

GreenScene



Discover nature in
neighborhoods

SUMMER 2007



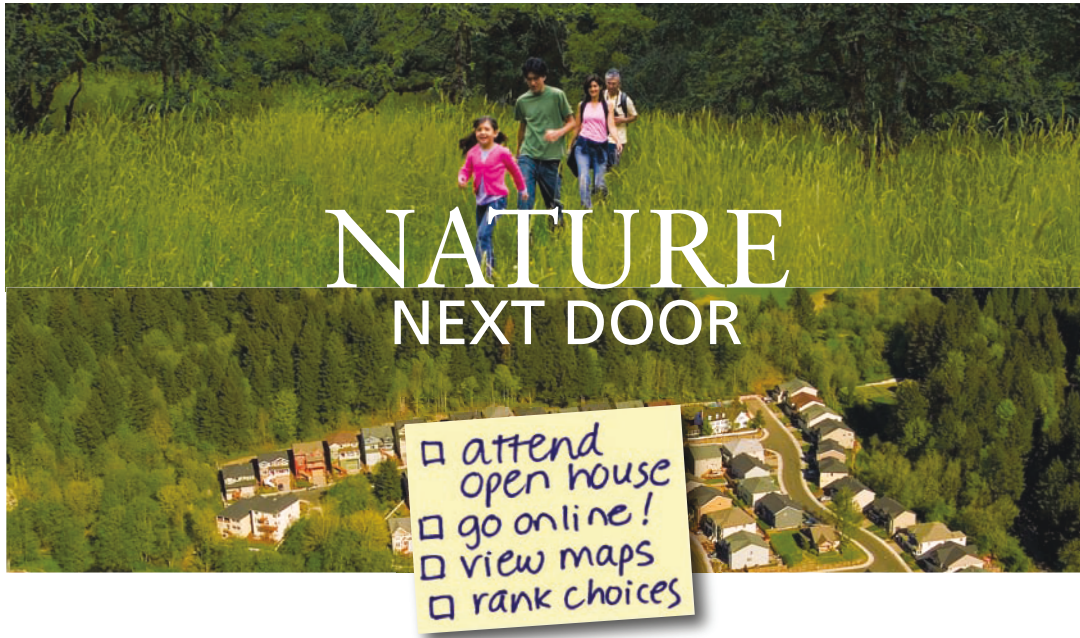
Summer
fun at
Blue Lake

Nature
discoveries
at Oxbow

Green living
tips



METRO



NATURE NEXT DOOR

- attend open house
- go online!
- view maps
- rank choices

Natural Areas Bond Measure

Let's get started!

In November 2006 voters directed the Metro Council to extend a regionwide program to protect water quality and fish and wildlife habitat and to provide the public with future opportunities for greater access to nature. Now it's time for the Metro Council to refine priorities in the 27 regional natural areas and trails targeted for land acquisition and determine which strategies will

give the best results for clean water, fish and wildlife and future generations.

The Metro Council wants your ideas and input. Since January Metro has been gathering more information and conducting research in each regional target area. We've been talking with scientists, land-use experts, groups and individuals who have special

knowledge about the natural resource values and community visions for these areas. With this information Metro has begun to identify the choices, potential strategies and opportunities that might best achieve our overall goals. Now we need to know: Do we have it right? What have we missed? Which objectives are most important to you?

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.metro-region.org

Your Metro representatives

Metro Council President
David Bragdon

Metro Councilors

Rod Park, District 1

Brian Newman, District 2

Carl Hosticka, District 3

Kathryn Harrington, District 4

Rex Burkholder, District 5

Robert Liberty, District 6

Auditor

Suzanne Flynn

On the cover

Visitors at Blue Lake Regional Park enjoying a family picnic and a splash in the new water spray ground; photos by Jerome Hart.

Illustrations by

Antonia Manda and Lynn Kitagawa

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).

To be added to the mailing list

or to make any changes, call (503) 797-1850 option 3.

Come to an open house in June to view maps, learn about the specific strategies for protecting these areas and offer the Metro Council your feedback. You can also participate online at a virtual open house beginning June 12. For more information, visit www.metro-region.org/naturalareas, call (503) 797-1741 or send e-mail to dolanj@metro.dst.or.us.

Open house schedule

6 to 8 p.m. Tuesday, June 12

Hosted by Metro Councilors Rex Burkholder and Kathryn Harrington

PCC Rock Creek, Event Center, Bldg. 9 Room 122
17705 NW Springville Road, Portland

Featured areas: Forest Park Connections, Rock Creek Headwaters and Greenway, Westside Trail

6:30 to 8:30 p.m. Wednesday, June 13

Hosted by Metro Councilor Robert Liberty

Metro Regional Center, Second Floor
600 NE Grand Ave., Portland

Featured areas: Johnson Creek and Watershed, Tryon Creek Linkages, Springwater Corridor, Willamette River Greenway, Fanno Creek Linkages and Trail

6 to 8 p.m. Thursday, June 14

Hosted by Metro Councilor Carl Hosticka

Tualatin Hills Nature Park Interpretive Center
15655 SW Millikin Blvd., Beaverton

Featured areas: Cooper Mountain, Tualatin River Greenway, Lower Tualatin Headwaters, Tonquin Geologic Area, Fanno Creek Linkages and Trail, Westside Trail

6 to 8 p.m. Monday, June 18

Hosted by Metro Councilor Brian Newman

Athey Creek Middle School Commons
2900 SW Borland Road, West Linn

Featured areas: Tryon Creek Linkages, Stafford Basin, Willamette Narrows and Canemah Bluff, Abernethy and Newell Creeks

6 to 8 p.m. Wednesday, June 20

Hosted by Metro Councilor Rex Burkholder

St. Johns Community Center
8427 N. Central St., Portland

Featured areas: Columbia Slough, Willamette River Greenway, Forest Park Connections

6 to 8 p.m. Thursday, June 21

Hosted by Metro Councilor Rod Park

Gresham City Hall, Oregon Trail Room
1333 NW Eastman Parkway, Gresham

Featured areas: Sandy River Gorge, Johnson Creek and Watershed, Gresham-Fairview Trail

6 to 8 p.m. Monday, June 25

Hosted by Metro Councilors Rod Park and Brian Newman

Boring Middle School
27801 SE Dee St., Boring

Featured areas: East Buttes (includes Damascus Buttes, Scouter Mountain and Mt. Talbert), Clackamas River Bluffs and Greenway, Deep Creek and Tributaries, Clear Creek, Cazadero Trail



6 to 8 p.m. Tuesday, June 26

Hosted by Metro Councilors Kathryn Harrington and Rod Park

Forest Grove Community Auditorium
1915 Main St., Forest Grove

Featured areas: Killin Wetland, Dairy and McKay Creeks Confluence, Chehalem Ridgetop to Refuge, Wapato Lake (includes Gales Creek)

Virtual open house
begins June 12

www.metro-region.org/naturalareas



Metro Council

From left, Metro Councilors Rod Park, Rex Burkholder, Kathryn Harrington, Robert Liberty, Council President David Bragdon, Carl Hosticka and Brian Newman.

To contact your Metro Councilor directly, call (503) 797-1540 or send e-mail to metro-council@metro-region.org.

Green living at home

Green cleaners

Simple recipes for a safer home

Save money and protect your family and the environment by using safe, simple ingredients to clean your home. Below are four popular green cleaner recipes and a list of basic ingredients. Lots more information is available on Metro's web site at www.metro-region.org/hhw. For a copy of Metro's green cleaners guide or a set of recipe labels, call Metro Recycling Information at (503) 234-3000.



Glass cleaner

Combine 1 quart warm water with 1/4 cup white vinegar or 2 tablespoons lemon juice. (Use both vinegar and lemon if you want the cleaning abilities of vinegar with the scent of lemon.) For a pleasant scent, add a drop or two of essential oil.

Tub and tile cleaner

1 2/3 cups baking soda
1/2 cup liquid soap
2 tablespoons vinegar
1/2 cup water
a few drops essential oil (optional)

Mix soda and soap. Add water, then add vinegar. Store in a squirt-top bottle and shake before using. Rinse thoroughly to avoid leaving a residue.

All-purpose cleaners for cleaning countertops, floors, walls, carpet and upholstery

- Dissolve 4 tablespoons of baking soda in one quart of warm water.
- Add 1/2 cup vinegar to warm water (between 1 cup and 1 quart).
- Combine 1/4 cup white distilled vinegar, 1/2 teaspoon liquid soap and 3/4 cup warm water. Shake to blend.
- For really big jobs, combine 1/4 cup liquid soap, 1/2 cup white distilled vinegar and 2 gallons of warm water in a pail and stir to blend.

INGREDIENTS

Baking soda (sodium bicarbonate): Absorbs odors and is a mild abrasive. Found in the baking section of the grocery store.

Glycerin: Found in pharmacies or health food stores, this water-loving liquid has antiseptic qualities and moisturizes the skin.

Hydrogen peroxide: Disinfectant. Use the household concentration (3 percent) typically found in pharmacies.

Liquid soap: Vegetable-oil-based soap sometimes referred to as castile soap. Found in most health food stores. Dr. Bronner's is a popular one.

Liquid detergent: Most dishwashing liquids are detergents. Try purchasing vegetable-oil-based soaps, which can be more environmentally friendly than petroleum-based products. Vegetable-oil-based soaps can be found in health food stores. Petroleum is a limited resource (unlike vegetable oils) and its extraction and refining causes pollution.

Vinegar: Removes soap scum, grease and mineral deposits and acts as a deodorizer. Use only white distilled vinegar for most of these recipes. You can try apple cider vinegar for windows, since it has a more pleasant scent.

Washing soda (sodium carbonate): It is slightly caustic and a great grease cutter. Don't use it on waxed floors (unless you want to remove the wax), fiberglass or aluminum. Found in the laundry section, made by Arm & Hammer.

Borax (sold as 20 Mule Team Borax): Effective cleaner. This is a strong alkaline that is non-toxic in the quantities needed for these cleaning recipes but may be toxic in its concentrated form. Keep all borax-containing cleaners out of the reach of children. Found in the laundry section of the grocery store.

Essential oils: Mostly used for deodorizing or scenting cleaners. Essential oils, such as mint, eucalyptus, lavender, lemon and tea tree, can be found in health food stores or herbal supply shops. Tea tree oil is currently in the process of being registered as a disinfectant in this country. Non-toxic in small quantities, this oil may be toxic in concentrated forms. Keep out of the reach of children.

RECIPES

Floor cleaners

Linoleum: Damp mop using 1/4 cup vegetable-oil-based liquid soap in 2 gallons warm water.

Vinyl: Damp mop using 1 cup vinegar in 2 gallons warm water.

No-wax floors: Add 1/2 cup vinegar to 2 tablespoons liquid soap in 1 gallon of hot water. Mix, mop and wipe clean.

Tile: Mix 1 cup vinegar with 1 gallon hot water. Mix, mop and wipe clean.

Wood floors:

- For unvarnished floors, damp mop with mild vegetable-oil soap. Or try 1/4 cup liquid vegetable-oil-based soap, 1/2 teaspoon glycerin, 1/4 cup white distilled vinegar and 2 gallons warm water.
- For varnished floors, or no-wax floors such as polyurethane or Swedish finishes, damp mop using 1 part vinegar to 10 parts water.

Summer fun at Blue Lake

Fourth of July fireworks and music

Celebrate Independence Day with fireworks, music and fun. Pack a picnic, load up your loved ones and join us at Blue Lake Regional Park for a good time for the whole family. Activities are located at the west end of the park.

Food court 5 to 10 p.m.

Music 6 to 10 p.m.

A variety of musical entertainment for the whole family

Lewis and Clark heritage tours of Nicháqwli Village

Noon to dusk
Hear the story of what William Clark encountered near Blue Lake in April 1806

Fireworks above the park 10 to 10:30 p.m.

Admission is \$6 per vehicle, \$12 for vans (12-passenger or larger), buses and RVs all day. No pets, alcohol or personal fireworks.

Presented by
Riverview Restaurant

Sponsored by
The Gresham Outlook
Metro

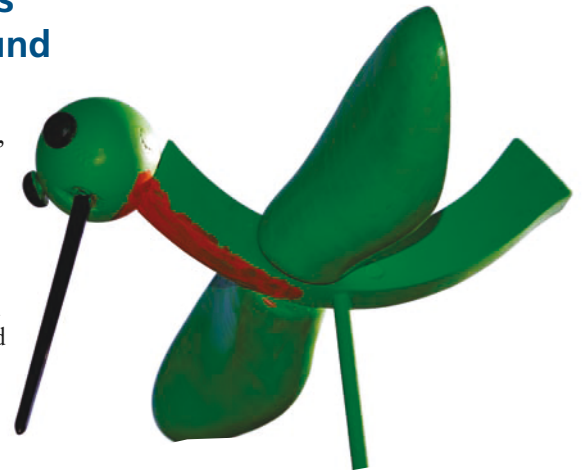
Special thanks
Fairview Police Department
Gresham Fire Department
Multnomah County Sheriff
Troutdale Police Department



Jerome Hart photo

Splash into Blue Lake's new water 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 for children ages 1-10, Blue Lake Regional Park's water spray ground is fun, interactive and accessible. Features include oversized nozzles, buckets, cannons, arches and a water-spouting frog big enough to leap through.



The spray ground gives kids the opportunity to use their imagination while stimulating and enriching their physical and mental development. To maximize the play value, individual spray features are grouped together creating a larger game geared specifically toward a wide range of skill and development levels. This popular new attraction offers an engaging water play option to non-swimmers, children under age five who are not allowed in the lake, and people with limited mobility. The water spray ground is located adjacent to the existing swim beach area at the park and is free to park visitors.

Blue Lake natural discovery garden opens this summer

Visit a fun new garden where children and their families can experience the wonders of nature and learn how to garden without harmful chemicals. The Blue Lake natural discovery garden opens in July. For more information, call (503) 234-3000.



Nicháqwli monument

Jerome Hart photo

Around the campfire at Oxbow

Bring the family to Oxbow Regional Park for campfire stories and other old-fashioned entertainment on week-end 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 you're camping at Oxbow, but you don't have to camp to enjoy them. Wrap up a lazy afternoon along the river or a picnic dinner by joining us. Although the park closes at sunset, those who attend the campfire program and want to leave afterward will be let out at the gate by the rangers. Park in the designated area near the boat ramp. Programs are free with the \$4 per vehicle entry fee to the park. No registration required. For more information, call Metro at (503) 797-1850. ♿

Fiddlin' in the park with Greg Clarke

8:30 to 9:30 p.m. Friday, July 6

Musician Greg Clarke brings us 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 your toes tapping.

Native American stories

8:30 to 9:30 p.m. Saturday, July 7

Night is falling, the river is murmuring and the campfire beckons. Join us for an entrancing evening of stories with Northwest storyteller Ed Edmo.



C. Bruce Forster photo

Old-time bluegrass tunes

8:30 to 9:30 p.m. Friday, July 13

Bluegrass musicians Greg Stone and Lon Jones will play guitar and mandolin and sing old-time tunes around the campfire. Kick up your feet or just sit back and enjoy the music. With songs for all ages, this is a nice introduction to old-time music for kids.

Birds of prey of the Pacific Northwest

8:30 to 9:30 p.m. Saturday, July 14

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

8:30 to 9:30 p.m. Friday, July 20

New this year! 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.

Wild forest food and medicine

8:30 to 9:30 p.m. Saturday, July 21

Discover how forest plants all around us have been used by people for thousands of years with naturalists Natalie Norman and Miriam Burk. Get to know several common plants to use for a snack, natural insect repellent and more. All ages love this hands-on program.

Fiddlin' in the park with Greg Clarke

8:30 to 9:30 p.m. Friday, July 27

See July 6 description.

Salmon stories, bear tales and the legend of the swallowing monster

8:30 to 9:30 p.m. Saturday, July 28

Join master storyteller Will Hornyak for an evening of Northwest myths, legends and tall tales. Will's talented storyweaving never fails to please the crowd.

Campfire songs and sing-along

8 to 9 p.m. Friday, Aug. 3

Guitarist Brad Price, formerly of the Oregon Trail Band, strums and sings favorites of his family and yours. Bring back old memories and create some new ones with "Puff the Magic Dragon" and other great classics, beautifully performed.

Yvonne's gumbo of stories

8 to 9 p.m. Saturday, Aug. 4

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.

Songs with the Earthsinger

8 to 9 p.m. Friday, Aug. 10

See July 20 description.

The amazing nightlife of bats

8 to 9 p.m. Saturday, Aug. 11

What's faster than a speeding mosquito, more powerful than bug repellent and able to navigate the night? Bats! Naturalist Kim Wilson is back this year to share great bat images and facts while we watch and listen for real live bats.

Old-time music with Dave and Will Elliott

8 to 9 p.m. Friday, Aug. 17

This local father and son duo returns to Oxbow with great bluegrass tunes. Enjoy old-style duets and sing along with some favorites.

Slithering tales: snakes and their kin

8 to 9 p.m. Saturday, Aug. 18

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.

Old-time bluegrass tunes
8 to 9 p.m. Friday, Aug. 24
See July 13 description.

**Shadow Puppets:
The Green Bird**
8:30 to 9:30 p.m. Saturday,
Aug. 25
Behind Oregon Shadow
Theatre's magical illuminated
screen, colorful shadow pup-
pets come to life accompanied
by live music and audience
participation. In this story
a boy is transformed into a
fortune-telling bird by a magi-
cian, and a brave girl journeys
through Mexico to save him.
Note later start time.

No Time 2 Lose
8 to 9 p.m. Friday, Aug. 31
Soak in this band that plays
blues, bluegrass, and a little
bit of John Prine thrown in
for good measure.

**Storytelling to the beat
of the drum**
8 to 9 p.m. Saturday, Sept. 1
Gordon Munro returns with
his special blend of the ancient
arts of drumming and sto-
rytelling. You'll enjoy folk
stories from different cultures
around the world.

Camping at Oxbow

What are you waiting for? Grab your sleep-
ing bags, throw a tent
in your trunk and head
out to Oxbow Regional
Park for a night under
the stars. Oxbow's 67
campsites each include
a picnic table, fire pit/
cooking grill and lantern
pole. Camping fee is \$15
per night and all sites
are available on a first-
come, first-served basis.
Two restroom/shower
buildings offer hot and
cold running water,
coin-operated showers,
heated air hand dryers,
radiant floor heating and
flush toilets. The rest-
room facilities and two
campsites are accessi-
ble by wheelchair. Twelve
pull-through sites are
available for RVs. For
more information, visit
www.metro-region.org/oxbow.




C. Bruce Forster photo



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 for children ages 5-10 led by Metro naturalist Elisabeth Neely. 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.  by arrangement, except River roundup.

Advance registration is 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. There is a park entry fee of \$4 per car or \$7 per bus. To register, call (503) 797-1715.

Osprey adventure July 3

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. Then try out your wings on our osprey obstacle course.

Volcanoes and landslides and floods, oh my!

July 10
Oxbow has been the site of exciting natural events in both the long-ago and recent past. Discover how the powerful forces of nature have changed the land and see a “new” forest that had been buried by a volcanic flood 200 years ago!

River roundup July 17

Discover firsthand the many creatures that live in and near the Sandy River on this popular trip. We'll have a great time catching and releasing water bugs, crayfish and more. Nets and magnifying glasses are provided for a close-up view.

Sneaky scavenger hunt July 24

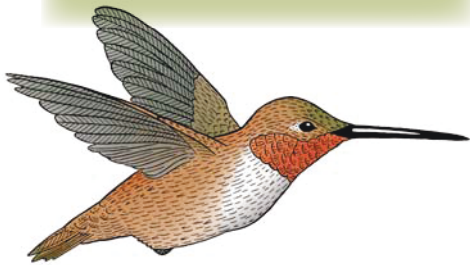
We'll break into small teams and our naturalist leaders will guide us through the deep shady forest on a fun scavenger hunt for cool nature stuff. But beware – the others might be sneaking up on us!


Summer calendar

ENJOY NATURE IN NEIGHBORHOODS

Nature is your guide to a healthy, beautiful garden

What is “natural gardening?” Natural gardening is simply gardening with nature as your guide. Using compost to improve your soil, growing plants that are adapted to your climate, and using non-toxic pest management are the essentials. Gardening naturally protects your family, pets and local waterways from harmful and polluting garden chemicals, and helps keep nature in our neighborhoods. For more information, visit www.metro-region.org/gardening.



Gardens of Natural Delights tour
10 a.m. to 4 p.m. Sunday, July 15
Seeing is believing. Peek into the beautiful back yards of passionate home gardeners and learn their secrets to chemical-free success. Natural gardening helps protect our rivers and streams and keeps our yards safe for people, pets and wildlife. Free. Space is limited, so register early. Multnomah, Clackamas and Washington county residents only. To register, call Metro Recycling Information at (503) 234-3000. Metro  by arrangement



Open for self-guided visits daily, April through October, 10 a.m. to 3 p.m.

Staffed Saturdays 10 a.m. to 3 p.m. for free natural gardening clinics

6700 SE 57th Ave.,
Portland

Free gardening clinics at Metro's natural techniques garden

Visit Metro's natural techniques garden to gather ideas for making your yard a place of natural beauty. The garden features great seasonal floral displays, chemical-free lawns, native plants, edible landscaping and fun kids' gardens. The garden is open for self-guided visits daily through October from 10 a.m. to 3 p.m. On Saturdays, come with your gardening questions for free drop-in clinics led by natural gardening expert Betsy Stout Becker.

SUMMER CLINIC TOPICS

Blooms and bushes for birds and butterflies

Create a habitat for your wildlife neighbors

Saturdays in June

These critters rely on nectar, foliage and fruit from a wide variety of plant species. Learn about some of the shrubs and flowers that will attract them to your garden for their benefit and your enjoyment.

A produce aisle in your own backyard!

Why buy when you can grow your own?

Saturdays in July

Learn about raising your own vegetables and know they are organic, pesticide-free and locally grown. See a variety of crops being grown and learn tips for keeping them healthy.

Lawns for a healthy world

Natural eco-lawns are low-maintenance and safe

Saturdays in August

Why grow “traditional” lawns when you can grow beautiful lawns with a variety of plant material other than grass, have showy blooms and eliminate the need for chemicals?



Metro's free natural gardening seminars

To register and for more information, call (503) 234-3000.



Natural flower wonderment

10 to 11:30 a.m. Saturday, June 2
Southeast Portland residence

Join Kim Foren, Portland's own "Martha Stewart with an edge" and owner of Geranium Lake Flowers to learn natural ways to grow flowers at home. Get tips for creating fabulous arrangements and growing an unconventional flower garden.

Turning turf into raised beds

10 to 11 a.m. Saturday, June 16
Landscape Nursery
3926 N. Vancouver Ave., Portland

Why not turn part of your lawn into a garden bed to grow gourmet organic food or beautiful blossoms? Learn techniques for removing lawn without herbicides and for creating beautiful, productive raised beds from Metro natural gardening specialist Carl Grimm. Also hear tips for starting a gourmet vegetable garden or fun flower bed in June – it's not too late!

Green, "green" lawns

11 a.m. to noon Sunday, June 24
Cornell Farms Nursery
8212 SW Barnes Rd., Portland

Learn cutting-edge professional techniques for turf grass management from horticulturist Steve Varga. Your lawn will look great, and your children and pets will be safe from hazardous lawn care products. Green lawn care also helps to protect local lakes, rivers and streams from home lawn pollution.

Nature discoveries

Junior ranger program at Tryon Creek

1 to 2 p.m. Saturdays and Sundays in June

Children ages 6-12 are invited to join a park ranger to learn how to help protect our natural resources, plants and animals. Participating in nature games, nature crafts and park explorations will help junior rangers earn their badge. Free. For more information, call (503) 636-9886 ext. 25. *Tryon Creek State Natural Area*

Painted turtle walks

1 to 2:30 p.m. Saturdays, June 2 and 30 and July 21

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 5 and older. Meet in the parking area on North Marine Drive. Free. Advance registration required; call (503) 797-1715. *Metro*

State Parks Day at Tryon Creek

10 to 11:30 a.m. Saturday, June 2

Celebrate State Parks Day at Tryon Creek State Natural Area. Craft activities, Starbucks snacks and refreshments, and self-guided hikes with educational stations will be offered throughout the morning for all ages. JR Beaver will make a special appearance. Free. For more information, call (503) 636-9886 ext. 25. *Tryon Creek State Natural Area*

North Portland future greenway trail walk

7 to 8:30 p.m. Thursday, June 7

Join trail advocates working to extend the Willamette River Greenway from the end of the Eastbank Esplanade through North Portland. Walk along a short paved existing trail through Willamette Cove, former industrial sites, under cottonwood trees and along the edge of the working Willamette River to Swan Island, and return along Willamette Boulevard for sweeping vistas across the Willamette and the west hills. Wear good, sturdy shoes to cover 5 miles. Meet at the end of North Pittsburg Avenue near the intersection with North Crawford Street at Cathedral Park under the St. Johns Bridge. Free; donations accepted. To register, call (503) 823-4099 or send e-mail to info@npgreenway.org. *npGREENWAY*

Intermediate animal tracking practice at Smith and Bybee Wetlands

9:30 a.m. to noon, Saturdays, June 9, July 14 and Aug. 11

Metro volunteer naturalist and experienced tracker John Halsell leads a monthly tracking program on the second Saturday of each month at Smith and Bybee Wetlands. Practice the ancient art of tracking on sand, mud and the forest floor. This is an outstanding place to find evidence of a variety of urban wildlife including beaver, deer, coyote, raccoon and rabbits. Most of the time will be spent walking on sand or paved trail to find and discuss tracks and sign "in the wild." Participants will get the most from the class if they have previous tracking experience. Suitable for adults and teens. Meet in the parking area on North Marine Drive. Free. Advance registration required; call (503) 797-1715. *Metro*

A midsummer night's celebration at Tryon Creek

7 to 9 p.m. Thursday, June 21

Historically the time around the summer solstice was called midsummer, the middle of the growing season. Celebrate the longest daylight of the year with storytelling, activities and guided forest hikes at Tryon Creek State Natural Area. Free. For more information, call (503) 636-4398 ext. 109. *Tryon Creek Watershed Council* by arrangement

Bull Run watershed tours

8:30 a.m. to 4:30 p.m. Saturdays, June 23, July 14 and Aug. 11 and Fridays, July 20 and Aug. 17

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. \$10. For more information, visit www.portlandonline.com/water. To register, call (503) 823-7437. *Portland Bureau of Water Works* by arrangement

The bear, the wolf and me


2 to 3 p.m. Sunday, June 24

Join naturalist and biologist Damon Bowen to explore the personal value of nature at the Sunday at Two lecture series at Tryon Creek State Natural Area. By exploring the environmental engineering ability of grizzly bears and wolf predator/prey relationships, we can appreciate the personal value of nature by seeing the world with indigenous eyes. Free. Advance registration is not required. For more information, call (503) 636-9886 ext. 25. *Tryon Creek State Natural Area*

Continued


Twilight Tuesdays at Smith and Bybee Wetlands

7 to 9:30 p.m. Tuesdays, June 12 and 26, July 10 and 24, Aug. 14 and 28

These relaxing walks at Smith and Bybee Wetlands Natural Area take advantage of long summer days and give you 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 you can see most mammals such as beaver, muskrat, otter, raccoon, deer and bats. Metro naturalist James Davis teaches the basic techniques of wildlife watching and identification. Bring your binoculars or borrow a pair of ours. Suitable for adults and children age 10 and older; participants must be able to be quiet, sneaky and patient. Registration and payment of \$5 per adult are required in advance; call (503) 797-1715. Metro 

Summer bird watching at Smith and Bybee Wetlands

9 to 11:30 a.m. Saturdays, June 30 and July 21


Join James Davis and other Metro naturalists 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 10 and older. Bring your binoculars or borrow a pair of ours. Meet in the parking area on North Marine Drive. Free. Advance registration required; call (503) 797-1715. Metro 

Aquatic ecology for kids

10 a.m. to noon Saturday, July 14

Explore the ins and outs of Balch Creek and find out why it is so important to the ecology of Forest Park. Suitable for age 6 and older. Wear good walking shoes and bring water and snacks. Free. Advance registration is required; call (503) 223-5449. *Friends of Forest Park*

Let's go camping noon to noon Saturday and Sunday, July 28 and 29

Are you unsure how to set up a tent or does the idea of cooking a whole meal on a camping stove seem impossible? Are you an experienced camper who would rather camp in a group setting? Come to Milo McIver State Park for an overnight campout for the whole family and enjoy children's activities, nature exploration hikes and learn all about camping. \$15 per family; scholarships are available. To register, visit www.tryonfriends.org or call (503) 636-9886 ext. 25. *Friends of Tryon Creek State Natural Area and Oregon State Parks* 

Ancient forest ecology 10 a.m. to 1 p.m. Thursdays, Aug. 2 and 16

Join naturalist Stephen Hatfield for a hike through an old growth forest in Forest Park. Learn about the natural history of the area and the old growth ecosystem on an easy-to-moderate trail. Suitable for age 10 and older. Free. Advance registration is required; call (503) 223-5449. *Friends of Forest Park*

Fundamentals of tracking at Oxbow

9 a.m. to noon Saturday, Aug. 11


Learn the basics of human, pet and wildlife tracking, including speed, direction and more with Metro volunteer naturalist John Halsell. Discover Oxbow Regional



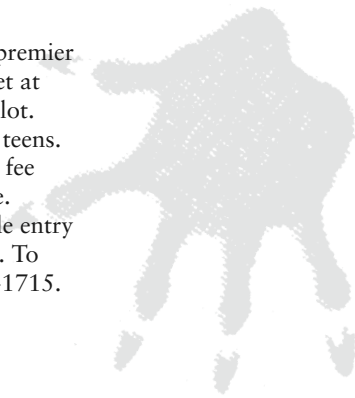
Tualatin Hills Park and Recreation District photo

Bug Fest at Tualatin Hills Nature Park

noon to 4 p.m. Saturday, Aug. 25

Come to Tualatin Hills Nature Park for the 7th annual Bug Fest. This year's featured critters are bees – critically important for our food because of their role as pollinators. Celebrate the many spineless creatures both big and small that keep the environment healthy and in balance. All those tiny critters, like beetles, butterflies, ants, slugs and spiders, help recycle fallen trees, pollinate flowers, and are food for other animals. Games, displays, crafts, live bugs and guided activities await the whole family. You can even bring a bug to be identified by an expert. Admission to the festival is \$1.50 per person. For more information, call (503) 629-6350. *Tualatin Hills Park and Recreation District and Metro* 

Park, one of Oregon's premier tracking locations. Meet at the floodplain parking lot. Suitable for adults and teens. Registration and an \$8 fee are required in advance. There is a \$4 per vehicle entry fee, payable at the gate. To register, call (503) 797-1715. *Metro*



Pioneer cemeteries

Lone Fir Pioneer Cemetery tours

10 a.m. to noon Saturdays, June 9 and July 14
Embark on a unique history lesson while enjoying the beauty and tranquility of Metro's Lone Fir Pioneer Cemetery in Southeast Portland. The tour highlights Portland's founders, early pioneers and nationally-recognized figures, as well as interesting headstones and monuments. Explore 30 acres of mature trees and a very special rose garden. Suitable for all ages. Meet at the main entrance at Southeast 21st Avenue and Morrison Street. Advance registration is not required. A suggested donation of \$10 goes to headstone restoration and educational programs. For more information, call (503) 775-6278. *Friends of Lone Fir Cemetery* ♿ by arrangement

Monument repair workshop

10 a.m. to noon Saturday, June 16
Monument conservation is critical to preserving the history at Metro's Lone Fir Pioneer Cemetery. Help repair larger obelisks and reset broken, damaged stones in danger of disappearing altogether. Meet at Southeast 21st Avenue and Morrison Street. Advance registration required. For more information, call (503) 775-6278. *Friends of Lone Fir Cemetery* ♿ by arrangement

Midsummer night at Lone Fir

5 to 8 p.m. Saturday, July 28
Watch Portland history come to life as you relax on a blanket, enjoying live music and performances that tell

the stories of some of the more interesting individuals buried at Lone Fir Pioneer Cemetery. Bring a picnic and lawn chairs. Great for all ages. Enter at Southeast 21st Avenue and Morrison Street. Advance registration is not

21st annual Great Blue Heron Week

May 30 to June 10



Jim Cruce photo

Each year since the great blue heron became Portland's official bird in 1986 the city and the metropolitan area have celebrated the heron as a graceful, majestic symbol of the region's commitment to maintaining access to nature in our cities and neighborhoods. Since then, great strides have been made toward integrating the built and natural environments and creating a more ecologically sustainable metropolitan region.

Great Blue Heron Week is an opportunity to celebrate both our successes and future challenges. Climb into a canoe or kayak, hop on a bicycle or stroll on foot through our growing system

of parks, trails and natural areas. See the full schedule of events at www.audubonportland.org.

Columbia Slough birding bike ride

7 to 8:30 a.m. Thursday, June 7
Take a leisurely, pre-commute bike ride along the Lower Columbia Slough Trail and enjoy the lively birdlife to be encountered on a spring morning. Learn about future extensions of the trail and how citizens can get involved in protecting and restoring the slough. Helmets are required. Directions and other details will be mailed to you. Free. Advance registration required; visit www.audubonportland.org or call (971) 222-6116. *Audubon Society of Portland*

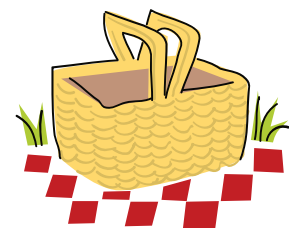
Great blue heron hike at Jackson Bottom

9 to 11 a.m. Saturday, June 9
Take a leisurely walk with naturalist Sarah Pinnock to the east side of the preserve to see the great blue herons in their nests high in the Douglas fir trees. Wear shoes that can get wet and muddy. \$3 per person. Advance registration is required; call (503) 681-6278. *Jackson Bottom Wetlands Preserve*

Ross Island regatta

8 to 11 a.m. Sunday, June 10
Join a colorful flotilla of canoes and kayaks on a paddle around what will soon be one of Portland's premier wildlife refuges to view great blue herons, osprey and bald eagles on their nests. Personal flotation devices required. Directions and other details will be mailed to registrants. Free. Advance registration required; visit www.audubonportland.org or call (971) 222-6116. *Audubon Society of Portland*

required. Suggested donation is \$5 per person or \$10 per family or group. For more information, call (503) 775-6278. *Friends of Lone Fir Cemetery* ♿



Paddle trips

Smith and Bybee Wetlands paddle trips

Traveling by canoe or kayak is the best way to explore Smith and Bybee Wetlands Natural Area in North Portland. Meet at the parking lot on North Marine Drive. Bring your own kayak or canoe and personal flotation device. The new water control structure is helping to restore the wildlife area to a seasonal wetland. The changes are great for wildlife but they make paddle conditions difficult to predict. The trip leader will contact participants if it is necessary to cancel the trip. Advance registration required. *Friends of Smith and Bybee Lakes*

11 a.m. to 3 p.m. Sunday, June 24

To register, call Troy Clark at (503) 249-0482.

8 a.m. to noon Sunday, July 15

To register, call Troy Clark at (503) 249-0482.

noon to 4 p.m. Saturday, Aug. 11

To register, call Dale Svart at (503) 285-3084.

Tualatin River paddle tour and nature walk

10 a.m. to 2 p.m. Saturday, June 9

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. Before the paddle trip we'll take a brief walk to explore the forested part of the property. Then explore the habitats of this area paddling the river for about three hours. Beaver, nutria and river otter are common in this stretch of the river and we will see plenty of evidence of their activities.



Michael McDermott photo

Birds will be singing from the banks. Bring drinking water, snacks, insect and sun protection, and waterproof binoculars if you have them. Advance registration and payment are required. The registration fee is \$5 for members of the Tualatin Riverkeepers and includes free canoe use. Non-members pay \$10 to register for the trip with their own boat and can rent a canoe for an additional \$20. To register, call (503) 620-7507. *Metro and Tualatin Riverkeepers*

Explorando el Columbia Slough

1 to 5 p.m. Saturday, June 16

Celebrate the nature and history of the Columbia Slough at this annual environmental festival offering activities in Spanish and English. Enjoy canoe trips, music, bird watching, nature games and displays, refreshments and more. Come to Whitaker Ponds Natural Area at 7040 NE 47th Ave. in Portland. Free. For more information, call (503) 281-1132. *Columbia Slough Watershed Council* ♿

New Smith and Bybee Wetlands canoe trip

Boats provided!

1 to 4 p.m. Saturday, June 23

For the first time Metro is offering boat trips at Smith and Bybee Wetlands for those who do not own a boat. Experiencing Smith and Bybee Wetlands from the water is a completely new experience. Chances are good that you will see wildlife that is not easily seen walking on the trail. Metro naturalist James Davis and volunteers guide these small group trips. Suitable for adults and families; children must be accompanied by an adult. Some experience being in a canoe or kayak is helpful but not essential. If you own a boat and are interested in a guided paddle trip, check out the trips offered by the Friends of Smith and Bybee Lakes. We know your black lab would be in heaven but pets are not allowed in Metro's natural areas and parks. Program fee includes boat, paddles and personal flotation devices provided by Alder Creek Kayak.

\$45 – for two people in a canoe or double kayak

\$50 – for two adults and one child (or two if small) in a canoe

\$35 – for one person in a single kayak

\$25 – for one adult or teen to be paired with another in a canoe or kayak

Registration and payment are required in advance; call (503) 797-1715. *Metro*

Tualatin River

Discovery Day

9 a.m. to 3 p.m. Saturday,
June 23

Come to the 18th annual Tualatin River Discovery Day. Explore the wonders and tranquility of the river as you paddle 5.5 miles from Jurgens Park in Tualatin to Stafford. Guide book and shuttle service provided. At the end of the paddle, grab some watermelon and take a tour of Metro's native plant center. Free. Advance registration required; call (503) 620-7507. *Tualatin Riverkeepers*

Willamette Challenge

9 a.m. to noon Sunday, July 8

The Willamette Challenge is a 6-mile paddling relay from the banks of the Willamette River at Oaks Amusement Park. All are welcome at this annual fundraising event for Willamette Riverkeeper. Activities include competitive and family-style races, raffle, display booths and park rides. For more information, visit www.willamettechallenge.org. *Willamette Riverkeeper* ♿

Columbia Slough Regatta

9 a.m. to 1 p.m. Sunday,
July 29

Come to the largest one-day paddling event in Oregon. The Columbia Slough is home to more than 175 species of birds, 25 species of fish and a wide variety of mammals. Bring your own watercraft or make a reservation for a free canoe or kayak rental. Enjoy educational booths, t-shirts, snacks and beverages. Free. Advance registration required; call Katie at (503) 459-7674. *Columbia Slough Watershed Council*

Midsummer night's paddle trip

6 to 8 p.m. Saturday, Aug. 18

Not a morning person? Enjoy a sunset paddle on the Tualatin River from Tualatin Community Park in Tualatin. Advance registration required; call (503) 620-7507. *Tualatin Riverkeepers*

Volunteer ventures

KEEP NATURE IN NEIGHBORHOODS

Friends of Trees natural area restoration events

8:45 a.m. to 1 p.m. Saturdays
in June

Have fun, help the earth and make new friends, too. Projects involve sheering weeds and mulching newly planted native trees, shrubs and herbaceous material at natural areas across the region. Tools and guidance are provided. For site locations and directions, call (503) 284-8733 or visit www.friendsoftrees.org.

Native plant center volunteer Saturday

9 a.m. to 1 p.m. Saturday,
June 2

Help transplant native seedlings into plugs and pots, collect seeds from the grow-out beds, or help with the maintenance of the native beds by weeding or staking up flowering stalks. Volunteers with carpentry skills can help build seed drying racks. Learn about Metro's native species conservation program and see what is taking root at the plant center. Prior gardening experience is not required. Gloves, tools, water and a snack will be provided. All ages are welcome. Advance registration is required; call (503) 797-1715 to register. *Metro*

Arbor Lodge Park work parties

9 a.m. to noon Saturdays,
June 2, July 7 and Aug. 4

Help replace the use of pesticides with people power by weeding at this North Portland park. Snacks, gloves and tools will be provided. Meet at North Bryant Street and Greeley Avenue. For more information, call Megan at

(503) 423-7549. *Northwest Coalition for Alternatives to Pesticides*

Columbia Slough stewardship at Salish Ponds

9 a.m. to noon Saturday,
June 9

Enjoy a stroll along the trail at Salish Ponds Wetlands Park in Fairview while picking up litter and improving habitat in the Columbia Slough watershed. Gloves, bags and refreshments will be provided. Advance registration required; call Melissa at (503) 281-1132. *Columbia Slough Watershed Council*

Sandy River Gorge work party

Time to be determined
Saturday, June 9

Just 20 miles east of Portland, this preserve hosts pristine habitats, including an old-growth forest, and provides a home to native salmon, elk, river otter and other wildlife. Help remove invasive species. Includes a strenuous 3-mile round-trip hike with an 800-foot elevation gain. Advance registration required; call (503) 802-8100. *The Nature Conservancy*

George Himes Park work days

9 a.m. to noon Saturdays,
June 16, July 21 and Aug. 18

Join the Hillsdale Neighborhood Association and the West Willamette Restoration Project for a morning of urban forest renewal. Meet at the corner of Southwest Nebraska Street and Terwilliger Boulevard. For more information, call Melanie at (503) 699-9825. *Three Rivers Land Conservancy*

Native plant center volunteer Saturday

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

Help collect, clean and process seeds from grow-out beds filled with early blooming natives. Other activities may include transplanting seedlings

or building wetland emergent beds. Volunteers with carpentry skills can help build seed drying racks. Learn about Metro's seed-to-seed program and how you can participate by adopting a grow-out bed with your family or group. Prior gardening experience is not required. Gloves, tools, water and a snack will be provided. All ages are welcome. Advance registration is required; call (503) 797-1715 to register. *Metro*

Clark County restoration

8:45 a.m. to 1 p.m. Saturday,
July 14

Help improve salmon habitat, water quality and watershed health in Clark County. Enjoy a great day of restoration work, community camaraderie and environmental education. Equipment, tools and light refreshments will be provided. Bring gloves and a reusable mug. Advance registration required by May 17; call (360) 992-8585 or send e-mail to streamteam@clarkpud.com. *Clark Public Utilities*

Native plant center volunteer Saturday

9 a.m. to 1 p.m. Saturday,
July 28

Harvest seeds from many native species unique to oak woodlands and prairie habitats in the region. Process seeds, maintain native beds, transplant natives into larger pots or plant them in grow-out beds. Learn about Metro's seed-to-seed program and how you can participate by adopting a grow-out bed with your family or group. Prior gardening experience is not required. Gloves, tools, water and a snack will be provided. All ages are welcome. Advance registration is required; call (503) 797-1715 to register. *Metro*

Continued

Schoolyard rain garden tour and work party

9 a.m. to 1 p.m. Tuesday, July 31

Tour three Portland area schoolyard rain gardens designed to reduce the amount of stormwater entering local rivers. Each site visit will include a tour of the student created gardens followed by maintenance of the grounds and plants. Refreshments provided. Advance registration required; visit www.lcrep.org or call McKenzie at (503) 226-1565 ext. 229. *Lower Columbia River Estuary Partnership*  by arrangement

Salmon Watch program training

8 a.m. to noon Saturday, Aug. 18

Help teach youth about salmon and watersheds with Salmon Watch, an award-winning education program that centers on streamside field trips to view spawning Chinook salmon. Learn about water quality, aquatic insects, riparian zones and working with kids. Training will be held at Eagle Fern Park. To register, call (503) 222-9091 ext. 20. *Oregon Trout*



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See you there!



Blue Lake Regional Park in Fairview is a favorite place for summer picnics and family gatherings.

Jerome Hart photo

Metro parks and facilities

Blue Lake Regional Park

185-acre park with a natural lake, water spray ground, swimming, fishing, boat rentals, food concessions, archery, reservable picnic shelters, ball fields, The Lake House, Nicháqwli monument, trails, wetlands observation deck and community events

20500 NE Marine Drive in Fairview

\$4 per car and \$7 per bus

Oxbow Regional Park

1,200-acre nature park with old-growth forest, wild and scenic Sandy River, wildlife watching, nature programs, field trips, fishing, swimming, boat launch, paddling, hiking, camping, reservable picnic areas, horseback riding, playgrounds and ball fields

3010 SE Oxbow Parkway east of Gresham

\$4 per car and \$7 per bus

Howell Territorial Park

120-acre park with reservable picnic areas, pioneer orchard, natural area, nature programs, field trips and historic farmhouse

13605 NW Howell Park Road on Sauvie Island

Smith and Bybee Wetlands Natural Area

2,000-acre natural area with wetlands, wildlife watching, accessible trails, canoe launch, nature programs and field trips

5300 N Marine Drive in Portland

Beggars-tick Wildlife Refuge

20-acre natural area with trails and wildlife watching

Southeast 111th Avenue and Foster Road in Portland along the Springwater Corridor Trail

Pioneer cemeteries

14 historic pioneer cemeteries managed as active facilities

Located throughout Multnomah County

Chinook Landing Marine Park

67-acre marine park on the Columbia River with six launching lanes, picnic areas, observation deck, fishing, swimming, trails, accessible docks and a river patrol office

22300 NE 223rd Ave. in Fairview adjacent to Blue Lake Regional Park on Marine Drive

\$5 per vehicle

M. James Gleason

Memorial Boat Ramp

Boat launch on the Columbia River with launch lanes, boarding docks, fishing, wildlife watching, trails and a river patrol office

4325 NE Marine Drive in Portland

\$5 per vehicle

Sauvie Island Boat Ramp

Boat launch on Multnomah Channel

Burlington Ferry and Sauvie Island roads on Sauvie Island

Glendoveer Golf Course

Two 18-hole golf courses, 2-mile fitness trail, tennis courts, driving range and restaurant

14015 NE Glisan St. in Portland

Metro's natural techniques garden

Demonstration garden with seasonal floral displays, chemical free lawns, native plants, edible landscaping, children's garden, garden experts and workshops

6700 SE 57th Ave. in Portland

Information numbers

General number

(503) 797-1850

Picnic reservations

(503) 665-4995

Registration for Metro nature activities

(503) 797-1715

Blue Lake Regional Park

(503) 665-4995

The Lake House

(503) 252-1718

Oxbow Regional Park

(503) 663-4708

Howell Territorial Park

(503) 665-4995

Smith and Bybee Wetlands Natural Area

(503) 797-1844

Marine facilities

(503) 665-4995

Glendoveer Golf Course

(503) 253-7507

Pioneer cemeteries

(503) 797-1709

Metro recycling and natural gardening information

(503) 234-3000




Find a Park

Metro's new Find a Park web tool helps you search more than 1,000 parks and natural areas throughout the region to find the best places near you to unpack your picnic, shoot some hoops, put your canoe in the water or look for wildlife.

www.metro-region.org/parks

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

 The "accessible features" listed above are facilities and activities that are accessible to wheelchair users. For information about other kinds of access or accommodations, call (503) 797-1728.

Bike There!



25th anniversary edition of the Bike There! map available now

Bike There! has guided cyclists through the region's streets, paths and bike lanes for 25 years. A new 2007 edition of the award winning map is now available at area bike shops and book stores. The map is a regionwide guide to designated bike lanes and multi-use paths that link people and places across city and county boundaries. Selected through streets where bicyclists share the road with motorists are rated.



Jerome Hart photo

Bike There! will help you plan bike-friendly routes to work, school, shopping and your favorite parks. Biking is economical and healthy, for you and the planet. So pump up your tires and get out on your bike to enjoy nature in your neighborhood. Find a list of retail outlets or purchase online at www.metro-region.org/bikethere.



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Nature in
Neighborhoods