



# The Green Heron Herald

The Quarterly Newsletter of the TUALATIN RIVERKEEPERS®

Volume 19, Issue 3, Winter/Spring 2013

## TRK Hiking Challenge!

Here's our way of helping you spend more time outside, exploring the Tualatin River and its watershed. We've highlighted 10 hikes from our nature guidebook, *Exploring the Tualatin River Basin*, one for each month starting in March and ending in December 2013. Show us that you explored at least five of these hiking areas —via email or Facebook with a journal entry or photograph— and receive a free copy of our book! One hike per season will be guided, but you can also explore these areas on your own as part of the challenge.



View from Fanno Creek Trail. © Eric Lindstrom

Hiking Challenge continued on page 6.

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## Green Heron Award Winners: Eric Lindstrom and April Ann Fong

When given the task to select the Green Heron Award Winner for 2013, our selection committee had a hard time narrowing it down to just one. This year, we'd like to congratulate our *two* award winners, **Eric Lindstrom** and **April Ann Fong**, for their outstanding leadership in protecting and restoring the Tualatin River system.



### Eric Lindstrom, an Accidental Advocate

**Eric Lindstrom** has been an active member of the Tualatin Hills Park & Recreation District's Natural Resources Advisory Committee since it formed in 2010. His passion for creeks and wetland protection is clear in his interactions with staff and fellow committee members. In January, 2013 he was elected Chair of the Natural Resources Advisory Committee.

More about Eric on page 3.



### April Ann Fong, Teaching Green

**April Ann Fong** is a Biology and Environmental Studies Instructor at Portland Community College, Sylvania Campus where she has taught for 15 years. This year, she was selected as the Oregon Outstanding Teacher in Science and Mathematics in Higher Education by the Oregon Academy of Science. April was acknowledged for founding student groups dedicated to restoring habitat, as well as educating staff, students and faculty on sustainability issues.

More about April on page 3.

**Award winners will be honored during the Green Heron Gala on April 13, 2013, at the Tualatin Country Club.**

**OUR MISSION**

Tualatin Riverkeepers (TRK) is a community-based organization working to protect and restore Oregon's Tualatin River system. TRK builds watershed stewardship through education, public access to nature, restoration and advocacy.

*The Tualatin Riverkeepers became a nonprofit in 1992 and is tax-exempt under Section 501(c)(3) of the Internal Revenue Code.*

*Please join us by completing and mailing the membership application in this newsletter or by contacting us.*

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The *Green Heron Herald* is a publication of the Tualatin Riverkeepers. We welcome your comments and suggestions. Please let us know if we have misspelled your name or if we mis-addressed the newsletter or sent you a duplicate copy.

503-218-2580  
www.tualatinriverkeepers.org



*Tualatin Riverkeepers is proud to be a Waterkeeper Alliance Member.*



**From the Director**



*Dear Riverkeepers,*

Change is afoot here at Tualatin Riverkeepers. Our much-loved nature educator, Lori Kruse, has moved on to start the next chapter of her life in Hood River. She will be greatly missed.

Lori Kruse knows a great deal about natural resources science. She also has a strong ability to connect with people. She connects deeply with her students, their families and communities we serve. In those relationships is where we forge shared values, where the seed of inspiration is planted. These are our future Riverkeepers.

For us to achieve our vision of a healthy watershed, we need others to see themselves in that vision and as part of the group. How can our messages appeal to more of our community members? How can many more people see themselves as environmentalists and have a role in this work? This is the task at hand. This is your call to action!

As you are having conversations about being a Riverkeeper with friends, family and neighbors this year, look for the places where you connect. I think we'll find we all have a special place outdoors, a place we like to walk or hike or a special childhood memory of being in nature. These are where we find our shared values.

Lori Kruse leaves Tualatin Riverkeepers a stronger organization for many reasons. She helped us move forward towards being a more inviting, warm and inclusive community. You can help us continue this work by sharing your stories of health and nature with the people you share your life with.

Sincerely,

Monica Smiley, Executive Director

**TRK Volunteer Classifieds**

Experts and novices needed to make a difference!  
Contact Monica Smiley to volunteer at 503-218-2580 or [monica@tualatinriverkeepers.org](mailto:monica@tualatinriverkeepers.org).

**Event Assistants:**

Strong volunteers are needed to move boats, put up tents and other physical duties.

**Office Volunteers:**

Volunteers are needed for data entry and office mailings – weekly, monthly or on-call.

**Advocates:**

Grassroot activists are needed to submit testimony, give presentations, and contact their local and state representative about watershed issues.

**THANK YOU FUNDERS**

COMMUNITY EVENTS

- NW Natural \$6,500
- Tualatin River Watershed Partners for Clean Water \$1,500
- Anthro Corporation \$1,000
- Whole Foods \$1,000
- Peake Marketing \$1,500
- Columbia Community Bank \$750
- Waggener-Edstrom \$250

OUTREACH

- Spirit Mountain Community Fund \$20,000
- REI \$15,000
- Dale Baker Charitable Trust \$1,500
- Oregon Community Foundation \$500
- Keen \$275

WATERSHED WATCH

- Norcross Wildlife Foundation \$2,300

YOUTH EDUCATION

- City of Tigard \$15,000



## Welcome, Cathy Filgas

Coming from Humboldt County in Northern California, surrounded by giant redwood trees, Cathy Filgas appreciates the beauty that can be found in our natural world and the awe it can conjure up. Cathy has brought this appreciation of nature and a desire to make sure it is protected in her new role as a Tualatin Riverkeepers Board Member.

Cathy grew up in Humboldt County and graduated from Humboldt State University. This is where her love of nature found its roots. Using her Marketing degree, Cathy co-founded Anthro Corporation in 1984, which has ranked as one of the 100 Best Companies to Work For in Oregon and is in the top 100 Green Companies in Oregon as ranked by the Oregon Business Journal.

Living in the middle of Portland along Vermont Creek (a tributary of Fanno Creek), Cathy and her husband have restored their six-acre parcel to its native habitat. They've enjoyed the benefits of having the property return to its natural state—watching native birds, butterflies and other wildlife return, as well.

When asked why she donates a portion of her limited free time to TRK, Cathy replied, "It seems very simple to me. If we don't take extra special care of the environment in which we live, all else eventually collapses. Tualatin Riverkeepers makes a difference." We agree. *Welcome, Cathy, and thank you for supporting our mission.*

Green Heron Award Winners continued from page 1.

**Eric Lindstrom** deserves recognition not just for his passion. He has maintained an active blog ([watershedevents.typepad.com/](http://watershedevents.typepad.com/)) which chronicles his nature moments and travels in Oregon's natural areas. Most notably he's had the patience and perseverance over the last few years to walk Fanno Creek and interview dozens of people regarding its past and future. He has worked tirelessly to compile his notes into an interesting and information-rich book called *Up Fanno Creek, Confessions of an Accidental Advocate* which chronicles the life and near-death of a small urban stream and a wildlife lover's personal journey to becoming an environmental advocate. The book serves as both an inspiration to citizens and marching orders for what he calls "watershed folk," who have legal and agency requirements to improve the creek and nearby habitats.

Eric hopes that "people who read the story of the creek and my involvement in its affairs will be moved to get involved in the affairs of their own 'watershed address.' The book isn't so much a 'how to' as it is a 'why to,' if that makes sense."

When asked to recall a highlight of his writing process, Eric reflected, "Probably the most memorable moment came when I encountered a cow coming out of a section of the creek that isn't half a mile from Tigard City Hall. The experience—which I chronicle in my book—changed my entire relationship with the creek and its issues. That day I stopped trying to be a neutral observer and became an active participant in the creek's general business."

We are happy to present Eric Lindstrom a Green Heron Award and thank him for his dedication to raising awareness about the health of our watershed.

One of **April Ann Fong's** crowning achievements at PCC was establishing the Sylvania Habitat Restoration Team in 1996, where students and staff volunteer to improve the ecosystems around the campus. The Sylvania Habitat Team recently worked with the grounds crew to create filtration systems around the campus, which help eliminate pollutants from parking lot runoff.

Thanks to a grant from the Portland Bureau of Environmental Services, her students also worked at the Sylvania Campus natural area park. At the 2.5-acre park, which contains a Douglas fir forest, students got to manage the biodiversity of the area through decisions regarding what plants stay and which types to buy and plant. For its hard work, the team recently was notified that they earned a \$10,000 Community Watershed Stewardship Program grant through the Bureau of Environmental Services.

In addition, April was instrumental in establishing Sylvania Campus' Green Team, students and staff who help improve sustainability at the campus. Some of the team's work includes an annual waste audit, improving recycling, supporting PCC's shuttle fleet to operate on bio-fuels and spear-heading the hiring of a full-time campus sustainability coordinator. In her spare time, she also volunteers for the Nature Conservancy of Oregon, the Pacific Crest Trail Association, Portland Parks, her neighborhood, and other organizations.

April has earned the respect and admiration of her students who find her to be a great source of inspiration. We were inspired by her, too, and are pleased to present her a Green Heron Award in honor of her dedication to the sustainability and health of the Tualatin River watershed.

# Watershed Watch/Citizen Action

## Vote YES in May on Metro Local Option Levy For Natural Areas

Twice in two decades, Metro voters approved measures to acquire thousands of acres of natural areas throughout the tri-county region. Past measures could not include money for maintenance and restoration. That is why the Metro Council recently referred a levy to the voters on the May 2013 ballot to raise funds for restoration and maintenance.

This levy creates a dedicated fund to improve water quality for salmon and native fish, remove invasive weeds that threaten the health of these natural areas, restore wetlands and provide opportunities for people from around the region to experience nature close to home. The estimated cost for the typical household is \$20 per year for five years.

### Result of a "YES" Vote:

- Improve water quality in local rivers and streams for salmon and other native fish including the Tualatin River and our local creeks.
- Restore wildlife habitat and remove weeds that choke plants wildlife need for food and shelter.
- Restore wetlands and floodplains to control flooding, provide habitat for birds and amphibians.
- Construct or replace capital projects in parks, such as restrooms, picnic shelters, playgrounds.

The proposed rate (at \$.096/\$1,000) is expected to raise approximately \$10 million to \$11 million dollars per year for five years. Vote YES!

## Jump in to the 2013 Oregon Legislative Session

Tualatin Riverkeepers will be tracking and responding to state legislative issues that impact conservation, water quality and wildlife protection. In Oregon the legislative process is very open where citizens can and do make a difference in the outcome of important public policy decisions. Stay tuned to hear about issues that will impact the Tualatin watershed and how you can participate.

The 2013 Legislative Session convened in January with a slightly better budget outlook than recent past sessions. While there are not the looming deficits to grapple with, the state budget still suffers from the very slow economic recovery. Finding new dollars for programs and building back natural resource budgets that took a beating remains an important priority.

TRK will be keeping a sharp eye out for any legislation that would rollback water quality regulatory protections or opportunities for public involvement in decision making which is sometimes presented under the guise of regulatory streamlining.

One bright spot on the horizon is the reintroduction of the plastic bag ban by the Senate Environment and Natural Resources Committee. Several cities including Portland, Corvallis and Eugene have independently passed plastic bag bans. The need for a statewide solution is even more compelling this time round.



Another controversial legislative concept already swirling is the city of Hillsboro's desire to secure state funding for a 'rigorous evaluation' of the merits of a Westside Bypass freeway through rural Washington County, an idea that never seems to quite go away.

## EarthShare Oregon: Sustainability in the Workplace

Do you work for a company that has a Green Team or Sustainability Committee or is in need of one? Many employers have these squads of employees who are committed to improving their workplace's environmental performance. But once the recycling center is set up, and the copier paper has been switched to a recycled content, what can these groups do to keep sustainability in the forefront?

EarthShare Oregon can help employers with this common problem. Its dozens of local member charities, including Tualatin Riverkeepers, work on everything from planting natives to renewable power generation. Through EarthShare, these nonprofits can help your company's green team explore new sustainability avenues.

Contact Meghan Humphreys of EarthShare Oregon at 503-223-9015 or [meghan@earthshare-oregon.org](mailto:meghan@earthshare-oregon.org) to discuss potential topics for your office's upcoming Green Team meetings or to learn how your company can set up their own sustainability program.



Native Lady Fern.

# Youth Education



## Our Place!

**D**irksen Nature Park (formerly Summer Creek Natural Area) is the established place for Tualatin Riverkeepers' Education Programs. This is the place where birds come to nest, where crawdads hide under rocks, where rain soaks into the forest floor. This is the place where a student can be in the middle of a metropolitan area and a moss covered forest at the same time. The kids that visit Dirksen Nature Park for school field trips and summer camp leave with a connection to this place. Among many things, the kids leave knowing what moss feels like, what a chickadee sounds like, and what a forest smells like. This connection will stay with them throughout their whole lives. Never again will they look at a natural area as an undeveloped piece of land; they will look at it and remember the smells, sounds and importance of the place. They will see it for exactly what it is—a natural area. Dirksen Nature Park is our place!

## Nature Day Camp 2013 Sessions

Register at [www.tualatinriverkeepers.org](http://www.tualatinriverkeepers.org).

### Refuge Adventure

Tualatin River National Wildlife Refuge, Sherwood

9am - noon

\$135 member / \$150 non-members

**Refuge Adventure 1: June 24 - 28**

Ages 4 - 6

A-Bug-A-Day! On Bee Day learn the bee dance, find your hive mates, gather pollen, meet a bee keeper and taste fresh honey.

### River Adventures

Dirksen Nature Park (formerly Summer Creek Natural Area), Tigard

9am - 4pm

\$220 Member / \$250 Non-member

**River Adventure 1: July 8 - 12**

Ages 7 - 10

Shelter! Discover wildlife and their homes. Build your own fort. Includes one full day of canoeing on the Tualatin River, leaving from Cook Park in Tualatin.

**River Adventure 2: July 29 - August 2**

Ages 11 - 13

Maps! Identify characteristics of northwest habitats. Use your landscape maps to play capture the flag. Includes one full day of kayaking on the Tualatin River, leaving from Cook Park in Tigard.

**River Adventure 3: August 12 - 16**

Ages 7 - 10

Creeks! Explore Summer Creek. Dip nets to capture aquatic insects. Catch a crawdad. Includes one full day of canoeing on the Tualatin River, leaving from Cook Park in Tigard.

**River Adventure 4: August 19 - 24**

Ages 11 - 13

Wildlife Trackers! Discover tracks and signs left by wildlife. Set crawdad traps and fish for bass in the Tualatin. Includes one full day of a kayaking, leaving from Cook Park in Tigard.



## Good-bye, Lori B. Kruse

**L**ori B. Kruse came to TRK as an AmeriCorps member in 2008. Since that time she has served nearly 4,000 students through Tualatin Riverkeepers' Nature Awareness Education program.

Lori established herself as a strong community leader forming partnerships with schools, teachers, students, city governments and organizations that serve diverse communities to broaden the scope of nature education. She also ran TRK's Trips & Tours program, helping to introduce hundreds of first-time paddlers to the river. Lori shared her deep love of the natural world (not to mention her humor, patience and kindness) with staff and volunteers throughout all of TRK programs.

As Lori embarks upon the next chapter in her life and moves to Hood River with her fiancé, Jason Stepper, we know she will share and expand upon all she has learned during her time at TRK at her new endeavor teaching garden, cooking, and science education classes for children through the 4H program. *We will miss you, Lori B. Congratulations and good luck!*

## Trips & Tours



Great White Egret on Fanno Creek. © Eric Lindstrom

Hiking Challenge continued from page 1.

**March: Lowami Hart Woods Natural Area, Beaverton**  
Self-guided

**April: Fanno Creek Park, Tigard**  
Guided by Eric Lindstrom local author of *Up Fanno Creek, Confessions of an Accidental Advocate*.  
Saturday, April 6 at 10am, Meet at Tigard Library

**May: Rood Bridge Park, Hillsboro**  
Guided by Tarri Christopher, TRK Board Member and a sustainable, organic farmer. Bring a lunch and stay for a picnic.  
Saturday, May 18 at 10am, Meet by the River House in the park

**June: Hazeldale Park, Beaverton**  
Self-guided *Note: This park offers an off-leash dog area.*

**July: Willow Creek Greenway, Beaverton**  
Self-guided

**August: Tualatin Hills Nature Park, Beaverton**  
Self-guided

**September: Stella Olsen Memorial Park, Sherwood**  
Guided by Chris Neamztu who will share updates on the future Tonquin Trail that will connect the Willamette River to the Tualatin.  
Saturday, September 21 at 10am, Meet at the picnic shelter

**October: Bryant Woods Nature Park, Lake Oswego**  
Self-guided

**November: Fern Hill Wetlands, Forest Grove**  
Guided by Doug Robberson, local bird guide.  
Waterfowl populations are daily in the thousands during this time of year at this 243-acre site.  
Saturday, November 2 at 10am, Meet in the parking lot

**December: Fanno Creek Park, Beaverton**  
Self-guided

## 2013 Paddle Trip Schedule

TRK trips are open to all members and the general public. Canoes or double kayaks are available for use on our trips for \$50. Single kayaks are \$40. *Members receive a free boat rental!* Space is limited and reservations are required online at [tualatinriverkeepers.org](http://tualatinriverkeepers.org).

**Bird Fest Paddle, Tualatin**  
99W Boat Launch  
Saturday, May 18 9am - 12pm

**24th Annual Discovery Day, Tualatin**  
99W Boat Launch to Tualatin Community Park  
Saturday, June 29 9am - 3pm

**Mid-Summer Night's Paddle, Tualatin**  
Tualatin Community Park  
Saturday, July 20 5pm & 6pm

**Family Day Paddle, Tigard**  
Cook Park  
Saturday, August 10 9am - 11am & 12pm - 2pm

**Westside Family-Friendly Paddle, Hillsboro**  
Rood Bridge Park  
Sunday, August 25 1pm - 4pm

**Tualatin River Clean-up**  
Various Locations  
Saturday, September 21 9am - 12pm

**Fall Colors Paddle, Tualatin**  
99W Boat Launch  
Saturday, October 5 10am - 1pm



# Acknowledgements

We would like to thank the following Riverkeepers who generously donated between July 16, 2012 through December 31, 2012.  
 (\* Indicates Monthly River Bank donor.)

**RIVERKEEPER (\$1,000+)**

Stephen Larson\*  
 John & Nancy Mallinson  
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**GREEN HERON (\$500+)**

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**Donate Your Vehicle or Boat and Support TRK**

Whether it's a car, truck, van, motorcycle, or boat, one of the easiest ways to support TRK is by donating your vehicle through VOA's donation program.

- Your vehicle will be towed free of charge.
- You may receive greater value for your vehicle as a charitable contribution on your itemized tax return, up to fair market value.
- You'll be spared the ordeal of trying to sell your vehicle.
- You'll make a valuable contribution to TRK.

To turn that unused car into a money-making tax deduction, contact Margot at 503-218-2580 or [margot@tualatinriverkeepers.org](mailto:margot@tualatinriverkeepers.org).



11675 SW Hazelbrook Rd  
Tualatin, OR 97062

Return Service Requested

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PORTLAND, OREGON  
Permit No. 2726

# Join TUALATIN RIVERKEEPERS

Your membership will help protect and restore the Tualatin River

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

- \$35 Crawdad
- \$50 Painted Turtle
- \$100 Steelhead
- \$250 River Otter
- \$500 Green Heron
- \$1,000 Protector
- \$\_\_\_\_\_ Other

Check enclosed for \$ \_\_\_\_\_

*Your contribution is tax-deductible as allowed by law.*

Please **charge** my:     VISA     MasterCard     Discover

Signature \_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

## Join the River Bank Program

- I will donate on a monthly basis with the **River Bank Program**. Monthly amount \$ \_\_\_\_\_.
- Please deduct the indicated amount from my CHECKING ACCOUNT. Submit a voided check.
- Please charge my CREDIT CARD. Contact Margot at 503-218-2580 or join online.

Join online at [www.tualatinriverkeepers.org](http://www.tualatinriverkeepers.org)