

RIVER ISLAND On the Clackamas River, a former gravel mine returns to its wild roots

Explore great places and more with Metro

4 QUESTIONS

Get to know Nang Dunn and learn about her passion for running

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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

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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/parksandnaturenews facebook.com/oregonmetro twitter.com/oregonmetro

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. In natural areas where dogs are not allowed, people see more wildlife and get closer to it. Seeing-eye dogs or other service animals are allowed. Please bring cleanup materials.

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 or call 503-797-1545.

Parks and Nature News









LATINO GREENSPACES PROJECT CONNECTS YOUTHS WITH NATURE

STORY AND PHOTOGRAPHY BY Sofia Basto

Why do birds migrate? What challenges do they come across in their journeys? And how are these experiences similar or different for various animals, including people?

These are some of the questions 200 youths in the Latino Greenspaces project explored last summer at Metro parks and natural areas.

The project is a partnership between Latino Network, Hacienda Community Development Corporation and Metro to connect Latino youths to local natural spaces, as well as to introduce them to recreation opportunities and to careers in conservation. The students learn through a bilingual, hands-on program combining science, art, music and cultural storytelling – all developed through a culturally appropriate lens.

Thanks to support from voters for a parks and natural areas levy in 2013, Metro is able to provide more programs, classes, events and opportunities for residents throughout the region – including underserved communities – to enjoy, explore and experience nature.

EL PROYECTO LATINO GREENSPACES CONECTA A JÓVENES CON LA NATURALEZA

HISTORIA Y LA FOTOGRAFÍA DE Sofía Basto

¿Por qué migran los pájaros? ¿Qué desafíos enfrentan en sus viajes? Y ¿de qué forma se asemejan sus experiencias a las de otros animales, incluido el ser humano?

Estas son algunas de las preguntas que 200 niños y jóvenes analizaron el verano pasado mientras visitaban parques y áreas naturales de Metro como parte del proyecto Latino Greenspaces.

El proyecto nació de una sociedad entre Latino Network, Hacienda Community Development Corporation y Metro, que busca conectar a jóvenes latinos con parques y espacios naturales locales, facilitar su introducción a carreras de conservación del medio ambiente, y a la vez ofrecer oportunidades de recreación en la naturaleza. El programa bilingüe, desarrollado con una óptica culturalmente adecuada, consiste de actividades prácticas que combinan ciencia, arte, música y cuentería.

Gracias al apoyo de los votantes en el año 2013 para aprobar la recaudación de un impuesto que beneficie parques y áreas naturales, Metro puede proporcionar programas, clases, eventos y oportunidades para que los habitantes de la región, incluidos aquellos de bajos de recursos, disfruten, exploren y vivan la naturaleza a fondo.



Carye Bye (left) and friend Gretchin Lair visit Graham Oaks Nature Park in Wilsonville.

Carye Bye sets out on quest to visit every Metro destination

STORY BY Jennifer Park
PHOTO COURTESTY OF Carye Bye

WAKE UP AND BE CURIOUS.

That's the motto of Carye Bye, a Portland resident who has been exploring the region for 15 years.

Her disposition for exploration is exactly what inspired Bye to begin an adventure to visit every Metro park.

"I'm interested in the concept of the city as a museum, and that includes natural spaces," Bye said. "What I really love about the Metro sites is they're full of history and have good signage. You don't really have to know anything before you arrive and suddenly you're in a place, you feel it, you feel all the history, you see all the nature – and also there's usually public art."

The idea to embark on this challenge came to Bye when the Metro Destination Guide, a map of regional parks, trails and natural areas, arrived in her mailbox.

With Blue Lake and Oxbow regional parks already in her portfolio, Bye made her first trip to Graham Oaks Nature Park. She has since ventured to Canemah Bluff Natural Area and Scouters Mountain and Cooper Mountain nature parks.

"Graham Oaks and Canemah Bluff were just magical to me," Bye said. "Both had a different landscape that is not anything that I've been to in the area. Especially Canemah Bluff with the madrones, I just felt like I walked into this bluff wonderland, and it was just delightful."

Bye has been a bicycling enthusiast for years and doesn't own a car. She relies on her bike or public transit to get to all of the Metro parks. To visit Graham Oaks, she took the WES commuter train to Wilsonville and then biked to the park.

After getting into the local biking community in 2004, Bye began giving biking museum tours. This inspired her to launch a website, Hidden Portland, to explore the community's museums and collections. The concept grew with a print edition of her Hidden Portland Museum Guide.

Bye also founded the Facebook group Hidden Portland for the Curious, which has about 12,000 fans who share photos and stories of the interesting things they find.

"I've been reporting my little journeys, and then other people have said, 'Because you posted, I went and saw it,' or 'Thanks for putting that in, I didn't realize we had access to these parks,'" Bye said. "I really am interested in the idea of place and what happened and what's happening now, so I think the Metro sites are very successful."

Nature in Neighborhoods

STORY BY Jodi Garber-Simon / PHOTOGRAPHY BY Julie Cash and Jodi Garber-Simon









Left: Chips Janger led efforts to win a Nature in Neighborhoods grant that helped make the new Park Avenue light rail station the region's first sustainable, habitat-friendly station.

GRANT HELPS OAK GROVE RESIDENTS SHAPE SUSTAINABLE PARK AVENUE LIGHT RAIL STATION

Oak Grove resident Chips Janger is obsessed with bringing nature back to his community in unincorporated Clackamas County. While many people might have made an effort to plant some trees, Janger went big and took on the Park Avenue light rail station.

At the end of TriMet's new Orange Line that opened in September, the Park Avenue station is unlike any other on the line.

With four ecosystems, seven planting zones, a stormwater treatment system and a net-zero energy consumption parking garage powered by 144 solar panels, the station is a model for integrating habitats in development. The project couldn't have happened the way it did without a \$350,000 Metro Nature in Neighborhoods grant in 2010 to help create the region's first sustainable, habitat-friendly park-and-ride station.

Everybody involved in building it credits Janger as the driving force who made it happen.

Knowing he had community connections, TriMet officials reached out to him to help involve local residents more in the project.

"We said yes, we could do that. However, we want something that integrates habitat," Janger said. "We wanted to take the most degraded area in Oak Grove and tear out the asphalt and tear out the cement and bring the forest back."

TriMet had concerns about the cost, he said, "so, we sat down with Metro and started talking about a Nature in Neighborhoods grant. We had two great partners on this project, Metro and TriMet."

Nature in Neighborhoods grants help projects throughout the region that engage residents to incorporate nature in their communities. The grants are available thanks to voter support for the 2006 natural areas bond measure and the 2013 parks and natural areas levy.

Jeb Doran, a landscape architect and the urban design lead for TriMet on the Park Avenue

station, said working with Janger and his neighbors transformed the project.

"The key attribute of this project is that the residents were part of the Nature in Neighborhoods grant process and that really gave them a voice and empowered them to sit at the table during the visioning and design process and right through construction," he said.

TriMet also chipped in federal money to provide matching funds for the Nature in Neighborhoods grant.

The station's habitat contributes to the neighborhood's biodiversity, said Mary Rose Navarro, a Nature in Neighborhoods grant coordinator at Metro. The station's ability to treat its own stormwater, as well as that of 10 surrounding acres, will improve water quality in the nearby Willamette River.

"It's not just something pretty to look at," she said. The neighbors "got together and made sure it was going to be the kind of development the community wanted. Chips Janger was a big part of that."

Janger and 200 neighbors also planted nearly all of the site's trees and shrubs. It was the type of community participation TriMet officials had never seen, Doran said.

Metro Councilor Carlotta Collette said she's lucky to have Janger in her district.

"In doing this, not only did he change one station itself, but in the process, he changed people's perspective of what Oak Grove is," Collette said. "There is a sense in Oak Grove that we can do big, important things."

Trails grants available

Have a trail to plan, design, build or repair? Apply for a Nature in Neighborhoods trails grant. Thanks to the 2013 levy, \$500,000 is available this year. For details, visit oregonmetro.gov/grants

Four questions with Nang Dunn



STORY BY Ellen Wyoming
PHOTOS COURTESY OF Nang Dunn

Nang Dunn of Beaverton is a native of Laos, where she was born and lived in a re-education camp before moving to the US with her family when she was 11 years old. Today, Dunn is a proud mom of three children and an accomplished ultra-marathoner – those who run more than 26.2 miles in one go.

She is also the founder and executive director of the VillageRun Foundation, which hosts 5K races to raise money to build and refurbish schools in Laos, provide school supplies and educate people about human trafficking. In 2013, Dunn and two other women ran a 125-mile relay across Laos to promote running as a sport, raise money for schools and increase awareness of human trafficking.

In June, Dunn led a hike with a group of women at Cooper Mountain Nature Park, her backyard training ground.

Q: When and why did you start running?

A: I've always been active in sports – usually team sports – but after the birth of my second child, it was so hard to get everything together to continue to play on a team. I decided to start running because I could put my kids in a stroller and head out the door to be active.

Q: Where did the idea come from, to run across Laos?

A: The idea was sparked in 2011 when my parents and I took our first trip back to Laos after leaving 27 years earlier. There were some memories from my childhood in the re-education camp, and planning the run and doing it helped me find some closure and to move forward. It was also a good goal for running. I wanted to push beyond the marathon and into the ultra-marathon.

Q: How is it to train at Cooper Mountain?

A: Training at Cooper Mountain is great! The trail loops allowed me to set up aid stations for myself so I could train for long distances. Cooper Mountain is close enough to home that I can run there from my house. I love being out there and just feeling the energy of nature without having to travel far. We are truly blessed to have something like this in our backyard.

\mathbf{Q} : What is the key to long-distance perseverance?

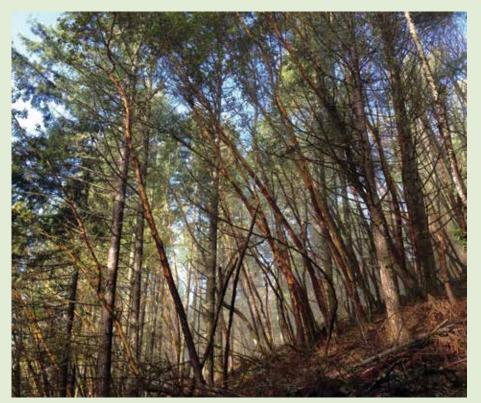
A: The key to long-distance running is focus, discipline and patience. Focus on the end goal, have discipline and get out there whether it's rain or shine – and especially on the crappiest day – to train. Also learn how to enjoy and become one with the run, nature and being present.

For more information about Dunn's foundation, visit: villagerun.org



Conserving Nature, One Acre at a Time.

STORY BY Kate Holleran / PHOTOGRAPHY BY C. Bruce Forster and Kate Holleran





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.







Sauvie Island Center connects youths to nature, farming at Howell Territorial Park

STORY AND PHOTOGRAPHY BY Yuxing Zheng

WHO DOESN'T LIKE FREE HONEY?

At the annual Pollination Celebration last summer at Metro's Howell Territorial Park, children clamored to sample honey from buckwheat, clover, blackberry and raspberry. As the children enjoyed the sweet treat, two volunteers explained more about pollinators and their habitats, connecting the dots between food and nature.

"I like the educational side of it," said Jocelyn Bourgault, who brought her daughter, Josephine. "We want to make sure they understand why we love honey and pollinators."

The popular summer event is just one of the programs organized by the nonprofit Sauvie Island Center, which is based at Howell through a partnership with Metro. The center started in 2005 to provide elementary school students opportunities to explore a working farm and to learn more about where food comes from.

Unlike most urban parks, Howell features a public fruit orchard and 20 acres in active farming. Sauvie Island Organics, a community-supported agriculture farm, leases 18 acres. Another two acres are farmed by participants in Food Works, an employment program for low-income North Portland youths run by the nonprofit Janus Youth Programs.

The Sauvie Island Center's popular programs include school field trip and summer farm camps, which allow students to learn more about food webs, seeds, pollinators, soil and plant parts. For hands-on learning, the students simply walk over to the fields of Sauvie Island Organics, whose founder, Shari Raider, also created the center.

"For kids to pull a carrot out of the ground and taste it is a different experience than getting it out of the bag," said Anna Goldrich, the center's executive director. "Getting kids outdoors has multiple benefits for brain development."

Back at the Pollination Celebration, Bourgault, Josephine and some family friends learned a waggle dance, which bees use to communicate with each other. The children shook their bellies and arms while dancing in a small circle.

At the next station, near a pollinator hedgerow, the children ran to gather balls of pretend nectar and pollen.

"I think it's such a cool idea to have such a mixed use for this space," Bourgault said. "I think it's important that it can be a farm, and we've come here and picked apples in the fall. Sauvie Island is such a treasure, and it needs to be taken care of."







CHANGING CLIMATES AFFECT FOREST HEALTH, RESTORATION WORK

I walked through the 70-year-old forest at the north end of Chehalem Ridge Natural Area, and my first thought was "We need to thin more trees."

I was reviewing the trees slated to be cut as part of a thinning project to improve forest habitat. Even if all the trees marked with blue paint were removed, there would still be too many Douglas fir trees shading out the native oaks and madrones. So we marked more trees with blue paint, leaving the biggest firs and all of the Oregon white oaks and Pacific madrones.

When the thinning was finished, we had hundreds of tall firs, but they weren't crowding out the sun-loving oaks and madrones.

Why did I think fewer trees would be better for the forest's long-term health?

The forest I was walking through was young but my thoughts were focused on the forest 200 years in the future, when some of these trees would finally be old – most Pacific Northwest conifers can live for more than 500 years. As a restoration practitioner, I plan for the ecosystems of today and for the long-term health of our forests, wetlands and other habitats. That means planning restoration efforts that factor in our warming climate and the unprecedented challenges of climate change.

The common if imperfect analogy is to think of our forests as gardens. Gardens grow in response to soil nutrients, water and sunlight. So do forests. The hotter, drier summers we are experiencing create extended periods of drought for our forests. We cannot water them as we could our garden. But we can influence other growing conditions to make forests more resilient to environmental stresses while continuing to provide the benefits of a forest ecosystem.

Current science suggests some simple actions. First, forest thinning creates more space for plants

to grow and reduces competition for water. Trees experiencing water stress have fewer resources to resist insects and diseases. This summer we saw the effects of drought in the widespread browning of needles and die-back of tree branches.

Maintaining and increasing plant diversity is another recommendation. Research suggests that some of our familiar plants might stop reproducing in the Willamette Valley. Other plants might expand their range. We have some information about the winners and losers, but more research is needed. Maximizing plant diversity is a cautious approach. If one species fades out as the climate changes, others might survive.

Another recommendation is to control aggressive invasive species to allow native plants to survive, supporting the wildlife that depends on them

At Metro natural areas such as Chehalem Ridge, along Johnson Creek and in the McCarthy Creek watershed, these are the practices Metro is implementing to create resilient forests.

For example, at McCarthy Creek Natural Area, we'll thin some of the young Douglas fir forests at the former tree farm, keeping some firs but making room for willows, maples and other hardwood trees to thrive. In the process, we'll leave logs and branches on the ground to start replenishing the dead wood depleted by previous land management. The trees will grow larger and faster – providing better protection for water quality and improved wildlife habitat.

Climate change will affect all of our habitats. Metro's restoration work, informed by science and designed to adapt to changing conditions, will help keep our forests and habitats healthy for our wildlife and for us.

The secret, underground lives of mushrooms

STORY BY Dan Daly, Metro Naturalist / PHOTOGRAPHY BY Julie Cash















FUNGI PERFORM CRUCIAL TASKS BENEATH FOREST FLOOR

Mushrooms are a curious thing. When the rains of autumn return to our area, they seem to come out of nowhere, then fade into the soil as winter takes its soggy grip.

The showy mushrooms that adorn the forest floor are merely the obvious part. Fungi have secret lives, and what they do underground easily rank higher than salmon or wolves in terms of value to the ecosystem.

The next time you walk down a wooded lane, peel back the leafy layer and take a pinch of rich forest soil. Breathe deep. If the place you are in has "the right stuff," you are holding more than 1 billion organisms between your finger tips.

We know more about the stars in the sky than we do about what's happening in that one little pinch of soil. Yet what we do know should be fascinating enough to hold your attention beyond the lack of fur, feathers or scales that often hook the nature admirer. While salmon take nutrients from the ocean and carry them high into the mountains, fungi are like invisible workhorses beneath the forest floor, quietly performing dozens of functions upon which the forest as a whole depends.

Every gardener knows that plants need nutrients, such as nitrogen and phosphorous, to grow. While there are plenty of nutrients in the forest, they are mostly unavailable to plants because they're tied up in the dead wood, leaves and needles that lie about the forest floor. To bridge this nutritional gap, a marriage of sorts

has developed between communities of fungi and trees, and the entire forest prospers because of it.

Mycorrhizal fungi are "root fungus" that attach themselves to the tips of the plants roots. If the forest you are in has plenty of dead wood on the ground, turning over the leaf litter will reveal what looks like a yellow or whitish mold woven into the organic layer of the ground.

Like a network of tiny spider webs that penetrate the soil, fungal threads are much finer than root hairs and increase the root's surface area by up to 1,000 times. By secreting enzymes, the fungi break down all kinds of dead organic material and bring the nutrients and water to the roots.

Seen any green fungi lately? Unlike plants, fungi have no chlorophyll – the stuff that makes leaves and needles green – and can't make sugar from sunlight the way trees do. In exchange for nutrients and water, trees send life-giving sugars down to its roots to feed these fungi.

It's a relationship 600 million years in the making. Current theory holds that fungi were first to leave water and to pioneer life on land 1.3 billion years ago. Plants eventually followed, and their success was bolstered by partnering with fungi. Today there are more than 2,000 species of fungi in cahoots with the roots of Douglas firs.

Think of a mushroom as being like an apple on a tree. It's the fruit of the fungus, a reproductive structure that entices animals or uses the wind and rain to spread around its spores.

Whether the fungi hide their fruit beneath the forest floor in the form of truffles, or push them above ground in the form of chanterelles or boletus, mushrooms provide a banquet of proteinrich food for wildlife, such as flying squirrels, elk, black bears, slugs and insects. These creatures in turn carry the spores and deposit them in nutrient-rich packets that we call scat. As these break down, the spores trickle into the soil and inoculate the tree roots below.

Researchers are finding that communities of fungi change and are simplified when a forest is logged. Nowadays when saplings are planted on a reforestation project, the roots are often pre-inoculated with fungi because it boosts the saplings' chances of survival. In fact, none of our native conifers can survive without these root fungi.

So the next time you gather a basket of delectable forest fungi or gaze at the towering trees dominating the horizon, pause for a moment to think of the universe that's unfolding in that six-inch layer of soil beneath your feet.

Turn to pages 12 and 13 to find information about mushroom classes.



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.





FARMS, STREAMS & FOOD CARTS BY BIKE

TIME: 4-5 hours

COST: \$50 for bike rental, MAX ride, food & drink

ADVENTUROUSNESS: Medium







Spend a crisp fall day biking the Springwater Corridor from Gresham, through farms and wetlands, to the Willamette River and downtown Portland. It's a flat, 17-mile ride with food carts and a beer garden along the way.

- **1** Get in position. From Portland, catch an eastbound Blue Line MAX train with your bike (which you hang on hooks by the doors). Hop off at Gresham Central station. Walk to the west end of the platform, turn left and ride south for six blocks on NE Hood Ave. Turn right onto NE 2nd St. and then left onto Main Ave. Cross Powell Blvd at the light, and continue south through the park to the Springwater Corridor trail.
- 2 Aaah, that's more like it. Turn right onto the trail and relax. Your ride back to Portland will be nearly car-free.
- 3 Sights & sips. After a few miles, you'll pass a floodplain to your left, with a stream winding through it. This is a restoration project, serving as a natural defense against flooding. The improved habitat supports fish and wildlife. If you're thirsty, just after Powell Butte you'll come to a crossing with a two-lane road (SE 136th Ave.), with a market to your left.
- 4 Pedal power. But save your appetite for Cartlandia, a food cart pod with a beer garden (and restroom) at SE 82nd Ave. Continuing west on the trail, you'll enter another natural area, home to Chinook salmon and steelhead trout. Further west, you'll cross three bridges - the first over railroad tracks, the second over a highway, and the third over a creek. After the third bridge, the trail ends with a quick right turn onto SE 19th Ave. Ride north for six blocks, turn left onto SE Umatilla St. and right onto SE 15th St. Cross SE Tacoma St. on 15th, then turn left onto SE Spokane St. Take Spokane to the bottom of the hill, go over the railroad tracks and turn right onto the trail.
- 5 Keep a sharp eye. Watch for osprey, great blue heron and bald eagles flying above the river, and ducks in the wetlands to your right. When you pass a submarine on your left, your ride is nearly over.
- 6 A day well-spent. Immediately after the path dips under the Hawthorne Bridge, turn right and follow a curving ramp onto the bridge, back downtown. Smile happily at your day's adventure.





Springwater Corridor Trail Central MAX Station 136th **Natural Area** Hawthorne **Bridge**

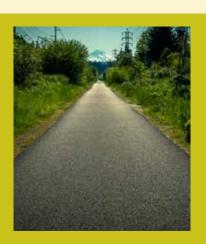
PLACES

CARTLANDIA

SE 82nd Ave at the Springwater Corridor | cartlandia.com Grab a picnic from a variety of food carts and a beer garden.

PORTLAND BICYCLE TOURS

117 NW 2nd Ave., downtown Portland | portlandbicycletours.com Rent bikes for adults and kids by the hour, day or week.



GETTING THERE

BY TRANSIT Blue Line MAX trains will take your to the Gresham Central Station. Plan your trip at trimet.org.





River Island









Above: Researcher Keith
Robillard studies violet green
swallows at River Island,
where whitetail dragonflies
also thrive. Opposite page,
clockwise from top right:
Brian Vaughn, a Metro senior
natural resources scientist
leads restoration at River
Island. An excavator builds a
log jam to create fish habitat.
Restoration work will begin on
the north side of River Island
in 2016.

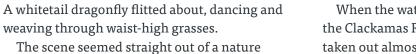
Watch a video of restoration work at River Island and sign up for site tours this fall at oregonmetro.gov/ riverisland

STORY BY Yuxing Zheng / PHOTOGRAPHY BY Kevin Mealy, Kristina Prosser and Brian Vaughn

A former gravel mine returns to its wild roots

BARTON – Four great blue herons interrupted the stillness of a blazing summer afternoon on the Clackamas River, their giant wings flapping gracefully off into the horizon.





documentary, except for two hints suggesting otherwise. The dry, cracked riverbed on one side hearkened to a former life of the river, a life abruptly ended. On the other side of the river, a little ways upstream, came the faint mechanical noises of two excavators, hard at work building a new future for this area.

Decades of gravel mining and devastating floodwaters in 1996 changed the course of the Clackamas River and left their mark on River Island, a 240-acre natural area just upstream from Barton Park. Metro acquired the main part of the site in 1999 and added to it over the years. This past summer, work began on a two-year, large-scale restoration effort that will return River Island to a natural, wilder existence and help improve water quality in a river that provides drinking water to nearly 400,000 people.

In July, work began on the south side of the river to remove concrete and asphalt on the riverbank, create essential habitat for fish and decommission two sections of gravel roads close to the river.

"This restoration project will not only benefit fish and wildlife, but also people," said Brian Vaughn, a senior natural resources scientist at Metro who is leading the River Island restoration project. "Fish need logs, boulders and places to hide to get away from predators and to find food and shelter. The river is also a scenic corridor, and rafters and boaters will see an improved shoreline and healthy riparian forest."

Restoration work on the south shore will continue over the winter with the planting of native trees and shrubs. In summer 2016, crews will begin to restore the north side of the river.

Mining began at River Island in the mid-1960s. By 1996, the area had produced about 3.5 million cubic yards of gravel – enough to fill about 350,000 dump trucks.

But within a few, swift hours in early February 1996, floodwaters bulldozed their way through the site, cut off a curve of the river, inundated a series of gravel pits and swept away swathes of the banks.

When the water finally receded at River Island, the Clackamas River had lost two-thirds of a mile, taken out almost nine acres of land and eroded 138,000 cubic yards of gravel – 13,800 dump trucks' worth.

Charlie Christensen's family has owned the 65-acre farm next to River Island's south portion for decades. At the height of the flooding, he walked over to the River Island gravel property and stood on a ledge to take photos of the swollen river.

"It was just about the highest point of the water, and it was tearing the old office building apart," he said. "The foundation was being undermined, and the building itself was falling into the river. I was totally in awe of the power of the river."

"The next day, I went back, and another 50 feet of that bank was gone. I was just so lucky that it didn't fall down when I was standing on it."

Starting in 1999, Metro began acquiring land in the area with money from the 1995 and 2006 natural areas bond measures.

In addition to riparian and fish habitat, the site includes significant open water ponds, oak savanna and upland forest habitat that support Western painted turtles, bald eagles, deer, and a variety of other birds and wildlife.

This restoration project will not only benefit fish and wildlife, but also people.

-Brian Vaughn,

Metro senior natural resources scientist

Over the years, crews removed invasive weeds and stabilized the site. With the 2013 voterapproved parks and natural areas levy, money became available to implement a large restoration project that would make a big difference.

Starting in early 2014, Metro worked with neighbors, Barton Park visitors, technical experts, the Confederated Tribes of the Grand Ronde and others to craft a restoration plan for River Island. Metro also connected with partners at the Clackamas River Basin Council, Oregon





Department of Fish and Wildlife, U.S. Forest Service, Portland General Electric and others.

"I think overall the community is in support, particularly where it restores in a less intrusive manner and helps to allow nature to restore itself," said Cheryl McGinnis, executive director of the Clackamas River Basin Council. "There's some caution related to how it's going to be done, but I think all of those questions have been answered in community meetings."

In July, two excavators roared on the riverbank as they plucked out giant chunks of asphalt.

In the following weeks, crews placed 460 logs – 170 of them still with giant rootwads attached – on the banks and in the water to restore a side channel and create habitat for Chinook and coho salmon and winter steelhead. Gravel roads were decommissioned and culverts removed, allowing fish easier passage to a backwater alcove area.

"It offers rearing habitat for fish as they migrate to upstream habitats," McGinnis said. "That offchannel habitat provides protection and moderate stream temperatures, so in the winter it's warmer than the main stem and more fish-friendly, as well as in the summer months, it has a cooling factor."

The habitat improvements also help people by reconnecting floodplains that absorb water during winter storms rather than sending them coursing downstream to flood homes.

Bob Toman has been a fishing guide on the Clackamas River for 48 years and caught his first steelhead there 60 years ago when he was 6. He has lived on the river for nearly 40 years, just downstream from River Island.

The River Island restoration plays an important role in the larger revival of the river, especially in conjunction with other nearby restoration projects in the past six or seven years, Toman said.

"Even though this is just a minor step in the rebuilding of the whole, complete river, it's an important step to keep progress going," Toman said. "It's very important that we do something. This, combined with the other projects that have been done, is showing a somewhat aggressive move towards rebuilding the river back the way it was once before."

Field Guide

HOWELL TERRITORIAL PARK

STORY BY Laurie Wulf
PHOTOGRAPHY BY Fred Joe

Heading across Sauvie Island Bridge on a clear day often challenges drivers. The view slows one down, inviting visitors to drink in the light, calm and natural beauty that lies before them.

Mount Hood, Mount St. Helens, and Mount Adams rise in the distance as farmlands fill the frame with Multnomah Channel running beneath. Lewis and Clark passed the island and named it Wapato Island, a fitting title for lands once abundant with wapato important to the local Chinookan, Multnomah and Wapato tribes.

Howell Territorial Park will make you feel like you stepped back in time.

The park's eye-catching Classical Revival house was completed in 1858 for James and Julia Bybee. The house remains much like it was more than 150 years ago with nine rooms, six fireplaces and low-hung doorknobs on interior doors. A sweeping staircase captures one's imagination. The house was purposely built on high ground to avoid the island's annual floods.

Amelia and John Howell purchased the home in 1873. They ran a successful cattle operation and owned more than 1,000 acres on the 26,000-acre island. Today, the view from the park remains broad and memorable, though the house isn't currently open for tours.

Exploring the park, you will find the orchard planted with cuttings from apple and pear trees carried by wagon trains traveling the Oregon Trail. These cuttings were then grafted onto dwarf rootstock and planted in the orchard. You may also notice the pound pear tree next to the red barn. Be wary when the pears start to fall, as they do weigh in at over a pound.

Walk gently as you view this land, From giant oaks to grains of sand. There are many wonders here to see, Most of them wild, all of them free. When you leave this special place, With all its majesty and grace, Leave nothing that is yours behind, Take only with your soul and mind.

– Majorie Howell, 1993 Howell lived in the Bybee-Howell house as a child.

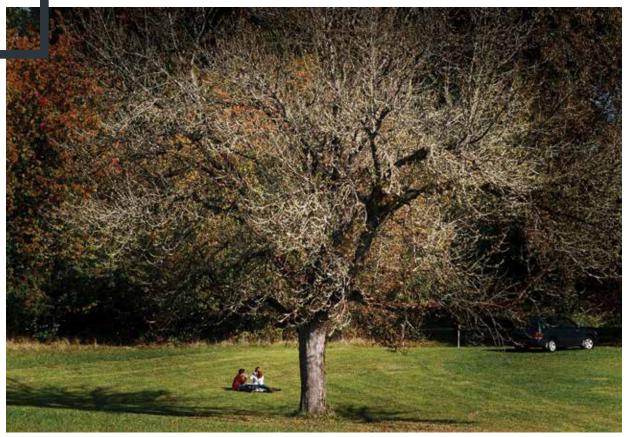
BE ON THE LOOKOUT!

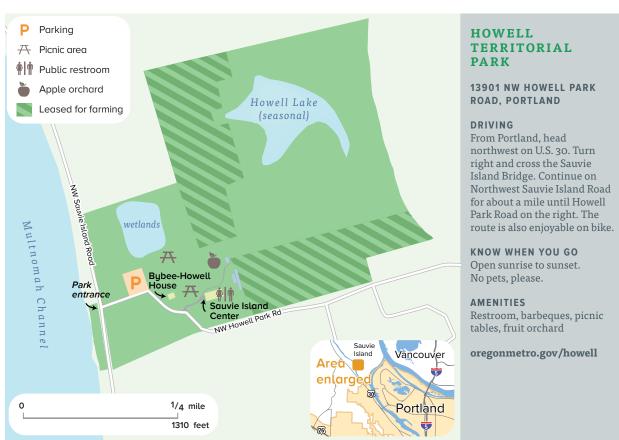












IN THE NEIGHBORHOOD

Visit Sauvie Island's many farm stands for fresh-picked fruits and vegetables. Paddlers and boaters can use Metro's Sauvie Island boat ramp to access Multnomah Channel, and paddlers can also access Sturgeon Lake on the island's north end. Or relax at one of the island's several beaches, including popular Walton Beach. The island is a birdwatcher's paradise, particularly at the Sauvie Island Wildlife Refuge. For more ideas from the Sauvie Island Community Association, visit sauvieisland.org

SEASON BY SEASON

FALL: With the changing colors and falling leaves, the sounds of geese migrating south for the winter filling the sky in their well-known V formation. Other migrating birds in late fall, that have been spotted at the park include Sandhill Cranes, Tundra Swans and Snow Geese. Visit nearby pumpkin patches and corn mazes in preparation for Halloween.

WINTER: In winter, you might have the park all to yourself. This is a good time to spot birds perched in the old oak trees or fir grove. You might also spot deer, coyote or rabbits, or at least see their tracks in the moist soil. Every February, watch eagles, hawks and raptors glide overhead as part of Metro's Raptor Road Trip. Enjoy guided bird viewing, meet live raptors up close and see hawk identification displays.

SPRING: Pacific chorus frogs can be found throughout the park's grassy meadows, damp woodlands or hiding under wood in tight groups and wooded swamps. During mating season, listen for their loud "cre-ee-ee-eek" call. Apple blossoms begin to fill the orchard. The smell of freshly turned soil fills the air as workers ready the park's leased agricultural fields to plant organic vegetables. Children might fill the park during the weekdays for educational programs run by the nonprofit Sauvie Island Center, which is based at the park.

SUMMER: Pack a picnic and enjoy the cool evening breeze. Grillmasters can bring burgers, hot dogs and vegetables for the park's two barbecues. View or hear songs from nuthatches, sparrows, swallows, grosbeak or willow flycatcher.

Destination Guide

Key



RESTROOMS



PICNIC FACILITIES



TRAILS





PLAYGROUND



WHEELCHAIR ACCESSIBLE

CAMPING

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

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.





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

†|† \$

CANEMAH BLUFF NATURAL AREA

Gaze at the Willamette River below, marvel at oak trees overhead, hike and admire colorful spring wildflowers.



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.



GLENDOVEER GOLF COURSE & FITNESS TRAIL

TEE TIME: playglendoveer.com

Play a game of golf, footgolf or indoor tennis, or enjoy a scenic stroll on the two-mile fitness course.

林木林

GRAHAM OAKS NATURE PARK

Ride bikes through a restored oak woodland, stroll through a conifer forest and spot birds from a wetland overlook.

J 旅 A 章

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.

† A

LONE FIR CEMETERY

Enjoy a stroll or jog in this tree-filled community greenspace, one of Oregon's most treasured historic cemeteries.

放出

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.

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.

松木井

OXBOW REGIONAL PARK

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

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.

松井林

SMITH AND BYBEE WETLANDS NATURAL AREA

Take the Interlakes Trail or go by kayak to explore one of America's largest urban wetlands while spotting beavers, otters, deer, osprey, bald eagles and turtles.

神 本 然 点

Boat Ramps oregonmetro.gov/boats

CHINOOK LANDING MARINE PARK

(

M. JAMES GLEASON
MEMORIAL BOAT RAMP

\$

SAUVIE ISLAND BOAT RAMP



Get Involved

Salmon Homecoming at Oxbow

PHOTOGRAPHY BY Fred Joe and Julie Cash

OCT

SUN 18 **OCT**

Nothing says "Pacific Northwest" like the annual return from the ocean of salmon, fighting upstream to spawn and die in the rivers of their birth. In October, witness this ancient, iconic phenomenon at Oxbow Regional Park along the Sandy River, one of the nation's designated Wild and Scenic rivers. During the annual Salmon Homecoming, naturalists are on hand to help you see the salmon and explore other aspects of the park's 1,000 acres of old-growth forest, hiking and equestrian trails and river beaches. Take the chill off around the campfire. Hot drinks provided.

Learn more oregonmetro.gov/oxbow









SAT 17 OCT

SUN

18

OCT

VIEW SALMON

Join naturalists at the river's edge; they'll help you spot spawning salmon and tell you about the salmon's behavior and life cycle. Borrow a pair of polarized fishviewing glasses onsite. The trail to salmon viewing is unpaved and fairly level.

WHERE Oxbow Regional

WHEN 11a.m. to 4p.m. COST \$5/car \$7/bus AGES all ages

REGISTRATION NOT REQUIRED

DIFFICULTY



SAT 17 OCT

SUN

18

OCT

18

CAMPFIRE AND HOT DRINKS

Enjoy a cup of hot chocolate or cider around the campfire. Guaranteed to take the chill off and lift your spirits for a walk in the autumn woods. First-come, first-served.

WHERE Oxbow Regional

WHEN 11a.m. to 4p.m. COST \$5/car \$7/bus

AGES all ages

REGISTRATION NOT REQUIRED

DIFFICULTY





17

EXPLORE A SALMON RESTORATION SITE

How do young salmon find food and refuge from floods and predators? Join the Sandy River Basin Watershed Council to learn the science behind a side channel restoration project at Oxbow's Happy Creek. The project created deep pools, bubbling riffles and hiding places for Chinook, coho and steelhead salmon. Learn the characteristics of good habitat and tips on native plants and salmon-friendly practices you can incorporate into your life.

WHERE Oxbow Regional Park, meet at Alder group picnic area 15 minutes prior to start

WHEN 2 to 4p.m.

COST \$5/car \$7/bus

AGES 8 and older

REGISTRATION NOT REQUIRED

DIFFICULTY

IDENTIFY MUSHROOMS

Celebrate the abundance of fall by exploring the incredible diversity of fungi in Oxbow's ancient forest. In this beginners class, learn the basics of mushrooms and other fungi and how to go about identifying this complicated group of strange and fascinating life forms. This hands-on introduction will get you started identifying mushrooms and deepen your appreciation of the amazing variety of shapes, colors, textures and smells that make these life forms so intriguing.

WHERE Oxbow Regional Park, meet at Alder group picnic area 15 minutes prior to start

WHEN 11a.m. to 1p.m. or 2 to 4p.m.

COST \$5/car \$7/bus

AGES 8 and older

REGISTRATION NOT REQUIRED

DIFFICULTY



DIFFICULTY KEY

















@METRONATURALIST

Classes and events

24 **OCT**

THE SECRET LIFE OF BIRDS

The birds are talking. Are you listening? Unravel the mysterious communications of the birds and how their various calls and alarms reverberate throughout the landscape. Join naturalist Ashley Conley on this leisurely stroll through Graham Oaks' white oak woodland and open prairie where coyotes, weasels and Cooper's hawks roam.

WHERE Graham Oaks Nature Park

WHEN 10 to 11:30a.m.

COST free

AGES 6 and older

REGISTRATION REQUIRED

DIFFICULTY

SUN 20 DEC

WINTER SOLSTICE WALK

Winter solstice marks the shortest day of the year and is followed by the gradual return of the light. Come celebrate the end and beginning of this cycle at this historic site, while taking in the beauty of the white oak woodlands and basalt cliffs perched above the Willamette River.

WHERE Canemah Bluff Natural Area

WHEN 1 to 3p.m.

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

AGES All ages

REGISTRATION REQUIRED

DIFFICULTY



SAT 31 OCT

TOUR OF UNTIMELY DEPARTURES

Celebrate Halloween at historic Lone Fir. Ghostly guides escort guests on one of two candle-lit routes where they meet some of the cemetery's residents and hear the unusual circumstances surrounding their untimely departures. Ticket sales benefit the nonprofit Friends of Lone Fir Cemetery and go toward improvement projects. Advance tickets at oregonmetro.gov/calendar. Wheelchair accessible with advance arrangements.

WHERE Lone Fir Cemetery

WHEN 5 to 9p.m., tours last 45 minutes

COST General: \$10 advance/\$15 walk-in; seniors 60 and older: \$5 advance and walk-in. Walkin tickets are cash only.

AGES 13 and older

REGISTRATION NOT REQUIRED

DIFFICULTY





NATURE IN THE NEW YEAR

Start the year off in nature! Explore the banks of the Clackamas River and learn about one of Metro's most successful side channel restoration projects. This gem of a natural area has it all: white oak woodlands, exceptional salmon habitat and a plethora of wildlife activity.

WHERE North Logan Natural Area

WHEN 1 to 3p.m.

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

AGES 8 and older

REGISTRATION REQUIRED

DIFFICULTY





SAT 31 **OCT**

SUN

01

NOV

MUSHROOM WALK

Mushrooms are more ancient than plants and play many crucial roles in the ecosystem. In this hands-on, beginners class, learn the basics of mushroom natural history and identification. This is not an edible mushrooms class. On Oct. 31, meet at the Scouters Mountain covered shelter. On Nov. 1, meet in the Smith and Bybee parking lot. Sign up for one or both classes.

WHERE Scouters Mountain Nature Park (10/31); Smith and Bybee Wetlands (11/1)

WHEN 1:30 to 4p.m.

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

AGES 12 and older

REGISTRATION REQUIRED

DIFFICULTY



10

24

FALL VOLUNTEER VENTURES

with advance arrangements.

07

Help care for rare native seeds, bulbs and plant

materials that support regional restoration projects.

Fall activities include harvesting and planting native

bulbs, cleaning seeds and transplanting seedlings.

No experience is needed. Gloves, tools, water and

snack provided. This event is wheelchair accessible

NOV

12 DEC

WHERE Native Plant

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

Center, 2661 SW Borland

COST free

Road, Tualatin

AGES all ages REGISTRATION REQUIRED

DIFFICULTY





14 NOV

ELK OF THE NORTH TUALATIN MOUNTAINS

Forest Park and Metro's four sites in the nearby North Tualatin Mountains Natural Area are home to a herd of Roosevelt elk. These elusive creatures live incredible lives, and their story can be read through the labyrinth of tracks, trails and signs they leave on the landscape. Explore their world with tracker and naturalist Dan Daly.

WHERE North Abbey Creek Natural Area

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

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

AGES 7 and older

REGISTRATION REQUIRED

DIFFICULTY

Volunteer as a naturalist

Nature University is a free training course that teaches new volunteers about effective outdoor education teaching techniques, common wildlife and plants, nature observations and local ecology. Graduates become official volunteer naturalists and help lead nature-based programs.

Application deadline: Nov. 15

For more information and to apply, visit oregonmetro.gov/volunteer

SUN NOV

THANKSGIVING WALK AT OXBOW

Enjoy and celebrate the gifts of nature at Oxbow Regional Park with Metro naturalist Dan Daly, Deerdance School's Terry Kem and others. Walk along the Sandy River as you focus on opening your senses and noticing how wildlife respond to the changing season. Afterwards, gather around the campfire to hear the "Thanksgiving Address" passed down by the Iroquois. Hot drinks provided. Bring a sack lunch.

WHERE Oxbow Regional Park, meet at Alder group picnic area 15 minutes prior to start

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

COST \$5/car \$7/bus

AGES All ages

REGISTRATION REQUIRED

DIFFICULTY



How to register

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

Registration and payment required at least 48 hours in advance for all classes. Classes with low enrollment will be canceled; registered participants will receive full refunds. For more information: Ashley Conley, 503-663-0238.

Tools For Living

Professional stuntwoman cultivates a wildlife-friendly yard in Gresham

STORY BY Laura O. Foster
PHOTOGRAPHY BY Laura O. Foster and Susan Spencer

"I get killed a lot," Susan Spencer said of her work as a stuntwoman on Grimm.

All that mayhem plus teaching anatomy and physiology full time at Mt. Hood Community College doesn't allow much time for gardening at her Gresham home. But after reading how bees are threatened by pesticides and loss of habitat, Spencer said, "I decided I could do my little piece to help."

So she took Metro's healthy lawn and garden pledge to eliminate pesticides, and replaced her lawn with flowers that bloom February to October. She chose native plants because they provide food for pollinators such as bees, butterflies and hummingbirds. Their song, flutter and buzz add dimension to her garden's beauty, plus they pollinate vegetables and fruit trees and eat pests.

LOW-MAINTENANCE NATIVE PLANTS ATTRACT BIRDS AND BEES

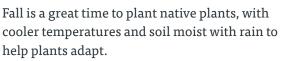
After long days in the classroom – or getting lit on fire or thrown off a building – Spencer doesn't want the yard to feel like overtime. "I average about 10 minutes per weekend on established areas," she said. "I spend a lot more time on areas that aren't planted with natives, so I am converting those to natives, piece by piece."

The key: Plant the right plant in the right place, then water regularly during the dry season for the first two years. "Once a plant's established, you don't have to feed, water or use pesticides," she said. "Just look at it and enjoy."









SMALL STEPS OVER TIME PAY OFF

Without a lot of time or effort, you can make small changes to attract wildlife that add beauty and natural pest control to your yard. You don't have to rip out your lawn and start over, Spencer said.

- Plant native groundcovers such as kinnikinnick, shrubs such as evergreen huckleberry, or low trees such as vine maple all part of the forests that once blanketed the region. Birds will perch and eat the berries, adding song and beauty to your yard.
- Recreate forest cavities for birds to nest in. Buy a box for mosquito-eating swallows, or you can build one. They also eat flies and wasps, while putting on an entertaining aerial show.





- Make a mud pad in 10 minutes. Spencer cleared plants from a corner next to her driveway and on dry days gives the bare ground a quick drench. Or you can place mud in a shallow pan close to plants you water regularly. Butterflies get vital nutrients from it.
- Add a birdbath outside a window so you can watch the birds bathe and drink. Keep water fresh to prevent mosquitoes. Set a rock in the water so pollinators like butterflies can bask. Spencer credits the Xerces Society with ideas like these.

Learn more about cultivating backyard habitat at oregonmetro.gov/garden

Sign up for the Backyard Habitat Certification Program at backyardhabitats.org

The #BikeThere2015 winner is...

In July, bike riders posted more than 170 photos of their two-wheeled views. The shots were for the #BikeThere2015 Instagram contest, celebrating the ninth edition of the Bike There! man

Zach Holz took the winning shot. @zachaholz wins a Bike There! prize pack.

oregon metro. gov/bike there





Ask Metro ABOUT TOOLS FOR LIVING.

503-234-3000 oregonmetro.gov

Regional Roundup



Metro Council to decide on urban growth boundary

STORY BY Craig Beebe
PHOTOGRAPHY BY Kevin Mealy and Justin Sherrill

When people visit Oregon, they often are struck by the clear separation between the cities and the countryside. Just minutes from bustling downtowns, an urban region exhales into active farmland and wild nature.

That uniquely Oregon experience is thanks in large part to urban growth boundaries. Every city in Oregon has one, and the Portland metropolitan region shares a single boundary.

Every six years, state law requires Metro to make sure the region has room for 20 years of growth inside the urban growth boundary. This fall, the Metro Council will make a decision about whether to expand the boundary, guided by a careful look at where the region stands now and what the future could hold.

Here are a few factors they'll consider:



CHANGING HOUSEHOLDS, CHANGING DEMAND

Across the country, households are getting smaller, with more having just one or two people. Meanwhile, more people say they want to live where they can walk to things such as groceries and parks.

That's good news for the Portland region: for 20 years, local and regional plans have focused growth in existing centers and along transit corridors, away from farms and forests at the region's edge.

In another 20 years, most of the region's homes will still be single-family houses, but most growth





between now and then will be in apartments and condos. Metro's draft analysis suggests this means a boundary expansion isn't necessary this year, because there's enough room for all the expected new housing – and local communities have already planned for it.

But growing demand also means climbing housing prices in many communities – a worrisome trend. With its Equitable Housing Initiative, Metro's seeking collaborative approaches to create more housing choices to match people's lifestyles with prices they can afford. Learn more:

oregonmetro.gov/equitablehousing



INVESTING INSIDE

Most cities in the region have areas they envision for growth that are still flagging for one reason or another. Metro has expanded the urban growth boundary repeatedly since it was created in 1978. But almost all growth has been within the original boundary, meaning many past expansion areas haven't developed as expected – in other words, a lot of land where people could live or work is not living up to its potential.

What's to blame? Costs for roads and other infrastructure, lack of community consensus and low market demand can all play a role.

With or without a boundary expansion this year, Metro councilors will likely direct Metro staff to continue working with local governments and the private sector to help realize the visions



communities have for areas awaiting new housing or jobs inside the urban growth boundary, from south Hillsboro to Happy Valley, downtown Gresham to Willamette Falls.



WHERE WILL THE REGION GROW NEXT?

At the entrance to a mall or a park, you'll often find a map with a big red dot saying, "You are here." It's a reassuring indicator of which direction you should go to reach your destination.

But as you move and things change around you, wouldn't it be nice if that marker could come with you, helping you decide where to go next?

Things change all the time – sometimes as expected and sometimes not.

The Metro Council has asked for close tracking of how the region is growing and changing in the years ahead. This fall, a new online feature called Regional Snapshots will launch. A mix of data, infographics and storytelling, it will provide a unique window into a changing region.

The first Regional Snapshot – focused on housing – will launch in September. Find it at oregonmetro.gov/snapshot

Learn more about the urban growth boundary at oregonmetro.gov/ugb



Share (Y)our Nature and Win!

Terry Taylor | Beaverton

I snapped this photo of the owl on my property, which is bordered on two sides by Cooper Mountain Nature Park. Momma and her baby have been living, hunting and training in the trees around the park all spring and summer.

- Terry Taylor, Beaverton



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

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

The winner will appear in this space. By submitting a photo, you consent to Metro's future use and publication of your photo.

Send your picture and description by Nov. 30 to: ourbigbackyard@oregonmetro.gov



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