

Summer 2018

Our Big Backyard



Destination
Guide inside



5 fun summer trails

Summer is the perfect time to explore nature on the region’s scenic trails.

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Illegal dumping by the numbers
Crews collected 440 tons of trash at 3,500 sites

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If you picnic at Blue Lake or take your kids to the Oregon Zoo, enjoy symphonies at the Schnitz or auto shows at the convention center, put out your trash or drive your car – we’ve already crossed paths.

So, hello. We’re Metro – nice to meet you.

In a metropolitan area as big as Portland, we can do a lot of things better together. Join us to help the region prepare for a happy, healthy future.

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If you have a disability and need accommodations, call 503-220-2781, or call Metro’s TDD line at 503-797-1804. If you require a sign language interpreter, call at least 48 hours in advance. Activities marked with this symbol are wheelchair accessible:



Bus and MAX information
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Pets policy
To protect plants, wildlife and people, Metro does not allow pets at most regional parks and natural areas. Pets can damage sensitive habitat and threaten wildlife the region has worked to protect. In natural areas where pets are not allowed, people see more wildlife and get closer to it. Seeing-eye dogs or other service animals are allowed. Please bring cleanup materials.

Parks and nature news



These little towers that resemble Shrek ears are a type of lichen in the Cladonia genus. A whole forest of them grows on a log at North Logan Natural Area near Barton Park. Lichens are a partnership between a fungus and algae or cyanobacteria. *Photo by Ashley Conley*

Follow OregonMetro on social media

See more photos from Metro parks and natural areas by following OregonMetro on Instagram, Facebook and Twitter.



Every year, male deer and elk shed antlers — like these at the future Chehalem Ridge Nature Park — following the end of breeding season. Other creatures like mice, voles, chipmunks and ground squirrels get calcium and sharpen their teeth by gnawing on them. *Photo by Karen Vitkay*



This northwestern salamander larva at Quamash Prairie Natural Area has gills and will soon grow legs. Every winter, Metro scientists and volunteers head out to wetlands to gather information about frog and salamander eggs to gauge regional restoration efforts. *Photo by Amber Basting*



Every corner of Oxbow Regional Park is a playground for explorers of all ages. Giovanni Gioseffi, 6, took this photo as his dad, a Metro volunteer coordinator, and brother play by the Sandy River shore.



Students from Pleasant Valley Elementary will soon be able to explore a restored wetland thanks to a new boardwalk partially funded with a \$101,000 Nature in Neighborhoods grant from Metro. *Photo by David Scharfenberg*

Like what you see?

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On the cover: The Marine Drive Trail provides visitors stunning vistas of the Columbia River and Mount Hood. *Photo by Elayna Yussen.*

Enjoy free summer fun at Blue Lake Regional Park

Story by Cristina Rojas
Photography by Lupine DeSnyder and Dishaun Berry



School is out, and Blue Lake Regional Park is gearing up for another year of Summer Fun Days to keep kids engaged and busy during the week.

Blue Lake Summer Fun Days offer a lineup of fun and educational activities, free lunches and parking. The series, now in its third year, is part of an effort to make the park accessible to more families and to encourage people to visit at a time when the park is less crowded.

“Blue Lake is a wonderful resource all week long, but visitation is low mid-week,” said Lupine DeSnyder, a Metro volunteer coordinator who organizes the Summer Fun Days. “We saw it as an opportunity to connect community members with the nature Blue Lake has to offer.”

Every Tuesday, Wednesday and Thursday from June 26 through Aug. 9, kids 18 and younger can enjoy a variety of activities, including nature walks, fishing, games and crafts.

The Summer Fun Days, which run from 11 a.m. to 3 p.m., are a partnership between Metro, Oregon State University Extension Service, Get Hooked Foundation and Reynolds School District Nutrition Services summer lunch program.

Young rangers lead the way

Many activities will be led by the Blue Lake Young Rangers, a program sponsored by OSU Extension Service. The program empowers high school interns to connect with and educate the public about the value of natural spaces and provides career readiness experiences for underrepresented youth.

The Young Rangers work with Metro staff and other partners to plan and lead hands-on activities for visitors. Seng Saechao, a 4-H education program assistant and coordinator of the rangers program, said activities could include guided walks around the park, arts and craft projects that kids can take home, and nature bingo and scavenger hunts in the park’s Natural Discovery Garden.

The demonstration garden encourages kids to get their hands dirty as they dig for worms in a compost bin, touch and smell plants, and



explore the fresh herbs and vegetables in the “pizza garden,” among other activities.

Jon Mayer, an education manager for Metro, says the garden is just as educational for adults, who can learn about growing food, flowers and native plants without the use of toxic chemicals. Staff and OSU Master Gardener volunteers are also on hand to answer questions.

‘Get Hooked’ on fishing

Kids will also have the opportunity to try their hand at fishing. Get Hooked, an organization focused on exposing underserved youth to the outdoors through fishing, will host fishing clinics 10 a.m. to noon on six Thursdays: July 12, 19 and 26, and Aug. 2, 9 and 16.

The clinics, run by co-founders Dishaun Berry and Philip Anderson, will teach kids the basics of fishing, including water safety, local waterways, how to tie fishing knots, casting methods, what they can and can’t keep and fish dissection.

All of the fishing gear and bait will be provided. Kids may attend any or all of the clinics. Those who attend all of the clinics will receive a free tackle box and fishing pole on the last day.

“We’re providing a fun, safe environment for children during the summer,” Berry said.

Free lunch

The park also serves as a site for the federally funded Summer Food Service Program, which offers low-income children free meals during the summer when they aren’t able to get them at school.



During Summer Fun Days, children 18 and younger are given a free lunch; no proof of income or residency is required. Reynolds School District, which serves the area surrounding the park, provides the meals from noon to 1 p.m. Last year, the program served 1,450 lunches over the course of 15 days.

DeSnyder says she hopes Summer Fun Days encourage more people to try out the park.

“I hope they see Blue Lake as a resource for their family and friends to spend time in nature,” she said. “We’ve seen people come to the program who live in the neighborhood but weren’t familiar with the activities at Blue Lake and are now regular visitors.”

Blue Lake Summer Fun Days

When: Tuesdays through Thursdays
June 26 to Aug. 9 from 11 a.m. to 3 p.m.

Lunch: Free lunch served from noon to 1 p.m. Metro, OSU Extension and Reynolds Nutrition are equal-opportunity providers.

Where: Blue Lake Regional Park
21224 NE Blue Lake Road, Fairview

Free: No registration required. Free parking when entering from 9 a.m. to 1 p.m. on event days.

Contact: Lupine DeSnyder, 503-813-7505 or volunteer@oregonmetro.gov

5 lugares ideales para ir de p  nic

Por: Cristina Rojas. Traducci  n: Sof  a Basto

Ha llegado el verano y no hay mejor momento para reunir a tus amigos y familia, empacar algo de comida y salir a disfrutar del paisaje que nos ofrece nuestra regi  n – vistas a las monta  as, humedales,   rboles centenarios y campos ondulados. Puedes comenzar aqu  :

Mason Hill Park

Ubicado al oeste del condado de Multnomah, este parque de un acre ofrece una vista maravillosa a las colinas ondulantes del Valle de Tualatin. Es el lugar perfecto para detenerse si vienes haciendo el Recorrido por Valles y Vi  edos (Vineyard and Valley Scenic Tour Route) o el Recorrido en Bicicleta por el Valle de Tualatin (Tualatin Valley Scenic Bikeway). Disfruta tu comida bajo el quiosco construido con partes de una escuela de una sola aula, sobre el cual se encuentra la campana original de la escuela.

Lone Fir Cemetery

Ven de p  nic al cementerio hist  rico Lone Fir, donde encontrar  s las tumbas de varios habitantes y pioneros c  lebres de Portland. Ubicado en el coraz  n del barrio Buckman, el Lone Fir es el segundo arboreto m  s grande de Portland con m  s de 700   rboles que representan 67 especies. Tamb  n es un lugar magn  fico para avistar aves, con m  s de 90 especies que han sido observadas.

Scouters Mountain Nature Park

Este parque se eleva sobre Happy Valley y te ofrece la oportunidad de explorar un domo de lava extinto mientras admiras la imponente vista de Mount Hood. La mitad del bosque est   compuesto de   rboles que tienen m  s de cien a  os. Despu  s de dar un paseo, disfruta de un p  nic en el quiosco que fue construido con partes de la caba  a de los Boys Scouts’ Chief Obie Lodge que existi   ah   de 1957 a 2004.

Chinook Landing Marine Park

Con seis carriles para desembarcar en el R  o Columbia, Chinook Landing es una de las rampas para botes m  s grandes y populares de Oreg  n. Disfruta de un p  nic a la orilla del r  o, y observa aves y otra vida silvestre que habitan este parque de 67 acres. Tamb  n puedes practicar tu punter  a en el campo de tiro al blanco con arco y flecha.

Orenco Woods Nature Park

Disfruta de una relajante caminata o trota por una red de senderos, incluido el camino Rock Creek Trail, mientras admiras este paisaje de colinas onduladas, praderas y bosques. Observa venados, ratoneros de cola roja, castores y garzas morenas. Almuerza bajo el quiosco para p  nics y deja que los ni  os quemen algo de energ  a jugando en el parque infantil natural, donde pueden cavar en la arena, trepar sobre troncos y mecerse en los columpios.

Reserva una zona de picnic

Puedes reservar zonas de p  nic en los parques Blue Lake, Oxbow, Howell Territorial, Graham Oaks y Scouters Mountain. Para m  s informaci  n, visita oregonmetro.gov/picnic

5 places for great picnics

Story by Cristina Rojas
Photography by Sofia Basto and Fred Joe



Summer is here, and there’s no better time to grab some friends and family, pack a meal and enjoy the scenery that the metro region has to offer – river and mountain views, wetlands, century-old trees and rolling countryside. Here are some places to start:

Mason Hill Park

Located in western Multnomah County, the one-acre Mason Hill Park offers sweeping views of the Tualatin Valley’s rolling hills. It makes a great stop as part of the Vineyard and Valley Scenic Tour Route or the Tualatin Valley Scenic Bikeway. The picnic shelter was converted from a one-room schoolhouse and still has the original school bell on top.

Lone Fir Cemetery

Picnic among the gravestones of some of Portland’s most notable residents and pioneers. Nestled in the heart of Portland’s Buckman neighborhood, Lone Fir is the city’s second-largest arboretum with more than 700 trees representing 67 species. The cemetery is also a great place for bird-watching, and more than 90 species have been spotted.

Scouters Mountain Nature Park

Rising above Happy Valley, Scouters Mountain gives you an opportunity to explore an extinct lava dome and take in stunning views of Mount Hood. About half of the forest includes trees more than a century old. After your walk, enjoy lunch under a picnic shelter that has salvaged beams from the Boy Scouts’ Chief Obie Lodge that stood there from 1957 to 2004.

Chinook Landing Marine Park

With six launching lanes on the Columbia River, Chinook Landing is one of Oregon’s largest and most popular boat ramps. Enjoy a picnic along the river, watch birds and other



Clockwise from top: Chinook Landing Marine Park, the view of Mount Hood from the Scouters Mountain Nature Park picnic area, and Mason Hill Park picnic area and view of the Tualatin Valley.

Desde arriba, de derecha a izquierda: Chinook Landing Marine Park, la vista the Mount Hood desde el   rea para p  nics de Scouters Mountain Nature Park, y el   rea para p  nics de Mason Hill Park con vista al valle de Tualatin.

wildlife that call the 67-acre park home and practice hitting targets at the archery range.

Orenco Woods Nature Park

Enjoy a leisurely jog or stroll on a network of trails, including the Rock Creek Trail, while taking in views of the gently rolling hills, open meadows and forests. Be on the lookout for deer, red-tailed hawks, beavers and great blue herons. Have lunch in the picnic shelter, then let the kids work off their energy at the nature play area, where they can dig in the sand, climb over logs and play on the swings.



Reserve a picnic area

You can reserve picnic areas at Blue Lake and Oxbow regional parks, Howell Territorial Park, and Graham Oaks and Scouters Mountain nature parks. For details, visit oregonmetro.gov/picnic

If you plant it, they will come: working with beavers to restore habitat

Story and photography by Kate Holleran, Metro senior natural resources scientist
Photography by Diego Gioseffi, Jeff Merrill and Kate Holleran



A few days before a volunteer project with students from Mt. Hood Community College, I walked down to a riparian area along Beaver Creek in Gresham. Trees planted five years earlier stood taller than me and began to shade out invasive grasses along the stream bank.

I returned three days later with the student volunteers. Instead of trees, we found tree stumps and the conspicuous beaver-chew stems: pointy and scribed with teeth marks. An equally conspicuous drag trail led to a newly constructed dam.

Perhaps I should have paid more attention to the name of the stream, but evidence of beavers was not common along this reach of Beaver Creek. Our work to restore the riparian area probably attracted beavers to our new forest stand. We planted food and building material favored by beavers, and they came. Time to start thinking more deeply about how to work with beavers to create healthy streams and wetlands, I thought to myself.

The masterful manipulations of the landscape by beavers result in well-documented benefits to watershed function and wildlife habitat. Beaver dams and habitat complexes increase water storage and base flows, create wetlands, increase habitat complexity, trap sediments and contaminants, capture woody material and foster nutrient recycling.

Beaver habitat is the original one-stop shopping center for hundreds of species. One of the most noteworthy is juvenile salmon, which use the slow water behind beaver dams for rearing periods and overwintering. Chinook and steelhead also use beaver habitat, as do amphibians like red-legged frogs and chorus frogs. Waterfowl and migratory birds find shelter and nesting sites in the shrub thickets along beaver complexes and protein-rich food for rearing young and refueling for long-distance travel.



Historically, beavers were widespread and common in Oregon watersheds. Their numbers declined significantly due to trapping from 1600 through the 1800s to supply pelts for hats and clothing. Today, habitat loss and conflict with human infrastructure limit beavers.

Fortunately, beavers are adaptive generalists that seem to need little encouragement to move back into suitable habitats. In areas without beavers, establishing their preferred food and building materials are often enough to lure them. Although beavers will use just about any suitable material for dams, including plastic bags, trash and invasive plants like reed canarygrass, I plant their preferred species, including hardwoods such as willows, red alder and cottonwood.

We know that beavers may consume the desirable food and building materials and temporarily migrate elsewhere. To make sure the abandoned beaver habitat does not revert to weeds, which are present in most of our region's riparian and wetland habitats, I also plant species unpalatable to beavers, such as cascara, red elderberry and Pacific ninebark. Beavers tend to avoid those plants, so they persist after the beavers move out. Finally, I plan for the strategic planting of willows mixed with other preferred species to provide a continuous source of plants preferred by beavers.

If beavers are successful, they build dams, create flooding and cut down trees – while paying no attention to property lines. At Metro, we know beavers might impact our neighbors, and we strive to work with neighbors to reduce conflicts. The challenge of keeping beavers in our developing landscape means working collaboratively with partners to address conflicts between property protection and beaver behavior. Our ecosystems and wildlife evolved with beavers as significant sculptors of the land. Working with them to create healthy watersheds is the natural thing to do.



4 Oxbow improvements

Story by Cristina Rojas
Rendering by DAO Architecture

Big changes are coming to Metro's Oxbow Regional Park. Improvements at the beloved 1,000-acre park include a new welcome center, a pair of nature-based play areas, 17 more campsites and continued efforts to restore salmon habitat in the Sandy River.

“We'll be able to provide visitors with a memorable and unique experience and understanding of the natural world at Oxbow,” head ranger Monty Woods said.

Oxbow welcomed 195,000 park visitors last year. The projects cost about \$3.2 million combined. Funding comes from grants, the 2006 natural areas bond measure and the 2013 parks and natural areas levy.

The new welcome center will serve as a gateway to the park. The building will house interpretative displays and materials about the park and provide office space for staff. The 2,600-square-foot center will take the place of the small, 1960s ranger station, which has been demolished. Construction is expected to be complete in the fall.

“It'll be one-stop shopping for information,” Woods said. “People can feel confident and understand the lay of the land before they head in.”

The number of campsites has expanded from 67 to 84. The new sites, which opened before Memorial Day weekend, were built on a new access road. The area was reconfigured to create a more streamlined entry to relieve congestion near the day-use and boat launch area.

The two new children's nature play areas – a sand and water area and an adventure camp area – include features that tell the story of Oxbow. Construction is expected to be completed by spring 2019.

Metro is intentionally making sure the amenities can be enjoyed by kids who use wheelchairs and cochlear implants and those on the autism spectrum, said Mary Rose Navarro, a Metro grants coordinator. “I hope they'll feel really immersed in their play and that it will spark curiosity in the natural world and inspire them to continue to explore,” she said.

Metro and the Portland Water Bureau are working during the summer on separate but related restoration projects along the banks of the Sandy River. The work is part of a multi-year project to improve water quality and restore habitat for native fish.

Two side channels and an alcove will be restored to create deep, slow-moving pools for fish. Hundreds of logs and boulders will be placed in the water to provide resting and hiding spots. The restored channels provide cold water in the summer, when warmer temperatures in the main river become lethal for fish. Next fall and winter, crews will plant native trees, shrubs and grasses.

Hands-on restoration

Greg Archuleta shows that indigenous culture and land conservation go hand-in-hand

Story and photography by Cory Eldridge



Greg Archuleta slings his backpack around his shoulder, dons his handmade cedar hat, snags a few Doritos from a friend and heads into Canemah Bluff Nature Park in Oregon City to look for plants that are used by members of the Confederated Tribes of Grand Ronde.

Walks like these are a regular part of life for Archuleta. He walks through forests, prairies, wetlands and more throughout greater Portland, surveying plants that can be used for food, medicine and art materials. Because Metro’s goal is to restore native plants and habitat, its natural areas and nature parks have become regular destinations for Archuleta.

Canemah Bluff is close to Archuleta’s ancestry. Among other tribes, Archuleta is Willamette Tumwater Chinook and Clackamas Chinook, who lived in villages on either side of Willamette Falls near Canemah Bluff.

He hardly takes five steps along the trail before he stops and takes out his camera. Little camas plants are unfurling their stunning, violet flowers. He documents the plant with a click of his camera.

It’s good to see camas here, Archuleta says, but this wouldn’t be a harvest site like Quamash Prairie, a Metro natural area in Washington County where Archuleta and several other Native Americans have worked to cultivate camas. The garlic-sized camas bulb is a traditional staple food, but there are few sites with plentiful camas.

Restoring those camas fields creates a paradox. A test at Quamash found that the camas bulbs store some compounds from pesticides, possibly from Metro’s restoration work or from farming by previous land owners. While the amounts are well under Environmental Protection Agency safety guidelines, tribal members feel it’s unsafe to eat the bulbs in large quantities. A goal of cultivating camas patches is to eat the bulbs, to make a heritage food a regular part of native people’s diet; but without spraying pesticides there’s no practical way to control the invasive weeds like reed canarygrass and meadow foxtail that swallow up the camas fields.

Archuleta resolves this paradox by taking the long view. He feels that pesticides should be a last resort, but if it takes a few years

of treatments to re-establish a healthy camas community, that’s worth dealing with pesticide residue. Archuleta might not be able to gather and eat the bulbs, but future generations will.

Archuleta hopes that, through their partnership with Metro, the tribes’ traditional ecological knowledge and practices might offer less drastic ways of keeping weeds at bay. Grand Ronde tribal members are working with Metro scientists at Quamash Prairie to conduct a controlled burn of the prairie in part to reduce invasive plants.

“Some people think it’s best to be hands-off, to let nature fix itself,” Archuleta says. “We’re more hands-on.”

He grabs hold of a hazel stem and points to the spot where he would cut it to produce, in a few years, young and supple branches for basket making. That’s how his elders taught him.

For thousands of years before European settlers arrived, native people used their traditional knowledge to shape the Willamette Valley.

For instance, the tribes would set ablaze large fields of tarweed, a wild sunflower. The fire would burn away the tarry substance, and people could then harvest the parched seeds and process them into flour or mix them with other foods like berries. Fire was also used for hazel, huckleberries and acorns.

Indigenous land management of the Willamette Valley existed in the 1850s, when the federal government forcibly removed the tribes and bands living in the valley and moved them to the Grand Ronde Reservation.

The confederation includes peoples from the coast to the Cascades and Portland to the Klamath Basin, representing 27 tribes and bands speaking at least six different languages.

Archuleta teaches tribal members about their first foods like camas, wapato, salmon, eels and more. He teaches arts like basketry, weaving and carving. It seems a mind-bogglingly rich array of cultures to hold, protect and advocate.

“I don’t know, I just do it,” Archuleta says. “There’s ancestral memory, too,” says Maiya



Clockwise from top left: Greg Archuleta, a member of the Confederated Tribes of Grande Ronde, photographs camas growing at Canemah Bluff Nature Park; a trillium in bloom; camas growing at the park.

Osife, Metro’s intertribal cultural resource specialist, who has been deeply involved in Archuleta’s work.

She has worked to make it simpler for indigenous people to practice their traditions and culture on Metro properties, all of which are lands ceded by tribes to the federal government. Metro’s cultural resource permits provide indigenous community members access to land to hold cultural events and ceremonies and to harvest culturally significant plants.

Deeper on the trail at Canemah Bluff, Archuleta walks slowly, pointing to berry plants and saying their names quietly – thimble berry, huckleberry, salal, bunch berry, gooseberry, raspberry.

Archuleta finds another hazel, this one with young shoots that might make good basketry material. He begins to wrap it around his index finger, recounting how a friend told him that the wild variety of the plant would twirl around a finger while cultivated hazel would be too stiff.

“Oh! Look at this,” he says as the stem winds a second loop around his finger. His voice gets more excited as the stem completes a third loop, “Look at this! I think it’s a wild hazel.”

He steps back, snaps a photo, admires the plant and then looks around for any more. Archuleta has seen several hazel shrubs on the walk, and maybe the others are wild, too. If there’s enough to harvest, he could use them in his basketry classes, but for the hazel to support the basketmaker, the basketmaker has to support the hazel.

Native American community members interested in gathering at Metro destinations for educational and cultural purposes can learn more at oregonmetro.gov/intertribalresources

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5 fun summer trails

Escape the hustle and bustle of everyday life and explore the great outdoors on foot, by bike, rollerblading or more

Story by Cristina Rojas
Photography by Fred Joe, Guadalupe Triana and Julie Cash

The region’s growing network of bike and walking trails run along rivers, go past parks and neighborhoods, and weave through wetlands and forests. Here are five trails that the whole family can enjoy.

All of these five popular trails are paved and accommodate people with various physical abilities.

Marine Drive Trail

17 miles

Parallel to the Columbia River, the path stretches from Kelley Point Park in North Portland to Troutdale.

To avoid some gaps and the Interstate 5 interchange, pick up the trail at M. James Gleason Memorial Boat Ramp and head east. Along the way, go for a swim at Broughton Beach; soak in views of Mount Hood; enjoy a picnic, swim or disc golf at Blue Lake Regional Park; or view wildlife at Chinook Landing Marine Park.

There are two segments that run along the shoulder of Marine Drive: between Interstate 205 and Northeast 122nd Avenue, and Northeast 185th Drive and Northeast Interlachen Lane.

Rock Creek Trail

8 miles

The trail parallels Rock Creek and follows a scenic greenway from Hillsboro to Bethany. Orenco Woods Nature Park is a good starting point and offers a nature play area, trails and more. From there, turn left onto Northeast Cornelius Pass Road, then right onto Northwest Wilkins Street. The trail resumes about a quarter-mile down. Take it to Rock Creek Park and travel along Northwest Rock Creek Boulevard before picking up the trail again at the Rock Creek Powerline Soccer Fields. It passes through forests, wetlands, meadows and parks before ending at Kaiser Woods Natural Area.

Steel Bridge-Tilikum Crossing Loop

4 miles

Take in the cityscape as you travel along the east and west banks of the Willamette River.

Begin at the Salmon Springs Fountain in Tom McCall Waterfront Park and head north on the Waterfront Park path. Pass under the Morrison and Burnside bridges, then follow the path onto the Steel Bridge to cross the river. Head south along the Eastbank Esplanade and pass under the Burnside, Morrison and Hawthorne bridges. Continue past OMSI then cross Tilikum Crossing, the country’s first car-free pedestrian and transit bridge.

Turn right onto the Southwest Moody Avenue cycle track and pick up the waterfront trail again from Southwest River Parkway.

When the Springwater Trail re-opens near Oaks Bottom Wildlife Refuge, visitors can continue south along the east side of the river, cross the Sellwood Bridge and return on the Willamette River Greenway Trail.

Trolley Trail

7 miles

The trail follows a former streetcar corridor from Milwaukie south to Gladstone and connects to the Orange Line MAX station at

This page: Walkers on the Marine Drive Trail enjoy scenic views of Mount Hood and the Columbia River.

Opposite page, clockwise from top: The Marine Drive Trail is also popular with bicyclists. A new portion of the Rock Creek Trail includes a bridge in Orenco Woods Nature Park. The popular Trolley Trail follows a former streetcar corridor from Milwaukie to Gladstone.

Park Avenue. Milwaukie Riverfront Park is a great starting point, but the trail also extends one mile north along Southeast 17th Avenue to connect with the Springwater Corridor in Sellwood.

Along its length, trees and grass buffer you from streets. Stringfield Park makes a great stop with its playground, picnic area and restrooms. The trail ends at East Jersey Street and Portland Avenue in Gladstone, but you can continue down to the Clackamas River and cross the bridge into Oregon City.

Fanno Creek Trail

8 miles

Beginning in Garden Home, the trail travels through Beaverton and Tigard.

You can start at the Garden Home Recreation Center and follow the trail west toward Highway 217. To avoid walking across the highway overpass, start instead at Fanno Creek Park. Follow the trail and keep an eye out for wildlife, including native Pacific tree frogs, beavers and red-tailed hawks.

From Woodard Park, take a left on Southwest Johnson Street and another left on Southwest Grant Avenue to continue on the trail. The Tigard Public Library is a good end point.

For more trails, check out Metro’s interactive *Bike There!* map at oregonmetro.gov/bikethere



5 senderos para explorar este verano

Escápate del ajetreo de la vida cotidiana y explora hermosos paisajes naturales a pie, en bicicleta, en patines o como quieras.

Por: Cristina Rojas
Traducción: Sofía Basto
Fotografía por Fred Joe, Guadalupe Triana and Julie Cash

La red de senderos para caminar o montar bicicleta en nuestra región sigue creciendo y recorre ríos, pasa por parques y barrios, y atraviesa humedales y bosques. Aquí tienes cinco senderos que puedes disfrutar con toda la familia.

Todos los senderos mencionados están pavimentados y acomodan a personas de distintas capacidades físicas.

Marine Drive Trail

17 millas

Este sendero es paralelo al Río Columbia y se extiende desde el parque Kelley Point del norte de Portland hasta Troutdale.

Pare evitar brechas en tu recorrido y esquivar el intercambio en la carretera interestatal 5 (I-5), retoma el sendero en la rampa para botes M. James Gleason Memorial Boat Ramp y continúa hacia el este. Por el camino puedes nadar en la playa Broughton Beach; deleitarte con las vistas de Mount Hood; disfrutar de un pícnic, nadar o jugar disc golf en el parque Blue Lake; y observar vida silvestre en el parque marino Chinook Landing.

Dos segmentos de sendero pasan por la acera de la calle Marine Drive: entre la carretera interestatal 205 (I-205) y la avenida Northeast 122nd, y también entre la calle Northeast 185th y Northeast Interlachen Lane.

Rock Creek Trail

8 millas

Este sendero es paralelo al arroyo Rock Creek y continúa por una zona natural desde Hillsboro hasta Bethany. El parque natural Orenco Woods es el lugar perfecto para empezar tu recorrido, pues ofrece un área infantil natural, senderos y más. De aquí, dobla a la izquierda en la calle Northeast Cornelius Pass, y después gira a la derecha en la calle Northwest Wilkins.



El sendero reinicia en un cuarto de milla. Toma el sendero al parque Rock Creek y pasa por Northwest Rock Creek Boulevard antes de reanudar tu ruta por el camino en los campos de fútbol de Rock Creek Powerline. Este sendero pasa por bosques, humedales, praderas y parques antes de terminar en el área natural Kaiser Woods.

Ruta circular Steel Bridge-Tilikum Crossing

4 millas

Admira el paisaje urbano mientras recorres las orillas este y oeste del Río Willamette. Comienza tu recorrido en la fuente Salmon Springs del parque Tom McCall Waterfront y dirígete hacia el norte en el camino Waterfront Park. Pasa bajo los puentes Morrison y Burnside para después continuar el camino hacia el puente Steel Bridge donde cruzarás el río. Dirígete hacia el sur por la Eastbank Esplanade y pasa bajo los puentes Burnside, Morrison y Hawthorne. Continúa más allá de OMSI y cruza el puente Tilikum Crossing, el primer puente del país para peatones y tránsito que no permite automóviles.

Gira a la derecha en el carril para bicicletas de la avenida Southwest Moody y retoma el camino a lo largo del muelle de Southwest River Parkway.

Cuando el sendero Springwater Trail cerca de Oaks Bottom Wildlife Refuge vuelva a abrir, los visitantes podrán continuar su ruta hacia el sur a lo largo de la parte este del río, cruzar el puente Sellwood Bridge y volver por el sendero Willamette River Greenway Trail.

Trolley Trail

7 millas

Este sendero sigue la antigua ruta de un tranvía desde el sur de Milwaukie hasta Gladstone y conecta con la estación Orange Line del MAX en Park Avenue. El parque Milwaukie Riverfront es un buen punto de partida, pero el sendero también se extiende una milla al norte a lo largo de la avenida Southeast 17th donde conecta con el sendero Springwater Corridor en Sellwood.



En esta página (desde arriba, de derecha a izquierda): El sendero Marine Drive Trail es muy popular entre los ciclistas. Un nuevo tramo del sendero Rock Creek Trail incluye un puente que pasa por el parque Orenco Woods Nature Park. El famoso sendero Trolley Trail sigue la ruta de un antiguo tranvía desde Milwaukie hasta Gladstone.

Página opuesta: Caminantes disfrutan la vista panorámica de Mount Hood y del río Columbia desde el sendero Marine Drive Trail.

A lo largo del recorrido te encontrarás protegido del ruido de las calles gracias a los árboles y al césped. El parque Stringfield es el lugar ideal para detenerse un rato y disfrutar del parque infantil, la zona para pícnicos y usar el baño. El sendero termina en la calle East Jersey y la avenida Portland en Gladstone, pero puedes continuar por el Río Clackamas y cruzar el puente hacia Oregon City.

Fanno Creek Trail

8 millas

El sendero inicia en Garden Home y pasa por Beaverton y Tigard.

Puedes comenzar tu recorrido en el centro recreativo Garden Home Recreation Center y seguir hacia el oeste por el camino hasta la autopista Highway 217. Para evitar caminar sobre la autopista, puedes empezar también en el parque Fanno Creek y seguir por el sendero donde podrás observar vida silvestre, como ranas de coro del pacífico, castores y aguilillas de cola roja.

Desde el parque Woodard, dobla a la izquierda en la calle Southwest Johnson y dobla de nuevo a la izquierda en la avenida Southwest Grant para continuar por el sendero. La biblioteca pública de Tigard es un buen lugar para finalizar tu recorrido.

Para conocer otros senderos y rutas, visita el mapa interactivo de Metro Bike There! en oregonmetro.gov/bikethere



Have fun, be safe on regional trails

Story by Yuxing Zheng
Photography by Fred Joe

Regional trails connect people with stores, parks, schools, jobs – and each other.

Planners more than a century ago envisioned a 40-mile network of trails around greater Portland. Today, residents can enjoy more than 350 miles, and long-range plans call for a 1,000-mile network.

“Regional trails give people more options and choices to explore and get around without a car,” said Robert Spurlock, a senior regional trails planner at Metro.

Regional trails are typically separated from roads. Their off-street nature makes trails more pleasant for recreational users by reducing interactions with drivers, which also makes them quicker routes for pedestrian and bike commuters.

Here are some measures trail users can take to stay safe:

- Always wear protective equipment, such as helmets when bicycling and skateboarding and personal flotation devices when paddling and boating.
- When using a trail in the early morning or at night, wear reflective clothing and use front and rear bike lights.
- Bicyclists should also consider installing rearview mirrors.
- Be aware of your surroundings. Know where others are around you.
- Plan ahead and know your location. Some trails, such as the Marine Drive Trail, have limited cross-streets and access points.
- Pay attention to sounds. Remove earbuds and headphones, especially near street crossings and rail lines.
- Share the trail. Stay to the right if you’re moving slowly, so people can pass in the middle of the trail.

Support trails projects

Every September since 2008, volunteers survey people biking and walking the region’s trails, parks and natural areas. The data, gathered using nationally standardized methods, are used for transportation planning and grant applications.

During trail counts in September 2017, volunteers at 125 different sites counted:

- 45,002 total users
- 28,855 pedestrians
- 15,405 bicyclists
- 72 people using mobility devices
- 670 using other modes, such as skateboarding and rollerblading
- 21,292 female trail users
- 23,710 male trail users

Turn to page 13 for details on volunteering for this year’s trail counts.

4 questions with Mel Huie, celebrating 4 decades of planning regional trails

Story by Cristina Rojas
Photography by Robert Spurlock



For Mel Huie, passion for urban planning began in his youth. His family didn’t have a car, so the native Portlander walked, took the bus or rode his bike everywhere. He even marked up a map to show all the streets he biked on.

That interest carried over into his work as a regional trails planner. Huie has worked for Metro and one of its predecessors, Columbia Region Association of Governments, since 1977. He has served as a parks and trails planner for the agency since 1988 and has been instrumental in planning and implementing a regional system of off-street trails.

The vision is to create a 1,000-mile trail network in the Portland-Vancouver region that would stretch from the Oregon Coast to Mount Hood. So far, more than 350 miles have been completed.

“You can’t build trails without a lot of cooperation and passion and stay-with-it ability,” he said. “It’s taken the work of hundreds if not thousands of people and volunteers over these 40 years.”

Q. Why is it so important to have a regional trails network?

A. Portland’s grown so much in the last 40 years I’ve been here, so we need to plan for alternative ways of getting around – cycling, walking and transit.

Trails don’t understand political or city and county boundaries. They keep going, so you want to have a trail that goes from Portland to Gresham to Troutdale that’s continuous. You have to have all the jurisdictions working cooperatively together so the trail keeps going, otherwise it could just drop off. It’s important to get a strategy to decide where the regional trails should go and a strategy to have consistent design standards so it’s not different in every city.

All cities and counties like the regional trail system, but they look to Metro as a facilitator and convener for the planning because they only have authority within their city limits.

Q. What goes into deciding what would make a good trail?

A. Metro can only work with willing sellers if we’re buying trail corridors or easements, so the fact that there’s a willing seller or somebody who wants to donate land or a trail easement is important. It takes a long time to build a trail. Some of these trails have taken five, 10, 20, 25, 30 years to come to fruition because we can only deal with willing sellers. Then you have to find the money to design and build it.

We also look for corridors like railroad or utility corridors ... and generally try to find areas that are not overly hilly so people of various physical abilities can go on them.

The other important thing is Metro works with all the city and county and state parks departments and trail programs. We’re working in total partnership so we get their ideas and trail maps and plans and blend it into the regional system. Metro is a convener and planner and facilitator, but we couldn’t do this without the full partnership of the local governments – not only designing and planning and acquiring the rights-of-way, but someone has to maintain these trails. They’re mostly owned by non-Metro agencies.

Q. What are the most difficult challenges to planning and developing a regional trails network?

A. Part of it is the funding. We need more funding for trails acquisition, design and construction. The federal government used to help a lot on trail design and construction, but they’ve cut back.

Then also having willing sellers because one trail corridor could have hundreds of ownerships along the way, not just one or two.

Q. What is your favorite trail and why?

A. I like the Eastbank Esplanade and the Springwater on the Willamette trails because they’re on the river. It’s always nice to walk or ride a bike along the river. One side is more natural like Oaks Bottom Wildlife Refuge and the other side is more urban. They’re also close to my office ... and convenience is important for me to get to trails. I don’t have to drive to it.



Turn to page 13 for details about the Sept. 22 grand opening.

Story by Dan Daly

The waters of Killin Wetlands stretch – calm and serene – to mirror the open sky, and they mix with islands of sedges and willows that hum with life. Diversity thrives at the edges, and this 590-acre natural area offers a special experience where rolling hills, an ancient swamp and the work of North America’s premier rodent come together as one.

Once part of a patchwork of peat soil wetlands that covered more than 10,000 acres in the Willamette Valley, Killin Wetlands may be one of the last wetland habitats of its kind. Thanks to the work of generations of beavers, slow-moving water allowed dead plants to sink to the bottom and build a rich peat soil that supports an abundance of plant and animal life.

One hundred and twenty five years of draining the swamp for cattle ranching exposed the fragile peat soils to air, oxidizing them and causing them to collapse. Today Killin Wetlands resembles a lakebed that is now many feet lower than it was a century ago. Wetlands specialists expect the lost peat soils to slowly rebuild over the next century.

Cedar Canyon Creek slopes in from the north, providing water to the wetland and a habitat connection to the rolling hills of the Coast Range.

Home to a barn owl, the dairy barn features a beautiful piece of artwork by the Westside Quilters Guild called “Doves in the Window,” making it part of the Quilt Barn Trail of Oregon’s Washington County.



Killin Wetlands Nature Park
46280 NW CEDAR CANYON ROAD, BANKS

DRIVING
From Portland, head west on U.S. 26, then take the exit for Highway 6 toward Tillamook. Stay on Highway 6 for 3 miles after Banks. You will see a big wetland area on your right.

Turn right onto Northwest Cedar Canyon Road. Stay on Cedar Canyon Road as it curves right at the intersection. After about 1 ½ miles, turn right at the big, old barn on your right.

KNOW WHEN YOU GO
After construction finishes, the park will be open sunrise to sunset. No pets, please.

AMENITIES
Parking, restroom, trails, picnic tables.

In the neighborhood For a dose of that cozy, small-town feeling, stop by the community of Banks just before you reach the wetland. Check out the Trailhead Café for a stick-to-your-ribs breakfast, sandwiches, strong coffee and espresso. The Hop Cycle Brewing Company has a great selection of fresh-brewed beers to lighten your load after a walk in the wetlands.

This site is recognized by the Audubon Society of Portland as an Important Bird Area and is a featured stop on the Willamette Valley Birding Trail. Birders flock to Killin Wetlands to see and hear three birds that are hard to find: the Virginia rail, sora and American bittern.

Killin Wetlands is a year-round destination for visitors of all ages that invokes a sense of

curiosity and exploration of a rare ecosystem in the Willamette Valley. Improvements provide a safer, more intimate experience, and visitors no longer need to park on the side of the road. Trails, parking, restrooms and picnic tables will help visitors enjoy this site to the fullest.

oregonmetro.gov/killin

Season-by-season highlights

SUMMER: Killin Wetlands is an open site, so be prepared for sun. Dusk is a great time to catch a glimpse of beavers or river otters. Pink blooms on Douglas spirea shrubs decorate the wetland, and baby birds test their wings. Watch for American kestrels hovering above the fields, keen on catching a vole or mouse.

FALL: Roosevelt elk wind down Cedar Canyon, leaving tracks and scat as evidence of their nighttime wanderings. The rains return to refresh the wetland, and pintail ducks by the thousands stop for rest and food on their long trip south.

WINTER: Ducks, geese, hawks and eagles return from the north to settle in for winter. Watch for a sudden flush of ducks taking to the sky – a sure sign that a hunting bald eagle is near. Hooded merganser, great egret, northern harrier and merlin can all be seen here. Killin Wetlands hosts a dense population of northwestern salamanders that lay their eggs in the winter water.

SPRING: The wetland comes to life. Geyer willow, Oregon ash and black cottonwoods burst forth with new leaves, and the migratory songbirds soon follow. Listen for the bubbly chatter of the marsh wren, and the “fitz bew” song of the willow flycatcher.

Be on the lookout!



Get involved

CLASSES AND EVENTS



THU. JULY 12, 19

THU. AUG. 16

Twilight Thursday

As the sun begins its descent in the sky, many animals go out to forage for one last meal. At the same time, nocturnal animals awaken and move across the landscape. Join a naturalist on a hike to explore the magical space between day and night.

July 12, Smith and Bybee Wetlands Natural Area, 7 to 9 p.m.
July 19, Blue Lake Regional Park, 7 to 8:30 p.m.
Aug. 16, Oxbow Regional Park, 6:30 to 8:30 p.m.
\$6/person, \$11/family. Ages 6 and older.
Registration required.
Difficulty: Smith and Bybee and Blue Lake: easy. Oxbow: moderate.
Blue Lake:

Photography by George Winborn, Joshua Namus and Diego Gioseffi

SAT. JULY 7, 21

SAT. AUG. 4, 18

SAT. SEPT. 8, 29

Volunteer ventures

Help care for rare native plants that support regional restoration projects. Summer activities include harvesting and cleaning seeds and maintaining plant beds. No experience is needed. Gloves, tools, water and snacks provided.

Native Plant Center
2661 SW Borland Road, Tualatin
9 a.m. to 1 p.m.
Free. All ages.
Registration required. Difficulty: moderate.

THU. JULY 19, 26

Fight invasive plants at Oxbow

Help native plants thrive in the beloved forest and along the Sandy River at Oxbow Regional Park. Volunteers will identify and remove invasive plants like policeman’s helmet, ivy and holly trees. No experience is needed. Gloves, tools and snacks provided.

Oxbow Regional Park
10 a.m. to 1 p.m.
Free. Ages 8 and older.
Registration required. Difficulty: moderate.



Registration, accessibility information

Unless otherwise noted, register and pay at oregonmetro.gov/calendar

Registration and payment required at least 48 hours in advance for all classes. Classes with low enrollment will be canceled; registered participants will receive full refunds. For more information or to request communications aids, sign language interpreters and other modifications: Nature education team, 503-220-2782.

SAT. JULY 21

Star party

Join the Rose City Astronomers, Audubon Society of Portland and Metro for an evening under the stars. Participants will peer through telescopes and learn about distant stellar objects and common summer constellations. Learn about nocturnal wildlife and meet a live raptor while waiting for the sky to darken. Come prepared to let your eyes adjust to the darkness and leave your flashlights at home. If the sky is covered by clouds, the event will be canceled.

Glendoveer Golf and Tennis Center
8:30 to 10:30 p.m.
Free. All ages.
Registration required. Difficulty: easy.

SÁB. 28 DE JULIO

Caminata por el bosque del parque natural Orenco Woods

Cuando el verano está en furor, los aleteos y zumbidos de los polinizadores resuenan por este bosque de tierras altas y sabana de robles. Ven y explora la variedad de hábitats y particularidades de este paisaje diverso. La clase será guiada en español.

Orenco Woods Nature Park
10 a.m. al mediodía
\$6/persona, \$11/familia. Para todas las edades.
Debes registrarte en oregonmetro.gov/calendar
Dificultad: fácil.

Para más información, incluyendo detalles sobre accesibilidad para discapacitados, llama a Hayley Mauck, 503-663-4708, disponible de miércoles a domingo.

SAT. AUG. 4

Walking among the giants

Join a naturalist for a summer stroll through a cool and shaded old-growth forest. Ancient Douglas firs, stellar cedars, moss-covered maples, and a carpet of moss and lichen grace this land along the Sandy River.

Oxbow Regional Park
10 a.m. to noon.
\$6/person, \$11/family; \$5/car, \$7/bus. All ages.
Registration required. Difficulty: easy.

TUE. AUG. 7

Independent Living Resources summer picnic

The nonprofit Independent Living Resources, which creates opportunities for people with disabilities, returns to Glendoveer for its summer picnic. Community members are invited to join in the celebration of the anniversary of the signing of the Americans with Disabilities Act. Booths, food and entertainment provided.

Glendoveer Golf and Tennis Center
11 a.m. to 2 p.m.
Free. All ages.
RSVP requested to Independent Living Resources: 503-232-7411.
Difficulty: easy.

SÁB. 18 DE AGO.

Explora el bosque sobre el domo de lava del parque natural Scouters Mountain

Ven y explora el bosque que creció sobre el domo de lava de un volcán extinto en compañía de un naturalista. Este habitat de abetos de Douglas y arces brinda protección y alimento a los mamíferos y aves que anidan en nuestra región. Durante la caminata buscaremos señales de estas interacciones. La clase será guiada en español.

Scouters Mountain Nature Park
10 a.m. al mediodía
\$6/persona, \$11/familia. Para todas las edades.
Debes registrarte en oregonmetro.gov/calendar
Dificultad: fácil.

Para más información, incluyendo detalles sobre accesibilidad para discapacitados, llama a Hayley Mauck, 503-663-4708, disponible de miércoles a domingo.

WED. AUG. 22

An introduction to oak

Join a local indigenous community member on a walk dedicated to a habitat that used to dominate the Pacific Northwest from California to British Columbia: oak woodlands and prairies.

Graham Oaks Nature Park
6 to 8 p.m.
\$6/person, \$11/family. All ages.
Registration required. Difficulty: easy.

FRI. AUG. 24

Big screen on the green

Enjoy a family friendly movie night on the Glendoveer driving range with a showing of “Cars 3.” The animated comedy is about a legendary race car out to prove he’s still the best in the face of competition from a new generation of high-tech race cars. Family activities, including a bounce house, will begin at 7 p.m., and the film will start at dusk.

Glendoveer Golf and Tennis Center
7 p.m.
Free. All ages.
Registration not required. Difficulty: easy.

WED. AUG. 29

Regional Trail Counts volunteer orientation

Interested in trails? Each year in mid-September, Metro and partner agencies count people using regional trails. The data is used for transportation planning and grant applications. Volunteers are needed to conduct the counts. Learn more at a required orientation session before hitting local trails Sept. 11 to 13, and Sept. 15 to 16 to help conduct the 11th annual regional trail counts.

Metro Regional Center, room 270,
600 NE Grand Ave., Portland
4 to 5 p.m. or 5:30 to 6:30 p.m.
Free. All ages, though counters under 16 require a parent/guardian.
Registration required. Difficulty: easy.



Free Parking Days

Get out and explore nature!

Enjoy free parking at Oxbow and Blue Lake regional parks, Broughton Beach, Chinook Landing Marine Park, and M. James Gleason Memorial Boat Ramp on July 19; Aug. 16; Sept. 20; Oct. 18; Nov. 11, 15 and 23; and Dec. 20.

Parking at all other Metro parks and boat ramps is free year-round.

SAT. SEPT. 22

Killin Wetlands grand opening

Celebrate the opening of Killin Wetlands Nature Park just west of Banks. With guided trail walks throughout the day, you’ll have an opportunity to view wildlife and experience the region’s newest nature park. For more details including times, visit oregonmetro.gov/calendar

Killin Wetlands Nature Park
46280 NW Cedar Canyon Road, Banks
Free. All ages.
Registration not required. Difficulty: easy.

SUN. SEPT. 30

Introduction to the language of birds

As they feed, nest and raise their young, birds relay messages about when it’s safe and where predators are prowling. Explore Cooper Mountain Nature Park with a naturalist to learn how to interpret what the birds are saying. This site is great for wildlife tracking, and we will look for signs of predators that hunt there.

Cooper Mountain Nature Park
9 a.m. to noon
\$10/person. Ages 8 and older.
Registration required. Difficulty: easy.

THU. OCT. 2

Oxbow restoration

Help restore Oxbow Regional Park by volunteering to weed and mulch around new native plants. No experience is needed. Gloves, tools and snacks provided.

Oxbow Regional Park
10 a.m. to 1 p.m.
Free. Ages 6 and older.
Registration required. Difficulty: easy.



Tools for living

ILLEGAL DUMPING — BY THE NUMBERS

Story by Rebecca Koffman

Overnight, a couch appears on the corner of your street. It looks stylish from half-a-block away but close up it's a mess: Springs have pierced the shiny fabric on the seat, and it's badly stained. Then, it gets rained on. A couple of cushions disappear. A bag of trash is left on top of it. No one's sure how this will end.

Garbage left on public property is considered illegal dumping. Since 1993, Metro has worked with other government agencies to clean this stuff up.

In 2017, the three crews that make up Metro's Regional Illegal Dumping Patrol, also known as the RID Patrol, collected 440 tons of trash dumped at 3,500 different sites across Clackamas, Multnomah and Washington counties.

Metro solid waste planner Tiffany Gates says that number is up from 2016, when two crews collected 335 tons.

Here's a look at some of the other clean-up numbers from 2017.

Most commonly dumped items: the big stuff

In 2017, Metro's dumping patrol picked up:

- 1,973 tires
- 994 mattresses
- 555 couches
- 491 shopping carts

Crews also pick up thousands of syringes, a huge safety issue for workers. Other hazardous waste like paint, television sets and items that contain asbestos, can also be in the mix.

Most dumps occur in neighborhoods

Garbage is mainly dumped in residential areas, says Gates. Last year, of the 3,500 clean-ups:

- 2,517 appeared to come from households.
- 48 appeared to come from businesses and contained things like construction debris or large amounts of lumber.
- 349 dump sites were in parks.
- 56 were near school grounds.
- 93 were in or near local creeks, rivers and wetlands.

And 45 dumps were in the "other" category, which could include places such as bioswales or golf courses.

Reasons for dumping vary, and so do better options

It's hard to know why any one mattress or pile of clothes ends up in a nearby alley or along the highway. But getting rid of trash isn't always easy. Limited income or the lack of a vehicle can leave people with few options, and not everyone knows which options they have. Here are a few:

If you opt to do a free pile, keep it on your property. Advertise your cast-offs on websites such as the FreeCycle Network, Nextdoor or Craigslist.

At free repair cafes across the region, volunteers mend clothes, repair small appliances and more. For details, visit repairpdx.org

Gates says some charities will take furniture. But if it's garbage, any hauler will pick it up



for a fee. "You need to pre-arrange it. Charges run about \$25 to \$75, but a second item is much cheaper," she says.

Reuse and recycling options for mattresses are limited. The experts at Metro's recycling information hotline can give you the best options.

You can also take garbage and recycling to Metro's Central and South transfer stations for a fee. Metro also operates separate facilities at each transfer station location that receive hazardous waste, such as needles, paint and pesticides.

Report it

If you witness dumping, it's best not to approach or confront a dumper. Instead, get a description and a license plate number. Then report it to Metro at 503-234-3000 or oregonmetro.gov/RIDpatrol

Recycling questions?

Ask Metro.



**Metro**

- Arts and events
- Garbage and recycling
- Land and transportation
- Parks and nature
- Oregon Zoo

503-234-3000
oregonmetro.gov

Help shape the future

Greater Portland generates more than 2 million tons of trash every year. Join family, friends and neighbors to help Metro update the Regional Waste Plan, the 10-year blueprint that guides how garbage and recycling is handled.

Find out when and how you can weigh in at oregonmetro.gov/letstalktrash



Regional roundup

METRO PLACEMAKING GRANTS ENHANCE COMMUNITIES, SHARE CULTURE

Photo courtesy of Gary Wilson



Photo courtesy of the Portland All Nations Canoe Family

Story by Arashi Young

A traditional dug-out canoe, hand carved from a cedar log. An augmented reality art project that honors displaced neighbors. A festival celebrating the people and culture of the South Pacific Kingdom of Tonga.

These are some of the projects selected this year to receive grants from Metro’s Community Placemaking program. Metro awarded \$168,465 to nine groups to invest in re-creating public spaces throughout the region.

The grants fund community-led projects to create unique, culturally vibrant places, said Elissa Gertler, Metro planning and development director.

“The program is built around the principle of putting communities in charge,” Gertler said. “It assumes that community members are often the best equipped to know what their neighborhood needs, and empowers them to help build the parts of their neighborhood that they want to see.”

Enhancing place

Many of the grants fund improvements to neighborhoods or community spaces.

For children in Fairview and Wood Village, the grant means access to art in historically underserved communities. The Free Art NW project will bring a mobile art studio to children living in Section 8 housing. The youths will be able to make mini art installations to beautify their neighborhoods.

In Northeast Portland, the grant will turn a community map project into a permanent fixture. Neighbors created the Cully wayfinding system to share safe routes to local greenspaces. With the help of the grant, artists of color from the neighborhood will work with Verde to design and install permanent bilingual maps and directional signs.

“Our project is all about creating a community design system of signs and neighborhood



Photo courtesy of Zoe Piliakas

kiosks that help people... develop a sense of place in our neighborhood,” said Anna Gordon, community program manager for Verde.

At the Muslim Educational Trust in Tigard, the grant will help pay for new murals in MET’s community space. Three artists of color who specialize in Middle East and Islamic art styles will design the murals.

Honoring community memory

Other grants honor the memories of people who have lost community due to gentrification, or who were priced out of their long-time communities.

In Northeast Portland, Diversa Edu will create an augmented reality cell phone and tablet application showing a digital history of Alberta layered on top of the present-day street. The project will show an inclusive history that celebrates the people from the neighborhood, said Zoe Piliakas, the founder of Diversa Edu.

“The project is our moment to broaden the voice of history, swing open the gates, and bring forth a larger truth by telling the stories that have not been told,” Piliakas said.

A few miles away, at Northeast Rosa Parks Way and Northeast Martin Luther King, Jr. Blvd., Portland Community Reinvestment Initiatives, Inc. is developing a new affordable housing building, the King + Parks Apartments.

PCRI plans to use the grant to bring a community art project that includes weaving an abstract map throughout the building’s outside and interior walls. The project will honor the civil rights pioneers and Portland’s black community members.

Celebrating and preserving culture

These grants support diverse communities to share their art, culture and traditions.

On the banks of the Willamette River at Tryon Cove Park near Lake Oswego, the Portland All Nations Canoe Family will construct a 35-foot-long dug-out canoe from a cedar log.



Photo courtesy of Kolini Fusitua

Clockwise from top: Traditional Chinese lion dancers get ready to perform at Lan Su Chinese Garden. A Tongan girl dances at the 2017 Tonga Day celebration. A media intern with Diversa Edu interviews a community leader about Alberta’s history. The Portland All Nations Canoe Family stand at a riverbank with their canoes.

The intergenerational group, which includes more than 30 tribes, will spend three months working with a master carver to learn this traditional art form.

In Northeast Portland, the Tongan American Resource Committee will celebrate the second annual Tonga Day on Aug. 18 at Gateway Discovery Park. Metro’s grant will help pay for musical performers and food. Tonga Day is a way for the community to come together, share their culture and be a part of the region, said event organizer Kolini Fusitua.

“With the support of Metro, that’s giving us a green light, thumbs up that we are accepted, that we are here to stay,” he said. “It makes us feel like true Portlanders and true Oregonians.”

Bringing communities together

In Old Town Portland, Lan Su Chinese Garden will expand its annual Autumn Moon Festival from inside the garden to the street. The larger space will allow twice as many partnerships with cultural organizations and performers, said Gary Wilson, director of events and programs at the garden.

“The more that we are able to pull the Chinese and Asian communities together to celebrate these holidays collectively, the more that we will be able to strengthen the community,” Wilson said.

To learn more about community placemaking grants, visit oregonmetro.gov/placemaking

Share your nature and win!



Tom Myers, Portland

During an after-work walk on Sauvie Island, I caught a big blur drop down through the trees. I stopped dead in my tracks. I could sense whatever had landed there and moved slowly and quietly toward it until I could see this sharp-shinned hawk (*Accipiter striatus*) through the brush.

Submit your photo

Win an annual parks pass, an overnight camping trip at Oxbow Regional Park, a tennis court session, or a round of golf for four people including cart at Glendoveer Golf and Tennis Center.

To enter, submit a photo taken at a park or natural area in the Portland metro region – your friends and family, a view of wildlife or a sunset, for example. Include a 50-word description of your experience. Where were you? What were you doing? What captured your attention?

The winner will appear in this space. By submitting a photo, you consent to Metro’s future use and publication of your photo. Send your photo and description by Aug. 15 to: ourbigbackyard@oregonmetro.gov