

Our Big Backyard



Metro

Summer 2017



Reconnecting land and culture

Native American community, Metro work together to provide culturally appropriate access to public land.

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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.

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Pets policy

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



Parks and nature news

This tiny forest of lichen and moss was found on a giant downed cottonwood log at St. Johns Prairie. While moss is a plant, lichen is not. Lichen is a combination of fungus and algae. *Photo by Ashley Conley*

Follow OregonMetro on social media

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



Pacific hound’s tongue is a native plant that likes shady areas in woodlands, such as Cooper Mountain Nature Park pictured here, and can grow up to 3 feet. The name most likely came from the shape of the leaves, but some say it came from an interesting folk belief that putting a leaf in your shoe might prevent dog attacks. *Photo by Ariel Whitacre*



A mason bee emerges from a bee box at Graham Oaks Nature Park. These native bees are amazing pollinators since they dive into flowers and get coated in pollen, transferring a lot from flower to flower. They make homes in hollow reeds or tubes or, in this case, man-made bee boxes. *Photo by Bonnie Shoffner*



The inside of the barn at Killin Wetlands Natural Area near Banks houses barn owls from time to time. The barn is being restored to be preserved at the future nature park. *Photo by Laurie Wulf*



These beavers were caught on a wildlife camera at the future Chehalem Ridge Nature Park south of Forest Grove. The beavers are very active building dams there.

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On the cover: Louise Wilmes, a member of the Otoe-Missouria Tribe, examines a camas bulb she dug at Metro’s Quamash Prairie. Wilmes is a Beaverton resident and the coordinator of Title VII Indian Education for the Beaverton School District. *Photo by Cory Eldridge*

Willamette Falls Riverwalk design features scenic viewpoints, public gathering places

Story by Yuxing Zheng
Photography by Mark Gamba and Yuxing Zheng. Renderings by Snøhetta.



Scenic viewpoints and trails in a newly released design would allow visitors to get up close to Willamette Falls – the second largest waterfall in the country by volume.

The design also includes several public gathering places, restored habitats and a public boat dock.

The first phase of the riverwalk could open in 2022 and would provide public access to a natural wonder hidden for decades behind private businesses at the 22-acre riverfront site in downtown Oregon City.

Planning for the riverwalk started after the Blue Heron Paper Co., the previous owner of the property, filed for bankruptcy in February 2011. When the last mills closed, the opportunity came to provide public access to Willamette Falls and an historic industrial area that powered the birth of Oregon.

“There’s no way I could’ve envisioned something so exciting,” said Metro Councilor Carlotta Collette, who represents the area. “Oregon City is so much about its working class history and the sense of its relationship to the river. We couldn’t have a project that is more perfect for that community.”

Building the riverwalk is the first step in a larger effort known as the Willamette Falls Legacy Project, a collaboration between Oregon City, Clackamas County, Metro and the State of Oregon.

The riverwalk design calls for selectively removing some buildings and repurposing others. Other areas would be available for the new private property owner to redevelop,



potentially with a hotel, office buildings, restaurants and shops.

The riverwalk would be built in phases, with the first phase to be completed and open to the public around 2022. It includes repurposing the boiler complex and Mill H buildings to provide upper and lower scenic overlooks. It would also provide for some restoration work, public gathering places and the demolition of some buildings to prepare the site for future improvements.

The first phase, including the planning work done to date, is estimated to cost \$25 million.

Future phases would depend on available funding. Improvements would include trails along the Portland General Electric dam to allow visitors even closer views of Willamette Falls with an overlook at the Hawley Powerhouse foundation site. Additional work would complete the signature public gathering place nicknamed “the public yard,” convert Mill O into a sheltered gathering spot, and complete more restoration work and additional improvements.

Designers Snøhetta, Mayer/Reed and DIALOG spent two years coming up with the design. Dozens of community events elicited thousands of comments from people about what they wanted to experience. Throughout the process the designers kept in mind the four core values of the project that were developed after extensive community feedback: historic and cultural interpretation, public access, healthy habitat and economic redevelopment.

The hope is that the riverwalk will attract tourists from around the state and country and



Clockwise from top: A rendering shows a future public gathering place and a restored alcove habitat area. Hundreds of community members attended a June 3 celebration to learn more about the riverwalk design concept. Another rendering shows the historic woolen mill (foreground) with picnic tables and the boiler complex and Mill H (background) that would provide views of Willamette Falls (bottom left photo).

will help spur economic redevelopment of the larger area.

“After six long years, we have the opportunity for the next generation of economic, employment and community prosperity on the 22 acres,” Oregon City Mayor Dan Holladay said at a June 3 celebration of the riverwalk design at OMSI.

Residents at the celebration praised the design and said they were most looking forward to public access of the falls.

David Kaplan, a Portland resident, worked in Oregon City in the early 1970s and used to walk along the bluff overlooking the falls. Even today, he enjoys kayaking to Willamette Falls every few years and would like to see the riverwalk provide connections to the historic Canemah neighborhood and Metro nature park of the same name.

“I’m excited about it,” Kaplan said. “I hope we can do it. There’s a lot of imagination.”

To learn more about the Willamette Falls Legacy Project, visit willamettefallslegacy.org



Find your perfect park

Story and photography by George Winborn

Looking for a place nearby to see wildlife with your kids? Want a quick hike close to home, or a new spot to picnic?

Visit the new interactive park finder at findyourpark.oregonmetro.gov. You can choose your favorite things to do, then see parks and natural areas in the tri-county area that offer those activities. Watch videos, see photos and dig into maps that make it easy to find each park.

You can access the park finder on the go using your computer, tablet or mobile phone. Or visit the new Oregon Zoo Education Center to play with a large interactive touchscreen of the experience.

To find your perfect place to play, visit findyourpark.oregonmetro.gov

Encuentra tu parque ideal

Artículo y fotografía por George Winborn

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Visita el buscador de parques en cualquier momento en tu computadora, tableta o teléfono inteligente. El nuevo Centro Educativo del Zoológico de Oregón (Oregon Zoo Education Center) también cuenta con una pantalla táctil grande e interactiva de esta experiencia.

Encuentra tu parque ideal en tuparqueideal.oregonmetro.gov



Good water management allows Metro to protect wetlands

Story and photography by Elaine Stewart, Metro natural resources scientist



Metro has many wetlands in its portfolio, and water management is an important tool that scientists use to keep them healthy. People often ask why we can't let all of them flood naturally. There are three main reasons: dams, development and invasive plants.

Let's use Metro's Smith and Bybee Wetlands Natural Area in North Portland as an example.

The Columbia River basin has more than 130 dams for hydropower, navigation and irrigation, and they have changed the way the river flows. For example, the river's peak flow is only 42 percent of its historic level. This means less water is available to wetlands in the river's floodplain, including Smith and Bybee.

Development has filled many wetlands. Construction of dikes and levees along the Columbia River and the Columbia Slough has limited the flow of water into Smith and Bybee.

Invasive plants alter systems. Reed canarygrass has modified wetland systems throughout the Pacific Northwest. This "cool-season" grass grows in early spring before native plants emerge. Native wetland plants at Smith and Bybee are adapted to spring flood events known as freshets. These "warm-season" plants emerge months later, after freshets would recede. By the time the native plants emerge, the canarygrass is well established and out-competes them.

At Smith and Bybee, we use a water control structure to flood canarygrass, ensure adequate water in wetlands for winter waterfowl and provide off-channel habitat for juvenile salmon seeking refuge from winter floods. We draw down water after canarygrass is weakened and gradually expose mudflats

around the large, shallow wetlands. This allows plants to emerge according to their internal clocks, while providing mudflats for migrating shorebirds in summer. Water management is designed to support floodplain forests, emergent wetlands, mudflats and remnant ponds to maintain diverse, healthy habitats.

How do we know it's working? In partnership with Portland State University, Metro brings in graduate students to conduct detailed monitoring of plant responses to water management at Smith and Bybee. Reed canarygrass covered 49 percent of the area in 2003, when we began monitoring and installed the water control structure.

By fall 2016, work done by our third student found the reed canarygrass covered less than 18 percent. Our management has been successful in reducing this invasive plant.

In addition to controlling invasive reed canarygrass, the water control structure enables us to ensure an adequate supply of water in winter and spring. In a changing climate, where snowmelt is expected to occur weeks earlier by mid-century, we can retain water in the wetlands later into spring and early summer to accommodate the needs of fish, wildlife and plants. Water management might become even more important in future decades and might serve as a bridge during the transition as plants and animals struggle to adapt to rapidly changing conditions.

Water management at Smith and Bybee is just one way that Metro uses science to restore and maintain the land in our care. See for yourself with a visit to Smith and Bybee Wetlands to walk the trails or look for turtles.

Metro community investments provide \$90 million to support nature projects

Story by Yuxing Zheng. Photography by Yuxing Zheng and courtesy of Momentum Alliance and West Multnomah Soil & Water Conservation District



People often say they love living in greater Portland because of the easy access to nature. That didn’t happen by accident.

As the population grew in the 1990s, residents worked to protect natural areas in the face of rapid development. Voters in 1995 passed the first Metro natural areas bond measure, dedicating \$136 million to buy land and provide people with access to nature close to home.

The bond measure included \$25 million in “local share” money that went to cities, counties and park providers to support community-led nature projects. A second measure, approved in 2006, provided another \$44 million in local share. The 2006 measure also included \$15 million for Nature in Neighborhoods grants, which provided matching money for community organizations, nonprofits, watershed councils and other groups for nature projects.

Altogether over the last 25 years, Metro has invested more than \$90 million in local share and nature grants to support a broad range of community nature projects across the region, helping to acquire land, restore habitat, build visitor amenities and more. Metro’s community investments left a lasting legacy of incorporating more nature in local parks systems and, more recently, supporting programs to advance equity.

Metro’s community investments program encouraged parks providers that historically focused on recreation to focus more on natural areas, said Bruce Barbarasch, superintendent of natural resources and trails management at Tualatin Hills Park & Recreation District. “By enhancing these natural areas and activities like birdwatching and hiking, we promote this broader vision of how to serve the community,” he said. “That extends into areas of human health as well as environmental health.”

About 15 years ago, THPRD wanted to acquire a 20-acre natural area, Barbarasch said. The district didn’t have any money to purchase the site, portions of which could have been



Clockwise from top: Spring Park in Milwaukie received a \$125,000 Nature in Neighborhoods grant. Momentum Alliance and Northwest Youth Corps have received three grants totaling \$60,000 to provide conservation and leadership training to diverse youths. Sturgeon Lake benefited from a \$100,000 grant to restore water flow to the lake.

developed into homes. THPRD used local share money from Metro to acquire what is now Morrison Woods Natural Area in Beaverton. Visitors to the forested mountaintop today can enjoy trails and views across the valley toward the North Tualatin Mountains.

Since Metro’s local share program started, it has helped local parks providers acquire close to 150 properties totaling 691 acres.

The 2013 parks and natural areas levy marked a shift, with a specific emphasis on providing better access to nature for historically marginalized groups, such as communities of color. For Nature in Neighborhoods grants, that meant supporting more programs and partnerships with culturally specific organizations.

Jessica Rojas, community and environmental engagement manager for the Northeast Coalition of Neighborhoods in Portland, served on the selection committee for conservation education grants in 2016. Diverse communities often live in areas where there has long been a lack of investment in access to nature, she said.

“Why would you care about pollinators if you don’t have any plants near you?” said Rojas, a multicultural Chicana. “We want people to understand the investments we need to make so we can have a healthy environment for everybody.”

Read the full story and learn more about Metro community investments at oregonmetro.gov/parksandnaturenews



4 questions with Liz Dally, Native Plant Center volunteer

Story and photography by Guadalupe Triana

Since 1983, Liz Dally and her husband have helped many vehicles throughout Southeast Portland run smoothly as co-owner of Hawthorne Auto Clinic.

As a way to cope with the stress of the job, she began volunteering at Metro’s Native Plant Center in Tualatin three years ago.

Q. What made you decide to volunteer at the Native Plant Center?

A. In my work, I spend a lot of time dealing with people, and this is very relaxing, just to come here and work with the plants. You get to know people, and you get to have nice casual conversations, but there’s no pressure. It’s very relaxing for me to come and do this work as kind of my plant therapy. I like to say that Mother Nature is my best friend.

Q. What is the best part about volunteering?

A. I’m happy when I’m here. I like working with plants, and I like working with the people who are here. I like observing all the different kinds of plants that grow in this area. I’m a bit of a plant nerd. I haven’t formally done any study of plants since two years of biology in high school, but I have a lot of books and in an amateur kind of way, I try to identify what is that I’m stepping on or walking through.

Q. What’s the most interesting thing you’ve learned or come across while volunteering?

A. Last fall we did a lot of harvesting of camas bulbs. Camas used to be a food source for Native people in this area. Some of those camas bulbs were really big. They were really huge. Just seeing the results of the effort that had over the years begun here, seeing that kind of thing, was exciting to me.

Q. Why do you think it’s important for people to be around nature?

A. In some form or another, nature is always around us – even in downtown Portland. People forget about that and forget about their connection to the natural world and its effect. Usually they don’t remember that until something bad happens, like a major storm or planning for a big earthquake. But the health benefits of working with plants have been proven and I think you can become a more relaxed person, a healthier person – even calmer.

To learn more about volunteer opportunities at Metro’s Native Plant Center, turn to page 12 or visit oregonmetro.gov/volunteer

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Field guide

METRO BOAT RAMPS

Chinook Landing Marine Park

Story by Kate McKenney

Photography by Laura Oppenheimer Odom, Chris Woo

In the final stretch of its journey from the Rocky Mountains in British Columbia to the Pacific Ocean, the mighty Columbia River flows through the gorge, creating numerous recreational opportunities for boaters, anglers and outdoor enthusiasts. Metro operates two boat ramps along the Columbia River and one on Multnomah Channel, providing boater access and land-based recreational opportunities such as picnicking, beach access, archery and more.

Chinook Landing Marine Park



Chinook Landing Marine Park makes an excellent starting point for exploring the Columbia River or the Marine Drive Trail. One of Oregon's largest public boat ramps, Chinook Landing features six lanes for launching boats, many picnic spots and an archery range.

Chinook Landing's 47 acres also provide habitat for wildlife. Seasonal wetlands are home to frogs and other native amphibians. Enjoy a picnic along the river, watch osprey soar overhead searching for their next meal, or watch blue herons and snowy egrets hunt in ponds near the entrance and archery range.

M. James Gleason Memorial Boat Ramp



Nine miles west from Chinook Landing along Marine Drive is M. James Gleason Memorial Boat Ramp. With four launch lanes, Gleason is slightly smaller than Chinook Landing but no less popular.

Next to the boat ramp is Broughton Beach, one of only a few sandy beaches in the Portland metro area. Broughton Beach is a popular spot for sunbathing, kite flying, picnicking or simply playing in the river. The Marine Drive Trail passes by both Gleason and Broughton Beach.

Sauvie Island Boat Ramp



Located on Sauvie Island along the Multnomah Channel of the Willamette River, Sauvie Island Boat Ramp is one of Metro's hidden gems. While much smaller than Chinook Landing

and Gleason, Sauvie Island Boat Ramp offers boaters access to the Multnomah Channel, which eventually connects to the Columbia River.

This boat ramp is often frequented by kayakers and boaters looking for a quieter experience, but it also provides a resting spot for those exploring the island by bicycle or car. Traveling one mile east on Sauvie Island Road brings visitors to Kruger Farm, which operates a farm stand selling fresh produce. Also nearby is Metro's Howell Territorial Park, home to one of Sauvie Island's oldest farmhouses. Howell visitors can also pick apples and pears from the pioneer orchard, watch birds or enjoy a picnic.

Marine Drive Trail

The Marine Drive Trail parallels the Columbia River for more than 12 miles and provides an up-close view of the river for those who would prefer to stay on land. The eastern section of the trail parallels the river more closely than the western section and offers access to Gleason and Chinook Landing, as well as Blue Lake Regional Park. The western section of the trail passes by Metro's Smith and Bybee Wetlands Natural Area, but the trail can be accessed from almost anywhere on Marine Drive.

With money from the 2006 bond measure, Metro purchased easements from nine private property owners to build a section of the Marine Drive Trail from Northeast 185th Avenue to Northeast Interlachen Lane. Metro is tentatively planning to build the 0.8-mile segment in summer 2018.



Metro boat ramps

KNOW WHEN YOU GO

All three boat ramps: open sunrise to sunset, restrooms available, pets allowed on-leash. Gleason and Chinook Landing: parking fee \$5/vehicle, \$7/bus, free with annual pass; picnic and viewing areas available. Chinook Landing archery range has six targets from 10 to 60 yards, at 10-yard increments.

oregonmetro.gov/boats

Reconnecting land and culture



Metro natural areas help re-establish cultural access to land and first foods.

Story by Amy Croover-Payette
Photography by Cory Eldridge

This page, clockwise from top: Louise Wilmes uses a digging stick to uproot a camas bulb at Metro’s Quamash Prairie. Harvested camas in a traditional basket. Sequoia Breck holds a camas plant as Misha Litvak watches.

Opposite page, clockwise from top: Shirod Younker, an artist and a member of the Coquille Tribe, teaches members of Portland’s urban Native American community how to make a traditional digging stick, known to some local tribes as a Kupin. Josh Bruno, a Wasco Tribal member, uses a block plane to make a traditional digging stick. After the digging sticks are carved, they are burned with fire to harden the ends and to decorate the sticks.



Like any good Native American storyteller, I need to start at the beginning. Not with a creation story, not at 1492, but where this story begins for me.

Salish Kootenai College is nestled at the foot of the tribally managed Mission Mountain wilderness range on the Flathead Indian Reservation in Pablo, Montana. Students, both tribal and non-tribal members, walk to and from class with the view of the mountains, the sound of occasional drumming and the smell of pine. This is my alma mater. This is the place that reminds me of what is important.

Tribal colleges, like the one I attended, receive both federal and state funding to supplement student tuition. During my freshman year, the college president asked me to be one of the students to testify before the Montana Legislature, which was considering slashing money to my college.



The experience opened my eyes to how tribal communities are underrepresented at the local, state and federal levels. My lesson on that trip from Salish Kootenai College to the state capital was that if you do not show up, you risk being left out of the process that determines how government decisions and policies impact your community.

Today, I show up. Today, I am a policy coordinator at Metro. Upon arriving at Metro in 2013, I was asked to serve as a Metro liaison to the Native American Community Advisory Council that is convened by Portland Parks & Recreation. I showed up. I listened. I built relationships and trust.

Trust from the Native community afforded Metro the opportunity to talk about what else could be done to improve access to more than 17,000 acres of land managed by Metro because of voter investments in the 1995 and 2006 natural areas bond measures.



Listening to the community

Community conversations led to the creation of Metro’s intertribal cultural resources specialist, a position that was created by listening to what the Native community was saying – that culturally appropriate access to land and traditional ecological knowledge land practices matter.

Metro’s intertribal cultural resources specialist is thought to be the first position of its kind to be funded by a local or regional government. The sole purpose of the position is to listen to what the Native community needs and to be responsive in ways that align with Metro’s core values under the parks and natural areas levy, including to provide access to nature for communities of color. In this case, the community of color happens to be the country’s first people, the people indigenous to the land.

The Native community has been gathering for several seasons at Quamash Prairie south of Hillsboro. Gatherings at Quamash Prairie intertwine Indigenous knowledge, Western scientific practices, and community engagement and serve as a great example of how a public agency can create culturally appropriate access to public land.

At the request of the Native community, Metro tested a regional traditional food found at Quamash Prairie for herbicides, since the site was a farm for many decades before Metro acquired it. The results detected that a residual amount of herbicide was found in the traditional food. However, the amount detected is under the Environmental Protection Agency’s food safety threshold, so the Native community collectively decided to continue to harvest and consume small quantities so we could reconnect to the important first food.

Metro is now moving towards making institutional changes to the way it ensures access to the land and how it is managed. When the Native community asked Metro to create a culturally appropriate permitting



process, there were many conversations around the cultural protocols that would take the place of Metro’s formal protocols. Metro’s special-use permit has now been updated to allow members of the Native community to come together for educational purposes. Metro will not ask applicants about culturally sensitive information. Instead, we will have a conversation with applicants about how Metro staff can facilitate the request.

“My culture is resilient. We will wait for our reconnection to the land to be done in a good way, and we will not proceed until it is right.”

Our cultural protocols often involve members of the Native community coming together on the land to pray, give thanks to our plant relatives that offer themselves to us so we may live, show our gratitude, listen to the teachings of our elders, teach our children, tell stories, tell jokes and heal ourselves by healing the land. We do not take more than what our plant relatives offer, and we do not waste what is given.

We listen. We remember. We learn.
We reconnect.

Cultivating trust

Building and maintaining trust takes time. Our work at Quamash Prairie has evolved to a place where we are now entering into conversations about co-management. This work will take a commitment from Metro and a commitment from the Native community. I know we will have moments of tension, just like any relationship. I am not afraid of tension, because I know what rests on the other side is a more honest relationship – a relationship that is built on respect and is mutually beneficial.

Continues on page 10



The roots of Portland’s Native American community

Story by Maiya Osife and Amy Croover-Payette
Photography by Thaddeus Ari Donoho

Portland is home to the nation’s ninth largest urban Native American population.

Many factors have contributed to Portland’s estimated 58,135 Native Americans that represent more than 380 tribal affiliations.

Native American people did not come to Portland by accident, but through a series of federal policies that forced the removal of Indians from tribal homelands, terminated tribal governments and relocated Native Americans to urban areas.

The Indian Removal Act of 1830 institutionalized the practice of removing Native Americans from their ancestral lands — including all of what is now Portland — in order to make way for white settlement.

Under the Western Oregon Termination Act of 1954 and the Klamath Termination Act of 1954, a large number of Oregon tribes had their governments abolished, lands taken and treaty agreements broken, resulting in an increase of tribal members moving to Portland.

There are currently 566 federally recognized tribal governments in the United States. Tribal governments organize themselves under various names – tribes, nations, bands, pueblos, communities and villages. Federally recognized tribal governments are recognized in the Constitution, and tribal sovereignty — the right to self-govern as nations within a nation — has been reaffirmed through the Supreme Court, Congress and U.S. presidents.

Federally recognized Indian reservations can be home to more than one tribal nation. Oregon is home to nine federally recognized Indian reservations and five of those governments are organized as confederacies, indicating the tribal government represents more than one tribal affiliation. For example, the Confederated Tribes of the Umatilla Indian Reservation in eastern Oregon is home to three Sahaptin-speaking Native American tribes: the Cayuse, Umatilla and Walla Walla.

Federal Indian policy has shaped today’s demographics of Portland’s urban Native American community. Portland’s intertribal community is now finding new ways to reconnect to its land and culture — and to one another.



Reconnecting land and culture

Integrating traditional practices into Metro land management

Story and photography by Curt Zonick,
Metro natural resources scientist

For most of my career as a Metro restoration scientist, I have been aware of the important role this region’s indigenous people played in land management.

Many of the acres I restore contain prairies and oak woodlands that act like small refuges of habitat for scores of rare native plants and animals. Some of the best ways to care for these places include using management approaches that Native Americans practiced for generations.

For example, I’ve led controlled fires at places like Cooper Mountain Nature Park and Quamash Prairie to enhance the prairies and woodlands there. A controlled burn can be very effective in suppressing grasses, shrubs and small conifers. If left unchecked, these plants invade prairies and woodlands and displace the oak trees and wildflowers that attract a variety of animals. Burning is also a fantastic way to prepare open, fertile ground before spreading native seeds or planting native bulbs.

Of course, people indigenous to this area have known these things for centuries, and as I burn and plant the prairies and woodlands that I manage, I reflect on the important work done by tribal people to shape and maintain these diverse habitats since time immemorial.

Along with colleagues like Marsha Holt-Kingsley, Metro’s native plant materials scientist, I’ve spent the last five years seeking a more tangible relationship with the local Native American community, mostly by reaching out with invitations to many of the lands I manage. We’ve simply offered a welcome to these places, with no expectation of anything in return.

I’ve been honored and humbled by the friendship that is developing. Two years ago, Metro created an intertribal cultural liaison position and hired Maiya Osife to guide this developing partnership. We’ve spent a lot of time together, especially at Quamash Prairie, discussing Metro’s restoration and some of the plants and animals at the site. A lot of the focus has been on camas lily, which is an uncommon native plant in the region and an important food to the Native community.

Currently, we are coming together on plans for a prescribed burn to enhance Quamash Prairie in 2018. This would be the first cooperative burn I’ve done with the Native community, and I feel very honored to work beside them.



Every time I approach this work I wear two hats – that of a public servant and that of an enrolled tribal member. Tribal values differ from a public agency founded on Western principles. Tribal people have different ways of building consensus, different ways of “project management,” different notions of power and influence and different cultural protocols we must follow.

Sometimes I do not know how to best align my cultural protocols with my public servant values. Many Native people refer to this as “walking in two worlds.”

Public service requires accountability and project results, but my cultural protocols are always telling me to slow down. I hear the bones of my ancestors tell me that the land holds our spiritual beliefs. It holds how we relate to one another. It holds the key for how we can move forward – in a good way – to strengthen cultural connections that were interrupted by Western colonization. My elders tell me that doing things in a good way is more important than results. Humbly, I silence myself and listen to what they are telling me.

Reconnecting with the land

Since time immemorial, tribal people have had a relationship with the land. We are still healing from being separated from our traditional lives and our deep connection to the places we called home. Our patience has been called upon while we regain those connections. My culture is resilient. We will wait for our reconnection to the land to be done in a good way, and we will not proceed until it is right.

I have left so much out of this story because it is not my place to share certain things. The only way I can explain it in western

Clockwise from top: Sword ferns are placed on top of root vegetables and camas bulbs before being buried to roast in an earth oven. Shawna Zierdt (left), a member of the Cow Creek Band of Umpqua Tribe of Indians, and Judy BlueHorse Skelton, a senior instructor at Portland State University’s Indigenous Nations Studies, gather sword ferns. Maiya Osife (left) and Savahna Jackson carry cattails.

terms is to say that much of this work has a cultural copyright. Out of respect for my plant relatives, I have not told you stories of their medicine or their names. Out of respect for my tribal community, I have not told you stories we are taught that speak to traditional ways of knowing ecological sustainability. To share these stories without the proper cultural permission would be cultural plagiarism.

When I was at Salish Kootenai College, our elders would say that education is the new buffalo: It will provide what we need to survive in Western society. My education taught me how to be a Native American woman in a Western world. It helped me find my place. My place within my community is to show up, listen, respect the answer I hear and find an approach to the work that honors my community and also follows one of my public agency’s core values: respect.

Amy Croover-Payette is a policy coordinator at Metro and is a member of the Winnebago Tribe of Nebraska.








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

Destination guide

	Restrooms		Playground
	Picnic facilities		Camping
	Trails		Wheelchair accessible
	Classes events volunteer		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 Nature Park
Gaze at the Willamette River below, marvel at oak trees overhead, hike and admire colorful spring wildflowers.






4

Cooper Mountain Nature Park
Hike or jog more than three miles of trails, watch wildlife or enjoy views of the Chehalem Mountains and Tualatin Valley.






5

Farmington Paddle Launch
The launch site accommodates non-motorized watercraft.




6

Glendoveer Golf Course & Nature Trail
Tee time: playglendoveer.com
Play a game of golf, footgolf or indoor tennis, or enjoy a stroll on the two-mile fitness course.





7

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






8

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.





9

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






10

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.








11

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.











12

Orenco Woods Nature Park
Enjoy a leisurely jog stroll or bike ride on a network of trails while taking in views of the gently rolling hills, open meadows and forests. Children will have fun exploring the nature play area.







13

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



14

Scouters Mountain Nature Park
Climb the steep, fir-lined road to the top of this extinct lava dome to enjoy unrivaled views of Mount Hood.




15

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.




Boat ramps oregonmetro.gov/boats

16

Chinook Landing Marine Park 

17

M. James Gleason Memorial Boat Ramp 

18

Sauvie Island Boat Ramp





Get involved

CLASSES AND EVENTS

JULY 13 AUG. 10, 24

Twilight Thursdays

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

Blue Lake Regional Park

July 13, 8 to 9:30 p.m.
\$6/person, \$11/family; \$5/car, \$7/bus.
Ages 6 and older.
Registration required. Difficulty: easy.

Smith and Bybee Wetlands Natural Area

Aug. 10, 7 to 9 p.m.
\$6/person, \$11/family. Ages 6 and older.
Registration required. Difficulty: easy. ♿

Lone Fir Cemetery

Aug. 24, 7 to 8:30 p.m.
\$6/person, \$11/family. Ages 6 and older.
Registration required. Difficulty: easy.

SAT. JULY 8,29 SAT. AUG. 12,26 SAT. SEPT. 9,16

2017 Summer volunteer ventures

Help care for rare native plants that support regional restoration projects. Summer activities include harvesting and cleaning seeds and maintaining plant beds. No experience is needed. Gloves, tools, water and snack provided. This event is wheelchair accessible with advance arrangements.

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

FRI. JULY 14

Families in the field: forest adventure

The shaded slopes of Scouters Mountain offer refuge from the summer heat for people and animals alike. Bring your family to explore this Douglas fir forest on this ancient volcano, then play games and search for wildlife on a hike. Target age is 5- to 8-year-olds, though all children are welcome with a guardian.

Scouters Mountain Nature Park
9:30 to 11:30 a.m.
\$11/family. All ages.
Registration required. Difficulty: moderate.

SAT. JULY 15

Hérons and eagles of River Island

A grove of giant cottonwood trees along the banks of Goose Creek hosts a magnificent collection of nests, where hundreds of herons raise their young each year. Walk the banks of the Clackamas River in search of bald eagles, turtles basking in the sun and the tracks of elusive wildlife that call the river home.

Barton Park
9 a.m. to noon
\$6/person, \$11/family; \$5/car. All ages.
Registration required. Difficulty: strenuous.

SAT. JULY 22

An introductory walk with native plants

Come participate in a native plant walk led by a member of Portland’s indigenous community to learn more about the unique ecology of the region. Mount Talbert is the largest in a string of extinct volcanoes and lava domes that stretches across the east side of the valley. Explore the beautiful park with its mix of Douglas fir trees, bigleaf maples and Oregon white oaks.

Mount Talbert Nature Park
10 a.m. to noon
\$6/person, \$11/family. All ages.
Registration required. Difficulty: moderate.

Photography by George Winborn

SAT. JULY 22

Walking among the giants

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

Oxbow Regional Park
2:30 to 4:30 p.m.
\$5/car, \$7/bus. All ages.
Registration required. Difficulty: easy.

SAT. JULY 22

Star party with Rose City Astronomers

The Rose City Astronomers bring their telescopes and expert knowledge to share. Look deep into the sky for distant stellar objects and learn common summer constellations. Come prepared to let your eyes adjust to the darkness, and leave your flashlights at home. If the sky is covered by clouds, the event will be canceled.

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

TUE. AUG. 1

Independent Living Resources summer picnic

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

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

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: Nature Education team, 503-972-8550.

FRI. AUG. 4

Families in the field: winged wildlife discovery

Summertime is for the birds! Do you know how they forage for food, find shelter and communicate through a secret language? Bring your family to discover the winged wildlife of the wetlands through interactive games and a hike. Target age is 5- to 8-year-olds, though all children are welcome with guardian.

Blue Lake Regional Park
9:30 to 11:30 a.m.
\$11/family; \$5/car, \$7/bus. All ages.
Registration required. Difficulty: easy.

SAT. AUG. 12

Nature through a different lens

Interested in nature photography? Gain an understanding of basic photography composition while learning about plants and wildlife. Class will start prior to golden hour in order to capture the best light of the day. Cell phones, point-and-shoot cameras and all skill levels are welcome.

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

SAT. AUG. 12

The wild side of the wetland

Join a naturalist for a walk into the wilds of a wetland. The diverse habitat offers homes and hiding spots for birds, mammals and amphibians. The wetland’s plants and ponds provide food and quiet foraging spots.

Blue Lake Regional Park
10 to 11:30 a.m.
\$5/car, \$7/bus. All ages.
Registration required. Difficulty: easy.



Free Parks Days

Enjoy free parking at Oxbow and Blue Lake regional parks, Broughton Beach, M. James Gleason Memorial Boat Ramp and Chinook Landing Marine Park on Sept. 15, Oct. 11, Nov. 11 and 24 and Dec. 10.

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

SAT. AUG. 19

Sunset sit

While the sunset splashes the landscape with color, wildlife activity booms. Immerse yourself in observation by joining a naturalist for a hike to quietly settle in and discover this magical time when day transitions to night.

Smith and Bybee Wetlands Natural Area
7 to 9 p.m.
\$6/person, \$11/family. Ages 8 and older.
Registration required. Difficulty: easy.

FRI. AUG. 25

Big screen on the green

Enjoy a family friendly movie night on the golf course with a showing of “Sing.” The animated musical comedy is about a group of animals who enter a singing competition in an attempt to save a theater. Family activities, including a bounce house, will begin at 6 p.m., and the film will start at dusk.

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

SAT. AUG. 26

Sneak peek of Newell Creek Canyon

Newell Creek Canyon in Oregon City has layers of stories written into the landscape. Dive deep into the shaded canyon for a sneak peek tour of this future nature park.

Newell Creek Canyon
9 to 11 a.m.
\$6/person. Ages 8 and older.
Registration required. Difficulty: strenuous.

WED. AUG. 30

Regional Trail Counts volunteer orientation

Interested in trails? Each year in mid-September, Metro and partner agencies survey people using regional trails. The data is used for transportation planning and grant applications. Volunteers are needed to conduct the counts. Learn more at a required orientation session before hitting local trails Sept. 12-17 to help conduct the 10th annual regional trail counts.

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

Volunteer naturalist training

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

Applications for the spring 2018 class will be available in late summer and will be due in the fall. Learn more at oregonmetro.gov/volunteer

FRI. SEPT. 15

Friday night hike

Autumn is in the air, and the warm days and nights of summer are winding down. Take advantage of the earlier sunset to hike with a naturalist while looking for the creatures of the wetlands as they settle in for the evening. Parking is free at the park today.

Blue Lake Regional Park
6:30 to 8 p.m.
Free. Ages 6 and older.
Registration required. Difficulty: easy.

SAT. SEPT. 16

Introduction to the language of birds

As they feed, nest and raise their young, birds relay messages about when it’s safe and where predators are prowling. Learn to interpret what the birds are saying. This site is great for wildlife tracking, and we will look for signs of predators that hunt there.

Cooper Mountain Nature Park
9 a.m. to noon
\$10/person. Ages 8 and older.
Registration required, Tualatin Hills Park & Recreation District, 503-629-6350.
Difficulty: moderate.

SAT. SEPT. 23

The amazing geology of Chehalem Ridge

Catch a bird’s-eye view of how forces deep within the earth have shaped the rolling mountains of the Coast Range and the snow-capped peaks of the Cascades. Tour one of Metro’s most spectacular natural areas — the site of a future nature park — to discover the epic events that make life in the Cascadia Subduction Zone what it is today.

Chehalem Ridge Natural Area
10 a.m. to 1:30 p.m.
\$6/person, \$11/family. All ages welcome but geared towards adults.
Registration required. Difficulty: moderate.

Tools for living

WHERE DOES HAZARDOUS WASTE GO?

Story by Rebecca Koffman

Photography by Joshua Manus

Each year, about 5.5 million pounds of hazardous waste – products that could harm people, animals or the environment – are discarded in greater Portland. A lot of that goes to Metro’s hazardous waste facilities in Oregon City and Northwest Portland.

Where it goes from there depends on the item and what can be done with it. A vast majority of the products will be recycled, reused or used to make energy.

“We enjoy finding the highest and best use for everything that comes through here,” says Denise Hays, supervisor at the Metro hazardous waste facility in Oregon City. “I like to think of it as a great big filing system.”

A lot of hazardous waste is recycled

The sorting starts outside. As cars and trucks pull into the facility, staff remove items one by one and place them on collection carts.

A stash of fluorescent tubes goes straight into a large crate. They will go to a recycler where



the mercury will be safely extracted, and the glass and metal end caps will be reused.

Some carts go inside the building, where it’s a hive of activity. Hays points to the battery sorting area – they are also recycled, along with mercury thermometers and other things.

“This is the reuse cart,” says Hays, pointing to a motley collection of household cleaners and cans of spray paint. Five percent of the stuff that’s brought in is given to nonprofit organizations to use. Home improvement supplies and cleaners go to Urban Gleaners and Habitat for Humanity. Spray paint goes to school mural programs. Leftover cooking



oil, disinfectant and other items are also donated.

Latex paint, which accounts for nearly 40 percent of the hazardous waste Metro receives, goes to a facility on Swan Island in Portland to be rebled and sold as MetroPaint.

Old Faithful crushes combustibles

Flammables and combustibles, including paint thinners, acetones and tars, can’t be recycled or reused. They are sent to a room with a can crusher, nicknamed Old Faithful by staff.

Workers place cans on a grate over a 55-gallon drum. The cans get crushed and the liquid falls into the drum below. Full drums are left to vent for 24 hours to prevent explosion before being transported to a hazardous waste landfill in Arlington, Oregon, to be buried.

In just a single month last summer, more than 3,000 people brought different hazardous substances to the facility. Hays loves the variety that each day brings. “We enjoy finding the highest and best use for everything that comes through here.”

Questions about hazardous waste? Ask Metro at 503-234-3000 or oregonmetro.gov

Learn more

Find a series of stories and videos about hazardous waste and disposing of it safely at oregonmetro.gov/news

Free pesticide disposal

Bring a load of household toxics that includes **home and garden pest or weed control products**, and Metro will waive the usual \$5 fee. Maximum load is 35 gallons. This coupon required for fee waiver. Expires 12/31/2017.

Questions about safe disposal of your toxic trash? Ask Metro at 503-234-3000 or oregonmetro.gov/hhw



★ **Metro Central Station**
6161 NW 61st Ave.
Portland

★ **Metro South Station**
2001 Washington St.
Oregon City



Help shape the future

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

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



Regional roundup

NEIGHBORS' VOICES MAKE STRONG CASE FOR INVESTING IN SAFER STREETS



Story and photography by Ambar Espinoza

This spring, the Metro Council approved about \$33 million to make walking, biking and moving freight safer and easier in 13 neighborhoods around the region.

It's a small piece of greater Portland's transportation investment needs. But these federal grants known as "regional flexible funds" can be crucial for filling key gaps.

That was a message the Metro Council heard clearly from residents around the region this year. Thousands of people spoke up to share how they thought the money should be spent.

Their voices helped elevate several projects to leaders' attention, securing grants that will make their communities safer. Here's a look at three of those successes.

Grassroots Brentwood-Darlington campaign gets results

At a Metro Council hearing last October, Meesa Long brought councilors a map of Southeast Portland. Red lines representing sidewalks crisscrossed the map – except in a few patches, most visibly a nearly empty rectangle at the bottom.

"That rectangle is Brentwood-Darlington," Long told the councilors.

Tired of kids walking to school in the mud and dodging speeding drivers, neighbors decided that this was their chance to push for change.

Long helped lead a neighborhood campaign that amassed more than a thousand petition signatures and 300 handwritten postcards.

They helped secure \$2.2 million to complete sidewalks on several major streets and link new neighborhood greenways. The grant will be matched locally.

"This says for the neighborhood that you matter, we care, and your safety is important," said resident Chelsea Power.



Cully connection comes from strong community

When she moved to the Northeast Portland neighborhood of Cully 20 years ago, Hibiki Miyazaki immediately noticed that Northeast 72nd Avenue was unsafe.

"That's a busy thoroughfare with pedestrians and drivers," Miyazaki said. "I noticed that there are no sidewalks."

Things have improved since then – but there's more to do, Miyazaki and others say.

Living Cully, a coalition of neighborhood groups, has been working to bring attention to Cully's needs, from housing to transportation. The coalition played a key role in keeping 72nd Avenue on officials' radar, elevating the voices of local residents who have been asking for better sidewalks and bike networks.

Those efforts are paying off. A grant of \$2.2 million will help complete sidewalks and a safe, separated bikeway on 72nd Avenue through Cully. The grant will be matched with local dollars.

Residents, cities team up for a safer Highway 43

One morning in January 2015, West Linn resident Roberta Schwarz came across a newspaper article about two friends seriously injured in a crash on Highway 43 – a state highway that also serves as the main street for several neighborhoods.

"Everybody knows it's a dangerous highway, but it's a whole different ball game when it's somebody that you know [who's been hurt], somebody who's a friend," Schwarz said.

So Schwarz was thrilled when she learned West Linn applied for a grant to make Highway 43 safer – and she took action to support it. She remembers seeing neighbors, city councilors and Mayor Russ Axelrod at one hearing to urge the Metro Council to support the project.



Clockwise from top: Potholes riddle the parking lot entrance of a food pantry near a busy intersection in Cully. West Linn resident Roberta Schwarz with Mayor Russ Axelrod. A narrow stretch of Northeast 72nd Ave in Cully without shoulders. Rain puddles on an unpaved Brentwood-Darlington sidewalk.

"That's the kind of spirit you want to see in a community," Schwarz said.

The project also shows how different cities can partner in pursuit of common goals.

When it looked like there wouldn't be enough money to fund West Linn's project, Milwaukie Mayor Mark Gamba argued for it over a project in his own city – saying West Linn's need was greater.

"A whole lot of people over there would probably ride their bikes...if it were safe to do," Gamba said. "And it has the least amount of infrastructure."

With \$3 million from the regional flexible funds, \$1.1 million from the state and more than \$1 million locally, West Linn will build protected bike paths, connect sidewalks and install two innovative protected intersections along the highway.



Learn more about these stories at oregonmetro.gov/investinginstreets

Share your nature and win!



Chuck Taber, Wilsonville

Seely Ditch wetland in Wilsonville on a beautiful early Monday morning in May. Songbirds singing, local beaver working on home repairs, migrating geese making their grand entrance back to summer nesting areas. Even an occasional pheasant making his debut. Life is good in the Northwest!

Submit your photo

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

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

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