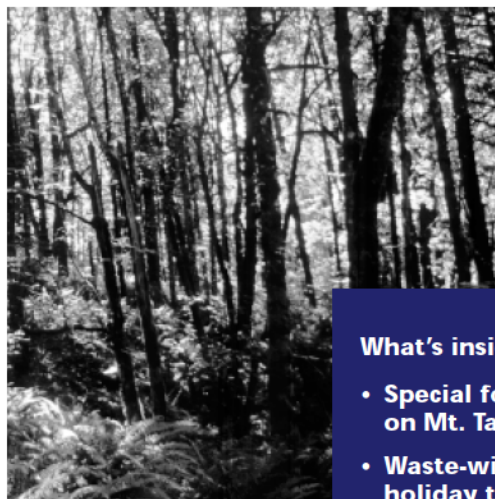
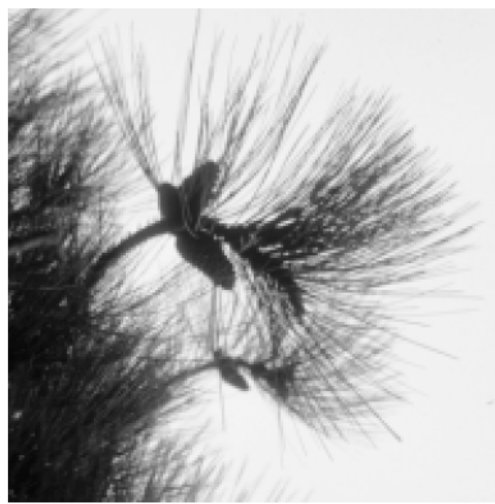


Metro GreenScene

NEWS & THINGS TO DO

Winter 2000-2001



What's inside?

- Special focus on Mt. Talbert
- Waste-wise holiday tips
- Stewardship opportunities on Cooper Mountain
- Breakfast with birds of prey
- Activities for nature lovers of all ages



METRO
Regional Services
*Creating livable
communities*

A winter welcome

You might not think of winter as the greatest time to visit our regional parks and greenspaces, but the lakes, rivers and wetlands around the Portland area make for a warm getaway for dozens of species of waterfowl. You'll also find bald eagles, hawks and falcons spending the winter here.

The endorsements go on and on . . . and even include a handful of humans who have discovered that this is one of the best times for watching wildlife in this region.

If you'd like to get in on the action, let Metro GreenScene be your guide to the season. Enjoy the extra elbow room at your favorite park or greenspace and experience the peaceful intensity of nature in winter.



Blue Lake Regional Park supervisor Todd Jones and rangers Scott Moulton and Jerry Jackson (left to right) find plenty to keep them busy during the winter. Metro park staff use the "off season" to rejuvenate the parks from the turf to the tree tops and make sure all park facilities – even the play equipment – are ready for the busier months to come. If you brave the weather for a peaceful winter visit to Blue Lake, we promise to give you a turn on the slide.


Metro – planning that protects the nature of our region

It's better to plan for growth than ignore it. Metro serves 1.3 million people who live in Clackamas, Multnomah and Washington counties and the 24 cities in the Portland metropolitan area. Metro provides transportation and land-use planning services and oversees regional garbage disposal and recycling and waste reduction programs. Metro manages regional parks and greenspaces and the Oregon Zoo, and oversees the trade, spectator and arts centers managed by the Metropolitan Exposition-Recreation Commission.

Metro is governed by an executive officer, elected regionwide, and a seven-

member council elected by districts. An auditor, also elected regionwide, reviews Metro's operations.

Executive Officer – Mike Burton;
Auditor – Alexis Dow, CPA;
Council: Presiding Officer – David Bragdon, District 7;
Deputy Presiding Officer – Ed Washington, District 5; Rod Park, District 1; Bill Atherton, District 2; Jon Kvistad, District 3; Susan McLain, District 4; Rod Monroe, District 6.

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 (238-7433).

Photographs by Sarah Anderson, Ron Beamer, Amy Kirschbaum, Ron Klein, Pam Novitzky, Lora Price, Adam Stellmacher, Lia Watwatole and William Zittrich.

Illustrations by Kathy Deal, Karen Hart, Janice Larson, Barbara Macomber and Antonia Manda.

On the cover
(clockwise from top left): Needles from a ponderosa pine tree on one of Metro's open space properties, a young peregrine falcon, a new Metro acquisition on Mt. Talbert and Blue Lake Regional Park ranger Jerry Jackson.

Metro's web site:
www.metro-region.org



METRO
Regional Services
Creating livable communities



Metro GreenScene is produced by Metro's Regional Parks and Greenspaces Department; Charles Ciecko, director. Metro GreenScene is funded in part by the U.S. Fish and Wildlife Service.

To be added to the mailing list (or to make any changes), call (503) 797-1850, option 3.

Learning

About winter survival

by Metro naturalist James Davis

Brrr . . . it's cold outside. How do animals survive the winter? This season is the biggest challenge that most wildlife in the Northwest face – posing different problems to different animals. The biggest differences in survival tactics are between animals that are commonly called “cold-blooded” and those called “warm-blooded.”

Cold-blooded animals make very little heat inside their bodies and lose it quickly to the surrounding world. They can only get warmer by

moving to a warmer place to absorb heat from their surroundings. Biologists call these animals “ectothermic,” which means “outside heat” because ectotherms get heat from their environment, not their own body metabolism. Animals that are “warm-blooded” are very different. Biologists call them “endothermic” or “inside heat.” Endotherms produce a lot of heat inside their bodies with their high rate of metabolism and hold that heat in with insulation.



William Zitzich

Some local hummingbirds survive winter by entering a daily period of torpor. Since they are so small, they lose heat rapidly and this “mini-hibernation” allows them to survive with much less food than if they kept their body temperatures at a normal 110 degrees all the time.

So who's who? Most people are surprised to learn that the only warm-blooded animals in the world are birds and mammals. All other animals – fish, amphibians, reptiles, insects, mollusks, worms and everybody else – are ectotherms.

Cold-blooded animals don't have too many options in the winter. As the weather gets colder, they get colder. When it gets cold enough, they aren't even able to move. Before that happens, they need to find a good place to hole up and chill out for the winter. If they can migrate, they can avoid the whole problem by switching environments. If they can't migrate, they must either find a safe place to hibernate or use the insect strategy of spending the winter in a dormant stage such as eggs, larvae or pupae. But before you start feeling sorry for the ectotherms, consider how finely tuned they are to the weather and their food supply. If a turtle can safely spend all winter at the bottom of a pond without needing to eat, what would be the point of staying active in the winter looking for food that isn't there?

Meanwhile, warm-blooded animals are having an entirely different winter. Thanks to their fur, fat or feathers, endotherms can keep their body temperatures around 100 degrees F and stay “in the zone” of their peak activity, regardless of the surrounding temperature. Endotherms can remain active and hunt for food day or night, hot or cold, summer or winter. They can live high in the mountains and in polar regions. Endotherms have a big price to pay for this ability, however. They need 10 times as much food and oxygen as ectotherms just to stay alive.

So for endotherms, winter becomes a question of food supply. If they can get enough calories to crank out the heat and keep their fur or feathers in good shape, they can withstand extreme conditions. To conserve heat, birds and mammals will seek shelter and remain inactive on the coldest days. An adult bald eagle (weighing about 11 pounds) needs 500 calories a day in the winter and spends 98 percent of its time sitting still.

As a last resort, some warm-blooded animals can hibernate and essentially “go ecto” by letting their body temperatures drop close to freezing. As their body temperatures drop, so does the need for food and oxygen and they can just close up shop during the worst weather.

Endothermic or ectothermic, any animal that can simply avoid the worst conditions by migrating has a huge advantage. But while winter may be too cold for some animals in our neck of the woods, Portland is downright balmy compared to Canada and Alaska. Many people are surprised to discover that this region is the mild wintering ground for thousands of waterfowl and other birds. We have a lot of water, fresh and salt, that almost never freezes and for many winter birds, this is a great winter home.

So what are you waiting for? Have some more calories, put on some extra insulation and get out and enjoy all our winter wildlife, you big endotherm!

Open spaces

Metro purchases Mt. Talbert's "crown jewel" for a future nature park



Metro has purchased 183 acres of open space on Mt. Talbert and preserved the largest undeveloped butte in northern Clackamas County for a natural area park.

Mt. Talbert rises as a forested green sentinel overlooking the web of development that surrounds it and the busy I-205 and Sunnyside Road interchange just to the west. In September, Metro purchased 40 acres of woodland on the top of Mt. Talbert, bringing Metro's holdings on the butte to 183 acres. The property was purchased with funds from the open spaces, parks and streams bond measure approved in 1995.

Metro's fifth acquisition on Mt. Talbert, this 40-acre parcel is particularly critical because it includes the top of the former lava dome, as well as the west and north facing slopes visible to thousands of people who travel daily on I-205 or visit Clackamas Town Center. The densely forested property is also visible from downtown Portland and the west side of the Willamette River, where the undisturbed character of Mt. Talbert is in stark contrast to the urban develop-

ment on neighboring Mt. Scott. The high visibility and natural resource qualities of the site make it the "crown jewel" of Mt. Talbert.

Four other Mt. Talbert parcels were purchased in partnership with North Clackamas Parks and Recreation District (NCPRD), which will manage the properties. Both Metro and the district recently approved a master plan to make the area accessible to the public (see adjacent story). Working in partnership with local park providers is a critical component of Metro's open spaces acquisition efforts.

Mt. Talbert is the largest undeveloped butte in northern Clackamas County. Lush ferns and 50- to 60-year-old majestic red cedars and Douglas firs form a dense evergreen forest opening to an oak grove at the summit. A trail winds its way to the summit. Red alder, maple, oak and other hardwoods complete the dense forest. Mt.

Scott Creek, a salmon-bearing stream shaded by remnant old-growth trees, runs along the northern edge of the butte. The north slope contains a unique geology with mossy boulder fields.

With a dense second-growth forest, the recently purchased Mt. Talbert property was in danger of being clear cut and developed. One of Metro's other acquisitions on Mt. Talbert had approval for a proposed residential housing subdivision. In total, Metro's holdings on the butte, which is in unincorporated Clackamas County but inside the urban growth boundary, could potentially have been developed into nearly 500 residential lots. The butte is surrounded by heavy development, including commercial enterprises, apartment buildings and single-family houses. Metro's ownership will provide long-term protection of quality wildlife habitat and future access to nature for visitors from across the region.

Recent purchases on Mt. Talbert bring the total number of acres Metro has acquired in the East Buttes area to 617 acres. These acquisitions include purchases on Gresham Butte, Butler Ridge in Gresham, Powell Butte, Kelly Butte, Rocky Butte, and along Johnson Creek and the Springwater Corridor.

For information about nature walks and bird watching on Mt. Talbert, call Suzanne Bader at NCPRD at (503) 794-8002.

Master plan guides future nature park

Last summer, North Clackamas Parks and Recreation District and Metro approved a master plan for creating a future nature park on Mt. Talbert that will allow public access to more than 183 acres of open space. The master plan identifies the park features expected in the next 15 years and how the park will be managed. The plan will be implemented in phases.

The master plan is one of the first planning efforts to be jointly reviewed by Metro and a partner agency for property purchased with funds from the open spaces, parks and streams bond measure.

In 1997, Metro and the district entered into a partnership to work together to preserve Mt. Talbert in its natural state and manage it as a nature park. The master planning process included technical experts and a citizen-led steering committee with broad-based citizen support. Residents gave



Mt. Talbert will provide a quiet, lofty refuge for a forested stroll just minutes from I-205 and Clackamas Town Center.

comments at four open house meetings, and community needs and desires were integrated into the master plan.

With a mission to “preserve and enhance the natural features and character of Mt. Talbert,” the plan has several goals:

- providing a natural experience in an urbanized area
- restoring and protecting natural areas
- offering appropriate recreational opportunities
- providing educational opportunities
- cultivating volunteer involvement and community stewardship
- developing a wildlife protection plan
- creating partnerships with local school districts.

The primary planned features of the site include:

- a soft-surface trail network to the summit

- hard-surface ADA accessible trails
- parking and picnic tables at the Sunnyside Road entry
- signs interpreting the natural and cultural history of the site
- a pedestrian bridge across Mt. Scott Creek
- habitat restoration
- bicycle racks at select trailheads
- posted park hours and rules at access points.

The district will guide and fund the planning, construction, maintenance and operations of the Mt. Talbert site. Full implementation of the master plan will also rely on volunteers and formation of a “friends” group. Volunteer opportunities may include restoration work, wetland enhancements and trail improvements. To get involved at Mt. Talbert, call Suzanne Bader at NCPRD at (503) 794-8002.

Open spaces acquisition update

(as of Nov. 15, 2000)

Funds for the acquisitions on Mt. Talbert and land located elsewhere in the region were provided by Metro’s \$135.6 million open spaces, parks and streams bond measure. The primary goal is to acquire natural areas, trail corridors and greenways so that future generations will continue to benefit from cleaner water and air, and have access to nature for picnicking, hiking, fishing, boating, wildlife viewing and other activities. To date, Metro has acquired more than 6,400 acres of land in the Portland metropolitan region.

Fourteen regional natural areas

- Clear Creek Canyon
448 acres
- Columbia River Shoreline
271 acres
- Cooper Mountain
256 acres
- East Buttes/Boring Lava Domes
624 acres
- Forest Park Expansion
830 acres
- Gales Creek
606 acres
- Jackson Bottom/Dairy/McKay creeks
0 acres
- Newell Creek Canyon
145 acres
- Rock Creek
100 acres
- Sandy River Gorge
1,048 acres
- Tonquin Geologic Area
206 acres
- Tryon Creek Linkages
43 acres
- Tualatin River Access Points
385 acres
- Willamette River Greenway
 - Canemah Bluff
62 acres
 - Multnomah Channel
326 acres
 - Willamette Cove
27 acres
 - Willamette Narrows
439 acres

Six regional greenways/trails

- Beaver Creek Canyon Greenway
46 acres
- Clackamas River Greenway
430 acres
- Fanno Creek Greenway
30 acres
- OMSI to Springwater Corridor
44 acres
- Peninsula Crossing Trail
1 acre
- Burlington Northern Rail-to-Trails
0 acres

Other sites (bond measure options, etc.)

- Terwilliger Parkway/Marquam Woods
19 acres
- Whitaker Ponds (in Northeast Portland)
14 acres

Total 6,400

For more information, visit our web site at www.metro-region.org (click on “parks and greenspaces” under Metro departments, then on “open spaces”) or call the open spaces hotline at (503) 797-1919.

Protecting the nature of our region

Are the region's streams and rivers healthy for fish and wildlife? Have conditions improved or declined over time? Metro hopes to answer these questions in its efforts to protect fish and wildlife habitat associated with streams and rivers.

Metro's goal is to document the existing condition of vegetation and urban land uses occurring along streams and rivers within its jurisdictional boundaries with an eye on three areas of primary concern:

- the width of vegetation corridors along streams and rivers;
- the types of vegetation (forest, shrub, meadow); and
- the degree of fragmentation by roads and urban development.

These conditions are important indicators of the ecological health of the stream corridor. As evaluations are performed over time, we can tell whether conditions are maintaining, improving or declining for fish and wildlife. The information will also be useful in identifying areas and sites where vegetation planting is needed to help restore ecological function.

Metro intends to complete its mapping of stream and river corridors and associated floodplains, wetlands and forest habitats by early 2001.

Call Metro's growth management information line at (503) 797-1888 to find out more.



Secretary of State Bill Bradbury (with his wife Katy Eymann) receives the River Stewardship Award at the 17th annual Salmon Festival at Metro's Oxbow Regional Park. Bill's long history of working to protect Oregon's natural heritage includes 15 years in the Oregon Legislature and four years as executive director of For the Sake of the Salmon. As secretary of state, he shares responsibility for the management of state-owned lands. An original salmon banner created by artist Roger Long serves as the award.

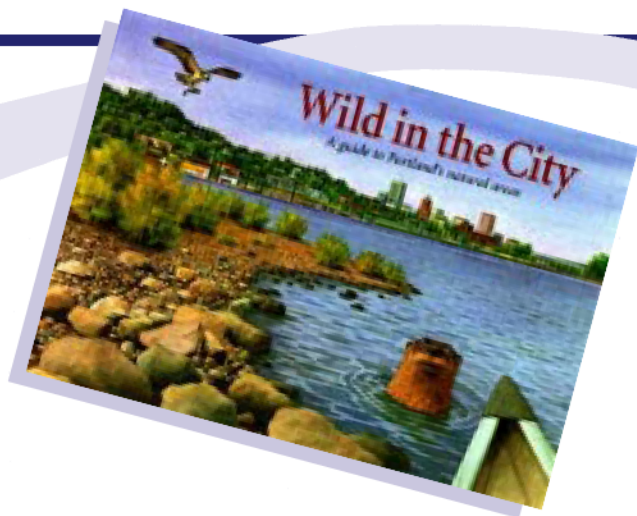
Waste-wise holiday tips



Gifts, parties, holiday decorations and wrapping . . . all this holiday cheer results in 15 percent more trash than normal right after the holidays. How can we keep that additional 400 tons of trash out of a landfill? Reduce, reuse and recycle!

- Shop for gifts made from recycled-content material and that have little or no packaging.
- Wrap gifts in reusable containers or fabric.
- If you use wrapping paper, avoid paper that is not recyclable, such as foil, plastic-coated paper and tissue.
- Consider giving the gift of an experience, such as concert tickets or a special trip.
- Homemade gifts are more personal, can be less expensive and don't have wasteful packaging. Consider giving a basket of home-baked goodies or a wreath of dried flowers.
- Give the gift of knowledge. Offer your talents at gardening or photography. Sign someone up for lessons in music or language.
- Save boxes, gift bags, bows and ribbons to use again.
- Save holiday cards and make gift tags out of them next year.
- Decorate with strings of cranberries and popcorn and hang them outside for the birds after you're done with them.

When the holidays are over, recycle any paper wrapping or boxes you aren't saving for next year. Call Metro Recycling Information at (503) 234-3000 to find out what's recyclable and where to recycle trees and wreaths.



Wild In the City is a comprehensive guide to the greenspaces of the Portland-Vancouver metropolitan region. Organized by watersheds, it emphasizes the important ecological linkages among natural areas and offers site guides with detailed maps to natural spaces, trails, waterways, parks, golf courses and cemeteries, where significant habitat or other natural history features can be found. The book is full of natural history essays and colorful "tidbits" of information written by the people who know these places best. It also includes a calendar that provides the reader with "must see" natural history events throughout the year such as the return of bald eagles to their winter roost, the gathering of Vaux's swifts in the fall and spring wildflowers. *Wild in the City's* extensive coverage and the variety and expertise of its contributors make it an essential reference book and field guide for the birdwatchers, hikers, bikers, canoeists and nature enthusiasts of the region.

Contributors include Metro naturalists James Davis and Elisabeth Neely and Roger Yerke of the Oregon Zoo. Dave Drescher, J.O. Price and Mark Bosworth of Metro's Data Resource Center assisted with map production.

Wild in the City, edited by Audubon Society of Portland's urban naturalist Mike Houck and columnist/travel writer M.J. Cody, was published by the Oregon Historical Society Press. Books are available at the Audubon Society of Portland Nature Store, Oregon History Center and bookstores throughout the region for \$21.95.

Annual pass to Metro's regional parks and greenspaces

You can't fit a park in a stocking, but you can give someone on your list a year of unlimited entry and parking at Oxbow and Blue Lake regional parks, Chinook Landing Marine Park and the M. James Gleason Boat Ramp. Regular pass is \$35; senior pass is \$25; low-income/disability pass is \$10 (documentation required). Purchase passes at the Blue Lake or Oxbow offices, Metro Regional Center or by calling (503) 797-1850. Master-Card and Visa are accepted.

Metro's 2001 calendar makes every day earth day

Stuff a stocking with Metro Recycling Information's 2001 Reduce Reuse Recycle calendar. It's full of handy tips and ideas to help you preserve resources and keep our region a great place to live. Learn how to prevent waste, recycle more and keep your home and garden safe for your family and the environment. Each month features new, colorful artwork that will brighten up the door of your refrigerator or the top of your desk. Call Metro Recycling Information at (503) 234-3000 to order your free copy.

Over the river and through the woods . . . on your bike

Metro's Bike There! map makes a great gift for the winter holidays. The full-color water-resistant map features 430 miles of existing and planned bike lanes, multi-use paths and streets rated for safety and suitability. The map features shaded relief and topography, major waterways, parks and greenspaces and MAX stations, and includes bike laws and safety tips. The map is available for \$6 at many local bike, book and recreational stores and on the Metro web site at www.metro-region.org. For more information, call (503) 797-1725.



Cooper Mountain

Sowing the seeds of stewardship

With funds provided by the open spaces bond measure approved by voters in 1995, Metro has purchased 256 acres of land in the Cooper Mountain area in Washington County for use as a future nature park. Until planning is completed and funds become available to make the property accessible to the public, the area is managed primarily for wildlife habitat protection and enhancement. Cooper Mountain has more than 280 plant species, two thirds of which are native, and is used extensively by a diversity of birds.

Sarah Anderson came to Metro through the Northwest Service Academy, a program of AmeriCorps. As community stewardship coordinator, Sarah's task was to involve members of the Cooper Mountain community in restoration and stewardship work at this Washington County greenspace. In just 11 months, she has engaged many new groups, businesses and individuals in tree care, invasive species removal, native seed collection and dispersal, fence removal and erosion control.



AmeriCorps volunteer Sarah Anderson spent the past year getting to know Cooper Mountain and the neighbors and community members who are committed to its care. Engaging people, groups and businesses in stewardship activities, Sarah has managed more than 20 work days and more than 400 volunteers at this Washington County greenspace.

Sarah has managed more than 20 volunteer work days with more than 400 volunteers. With an eye on sustainability, she has also trained 10 volunteer crew leaders to manage projects and volunteers after she is gone. Sarah's position with Metro ends in December, but the care and attention she has given to Cooper Mountain and the volunteers will remain for a long time to come. Good luck, Sarah and thank you for your year of community service with Metro's Regional Parks and Greenspaces Department.

A year with a view

by Sarah Anderson, AmeriCorps volunteer and community stewardship coordinator

Hailing from the East, I'd never before experienced a place like Cooper Mountain. During the past year, I saw my first vibrant red and green madrone tree, my first Western bluebird swooping over a springtime field and my first pale larkspur sprouting out of shallow soils in a sloped meadow.

This was also my first encounter with a landscape at a point of drastic transition and transformation. Since the forest was clear cut in 1993 (prior to purchase by Metro),

many new species of plants and wildlife have come to occupy this urban greenspace. Invasive species such as blackberry and scotch broom have also sprung up, often competing with the 35,000 young trees planted by Metro in 1995.

As the plant community grows, so does the commitment and enthusiasm to care for this special place. The range of people with interests in Cooper Mountain is as wide and diverse as the wildflower colors that pepper the slopes in April.

On my first workday last February, I met Paul Sharp, a retired engineer who has lived on Cooper Mountain for more than a decade. Paul used to walk the trails on the property before it was clear

cut. He taught me all about poison oak and how to identify other native plants on the mountain. Paul attended a volunteer work day that focused on removing a tall dense wall of "old growth" scotch broom. The group of 12 volunteers cut a third of the imposing weed in three hours. Two weeks later, I returned with another group of volunteers to continue working on "the wall" only to find that Paul – working during the week in his free time – had nearly completed the job.

Paul has contributed many hours to numerous work days in addition to monitoring wildflowers and other plants for Metro. Paul is now the volunteer site steward for Cooper Mountain and knows more about the nature of the property than anyone else I have met.

Other neighbors, such as Dave McKain who lives on Cooper Mountain in Kemmer View Estates, have lived in the area all their lives. Dave can remember visiting areas on the property when he was in high school. Another member of Kemmer View

Estates came out for a recent work day and was amazed by what he found. He told me, "I drive two hours to go hiking near Mt. Hood! I had no idea this was right here in my own back yard all along!"

The most dedicated group of volunteers has been the Beaverton High School Eco Club. Representatives from the Eco Club have been at every work day and many of them contributed independent hours over the summer. I tried to cancel one work day this summer, but Eco Club member Chris Thompson wouldn't hear of it. "We'll be there," he said. And they were.

I've had an amazing year, filled with eye-opening new experiences. I've learned a great deal about persistence, both through the strength of the land regenerating itself and through the commitment of the people I've met. Whether their roots are deep or fresh (like mine), it is through these neighbors and community members that Cooper Mountain will continue to transform into a rich and healthy place for people and wildlife.

COOPER MOUNTAIN HELP WANTED Volunteer Classified

These jobs are exciting opportunities to work with Metro's Regional Parks and Greenspaces Department staff and volunteers on Cooper Mountain. Training is provided with all positions, although some preferred qualifications are listed. The commitment for these positions varies and each opportunity can be matched with your particular skills and interests. Call Lupine Hudson at (503) 797-1850 option 7 for more information.

Research monitor

Do you have a background in biology, environmental science or planning, animal tracking or plant or bird identification? Put your skills to good use on Cooper Mountain. Help conduct plant and animal habitat studies, through research and field monitoring. The info will help Metro improve the property for plants, wildlife and people. Volunteers will receive guidance from Metro and then continue with more independent work.

Volunteer botanist or birder

Assist naturalists and/or crew leaders in leading nature walks on Cooper Mountain. Point out local birds and plants to the walkers while enjoying the stroll yourself. Experience in local plant and bird identification is needed, but you don't need to be an expert. Days will vary throughout the seasons.

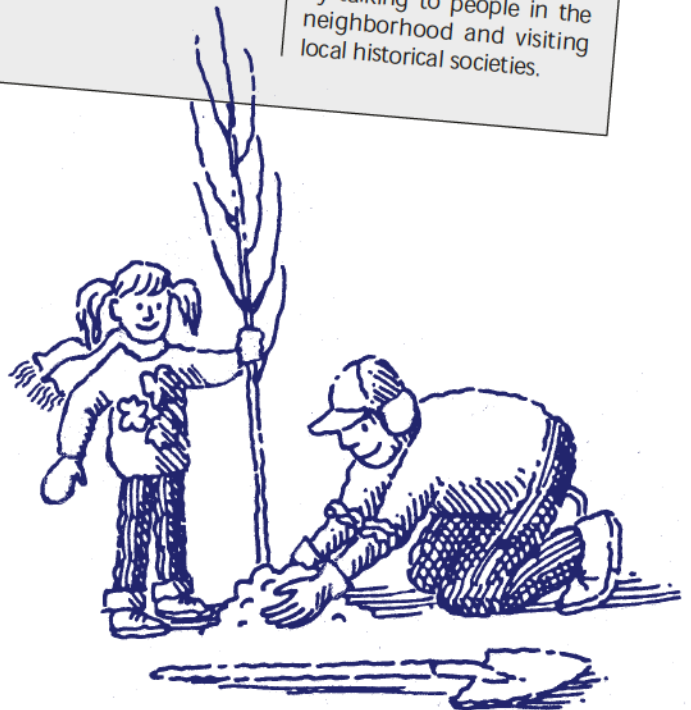
On the lookout for oral historians

Do you have an interest in local history? Enjoy listening to people tell stories? Have experience collecting oral histories? We would like to begin a record of what neighbors on Cooper Mountain know and remember about the land. Help us to create a research format and then do some research of your own by talking to people in the neighborhood and visiting local historical societies.

Cooper Mountain Work Days

9 a.m. to noon
Saturdays, Dec. 9, Jan. 13 and Feb. 10

Come see what's so special about Cooper Mountain and enjoy an opportunity to work with some of these amazing Metro volunteers. Habitat improvement projects include erosion control, invasive species removal and tree maintenance. Don't miss the December work day – it's our last official work day with community stewardship coordinator Sarah Anderson. For more information and to sign up, call Lupine Hudson at (503) 797-1850 option 8.



Winter calendar



Volunteer VENTURES

Neighborhood Crew Leader Training

9 a.m. to 2 p.m.

Saturday, Dec. 2

Become a crew leader for neighborhood street tree plantings and be a part of Seed the Future, a five-year campaign to restore the urban forest. Call (503) 282-8846 ext. 13 to register. *Friends of Trees*

Seed the Future

9 a.m. to noon

every Saturday

Join Friends of Trees for the final year of Seed the Future, a five-year campaign to restore the urban forest by organizing thousands of volunteers to plant 144,000 trees and seedlings. This year's planting sites include Forest Park, Sandy River Delta, Deer Creek, Oaks Bottom, Errol Heights and more. Visit www.friendsoftrees.org for the complete schedule. Tools and training are provided. For more information, call (503) 284-8733. *Friends of Trees*

First Saturday at Oxbow and Holiday Wreath Making

11 a.m. to 2 p.m.

Saturday, Dec. 2

Help remove invasive English holly and ivy from the forested areas of Metro's Oxbow Regional Park. End

the work day by creating a holiday wreath made from our invasive cuttings. A \$2 donation for materials is requested. For more information and to register, call Lupine Hudson at (503) 797-1850 option 8. *Metro Regional Parks and Greenspaces Department*

New Volunteer Orientation

noon to 1 p.m. or 6 to 7 p.m.

Tuesdays, Dec. 5, Jan. 9 and

Feb. 6

Start your Metro volunteer experience on the right foot and join us for new volunteer orientation – either during the lunch hour or in the evening in room 275 at Metro Regional Center, 600 NE Grand Ave. Learn about Metro's Regional Parks and Greenspaces Department, hear about the benefits of volunteering, receive information on volunteer job opportunities in the field and office, complete your volunteer application and enjoy the company of other new volunteers. Call Lupine Hudson at (503) 797-1850 option 7 to register. *Metro Regional Parks and Greenspaces Department* ♿

Community Ivy Pull

9 a.m. to noon

Saturdays, Dec. 9, Jan. 13

and Feb. 10

Volunteers gather at Tryon Creek State Park on the second Saturday of every month to help rid the park of invasive English ivy. Bring gloves and wear sturdy shoes. For more information, call (503) 636-4398. *Friends of Tryon Creek State Park*



Midge Carp (left) and Cora Rupp-Merritt (right) receive this year's Sandy River Volunteer Award for their volunteer service at Oxbow Regional Park. Among many other things, Cora and Midge have spent the last three summers as campground hosts. Manager of volunteer services Lupine Hudson (center) presented the award at the 17th annual Salmon Festival in October.

Natural Area Crew Leader Training

9 a.m. to 2:30 p.m.

Saturday, Dec. 9

Become a crew leader for natural area tree plantings and be a part of Seed the Future, a five-year campaign to restore the urban forest. Call (503) 282-8846 ext. 11 to register. *Friends of Trees*

Deer Creek Planting

9 a.m. to noon

Saturday, Jan. 20

Help enhance Deer Creek, a tributary of Mt. Scott Creek, by restoring native vegetation at a site near Clackamas Town Center. Fill in the gaps once inhabited by blackberries with native trees. For more information, call (503) 844-9571. *SOLV*

First Saturdays at Oxbow

11 a.m. to 2 p.m.

Saturdays, Jan. 6 and Feb. 3

Lend a hand at Oxbow Regional Park fighting non-native plants. Bring gloves, long sleeves, snacks and water. For details and to register, call Lupine Hudson at (503) 797-1850 option 8. *Metro Regional Parks and Greenspaces Department*

Stewardship Days at Smith and Bybee Lakes

9 a.m. to noon

Saturday, Jan. 6, and Sunday, Feb. 4

Help maintain native plants and remove invasive species at restoration sites around Smith and Bybee Lakes Wildlife Area in North Portland. Wear long pants and long sleeves and bring snacks and water. Bring a shovel if you can. For more information and to register, call Lupine Hudson at (503) 797-1850 option 8. *Metro Regional Parks and Greenspaces Department*

Community Trail Maintenance Day

9 a.m. to noon
Saturdays, Jan. 27 and
Feb. 24

Volunteers gather at Tryon Creek State Park on the fourth Saturday of every month to help maintain and improve park trails. For details, call (503) 636-4398. *Friends of Tryon Creek State Park*

Hogan Cedars Greenspace

9 a.m. to noon
Saturdays, Jan. 27 and
Feb. 17

Ivy, ivy and more ivy. Join friends and neighbors of this enchanting greenspace in Southeast Portland (right next to the Springwater Trail and Johnson Creek). Bring loppers, handsaws and gloves to pull more ivy than you can imagine off beautiful Hogan cedar trees. For more information and to register, call Lupine Hudson at (503) 797-1850 option 8. *Metro Regional Parks and Greenspaces Department*
♿ by arrangement

Happy Valley Planting

9 a.m. to noon
Saturday, Feb. 3

Work with other volunteers to restore Mt. Scott Creek. Plant native trees at a Happy Valley site that has been cleared of invasive species. Meet off King Road between Happy Valley Elementary School and Happy Valley City Park. For more information, call (503) 844-9571. *SOLV*

Lone Fir Cemetery Volunteer Work Day

9 a.m. to noon
Saturday, Feb. 24

Join us in this fabulous 30-acre "history park" to do much needed maintenance including raking, litter patrol and headstone cleaning. Call Lupine Hudson at (503) 797-1850 option 8 for details. *Metro Regional Parks and Greenspaces Department*
♿ by arrangement



PADDLE Trips

Winter Solstice Paddle

11 a.m. to 2 p.m.
Sunday, Dec. 17

Traveling by canoe or kayak is the best way to explore Metro's Smith and Bybee Lakes Wildlife Area. Meet at the parking lot on North Marine Drive. Free. Bring your own kayak or canoe. Call Emily Roth for reservations at (503) 235-6272. *Friends of Smith and Bybee Lakes*

Canoeing at Jackson Bottom

9 to 11 a.m. and 1 to 3 p.m.
Saturdays, Jan. 6, Jan. 20
and Feb. 10

If you enjoy water and wildlife, these trips are for you. Registration is required in advance. \$15 for adults; \$10 for youths 7-18. There is an additional \$15 charge to rent a canoe from Tualatin Riverkeepers. Call (503) 681-6278 for more information and to register. *Jackson Bottom Wetlands Preserve*

Smith and Bybee Lakes

11 a.m. to 2 p.m.
Sunday, Jan. 14

Traveling by canoe or kayak is the best way to explore Metro's Smith and Bybee Lakes Wildlife Area. Meet at the parking lot on North Marine Drive. Free. Bring your own kayak or canoe. Call Troy Clark for reservations at (503) 249-0482. *Friends of Smith and Bybee Lakes*

Wild in the City Trips

Winter and spring Wild in the City field trips will explore greenspaces in the Tualatin River basin to highlight their natural resource values and involve residents throughout the region in their protection and restoration.

The Tualatin River flows 79.3 miles from its headwaters in the Coast Range to its confluence with the Willamette River in West Linn, meandering through forests, farm and urban landscapes and draining more than 700 square miles. The Tualatin basin has become a focal point for critical issues surrounding water quality, endangered species, urban land-use planning, forest management and agricultural practices. Fifteen percent, or about 70,000 acres, of the Tualatin basin is urbanized and within the urban growth boundary. As the Unified Sewerage Agency launches an effort to inventory each of the urban waterways that feeds the Tualatin, and as cities and counties in the Tualatin basin respond to the listing of steelhead trout and chinook salmon within their watersheds, there is an unprecedented opportunity to improve on fish and wildlife habitat protection and restoration along streams like Fanno, Rock, Bronson, Willow, Cedar Mill and Johnson creeks.

The \$8 fee helps support Portland Parks and Recreation's outdoor program and Audubon Society of Portland's urban naturalist program. Registration is required in advance for all trips by calling Portland Parks and Recreation at (503) 823-5132. Full trip details will be mailed to registrants. Trip leaders will include Mike Houck, urban naturalist for Audubon Society of Portland, and local stream and watershed advocates, park planners and agency personnel.

Jackson Bottom Wetland Preserve

9 to 11:30 a.m.
Saturday, Jan. 13

Fanno Creek Greenway tour

noon to 3 p.m.
Sunday, Jan. 14

Salix and Willow Creek parks

9 a.m. to noon
Saturday, Jan. 20

Hyland Forest and Brookhaven parks

8 to 10:30 a.m.
Wednesday, Jan. 24

Bronson Creek and Bethany parks

9 a.m. to noon
Saturday, Jan. 27

Tualatin Hills Nature Park

9 a.m. to noon
Saturday, Feb. 3

Apache Bluff, Browns Ferry and Tualatin Community parks

9 a.m. to noon
Wednesday, Feb. 7

Creekside Marsh herons and wetlands

9 to 11:30 a.m.
Saturday, Feb. 17

Oregon Episcopal School Marsh and Vista Brook Park

9 a.m. to noon
Saturday, Feb. 24

Rock Creek herons and Norm Thompson campus

8 to 10 a.m.
Wednesday, Feb. 28



NATURE Discoveries

Winter Solstice Celebration

2 to 4 p.m.

Sunday, Dec. 10

Celebrate the Winter Solstice at Tryon Creek State Park.

Make a yule log and a candle holder to warm and brighten the dark days. Help feed winter birds and squirrels by making an edible cone for the trees near your house. Enjoy a medieval joust or a guided winter walk. Free. For more information, call (503) 636-4398. *Friends of Tryon Creek State Park* ♿

Dirt Time

9 a.m. to noon

Sundays, Dec. 31, Jan. 28 and Feb. 25

"Dirt time" means spending time practicing the art of animal tracking. Join regional expert trackers and gain experience identifying and interpreting the subtle and complex clues left by wildlife. Meet at the floodplain parking lot at Oxbow Regional Park. Free with a \$3 per vehicle entry fee to the park. All ages and skill levels are welcome. No advance registration required. *The Tracking Club*

Interlakes Trail Trip

11 a.m. to 2 p.m.

Sunday, Jan. 7

Experience one of Portland's treasures and explore Metro's Smith and Bybee Lakes Wildlife Area, the largest freshwater wetland inside a city in the nation. Enjoy birding, plant and animal

identification and incredible ambience. Call Jeff Kee at (503) 240-0233 to register. *Friends of Smith and Bybee Lakes* ♿

Clackamas River Tour

noon to 1 p.m.

Sunday, Jan. 7

Explore a new public open space along the Clackamas River. River Island offers dramatic winter vistas and opportunities to view deer, waterfowl and eagles. Join Metro naturalist Deb Scrivens for this discovery tour. Free and open to all ages. Advance registration required. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department*

Ranger Programs

2 to 2:30 p.m.

Saturdays and Sundays, beginning Jan. 27

Learn about the amazing plants, animals and history of the Tualatin Hills Nature Park during a free 30-minute program with a park ranger. Topics will vary from week to week and activities will include short walks, slide shows and hands-on discoveries. Come on your own or bring the whole family. For groups larger than six, please call ahead. For more information and a topic schedule, call (503) 644-5595. *Tualatin Hills Park and Recreation District*

Saturday Storytime

3:30 to 4:30 p.m.

Saturdays, Jan. 27, Feb. 10 and Feb. 24

Spend a winter afternoon getting cozy inside the warm Interpretive Center at Tualatin Hills Nature Park. Listen to stories about nature and the critters that make their homes there. Price is per family; \$5 in-district and \$8.75 out-of-district. Registration card required. For more information, call (503) 644-5595. *Tualatin Hills Park and Recreation District* ♿

Feather Fun

noon to 3 p.m.

Sunday, Feb. 4

Brighten your winter days by learning to identify and attract local birds. Explore Tualatin Hills Nature Park with binoculars. Good for families (with children 11 and older) and individuals. \$10 in-district and \$17.50 out-of-district. Registration card required. For more information, call (503) 644-5595. *Tualatin Hills Park and Recreation District*

Taxidermy Workshop

10 a.m. to 5 p.m.

Sunday, Feb. 11

This workshop will be of interest to anyone who wants to learn more about animal anatomy. Participants will create study specimens, which will be used in the Metro environmental education program to teach people about wildlife. Guided by instructors, each person will work on skinning and stuffing a small wild mammal or bird accidentally killed by an automobile. (The study specimens, also called museum mounts, are not

posed in lifelike positions.) Metro operates this program under state and federal wildlife salvage permits. Class will meet at Oxbow Regional Park in the naturalist's office. Bring a sack lunch. A fee of \$15 per person includes instruction and tools. There is also an additional \$3 per vehicle entry fee payable at the gate. Advance registration and payment are required. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department* ♿

The Science of Nature

10 a.m. to noon

Saturday, Feb. 24

Come to the Tualatin Hills Nature Park for the first in a series of hands-on classes where you'll learn about nature by doing experiments, building things and observing nature in the park. Topics include water, flight and camouflage. Ages 9 to 12. \$5 in-district and \$8.75 out-of-district. Registration card required. For more information, call (503) 644-5595. *Tualatin Hills Park and Recreation District*

Heart of Oregon Lone Fir Pioneer Cemetery tours

Oregon History Tour, 10:30 a.m. to noon

The Love Tour, noon to 1:30 p.m.

Saturday, Feb. 10

Explore a unique historical greenspace in the heart of Portland. Two 90-minute tours will explore Oregon's pioneer history and representations of love at Metro's Lone Fir Cemetery at Southeast 21st Avenue and Morrison Street. Attend one or both of the tours. The tours are free and no registration is required. For more information, call (503) 771-7737. *Friends of Lone Fir Cemetery* ♿ by arrangement



BIRD Watching

Winter Bird Watching Nature Hike

9 a.m. to noon

Saturday, Dec. 2

Meet Jackson Bottom naturalist Sarah Pinnock for a guided walk around the wetland. Look at birds, animal tracks, scat, beaver chew and more. Free. Call (503) 681-6278 for more information. *Jackson Bottom Wetlands Preserve*

Lunch with the Birds

noon to 1 p.m.

Every Wednesday

Meet a Jackson Bottom staff member at the North View shelter to check out waterfowl, birds of prey and seasonal migrants. Free. For more information, call (503) 681-6278. *Jackson Bottom Wetlands Preserve* ♿

Multnomah Channel Bird Trip

11 a.m. to 1 p.m.

Sunday, Dec. 10

Explore new public open spaces along Multnomah Channel. The driving force of water in wetlands is evident in the Multnomah Channel in winter. Join Metro naturalist Deb Scrivens on a search for winter waterfowl, including tundra swans. The program is free and open to all ages. Advance registration required. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department*



Winter offers lots of great opportunities to see bald eagles and other birds of prey.

Birds of Prey Class

7 to 9:30 p.m.

Wednesday, Jan. 17

Hawks, eagles, falcons and owls have always fascinated people. Metro naturalist James Davis will discuss how to tell major groups of raptors apart and the key points for identifying the most common species. We'll also discuss the amazing adaptations of these birds for catching and killing their prey. Meet in room 370 at Metro Regional Center. Registration and a fee of \$8 are required in advance. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department* ♿

Winter Birds at Smith and Bybee Lakes

9:30 to 11:30 a.m.

Saturdays, Jan. 20 and

Feb. 17

It's a waterfowl wonderland in the Portland area with thousands of ducks, geese and swans spending the winter here. On a good day, you can see a dozen different species

of waterfowl and other water birds such as grebes, gulls, coots, cormorants and herons. This is also the best time of year to see bald eagles and other birds of prey. Meet naturalist James Davis at the wildlife area parking lot on Marine Drive. Binoculars will be available for you to borrow. Suitable for adults and teens. Program is free but advance registration is required. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department* ♿

Breakfast with Birds of Prey

9:30 a.m. to noon

Sundays, Jan. 21 and Feb. 4

Each year, magnificent bald eagles, hawks and falcons spend the winter on Sauvie Island. Enjoy a morning of hawk and eagle viewing with hot drinks, pastries and spotting scopes provided. Metro naturalists Elisabeth Neely and James Davis will lead the trip and provide tips on raptor identification and behavior. Suitable for any skill

level; beginning birders and families are welcome. Meet at the barn behind the historic Bybee House at Metro's Howell Territorial Park and we'll carpool from there. A Sauvie Island parking permit is required (available at Sauvie Island General Store). Registration and a program fee of \$5 per person are required in advance. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department* ♿ by arrangement

Bald Eagles

9 to 11 a.m.

Saturday, Feb. 3

Join AmeriCorps member Debbie Chittick and explore the fascinating world of bald eagles. Learn about their adaptations and behaviors and hear the latest about the bald eagles that nested at Jackson Bottom last year. You'll spend time in the classroom and in the field. \$3 per adult; children are free. Call (503) 681-6419 for more information and to register. *Jackson Bottom Wetlands Preserve*

Waterfowl Class

7 to 9:30 p.m.

Wednesday, Feb. 7

Thousands of ducks, geese and swans can be seen flying over the region's wetlands in the winter. Come to this class taught by Metro naturalist James Davis to find out who's who in the waterfowl world and get ready for some great winter bird watching. Meet in room 370 at Metro Regional Center. Registration and a fee of \$8 per person are required in advance. Call (503) 797-1850 option 4 to reserve a space. *Metro Regional Parks and Greenspaces Department* ♿

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Join the fight against invasive plant species like volunteer Jason Johns does or opt for something a little more peaceful like a winter solstice paddle trip.

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See you there!

Metro regional parks, greenspaces and facilities

Blue Lake Regional Park

provides archery, volleyball, softball, horseshoes, disabled-accessible playgrounds, food concessions, bike and boat rentals, swimming, fishing and large picnic shelters perfect for family reunions and company picnics. Bikers, runners and walkers enjoy the trails along the lake and throughout the park. The Lake House is an elegant site for weddings and other special events.

Location: Between Marine Drive and Sandy Boulevard off Northeast 223rd Avenue. From I-84, take the Fairview exit (14) and go north on 207th Avenue to Sandy Boulevard. Turn right onto Sandy and travel east to 223rd and turn left. Proceed north to Blue Lake Road and the park.

Entrance fee: \$3 per car and \$6 per bus.

Oxbow Regional Park, a 1,200-acre natural area park located within the wild and scenic Sandy River Gorge, offers the opportunity to walk through an old-growth forest or watch fall chinook salmon swim upstream to spawn. The river draws swimmers, rafters, kayakers and anglers. Hiking trails, wooded campsites, reservable picnic areas, horse trails, playgrounds and play fields are also available.

Location: Eight miles east of Gresham. From I-84, take the Troutdale exit (17). Go past the truck stop to the light. Turn right on 257th, go 3 miles to Division Street. Turn left onto Division. Follow the signs 6.5 miles and turn left. Follow the road to the park.

Entrance fee: \$3 per car and \$6 per bus.

Howell Territorial Park on Sauvie Island is a scenic blend of natural and cultural history. The Oregon Historical Society provides interpretive tours of a pioneer house and agricultural museum on summer weekends. Picnickers and birdwatchers enjoy this idyllic site, which also includes nine acres of wetland and surrounding pastoral land.

Location: Take Highway 30 north past Linnton to the Sauvie Island Bridge. Cross the bridge, proceed north approximately 1 mile and turn right onto Howell Park Road.

Smith and Bybee Lakes

Wildlife Area is the largest protected wetland within an American city. Home to beaver, river otter, black-tailed deer, osprey, bald eagles and Western painted turtles, this 2,000-acre wildlife area offers a paved trail with two wildlife viewing platforms. Non-motorized boats are welcome.

Location: On Marine Drive between the Expo Center and Kelley Point Park. Take I-5 to Marine Drive west exit (307). Go west 2.5 miles on Marine Drive to the parking area on the south side of the road.

Beggars-tick Wildlife

Refuge, a 20-acre greenspace located along the Springwater Corridor Trail, was named after a species of native sunflower. The refuge is home to a variety of native plant species and wildlife, and provides open water for migratory waterfowl in the winter.

Location: Southeast 111th Avenue, just north of Foster Road. Also accessible from the Springwater Corridor Trail.

Pioneer cemeteries in Multnomah County offer a unique look into the history of the region and are managed as operating facilities. Dating back as early as 1851, 14 pioneer cemeteries offer scenic tranquility and a glimpse into the past.

Chinook Landing Marine

Park, a 67-acre marine park with six launching lanes on the Columbia River, is the largest public boating facility in Oregon. The park offers picnic and viewing areas, wetland and wildlife habitat, disabled-accessible docks, restrooms and a seasonal river patrol station.

Location: Adjacent to Blue Lake Regional Park on Marine Drive.

Entrance fee: \$4 per vehicle.

M. James Gleason Memorial Boat Ramp

is a convenient public boat launch on the Columbia River, minutes from downtown Portland. Amenities include launch lanes, boarding docks, restrooms, river maps and a river patrol office.

Location: Northeast 43rd Avenue and Marine Drive.

Entrance fee: \$3 per vehicle.

Sauvie Island Boat Ramp

enables boaters to enjoy the quiet waters and wildlife of Multnomah Channel. Picnic tables, parking and restrooms are available.


Location: At the junction of Burlington Ferry and Sauvie Island roads.

Glendoveer Golf Course

provides challenging play for every level with two 18-hole golf courses. A 2-mile fitness trail along the perimeter of the course draws joggers and walkers to the natural setting. There are also tennis and racquetball courts, a driving range and a restaurant.

Location: 140th and Northeast Glisan Street.

Note: In order to protect wildlife habitat, and for their own safety, **pets are not permitted** at any Metro park or greenspace.

 Except for Howell Territorial Park and Glendoveer Golf Course, the parks and facilities above each provide some wheelchair access. For more specific accessibility information, call (503) 797-1728.

Annual park pass

Purchase an annual park pass for unlimited entry and parking at Oxbow and Blue Lake regional parks, Chinook Landing Marine Park and the M. James Gleason Boat Ramp. Regular pass is \$35; senior pass is \$25; low-income/disability pass is \$10 (documentation required). Purchase passes at the Blue Lake or Oxbow offices, Metro Regional Center or by calling (503) 797-1850. MasterCard and Visa are accepted.

Information numbers

General number
(503) 797-1850

Parks reservations
(503) 797-1850

Open spaces hotline
(503) 797-1919

Blue Lake Regional Park
(503) 665-4995

The Lake House
(503) 667-3483

Oxbow Regional Park
(503) 663-4708

Howell Territorial Park
(503) 665-6918

James Bybee House
(503) 222-1741

Smith and Bybee Lakes Wildlife Area
(503) 797-1515

Marine facilities
(503) 665-6918

Glendoveer Golf Course
(503) 253-7507

Pioneer cemeteries
(503) 988-3622

Metro's web site:
www.metro-region.org



Taking the lead

Ready to share your enthusiasm with others? Register early for two free volunteer leadership trainings coming this spring.

Volunteer Crew Leader Training

*Part one (orientation)
6:30 to 8:30 p.m.
Wednesday, March 7*

*Part two (field day)
9 a.m. to 3 p.m.
Saturday, March 10*

Interested in getting outside and leading groups in vital restoration work? Metro's Regional Parks and Greenspaces Department is

seeking 20 volunteer crew leaders to lead weekday and weekend volunteer restoration work days. Groups will be from all different backgrounds with a common interest in doing something for the health of the region's parks and greenspaces. Get geared up for spring with this volunteer leadership training. Learn to remove invasive plant species, plant trees and native plants, conduct erosion control, build/remove fencing and more. You'll also receive training on group dynamics, tool use and safety, project management and naturalist-led activities.

Community Pioneers Project Volunteer Leader Training

*9 a.m. to 2 p.m.
Saturday, March 3*

The Community Pioneers Project brings groups of youth to Metro's pioneer cemeteries where they assist with general grounds maintenance and learn a little pioneer history. Attend this free training at Lone Fir Cemetery and become a project leader who works closely with Metro Regional Parks and Greenspaces Department staff, community groups, schools and other volunteers. You will be trained in group

dynamics, tool use and safety and how to lead a successful and insightful history scavenger hunt.

For more information or to register for either training, call Lupine Hudson at (503) 797-1850 option 8.



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To be added to the mailing list (or to make any changes), call (503) 797-1850 option 3.

