join Jim Labbe and Kathy Majidi for a Columbia Slough paddle through Big Four Corners, the City of Portland's fourth-largest natural area. Explore the unique bottomland habitats and remnant oak woodlands along the Slough, paddle and bird upstream into Gresham and discuss the challenges and opportunities to enhance and restore the upper Columbia Slough. Bring a canoe or kayak. Personal flotation devices required. Location provided upon registration. Free. Advanced registration required; call 503-292-6855, ext. 222. *Great Blue Heron Week*

Clackamas River basin work parties

9 a.m. to 1 p.m. Saturdays or as scheduled

The Clackamas River Basin Council regularly hosts work parties to remove invasive species and plant native trees in the Damascus/Happy Valley/Boring area. Organizations, school groups or youth groups can set up specific dates and times. Volunteers meet at the council office, 19750 SE Damascus Lane by 8:45 a.m. to carpool to restoration locations. For more information or to schedule a volunteer work party, call 503-558-0550. *Clackamas River Basin Council*

Native Plant Center volunteer Saturdays

9 a.m. to 1 p.m. Saturdays, June 6 and 20, July 11, August 1 and 29

It's summertime at the Native Plant Center and time to harvest and clean native herbaceous seeds. Volunteers work with the seedlings, pitch in to help weed the native seed beds and stake flower stalks. This is a great opportunity to learn about Metro's native plant conservation program and find out which species attract bees and butterflies. Discover how to adopt a seed bed and help grow the seed to seed program. Prior gardening experience or native plant awareness is not required. Come prepared to get dirty and dress for the weather. This is a family friendly event with gloves, tools, water and snack provided. To register, call 503-797-1653 or send e-mail to npcvol@oregonmetro.gov. *Metro* by arrangement

Naturescaping basics workshop

9 a.m. to 1 p.m. Saturday, June 6

Naturescaping is the practice of designing a landscape that reduces water use, stormwater runoff and pollution and saves time, money and energy – all while providing a beautiful habitat for birds, wildlife and people. Meet at the Oak Lodge Sanitary District, 14611 SE River Road, Oak Grove. Advanced registration required; visit www.emswcd.org. *East Multnomah County Soil and Water Conservation District*

Touring kayaks in moving water

9 a.m. to 1:30 p.m. Saturday, June 6

Ride the river through the fun rapids of the Sandy River from Oxbow Regional Park to Dabney State Park in a stable and comfortable touring kayak. Paddle down a beautiful river corridor that abounds with wildlife. Kayak gear and guide provided. Registration and payment of $58 per person required in advance; call 503-524-9192. *NW Discoveries*

Tualatin River paddle tour and nature walk

10 a.m. to 2 p.m. Saturday, June 6

Join Metro naturalist James Davis and the Tualatin Riverkeepers for a leisurely paddle upstream and back from one of Metro's future river access points west of Tigard. A brief walk before the paddle trip allows time for exploring the forested edge of the river to look for signs of deer, coyote, beaver and other mammals. Try and catch a glimpse of the great horned owls that nest along the river bank. A three-hour paddle on the Tualatin River reveals evidence of the beaver, nutria and river otter that are common in this stretch of the river. Bring drinking water, snacks, insect and sun protection and waterproof binoculars if available. Registration and payment of $5 for members of the Tualatin Riverkeepers and $10 for non-members required in

wildlife watching · sustainable living · volunteering · nature discoveries · paddling · natural gardening · wheelchair accessible

advance. Members' registration fee includes free canoe use. Non-members bring their own boat or rent a canoe for an additional $30. To register, call 503-620-7507. *Metro and Tualatin Riverkeepers*

TogetherGreen volunteer day

10 a.m. to 4 p.m. Saturday, June 6

Join other volunteers for a day-long work party at Audubon's 150-acre nature sanctuary. Start with a continental breakfast and short program. Projects follow including fence repair and replacement, nest box building, pulling invasive plants and trail maintenance. Pizza and pop provided at 12:30 p.m. For more information, call 503-292-6855 ext. 108. *Audubon Society of Portland*

Celebrate Oregon 150! State Parks Day

2 to 4 p.m. Saturday, June 6

Come celebrate Oregon's Sesquicentennial and State Parks Day at Tryon Creek State Natural Area. Get out and play by exploring Oregon's vast resources and history with park staff and volunteers. Learn park history, pick up information and resources on park recreation, or take a self-guided hike. Help dedicate the park's first time capsule and leave an item for visitors to see in another 150 years. For more information, call 503-636-9886 ext. 225. *Tryon Creek State Natural Area*

Sewallcrest Park work parties

10 a.m. to noon Sundays, June 7, July 5 and Aug. 2

Sewallcrest is one of Portland's first pesticide-free parks. Help replace the use of pesticides with people power by weeding and mulching. Snacks, gloves and tools provided. Meet at Southeast 31st Avenue and Market Street. For more information, call 503-423-7549. *Northwest Coalition for Alternatives to Pesticides*

Mount Talbert's hidden beauty

10 a.m. to noon Sundays, June 7 and July 12

Explore a window to the past when the Willamette Valley was a patchwork of habitats providing an abundance of wild foods for people and wildlife alike. The rare oak woodlands of Mount Talbert offer welcome refuge for migrating songbirds such as warblers, tanagers, orioles and cedar waxwings. Move quietly through shaded groves in search of the elusive Western gray squirrel and learn to identify poison oak. Bring binoculars or borrow a pair on site. Trails are on the rough side and steep in places. Registration and payment of $5 per adult (children under 18 free) is required by calling North Clackamas Park and Recreation District at 503-794-8092. *Metro*

Lunch with the birds at Jackson Bottom

noon to 1 p.m. Sunday, June 7

Jackson Bottom staff provide spotting scopes, binoculars and field guides while naturalists help identify the waterfowl and other birds that show up at Jackson Bottom Wetlands Preserve. Meet at the north viewing shelter next to the Clean Water Services treatment plant on Highway 219, south of Hillsboro. Free. Registration not required. For more information, call 503-681-6278. *Jackson Bottom Wetlands Preserve*

Smith and Bybee Wetlands kayak tour

2 to 5 p.m. Sunday, June 7

Ready to explore the natural wonders of the Smith and Bybee Wetlands but don't have a boat? Let NW Discoveries provide the boat, paddle and personal flotation device for this three-hour kayak trip on the wetlands. Learn about local wildlife and the natural history of the area from Metro naturalist James Davis. Some kayaking experience recommended. Suitable for adults and youth ages 14 and older. Participants ages 14-17 must be accompanied by an adult. All participants issued a solo kayak. A couple of tandem kayaks are available if requested by a pair of paddlers. Information on what to bring and where to meet will be sent after registration. Registration and payment of $25 per person required two weeks in advance; call 503-797-1850 option 4. *Metro*

Twilight Tuesdays at Smith and Bybee Wetlands

7 to 9:30 p.m. Tuesdays, June 9 and 23, July 21 and Aug. 25

This relaxing walk at Smith and Bybee Wetlands Natural Area takes advantage of long summer days and provides a chance to unwind after work. Dusk is one of the best times to see wildlife, especially during the summer. It is about the only time most mammals such as beaver, muskrat, otter, raccoon, deer and bats can be seen. Metro naturalist James Davis teaches the basic techniques of wildlife watching and identification. Bring binoculars or borrow a pair on site. Suitable for adults and children ages 10 and older; participants must be able to be quiet, sneaky and patient. Registration and payment of $10 per adult required in advance; call 503-797-1850 option 4. *Metro*

Rain gardens 101

6 to 9 p.m. Thursday, June 11

Rain gardens are a great way to add beautiful landscaping to a yard and protect overloaded urban sewers and streams at the same time. Join this free workshop to learn how to build a rain garden and keep streams clean and healthy. Meet at the Fairview Community Center, 300 Harrison St., Fairview. Advanced registration required; visit www.emswcd.org. *East Multnomah County Soil and Water Conservation District*

Therese Fisher photo

Painted turtle walks

1 to 2:30 p.m. Saturdays, June 13 and 27

Oregon's turtles are rare, shy and hard to find, but Smith and Bybee Wetlands Natural Area is home to one of the largest populations of Western painted turtles in the Northwest. See these beautiful reptiles with the help of Metro naturalist James Davis who will have small telescopes for a close look. Learn about the natural history of painted turtles and why they are so rare. Suitable for adults and children. Meet in the parking area on North Marine Drive. Free. Advance registration required; call 503-797-1850 option 4. *Metro*

Terwilliger Forest restoration

9 a.m. to noon Saturdays, June 13, July 11 and Aug. 8

Join the West Willamette Restoration Partnership to help keep this a high-quality natural area for people, plants and wildlife. Meet near public restrooms at Southwest Terwilliger Boulevard and Hamilton Street. Snacks, gloves and tools provided. For more information, call 503-699-9825. *Three Rivers Land Conservancy*

Summer bird watching at Smith and Bybee Wetlands

9 to 11:30 a.m. Saturdays, June 13 and 27

Join James Davis for some great birding as the nesting season winds down at Smith and Bybee Wetlands Natural Area. See young birds that have left the nest and family activities such as feeding and flocking. Learn to identify the most common birds by their songs as well as their appearance. Suitable for adults and children ages 10 and older. Bring binoculars or borrow a pair on site. Meet in the parking area on North Marine Drive. Free. Advance registration required; call 503-797-1850 option 4. *Metro*

Lone Fir Pioneer Cemetery historical tour

1 to 3 p.m. Saturday, June 13 and 10 a.m. to 1 p.m. Saturdays, July 11 and Aug. 8.

Enjoy the beauty and tranquility of Metro's Lone Fir Pioneer Cemetery. The tour highlights Portland's founders, early pioneers and nationally renowned figures as well as some beautiful and unusual monument art. Explore 30 acres of mature trees and a very special rose garden. Suitable for all ages. Enter at Southeast 21st Avenue and Morrison Street. Suggested donation, $10. Registration not required. For more information, call 503-775-6278. *Friends of Lone Fir Cemetery* by arrangement

Sunday Parkways

9 a.m. to 4 p.m.

Sunday Parkways offer a chance for people to get out and enjoy walking, biking, rolling, running or skating on traffic-free streets! The 7- to 8-mile routes along city streets connect local parks that host music, food and fun activities like yoga, juggling, stilt walking or hula hooping. Experience Portland from a new perspective, meet your neighbors and enjoy all kinds of entertainment along the way. Intersections are staffed by volunteers allowing residents to get to and from their driveways, with larger streets supervised by police and certified flaggers. For more information, visit www.portlandonline.com/transportation. If you are interested in volunteering, call 503-823-5358. *City of Portland Bureau of Transportation, Kaiser Permanente* and *Metro*

June 21 | North Portland: connecting Arbor Lodge, Peninsula and Kenton parks and Willamette Bluff

July 19 | Northeast Portland: connecting Alberta, Fernhill and Wilshire parks, the Ainsworth parkway and Alameda bluff

Aug. 16 | Southeast Portland: connecting Laurelhurst, Sunnyside, Colonel Summers and Mount Tabor parks

A winter's wrath gone by

10:30 a.m. to 12:30 p.m. Sunday, June 14

The floodplain at Oxbow Regional Park endured amazing changes from this winter's snow, storms and floods. Join naturalist Dan Daly for a relaxing walk-about to see the changes first hand while watching a family of nesting osprey. This time of year is great for reading stories in the sand left by the predators and prey that call the Sandy River Gorge home. Suitable for ages 8 and older. Registration and payment of $10 per adult required in advance; children are free. Call 503-797-1850 option 4. *Metro*

Jenkins Estate Park wildlife identification walks

7 to 9 a.m. Wednesdays, June 17 and Aug. 12

This 66-acre woodland forest boasts an impressive diversity of woodland birds and is a great place to develop birding skills. The hike is a 2-mile loop on chipped trails across hilly terrain. Binoculars recommended. Meet at the lower parking lot, 8005 SW Grabhorn Road. Free. Registration not required. For more information, call 503-629-6350. *Tualatin Hills Park & Recreation District*

Home composting 101

6 to 8 p.m. Thursday, June 18

Are those summer weeds and endless kitchen scraps piling up, just begging to be turned into nutrient-rich "black gold" for the garden? Learn the difference between food and yard waste compost and compost bin systems. Participants receive plans for building compost systems and learn where to purchase pre-made bins locally. Meet at the Oregon Tilth demonstration garden at Luscher Farm. Registration and payment of $28 per person or $25 for Lake Oswego residents and Oregon Tilth members required in advance; call 503-675-2549. *Oregon Tilth* by arrangement

George Himes Park restoration

9 a.m. to noon Saturdays, June 20, July 18 and Aug. 15

Join the Hillsdale Neighborhood Association and the West Willamette Restoration Partnership for a morning of urban forest renewal to help keep this a high-quality natural area for people, plants and wildlife. Meet at the corner of Southwest Terwilliger Boulevard and Nebraska Street. Snacks, gloves and tools provided. For more information, call 503-699-9825. *Three Rivers Land Conservancy*

Explorando el Columbia Slough

1 to 5 p.m. Saturday, June 20

Celebrate nature in the city and the environment of the Columbia Slough. This bilingual family environmental festival offers activities in Spanish and English for all ages. Enjoy guided canoe trips, live music, folk dancing, storytelling, arts and crafts, workshops and more. Free admission and the first 400 visitors receive a free t-shirt. Whitaker Ponds, 7040 NE 47th Ave. For more information, visit www.columbiaslough.org. *Columbia Slough Watershed Council*

Nature day camps
9 a.m. to 3 p.m.
Monday through Friday, June 22 to Aug. 14
Each week-long day camp session promotes experiential learning that fosters an appreciation and love of nature. Camps are offered at the Tualatin River National Wildlife Refuge in Sherwood, the Jackson Bottom Wetland Preserve in Hillsboro and Cook Park in Tigard. Suitable for students entering 4th-6th grade. Before and after care available. For more information, visit www.tualatinriverkeepers.org. *Tualatin Riverkeepers*

Summercrest Park wildlife identification walks
7 to 9 a.m. Wednesdays, June 24 and Aug. 19
Visit this 12-acre site and learn how targeting weeds and replacing them with native trees and shrubs has enhanced the bird habitat in the area. This is a 1-mile walk on paved, flat trail. Meet at the trailhead at Southwest 170th and Rigert Road. Free. Registration not required. For more information, call 503-629-6350. *Tualatin Hills Park & Recreation District*

20th annual Tualatin River Discovery Day
8:30 a.m. to 2:30 p.m.
Saturday, June 27
The biggest paddle trip of the year attracts more than 200 paddlers of all ages and skill levels to the Tualatin River. Advanced registration required; call 503-620-7507. *Tualatin Riverkeepers*

Marquam Nature Park restoration
9 a.m. to noon Saturdays, June 27, July 25 and Aug. 29
Come join the West Willamette Restoration Partnership at the highest point in Portland and spend your Saturday morning working outside meeting others in the community. Meet at Council Crest Park's circle drive near the dog park. Snacks, gloves and tools provided. For more information, call 503-699-9825. *Three Rivers Land Conservancy*

Touring kayaks in moving water
8:30 a.m. to noon Sunday, June 28 and Saturday, Aug. 8
Ride the river through the fun rapids of the Clackamas River from Carver to Riverside in a stable and comfortable touring kayak. Kayak gear and guide provided. Meet location and equipment list at www.nwdiscoveries.com. Registration and payment of $58 per person required in advance; call 503-524-9192. *NW Discoveries*

Smith and Bybee late June paddle
10 a.m. to 2 p.m. Sunday, June 28
Traveling by canoe or kayak is the best way to explore Smith and Bybee Wetlands. Watch for bald eagles, great blue herons and beaver lodges. Bring a canoe or kayak, binoculars, water and snacks. Personal flotation devices required. Meet at the canoe/kayak launch at the natural area off North Marine Drive. Free. Advanced registration required; call Troy Clark at 503-249-0482. *Friends of Smith and Bybee Lakes*

Touring kayak long tour
8:30 a.m. to 1 p.m. Monday, June 29
Kayak on the Willamette River up to the beautiful channels around Rock Island. A brief lesson is provided at the beginning of the tour. Kayaks used are very stable and comfortable with large cockpits. Kayak gear and guide provided. Meet location and equipment list at www.nwdiscoveries.com. Registration and payment of $58 per person required in advance; call 503-524-9192. *NW Discoveries*

Big canoe paddle
5:30 to 7 p.m. Tuesday, July 7
Come paddle along the Willamette River aboard a 34-foot canoe. These fiberglass boats are stable, maneuverable and great for observing local wildlife from a unique on-water perspective. Suitable for ages three and older. Kids 16 and under free. Registration and payment of $5 for adults required in advance; call 503-226-1565 ext. 229. *Lower Columbia River Estuary Partnership*

Great Slough Clean Up
9 a.m. to noon Saturday, July 11
Enjoy getting muddy for the good of the local waterway? Join the Columbia Slough Watershed Council for the third annual Great Slough Clean Up and help haul a decade's worth of trash out of Whitaker Slough. Meet at 7040 NE 47th Ave. Bring a canoe or kayak or schedule a rental by calling 503-281-1132. *Columbia Slough Watershed Council*

Year round vegetable gardening
6 to 8 p.m. Wednesday, July 15
Come learn what, when and how to plant for winter harvests. Payment based on $5-20 sliding scale donation collected at the door. No one turned away for lack of funds. Southeast Portland location provided upon registration. To register, call 503-294-8420. *Growing Gardens*

Bull Run watershed tours
8:30 a.m. to 4:30 p.m. Saturdays, July 18, August 15 and 29
Don't miss this opportunity to see Portland's tap water at its source. Learn about the protected resources that provide Portland with uniquely high quality drinking water. Registration and payment of $10 required in advance; call 503-823-7437. *City of Portland Water Bureau.* by arrangement

Smith and Bybee mid-July paddle
noon to 4 p.m. Saturday, July 18
Traveling by canoe or kayak is the best way to explore Smith and Bybee Wetlands. Watch for bald eagles, great blue herons and beaver lodges. Bring a canoe or kayak, binoculars, water and snacks. Personal flotation devices required. Meet at the canoe/kayak launch at the natural area off North Marine Drive. Free. Advanced registration required; call Dale Svart at 503-285-3084. *Friends of Smith and Bybee Lakes*

Year round gardening
6 to 8 p.m. Thursday, July 23
Does the idea of plucking fresh salad greens, tender broccoli shoots and delicious root vegetables from a garden all winter long sound appealing? If so, this is the best time to prepare vegetable beds and begin planting. Explore season extension techniques from cloches to cold frames to extend the garden season beyond the fall and into next spring. Meet at the Oregon Tilth demonstration garden at Luscher Farm. Registration and payment of $28 per person or $25 for Lake Oswego residents and Oregon Tilth members required in advance; call 503-675-2549. *Oregon Tilth* by arrangement

The unseen life of a fallen tree
10:30 a.m. to noon Saturday, July 25
On March 28 of this year, a "microburst" extreme weather event, with winds of up to 120 mile per hour, blew down the ancient trees in a small section of Oxbow's old growth forest. Park rangers and naturalists see this as an ecologically beneficial event. The health and diversity of an ancient forest springs to life from tiny microorganisms, lichens, mosses, fungi and spineless animals that thrive only in dead wood. Explore the amazing ecology of this unseen world with naturalists Deb Scrivens and Dan Daly. Suitable for ages 10 and older. Registration and payment of $10 per adult required in advance; children are free. Call 503-797-1850 option 4. *Metro*

Dutch oven cooking
5 to 7 p.m. Saturday, July 25

Learn about outdoor cooking with a demonstration led by a park ranger. Pioneers used these cast iron pots and today outdoor enthusiasts are making them a part of the camping experience. Park staff tell the story behind the charcoal in the park and then use it to cook a treat to share. For more information, call 503-636-9886 ext. 225. *Tryon Creek State Natural Area*

15th annual Columbia Slough Regatta
9 a.m. to 1 p.m. Sunday, July 26

Join the largest one-day paddle in Oregon and canoe in search of eagles, otters and turtles. Launch into the safe, slack water of the Columbia Slough from the former St. Johns Landfill site at 9363 N. Columbia Blvd. Bring a boat or schedule a complimentary 45-minute rental by calling 503-281-1132. Suggested donation, $7. *Columbia Slough Watershed Council* by arrangement

Ten Toe walk
6 to 8 p.m. Thursday, July 30

Take a walk along the Willamette Boulevard bluff and the Ward bluff trail to some interesting spots on Swan Island and along the Willamette River. Meet at North Willamette Boulevard and Woolsey Street. Registration not required. For more information, send e-mail to rich.cassidy@pdxtrans.org. *City of Portland, Bureau of Transportation*

Wapato Island wild food expedition
9 a.m. to noon Saturday, Aug. 1

Join wild food expert John Kallas and find the edible wild plants at the place Native Americans called Wapato Island, today known as Sauvie Island. Investigate wild foods from marshes, fields and woods including wapato (Indian potato), wild cherry, wild blackberries and more. Registration and payment of $25 required in advance; call 503-775-3828. *Wild Food Adventures*

Willow Creek wildlife identification walk
7 to 9 a.m. Wednesday, Aug. 5

Walk the boardwalk that meanders its way through the creek bottoms of Willow Creek and learn about the upcoming restoration plans for the park. Meet at the park entrance west of Northwest 158th Avenue on Northwest Waterhouse Avenue. Free. Registration not required. For more information, call 503-629-6350. *Tualatin Hills Park & Recreation District*

Hands-on preservation pickling
6 to 8:30 p.m. Thursday, Aug. 13

Learn about the many ways you can preserve your summer fruits and vegetables for winter eating while canning pickles with Growing Gardens. Payment based on $5-20 sliding scale donation collected at the door. No one turned away for lack of funds. Northeast Portland location provided upon registration. To register, call 503-294-8420. *Growing Gardens*

Cooking with summer vegetables
2 to 4:30 p.m. Saturday, Aug. 15

Prepare fresh, delicious and nutritious vegetable dishes during this hands-on workshop with local chef and author Jean Johnson. Payment based on $5-20 sliding scale donation collected at the door. No one turned away for lack of funds. Northeast Portland location provided upon registration. To register, call 503-294-8420. *Growing Gardens*

Portland Riverfest 2009
Thursday through Sunday, Aug. 20-23

Join in the fun as Portland caps off the summer with the biggest event ever to celebrate the Willamette River. The Riverfest mission in part is to increase community engagement and economic activity on the Willamette riverfront. Popular attractions that support this mission include the South Waterfront Festival, triathlon, Tabor to River bike tour, a community fair with education and recreational opportunities for the whole family, and the SOLV cleanup. For more information, visit www.portlandriverfest.org. *City of Portland*

Meadowhawk

Bug Fest

It's a bird, it's a plane – it's a dragonfly!

11 a.m. to 4 p.m. Saturday, Aug. 29

Come to Tualatin Hills Nature Park to explore the world of dragonflies and celebrate the many other tiny creatures that keep the environment healthy and in balance. All those spineless critters – such as beetles, butterflies, ants, slugs and spiders – pollinate flowers, help recycle fallen trees and are food for other animals. Games, displays, crafts, live bugs and guided activities offer fun for the entire family. This year's Bug Lab will focus on dragonflies. You can even bring in bugs to be identified by an expert. Admission to the festival is $2 per person. For more information, call 503-629-6350. *Tualatin Hills Park & Recreation District* and *Metro*

Bug Fest volunteers needed!
9 a.m. to 5 p.m.

Volunteers are needed to run this popular annual event. A variety of positions are available including crafts, admissions, educational activities and more. Refreshments provided. Meet at the Nature Park Interpretive Center, 15655 SW Millikan Way, Beaverton, for a brief orientation prior to event. For more information, call 503-629-6350. *Tualatin Hills Park & Recreation District*

Seed saving
6 to 8 p.m. Thursday, Aug. 20

Growing and saving old-time vegetable varieties has become increasingly popular among urban gardeners as they seek to preserve genetic diversity, cultural heritage and regional adaptation of crops. This class covers seed saving basics from growing and harvesting, to proper drying and storing techniques. Meet at the Oregon Tilth demonstration garden at Luscher Farm. Registration and payment of $28 per person or $25 for Lake Oswego residents and Oregon Tilth members required in advance; call 503-675-2549. *Oregon Tilth* by arrangement

Discovering Oxbow's ancient landscapes
10 a.m. to noon Sunday, Aug. 23

Come explore the ancient geology of Oxbow Regional Park. Walk on old mud flows and flood terraces from Mount Hood. Roam gravel bars in search of the stones that tell the story of the prehistoric Columbia River, the Sandy River valley and the high Cascades of Oregon. Suitable for ages 10 and older. Registration and payment of $10 per adult required in advance; children are free. Call 503-797-1850 option 4. *Metro*

Wild foods in wilderness survival
1 to 4 p.m. Sunday, Aug. 30

Join wild food expert John Kallas for an in-depth presentation on the role wild foods play in various wilderness survival situations. Learn how to determine if and when wild foods are desirable to use, which plants to seek, which plants are poisonous and how to prioritize in both recreational and unplanned survival situations. This core workshop provides a deeper understanding for all other workshops. Lecture/slides format. Registration and payment of $18 required in advance. For complete information and to register, call 503-775-3828. *Wild Food Adventures*

Summer calendar at a glance

WEEKLY

Thursdays
Tryon Creek trekkers, pg. 13

Saturdays
Clackamas River basin work parties, pg. 13

JUNE

2 Seasonal food preservation, pg. 13
5 Kids and cameras, pg. 13
6 Arbor Lodge Park work party, pg. 13
6 Big Four Corners paddle, pg. 13
6 Native Plant Center Saturday, pg. 13
6 Naturescaping basics, pg. 13
6 Touring kayaks in moving water, pg. 13
6 Tualatin River paddle and walk, pg. 13
6 TogetherGreen volunteer day, pg. 14
6 State Parks Day, pg. 14
7 Gresham walking tour, pg. 8
7 Sewallcrest Park work party, pg. 14
7 Mount Talbert's hidden beauty, pg. 14
7 Lunch with the birds, pg. 14
7 Smith and Bybee kayak tour, pg. 14
9 Seasonal food preservation, pg. 13
9 Twilight Tuesday, pg. 14
10 Lake Oswego walking tour, pg. 8
11 Rain gardens 101, pg. 14
13 Water less, save more, pg. 6
13 Hillsboro walking tour, pg. 8
13 Painted turtle walk, pg. 14
13 Terwilliger Forest restoration, pg. 15
13 Lone Fir Pioneer Cemetery tour, pg. 15
13 Bird watching at Smith and Bybee, pg. 15
14 Pearl to Pittock walking tour, pg. 8
14 A winter's wrath gone by, pg. 15
16 Seasonal food preservation, pg. 13
17 Jenkins Estate wildlife walk, pg. 15
18 Gresham walking tour, pg. 8
18 Home composting 101, pg. 15
20 Native Plant Center Saturday, pg. 13
20 George Himes Park restoration, pg. 15
20 Explorando el Columbia Slough, pg. 15
21 Sunday Parkways North, pg. 15
23 Seasonal food preservation, pg. 13
23 Twilight Tuesday, pg. 14
24 Summercrest Park wildlife walk, pg. 16
27 Cooper Mountain morning walk, pg. 2
27 Blue Lake discovery garden kickoff, pg. 6
27 Sherwood walking tour, pg. 8
27 Painted turtle walk, pg. 14
27 Bird watching at Smith and Bybee, pg. 15
27 Tualatin River Discovery Day, pg. 16
27 Marquam Nature Park restoration, pg. 16
28 The nature of Cooper Mountain, pg. 2
28 Oregon City garden tour, pg. 7
28 Portland walking tour, pg. 8
28 Touring kayaks in moving water, pg. 16
28 Smith and Bybee June paddle, pg. 16
29 Touring kayak long tour, pg. 16
30 Beaverton walking tour, pg. 8

JULY

3 Mississippi blues at Oxbow, pg. 10
4 Scary animals at Oxbow, pg. 10
4 Fourth of July fireworks, pg. 12
4 Arbor Lodge Park work party, pg. 13
5 Sewallcrest Park work party, pg. 14
7 Twilight Tuesday, pg. 2
7 Big canoe paddle, pg. 16
9 Critter tales, pg. 2
10 Friday "early bird" walk, pg. 3
10 Bluegrass tunes at Oxbow, pg. 10
11 Family habitat hike, pg. 3
11 Grow winter veggies, pg. 6
11 Slithering tales at Oxbow, pg. 10
11 Native Plant Center Saturday, pg. 13
11 Terwilliger Forest restoration, pg. 15
11 Lone Fir Pioneer Cemetery tour, pg. 15
11 Great Slough Clean Up, pg. 16
12 Nature photography, pg. 3
12 Wilsonville walking tour, pg. 8
12 Mount Talbert's hidden beauty, pg. 14
14 Osprey at Oxbow, pg. 11
15 4T walking tour, pg. 8
15 Capture the flag at Oxbow, pg. 11
15 Year round vegetable gardening, pg. 16
16 Critter tales, pg. 2
17 Irvington walking tour, pg. 8
17 Opal Creek Trio at Oxbow, pg. 10
18 Cooper Mountain garden kickoff, pg. 6
18 Storytelling at Oxbow, pg. 10
18 George Himes Park restoration, pg. 15
18 Bull Run watershed tour, pg. 16
18 Smith and Bybee July paddle, pg. 16
19 Bat boxes and lizard lounges, pg. 3
19 Lake Oswego garden tour, pg. 7
19 Sunday Parkways Northeast, pg. 15
21 Forest adventure at Oxbow, pg. 11
21 Twilight Tuesday, pg. 14
23 Year round gardening, pg. 16
24 Friday "early bird" walk, pg. 3
24 Old-time music at Oxbow, pg. 10
25 Family habitat hike, pg. 3
25 Native American stories at Oxbow, pg. 10
25 Marquam Nature Park restoration, pg. 16
25 The life of a fallen tree, pg. 16
25 Dutch oven cooking, pg. 17
26 Suitable sites for shadetails, pg. 3
26 Hillsboro walking tour, pg. 8
26 Columbia Slough Regatta, pg. 17
28 River roundup at Oxbow, pg. 11
29 Mount Tabor walking tour, pg. 8
29 Survivor at Oxbow, pg. 11
30 Critter tales, pg. 2
30 Ten Toe walk, pg. 17
31 Campfire tunes at Oxbow, pg. 10

AUGUST

1 Cooper Mountain star party, pg. 3
1 Make compost, pg. 6
1 Birds of prey at Oxbow, pg. 10
1 Arbor Lodge Park work party, pg. 13
1 Native Plant Center Saturday, pg. 13
1 Wapato Island wild foods, pg. 17
2 Macro photography, pg. 3
2 Sewallcrest Park work party, pg. 14
4 Twilight Tuesday, pg. 2
4 Animal detectives at Oxbow, pg. 11
5 Willow Creek wildlife walk, pg. 17
6 Critter tales, pg. 2
7 Tigard to Tualatin walking tour, pg. 8
7 Campfire songs at Oxbow, pg. 10
8 Protecting your garden, pg. 6
8 Family habitat hike, pg. 3
8 Vancouver walking tour, pg. 8
8 Gumbo of stories at Oxbow, pg. 10
8 Terwilliger Forest restoration, pg. 15
8 Touring kayaks in moving water, pg. 16
8 Lone Fir Pioneer Cemetery tour, pg. 15
9 Audubon Society's education birds, pg. 3
12 Ridge runners at Oxbow, pg. 11
12 Jenkins Estate wildlife walk, pg. 15
13 Preservation pickling, pg. 17
14 Fiddlin' in the park at Oxbow, pg. 10
15 Scary animals at Oxbow, pg. 10
15 George Himes Park restoration, pg. 15
15 Bull Run watershed tour, pg. 16
15 Cooking with summer vegetables, pg. 17
16 Sunday Parkways Southeast, pg. 15
18 River roundup at Oxbow, pg. 11
19 Summercrest Park wildlife walk, pg. 16
20 Seed saving, pg. 18
20-23
Portland Riverfest 2009, pg. 17
21 Bluegrass tunes at Oxbow, pg. 10
22 Bees, beetles and butterflies, pg. 3
22 Myths and legends of the stars, pg. 3
22 Shadow puppets at Oxbow, pg. 10
23 Oxbow's ancient landscapes, pg. 18
25 Twilight Tuesday, pg. 14
26 Walkabout at Oxbow, pg. 11
28 Campfire songs at Oxbow, pg. 10
29 Wild forest food at Oxbow, pg. 10
29 Native Plant Center Saturday, pg. 13
29 Marquam Nature Park restoration, pg. 16
29 Bull Run watershed tour, pg. 16
29 Bug Fest, pg. 17
30 Wild foods in the wilderness, pg. 18

www.oregon**metro.gov**

You're invited

There are so many great things to do in the Portland metropolitan area that they won't all fit on these pages. Check out Metro's online calendar for hundreds of nature activities, volunteer ventures, tours, pedals, walks, workshops, seminars and public meetings. Visit www.oregonmetro.gov/calendar.

Places to go

Metro's parks offer wildlife watching, hiking, boating, camping, fishing and more. Visit www.oregonmetro.gov/parks or call 503-797-1850 to get directions and park information, reserve a picnic shelter or plan a field trip.

Sustainable living

Make the region greener at home, in your garden and on the road. Visit www.oregonmetro.gov/sustainableliving for guides to biking, walking, reducing waste, green cleaning and gardening with nature.

Getting rid of stuff

Discover everything you need to know about recycling, composting and disposing of garbage and hazardous waste on Metro's web site. Find your hauler, become a recycling star and help keep your neighborhood clean. Call Metro Recycling Information at 503-234-3000.

Volunteer

As a Metro volunteer, you will be directly involved in improving and protecting the region's great places for people and wildlife now and in the future. Find volunteer stories and opportunities at www.oregonmetro.gov/ volunteer.

Participate

Help shape the future of the region by contributing your ideas on land, transportation, recycling, parks, trails and how we grow. Visit www.oregonmetro.gov/participate for public comment opportunities, meeting schedules and more.

Featured places

Blue Lake Regional Park
20500 NE Marine Drive, Fairview
503-665-4995

Oxbow Regional Park
3010 SE Oxbow Parkway, east of Gresham
503-663-4708

Smith and Bybee Wetlands Natural Area
5300 N. Marine Drive, Portland
503-797-1850

Mount Talbert Nature Park
10695 SE Mather Road, Clackamas
503-794-8041

Cooper Mountain Nature Park
18892 SW Kemmer Road, Beaverton
503-629-6350

Metro's natural techniques garden
6800 SE 57th Ave., Portland
503-234-3000

Oregon Zoo
4001 SW Canyon Road, Portland
www.oregonzoo.org

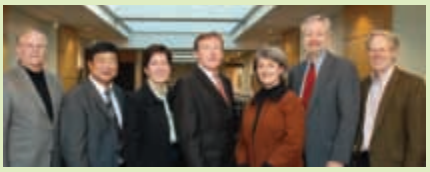
Grab your sleeping bags, throw a tent in your trunk and head out to Oxbow Regional Park for a night under the stars. Camping fee is $15 per night and all sites are available on a first come, first served basis. Restrooms offer hot and cold running water, coin-operated showers and flush toilets.

Metro | *People places. Open spaces.*

Clean air and clean water do not stop at city limits or county lines. Neither does the need for jobs, a thriving economy and good transportation choices for people and businesses in our region. Voters have asked Metro to help with the challenges that cross those lines and affect the 25 cities and three counties in the Portland metropolitan area.

A regional approach simply makes sense when it comes to protecting open space, caring for parks, planning for the best use of land, managing garbage disposal and increasing recycling. Metro oversees world-class facilities such as the Oregon Zoo, which contributes to conservation and education, and the Oregon Convention Center, which benefits the region's economy.

Metro's web site
www.oregon**metro.gov**



Metro Council
From left: Carl Hosticka, district 3; Rod Park, district 1; Kathryn Harrington, district 4; David Bragdon, Council President; Carlotta Collette, district 2; Robert Liberty, district 6; Rex Burkholder, district 5

Auditor
Suzanne Flynn

On the cover
The graceful spread of madrone branches on Cooper Mountain (photo by C. Bruce Forster) and the careful tending of a natural garden (photo by Kent Derek).

If you have a disability and need accommodations, call 503-797-1850, or call Metro's TDD line at 503-797-1804. If you require a sign interpreter, call at least 48 hours in advance. Activities marked with this symbol are wheelchair accessible:

Bus and MAX information:
503-238-RIDE (7433)

To be added to the GreenScene mailing list or to make any changes, call 503-797-1850 option 4.

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