

FALL 2011

GreenScene



Your fall guide to
great places and
green living

www.oregonmetro.gov



return
balance
cluster
narrate
feast
study
see



Metro | *Making a great place*



Getting to know the nature of the region – one spot at a time

by Metro naturalist Deb Scrivens

Looking for a new way to experience nature in this neck of the woods? Consider a simple practice known as “The Secret Spot” taught to Metro’s Nature University students each year.*

Step one: Find your spot

Choose an outside place that is convenient to you. It can be in the city or the country. It can be in a neighborhood park or a large natural area or even in your own backyard. A view and some water are nice, but not necessary. Just about any place that’s a little off the beaten path and has some vegetation will do. (One of my

favorite spots is a certain copper beech tree in Lone Fir Cemetery.) The important thing is that you can visit your spot often.

Step two: See your spot in a new way

George Sand once said, “The whole secret of the study of nature lies in learning how to use one’s eyes.” With practice, you can learn how to relax your eyes, use your peripheral vision and view the world in a soft, unfocused way. Animals, both predator and prey, spend most of their time in this sort of vision.

Go to your secret spot and get comfortable. Hold your hands out to each side of your head and wiggle your fingers. Keep facing front; don’t move your eyeballs or your head. See if you can see your fingers wiggling on both hands at the same time. Find out how far back you can move your hands and still see them both. This technique, which is called “wide-angle vision,” will literally help you see more. Your vision will be soft and blurry, but you will start to notice tiny movements around you.

To take your wide-angle vision to the next level, imagine you are an owl. You can be a big great-horned owl, a little screech owl or a ghostly white barn owl – it’s your choice. Owls have excellent vision, but their eyes are fixed in their skulls. When an owl wants to see something clearly, it turns its whole head. Try doing this. Close your eyes, turn your head and open your eyes in wide-angle

vision. What is it like? Just sit back and look out at things. If you get sleepy, close your eyes for a while. When you open them, remember to be in “owl eyes.” Try this for a full hour. When you are done, take 15 minutes to write about what you noticed and how you felt.

Step three: Return!

Come back to your secret spot as often as you can. Visit it at different times of day and find out how it changes with the seasons. Make a map of your spot or keep a journal of your observations and reflections.

After awhile, a transformation takes place – you’ll start to feel more like a resident than a tourist. It is likely that you will be visited by birds and mammals that become accustomed to your presence. You start to belong. You may also discover that by paying close attention to one place for weeks and months, you have developed and expanded your ability to connect deeply to other places.

The Portland metropolitan area is full of secret spots waiting to be discovered and loved. This fall is a great time to find yours.

*To give credit where credit is due, Metro naturalists learned this technique from naturalists Tom Brown Jr. and Jon Young, who learned from indigenous people.

Nature University

Every year, thousands of children and adults visit Metro’s parks and natural areas for school field trips and summer programs. Volunteer naturalists make these wonderful experiences possible by working with Metro naturalists to lead these activities and programs.

If you love nature, enjoy working with children and have access to personal transportation, consider becoming a volunteer naturalist

by attending Nature University. No special experience is required, but a background in natural history and biology and working with groups is helpful. At Nature University, you receive the training needed to become a qualified and confident Metro volunteer naturalist.

Nature University is a 12-week training course where volunteers are taught time-honored techniques of nature observation, principles of place-based education, and how to lead Metro’s established programs at Oxbow

Park and Smith and Bybee Wetlands. Students learn about common wildlife and plants, the ecology of wetlands and ancient forests, and effective teaching techniques.

Nature University classes meet from 9:30 a.m. to 2 p.m. on Tuesdays, Jan. 24 through April 10, at different locations. There is some homework between class meetings. In exchange for this unique training, graduates are expected to provide a minimum of 40 hours of service within the first year, which is about

10 school field trip programs. Expectations include availability to help with class field trips during school hours in the fall and spring, and on some weekdays or weekends in the summer.

Enrolling in the class of 2012

Completed applications must be received by Thursday, Nov. 3, 2011.

www.oregonmetro.gov/volunteer

parkvol@oregonmetro.gov

503-813-7565



Salmon homecoming at Oxbow

Oct. 15, 16, 22 and 23

Spicy scents of autumn trees, giant golden leaves on maples and the silvery chatter of water ouzels in the river. These are the smells, sights and sounds of fall at Oxbow Regional Park. Witness the return of wild salmon to one of the Pacific Northwest's premier rivers – the glacier-fed Sandy – just 45 minutes from downtown Portland. On the third and fourth weekends in October, enjoy viewing salmon on both Saturdays and Sundays. On Saturdays, learn about fungus in a mushroom class in the ancient forest. Select Sundays feature a guided salmon restoration walk and a rafting trip down the Sandy River to see the fish up close. See schedule below for full details.

Programs are free with a \$5 per vehicle entry fee to the park, and registration is not required (except for the rafting trip). For more information, call 503-797-1650, option 2.

Leave pets at home.

Salmon viewing

11 a.m. to 3:30 p.m.

Saturdays and Sundays

Naturalists are on hand at the river's edge to help spot spawning salmon and interpret their behavior and life cycle. Special salmon-viewing glasses are available on loan. The trail is unpaved and fairly level; wear good walking shoes. Inquire at the entry booth for starting location of the salmon viewing, then follow the signs to the salmon! Rain or shine. Suitable for all ages.

Beginning mushroom classes

2 to 4 p.m. Saturdays only

Join naturalist James Davis for an exploration of the abundant fungi in Oxbow's ancient forest. In this beginners' mushroom class, learn the basics of mushrooms and other fungi, and how to go about identifying this



Morel mushroom

complicated group of strange and fascinating life forms. Not every fungus is identified, but this introduction gets you started identifying mushrooms and deepens your appreciation of the amazing variety of shapes, colors, textures and smells that make these life forms so intriguing. Suitable for ages 12 and up. Meet at Alder Shelter (group picnic area A) at 1:45 p.m.

Happy Creek salmon restoration walk

2 to 4 p.m. Sunday, Oct. 16

Join a salmon restoration specialist from the Sandy River Basin Watershed Council to see how a future restoration project on Happy Creek improves survival rates for juvenile Chinook salmon, coho salmon and steelhead. Learn about the characteristics of good habitat and get some tips on native plants and salmon-friendly practices that can be implemented where you live. Suitable for ages 8 and up. Meet at Alder Shelter (group picnic area A) at 1:45 p.m.

Salmon on the Sandy River rafting trip

10 a.m. to 3:30 p.m. Sunday, Oct. 23

Northwest River Guides and Metro have teamed up to provide a rafting adventure on the lower Sandy River (Class 1+, moving water and riffles, no rapids). See spawning Chinook salmon from the raft as you learn about their incredible journey and life cycle. The trip takes you through the ancient forest of Oxbow Regional Park and past the ghostly remains of a buried forest. This 4-hour float starts and ends at Dabney State Park and includes equipment rental, instruction and shuttle to the launch site. Snack provided; bring a sack lunch. Suitable for ages 8 and up. Cost is \$45 per adult, \$30 per child under 12. Minors must be accompanied by an adult. Advance registration required. For more information or to register, visit www.northwestriverguides.com or call 503-772-1122.

More activities

Sandy River Gorge restoration work party

8:30 a.m. to 4 p.m. Saturday, Oct. 15

Prepare and plant willow cuttings at The Nature Conservancy's Sandy River Gorge Preserve, just 20 miles east of Portland. The preserve is host to pristine habitats, including an old-growth Douglas fir forest, and provides a home to salmon, elk, river otter and other wildlife. Volunteers under 18 must complete additional paperwork prior to the date of the work party. A carpool is provided from the conservancy's Portland office, though there is limited space available. Advance registration required; email orvolunteers@tnc.org or call 503-802-8100. *The Nature Conservancy*

Kids' nature walk at Sandy River Delta

10 a.m. to noon Sunday, Oct. 16

Child educator and naturalist Elaine Murphy introduces kids to the plants and animals that live in the Pacific Northwest on a free nature walk at the Sandy River Delta. Location provided with registration. Children must be accompanied by an adult. Advance registration required; call 503-445-2699. *Backyard Bird Shop*

Spawning salmon

9 a.m. to 5 p.m. Wednesday, Oct. 19

Witness an ancient life cycle in action and perhaps see wildlife feeding on dying salmon, too. This trip is part of the James Davis series of excursions based on his book "The Northwest Nature Guide," which is available for purchase by participants at a 20 percent discount. Pack a lunch, water and snacks. Binoculars provided. Meet at the Hollywood Fred Meyer parking lot near Northeast Broadway and 32nd Avenue to carpool. \$23.50; includes transportation and guide. Register with a friend and you could receive 20 percent off your course fee. For more information, call 503-823-3601. *Portland Parks and Recreation*



The view from Metro's Canemah Bluff Natural Area.

NATURAL AREAS

Oregon City's Canemah Bluff flourishes with more protected land, city park makeover, coming amenities

Canemah Bluff, formed by ancient lava flows and carved by the force of the Missoula floods, stands tall surrounded by the hustle and bustle of daily life in Oregon City and the Willamette River below.

This summer, Metro's efforts to preserve this unique stretch of nature took a major step forward with the purchase of two critical pieces of land. The \$2.2 million investment nearly triples the size of this protected natural area from 90 acres to some 271 acres. That's 181 additional acres that will now be publicly owned, conserving habitats and water quality.

"Metro's Natural Areas Program looks for strategic additions in key areas identified for their critical habitat and restoration possibilities," said Metro Council President Tom Hughes. "Obtaining this amount of high-quality land, in this urban setting, is an important achievement that will benefit generations to come."

Canemah Bluff: Piecing together preservation

The new purchase involves two sections of land. The one on the northern portion of Canemah Bluff fills a gap between pieces of land bought earlier by Metro's Natural Areas Program, which voters tasked with preserving and protecting critical habitats, natural resources and open spaces.

The other new section is south of Metro's existing property, separated by privately owned land. The Natural Areas Program, which buys land only from willing sellers, has spent the past 15 years protecting land on the bluff piece by piece as opportunities come up.

The agency made its first purchase in the area, 22 acres, in 1996. Money from the voter-approved 1995 natural areas bond measure funded that deal. That bond measure, along with the 2006 follow-up bond measure, led to additional purchases in the area. Now at more than 271 acres, the Canemah Bluff

natural area – once destined to become a housing development – will remain a natural treasure for the city and neighbors to enjoy.

Metro Councilor Carlotta Collette, whose district includes the Canemah Bluff area, has walked through the natural area and along the top of the ridge above the Willamette River many times. "It's a spectacular place – breathtaking. It is truly a legacy, given by the region's voters who approved the bond measure to purchase this land for future generations. I know it is much loved by the people in Oregon City, and it will be loved by everyone who visits it."

Restoring nature now, paving the way for access tomorrow

The northern section of Canemah Bluff is home to a mixed forest including rare Oregon white oaks and Pacific madrone, as well as the heartier and faster-growing Douglas fir, maple and alder trees. Metro scientists use forest management practices in that area such as tree thinning and invasive plant removal to help the valuable oaks and other native species thrive. Camas and Brodiaea lilies, white larkspur, rosy plectritus and many other native wildflowers bloom in spring. Birders can find chipping sparrows, red-breasted sapsuckers, white-breasted nuthatches and orange-crowned warblers as well as hawks and eagles soaring over the river.

Metro and Oregon City officials are working to assure public access to the bluff. The northern portion connects to Oregon City's Canemah Neighborhood Park, which reopens this fall with upgraded amenities, including new landscaping, stonework, walkways, restrooms and more. Walking paths lead visitors through the park and into Metro's Canemah Bluff natural area, where plans are being finalized for natural resource conservation and trails. Neighbors were invited to weigh in this summer on which trails were most useful and what new trails might be needed. Future informational signs will explain the fragile habitat and restoration work, the diverse plant and wildlife species found here, and the geological significance of the land.

Providing access to the southern part of Canemah Bluff natural area will take longer. It had been logged for decades, and red alder, big leaf maple, scattered Douglas fir, Western red cedar and cottonwood now dominate the forest there. Pockets of white oak and madrone exist but need some human help to flourish as they once did. In protected areas like this, Metro's science team crafts

short- and long-term plans to help the native habitat thrive.

Oregon City Mayor Doug Neely believes Metro's work to preserve land not only in Canemah Bluff, but also in the nearby Willamette Narrows and Newell Creek areas, leads to great possibilities for the region down the road. "The hope is one day to have trails along the Willamette River and Canemah Bluff that connect," he said. "It would be a great way for people to experience both the river habitat and rare oak habitat in Oregon City."

Preserving the past

Canemah Bluff is one of 27 high-priority areas targeted by the 2006 natural areas bond measure because of the unique biological, geological, scenic and historical values of the area. Hundreds of years ago, Native Americans from throughout the region, and as far away as the Plains, gathered here each year. They relied on and lived off the nature of Canemah Bluff. The camas, plentiful at the time, provided a vital potato-like food source. Rushes and reeds were used to make baskets for carrying traded goods.

"This land is an important part of the rich culture of the Grand Ronde tribes and an integral part of our knowledge of ourselves and our history," said Siobhan Taylor, public affairs director for the Confederated Tribes of the Grand Ronde. "The Grand Ronde tribes are delighted the land will be preserved."



Camas

Dig in at Canemah Bluff

9 a.m. to 1 p.m. Saturday, Oct. 22

Want to experience Canemah Bluff firsthand? Help plant native wildflower bulbs and plugs in a bed at the entrance to Metro's natural area, next to Oregon City's newly transformed Canemah Neighborhood Park. This is a family-friendly event, and groups are welcome. To volunteer, contact Bonnie Shoffner at 503-797-1653 or bonnie.shoffner@oregonmetro.gov.



Natural areas by the numbers

Opt in and share what you love

Nearly 1,500 people shared their thoughts about natural areas through Metro's Opt In survey in May.

More than half said they visited a natural area in the past month. Most people seek out natural areas that are convenient to reach for hiking or to enjoy the scenery and peace and quiet. They said they most value these investments for protecting wildlife habitat and the legacy they leave to future generations.

Favorite spots? Forest Park led the pack, but Washington Park, Oaks Bottom, Mount Tabor, Tryon Creek State Natural Area and the Columbia River Gorge were all favorites, too.

Looking to the future, there is strong support for making investments in more regional and local trails, neighborhood parks, habitat restoration and park maintenance. Other priorities include opening more of the land Metro purchased as regional nature parks and providing more access to rivers and streams for paddlers and nonmotorized boating.

What do you think?

Join Opt In! Learn more and make your voice heard. Read survey results and let decision-makers know what you think about the big issues. Opt in now, and this fall share your views about walking, biking and other active transportation choices. Plus, be entered into monthly drawings for gift cards and other rewards.

optin
ONLINE PANEL

www.oregonmetro.gov/connect

Know your place

Authors Barry Lopez (pictured) and Debra Gwartney engaged visitors at Graham Oaks Nature Park July 30 to kick off the Know Your Place event series, a collaboration

between Metro's Natural Areas Program

and Oregon Humanities. The series, which is sponsored by the

Oregon Lottery, brings provocative people and ideas to a handful of the 11,000 acres that voters have protected. To explore Cooper Mountain Nature Park with filmmaker Matt McCormick on Saturday, Sept. 24, visit www.oregonmetro.gov/calendar, find your event and follow the instructions.





Blue Lake Discovery Garden

Is your favorite secret spot in your own backyard?

Visit a demonstration garden and get inspired to extend your garden season and build healthier soil in the process – without chemicals.

It's a widespread myth that fall harvest brings the end of the gardening season. In the temperate Pacific Northwest, gardening through the fall and even winter months can be pretty easy, and very rewarding. It also builds and protects your soil, which makes spring startup go more smoothly.

So when the days get shorter, don't say goodbye to the yard. Once the blooms have passed their prime and the summer veggies have petered out, let the fall action begin – plant cover crops.

If you're up for more than a cursory toss of cover crop seed, why not continue your edible garden? Sow lettuce, mustard and spinach. While they grow more slowly and may not tolerate freezing temperatures without being covered, what thrives adds freshness to your plate. A row of kale and Swiss chard provides leafy greens for months. And in early fall, you can still transplant

brassicas like broccoli and cabbage for late fall harvest, as well as garlic, onions and leeks for spring.

Fall is also a great time to expand your collection of native ornamentals that thrive in the climate, attract birds, butterflies and other wildlife, and add beauty to your yard with minimal maintenance. How do you get started? Visit a demonstration garden to see how it's done, then bring your inspiration home to your yard. Natural gardening, without harmful chemicals, protects children, pets, wildlife and waterways.

Blue Lake Natural Discovery Garden, Fairview

Metro's Blue Lake Regional Park is an ideal setting for this kid-friendly garden, perched on a rise just yards from the spring-fed natural lake. Interpretive signs

help visitors of all ages identify and interact with plants, animals and insects, and educate growers of all levels and interests about organic gardening techniques. The garden is divided into themed sections, including a rain garden and a native plant section that provide year-round gardening inspiration. Kids love the bed full of plants to smell and another with plants to touch, like the sandpaper "dinosaur food" plant (*Gunnera manicata*).

Cooper Mountain Demonstration Garden, Beaverton

The Cooper Mountain garden, located in a 231-acre nature park, offers information on a wide range of native and non-native plants that thrive in the region's dry summers and wet winters. The plants in this garden are all colorful, low-maintenance and wildlife-friendly. Visit this fall to see the foliage and glowing grasses. Gather ideas here for planting your own natural, pesticide-free garden at home.

Oregon Tilth Demonstration Garden at Luscher Farm, West Linn

Oregon Tilth's 6,000-square-foot, year-round organic garden is part of the historic Luscher Farm, owned by the City of Lake Oswego. This 100-acre agricultural compound also includes the 10-acre, community-supported agriculture farm, 47th Avenue Farm, a community garden and the stunning Rogerson Clematis Collection.

The garden is full of practical and inspiring ideas for how to grow food and flowers organically. Demonstrations include space-saving techniques to pack more into your yard and urban composting methods that divert kitchen scraps from the garbage into the garden, where they become rich soil amendments.



Red clover

Not taking your summer garden into fall?

Prep your soil for spring by planting cover crops.

The key to a healthy garden is healthy soil. Sowing cover crops in the fall is an easy and inexpensive way to prep your soil for spring. Cover crops – also called "green manure" because the plants are turned over directly into the soil – are nitrogen-fixing plants that build the fertility of your soil just by growing there.

In addition to building better soil, cover crops protect otherwise exposed soil through the winter and help prevent early weeds. In the spring, crops like fava beans and crimson clover beautify your garden while the rain is still falling. Red clover blossoms make delicious tea, and sweet peas, a sweet bouquet.

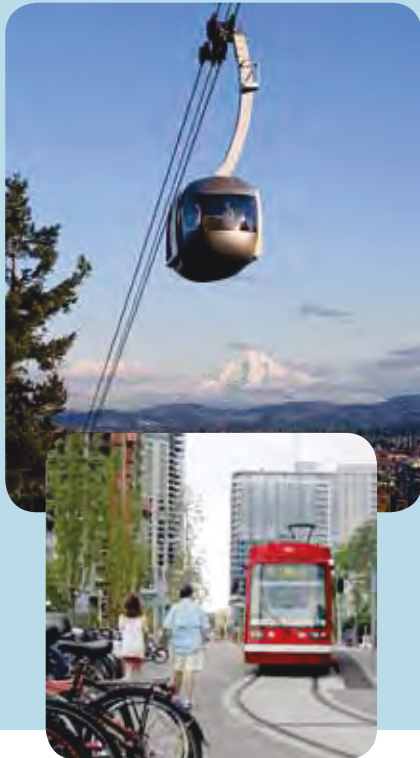
Cover crops in four easy steps:

1. Purchase cover crop seed from your local garden store. Often you can find the seed in bulk and mix and match.
2. Once you've harvested your summer and fall bounty, clear the spent plants from your garden plot and put them in a pile to compost.
3. Toss your cover crop seed out onto the bed as orderly or scattered as you like. Cover the seed with a light dusting of garden dirt or compost. Then just let them grow.
4. In the spring, simply turn over your cover crops right into the soil – you might have to mow or cut taller plants first. In a couple of weeks, your bed will be nutrient-rich and ready for spring planting.

For a range of free natural gardening resources for fall – and every season – visit Metro's website.

www.oregonmetro.gov/garden





The ultimate Portland excursion: 4Ts in one

Enjoy the ultimate Portland excursion this fall on the 4T, a walking adventure that combines a trail, a tram, a trolley and a train. Download the updated 4T map with more detailed directions at www.oregonmetro.gov/walkthere.

Hike along the Marquam Trail through the Marquam Nature Park to the city's highest point, Council Crest. Wind along the trail to the OHSU campus, then take a free ride on the tram down to the South Waterfront District. Hop on the streetcar, and then catch a MAX train back to the starting point near the Oregon Zoo.

Expand your excursion with a stop at the Oregon Zoo. On the second Tuesday of every month, admission is only \$4 per person. Learn about special events at the zoo by visiting www.oregonzoo.org.

Go nuts designing Nutcase's next bike helmet



Metro, Burgerville and Drive Less Save More invite you to join the Nutcase bike helmet design contest. Go to www.DriveLessSaveMore.com to download the contest form.

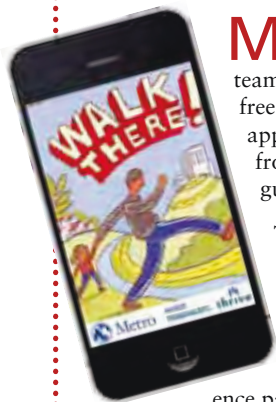
Your imagination's the limit – wacky themes, cool shapes, multiple colors – any design could win.

Enter under either the youth or adult category. Grand prize and runner up winners will be selected in both categories. The grand prize winners get a bike helmet made of their own design. Submit your entry at any Burgerville restaurant by Sept. 30, 2011.

Metro encourages you to always think about safety and wear a helmet when you ride. Portland-based Nutcase Helmets makes helmet wearing stylish with unique designs and creative looks any cyclist, skateboarder, skater or scooter rider would be proud to have on their head.

Winners of the helmet design contest will be announced in October. Good luck!

Download the new interactive Walk There! app



Metro and Kaiser Permanente have teamed up to create a free Walk There! iPhone app, featuring 10 walks from the Walk There! guidebook.

The app features maps, turn-by-turn directions, photos and audio stories to help you get out and experience parks, neighborhoods and trails from your own two feet.

At the touch of a finger, you can explore Portland's beautiful Irvington neighborhood or learn about Oregon City's historic start. Step through nature along Tigard's section of the Fanno Creek Greenway Trail or walk over a unique land bridge in Vancouver. Experience the habitats of Graham Oaks Nature Park in Wilsonville or stretch your legs through the tree-filled Pacific University campus in Forest Grove.



Find 10 walks in and around Portland and Vancouver on the new app

- Portland: Irvington neighborhood
- Portland: 4T
- Gresham: Springwater Trail Corridor
- Milwaukie: Downtown and riverfront
- Oregon City: McLoughlin Historic District
- Wilsonville: Graham Oaks Nature Park
- Tigard: Fanno Creek Greenway Trail
- Hillsboro: Orenco and Orenco Station
- Forest Grove: Pacific University and Clark Historic District
- Vancouver: Fort, downtown and waterfront

Get to your Walk There! destinations by transit

The PDX Bus iPhone app, free from TriMet, displays bus and train routes and scheduled and estimated arrival times; sounds an alarm when a bus or train is getting close. Learn more about PDX Bus and other great transit-tracker apps, visit www.trimet.org/apps.

Download the new Walk There! app

Find maps for 50 free treks

Get walking tips and resources

www.oregonmetro.gov/walkthere



Fall calendar



Volunteer work parties in Forest Park

9 a.m. to 12:30 p.m. every Thursday, and Saturdays, Sept. 17, Oct. 15 and Nov. 19. Come to Forest Park for a volunteer work party focused on habitat restoration. No experience necessary. Tools, materials and training provided. Bring work gloves and wear sturdy footwear. Locations vary. Advance registration required; visit www.forest-parkconservancy.org. For more information, email volunteer@friendsofforestpark.org. *Forest Park Conservancy*



Ladybug nature walks

10 to 11 a.m. Fridays in September and October, and Nov. 4. Explore nature in Portland's parks with trained naturalists. Adults learn how to help their child explore nature. Each child borrows a ladybug backpack filled with tools for exploration. Suitable for ages 2 to 5. Children must be accompanied by a parent or guardian. Locations vary. \$3 per preschooler; adults free. For more information, call 503-823-3601. *Portland Parks & Recreation*



Guided tours of Magness Tree Farm

2 to 3:30 p.m. Sundays. Join staff and volunteers every Sunday – rain or shine – for a fun and informative tour of Magness Memorial Tree Farm in Sherwood. Learn to identify different trees and all about sustainable forestry. Meet in the parking lot at 31195 SW Ladd Hill Road. Free. For more information, call 503-228-1367. *World Forestry Center*




Graham Oaks Nature Park bird walk

8 to 10 a.m. Saturday, Sept. 10. Oak savanna, fir forests, creeks and canyons offer a variety of wildlife watching opportunities on this free expert-guided bird walk. Meet at the Lower Boones Ferry Backyard Bird Shop to carpool. Free. Advance registration required; call 503-635-2044. *Backyard Bird Shop*



Native Plant Center volunteer ventures

9 a.m. to 1 p.m. Saturdays, Sept. 10 and 24, Oct. 8 and 15, Nov. 5 and 19, and Dec. 10 and 17. Volunteer at Metro's Native Plant Center in Tualatin and help care for the rare native seeds, bulbs and plant materials that support regional restoration projects. Fall volunteer activities include harvesting and cleaning native seeds, planting native seed and plugs for prairie habitat seed production, and harvesting bulbs for restoration plantings. No experience necessary. Gloves, tools, water and snack provided. Advance registration required; call 503-797-1653. *Metro*  by arrangement



Protect Terwilliger Parkway

9 a.m. to noon Saturdays, Sept. 10, Oct. 8 and Nov. 12. Help protect and enhance the forest corridor of Terwilliger Parkway by removing invasive plant species. Tools, gloves, water and instructions provided. Wear long sleeves, long pants and sturdy shoes. Suitable for ages 10 and up. Meet at the public restrooms on the corner of Southwest Terwilliger Boulevard and Hamilton Street. For more information, call 503-293-1069. *Friends of Terwilliger*



Women on Bikes clinic

10 a.m. to noon Saturday, Sept. 10. Gear up for winter. Now that you have mastered summer cycling, attend this clinic to learn helpful hints on winter gear, riding techniques and bike upkeep. Meet at Bethany Lutheran Church. Free. For more information, call 503-823-5358. *Portland Bureau of Transportation*



Down the River Clean Up

8 a.m. to 5 p.m. Sunday, Sept. 11. Join the ninth annual Down the River Clean Up on the beautiful Clackamas River. A flotilla of volunteers scour the lower 14 miles of river for items left behind during the summer floating season. Barbeque lunch provided. Advance registration required; email staj@welovecleanrivers.org. *Clackamas River Basin Council and We Love Clean Rivers*



Sauvie Island Center tour

10:30 a.m. to noon Tuesday, Sept. 13. Join the Sauvie Island Center staff for a tour around the Sauvie Island Organics farm and the grounds of Howell Territorial Park. Learn about educational hands-on field trips for Portland youth, explore the site and learn about ways to get involved with the program. Meet at the Sauvie Island Center. Free. Advance registration required; call 503-341-8627 or email jennifer@sauvieislandcenter.org. *Sauvie Island Center*



Aquifer adventure

noon to 4 p.m. Saturday, Sept. 17. Big and little pirates alike are welcome to join the Portland

Water Bureau and the Columbia Slough Watershed Council for a family festival all about groundwater. Play fun games and go on a scavenger hunt in search of hidden treasure – not gold but groundwater, a precious resource that flows beneath your feet! Come dressed in yer finest pirate togs or else the cap'n might make ye walk the plank. Free. Food is available for purchase. For more information, call 503-281-1132. *Portland Water Bureau and Columbia Slough Watershed Council*



Habitat restoration at Steigerwald Lake National Wildlife Refuge

9 a.m. to 12:30 p.m. Saturdays, Sept. 17 and Oct. 15. Help improve stream health and create wildlife habitat every third Saturday of the month. Projects include removing invasive plant species, maintaining newly planted native trees and shrubs, expanding brush pile habitats and more. Enjoy beautiful scenery while giving back to the environment. Meet at the Gibbons Creek Trailhead at Steigerwald Lake National Wildlife Refuge. Bring water and gloves; all other materials provided. Groups and all ages welcome. For more information, call 360-835-8767. *Columbia Gorge Refuge Stewards*



Women on Bikes ride

10 a.m. to 1 p.m. Saturday, Sept. 17. Autumn Adventure: celebrate the cooler weather on a 25-mile ride crossing I-5 and I-205. This is a co-ed ride. Helmets required. Meet at Wilshire Park. Free. For more information, call 503-823-5358. *Portland Bureau of Transportation*



volunteering



sustainable living



wildlife watching



nature discoveries



paddling



natural gardening



bicycling



wheelchair accessible

Landscaping for conservation

1 to 4 p.m. Sundays, Sept. 18 and Oct. 16

Save time, save money and help the environment by letting nature do your gardening. Join education director Matthew Collins for a workshop and discover how your garden can function more like a natural system. Learn about your garden from the ground up starting with the soil and its complex role supporting plants. Also learn about gardening with native plants, which use less water and don't require expensive fertilizers and pesticides. Receive a free plant and the opportunity to receive a garden consultation. Meet at Tryon Creek Nature Center. Free.



Artists enlisted to inspire others to conserve resources

Residents and businesses in the Portland metropolitan area generate about 2.6 million tons of waste each year – enough to fill the Rose Garden arena 15 times over.

Through a unique art and education program, five artists were given scavenging privileges and access to materials discarded at Metro Central Transfer Station. They were asked to help promote new ways of thinking about conserving resources, art and the environment.

The result is a two-day exhibition featuring work by the artists – Ben Dye, Jen Fuller,

Advance registration suggested; call 503-636-4398 or visit www.tryonfriends.org. *Friends of Tryon Creek*

Putting your garden to bed for the winter

6:30 to 8 p.m. Tuesday, Sept. 20

Want to get a head start on your spring garden but not excited about maintaining it throughout the rainy season? In this class, discuss strategies like cover cropping and sheet mulching for tucking your garden in for a long winter's nap and having it be rarin' to go when you wake it up in the spring. Meet at One Stop Sustainability Shop. \$20. For more information, call 503-929-7170. *Independence Gardens*

William Rihel, Mike Suri and Leslie Vigeant.

The Pacific Northwest Art Program is a collaborative project developed by Recology, an employee-owned company that manages a variety of resource recovery facilities; Cracked Pots, Inc., an environmental arts organization; and Metro.

Visit the show. See what can be imagined. Discover your inner artist.

Exhibition

10 a.m. to 5 p.m. Thursday, Sept. 15

10 a.m. to 8 p.m. Friday, Sept. 16

Reception

6 to 8 p.m. Friday, Sept. 16


Metro Regional Center
600 NE Grand Ave., Portland

The artwork will be on sale during the exhibition.

Beginning bird watching class in

Portland

7 to 9:30 p.m. Thursday, Sept. 22

Metro Naturalist James Davis has been getting birdwatchers started in Portland for 30 years. Discuss the basics of bird identification, talk about field guides and binoculars, and discuss how to identify the 25 most common birds of the Portland region. After this introduction to the basics of bird watching, you are prepared for field trips and other classes that follow or to head out on your own. Meet in room 370 at Metro Regional Center in Portland. Suitable for adults and teens. Free for children under 18. Registration and payment of \$11 per adult or family required in advance; see page 15 for instructions. *Metro* 

Acorn pudding and extracting volatile oils


8 a.m. to noon Saturday, Sept. 24

Join wild food expert and author John Kallas to get hands-on experience on how some wild plants are processed for grain flour and essential oils. Learn how to shell, grind, process and leach acorns so that they transform into wonderful additions to breads, muffins, pancakes and pudding. By the end of the workshop, you'll have gone from bitter acorns in the shell to a sweet acorn pudding anyone would enjoy. Learn how to make a distillation setup from simple kitchen ware. Make a distillate from mint that you can use to flavor teas, and in cooking or aromatherapy. Wild Food Adventures workshops are designed to be fun and educational, and make wild foods a reasonable resource for all. Suitable for ages 8 and up. Location provided with registration. \$25 per adult; children pay their age. Advance registration required; visit www.wildfoodadventures.com and go to the workshops page. For more information, call 503-775-3828. *Wild Food Adventures*

Animal tracking family workshop

Have you ever wondered who or what made those footprints on the sides of trails? With practice, you can learn to read the ground like a book. Join animal tracker Deb Scrivens to learn the basics and then practice your new skills on a special tour of the park. The workshop includes the basics of animal signs, track identification and interpreting animal movement. Learn skills needed to watch wildlife at close range and make plaster casts of tracks to bring home. Suitable for ages 10 and up. Children 16 and under must be accompanied by an adult.

1 to 4 p.m. Saturday, Sept. 24
Graham Oaks Nature Park

Meet at the picnic shelter. Registration and payment of \$6 per adult or \$11 per family required in advance; see page 15 for instructions. *Metro* 

1 to 4 p.m. Sunday, Sept. 25
Cooper Mountain Nature Park

Meet at the Nature House. \$15. For more information or to register, call 503-629-6350. *Tualatin Hills Park & Recreation District*

Bull Run watershed tour

8:30 a.m. to 4:30 p.m.
Saturday, Sept. 24 and
Friday, Sept. 30

Don't miss this opportunity to see Portland's tap water at its source! Learn about the protected resources that provide Portland with high-quality drinking water. Meet at Portland Parks & Recreation offices, room 600. \$10. Advance registration required; call 503-823-7437 or email jody.burlin@portlandoregon.gov. *City of Portland Water Bureau*

Know your place: Oregon Humanities event at Cooper

Mountain Nature Park
3 to 5 p.m. Saturday, Sept. 24
Oregon Humanities and the Metro Natural Areas Program are bringing provocative people and ideas together on a few of the 11,000 acres that voters have protected across the Portland

metropolitan area. Filmmaker Matt McCormick guides participants through discussions and exercises focusing on astute observation. Drawing on his background in making visually striking documentaries about Portland and the Pacific Northwest, McCormick describes his creative process and how thinking cinematically can yield deeper experiences with place. Bring a notebook, pen and camera. Wear sturdy shoes. Bring water and a picnic, if you'd like. Meet at Cooper Mountain Nature Park. Free. Advance registration required; call 503-797-1650 option 2. *Metro and Oregon Humanities*



Ridgefield National Wildlife Refuge

bird walk

8 to 10 a.m. Saturday, Sept. 24

Wetlands, grasslands and upland forests offer a variety of wildlife watching opportunities on this free expert-guided bird walk through Ridgefield National Wildlife Refuge. Meet at the Vancouver Backyard Bird Shop to carpool. Free. Advance registration required; call 360-253-5771. *Backyard Bird Shop*



Mount Tabor Weed Warriors

9 a.m. to noon Sunday, Sept. 25

Spend the morning outside at Mount Tabor, an extinct volcano in Southeast Portland, and help restore the health of this unique park. The Weed Warriors remove invasive plants including Himalayan blackberry and English ivy. Wear long pants, long sleeves and closed-toed shoes. Bring a water bottle and, if you have them, work gloves, a trowel and/or hand clippers. Meet at the kiosk by the main parking lot. For more information, visit www.taborfriends.org or call 503-459-1425. *Friends of Mount Tabor Park*



Sunday Parkways

noon to 5 p.m. Sunday, Sept. 25

Experience Portland from a new perspective – meet your neighbors and enjoy all kinds of entertainment along the way. The

car-free routes along city streets focus on one area of the city at a time, connecting parks that host music, food and fun activities like yoga, juggling, stilt walking, hula hooping or disc golf. Sunday Parkways offer a chance to get out and enjoy walking, biking, rolling, running and skating. Suitable for mobility device users, seniors, adults and children. The 8-mile Northeast Portland route has two loops, connecting Woodlawn, Alberta, Fernhill Parks, plus Cully Boulevard. For details or to volunteer, visit www.portlandsundayparkways.org or call 503-823-5358. *City of Portland Bureau of Transportation, Kaiser Permanente and Metro*



Neighborhood foraging: Fall harvest of fruits, nuts and vegetables

1 to 4 p.m. Sunday, Sept. 25

Join wild food expert and author John Kallas as he bushwhacks through Portland's urban neighborhoods to find some of fall's best and diverse delectables, nuts, fruits and greens. Wild and landscaped edibles are covered. Find most of this abundance in your own neighborhood. Wild Food Adventures workshops are designed to be fun, educational and to make wild foods a reasonable resource for all. Suitable for ages 8 and up. Location provided with registration. \$25 per adult; children pay their age. Advance registration required; visit www.wildfoodadventures.com and go to the workshops page. For more information, call 503-775-3828. *Wild Food Adventures*



Chicken end-of-life issues

6:30 to 8 p.m. Tuesday, Sept. 27

It is common when fall hits and the light starts to wane for egg production to slow and for chicken-keepers to find themselves asking hard questions about their older birds. In this class discuss the egg production cycle and humane options for birds whose production is diminishing. This can be a sensitive topic for many chicken-keepers and this class is offered primarily for keepers who consider their

birds both pets and potential sources of food. Please note: Those who consider their chickens only as pets may find this class inappropriate. Meet at the Urban Farm Store. \$20. For more information, call 503-929-7170. *Independence Gardens*



Comprehensive organic gardener program

6 to 8 p.m. Wednesday, Sept. 28

Oregon Tilth offers a multi-session program in organic vegetable gardening. The curriculum merges scientific and functional approaches while emphasizing hands-on practice. This unique and popular course is designed to give the beginning gardener an introduction into the dynamic world of organic gardening and an opportunity to get their hands dirty in the process! By the end of the class, you're ready to install and plant a veggie garden of your own. This program runs four Wednesday evenings at the Sellwood Community Center and three Saturdays at Luscher Farm in Lake Oswego. Course fee of \$250, \$225 for Tilth members, includes: gardening tips and resources, Maritime Northwest Garden Guide and a certificate upon completion. For more information or to register, visit www.tilth.org. *Oregon Tilth*



Beginning bird watching class at Cooper Mountain

7 to 9:30 p.m., Thursday, Sept. 29

Metro Naturalist James Davis has been getting birdwatchers started in Portland for 30 years. Discuss the basics of bird identification, talk about the best field guides and binoculars, and see slides of the top 25 birds of Cooper Mountain and the Beaverton and Portland region. After this introduction, you are prepared for field trips and other classes that follow or to head out on your own. Meet at the Nature House at Cooper Mountain Nature Park. Suitable for adults and teens. \$10 per adult. Advance registration required; call 503-629-6350. *Tualatin Hills Park & Recreation District and Metro*



Clear Creek Natural Area tour

12:30 to 3:30 p.m. Saturday, Oct. 1

Join Metro naturalist James Davis for a natural history tour of one of the most beautiful properties protected by Metro's Natural Areas Program. This forested tributary of the Clackamas River has excellent water quality and significant wild fish runs. Signs of deer, coyote, beaver and river otter are common and there is a good variety of other wildlife and plants along with plenty of fungi in the fall. Bring your binoculars or borrow a pair onsite. Expect a leisurely walk for 2 to 3 miles over uneven terrain on old dirt roads. Location provided with registration. Suitable for ages 10 and up. Free for children under 18. Registration and payment of \$6 per adult or \$11 per family required in advance; see page 15 for instructions. *Metro*



StreamTeam tree planting

8:45 a.m. to 1 p.m. Saturday, Oct. 1

Come flex your muscles with the Clark Public Utilities StreamTeam. Volunteers are needed to clear ground, auger holes and plant more than 30 varieties of trees to help restore the watershed. Equipment and light refreshments provided. Bring work- and weather-appropriate attire, gloves and a reusable mug. Salmon Creek Watershed location to be determined. Advance registration required; call 360-992-8585. *StreamTeam*



The incredible cattail: From survival to pancakes

9 a.m. to 3 p.m. Saturday, Oct. 1

Join wild food expert and author John Kallas to get hands-on experience on how cattail rhizomes can be used, from emergency survival food to processed flour for breads, ash cakes, muffins and pancakes. Learn how to identify, gather, peel, process and cook cattail cores to transform them into a flour-like food source. By the end of the workshop, you'll



have gone from swamp roots to delicate pancakes that anyone would enjoy. Wild Food Adventures workshops are designed to be fun and educational, and to make wild foods a reasonable resource for all. Suitable for ages 8 and up. Location provided with registration. \$25 per adult; children pay their age. Advance registration required; visit www.wildfoodadventures.com and go to the workshops page. For more information, call 503-775-3828. *Wild Food Adventures*

Wild foods of Native Americans


1 to 4 p.m. Sunday, Oct. 2
Join wild food expert and author John Kallas to explore traditional food ways of Pacific Northwest Native Americans. Discover foods that were used and how they were prepared and stored. Learn about food caches, berry collecting techniques, pemmican fruit leathers. Lecture, slides, resources and a short walk outdoors. Wild Food Adventures workshops are designed to be fun and educational, and to make wild foods a reasonable resource for all. Suitable for ages 8 and up. Location provided with registration. \$25 per adult; children pay their age. Advance registration required; visit www.wildfoodadventures.com and go to the workshops page. For more information, call 503-775-3828. *Wild Food Adventures*

Twilight canoe the slough

6 to 8:30 p.m. Wednesday, Oct. 5
Join a free twilight paddle on beautiful Whitaker Slough. Explore the area as local deer and herons bed down to sleep, and beavers and owls wake up for a busy night. Borrow a boat or bring your own canoe or kayak and life jacket. At least one person per group with paddling experience recommended. Meet at Whitaker Ponds Natural Area. \$5 donation. Advance registration required; visit www.columbiaslough.org. *Columbia Slough Watershed Council*

Ducks 101: Waterfowl identification class in Portland

7 to 9:30 p.m. Thursday, Oct. 6

Every autumn, millions of ducks, geese and swans fly over the region's wetlands, and tens of thousands stay in the Portland metropolitan area to spend the winter. Waterfowl are the region's most abundant and diverse group of wintering birds and are easy to identify. Join Metro naturalist and expert birder James Davis to find out who's who in this large group of beautiful birds. Meet in room 370 at Metro Regional Center. Suitable for adults and teens. Free for children under 18. Registration and payment of \$11 per adult or family required in advance; see page 15 for instructions. *Metro* 

Chehalem Ridge nature hike


9 a.m. to noon Saturday, Oct. 8

Join Metro's in-house birding expert and natural resource specialist to explore the forests of Chehalem Ridge Natural Area, near Gaston. Chehalem Ridge features views of five Cascade peaks, streams that flow to the Tualatin River, rare oak habitat and beaver ponds. Be prepared to walk three miles at a moderate pace over uneven terrain. Wear comfortable clothes and sturdy shoes. Location provided with registration. Free. Advance registration required; see page 15 for instructions. For questions or to register by phone, call 503-797-1545. *Metro*

Autumn birds at Smith and Bybee Wetlands


9:30 a.m. to noon Saturdays, Oct. 8 and Nov. 5

By October, the wintering waterfowl and raptors have arrived in large numbers to join the year-round residents at Smith and Bybee Wetlands. The falling cottonwood leaves turn the trail into a beautiful yellow brick road. Flocks of noisy geese descend through the golden light. The annual drop in the water level each fall also results in shorebirds and other waders,

such as herons, descending on the wetlands to feed in the mud and shallow water. Walking is easy on the paved trail; suitable for ages 10 and up. Bring binoculars or borrow a pair onsite. Meet Metro naturalist James Davis in the parking lot at 5300 N. Marine Drive. Free. Advance registration required; see page 15 for instructions. *Metro* 

Mushrooms for beginners at Smith and Bybee Wetlands

1:30 to 4 p.m. Saturdays, Oct. 8 and Nov. 5

Join naturalist James Davis for an exploration of the fungi at Metro's Smith and Bybee Wetlands Natural Area. In this beginner's mushroom field class, the basics about mushrooms and other fungi are discussed along with how to identify this complicated group of strange and fascinating life forms that grow in an amazing variety of shapes, colors, textures and smells. Some edibles are discussed, but this is not a wild edibles collecting trip. Meet in the parking lot at 5300 N. Marine Drive. Suitable for ages 12 and up. Free for children under 18. Registration and payment of \$11 per adult or family required in advance; see page 15 for instructions. *Metro* 

Kids' nature walk at Cooper Mountain

10 a.m. to noon Sunday, Oct. 9
Child educator and naturalist Elaine Murphy introduces kids to the plants and animals that live in the Pacific Northwest on a free nature walk at Cooper Mountain Nature Park. Children must be accompanied by an adult. Meet at Cooper Mountain. Advance registration required; call 503-626-0949. *Backyard Bird Shop*

Ducks 101: Waterfowl identification class at Cooper Mountain

7 to 9:30 p.m. Thursday, Oct. 13
Every autumn, millions of ducks, geese and swans fly over the region's wetlands, and tens of thousands stay in the Portland metropolitan area to spend the winter. Waterfowl are the region's

most abundant and diverse group of wintering birds and are easy to identify. Join Metro naturalist and expert birder James Davis to find out who's who in this large group of beautiful birds. Suitable for adults and teens. Meet at the Nature House at Cooper Mountain Nature Park. \$10 per adult. Advance registration required; call 503-629-6350. *Tualatin Hills Park & Recreation District and Metro*



StreamTeam crew leader training

8:45 a.m. to 1 p.m. Saturday, Oct. 15

Do you want to help bring salmon back to Salmon Creek? Clark Public Utilities StreamTeam is training leaders to coordinate groups of volunteers during events. The crew leader demonstrates event activities while educating volunteers and fostering a safe and enjoyable environment. Equipment and refreshments provided. Salmon Creek Watershed location to be determined. Advance registration required; call 360-992-8585. *StreamTeam*

Animal tracking workshop at Oxbow

10 a.m. to 1 p.m. Saturday, Oct. 15

Oxbow Regional Park is rich in tracks at this time of year, when beaver, otter, fox, mink, mouse and deer often leave clear footprints in the sand. With practice, you can learn to read the ground like an open book. Also learn to make plaster casts of animal tracks. Local tracker Terry Kem introduces you to the basics of track identification and interpretation, and the awareness and stealth skills needed to watch wildlife at close range. Bring a snack and meet at the floodplain parking area. Registration and payment of \$6 per adult or \$11 per family required in advance; see page 15 for instructions. There is a \$5 per vehicle entry fee payable at the park. *Metro*

Backyard bats family program at Cooper Mountain

1 to 3 p.m. Saturday, Oct. 15
Bring your kids and learn about bats, then build your own bat house to place in your yard. Learn to separate bat myths from facts as you learn about these creatures that fly the night skies and have voracious appetites for insects. \$32 includes one adult and up to two additional family members (child or adult) and supplies for a backyard bat house. Children must be accompanied by an adult. Meet at Cooper Mountain Nature Park. Advance registration required; call 503-629-6350. *Tualatin Hills Park & Recreation District*

Creatures of the night

6:30 to 8:30 p.m. Saturday, Oct. 15
Join an exciting evening of night hikes and nocturnal activities as you explore Tryon Creek State Natural Area for creatures of the night. Along the way, stop for fun, hands-on activities and learn all about these amazing creatures and the adaptations they have developed for seeing in the dark. Hike times are assigned at check in. This is a family-friendly event but there is also a hike for adults only at 7:30 p.m. \$6; \$5 for members. Advance registration required; call 503-636-4398 or visit www.tryonfriends.org. *Friends of Tryon Creek*


Nighttime hoots and howls

6:30 to 8:30 p.m. Saturday, Oct. 15
Meet a naturalist for an after-hours walk during the full moon in a neighborhood natural area. Hear the chirps of birds settling in for the night, the hoots of owls as they search for prey and other nighttime activity. Family-friendly. Walks take place at Hoyt Arboretum, Mt. Tabor Park or Whitaker Ponds Natural Area. \$2 per individual or \$5 per family. For more information, call 503-823-3601. *Portland Parks & Recreation*



Screech owl

Raptor identification class in Portland

7 to 9:30 p.m. Thursday, Oct. 20
Raptors like hawks, eagles and falcons have always fascinated people. Metro naturalist James Davis discusses how to tell these groups of raptors apart and the key points for identifying the most common species in Oregon. Learn about the natural history of raptors and the amazing adaptations of these birds for catching and killing their prey. In addition to slides, participants study skins of the most common species for up-close looks. Meet in room 370 at Metro Regional Center. Suitable for adults and teens. Free for children under 18. Registration and payment of \$11 per adult or family required in advance; see page 15 for instructions. *Metro* 

Kids' Nature Night Out at Cooper Mountain

6 to 9 p.m. Friday, Oct. 21
A great chance for parents to have a night out while the kids get to experience the nature park in a way few others ever do. Gather in the Nature House, have dinner, then head out into the park after dark to explore and look for wildlife. No flashlights needed! Every track tells a story. Can you tell what type of animal it was? What was it doing? How fast was it traveling? Put your newly acquired tracking skills to the test to find out. Suitable for ages 6 to 12. Meet at Cooper Mountain

Nature Park. \$25. Advance registration required; call 503-629-6350. *Tualatin Hills Parks & Recreation District*

Owl prow! Oct. 21

7 to 9 p.m. Friday, Oct. 21
Have little owlets at home that would love to learn about nighttime predators? Bring your family for a free classroom talk and evening hike all about owls. With luck and a little practice hooting, you might even hear the nesting pair of great horned owls at Whitaker Ponds. Suitable for ages 5 to 12 with at least one adult. Meet at Whitaker Ponds Natural Area. \$5 donation. Advance registration required; visit www.columbiaslough.org. *Columbia Slough Watershed Council*

No Ivy Day 9 a.m. to 2 p.m.

Saturday, Oct. 22
Join volunteers in an annual effort to halt the aggressive spread of invasive English ivy at natural areas throughout the region, including Forest Park. Morning work parties are followed by food, environmental education activities and a celebration at Lower Macleay in Forest Park at 12:30 p.m. View locations, register and suggest a natural area for ivy removal at www.noivyleague.com. *Portland Parks & Recreation No Ivy League*


Water! 2011 10 a.m. to 3 p.m.

Saturday, Oct. 22
Water! 2011 dives into today's most pressing concerns about water resources, exploring how everyday choices and actions are connected to local rivers, lakes, estuaries and beaches. Hands-on activities, workshops and exhibits engage citizens of all ages. Investigate the less obvious ways you rely on water for everyday tasks and learn how to improve water quality and quantity for fish, wildlife and people. Meet at Vernon Elementary School. Free. For more information, call 503-222-7645. *East Multnomah Soil and Water Conservation District*

StreamTeam waterfowl monitoring orientation

6 to 8 p.m. Tuesday, Oct. 25
Do you know your waterfowl? Clark Public Utilities StreamTeam needs intermediate to advanced birders to conduct bird counts at stream restoration sites in Clark County. Team members monitor specific sites weekly to assess bird response to different types of stream restoration. After orientation, monitoring extends through Jan. 31. Meet at Clark Public Utilities office. Advance registration required; call 360-992-8585. *StreamTeam*

Raptor identification class at Cooper Mountain

7 to 9:30 p.m. Thursday, Oct. 27
Hawks, eagles and falcons have always fascinated people. Meet at the Nature House at Cooper Mountain Nature Park to learn how to tell these groups of raptors apart and the key points for identifying the most common species in Oregon. Learn about the natural history of raptors and the amazing adaptations of these birds for catching and killing their prey. In addition to slides, participants study skins of the most common species for up-close looks. Suitable for adults and teens. \$10 per adult. Advance registration required; call 503-629-6350. *Tualatin Hills Park & Recreation District and Metro* 

Mount Talbert Nature Park tour

10 a.m. to 1 p.m. Saturday, Oct. 29
Explore the trails at 144-acre Mount Talbert Nature Park with Metro naturalist James Davis. Discover the variety of plants and animals that live on the largest undeveloped lava butte in northern Clackamas County. Especially interesting this time of year is the big variety of colorful fungi along the trail. Discuss basic mushroom identification and identify the mushrooms you find, but this class is not just focused on the fungi. Bring binoculars or borrow a pair onsite for bird watching. The trail is steep and uneven in

places. Suitable for ages 10 and up. Free for children under 18. \$5 per adult. Advance registration required; call 503-794-8092. *North Clackamas Parks and Recreation District and Metro*

Mount Tabor Weed Warriors

9 a.m. to noon Saturday, Oct. 29

Spend the morning outside at Mount Tabor, an extinct volcano in Southeast Portland, and help restore the health of this unique park. The Weed Warriors remove invasive plants including Himalayan blackberry and English ivy. Wear long pants, long sleeves and closed-toed shoes. Bring a water bottle and, if you have them, work gloves, a trowel and/or hand clippers. Meet at the kiosk by the main parking lot. For more information, call 503-459-1425 or visit www.tabor-friends.org. *Friends of Mount Tabor Park*

Ancient forest mushroom class

2 to 4 p.m. Sunday, Oct. 30
Join mycologist Gary Slone for a two-hour class that ends with a walk on an easy trail in the old growth forest at Oxbow Regional Park. Gary discusses mushroom classification and edibility, and then participants gather, identify and compare specimens. Beginning and experienced "shroomers" ages 12

and up are welcome. Bring your own mushroom specimens for identification. Dress warmly. Meet at Alder Shelter (picnic area A). Registration and payment of \$6 per adult or \$11 per family required in advance; see page 15 for instructions. There is a \$5 per vehicle entry fee payable at the park. *Metro*

First Saturday work party

9 a.m. to noon Saturday, Nov. 5

Join the Clackamas River Basin Council to remove invasive weeds and plant native trees and shrubs. Tools, gloves and water provided. Meet at the Orchard Summit property. For more information or directions, call 503-558-0550. *Clackamas River Basin Council*

Friends of Trees crew leader training

9 a.m. to 4 p.m. Saturday, Nov. 5 or 9 a.m. to 3 p.m. Saturday, Nov. 12 or 9 a.m. to 4 p.m. Saturday, Nov. 19
Join a key team of volunteer leaders to help continue the record-breaking success from last season. Learn how to plant street and yard trees in neighborhoods and how to lead volunteers. Crew leaders guide small groups of volunteers at four or more weekend plantings between November and April. No experience necessary. Meet

at the Friends of Trees office. Advance registration required; email andym@friendsoftrees.org or call 503-282-8846, ext. 24. *Friends of Trees*

Get friendly with plant families

2:30 to 5 p.m. Saturday, Nov. 5

Have you ever wondered about trailside wildflowers and wished you knew their names? This class is for you. Plant families are key for wildflower identification. Autumn is the perfect time to begin this study with the long winter ahead to browse field guides in preparation for spring. Conduct hands-on dissection of flowers, dive into books used by professional botanists, and practice sketching and journaling plants to aid in identification. Plant lists and other resources included. Hot tea and snacks provided. Meet at Cooper Mountain Nature Park. Suitable for ages 16 and up. \$15. For more information or to register, call 503-629-6350. *Tualatin Hills Park & Recreation District* 

Groundwater 101

9 a.m. to 1 p.m. Saturday, Nov. 5
Join a free educational workshop that teaches groundwater basics including some local geology and hydrology, what role groundwater plays in the drinking water system, and what needs to be

done to protect this important resource. This casual workshop is taught in a classroom-style setting and is suitable for ages 14 and up. Light refreshments provided. Location provided with registration. Advance registration required; visit www.columbiaslough.org. *Portland Water Bureau and the Columbia Slough Watershed Council*


Family fun with worm bins

2 to 4 p.m. Sunday, Nov. 6

Enjoy an afternoon of creepy-crawly fun at the Tryon Creek State Natural Area. Discover worms in their natural habitat and see first hand how truly invaluable these invertebrates are to the park's ecosystem. Then warm up inside as you get to work making worm bins for all your household composting needs. This is a family-friendly program that focuses on engaging children throughout the process while providing parents with all the worm-bin information they'll ever need. \$20 includes materials. Meet at Tryon Creek Nature Center. Advance registration suggested; call 503-636-4398. *Friends of Tryon Creek*

Whooo goes there? The Owls of Oregon

7 to 9:30 p.m. Thursday, Nov. 10

Owls have always fascinated people because of their unique appearance and nocturnal lifestyle. But owls are hard to see in the wild and remain a mysterious and confusing group of birds. Learn about owls' amazing adaptations and how to tell Oregon's owls apart with Metro naturalist James Davis. See stuffed specimens of real owls, owl pellets and slides of Oregon's owls – this is not a live bird presentation. Meet in room 370 at Metro Regional Center. Suitable for adults and teens. Free for children under 18. Registration and payment of \$11 per adult or family required in advance; see page 15 for instructions. *Metro* 

Tour of Untimely Departures

6 to 9 p.m. Monday, Oct. 31

Meet some of Lone Fir Pioneer Cemetery's residents at their graves and hear the unusual circumstances surrounding their untimely departures. Ghostly guides share the history of Lone Fir as they take you through the cemetery on a path lit with candles. Tours are approximately 45 minutes and run throughout the evening. Meet at the main entrance located at Southeast 26th Avenue and Stark Street. For ticket and price information, visit www.oregonmetro.gov/lonefir. Proceeds support education, preservation and restoration efforts at Lone Fir Cemetery. *Friends of Lone Fir Cemetery*

Volunteer opportunities

This event relies solely on volunteers. If you are interested in being a tour guide, actor, greeter, entertainer or ghoul, contact the Friends of Lone Fir Cemetery at info@friendsoflonefircemetery.org or call 503-224-9200.



Fungi forest: Mycological marvels of Tryon Creek

1 to 4 p.m. Sunday, Nov. 13
Join mushroom expert Dane Osis to learn the basics of mushroom identification and ecology. This program provides an introduction to the important ecological role that fungi fill as well as helpful tricks and tips for identifying Pacific Northwest mushrooms. Then hit the trail to discover what species live in Tryon Creek State Natural Area. Free. Meet at Tryon Creek Nature Center. Advance registration suggested; visit www.tryonfriends.org or call 503-636-4398. *Friends of Tryon Creek*

Salish Ponds bird walk

8 to 10 a.m. Sunday, Nov. 13
Discover Salish Ponds Wetland Park on a free expert-guided bird walk. Learn about the birds and wildlife of this 70-acre wetland park. Meet at the Clackamas Backyard Bird Shop to carpool. Advance registration required; call 503-496-0908. *Backyard Bird Shop*

Hand wrap a wreath for the holidays

9:30 a.m. to 12:30 p.m. or 1 to 4 p.m. Saturday, Nov. 19, and 11 a.m. to 3 p.m. Sunday, Nov. 20
Style a lasting seasonal decoration to display for the holidays. Express yourself by creating a garland-in-the-round to be proud of. Join a supportive environment that inspires fresh ideas. This wreath-making fundraiser helps children with limited opportunities attend nature programs offered by Portland Parks & Recreation's environmental education office. Meet at Mt. Tabor Nursery. \$35. For more information, call 503-823-3601. *Portland Parks & Recreation*

Paddle at Smith and Bybee Wetlands Natural Area

noon to 3 p.m. Saturday, Nov. 19
Join a late fall paddle at Smith and Bybee Wetlands. Bring your own boat and equipment.

Event may depend on water level. Meet at Smith and Bybee Wetlands. Free. For more information, call 503-285-3084. *Friends of Smith and Bybee Lakes*

Steigerwald National Wildlife Refuge bird walk

8 to 10 a.m. Saturday, Nov. 19
Discover Steigerwald National Wildlife Refuge on a free expert-guided bird walk. Learn about the birds and wildlife of this diverse refuge from naturalist and educator Elaine Murphy. Meet at the Fisher's Landing Backyard Bird Shop to carpool. Advance registration required; call 360-944-6548. *Backyard Bird Shop*

Thanksgiving walk at Oxbow

10:30 a.m. to 12:30 p.m. Sunday, Nov. 20
Take time to enjoy and celebrate the simple gifts of nature at Oxbow Regional Park with Metro naturalist Dan Daly, Terry Kem from Deerdance School and others. While walking along the Sandy river, focus on opening your senses and noticing how wildlife respond to the changing season. Then gather around the campfire circle as naturalists share the "Thanksgiving Address" passed down by the Iroquois Nation. This is a simple yet moving way to express appreciation for our connections to nature. Hot drinks provided. Consider bringing a sack lunch for after the program. Suitable for adults and families. Advance registration required; see page 15 for instructions. Meet at the boat ramp at 10:15 a.m. Free with park entry fee of \$5 per vehicle. *Metro*



Fall calendar at a glance

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Metro works with communities in the Portland metropolitan area to create a vibrant, sustainable region for all.

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Featured places

Blue Lake Regional Park

20500 NE Marine Drive, Fairview
503-665-4995

Oxbow Regional Park

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

Smith and Bybee Wetlands Natural Area

5300 N. Marine Drive, Portland
503-797-1650

Mount Talbert Nature Park

10695 SE Mather Road, Clackamas
503-742-4353

Cooper Mountain Nature Park

18892 SW Kemmer Road, Beaverton
503-629-6350

Metro's Natural Techniques Garden

6800 SE 57th Ave., Portland
503-234-3000

Graham Oaks Nature Park

11825 SW Wilsonville Road, Wilsonville
503-797-1545

Oregon Zoo

4001 SW Canyon Road, Portland
www.oregonzoo.org
503-226-1561

How to register for Metro nature activities

You can now register and pay online for Metro activities. Go to Metro's online calendar, find your event by searching or browsing, and follow the instructions.

www.oregonmetro.gov/calendar

For questions or to register by phone, call 503-797-1650 option 2.

Metro's family pricing is for two or more adults from the same household. Free for children under 18.

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Due to a conflict with wildlife, dogs are not allowed at Metro parks or natural areas.

About Metro

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

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On the cover

Fall at Oxbow Regional Park and a great horned owl.

If you have a disability and need accommodations, call 503-813-7565, 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:



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