Summer / 2014

OUR BIG BACKYARD

Explore great places and more with Metro

PLAYGROUNDS GO WILD

Goodbye concrete, hello nature! Explore logs, stones, water and sand.

pg. **08**

NATURE: WHAT'S NEXT

You've protected regional parks, trails and natural areas. Now you get to shape their future.

pg. **03**

SCOUTERS MOUNTAIN

Gear up for the grand



opening of the region's newest nature park. Psst ... there's free music, pie and nature walks!

pg. **06**

GROWTH DECISIONS

A beginner's guide to regional hotspots – see what's happening in your community.

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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.

Metro Council President

Tom Hughes

Metro Councilors

Shirley Craddick, District 1 Carlotta Collette, District 2 Craig Dirksen, District 3 Kathryn Harrington, District 4 Sam Chase, District 5 Bob Stacey, District 6

Auditor Suzanne Flynn



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

See your name here

React to stories in Our Big Backyard, tell us about your nature experiences or weigh in on regional decisions. Send your comments (100 words or fewer, please), name and city to ourbigbackyard@oregonmetro.gov

A new era at oregonmetro.gov

Log onto Metro's new website for attractive, useful, easy-to-find information, from timelines and online open houses to interactive maps and videos. Oregonmetro.gov is built for you to connect with the greater Portland region anytime, anywhere, from any kind of device.

503-238-RIDE (7433) or trimet.org

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Stay in touch with news, stories and things to do. oregonmetro.gov/connect



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Nature News



This is Our Big Backyard. IMAGINE THE POSSIBILITIES.

When you move into a new house, you get to reimagine the backyard: maybe you'll build a tree fort someday, plant that veggie garden you've dreamed of, save up to replace the deck. Savoring the possibilities almost makes up for all those projects inside.

Ditto for the greater Portland region. Over the course of two decades, two bond measures and a new levy, voters have protected 16,000 acres of regional parks and natural areas. From Chehalem Ridge on the west to the Sandy River Gorge on the east, this land is our big backyard. It keeps our air and water clean, helps plants and animals thrive, gives us all a place to unwind and explore. It sets our region apart.

Now, it's time to make the most of our big backyard. Metro is launching a community conversation this summer to hear what you value about regional parks, trails and natural areas near your home. How do you want to experience Metro destinations in the future? How can these places support your family and your community?

With your help, a vision will take shape. Values, strategies and actions will set the course of our big backyard for generations to come. So get outside, gaze at the trees, listen to the wind, imagine the future and share your thoughts with us at oregonmetro.gov/nature

Look for Metro at farmers markets, concerts and other events across the region this summer – or invite us to visit your community. oregonmetro.gov/nature









PHOTOGRAPHY BY Julie Cash, C. Bruce Forster, Fred Joe and Laura Oppenheimer Odom

Metro Council meeting NATURE MILESTONES AND GRANTS

Thursday, July 10 from 1:30 to 5 p.m.

Mt. Hood Community College, Town & Gown room

Join the Metro Council for a special (un)meeting to hear how the greater Portland region is investing in parks, trails and natural areas – and help shape the future.

- Weigh in on the values that will shape Metro's regional parks and natural areas for decades to come, kicking off a major vision plan.
- See how regional parks and natural areas are getting healthier, safer and more fun one year into a voter-approved levy.
- Meet more than two dozen groups receiving Nature in Neighborhoods grants to nurture nature in their communities.

Parks

From Cooper Mountain Nature Park near Beaverton to Oxbow Regional Park along the banks of the Sandy River, Metro offers places to play and explore.

Trails

Working with partners across the region, Metro develops blueprints for future trails, secures the rights to build parts of them and helps find resources to put them on the ground.



Natural areas

Voter-protected land keeps our water clean, provides a home for wildlife and gives people a bit of wild close to home.



Community opportunities

Grants, volunteer gigs and nature classes let you experience nature your way, in your community.

- Learn about a new regional trails map and a blueprint for the Mt. Scott/Scouter Mountain regional trail.
- Enjoy strawberry shortcake, lemonade and iced tea while you mingle at a post-meeting reception.
- Join Metro's new Youth Ecology Corps for a tour of Beavercreek natural area, right next door to the college.

At Glendoveer, golf plus soccer equals ... footgolf?

STORY BY Nick Christensen / PHOTOGRAPHY BY Laura Oppenheimer Odom









CONFESSIONS OF A FIRST-TIME FOOTGOLFER

Standing at the top of the hill, with Glendoveer's west course in front of me, I admit - I was a bit nervous.

It's been at least 20 years since I last touched a soccer ball. I'm fairly sure I haven't participated in competitive sports since the Reagan administration. Hiking? I'm there. Sportsball? I'll just watch.

And golf? Even when I was a sportswriter, my ideal day of covering golf was showing up at the end of a tournament and interviewing the winner. The last time I went to a golf course, in 2005, I got called to a meeting to find out my newspaper was all but closing. Golf and I don't have the best of relationships.

But I had to wing it if I wanted to witness the Pacific Northwest debut of footgolf at Metro's Glendoveer Golf Course. This wacky sports hybrid is just what it sounds like - golf course, golf rules, soccer ball.

It was showtime, my turn to tee off. I squared up with my borrowed soccer ball. I launched myself west and threw my leg forward.

I kicked the ball about 45 degrees to the right of where everyone else had gone.

pinball amid the massive evergreen trunks became part of the game's strategy.

Meanwhile, in the group ahead of ours, Metro finance director Tim Collier was sinking eagles and birdies adorned in kilt and ghillie brogues. Why putt when you can just knock the ball in from the fairway?

We ran into traditional golfers only once - a group on the tee of their last hole as we were about to tee off on the fourth. A Glendoveer staffer kept us at bay while the traditional golfers made their drive shot. After that, all we saw were footgolfers, out to try the sport's debut in Oregon.

After 2,682 yards - that's the listed course distance, so we're really talking 3,000-plus - and about two hours, it was game over. I did not ask Pietro to look at the scorecard. I know I needed 10 shots to sink the par-5 11th hole.

It was great - and I never would have explored the grounds at Glendoveer otherwise. Despite living in East Portland, I'd never really spent much time there. The 19th hole on opening day was my first-ever visit to the Ringside Steakhouse.

Footgolf is a fun activity, it's an interesting sport. But more importantly, its promoters hope it's a way to open up golf courses to people who are intimidated by golf, who don't have time to learn the art of golf, who would never otherwise visit a golf course. That's a key in East Portland, where the growing number of families have few recreation options. Most importantly, it was survivable, even for someone with absolutely zero athletic prowess. Until opening day of footgolf, I didn't even know I had muscles in my shins. The next morning, my right leg felt like it had been run over by a Panzer. But if there's a better way to spend a few hours walking on the grass, beneath the old Douglas firs, with a cold beverage waiting at the end - I'm open to hearing about it.



Footgolf at **Glendoveer after 3** p.m. on Tuesdays and Saturdays. A round costs \$23 including cart usage, \$15 without a cart (\$10 for ages 17 and younger). Ball rental costs \$5.

BOOK A TEE TIME playglendoveer.com/ footgolf



Four questions with **Congressman Earl** Blumenauer

STORY & PHOTOGRAPHY BY Julie Cash

When a new link opened this spring on the 40-Mile Loop trail network, Congressman Earl Blumenauer helped celebrate at Blue Lake Regional Park. He took time to explain why trail milestones are more than a job duty - they're a personal passion, too.

Q: What does being able to experience nature and explore the region's vast network of trails mean to you?

A: We are blessed to live in a region with incomparable access to nature. Some of this is due to our physical setting amidst majestic mountains and rushing rivers, but more recently, much of the credit should be given to Oregon's unique land use system that protects our farm and forestlands. I'm proud to have championed and voted for these protections as a state legislator in the early 1970s and have fought to keep it strong. Access to nature is not just important to wilderness areas but also as a part of the fabric of our neighborhoods and town centers. I look forward to coming home to Oregon every week and enjoy cycling, running, and hiking with family and friends along our trail system.

Picking one trail would be like picking my favorite food cart!

-Congressman Earl Blumenauer

Q: If you could recommend a trail experience to people visiting the region, what would it be?

A: Picking one trail would be like picking my favorite food cart! The Wildwood Trail in Forest Park, the magnificent Columbia River Gorge trails, the Springwater Corridor, the Eastside Esplanade along the waterfront ... where does the list end?

Q: What makes the new trail at Blue Lake exciting?

A: While small in size, this trail segment brings us one step closer to completing the entire "40-Mile Loop Trail" vision. Already more than three times as long as the name implies, we can see 400 miles of the system in the future when people will be able to cycle from the Willamette River all the way to the Columbia River Gorge and into the Mount Hood Forest. This will be catalytic for cities and towns, large and small, all along the route and beyond.

Thus began a two-hour stroll through the Douglas firs of Glendoveer, one of the most scenic places in all of East Portland. I'd boot the soccer ball about 100 feet, go for a short walk, and repeat until I reached the putting green.

Putting, not surprisingly, was more of a challenge than driving. By the end of the first hole, I was already 4 over par and lagging the others in my group: Metro's equity program manager, Pietro Ferrari, and natural areas program director, Kathleen Brennan-Hunter.

This was a trend for the rest of the day. My driving improved, but it wasn't unusual for me to have a four-putt hole. It was usual for my drives to inadvertently end up sideways, in foot-high grass or nestled among Douglas-fir trunks. Playing

Q: Why is it important to fund trails?

A: Investing in our trail systems supports our shared Oregon values and brings economic, health and environmental benefits to the state. Trails represent economic security by supporting local jobs, ecotourism and Oregon's outdoor industry, while also encouraging preventative healthcare through active living. Our trail system enhances Oregon's environmental values by encouraging alternatives to congestion and air pollution. It's hard to be out in nature without realizing the importance of protecting it!

Conserving Nature, One Acre at a Time.

STORY BY Kate Holleran / PHOTOGRAPHY BY Julie Cash









FOR MORE INFO ON LIVING WITH BEAVERS

ASH BORER http://bit.ly/EABnetwork

FOR MORE INFORMATION ABOUT THE EMERALD

on ash trees, and only ash trees, a visit almost

certainly means death. This phenomenon was

large scale, millions of ash trees have been lost

first discovered in Michigan in 2002. With

no effective way to control the problem on a

in the northeastern United States. The borer

products. But not all beautiful, large green

beetles are emerald ash borers, and Oregon is

monitoring traps for the species that would so

Though I am typically an optimist, I expect

the emerald ash borer to arrive in Oregon during

dramatically change our forests. None have

been found - so far.

has moved as far west as Colorado, assisted by

humans transporting firewood and other wood

http://bit.ly/1mlCoPw

SETTING THE TABLE FOR WILDLIFE

Admiring 10-foot tall Western red cedar trees along Beaver Creek, I felt a certain smugness. This natural area was moving quickly from a blackberry-dominated weed patch to a young forest - nudged along by Metro restoration projects and student volunteers at neighboring Mt. Hood Community College, near the Gresham-Troutdale border.

When I returned a few days later with 20 students, the trees had been reduced to onefoot-tall stumps. An American beaver family had obviously arrived, found the table set and binged on every cedar tree we planted. That day was just one of many over the past seven years that have reminded me of a fundamental truth: if we set the table, wildlife will come and they will feast. Beaver, deer, elk and other animals benefit from the re-growth of native plants across our natural areas. Expecting wildlife and designing a restoration project that accommodates them is the key to success.

That memorable day at Beaver Creek, volunteers built beaver-exclusion fences around most



As a Metro natural resource scientist, Kate Holleran sees nature's biggest challenges and most glorious surprises and she has the muddy boots to prove it. Go behind the scenes on her journey to restore the region's voter-protected land.



Free family programs at Metro's gardens

Find gardening advice and kid-friendly fun this summer

FRI 30 MAY
sat 31

MAY

SUN

01

JUN

Check the

calendar at

end dates through the

summer.

oregonmetro gov for week-

BACKYARD MAKEOVER EXHIBIT AT THE OREGON ZOO

Enjoy family activities in a wildlife-friendly garden and learn how to cultivate a habitat in your own backyard with help from Oregon State University Master Gardeners[™]. The kids can dig in a worm bin and play games. Activity books and crayons are available when the exhibit is staffed, along with free publications that help you protect kids, pets, water and wildlife while growing a healthy and abundant yard.

WHERE Oregon Zoo WHEN 10a.m. to 2p.m.

COST Free with zoo admission



SAT

31

MAY

SUN

01

JUN

DROP-IN FAMILY FUN AT THE BLUE LAKE DISCOVERY GARDEN

Gather ideas to make your yard safe and fun for kids, songbirds, lakes and streams. All ages can explore an active worm bin, dig for "fossils," rub and sniff plants, find the softest leaves, and see what wildlife have to say about pesticide-free gardening. Come for the garden and stay to enjoy the park's many activities.

Check the calendar at oregonmetro gov for weekend dates through the summer

WHERE Blue Lake Natural **Discovery** Garden WHEN 1 to 5p.m. COST Free with park admission

of the stumpy cedars. The few remaining lower branches of the trees turned upward and took on the role of leaders. Four years later, the trees again tower well over my head. We will leave the fences up a little longer while we encourage a more diverse native plant menu to distract the beavers.

We have developed some creative ways to live compatibly with our native wildlife in our restoration areas. But non-native species are more challenging. One species that I will not welcome: the emerald ash borer, native to eastern Russia and Asia. Its name comes from the adult's beguilingly beautiful iridescent green carapace. Because this non-native beetle feasts the next decade or so. I'm planning ahead at places like Beaver Creek, where we'll increase the diversity of native trees and shrubs along more than half a mile of the creek. I'll set the table by adding Columbia and Pacific willows. black cottonwood, and more Western red cedar and big leaf maple in slightly drier areas within the floodplain. I won't plant Oregon ash, as it will naturally re-seed in small disturbed areas under the canopy.

The best science we have right now tells us that increasing species diversity is one of the best ways to create a resilient forest - one that may lose its Oregon ash, yet still protect our streams and provide habitat for our wildlife.

Yard, home, getting around

Turn to page 14 for more easy tools for living or visit oregonmetro.gov/toolsforliving

Field Guide

SCOUTERS MOUNTAIN NATURE PARK

STORY BY Alice Froehlich PHOTOGRAPHY BY Kim Nguyen

Fir trees sway overhead and songbirds chirp as you travel up the narrow road to Scouters Mountain, creating a pervasive feeling of deep, sheltering woods. Near the top of the road, a plateau offers stunning views on clear days. After you visit, you'll see why thousands of Boy Scouts made this journey over the years to camp and explore here; Scouters feels like a very special place. If you look closely at the picnic shelter rising from the top of the park, you will spot salvaged beams from the legendary Chief Obie Lodge – the site of many weddings, community events and summer camps before it closed in 2004.

Rising more than 700 feet above the growing towns of Happy Valley and Pleasant Valley, Scouters Mountain gives you an opportunity to explore an extinct lava dome. Like other buttes in the area, this forested cinder cone is part of the Boring Lava Field that formed millions of years ago. Metro acquired this site in 2011 and, during the past three years, restored its 100 acres of mature Douglas fir, big leaf maple and Oregon white oak forest to make way for the region's newest nature park. About half the forest includes trees more than a century old, with some that have grown here for more than 220 years. Metro has removed invasive weeds from the mountain's northern slopes and planted some 30,000 native trees and shrubs. The forest will continue to be monitored for years to come.

Restoration efforts have helped create an amazing new nature park to explore, as well as habitat for sensitive species such as migratory birds. Listen for their calls as you hike the park's twisting trails, taking you past huge Douglas fir trees. After your walk, have a snack at the picnic area and take in views of the valley and surrounding mountains.

BE ON THE LOOKOUT!







IN THE NEIGHBORHOOD

Nestled in the heart of Happy Valley, Scouters Mountain provides easy access to several family-friendly farms. Combine your park trip with an October outing to a local pumpkin patch or a winter expedition to a nearby Christmas tree farm.

SEASON BY SEASON

SPRING: Spring invites fresh, vibrant green growth in the understory plants; look for the trillium and wood violet flowers blooming. With the warmer weather and longer days, the songbirds return from their winter locations; keep an eye out for warblers and other songbirds eating bugs and foraging in the new tree foliage.

SUMMER: When the Portland area dries out and heats up, the shade of the forest can be just the thing. With the clear summer days you can see all the way to the Columbia River and into Washington, truly a breathtaking sight. While you are taking it all in keep an eye out for nesting birds raising their young.

FALL: The fall rains bring mushrooms – a very important part of a healthy forest. See how many types you can find growing on the forest floor and out of the trunks of trees. As the leaves fall look for bird nests left over from the summer and check out the snags for evidence of woodpeckers.

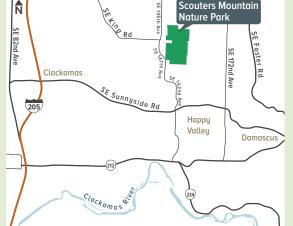
WINTER: In the winter the fog and mist hang in the tall trees and create a cozy forest feel. Listen for the energetic trill of the Pacific wren, which spends most of its time on the forest floor amongst the sword ferns. If you're lucky you can catch a glimpse of this little brown bird hopping about. While your eyes are on the forest floor, don't forget to look for banana slugs and deer tracks.

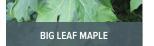


Scouters Mountain Nature Park grand opening



WHEN 5 to 8 p.m. Celebrate the region's newest nature park with a special edition









of Happy Valley's Summer Concert Series. Join a guided tour offered throughout the evening, buy dinner from a local food vendor and enjoy a slice of pie on us. After a short dedication ceremony, Return Flight will take the stage at 6 p.m. to rock the night away. Bring a blanket or chairs and settle in for a great time!

For more information visit oregonmetro.gov/calendar

GETTING THERE

Scouters Mountain is perched at the top of Boy Scouts Lodge Road in Happy Valley, just off Southeast 145th Avenue. KNOW WHEN YOU GO Scouters Mountain is open sunrise to sunset. *No dogs, please.* AMENITIES

Hiking trails, parking, restrooms and a picnic shelter

NOR COMMON GROUND INTER "Willamette Falls once powered WINE

our pioneer economy. Greater public access to this natural wonder has my family jumping for joy." - Economic Salmon

Take a Daycation to Willamette Falls!

For 150 years, one of the nation's largest waterfalls has been hidden from view by industry. The Willamette Falls Legacy Project will create new options for public access. But why wait? Grab a paddle and enjoy the Falls today!

Washington

Marion

Clark

Multnomal

lackamas

ENRG Kayaking

9th St

McLoughlin Promenade

15th St

Washington

St

7th St

Elevator

How-To:

PADDLE THROUGH HISTORY IN OREGON CITY

- I. All aboard. Rent stand-up paddle boards, kayaks, and canoes from ENRG Kayaking's dock-side shop and ease upriver within minutes. enrgkayaking.com
- 2. History, meet prehistory. As you glide underneath Oregon City's century-old gothic Arch Bridge, look for surfacing sturgeon, a giant fish from an ancient family. fws.org
- 3. Soak in Willamette Falls. Few but paddlers get this close to the nation's second largest waterfall. With redevelopment, that's about to change. rediscoverthefalls.org
- 4. Paddle back into town. Regain your land legs with a stroll through historic downtown Oregon City, our state's original capital. orcity.org
- 5. Guilty pleasures. Dine at the venerable Verdict Bar & Grill, located in Caufield House, Oregon's oldest commercial building still in use. verdictbarandgrill.com
- 6. All rise. Take a joyride up Oregon City's cliffside Municipal Elevator -- North America's only "vertical street" -- and walk back along McLoughlin Promenade.

Getting there: Bus, bike, train, trek - you choose! Plan your trip to Oregon City with Trimet. rtp.trimet.org





3,000 square miles of parks and natural spaces, 1,250 miles of trails, 32 cities, two states, and one great idea we can all agree on.

JOIN THE ALLIANCE AT THEINTERTWINE.ORG

Playgrounds go wild







On the cover: Antonio (wearing orange) and Camilo (in yellow) are Aliyah's (in pink) big brothers – they enjoy Hawthorne Park as much as they can as a family. A Metro Nature in Neighborhoods grant helped created the nature playground at this Clackamas County park.

STORY BY Heather Coston / PHOTOGRAPHY BY Julie Cash

Goodbye concrete, hello nature!

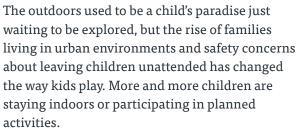
LOGS, STONES, WATER AND SAND CREATE A SENSE OF ADVENTURE ACROSS THE GREATER PORTLAND REGION.

Remember waking up on a Saturday and running outside to a nearby vacant lot, field, woods – even your own backyard – to climb rocks, make mud pies and dig in the sand with old milk jugs? The musical sounds of laughing children playing hide-and-seek outside until the setting sun prompted calls for dinner?









That's why there is a growing movement to bring the outdoors back to childhood – to connect kids to the natural world through play. Where once there were metal slides and plastic swings, now logs, stones, water and sand wait for children to move and manipulate using their imagination and creativity.

Nature-based playgrounds, frequently called playscapes, are popping up throughout Oregon, including the greater Portland region. Metro is exploring ways to include nature play in its parks and natural areas and get involved in the larger movement to bring the wild back to the outdoors.

When an old playground at Metro's Blue Lake Regional Park needed to be replaced, rangers saw an opportunity to bring good, old-fashioned play to the park. Letting their inner child guide them, they pulled together for the first time on a group project and let organic materials, found throughout Metro's parks and natural areas, guide the process. "The right time and the right people came together to build a natural playground for kids to stomp and romp," said Jim Caudell, lead ranger at the park. "The project was a labor of love." "The value of playscapes is we are connecting the next generation of young people to nature, so we have nature stewards," said Michelle Mathis of Learning Landscapes, who is helping design the Oxbow adventure. "We are offering children more imaginative places to play and encouraging teamwork. It's more like whole-child play."

The right time and the right people came together to build a natural playground for kids to stomp and romp. The project was a labor of love.

-Jim Caudell, lead ranger at Blue Lake Regional Park

Nature playgrounds come in many shapes and sizes, with a range of materials. They can be as broad as a designated piece of land for children to play using materials they find around them, or as specific as traditional structures designed to look like nature.

"It's the creative aspect that gets me jazzed," said Metro parks and trails planner Rod Wojtanik, who is managing the project. "All the loose parts that kids can interact with, move and explore."

On a sunny afternoon Heidi Bueno watched her children play at the nature-themed Hawthorne Park in Clackamas County. With the help of a Metro Nature in Neighborhoods grant, the county set aside an acre of land within a housing development along Southeast King Road. "At a traditional playground you feel where the space begins and ends; a nature playground just goes on and on," she says as her 9-year old son Niko runs and jumps in the sand.





As Portland's rainy season gives way to sunny, long days, there is probably a natural playground in your neighborhood waiting to be explored. Some great places to enjoy nature-based playgrounds include Metro's Blue Lake Regional Park, Silver Falls State Park, Tualatin Hills Park and Recreation District's Camille Park and the Portland Children's Museum's new outdoor adventure.

FIND MORE INFORMATION and nature play locations on the Oregon Nature Play Initiative website oregonplay.wordpress.com



Now, on a sunny afternoon kids run around the playground moving sticks to build forts, climbing along wooden hanging steps, making music on a wood marimba and enjoying snacks in the mud and stone pavilion – all under the watchful eye of a momma goose that has made a nest for her goslings on top of the playground's iconic tree.

By approving a parks and natural areas levy last year, voters made it possible to design a playscape adventure at Metro's Oxbow Regional Park. Soon a labyrinth of interconnected base camps and adventure trails will allow children to traverse a series of plant- and animal-themed activities like an insect hotel. "I like the sand the best," Niko said excitedly, before happily running back through to show how it's done. Annie West, Jim Caudell, Howard Rasmussen, Mike Carpinella and Resa Allen (not pictured) researched models and safety guidelines to build the nature playground at Metro's Blue Lake Regional Park. Now they enjoy watching children make up their own games while exploring the world around them.

Interested in bringing a natural playground to your neighborhood?

Why not apply for a Metro Nature in Neighborhoods grant? Learn more at oregonmetro.gov/grants

Get Involved

Gather around the campfire at Oxbow

PHOTOGRAPH BY Julie Cash

Meet around the campfire for stories and old-fashioned entertainment when you camp at Oxbow Regional Park this summer. Enjoy live music on Friday nights and captivating nature presentations and storytellers on Saturday nights. Campfire shows are open only to overnight campers because day use ends at legal sunset when the park gates are locked. Programs are held in the outdoor forest amphitheater in the campground, usually starting at 8:30 p.m. in July and 8 p.m. in August.

LEARN MORE AND RESERVE YOUR CAMPSITE oregonmetro.gov/oxbow



CAMPFIRE ACTIVITIES FOR OVERNIGHT CAMPERS AT OXBOW



RICK MEYERS' OLD TIME MUSIC SHOW This lively show immerses the audience in the musical heritage of American pioneers along the Oregon Trail. Instruments and

along the Oregon Trail. Instruments and household items such as the musical saw, Jew's-harp, spoons, banjo, ukulele and washtub bass are included as part of this informative, fun-filled presentation.



BIRDS OF PREY OF THE PACIFIC NORTHWEST

Live birds of prey visit the campfire circle from the Audubon Society of Portland's Wildlife Care Center. Find out cool raptor facts and see these beautiful birds up close.



OLD-TIME MUSIC WITH DAVE AND WILL ELLIOTT

This local father-and-son duo from just up the hill returns to Oxbow with great bluegrass tunes. Enjoy some old-style duets and perhaps sing along with some favorites.

STORIES FROM THE FAR EAST

Come on a journey to the Far East and hear storyteller Alton Chung tell folktales from countries across the Pacific Ocean. Meet the mischievous Tanuki and a snotty-nosed boy from Japan, a marvelous treasure chest from China and a cleaver Baby Rabbit from Korea.

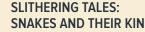
SAT
19
JUL

SALMON STORIES, BEAR TALES AND THE

LEGEND OF THE SWALLOWING MONSTER Join master storyteller Will Hornyak for an evening of Northwest myths, legends and tall tales. Will's storytelling never fails to please.

INNISFREE

Join Brenda and Jim for songs and tunes from Ireland, played on traditional instruments: concertina, pennywhistles, guitar, accordion and drum. Rousing, heart-touching, danceable pieces, along with stories about how the music arose and how it has breathed life and love into Irish culture throughout Irish history-and how it continues today.



Discover the fascinating world of snakes, lizards and turtles. Metro naturalist James Davis reveals the truth behind the many myths about reptiles. Some live reptiles will join this super-scaly program.

STILLWAY AND BONHAM

This lively duo mixes up a delightful blend of vintage musical styles, including ragtime, swing and traditional Hawaiian tunes. With wood-bodied and resonator guitars, and possibly even a ukulele in tow, they'll get your feet tapping and hands clapping in no time!



BEARS!

No camping trip is complete without a good bear story. Join author, artist and tracker Linda Jo Hunter for lively bear tales collected from years of tracking and guiding people to see bears in the wild. Join in the rhythm of the story and practice some bear body language for a better understanding of how to live and camp with these amazing creatures.

THE FOLK CITY DUO

Enjoy sparkling instrumentals on hammered dulcimer and guitar as Mick Doherty and Kevin Shay Johnson play great traditional songs from the last few centuries. Sing along with original songs penned here in Oregon along with favorites from the likes of Woody Guthrie and John Prine.



15 AUG

THE AMAZING NIGHTLIFE OF BATS

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

JAMIE STILLWAY



Pacific Northwest-based guitarist Jamie Stillway has been mapping out the fretboard for the last 20 years. Join her for an evening of inventive explorations of the guitar's dynamic versatility through genres such as ragtime,



THE ROOTS OF AMERICAN MUSIC

JUL

Join singer, songwriter and guitarist Dave Mullany for the classic sounds of the American blues. Hear the different styles of blues and learn about the musicians who created this wonderful old-time music.

SAT **12** JUL

THE BIRD'S TALE BY SUSAN STRAUSS

Join renowned storyteller Susan Strauss as she celebrates the rich and magical symbolism of the bird in Native American as well as other global traditional stories. Susan's animated tales characterize birds through movement and voice.



GREEN TAMBOURINE

Green Tambourine plays the hits of the 1960s. Using tight vocal harmonies, multiple instruments, and vibrant energy, they bring the spirit and fun of the Beatles, Ronettes, Mamas and the Papas and more!



08

01 AUG

NATURE'S CAMPING SPICES

Join herbalist Missy Rohs in an exploration of taste, scent and the natural world. We'll discuss northwest Oregon's native plants and explore botanical identification and safety as we focus on the amazing spices found outside of your kitchen cabinet.

MARY FLOWER

An internationally known and award-winning guitarist, Mary Flower embodies a mix of rootsy, acoustic-blues guitar and vocal styles that span a number of idioms – from Piedmont to the Mississippi Delta, with stops in ragtime, swing and folk. Spud Siegel joins her on the mandolin around the campfire. classical guitar, blues and gypsy jazz.



THE NIGHT SKY

Take a tour of the celestial vault and learn to navigate by the stars. Join Metro naturalist Ashley Conley for a journey through space as we locate the common stars and constellations in the summer sky.



OREGON SHADOW THEATRE PRESENTS Anansi the Spider

As the sunset fades over the campground, Oregon Shadow Theatre's magical screen is illuminated. Colorful shadow puppets come to life accompanied by live music and audience participation. In West African folk tales, Anansi the spider is clever but greedy. In this story, Anansi tracks in the forest, fishes in the river, picks a fight with a chimpanzee and plays a trick on the whole village.

Advanced registration required. No pets.

DIFFICULTY KEY

EASY

MODERATE

STRENUOUS

Classes



SUN

13

JUL

SUN

07

SEP

SUNDAY NATURALIST IN THE PARK

Join Naturalist Alice Froehlich for a walk outside. Guided walks will leave the parking area at 10 a.m. and 1 p.m. This easy walk will take in all the sights and sounds of these special landscapes. Come learn about what plants and animals live in our urban wild places.

WED 09 JUL WED

16

JUL

SUNSET WALK

Just as the sun sets, many animals wake up and become active. Exploring the outdoors at sunset is a great way to end a long summer day. If we are lucky we will see bats, hear owls and perhaps catch a glimpse of a beaver or coyote.



SAT **19** JUL

SAT

26

JUL

MOUNT TALBERT'S HIDDEN BEAUTY

Join naturalist Ashley Conley to explore a window to the past when the Willamette Valley was a patchwork of habitats inspired by fire, providing an abundance of wild foods for people and wildlife alike. The rare oak woodlands of Mount Talbert offer refuge for songbirds and the elusive Western gray squirrel. Bring binoculars or borrow a pair from us.

STAYIN ALIVE: FIRE BY FRICTION FOR FAMILIES

Metro naturalist Dan Daly leads this family-oriented class on how to make fire without matches. Participants will carve their own "bow drill" friction fire kit, learn how to use it and take it home to keep. Participants use knives during class; parents are responsible for ensuring their young children behave safely.

WHERE Smith and Bybee Wetlands Natural Area (7/6): Graham Oaks Natural Area (7/13); Scouters Mountain (9/7)

WHEN 10a.m. and 1p.m.

COST Free

AGES All ages

REGISTER No registration necessary



WHERE Smith and Bybee Wetlands Natural Area (7/9); Graham Oaks Natural Area (7/16) WHEN 7 to 9p.m.

COST \$6 per adult, \$11 per family

AGES 10 and older REGISTER

oregonmetro.gov/calendar DIFFICULTY

WHERE Mount Talbert Nature Park

WHEN 10a.m. to 1p.m.

COST \$5 per person

AGES 8 and older

REGISTER North Clackamas Parks and Recreation District, 503-794-8092



WHERE Oxbow Regional Park

WHEN 10:30a.m. to 3p.m. COST \$6 per adult, \$11 per family; and \$5/car \$7/bus

AGES 4 and older

REGISTER



TWILIGHT TUESDAY AT COOPER MOUNTAIN

Join Metro naturalist Ashley Conley on a stealthy dusk hike to search for wildlife in the park. Magnificent vistas from atop the mountain will also give us a chance to spot the moon and bright planets in the summer sky.



STORIES IN THE STONES ON MOUNT TALBERT

Join Metro naturalist Ashley Conley and explore the rugged beauty of this unique lava dome as you wander through a white oak woodland in summer. Participants gain a basic understanding of geology in the region from the stories in the stones and land formations along the way. Trails are rough and steep in places.

WHERE Cooper Mountain Nature Park WHEN 7 to 9:30p.m.

COST \$10 per person

AGES 8 and older

REGISTER Tualatin Hills Park and Recreation District, 503-629-6350

DIFFICULTY

WHERE Mount Talbert Nature Park **WHEN** 10a.m. to 1p.m. COST \$5 per person AGES 8 and older **REGISTER** North Clackamas Parks and

Recreation District. 503-794-8092



WHERE Smith and Bybee Wetlands Natural Area

WHEN 9:30a.m. to noon

COST \$6 per person, \$11 per family

AGES 10 and older

REGISTER oregonmetro.gov/calendar

DIFFICULTY

WHERE Oxbow Regional Park

WHEN 10a.m. to 1:30p.m.

COST \$6 per person, \$11 per family; and \$5/car \$7/ bus

AGES 7 and older



SAT

27

SEP

SAT

16

AUG

SAT

FALL BIRDS Each September birds start moving

toward their wintering grounds. Join Metro naturalist Alice Froehlich for an overview of the most common birds seen in the metropolitan area in September. This is a beginning bird class for those interested in learning the basics of bird groups and how to identify them. Binoculars will be available to borrow.



ANIMAL TRACKING FOR

Autumn is a wonderful time to hit the sandy beaches of Oxbow Park in search of the wild animals and the tracks and signs they leave behind. Join Metro Naturalist Ashley Conley and learn to read the stories on the landscape in this

oregonmetro.gov/calendar



wildlife-rich environment.

REGISTER

oregonmetro.gov/calendar





BEHIND THE SCENES AT KILLIN WETLANDS

Go behind the scenes at one of Metro's hidden gems: Killin Wetlands, a haven for elusive marsh birds in western Washington County. Walk through this rare wetland habitat and learn about its natural history. One of the largest remaining peat soil wetlands in the Willamette Valley, Killin Wetlands improves water quality, provides wildlife habitat and stores floodwater. Bathrooms will not be available.

WHERE Killin Wetland Natural Area

WHEN 10a.m. to 12:30p.m.

COST \$6 per adult, \$11 per family

AGES 10 and older

REGISTER

oregonmetro.gov/calendar



Native Plant Center volunteer ventures

Plant Center in Tualatin. Twice a month, you can spend your Saturday across the region. Summer activities include harvesting and cleaning Family-friendly, no experience needed. Gloves, tools, water and snack

Get details and sign up 503-319-8292 or **oregonmetro.gov/calendar**

Destination Guide





1 BLUE LAKE REGIONAL PARK oregonmetro.gov/bluelake VISIT: 20500 NE Marine Dr., Fairview COST: \$5 per car, \$7 per bus (free with annual pass)

Whether you're looking for serious exercise or a lazy day on the water, a kid-friendly romp or a grownup picnic, you'll find it at Blue Lake Regional Park in Fairview. Rent a paddle boat or canoe, cast a line or go for a swim in the park's namesake, a natural lake fed by underground springs. You can also explore a nature-themed playground, a 'sprayground,' a discovery garden, sports facilities and a wetland with a viewing platform and trail. Don't miss the disc golf course!

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2 BROUGHTON BEACH oregonmetro.gov/broughton VISIT: 4356 NE Marine Drive, Portland

COST: \$5 per car, \$7 per bus (free with annual pass)

Throw on your swimsuit and flipflops, grab your towel and head to one of Portland's best urban beaches. Across from Portland International Airport, Broughton Beach provides a clean, safe, sandy place to play along the Columbia River. You can enjoy walking, beachcombing, sunbathing, picnicking, swimming and more. On a clear day, you have a great view of Mount Hood.

*****|**†**





4 **COOPER MTN. NATURE PARK** oregonmetro.gov/coopermountain VISIT: 18892 SW Kemmer Rd., Beaverton

Hike, jog, watch wildlife or simply enjoy views of the Chehalem Mountains and Tualatin Valley at Cooper Mountain Nature Park, just south of Beaverton. More than three miles of trails pass through forests, prairies and oak woodlands. If you are quiet and lucky, you might catch a glimpse of rare animals such as Northern red-legged frogs and Western gray squirrels. Young visitors can explore a nature-inspired playground, and adventurers with wheelchairs can enjoy a threefourths-mile loop trail.

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GLENDOVEER GOLF COURSE & FITNESS TRAIL oregonmetro.gov/glendoveer

VISIT: 14015 NE Glisan St., Portland TEE TIME: playglendoveer.com or 503.253.7507

In the mood for golf, tennis, jogging or a stroll? Make a beeline for Glendoveer Golf Course and Fitness Trail – a hub of sports and community in outer Northeast Portland. Beginners often start with the relatively flat, par-71 west course; experienced players take on hills and bunkers at the par-73 east course. A covered driving range is heated during colder months. Reserve one of four indoor tennis courts, sign up for lessons – or enjoy the two-mile fitness trail. Whichever sport you choose, refuel at the Ringside Steakhouse.

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5



GRAHAM OAKS NATURE PARK

oregonmetro.gov/grahamoaks VISIT: 11825 SW Wilsonville Rd., Wilsonville

Ride vour bike through a restored oak woodland



7 HOWELL TERRITORIAL PARK oregonmetro.gov/howell VISIT: 13901 NW Howell Park Rd., Portland

Visit a piece of Oregon's past, nestled among farms on Sauvie Island. The region's natural and cultural history come together in one serene setting at Howell Territorial Park. Bring a picnic to enjoy under the shelter, bring binoculars to watch for birds that flock to the park's wetlands, bring a basket to pick apples from the pioneer orchard. Learn about Sauvie Island and the families who shaped it, and relax in the shade of an authentically restored 1850s farmhouse. Howell also makes a great place for a wedding.

* **†**



8

oregonmetro.gov/masonhill VISIT: NW Johnson Rd at intersection with Munson Rd., Portland

MASON HILL PARK

Mason Hill Park provides a scenic wayside for cyclists exploring the rolling hills beyond Forest Park, in western Multnomah County. Home to a one-room schoolhouse from 1891 to 1944, the park still feels light years removed from modern life. Lollygag in the shade, take in spectacular views of the Tualatin Valley and eat a picnic lunch under the shelter, which has the original school bell mounted on top. If you come by car, be prepared to park in a narrow roadside spot.

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Canemah Bluff Natural Area is a perfect place to gaze at the Willamette River below, marvel at oak trees overhead, photograph colorful spring wildflowers and learn about this historic area in Oregon City. Start your journey at Canemah Neighborhood Children's Park, where you'll find picnic tables, a playground, a basketball court and restrooms. Continue into the natural area, following more than a mile of unpaved trails through a mosaic of habitats. Birders can spot chipping sparrows, red-breasted sapsuckers, white-breasted nuthatches, orange-crowned warblers, hawks and eagles.



stroll through a conifer forest and spot birds from a wetland overlook at Graham Oaks Nature Park in Wilsonville, where three miles of trails let you choose your adventure. Watch for native wildlife such as white-breasted nuthatches, Western bluebirds, orange-crowned warblers and Western gray squirrels. Five plazas make ideal spots to rest, reflect and learn about Graham Oaks' history, from Kalapuyan tribes who gathered food to the family that farmed the land. Explore beyond the park on the regional Ice Age Tonquin Trail.

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9 MOUNT TALBERT NATURE PARK oregonmetro.gov/mounttalbert VISIT: 10695 SE Mather Rd., Clackamas

A forested oasis towers above busy roads, shopping centers and neighborhoods in Clackamas. Slip into Mount Talbert Nature Park to explore the four-mile trail network, check out the views and enjoy a picnic. Keep your eye out for deer, Western gray squirrels, pileated and hairy woodpeckers, white-breasted nuthatches and Western tanagers. Mount Talbert is the largest in a string of extinct volcanoes and lava domes that stretch across the east side of the region.

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OXBOW REGIONAL PARK

oregonmetro.gov/oxbow

10

VISIT: 3010 SE Oxbow Parkway, Gresham COST: \$5 per car, \$7 per bus (free with annual pass)

Oxbow Regional Park provides a perfect launch point for swimming, kayaking, rafting or fishing in the majestic Sandy River Gorge. When you've had enough water, explore 15 miles of trails through Oxbow's ancient forests. Reserve a camping spot for the night, and gather around the fire for summertime nature activities and music. You might bump into mink, beavers, raccoons, fox, deer, osprey, songbirds, elk, black bears or cougars. Every fall, nature puts on one of its greatest shows: salmon return to their spawning grounds to lay their last eggs, before dying in the waters where they were born.





11 SCOUTERS MTN. NATURE PARK oregonmetro.gov/scoutersmountain

Rising above Happy Valley, Scouters Mountain Nature Park offers a lovely vantage point to admire Mount Hood – and slip into a shady forest. Climb the steep, fir-lined road to the parking lot. From there, you can walk a loop trail or enjoy lunch under a handsome picnic shelter. If you ever visited the Boy Scouts lodge that used to stand here, you might recognize salvaged pieces. Although the land is now a public park, its spirit of adventure remains.

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SMITH AND BYBEE WETLANDS NATURAL AREA

oregonmetro.gov/smithandbybee VISIT: 5300 N. Marine Drive, Portland

Surrounded by warehouses and port terminals in North Portland, Smith and Bybee Wetlands Natural Area is one of the region's best-kept secrets. Take the Interlakes Trail or go by canoe or kayak to explore one of America's largest urban wetlands. Either way, you might find beavers, river otters, black-tailed deer, osprey, bald eagles and Western painted turtles. You'll also find a water control structure that is restoring this network of sloughs, wetlands and forests.

前女教を

Boat Ramps | oregonmetro.gov/boats

13

CHINOOK LANDING MARINE PARK

VISIT: 22300 NE Marine Dr., Fairview

COST: \$5 per car, \$7 per bus (free with annual pass) With six launching lanes on the Columbia River, Chinook Landing is one of Oregon's largest public boating facilities. The park offers picnic and viewing areas, wetland and wildlife habitat,

disabled-accessible docks, an archery range,

restrooms and a seasonal river patrol station.

14

M. JAMES GLEASON MEMORIAL BOAT RAMP

VISIT: NE 43rd Ave. & NE Marine Dr., Portland

COST: \$5 per car, \$7 per bus (free with annual pass)

Minutes from downtown Portland, the Gleason boat ramp provides a convenient public launch on the Columbia River. Recently upgraded amenities include extra launch lanes, boarding docks, restrooms, single-car parking, river maps and a river patrol office. 15

SAUVIE ISLAND BOAT RAMP

VISIT: Burlington Ferry & Sauvie Island Rds., Portland

Enjoy the quiet waters and wildlife of the Multnomah Channel. Recent improvements include a new launch ramp, parking lot, accessible restrooms, lighting and native landscaping.









Back in the saddle

A GRESHAM SOCCER MOM FINDS FUN IN A 13-MILE BIKE COMMUTE

After a 10-year absence, Kati Arzeta got back on her bike.

It all started with encouragement from co-workers during the Bicycle Transportation Alliance's Bike Commute Challenge.

"They convinced me, an out-of-shape, vandriving soccer mom from Gresham to ride my bike 13 miles to work," says Kati, a librarian at CH2M HILL in downtown Portland.

She started with a goal to ride once a week during September. That was a couple of years ago. Today, she's still riding during good weather.

After her long hiatus, Kati says she was intimidated by "bike culture" and wondered about everything from rules to routes. "I'm slow, I don't know that much about biking," she says. "I didn't know which way to go. If people pass me, what do I do?""

Now, a 13-mile ride to work is an hour of Zen for this mother of two young boys. "It's nice having

time to myself," she says. "And I'd forgotten how much I liked riding my bike!"

Like any mode of transit, biking has its challenges—street debris, distracted drivers, rain. "I wouldn't say I'm totally over being intimidated," Kati says. "But I've made great progress."

Kati says she's making progress toward becoming that very bike commuter who once intimidated her. "One day not too long ago I actually passed someone!" she says.

STAYING IN THE SADDLE What keeps Kati riding

Forget making a statement, Kati says. Biking is fun.

You don't need to be a purist. Kati's morning ride is mostly flat or downhill, but at the end of the day, it's a different story. "Usually I take MAX to Gateway," she says. This eliminates most of the climb.

3 Kati's employer rewards bike-commuting staff with a \$20 voucher to a bike shop every month. Onsite covered bike parking and room to change clothes help a lot, too.

4 Kati knows people are watching – and learning. When she started bike commuting, her husband bought a bike and began bike commuting, too. And her older son wants to bike with her to work one day. Knowing she's setting an example, she keeps stepping up her goal. For this summer and fall, it's to ride to work two days a week.

Find more tips on how to keep riding at oregonmetro.gov/gettingaround



Free family programs at Metro's gardens offer gardening advice and kid-friendly fun. See page 5.

1



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pg / 14

LVNG004

Regional Roundup

With growth decisions on the horizon, regional hotspots emerge

It's part of the fabric of the Portland region, a line in the soil that separates city from country - a line that isn't crossed without careful consideration.

The region's urban growth boundary, set by the Metro Council, is up for review this year. The council is obligated to make sure there's enough room within the UGB to accommodate 20 years of growth, even if the boundary didn't budge in that timeframe.

Seems straightforward, right? Not quite. People can disagree on numbers and statistics, and politics will play a role as well. The Metro Council has to balance the needs of developers, mayors, land conservation advocates, city and suburban dwellers, and rural residents trying to keep the city away from their farms and forests.

Here's a look at some of the issues that'll come into play as the region examines its edge.

WEST SIDE RESOLUTION One of the key political battlegrounds for the

UGB historically has been western Washington County - but not this time. A move by the Ore-

gon Legislature to shore up the region's 50-year

growth plan also added hundreds of acres of land

to the UGB near Hillsboro, Cornelius and Forest

Grove. The bill also defined how those cities can

grow beyond this expansion.

DENSITY

The region is required to have enough land for 20 years worth of growth. But if most of those new residents end up in new apartments in inner Portland and other community hubs, the region needs to add less land for single-family homes on the UGB edge. Areas like North Interstate and North Williams avenues and Southeast Division Street are all seeing more housing which could end up saving farm and forestland.



SPILLOVER

WASHINGTON

MULTNOMAH COUNTY CLACKAMAS COUNTY

Vancouver

Setting the urban growth boundary isn't just about preserving the farms and forests nearest Portland. If the Metro Council goes too low on its growth projections, consequences could be far-reaching – consumers could decide to live in Clark, Columbia or Yamhill counties instead, creating new strains on the region's infrastructure.



GROWTH

Metro's economists will give the Metro Council what's called a range forecast – a look at what might happen if the Portland region grows quickly, grows slowly or somewhere in between. It's based on birth rates, economic growth and other factors. It's up to the Metro Council to decide how much growth to expect, and which forecast to plan for.



enough room for 20 years of growth - not only for residents, but for jobs as well. Expect discussion about how to convert brownfields

INDUSTRIAL LAND Metro is responsible for ensuring there's

already within the urban growth boundary into industrial jobs, and whether to make new sites available beyond the UGB.

VOTER-APPROVED ANNEXATION

In some places, the Metro Council doesn't make the only call on whether an area grows. Oregon City and Sherwood are the only cities in our region where the voters have to approve any expansion of the city limits. Without that approval, no new development will happen.



OREGON

Hillsboro

 $1/\sqrt{2}$

Beaverton

Tigard

Wilsonville

Forest

DAMASCUS

Oregon C

Portland

More than a decade ago, the Metro Council brought the Damascus area into the UGB, thinking it would play a big role in accommodating 20 years worth of growth. But that community has struggled with deciding what its future character should be, and development is stalled until those questions are answered. Metro has to factor in that uncertainty when deciding how much growth Damascus can support during the next 20 years

Gresham





Waste gets wacky with Let's Talk Trash event series

Garbage is a resource we literally throw away. What are some ways we can create less of it and get more out of the trash we do generate? What should our garbage do for us?

Help the region answer these questions and more by getting into the spirit of Metro's Let's Talk Trash event series. Bring your friends, bring your neighbors and join the conversation about how Metro can better manage the region's garbage in the future.

Check out a short film festival with the Northwest Film Center and provocative discussion nights with experts. (You already missed Let's Talk Trash events with Nerd Nite Portland and Milagro Theatre, but you can think of the new events as recycling - in the best sense of the word).

You'll discover that waste is much more than just big trucks and smelly bins. Our garbage tells stories about us as a culture: what we consume, what we discard, where we want it to go and what we expect it to do once it gets there.

Metro is responsible for making sure garbage gets to landfills and other facilities, where it is disposed or reused to generate electricity for homes and businesses. With your help, the region can make decisions about the future.

Get event details, share your ideas and sign up to stay in touch: oregonmetro.gov/letstalktrash

FALK

#letstalktrash



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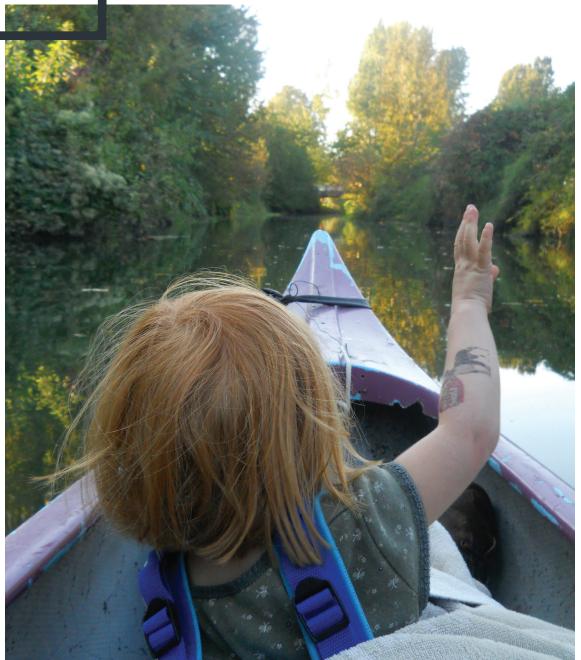
It's (Y)our Nature

Mindy Fitch | Columbia Slough

My youngest daughter, Irene, waves at friends canoeing alongside us through a portion of the Columbia Slough near Whitaker Ponds. Big sister Harriet and my husband paddle in back. All around us, dreamy golden mid-October splendor and abundant birds. Belted kingfishers rattle, a great blue heron lands heavily on a flimsy tree branch, and we're lucky enough to catch a glimpse of a beaver on land before she slips back into the water.

- Mindy Fitch, Northeast Portland



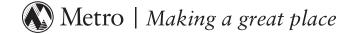


IT'S (Y)OUR NATURE

What does nature look like through your lens? For a chance to appear in this space and win two tickets to any event at one of Portland'5 Centers for the Arts theaters (up to \$100 value), submit a photo taken at a Metro park or natural area – your friends and family, a slice of wildlife or a beautiful sunset, for example. Include a description of your experience, in 100 words or less. Where were you? What were you doing? What captured your attention?

Send your picture and description to: ourbigbackyard@oregonmetro.gov

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