



THE BALTIMORE WOODS-WORKER

Welcome to the Fall 2016 edition of the Friends of Baltimore Woods e-newsletter. It's time again to share news of our ongoing work to bring a native oak woodland to the riverbank in St. Johns. We invite your feedback and participation.



Volunteers weeding in Baltimore Woods Meadow

Upcoming Events:

**FoBW's Annual
Book Sale**

**Saturday
December 3
10am-3pm**

St Johns

FoBW's First Annual Meeting

By Howard Harrington

FoBW held its first annual meeting at the BES water lab on July 23. Thirteen people gathered to consider a plan and a budget for the coming year. The annual meeting is the foundation event for our organization each year. The idea of this event is a culmination of two years of planning a new organizational structure, which will carry us efficiently into the years ahead. We thank Metro for the capacity building grant that stimulated these positive developments.

The meeting opened with a potluck including a humus buffet with fresh fruits and vegetables. The meeting then moved into presentations from the three permanent work groups: Engage/Inspire, Restore, and Funding. Each presentation included a report on accomplishments for the past twelve months and a proposed work plan for the coming year

(July-June). This article will concentrate on work plan proposals.

Engage/Inspire is two groups combined, for now, due to overlapping missions. The work group focuses on volunteer recruitment, community engagement, and developing educational programs in the Woods. In the coming months Engage/Inspire will:

- Continue local outreach to increase volunteer hours by 10% and add 10 active members
- Update and maintain FoBW's website
- Update our brochure and develop FoBW promotional materials
- Replenish logo-bearing merchandise
- Initiate development of a mural on the Cathedral Park Place wall along Decatur St.
- Develop recruitment talking points for public speaking and face-to-face contacts



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- Focus on outreach to K-12 and higher education
- Focus on neighborhood outreach with an emphasis on minorities and the elderly

- Host two public events including Exploring Our Backyard

The Restore work group plans and leads habitat restoration activities in the Woods and is the primary contact with our City of Portland partners. Restore plans to:

- Host six Saturday morning work parties in various locations in Baltimore Woods
- Host weekly evening work parties May-September
- Increase approved work crew leaders to eight
- Participate on the Stewardship Committee with the Bureau of Environmental Services and Portland Parks & Recreation (PP&R)
- Pursue public acquisition of the remaining privately owned corridor plots
- Develop restoration work histories for each section of the Woods

The Funding work group will develop the first accurate and transparent financial management system for our organization and pursue funds and in kind contributions to support activities. Funding plans to:

- Engage a professional accounting consultant to help us create a financial management system and to provide semi-annual reviews of our books
- Develop, with the support of this consultant, a financial management system that will include budget management and monthly budget reports
- Create a treasurer position and recruit someone to fill it



- Create a grants team to pursue projects or purchases that are beyond the limitations of our annual fundraisers
- Pursue in-kind donations for as many budgeted items as possible

The work group plans were approved by the members present and are now in place, as FoBW's annual plan, to guide our efforts through June 2017. For the first time, FoBW has a clear set of objectives and planned activities that are known by the membership and can be shared with our community. This is who we are. This is what we do. Care to get involved?

Each work group presented a budget request to support its objectives. The budget proposals were combined and approved as FoBW's budget for the next year. Since this is our first budget building experience, we know the figures are estimates. The budget can be changed by the membership at general meetings. What is important is that each work group can now move forward independently to purchase what the group needs to get the job done.

Wrap up discussion quickly expressed consensus that the Annual Meeting process is the right model for Friends of Baltimore Woods. Some closing remarks of members:

- It was good to review our achievements.
- I understand FoBW organization better.
- We successfully reformatted our disc.
- This process is a significant evolution of our group.
- We are solid. We are transparent. The annual plan is a solid foundation.

- One member captured the feeling in the room at the end: "I am pumped!"

Fire: A Friend to our Ecosystems

By Kelly M. Derr PhD

Living in the Pacific Northwest, we are all familiar with large forest fires and smoke-filled fire seasons. While the 2016 fire season has been mild compared to years past, it is important to



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remember that fires did not always burn hundreds of thousands of acres or appear so catastrophic. Before modern logging and fire suppression techniques, fires of various sizes and intensities were common in our region.

Fire plays an important role in the ecosystems of the Pacific Northwest. Garry oak (Oregon white oak) meadows, such as those found in Baltimore Woods, benefit from frequent low intensity, understory fires.

In April of this year, for the second program in FoBW's Exploring Our Backyard series, I was asked to speak about fire and its benefits to plant communities like those found in Baltimore Woods. I loved having the opportunity to talk about my favorite research topic: Native American landscape burning practices.

Human-set burns were part of the fire system in our region. Native American people throughout North America used fire as a tool

the past from historical observations of early explorers like the Wilkes Expedition through the Willamette Valley in 1842, and journal entries of early naturalists including John Muir and David Douglas.

The seasonal timing of when to burn depended on the reason why the fires were set. For example, the Kalapuya people, inhabitants of the Portland region, set fires in the spring and fall to burn meadow grasses and encourage new grass growth, attracting deer and migratory birds. They burned meadows during the summer to aid in the collection of seeds such as tarweed, and burned prairie and upland areas to increase the production of hazel, acorns, and numerous berries.

Information about the frequency and extent of fires also comes from the deep past (time before written records). Charcoal and pollen recovered from lake soil cores have provided thousands of years of information. In some areas of the Pacific Northwest this evidence demonstrates that understory fires burned frequently, more often than lightning occurrence, suggesting that human-set fires played a role in creating local plant communities.

Euro-American settlement of the west had a dramatic effect not only on ecosystems but also on Native populations. Groups were removed from their traditional lands and the United States government stopped most Native prescribed burning practices. Territory that had been burned for thousands of years by local indigenous populations was left untended, and fire regimes changed from low, fast burning understory fires to large-scale forest fires.

Fortunately, the importance of understory fires has gained favor with restoration ecologists and forest managers. Several Native American groups are reintroducing understory fires into ecosystems to help restore and preserve traditionally important plant communities, including camas and Garry oak meadows, which provide food and raw materials for basketry, hats, and other textiles.

Baltimore Woods Meadow has also benefited from prescribed burning. Fires set in the fall a few years ago helped replenish soil nutrients and decreased the presence of invasive species. Recognizing that fires have played an important role in ecosystems like those of Baltimore Woods is a first step in creating healthy and sustainable ecosystems.

Goodbye and Hello

By Caroline Skinner

We say a fond **farewell to Amira El-Cherbini**, who has generously served as volunteer coordinator for FoBW for the past year. Amira is relocating to the southwestern United States. She has done a terrific job of rallying the troops and communicating work party information to produce good turnouts for FoBW events, and we are sad to see her go.

We are also happy to **welcome our new volunteer coordinator, Laura Jean Largent** of St Johns. Laura has worked extensively on anti-GMO campaigns and has much experience with outreach and volunteer recruitment. We appreciate her stepping up to help, and look forward to working with her in the coming year. You'll be hearing from her soon.

for thousands of years before Euro-American settlement. In addition to using fires in their hearths and for preparing meats and other foods, broadcast fires were used to decrease fuel loads and chance of catastrophic fires, to kill pests and disease, for hunting, and to increase the production of key food sources.

We know that these small-scale fires were set in



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If you want to read more about Native American burning practices, I recommend a great volume edited by PSU's Robert Boyd, *Indians, Fire and the Land in the Pacific Northwest*, as well as Omer Stuart's *Forgotten Fires: Native Americans and the Transient Wilderness*.



A volunteer at work on the Old Oak site



May 28 work party at the Old Oak site

at Thursday evening summer work parties and come back this fall too. Several youth came to fill community service requirements, and I could not think of a better place for them to do it. Again, thanks to all who helped, and I hope to see you in the field.

Beneficial Insects Workshop – Free! Saturday, October 22



Did you know that the flowers, leaves, soils and mulch in your garden contain beneficial insects that work around the clock to protect it from pests? Meet the beetles, bugs, flies, lacewings, and other invertebrates such as spiders and centipedes that provide free pest control.

Friends of Baltimore Woods will host a free Beneficial Insects workshop presented by the East Multnomah Soil and Water Conservation District on October 22. See the calendar on page 8 for details and how to register.

You will learn about plant types and management practices that provide food, water, and shelter to attract and sustain beneficial insects that help your garden thrive. You'll also discover how to keep an eye out for some of the invasive insect pests that have made their way to Oregon.



Tiger swallowtail caterpillar

Old Oak Work Party Moves Much Mulch

By Caroline Skinner

Do you know how much five yards of mulch is? That's how much we put out around our recent plantings at the Old Oak site, and it's a lot! On May 28, we had a good time at our last Saturday work party until after Labor Day. The weather provided easy working conditions. Thank you to all 20 volunteers who attended.

It was a joy to see the improved site at the end of the day with all the well-mulched things growing well. There's a complete transformation from when we started working at this forgotten spot. And, as if to thank us and demonstrate the importance of preserving habitat for wildlife, a good-sized raccoon turned up as we were leaving and clambered right up the side of our Old Oak tree. About 10 feet up, it found a perch and turned to look back at us, so we told it, "We love that tree too!"

It was great to see so many new faces on May 28. I hope some of our new friends will help



Raccoon seems at home on the Old Oak



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Sustaining Butterflies in your Urban Garden

By Celeste A Searles Mazzacano, PhD,
CASM Environmental

Urbanization, habitat degradation and destruction, and widespread pesticide use is harming many different species of butterflies and moths (Lepidoptera) in North America.



Photo courtesy of Celeste A. Searles Mazzacano

Western Tiger Swallowtail

However, if planted and maintained properly, even small urban gardens can provide much-needed habitat and refuge for a variety of Lepidoptera that share our city's habitat.

Multiple habitat patches also create green and flowering corridors that facilitate dispersal and connectivity of local butterfly and moth populations.

Around 100 species of Lepidoptera have been recorded in Multnomah County. Like birds, these different species have differing seasonalities, from the first somber Mourning Cloaks and pale blue Azures of springtime, through the bright Golden Anglewings and Painted Ladies of summer, to the Woodland Skippers, Monarchs, and Red Admirals that continue flying through early fall.

Making your garden a welcoming place for butterflies requires a few simple considerations. Adults need flowering plants to provide nectar for food and surfaces to lay their eggs, so a diversity of plants with

extended bloom times will ensure that species will have the energy they need throughout the season. Adult butterflies also need a source of water, salts, and minerals that they can access without falling in and drowning. In the wild, they get these resources from dung, rotting plant or animal matter, or wet muddy soil (giving this behavior the name of "puddling"), and it's not unusual to come across a group of swallowtails gathered around a drying puddle in the middle of an urban walking path. Sometimes butterflies land on humans to delicately sip their sweat! You can easily provide for their needs in your own garden by filling a shallow container such as a terracotta or plastic plant saucer with sand or small gravel, moistening it thoroughly with water, and burying it to the rim in a sunny, sheltered spot. The shallow pan will dry out quickly, so be sure to re-fill it on a regular basis.

Because butterflies are cold-blooded, they need a few patches of undisturbed bare soil or light colored flat rocks as warm basking surfaces. You may often see butterflies perched in a basking spot early in the day, slowly moving their wings up and down as they raise their body temperature sufficiently to be able to fly and feed. A few shrubs and trees will provide shelter from excessive heat and bad weather, create overwintering sites, and supply some additional caterpillar food sources.



Photo courtesy of Celeste A. Searles Mazzacano

Woodland Skipper

Caterpillars (larvae) are plant-eaters, and depending on the species, they may have a broad or restricted range of host plants. California Tortoiseshell caterpillars, for example, feed exclusively on Ceanothus plants, and Monarch caterpillars can only consume Asclepius milkweed, while the host range of the more generalist Lorquin's Admiral larvae includes

willow, serviceberry, and Douglas spirea. Remember, feeding damage is a sign that your butterfly habitat is doing its job! Native plants evolved along with our native species to be able



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to handle the seasonal feeding damage of caterpillars. Remember too that caterpillars are a tasty nugget for many songbirds, so expect a little predation to happen as well.

Adult nectar and larval food plants that can sustain many of our most common Portland species include herbs such as tarragon, fennel, parsley, and mints; “weeds” such as stinging nettle, thistles, and clover; native wildflowers such as bleeding heart, columbine, lupines, aster, yarrow, milkweed, and goldenrod; shrubs such as Douglas spirea, mock orange, red-osier dogwood, elderberry, wild roses, and huckleberry; and trees such as willow, bigleaf maple, aspen, cascara, and madrone.

Above all, reduce or eliminate the use of pesticides, and spend plenty of time in your garden getting to know the local species. Once you know which species are most active in your area, you can tailor your plantings even further to help meet their needs. With a little time and care, you too may be able to celebrate what the poet Robert Frost once called “a blue-butterfly day here in spring.”



*Pearly Everlasting
in Baltimore Woods
Meadow*

New Restoration Method Helps Wildflowers, Pollinators

By Elaine Stewart

*Reprinted from Metro Parks & Nature News
6/2/16*

On a lovely spring morning, I had the privilege to stroll through West Bliss Butte, a 74-acre natural area in Gresham where Metro is improving habitat. It was a fallow field for many years. When we established habitat goals for the site, we decided that we wanted it to be upland forest, woven seamlessly into the woods to the east and south, which are also publicly owned.

Had we been doing this project 10 years ago, we probably would have planted the majority of the site with trees, and we would have sprayed the competing grasses from time to time to reduce the competition for water. It’s a tried and true way to establish a forest. The parks and natural areas levy that voters passed in 2013 provides us with opportunities to innovate new ways to provide wildlife habitat.

For example, what would happen if we sprayed out the grass in the first place and installed native wildflowers and grasses? And then planted native vegetation, but with very few trees and lots of shrubs. The science tells us that those amazing old-growth firs grew in conditions with plenty of light and very low tree density.

What if we plant them that way in the first place, instead of coming back to thin them in another 10 years, and 10 years after that? What if we have abundant food for pollinators and plentiful shrubs to provide fruit, seeds and other food for wildlife along the way?

Well, that’s what we did at West Bliss Butte, and we are watching to see how well it works. We cleaned up the thick, non-native grasses and seeded a variety of wildflowers and a few native grasses. We planted with more than 95 percent shrubs and just enough trees to grow a bunch of big, “wolf-y” firs.

On that spring morning, the flowers were in bloom and pollinators were everywhere. When I paused, I could hear the buzz of bees all around me. At least six kinds of bees and three kinds of butterflies were feeding on the flowers. And yes, the woody plants were there too. For now, the wildflowers provide nectar and pollen. Shrubs like red-flowering currant will provide nectar and pollen, too, when they grow up.

Do we still have weeds to manage? Yes, and a lot of them. But for the most part, they aren’t grasses and they are not taking much moisture from the woody plants. Will we have lower maintenance costs? I think so. I can’t wait for a few more years when I can get my pencil out and see if this is just as economical as the old way. I think it has more habitat value in the short term; now we just need to confirm whether it can provide the results in the long term.



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You can view native wildflowers at many Metro parks and natural areas. Next time you visit, be on the lookout for some of these native wildflowers. Follow Metro on Twitter @oregonmetro. Or visit oregonmetro.gov/ourbigbackyard.

Elaine Stewart is a senior natural resources scientist at Metro. Stories with a byline do not necessarily represent the opinions of Metro or the Metro Council.

Lots of Flair at the Metro Trails Fair

By Steven McClure

Metro and the Intertwine hosted the Sixth Annual Barbara Walker Regional Trails Fair on June 22, in the plaza of the Metro Regional Center. Nearly two dozen organizations were on hand (and foot). I represented FoBW with our brochures at the npGreenway booth.

Access Recreation (AccessTrails.org) seemed to get a lot of well-deserved attention. They assess trails “from the perspective of people with disabilities— for people of all abilities,” based on the insight that the primary trail obstacle is a lack of useful information. I learned about Portland’s Ten Toe Express Walks, AARP’s NeighborWalks, and Oregon Walkways in the Cully neighborhood (September 18). I found out that I could let my fingers do the walking to OregonHikers.org and TrailKeepers.org.

From the east came presentations of adventures in Cascade Locks, kayaking at Rooster Rock State Park, and new developments at Gateway Green (at the crossing of I-84 and I-5). From the west I learned of the Salmonberry Trail to the coast, the Historic Hiking Loop of the Tillamook State Forest, and the Yamhelas Westsider Trail from Gaston almost to McMinnville.

Next year I’ll make sure to get the word out about this easy plaza walk well in advance so you can join me.

Bill’s Excellent Adventure on the Willamette, Part Eight: York

By Steven McClure

York was not the only slave member of the Lewis and Clark expedition, and his owner, Captain William Clark, was not the only slavemaster in the canoe that explored the Willamette River in 1806. In addition to the racial and cultural diversity among Clark’s crew there was a diversity of slavery.

The Chinookan pilot Clark had hired to point the way for his venture was apparently a high-status member of the Cushook tribe, the people who owned the unoccupied plankhouse at Clark’s campsite downriver from today’s St. John’s Bridge. Members of the pilot’s village had recently been living at the plankhouse to collect wapato bulbs, the local Native people’s “potato,” from the nearby wetlands (now an infill



From a mural in Montana

parking lot). Some of those who actually got into the water and did the work were probably slave women acquired from tribes to the south and east. There can be little doubt that Clark’s pilot owned Native slaves.

The other slave member of the Corps of Discovery was, of course, Sacagawea, the teenage Shoshone interpreter (who wasn’t on the side trip up the Willamette). Captured at 10 or 12 years of age when Hidatsa horsemen raided the Shoshone



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Clark's drawing of
Chinookan head
flattening

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in Montana, she was later acquired by the French-Canadian fur trader Toussaint Charbonneau, who made her one of his wives.

York, accompanying his master Clark from Kentucky, was a descendant of captives taken in African slave raids. York's presence in the canoe that came up the Willamette reminds us that Thomas Jefferson, Meriwether Lewis, and William Clark were all, in fact, slave owners.

On deeper reflection, York, as the most prominent example of the diversity of slavery present on the expedition, also serves to point up the non-racial system of slavery on the Lower Columbia's waterways. Among the Chinookan tribes, slaves were distinguishable not by the color of their skin but by the flattened foreheads of the slave-owning elite (including Clark's pilot) and common tribesmen. Chinookan Indians shaped their infants' heads with special cradleboards, and this prevented them from being enslaved. "Round heads" were slaves, potential slaves, or outsiders. The members of the Corps of Discovery apparently recognized little of the slavery all around them because it didn't have a black face—just a round head.

York grew up as William Clark's manservant — a personal attendant, not a field worker—first in Virginia and, later, Kentucky. On the expedition he was fully armed and able to move about as freely as any of the enlisted men, but he received no compensation for his service when the expedition returned to the States. Clark finally granted his freedom years after the expedition. On January 17, 2001, President Bill Clinton conferred on both slaves, Sacagawea and York, the title Honorary Sergeant, Regular Army.

FoBW Quarterly Event Information

September 20, Tuesday, 6:30-8pm

Friends of Baltimore Woods general meetings are on the third Tuesday of each month at the BES water lab at 6543 N Burlington Ave, Portland 97203. All are welcome!

September 24, Saturday, 9am-noon

SOLVE event. Information for this event is posted on SOLVE's "Beach and Riverside Cleanup" web page. Go to www.solve.org to sign up and get details. Meet at N. Baltimore and Decatur and help us kick off a new season.

October 15, Saturday, 9am-noon

Join us in a Baltimore Woods restoration event at the Old Oak site for PP&R's Parke Diem event. Meet at the Old Oak site of Baltimore Woods at N Alta Ave & Edison St. For more information: Isabel LaCourse of PP&R at 503-729-0318 or Isabel.LaCourse@PortlandOregon.gov.

October 18, Tuesday, 6:30-8pm

FoBW general meeting. See September 20.

October 22, Saturday, 1-3:30 pm

Beneficial Insects workshop sponsored by the East Multnomah Soil and Water Conservation District. Free! Meet at the BES water lab at 6543 N Burlington Ave, Portland, OR 97203. You'll need to register in advance at www.emswcd.org. Space is limited, so sign up early.

October 29, Saturday, 9am-noon

On No Ivy Day, join us for another Baltimore Woods restoration event. Help us pull ivy to keep our natural area beautiful and healthy for people and wildlife. Meet at the FoBW toolbox. From Lombard, take Catlin down toward the river. At the end of Catlin, pass through the gate and bear right into the paved parking area. The meadow, and the toolbox, are where the pavement ends. For more information: Isabel LaCourse of PP&R at 503-729-0318 or Isabel.LaCourse@PortlandOregon.gov.

November 15, Tuesday, 6:30-8pm

FoBW general meeting. See September 20.

December 3, Saturday, 10am-3pm

Save the date for FoBW's annual book sale in St Johns. (Used book donations are always welcome.)

FoBW Restore work group meets on the second Tuesday of each month. FoBW Engage/Inspire work group meets on the first Wednesday of each month at 7pm. Check the FoBW web site for more information.

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