

# OUR BIG BACKYARD

Explore great places and more with Metro

## BANISH CABIN FEVER

Winter doesn't mean fun must be confined indoors. Go out and play at these winter recreation spots.

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## IMPROVING CONNECTIONS

Work helps fish access crucial habitat

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## 3 QUESTIONS

Get to know Bradley Fuller and learn how nature changed his life

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## EXPLORE NATURE

Sign up for a year-long outdoor immersion series

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## CLIMATE SMART

Explore ways to curb tailpipe emissions

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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  
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Auditor

Brian Evans



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

Stay in touch with news, stories and things to do.  
oregonmetro.gov/ourbigbackyard  
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No-dogs policy

To protect plants, wildlife and people, Metro does not allow pets at regional parks and natural areas. Pets can damage sensitive habitat and threaten wildlife the region has worked to protect.

Wildlife think of dogs as predators and will modify their normal behaviors. In natural areas where dogs are not allowed, people see more wildlife and can get closer to it.

Seeing-eye dogs or other service animals are permitted with proper identification and cleanup materials.

It used to be that nature wasn’t a place we went to. It was already all around us. At some point we forgot how much nature matters – but nature never forgot about us. And that’s pretty inspiring. So let’s get out there. Let’s get back into balance with the nature around us and within us. Together, let’s rediscover our big backyard.

Like what you see?

Sign up for the print edition of the quarterly magazine, change your address or save paper by switching to a digital subscription. Email [ourbigbackyard@oregonmetro.gov](mailto:ourbigbackyard@oregonmetro.gov)



Nature News



# MULTNOMAH CHANNEL MARSH PROJECT BOOSTS ACCESS TO CRUCIAL HABITAT FOR JUVENILE SALMON

STORY BY *Yuxing Zheng* / PHOTOGRAPHY BY *Metro Staff and the National Oceanic and Atmospheric Administration*

As winter storms replenish the region’s waterways, juvenile salmon will find one more place to grow and thrive.

A years-long project is restoring native wetlands at Metro’s Multnomah Channel Marsh, a narrow area of more than 300 acres wedged between Highway 30 and the channel, just across from Sauvie Island.

As part of that project, work in fall 2014 made it easier for juvenile Chinook and coho salmon, steelhead and cutthroat trout, and Pacific and brook lamprey to swim into the marsh. The improved connections are important because the marsh’s slower waters provide crucial habitat with abundant food and fewer predators, boosting the health of young salmon before their journey to the ocean.

In October, crews breached two 100-foot-wide sections of the earthen berm along the channel, creating openings that will allow salmon to enter the marsh when the water level rises.

Workers also removed three culverts under the property’s sole road, replacing them with a 27-foot-wide bridge to allow fish and wildlife easier passage through the wetlands.

“A lot of the work we’ve done out here is to get water back to some semblance of what it used to be here,” said Curt Zonick, a senior natural resources scientist at Metro who is leading restoration efforts at the site. “What we’ve done is to try to get water back onto the site, and then get it moving through the site.”

The project is a partnership between Metro and Ducks Unlimited. The restoration work is possible in part thanks to voters, who passed a regional parks and natural areas levy in 2013. The project also received \$240,000 in grants from the U.S. Fish and Wildlife Service, the Oregon Watershed Enhancement Board and Ducks Unlimited.

On a recent autumn morning, bald eagles perched on trees across the channel as egrets, blue herons and other birds soared across the quiet landscape, occasionally landing in the wetlands to fish.

It all could have looked much different today.

A previous property owner drained large portions of the wetlands, re-aligned Crabtree Creek into a ditch and graded much of the land in preparation for potential residential development.

But floodwaters in 1996 left the site under about a dozen feet of water, and Metro started to acquire parcels at the site with money from the natural areas bond measure that voters approved in 1995.

In 2000, Metro partnered with Ducks Unlimited to install two water control structures to help restore more natural, seasonal flooding to about 150 acres.

Six years later, crews returned Crabtree Creek to its historic streambed, connecting two large wetland basins at the site and restoring flooding to the site’s large north basin.

The results of the work are evident in the land’s inhabitants. Northern red-legged frogs, which previously crowded into two small beaver ponds, now lay their egg through more than 100 acres of the restored wetland.

Many new beaver ponds have helped create habitat for turtles, which did not inhabit the site before the wetland restoration. Blue herons breed at a new rookery that they built the year after the water control structures were installed.

Metro is also partnering with fish biologists from Oregon Department of Fish and Wildlife and the National Oceanic and Atmospheric Administration to monitor fish populations and gauge how much they use the restored wetlands and the new breaches.

Later this winter, biologists hope to capture and tag several thousand juvenile Chinook salmon from Willamette Falls and release them just upstream of Multnomah Channel Marsh. Scientists hope that these marked salmon will find their way into the restored wetlands to grow and to someday return to the region’s rivers and streams to spawn.

**What we’ve done is to try to get water back onto the site, and then get it moving through the site.**

–Curt Zonick



# Grant Butte Wetlands

STORY BY *Laura O. Foster* / PHOTOGRAPHY BY *Julie Cash*



## RESTORATION WORK UNDERWAY AT NEW SITE

The horse liked to mosey over and rest his immense head on visitors' shoulders. Monty had lived at the Gantenbein Dairy in Gresham for 25 years. When he was young, he shared the pasture with Holstein and Simmental cattle.

But by 2003, the cattle were gone and Monty grazed alone. In May 2014, his life took a turn when Metro, Gresham and the East Multnomah Soil and Water Conservation District partnered to purchase the dairy's 33 acres and gave the land a new name: Grant Butte Wetlands.

Though possibly the most gregarious, Monty wasn't the only four-footed inhabitant of the land. Beaver, river otter, Western painted turtles and newts find sanctuary here from the busy roads and neighborhoods that surround Grant Butte Wetlands.

The property, along with the adjacent Southwest Community Park, creates one large, protected wetland between Division Street and Powell Boulevard. Springs here feed marshy ground that farmers ditched and drained starting in the 1870s. Work to restore the water's natural meanders, ponds and channels has already been done at the park, and more restoration will happen at Grant Butte Wetlands.

The Gantenbein property offered a rare chance to preserve and restore an urban wetland in a state where more than half of all wetlands have been drained since the 1850s. The East Multnomah Soil and Water Conservation District contributed \$1 million to help acquire the site.

"Our first interest was to enhance water quality," says Kate Holleran, a natural resources scientist at Metro. "Water here flows into Fairview Lake and then to the Columbia River. Other priorities were to improve wildlife habitat and access to nature."

Within six months of acquiring the land, Metro crews cut down non-native trees, blackberry and grasses, razed old structures and ripped out concrete. Over the next few years, Gresham and Metro will plant native plants and reconfigure the ditch into more natural flows, creating new wildlife habitat.

Facilities and programs for people will be developed by Metro and Gresham with input from neighbors, the Friends of Grant Butte Wetlands, and the East Multnomah Soil and Water Conservation District.

"We want to provide access [to the wetlands], not from afar but from a healthy distance," says Laura Guderyahn, Gresham's watershed restoration coordinator. Access to the sensitive wetlands might mean viewing platforms with spotting scopes or guided hikes with a naturalist.

Although final plans are a few years away, what's certain is that Grant Butte Wetlands will be a destination for people, as well as a refuge for wildlife.

And about Monty—he's found a friend to share a pasture with at his new home in Redmond.

## Three questions with Bradley Fuller



STORY & PHOTOGRAPHY  
BY *Julie Cash*

Bradley Fuller recently stood on his knees studying his surroundings at Blue Lake Regional Park, picking leaves and writing in a small, yellow book.

As a member of Metro's Youth Ecology Corps, Fuller, 19, is learning hands-on skills in habitat restoration by helping develop a site plan for the wildlife viewing area at Blue Lake.

Youth Ecology Corps is a partnership between Metro and Mt. Hood Community College to create interest in the outdoors in an audience unlikely to have experienced nature.

Corps members are all graduates of Mt. Hood's Youth Employability Support Services (Project YESS). The project helps low-income, 16- to 21-year-old students in Multnomah County earn general equivalency diplomas by providing free tuition, bus passes and school supplies. Graduates are urged to become corps members, who are provided money and hands-on mentorship as they learn about environmental stewardship.

- Q:** *What is your favorite part about the corps?*
- A:** I love our work! Being a part of the grand scheme of things has really opened my eyes to just how intricate our ecosystems are and how vital it is that they're able to sustain themselves. I am honored to be a part of Metro's Youth Ecology Corps and planning restoration efforts even if it's one natural area at a time.
- Q:** *How has your perspective changed since you joined?*
- A:** Before I joined the program I hardly had the right moral behavior. I am two years clean – the same amount of time since I joined Project YESS and got my GED. The program has not only taught me the importance of a youthful life, but how to accept myself as the person I am and always will be. I converted my diet to organics and whole foods and am a successful college student. I've been able to channel my energies, and my stress level has gone way down. Most of all I've become a critical thinker and process things along with their consequences long before I do them.

***I love our work! Being a part of the grand scheme of things has really opened my eyes to just how intricate our ecosystems are ...***

***–Bradley Fuller***

- Q:** *How has nature shaped what you want to do?*
- A:** My whole life I've always wanted to do something with medicine. Since joining the program, my pursuit of medicine hasn't changed, but the medicinal practices I would like to perform have. I've discovered many physiologically enhancing/healing plants, herbs, shrubs, and even trees over the course of the last two years. I've particularly become interested in herbal medicine, naturopathic science and ethno botany – the relationship between plants and people.



# Conserving Nature, One Acre at a Time.

STORY BY *Kate Holleran* / PHOTOGRAPHY BY *Julie Cash*



As a Metro natural resources 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.



## PAYING ATTENTION TO THE SMALL THINGS

### Does one tree matter?

It does to the more than 50 arthropod species, including spiders and insects, which make their homes within the deep canopy of Douglas firs. And those spiders and insects matter to the dozens of species of birds that forage for arboreal arthropods to feed their young. One old-growth Douglas fir tree can serve as the base of a food web that benefits thousands of flora, fauna and fungi.

In the land conservation and restoration world, we sometimes focus on size: acquiring big parcels, restoring long reaches of streams, creating wide wildlife corridors. But small matters, too. Protecting a grove of trees or a tiny parcel of land can significantly benefit conservation and restoration efforts.

Metro recently acquired three parcels within the River Island Natural Area on the Clackamas River. Each parcel is about half an acre – less than the size of the Timbers’ soccer pitch. Alone, each parcel of land provides little in the way of protection for water quality or wildlife habitat. Yet, each was an essential acquisition. Acquiring them closed a gap in the protected natural area, allowing our large-scale restoration work to move forward.

Just as land acquisition happens on the large and small scale, so does restoration. Tucked within several of our larger natural areas are steep canyon walls with crevices, small areas of rock fall and rocky outcrops. These features are uncommon in our forest-dominated landscapes and might appear harsh and unwelcoming for wildlife.

But for an intriguing range of wildlife, these rocky features are five-star hotels. Long-tailed weasel, brushy-tailed woodrats, western skink lizards and rubber boas all shelter, forage or breed in these areas. Cliffs, caves and crevices are also used by several local types of bats, such as long-eared bats and big, brown bats.

These habitat features cover only a small fraction of the more than 17,000 acres of land that Metro protects, but we pay attention to them during our restoration work.

So how exactly do we restore rockfalls, cliffs and crevices? It’s mostly done through a process of subtraction and avoidance, with a little construction work where appropriate.

We subtract the invasive species, such as ivy and clematis, which aren’t inhibited by steep, rocky walls.

Occasionally, our restoration work includes placing large boulders or constructing piles of loose rock that wildlife use as basking or denning sites.

Then we avoid the areas. All wildlife species are sensitive to disturbance during certain times of the year, such as the breeding and rearing season. Bats and reptiles are particularly vulnerable to disturbance in winter. If they’re disrupted during winter hibernation, they must burn up precious energy with no way to replenish their reserves.

I don’t always know the full roster of wildlife using Metro natural areas, but I always assume some wild animal is taking advantage of every ecological niche, from the single, big tree to the crack in the cliff wall to the wild river reaches.



SAT  
10  
JAN

### WINTER PRUNING TECHNIQUES

Join Metro arborist Howard Rasmussen for a hands-on class on winter pruning. Learn about safety, tree diseases and pruning techniques and watch demonstrations. Then practice in the orchards by the popular Bybee-Howell House. Bring gloves and dress accordingly for this rain-or-shine class. Tools will be provided, though participants are free to bring their favorite loppers. Hot drinks provided.

**WHERE** Howell Territorial Park, 13901 NW Howell Park Road, Portland

**WHEN** 9 a.m. to noon

**COST** free

**AGES** 16 and older

**REGISTER**  
No registration required



SAT  
03  
JAN

SAT  
24  
JAN

SAT  
14  
FEB

SAT  
28  
FEB

SAT  
14  
MAR

SAT  
28  
MAR

### NATIVE PLANT CENTER VOLUNTEER VENTURES

Help care for rare native seeds, bulbs and plant materials that support regional restoration projects. Volunteers work in a newly improved greenhouse to plant seeds and vegetation and to help maintain the nursery. No experience is needed. Gloves, tools, water and snack provided. These events are wheelchair accessible with advance arrangements.

**WHERE** Native Plant Center, 2661 SW Borland Road, Tualatin

**WHEN** 9 a.m. to 1 p.m

**COST** free

**AGES** all ages

**REGISTER**  
Jennifer Wilson, 503-319-8292, jennifer.wilson@oregonmetro.gov



# Nike Cross Nationals

STORY AND PHOTOGRAPHY BY Yuxing Zheng



## GLENDOVEER RAISES NATIONAL PROFILE WITH POPULAR RACE COURSE

It sounded like a stampede.

The thunderous, booming roar that raced down the green fields at Metro’s Glendoveer Golf and Tennis Center came from 400 of the country’s fastest high school runners, who were vying to be crowned national champions at the Nike Cross Nationals.

Glendoveer raised its national profile when it hosted the event for the first time Dec. 6. The hilly course earned high marks from runners, especially those from Oregon who enjoyed the convenient location and home state support.

The runners praised the beautiful setting that traversed tree-lined fairways, particularly the natural-feeling hills in comparison to the man-made hills at last year’s race.

“It was an awesome course,” said Matthew Sjogren, 18, a senior at Summit High School in Bend. “It was tough because of the hills and the mud. It really felt like a championship-style race. I had a good time.”

Glendoveer’s location also meant the team drove a few hours to the event after their flights were canceled due to ice, Sjogren said. And supporters were able to make the trek, too.

“It was good because we had hometown fans,” he said. “It was awesome having it in Portland and having friends come over to watch.”

The team finished 17th among the boys. The Nike Cross Nationals combines both the fastest individual runners and the fastest team runners from across the country who qualified through regional meets.

The course at Glendoveer best suited strength runners, who easily charged up the gently rolling hills.

On the girls side, the sole qualifying Oregon runner was Ella Donaghu, 16, a junior at Grant High School. She preferred the rolling hills at Glendoveer because it felt like more of a real cross-country course compared to last year’s race at a horse-racing track, said Laurie Donaghu, her mother.

Having the race at Glendoveer also meant that the extended family came out in force to support Ella Donaghu, who finished 10th in the race.

All of the runners arrived on Thursday – two days before the Saturday race – and stay at a hotel near the Nike World Campus in Beaverton, Laurie Donaghu said. Almost all of the runners had to fly to Portland, but not her daughter.

“I picked her up from school at noon on Thursday and drove her to the hotel where all the kids are staying,” Laurie Donaghu said. “It’s really great and convenient to have the meet in our backyard.”

***It was an awesome course. It was tough because of the hills and the mud. It really felt like a championship-style race.***

–Matthew Sjogren

## Leave it to the beavers



Metro staff and contractors in late summer 2014 removed an old beaver dam at Smith and Bybee Wetlands to restore the natural seasonal drainage of Smith Lake. But beavers had moved in the night before and – with the help of invasive nutria – rebuilt the dam overnight. Crews returned the next morning to move the branches and other dam materials to a pile on the left next to the channel. The drainage was also needed to mitigate a mild outbreak of avian botulism last autumn. Lower water levels that time of year discourage ducks that prefer deeper water and attract birds immune to that type of botulism, such as herons, egrets and pelicans. The beavers were able to rebuild their dam after Smith Lake drained.



# Site Stewards Explore Their Own Slices of Nature

STORY BY Yuxing Zheng / PHOTOGRAPHY COURTESY OF Adrienne Stacey



Adrienne Stacey (above) loved volunteering as a site steward at the Upper Johnson Creek area. She visited the natural area at least twice a month and reported any issues she saw. She also got to share the site with her daughter, Hesper Stacey (left) and her grandsons, Bruno Norman (center), 6, and Archie Norman, 4.

Adrienne Stacey grew up along a river, and after years of living in Southeast Portland, found that she missed roaming along the water.

Stacey found a unique way to solve that problem by volunteering with Metro as a site steward at the Upper Johnson Creek area.

“It was a chance to be with nature and the land to see it almost natural, almost untainted, which is almost impossible,” she said. “I was so hungry to be out by a stream and wander, see and watch.”

Site stewards such as Stacey commit to visiting a natural area at least twice a month. The volunteers report any issues to Metro crews and can also report wildlife sightings or pull invasive plants that they see. A number of the sites are not officially open for public access, giving site stewards a chance to connect with nature in settings that often feel like private slices of paradise.

Stacey, who is married to Metro Councilor Bob Stacey, started as a site steward in May 2013.

Over the course of the first year, she saw deer, hawks, rabbits, crawdads, minnows and freshwater mussels. She saw the creek rise in the spring and recede in the summer. She also saw the result of restoration efforts to improve the habitat.

“To see how one year can really make a difference was beautiful,” she said.

Stacey also had the opportunity to share the site with her daughter, Hesper Stacey, and her grandsons, Bruno Norman, 6, and Archie Norman, 4. The experience provided a chance for her grandsons to learn about nature and how to respectfully enjoy it, she said. For instance, the family was careful to not disrupt crawdads in the river, pick flowers or throw rocks in the stream.

There’s always a need for more volunteer site stewards, said Dan Moeller, Metro’s natural areas land manager.

“Although we do our best to visit our sites, we just can’t get out there as often as we’d like,” he said. “Having site stewards gives us eyes and ears beyond what our staff can provide. Site stewards help us to know what’s going on, if there are any issues or what wildlife is using the property.”

Stacey said she loved her experience as a site steward and getting to explore nature on her own.

“There was an incredible healing, an incredible feeling of peace and filling myself with goodness that would last,” she said. “I’d take it home and be able to live with it. My person, myself became better. I also felt like it was a way to give back.”

To volunteer as a site steward, visit

[oregonmetro.gov/volunteer](http://oregonmetro.gov/volunteer)

## Something's Different Here

### NEW BLUE LAKE ENTRYWAY, RESTROOMS



Construction is set to begin this winter and spring on a new entryway and restrooms at Blue Lake Regional Park in Fairview.

The entryway project will modify the vehicle entrance to the popular park. Wider lanes and three new entry booths will replace the two existing booths, allowing visitors to enter the park faster.

Construction is scheduled to be complete before the summer busy season. The park will remain open and accessible throughout the work.

Four restroom buildings are also scheduled to be replaced this spring. During the work, visitors will have access to other restrooms at the park.

Money for the projects comes from the parks and natural areas levy that voters approved in 2013.



## It's Our Nature

### SIGN UP FOR YEAR-LONG OUTDOOR IMMERSION SERIES FOR ADULTS

Want to find mushrooms, follow cougar tracks and watch wild salmon spawn? Join a team of experienced naturalists to explore some of the region's most spectacular places during the fourth year of Metro's It's Our Nature year-long field trip series.

Starting in March, a group of adults will immerse themselves in the region's natural areas and learn about topics including geology, animal tracking, birding and ethnobotany. Monthly adventures at some of Metro's 17,000 acres of wetlands, oak savannas and woodlands, forests and prairies give participants opportunities to experience the natural world hands-on as the seasons change. If you crave the behind-the-scenes story, learn by doing and don't mind getting muddy, this journey could be for you.

Lessons combine theory with place, all in an outdoor setting. Naturalists take you on journeys in some of Metro's hallmark parks and natural areas, such as Oxbow Regional Park and Smith and Bybee Wetlands Natural Area. Some classes will be held at natural areas closed to the public, providing participants with a sneak peek of some of Metro's hidden jewels.

It's Our Nature is limited to 18 adults (ages 18 and older) who can commit to attend at least nine of the 11 classes and who can learn outdoors in all weather conditions and in a variety of terrain. Most classes will be held on the second Saturday of the month from 9:30 a.m. to 2:30 p.m. Applications are reviewed on a first-come, first-serve basis, and applicants are assessed on their level of interest and ability to commit to the program. No deposit is required. Tuition of \$300 is due upon acceptance into the program.

Details and applications: [oregonmetro.gov/natureimmersion](http://oregonmetro.gov/natureimmersion)

## Apply for a Nature in Neighborhoods grant

Are you involved in an innovative project that nurtures nature in your community or connects people with the outdoors? Apply for a Nature in Neighborhoods grant and help get your project off the ground.

### CONSERVATION EDUCATION GRANTS

These grants connect people with nature in a variety of ways, from giving students hands-on experience in natural areas to offering job training for nature-based careers. The common denominator: providing opportunities for people to learn about the natural world. Basic applications are due Jan. 13.

### RESTORATION AND COMMUNITY STEWARDSHIP GRANTS

These grants have supported efforts to improve creeks, floodplains, wetlands, canyons and oak savannas from Hillsboro to West Linn to Gresham. Applications are due in spring 2015.

### CAPITAL GRANTS

Capital grants fuel urban transformations, neighborhood livability projects, restoration and land acquisition. This is the final year that capital grants will be available.

Metro's grants staff can help you envision your project, find others who can help or provide guidance on the application. Learn more at [oregonmetro.gov/grants](http://oregonmetro.gov/grants)



# Banish Cabin Fever



STORY BY Yuxing Zheng

*Go out and play!*

WINTER DOESN'T MEAN THAT FUN  
MUST BE CONFINED INDOORS.





Winter is the perfect season to explore some of the region's most popular parks and natural areas and to observe the diversity of the area's wildlife – sans summertime crowds. Cure cabin fever with a trip to these often overlooked winter recreation spots.

#### WATCH WILLAMETTE FALLS ROAR

The second most powerful waterfall in North America spent decades out of public view. That's changing in the coming years as the former Blue Heron paper mill site is redeveloped. Plans include a riverwalk from which the public will be able to see Willamette Falls. Until that's built, be one of the first members of the public to get a free tour of the site. **Multiple tours are available in March. Sign up at [bit.ly/1wMAwqZ](http://bit.ly/1wMAwqZ)**

#### WATCH BIRDS ON SAUVIE ISLAND

Watch eagles, hawks and falcons glide overhead at Sauvie Island. The birds spend the winter on the island, making it the ideal location to spot amazing wildlife just miles from downtown Portland. The popular, family friendly Raptor Road Trip returns to Sauvie Island Feb. 7. Details on page 12.

#### PADDLE AT SMITH AND BYBEE WETLANDS

The autumnal rains replenished Smith and Bybee Wetlands Natural Area, so get out the kayaks and canoes for a paddle through one of the country's largest urban wetlands. Be on the lookout for bald eagles, blue herons, egrets, hawks and dozens of other bird species overhead, as well as red-legged frogs and beaver dams on the ground.

#### HIKE AT MOUNT TALBERT

Mount Talbert is the largest of a series of extinct cinder cones and small volcanoes that rise through the eastern part of the metro region. Explore the unique geology of the land, part of the Boring Lava Field, with a hike through four miles of trails in the white oak woodland. Look for evidence of the ice age Missoula Floods and landslides.

#### VISIT THE OREGON ZOO

Beat the summer crowds at the Oregon Zoo by visiting in the winter. Learn how animals, especially ones native to the Pacific Northwest, adapt to winter and the changing seasons. Some animals might even look entirely different than they look in the summer. Elementary school students can also attend one or several days of the Nature Ranger spring break camp.

#### CAMP AT OXBOW

Campsites at Oxbow fill up fast in the summer, but savvy winter campers will feel like they have the park all to themselves. Campgrounds are open year round, so there's no better time to hike the miles of trails through ancient forests, catch winter steelhead or explore the federally designated Wild and Scenic Sandy River. And Oxbow's location – just 25 miles from Portland – means families won't have to venture far for a weekend away during the school year.

For more details about the destinations, including directions and hours, visit [oregonmetro.gov](http://oregonmetro.gov), [oregonzoo.org](http://oregonzoo.org) or [rediscoverthefalls.com](http://rediscoverthefalls.com)





# Field Guide

## GRAHAM OAKS NATURE PARK

STORY BY *Sheilagh Diez*

PHOTOGRAPHY BY *Yuxing Zheng*

Rising above an expanse of prairie, a lone tree’s gnarled branches reach in every direction. This heritage oak has been a witness to the history of this land, one filled with the complex relationship between people and place.

Nestled in the suburban landscape of Clackamas County, Graham Oaks Nature Park offers a glimpse into oak prairie habitats once common across the Willamette Valley. Now, they cover only about 7 percent of their original range.

Oak prairies reflect the communities they support. The Kalapuya managed this land for thousands of years and used seasonal fires to maintain vast open spaces for hunting and gathering practices. The fires also supported a rich diversity of native wildflowers that continue to draw unique pollinators from across the region to this day.

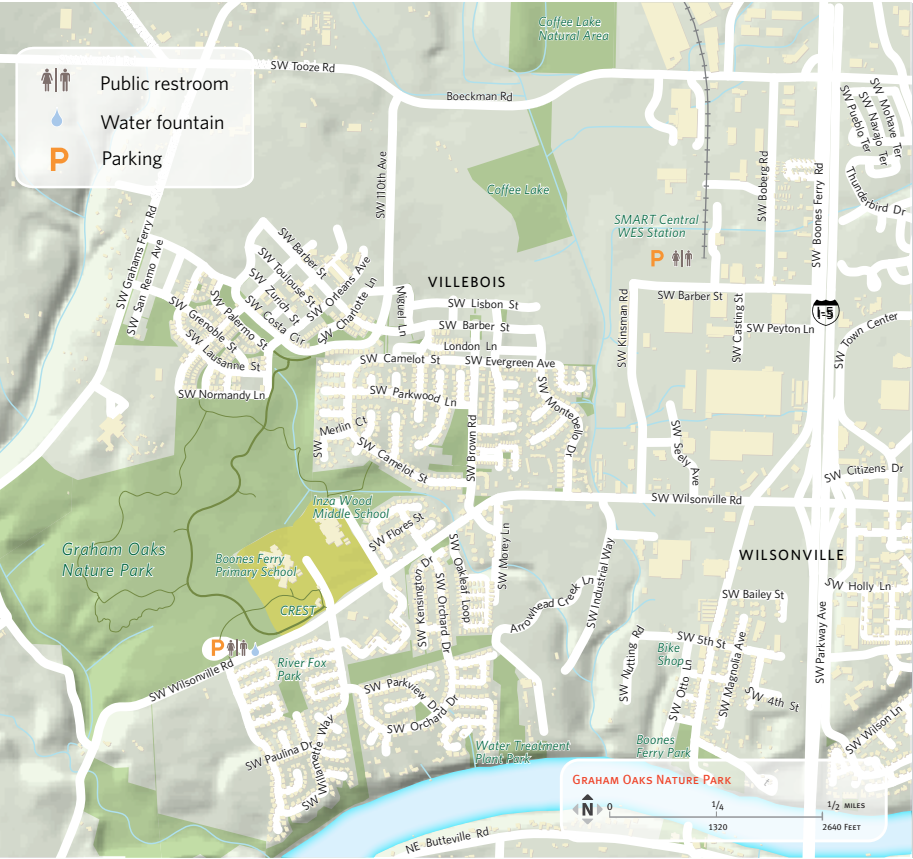
Western gray squirrels thrived on plentiful acorns for winter caches while the Kalapuya leached, ground into flour, and then cooked acorns for food.

Along the southwest edge of the park, pockets of towering old-growth Douglas firs invite visitors into a contrasting world of steep canyons blanketed in dense ferns and native shrubs. Woodpeckers can often be heard in the dappled sunshine canopy.

On the eastern flank of the park, songbirds flock to a wetland oasis filled with insects and flowers. Springtime brings the omnipresent sound of young frogs. Recent restoration work has increased the amount of water flowing to Arrowhead Creek, creating new habitat for sensitive species, such as the red-legged frog.

Returning to the prairie, birds flit about the sentinel tree. They come for shelter when winter storms blow through, and they find insects for food in the crooks and crannies of the bark. Like the gnarled branches of this heritage oak, Graham Oaks Nature Park knits together a mosaic of habitats for local wildlife and people.

To find out what’s happening now, visit [oregonmetro.gov/grahamoaks](https://oregonmetro.gov/grahamoaks)



### GRAHAM OAKS NATURE PARK

11825 SW WILSONVILLE RD, WILSONVILLE

**DRIVING**  
Head south on Interstate 5. Take exit 283 and turn right onto Southwest Wilsonville Road. After a mile and a half, turn right into the park. Park at the entrance. Parking is not allowed at nearby schools.

**KNOW WHEN YOU GO**  
Open from 6:30 a.m. to sunset. Bicycles and leashed dogs are allowed on the Ice Age Tonquin Trail but not the rest of the park.

**AMENITIES**  
Bathrooms, picnic shelter, parking for six bicycles at park entrance. Much of the park is wheelchair accessible, although some trails are more challenging.

## IN THE NEIGHBORHOOD

The park is a short distance from the Wilsonville Family Fun Center, where visitors can play laser tag, ride a roller coaster simulator or play arcade games. Refuel with a visit to McMenamins Old Church & Pub, a family-friendly brewery in a historic, renovated church.

## SEASON BY SEASON

**SPRING:** Watch as amphibians emerge from hibernation and begin to breed. Listen for the sounds of eager frogs along the Arrowhead Creek trail. The familiar peeps so recognizable from common recordings belong to Pacific chorus frogs. Formerly known as tree frogs, these tiny creatures range from bright green to dusky brown, but all share dark masks across their eyes and take part in this vigorous spring chorus.

**SUMMER:** Take the family for a bike ride along the first five miles of the Ice Age Tonquin Trail. Planned for an eventual 22 miles, this paved trail will stretch from the banks of the Willamette River in Wilsonville through the Tualatin River National Wildlife Refuge to Tualatin's Ki-a-Kuts bridge and Cook Park. Along the way, discover the scablands, rich wetlands and kolk ponds left by the ice-age Missoula floods. At Graham Oaks, enjoy a leisurely ride through the restored prairie on a wide, paved trail.

**FALL:** Stroll along the Legacy Creek trail and enjoy the brilliant reds of vine maple leaves in the forest. As green pigments begin to break down, the red color shines through these small trees with their many pointed leaves. As the trail rejoins the prairie, search for the hidden wonders of oak galls. These large, round and vaguely apple-like structures are caused by chemicals injected by larva of certain gall wasps. Oak galls were once the main source of ink from the middle ages through the early 20th Century, and they continue to fascinate botanists and artists alike.

**WINTER:** Watch northern harriers glide across the landscape on a crisp, clear morning. These unique raptors have disc-shaped faces similar to owls that allow them to use hearing as well as sight when hunting. Identify them by their low flight above open lands and distinct white rump patch that’s obvious in flight.

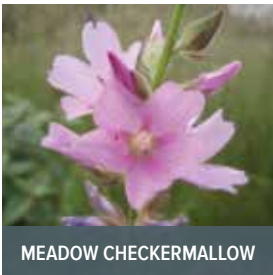
## BE ON THE LOOKOUT!



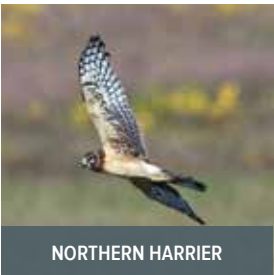
PILEATED WOODPECKER



RED-LEGGED FROG



MEADOW CHECKERMALLOW



NORTHERN HARRIER





# THE INTERTWINE *Is Our Common Ground*

A vision. A mission. A geographic location. The Intertwine is what we call our parks, trails, and natural areas. It's a redefinition of where we live based on the belief that a life more intertwined with nature makes us happier, healthier, and wealthier. The Intertwine is one great idea that can bring us all together.



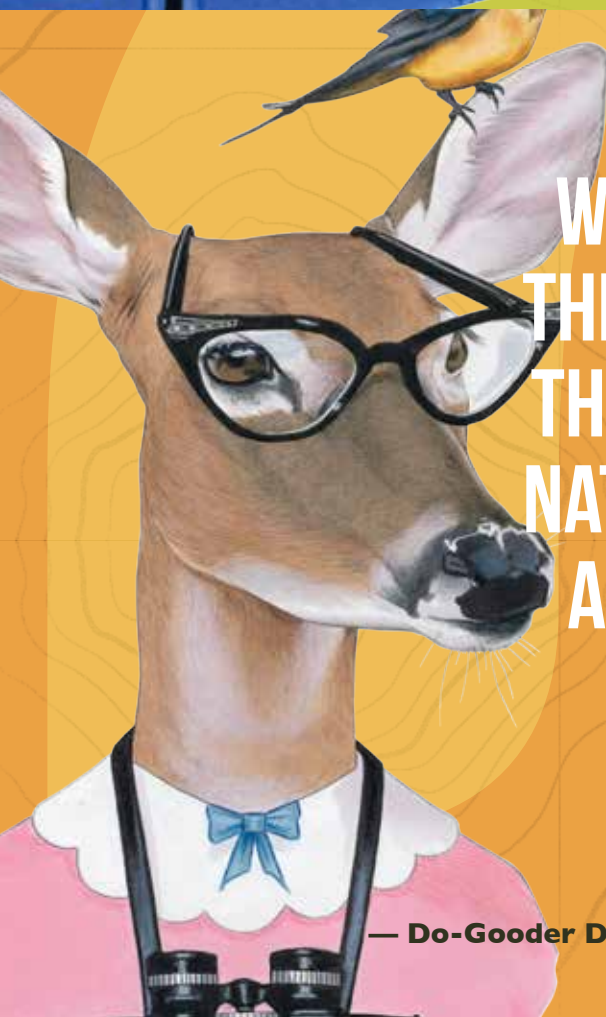
IT'S WHERE  
NATURAL  
AREAS,  
BIOSWALES,  
AND ECO ROOFS  
CLEAN OUR  
WATER, SOIL,  
AND AIR.

— Engineering Beaver, Multnomah County



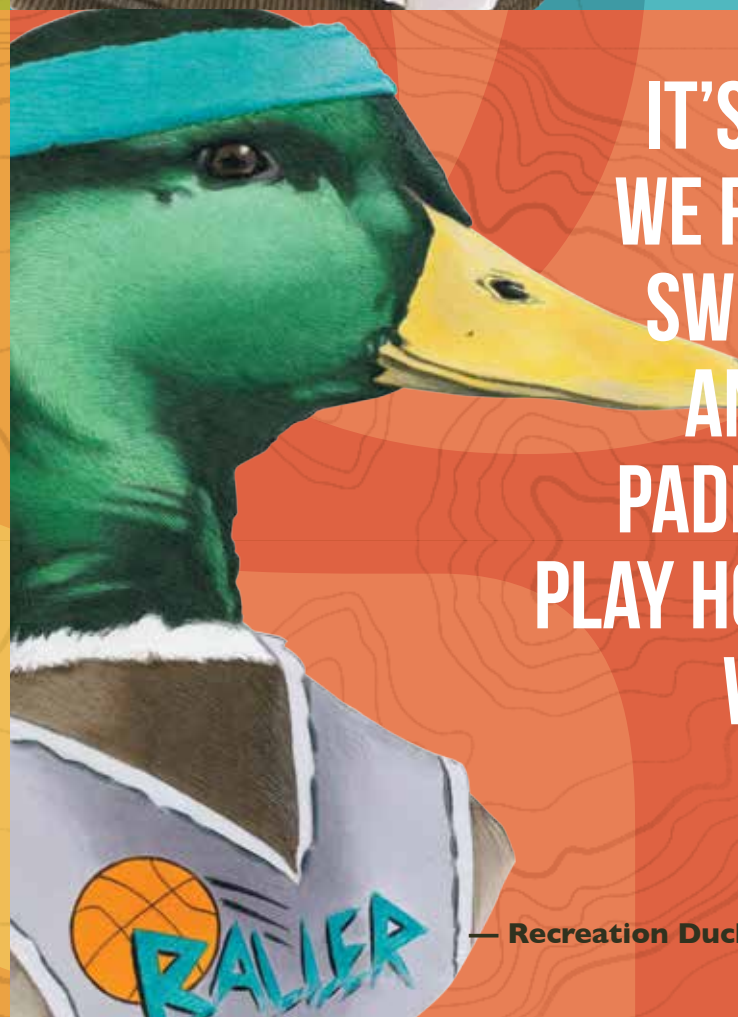
IT'S  
HOW WE  
SPUR JOB  
CREATION,  
BUILD EQUITY,  
AND LEAVE  
A LASTING  
LEGACY.

— Economic Salmon, Clackamas County



IT'S WHERE  
WE CONSERVE  
THE LAND THAT  
THOUSANDS OF  
NATIVE PLANTS  
AND ANIMALS  
CALL HOME.

— Do-Gooder Doe, Washington County



IT'S WHERE  
WE RUN AND  
SWIM, BIKE  
AND HIKE,  
PADDLE AND  
PLAY HOWEVER  
WE LIKE.

— Recreation Duck, Clark County



LEARN MORE AT [THEINTERTWINE.ORG](http://THEINTERTWINE.ORG)



JOIN US AT [THEINTERTWINE.ORG/JOIN-THE-ALLIANCE](http://THEINTERTWINE.ORG/JOIN-THE-ALLIANCE)



# Get Involved



## Raptor Road Trip

Explore Sauvie Island in search of magnificent eagles, hawks and falcons. Naturalists and hawk experts host activities at four sites around the island. Enjoy guided bird viewing, meet live raptors and see hawk identification displays. Free hot drinks and donuts in the morning.

After check in at Kruger’s Farm Market, you’ll receive a parking permit, event guide, birding map, checklist and picture handouts. Bring binoculars and dress for the weather. Allow about three hours. Sponsored by the Audubon Society of Portland, Metro and the Oregon Department of Fish and Wildlife.

SAT  
07  
FEB

**WHERE** Kruger’s Farm Market, 17100 NW Sauvie Island Road, Portland

**WHEN** 9a.m. to 2p.m.

**COST** \$10/vehicle, cash only

**AGES** all ages

**REGISTER**  
No registration necessary

**DIFFICULTY**  
  

## Classes and events

Registration and payment required at least 48 hours in advance at [oregonmetro.gov/calendar](https://oregonmetro.gov/calendar). Classes with low enrollment will be canceled. Registered participants will receive full refunds.

THUR  
15  
JAN

### DIGGING DEEP: EXPLORING THE REGION’S GEOLOGIC HISTORY

A TWO-PART SERIES

Join naturalists Sheilagh Diez and Ashley Conley on a trip through the region’s geologic history. Begin with an evening filled with maps and stories to illustrate regional geology. Then take a day-long journey to natural areas and parks for hands-on investigation of geologic features. Transportation provided from Canemah Bluff Natural Area.

**WHERE** *Intro* Lucky Labrador Hawthorne Brew Pub, 915 SE Hawthorne Blvd., Portland (1/15); *Field class* several natural areas (1/17)

**WHEN** 1/15 6p.m. to 8p.m.  
1/17 9a.m. to 4p.m.

**COST** \$50 per person

**AGES** 15 and older

**DIFFICULTY**  
  

SUN  
01  
MAR

### WINTER TWIGS OF GRAHAM OAKS NATURE PARK

Ever wish you could tell one evergreen from another, or identify a tree in winter by looking at the bark or buds? Join naturalist Alice Froehlich for a walk at Graham Oaks to unravel these mysteries and more. The forest at this natural area is a living laboratory of Northwest trees.

**WHERE** Graham Oaks Nature Park

**WHEN** 1 to 3:30p.m.

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

**AGES** 11 and older

**DIFFICULTY**  
  

SAT  
24  
JAN

### INTRODUCTION TO LICHENS

Lichens are all around on trees, rocks, houses and sidewalks. On this hands-on walk, learn the natural history of lichens and techniques to identify common lichens and sensitive species. Put on your rain gear, and let’s take a look at lichens!

**WHERE** Scouters Mountain  
**WHEN** 1 to 3p.m.

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

**AGES** 11 and older

**DIFFICULTY**  
  

SAT  
07  
MAR

### STAYIN’ ALIVE: WINTER SURVIVAL SHELTERS FOR FAMILIES

Take shelter! The driving wind and rain can be held at bay with simple skills that every squirrel uses. In this family-oriented class, learn the basics of building a winter survival shelter that can keep you safe and warm without a sleeping bag or a fire. Younger participants will have free time to build forts.

**WHERE** Oxbow Regional Park

**WHEN** 11a.m. to 2:30p.m.

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

**AGES** all ages

**DIFFICULTY**  
  

SAT  
21  
FEB

### COMMON MOSSES

Mosses are some of the most ancient plants, having survived ice ages and mass extinctions. On this walk in the woods, search for specimens to identify. Learn about the natural history of moss and its uses. Magnification lenses will be provided.

**WHERE** NW Portland. Directions will be provided to registered participants.

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

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

**AGES** 11 and older

**DIFFICULTY**  
  

SAT  
28  
MAR

### SPRING FLORA AND FAUNA OF CLEAR CREEK

Celebrate the end of the first week of spring by exploring the rich beauty of this 580-acre hidden jewel. Join naturalist Ashley Conley in a search for songbirds, tracks, signs of resident wildlife and emergent spring foliage on the landscape.

**WHERE** Clear Creek Natural Area










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

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

**AGES** 8 and older

**DIFFICULTY**  
  

#### DIFFICULTY KEY

   EASY    MODERATE    STRENUOUS



@METRONATURALIST





# Destination Guide

### Key

- RESTROOMS
- PICNIC FACILITIES
- TRAILS
- CLASSES, EVENTS, VOLUNTEER
- PLAYGROUND
- CAMPING
- WHEELCHAIR ACCESSIBLE
- COST  
\$5/car, \$7/bus  
(free with annual pass)

1

**BLUE LAKE REGIONAL PARK**  
Enjoy a fun game of disc golf, or explore a nature-themed playground, a discovery garden, sports facilities and a wetland with a viewing platform and trail.

2

**BROUGHTON BEACH**  
Head to one of Portland’s best urban beaches and enjoy a picnic, beachcombing, or a stroll along the Columbia River.

3

**CANEMAH BLUFF NATURAL AREA**  
Gaze at the Willamette River below, marvel at oak trees overhead, hike and admire colorful spring wildflowers.

4

**COOPER MTN. NATURE PARK**  
Hike or jog more than three miles of trails, watch wildlife or enjoy views of the Chehalem Mountains and Tualatin Valley.

5

**GLENDOVEER GOLF COURSE & FITNESS TRAIL**  
TEE TIME: [playglendoveer.com](http://playglendoveer.com)  
Play a game of golf or indoor tennis, or enjoy a scenic stroll on the two-mile fitness course.

6

**GRAHAM OAKS NATURE PARK**  
Ride bikes through a restored oak woodland, stroll through a conifer forest and spot birds from a wetland overlook.

7

**HOWELL TERRITORIAL PARK**  
Watch for birds that flock to the park’s wetlands, enjoy a picnic, and explore a piece of the region’s natural and cultural history.

8

**MASON HILL PARK**  
At this charming, one-acre park, bicycle through the rolling hills beyond Forest Park, take in spectacular views of the Tualatin Valley and picnic under the shelter.

9

**MOUNT TALBERT NATURE PARK**  
Slip into the forested oasis to explore four miles of trails, enjoy gorgeous views, and keep an eye out for deer, pileated and hairy woodpeckers, white-breasted nuthatches and Western tanagers.

10

**OXBOW REGIONAL PARK**  
Explore 15 miles of trails through ancient forests, camp year-round or find the perfect adventure on the Sandy River.

11

**SCOUTERS MTN. NATURE PARK**  
Climb the steep, fir-lined road to the top of this extinct lava dome to enjoy unrivaled views of Mount Hood.

12

**SMITH AND BYBEE WETLANDS NATURAL AREA**  
Take the Interlakes Trail or go by canoe or kayak to explore one of America’s largest urban wetlands while spotting beavers, river otters, black-tailed deer, osprey, bald eagles and turtles.

### Boat Ramps | [oregonmetro.gov/boats](http://oregonmetro.gov/boats)

Launch boats into the Columbia River at Chinook Landing or Gleason, or into Multnomah Channel at Sauvie Island.

- 13

**CHINOOK LANDING MARINE PARK**
- 14

**M. JAMES GLEASON MEMORIAL BOAT RAMP**
- 15

**SAUVIE ISLAND BOAT RAMP**

For more information about each destination, visit [oregonmetro.gov/parks](http://oregonmetro.gov/parks)





# Tools For Living

The end of the holiday season often brings a wave of tidying, from scrubbing a well-used kitchen to packing up gift wrap to use next year. Ask Metro for tools to help you maintain a safe and healthy home.



## About a battery



Batteries are important in our everyday lives – they power smoke alarms, flashlights, cameras, and of course, those holiday toys.

But those AAs don’t last forever. And while you can find good-quality rechargeable batteries and a charger at your local hardware store, it’s pretty hard to avoid disposable batteries altogether. So when it’s time for fresh batteries, what do you do with the dead ones?

### BATTERIES ARE HAZARDOUS.

Batteries can explode when heated or burned and cause fires every year. Store all household batteries out of the reach of children and pets and away from sources of heat.

You can recycle some types of batteries – but not in your home recycling. Many stores that sell rechargeable nickel cadmium batteries will take them back for recycling. Mercury-oxide and silver-oxide button batteries are sometimes collected by jewelers, pharmacies or hospitals and sent to companies that reclaim the metals.

Otherwise, take your batteries to a hazardous waste facility or drop-off event.

### METRO MAKES IT EASY TO DISPOSE OF BATTERIES SAFELY.

Call Metro’s recycling hotline to ask a friendly expert about old batteries, household hazardous waste and all kinds of recycling. [503-234-3000](tel:503-234-3000).

Search Metro’s online database for battery recyclers and hazardous waste sites near you. [oregonmetro.gov/findarecycler](https://oregonmetro.gov/findarecycler)

## Cleaning recipes Q&A



The holidays may be over, but the cleaning never ends. Ask Metro how to use basic ingredients around the house to make safe, effective and inexpensive cleaners.



**Q:** *Uncle Merle didn’t use a coaster. Any way to tackle the water marks his hot toddy left on my coffee table?*

**A:** Rub toothpaste on wood furniture to remove watermarks. Polish with a soft cloth.

### WOOD FURNITURE POLISH

**Combine in a spray bottle and shake well:**

- 3/4 cup olive or other vegetable oil
- 1/4 teaspoon vinegar
- 1/2 teaspoon lemon oil (optional)

Test wood surface first. Spray on furniture or rag and rub into wood.

**For scratches** Mix equal parts lemon juice and salad oil. Rub into scratches with a soft cloth until they disappear.

**Q:** *We fried latkes for Hanukkah, and we can’t get the oil smell out of the kitchen.*

**A:** To get rid of cooking odors: Boil 1 tablespoon of white distilled vinegar in 1 cup of water.

### AIR FRESHENERS FOR ANY ROOM

- Pour pure vanilla on a cotton ball in a saucer.
- Simmer cinnamon and cloves in pot of water without a lid.
- Set out an open dish of vinegar, baking soda, cut lemons or herbs.

Find more cleaning recipes and other tips for a healthy home at [oregonmetro.gov/toolsforliving](https://oregonmetro.gov/toolsforliving)



## CAN I RECYCLE A PLASTIC SNOWMAN?

### Ask Metro.

503-234-3000  
[oregonmetro.gov](https://oregonmetro.gov)

 Metro

**Ask Metro** ABOUT TOOLS FOR LIVING.  
503-234-3000 [oregonmetro.gov](https://oregonmetro.gov)



# Regional Roundup

## Climate Smart

Study shows how the region could curb emissions – and at what cost.

The 2009 Oregon Legislature passed a gas tax increase that paid for nearly \$1 billion in new road construction.

But it came with one key string – the Portland region would have to come up with a strategy for curbing tailpipe emissions by 20 percent before 2035.

After years of study, Metro officials were slated to endorse a strategy in late December. The Portland region's strategy for reducing tailpipe emissions was largely already in the books: The region's 25 cities and three counties' transportation and zoning plans, if adopted, would surpass the state's 20 percent target.

Now the question is how to pay for the Climate Smart Communities strategy. Implementing all of those plans to reach the state goal could cost hundreds of millions of dollars. That means six years after the Legislature spent nearly \$1 billion to make it easier to drive, the Portland region will look for ways to pay for curbing tailpipe emissions.

Here are some of the strategies the region could use to cut emissions:



### BOOST BIKING, WALKING

Tailpipe emission reductions aren't just about commuting to work. A surprising amount of the region's emissions comes from people just driving to run errands. If it was easier and safer to run those errands closer to home – on a bike or on foot – people would drive less.



### IMPROVE THE ROAD NETWORK

It may seem counterintuitive to build new roads as part of a plan to reduce tailpipe emissions, but improving the flow of traffic will make a difference. The key is picking the right spots for road expansions that will help manage congestion – and won't just temporarily ease traffic until more cars get on the road and clog the highway again.



### RAMP UP TRANSIT OPTIONS

Nothing curbs emissions like a good transit system, one that includes buses and trains that run so often that it's easier to not drive. Transit reduces pollution, reduces injuries from car crashes, and makes it easier for trucks, delivery and trade vehicles to navigate roads. The strategy recommends a significant ramp up of the region's transit service.



### MANAGE TRANSPORTATION BETTER

Smart roads cut congestion. Timed traffic lights, for example, help ease congestion. Variable freeway speed limits, which change depending on congestion, can cut crashes and reduce emissions from idling vehicles. And variable speed signs can help drivers avoid traffic jams and keep moving.



### OFFER TRAVEL INCENTIVES

It's probably not enough to just give people better buses and more bike lanes and expect them to ditch their cars. Commuter incentives, such as paying people to take transit or ride a bike, could curb emissions region-wide.

**Key**

\$

¢

RELATIVE COST TO IMPLEMENT

🌿

ENVIRONMENTAL VALUE

Learn more about Climate Smart at [oregonmetro.gov/climatesmart](https://oregonmetro.gov/climatesmart)





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# Share (Y)our Nature and Win!

**Becky Hatfield | Leona Lake**

Taken at Leona Lake right outside of Milwaukie, I was out for a walk in the new fallen snow, and what made me stop and take this photo was the quiet. In a world where things are never silent, in this moment everything was peaceful. Not even a bird could be heard, no cars passing, just the silent beauty of the moment captured on film.

- Becky Hatfield, Milwaukie



**SHARE (Y)OUR NATURE, WIN PRIZES**

Win two \$50 vouchers for Oregon Convention Center events by submitting a photo taken at a park or natural area – your friends and family, a view of wildlife or a beautiful sunset, for example. Include a description of your experience, in 100 word caption. Where were you? What were you doing? What captured your attention? The winner will appear in this space.

Send your picture and description to:  
[ourbigbackyard@oregonmetro.gov](mailto:ourbigbackyard@oregonmetro.gov)

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Metro | *Making a great place*

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