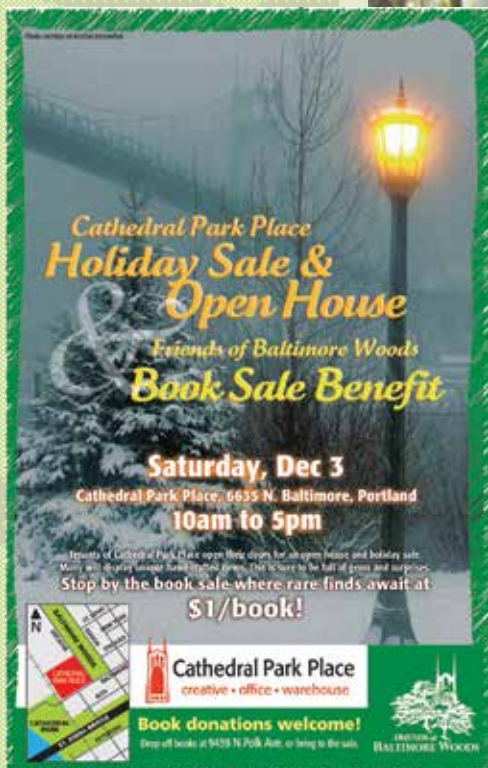




THE BALTIMORE WOODS-WORKER

Welcome to the Winter 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.



No Ivy Day 2016

**Saturday,
December 3
10am to 5pm**

**FoBW's
annual
book sale
at
Cathedral
Park Place**

**6635 N. Baltimore St,
in the atrium**

**Only \$1
per book!**

It's the Book Sale!

At the Cathedral Park Place annual holiday open house, artisans, craftspeople, and other tenants of Cathedral Park Place open their doors to display unique wares, exceptional crafts, and great gift ideas. In the atrium, the Friends of Baltimore Woods annual book sale offers thousands of books for \$1 per book. Rare finds await! Book sale proceeds go to preservation and restoration of Baltimore Woods.

This year, a huge thank-you to Nena Rawdah of St. Johns Booksellers for her generous donation of books.

Fall Work Parties Take on Two Baltimore Woods Sites

By Caroline Skinner

Thanks to all who came out to help FoBW for our two major fall 2016 work parties. First, on September 24 we partnered with SOLVE to

remove weeds and tidy up at the Baltimore Woods gateway near Cathedral Park Place. This event was part of SOLVE's annual Beach and Riverside



SOLVE's annual Beach and Riverside Cleanup Day



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Cleanup Day. Howard Harrington reported that we had a splendid work party. 17 people turned out, and the group cleared an enormous amount of blackberry and clematis. The gateway, at N. Baltimore and Decatur, is now looking

great, but the far end of Decatur still needs more work, which we hope to tackle in coming months.

We also partnered with Portland Parks for No Ivy Day on October 29. No Ivy Day is another city-wide, annual tradition, this one sponsored by Portland Parks

& Recreation (PP&R). Going after invasive English ivy improves the health of Portland's natural areas. At the October event, we worked in a gully near Baltimore Woods Meadow, just below Edison St. Ivy is now mostly removed from the trees, but still covers much of the ground. This was a rugged and overgrown area that put our volunteers to the test.

This year makes the 13th annual No Ivy Day. It took place at 18 different natural area parks



No Ivy Day 2016



SOLVE work party

around the Portland-Metro area, including 25 people working at Baltimore Woods. After the ivy removal parties, participating volunteers enjoyed a free lunch and a raffle. Those who registered in advance also received a free native plant to take home from the event.

The nonprofit Portland Parks Foundation and PP&R planned the return of Parke Diem, the city's largest annual volunteer event, for October 15, but sadly, the work party had to be cancelled



Dig In training for new FoBW restoration captains



because of high wind warnings. Typically, Park Diem brings in more than 1,000 volunteers. Last year, we worked at the Old Oak site, tucked in next to Cathedral Park. We hope to bring back Parke Diem at Baltimore Woods next fall.

Events like these give us the many hands we need to make our work load lighter, and we are thankful to all who helped this fall. Our next FoBW work party date is January 28, and we will have a planting day on March 4 at the site we partially cleared on No Ivy Day. See the events calendar on page 8 for details.



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FoBW Digs In for Training New Stewards

By Caroline Skinner

To meet our continuing need for leadership at FoBW work parties, we hired Steve Kennett, formerly of SOLVE, to offer his new Dig In Community training to half a dozen FoBW volunteers this fall. The goal is to increase the number of restoration captains who are available to offer leadership at volunteer work parties hosted by FoBW.

Though primarily intended to reach out to youth, in hopes of creating the next generation of natural area stewards, Dig In easily adapted the program to our group of adult volunteers. The training consisted of two in-class sessions followed by a field day working in Baltimore Woods, giving the participants a chance to put their training into action.

Volunteer work parties are one of the most important parts of the restoration work being done at Baltimore Woods. We thank Steve Kennett for helping us train new leaders, and we thank the volunteers who participated.

Dig In Community, Planting Trees and Growing Leaders

By Steve Kennett

Rooted in the ethic of service-leadership, Dig In Community provides opportunities for all to get outside, connect with nature, and expand environmental literacy. Programs focus on community engagement, education, and health while restoring the environment.

The health of Oregonians depends on a healthy environment and a regular and real connection with nature. Dig In envisions an Oregon where all people connect to nature, to each other and to their community, where restoration of natural systems is the result of student and community stewardship efforts, and where all students learn to be community leaders.

Through onsite instruction, community and student volunteers learn to remove invasive weeds and plant native trees and shrubs to improve water quality and wildlife habitat conditions. Volunteers may then take this knowledge home to their own yards and other community projects. Dig In maintains each restoration site for five years to ensure project success and sustainability.

Steve Kennett, Dig In director, has over 20 years of experience in community involvement, outreach, and natural resources. He developed and led SOLVE's Team Up for Watershed Health program for 16 years. His responsibilities



Dig In training for new FoBW restoration captains

include maintaining landowner and regional partnerships, creating site restoration plans, and offering community service-learning restoration opportunities. Prior to his work with Dig In, he worked at SOLVE and the Oregon Department of Fish and Wildlife (ODFW).

Introducing Laura Jean Largent,

FoBW's New Volunteer Coordinator

Hello, everyone! My name is Laura Jean and I'm the new volunteer coordinator for Friends of Baltimore Woods. You've probably seen some emails from me already, keeping you updated on our events and volunteer opportunities. I'm excited to be a part of this organization and put my recent years of campaigning experience to more use. I've always been fascinated by plants, especially ones that are native to a particular region, and learning about the roles they play in the ecosystem. Friends of Baltimore Woods has already done amazing work planting Northwest



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native plants and creating a thriving meadow and woodland along the North Portland Greenway Trail. It's my job to get our community engaged in helping these plants to grow and establish their own habitat.

If you haven't signed up to volunteer yet, please do! You can do so through our website (www.friendsofbaltimorewoods.com), or by emailing me directly (volunteer.fobw@gmail.com). There is something for everyone to get involved with, whether it's gardening in the woods, helping out with book sales or farmers markets, setting up educational workshops, or helping us stay organized by attending meetings and workgroups.

Volunteering has been a big part of my life recently. Not only is it a way to participate and help shape your community, but it's a great opportunity to network and build skills. My work in campaigns and nonprofits was launched by my decision to volunteer one day, and now I can't get enough! Not only has it opened a lot of doors for me, but it has also been deeply satisfying work. I highly recommend it.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in". – *Marjorie Moore*

See you in the woods!

Our Neighboring Natural Area, the Columbia Slough

Information from <https://www.columbiaslough.org>

The Columbia Slough is a place not far from Baltimore Woods, a shallow, slow waterway that flows 18 miles from Fairview Lake through North and Northeast Portland to Kelley Point Park. It flows parallel to the Columbia River, but does not connect to it. The Slough empties into the Willamette River near its confluence with the Columbia River.

Historically, native peoples used the Slough waterways for seasonal fishing and hunting and safe canoe passage. In 1805, at the



Columbia Slough volunteers

Slough, Lewis and Clark expedition members complained they could not sleep due to the noise created by massive numbers of geese and swans, "their noise horrid." The Hudson's Bay Company began trapping otter and beaver there in 1820. By the 1850s farming had replaced trapping as the main economic activity around the Slough.

In the early 1920s, levee construction began to prevent the Columbia River's annual spring floods. As the area developed, what was once a wildlife-rich mosaic of sloughs, wetlands and lakes was transformed into a highly managed system of channels, agricultural lands, industrial development, and residences.

Today, this urban watershed provides recreation, greenspace, drainage, and habitat. It is home to 4,200 businesses, 170,000 people, a marine terminal, and two airports. The watershed collects stormwater runoff, rainwater, and groundwater. Its streams,



Columbia Slough Watershed Council volunteers



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sloughs, wetlands, grasslands, and woodlands provide wildlife corridors and migratory routes for over 175 species of birds. Mink, river otter, beaver, coyote, and sensitive species such as bald eagles, peregrine falcons, willow flycatchers, and western pond and painted turtles use Slough habitats. Twenty-eight fish species call the Columbia Slough home.

Slough Celebration 2017

By the Columbia Slough Watershed Council

Save the date (February 10) and get ready for our Slough Celebration gala! Each year at the Slough Celebration, the Columbia Slough Watershed Council honors individuals, programs, and activities that have shown outstanding leadership and achievement in support of our mission: to foster action to protect, enhance, restore and



The Columbia Slough has a long history of environmental decline, but with the elimination of combined sewer overflows in 2000, watershed-wide efforts to re-vegetate the Slough with native plants, and the increasing awareness of businesses and residents, the Slough is cleaner today than it has been in over 100 years. The Columbia Slough is a wonderful place to visit and the home to many amazing living organisms.



revitalize the Columbia Slough and its watershed.

We invite you to contribute to the Council by donating an item to our silent auction that will take place at the Slough Celebration event. As an auction donor, you will be recognized in the event program, on signs at the auction/raffle tables, on our website, and in our newsletter.

The attendees of our Slough Celebration are neighborhood residents, business owners, government officials, and outdoor recreationalists. This crowd tends to be enthusiastic about delicious food, fine wines and beers, local vacations, outdoor recreation, and the chance to support local and green businesses. This is an excellent opportunity to advertise your business and demonstrate your commitment to healthy kids, communities, and watersheds. We encourage individuals to donate as well.

See the events calendar on page 8 for more details.



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Citizen's Rare Plant Watch Update

By Kris Freitag, Program Coordinator,
Rae Selling Berry Seed Bank &
Plant Conservation Program

What a time we had, before all the fall rain!
In this, our first season of Citizen's Rare
Plant Watch (CRPW), we took eight groups
to beautiful places throughout our region.
We couldn't have asked for sweeter weather,
plant-geekier volunteers, or more lovely



*Populations of Gorman's aster
hadn't been revisited for 25-35 years*



Volunteers put in a lot of effort and had a lot of fun botanizing

plants. Our focus unfolded with the seasons,
from the early, low-elevation bloomers of
the Gorge, up into the Coast Range, to high
summer in the Cascades, and out to the coastal
dunes late in the season.



*Castilleja rupicola (cliff paintbrush),
beloved by hummingbirds (and people)*

Our spring training
session in April 2016,
generously hosted by
Happy Valley New
Seasons Market, was
well attended. Jason
Clinch, most recently the
leader of CRPW through
the Native Plant Society
of Oregon, presented
training materials
adapted from University
of Washington's Rare
Care trainings (thanks
to Program Manager
Wendy Gible). I

spoke about The Berry Botanic Garden and the
historical context of its connection to CRPW and
our plans for the future.

By the end of the field season, we had received
\$20,000 from the Bureau of Land Management
for seed money. We also had taken a total of 30
volunteers to look for populations of 33 different
species and subspecies and completed 15 survey
forms on the populations we were able to find. It
has been a resoundingly successful first season
for this incarnation of CRPW at Portland State
University. We are grateful that we have the
opportunity to house and develop this valuable
program there.

For more information, visit the Facebook
page at <https://www.facebook.com/npsoportland/> and <https://www.facebook.com/Seed-the-Bank-Rae-Selling-Berry-Conservation-Program-171208832912868>, or call or email Kris
at 503-725-2468 or kfreitag@pdx.edu.

Native Seeds Available

By Nikkie West, Backyard Habitat

Interested in starting a native pollinator meadow
and need seeds? Look no further than Portland
Audubon's Nature Store, at 5151 NW Cornell
Rd, Portland, OR 97210. Thanks to bulk seeds
from Heritage Seedlings and to Backyard Habitat
program volunteers who helped repackage the
seed into smaller packets, we have several dozen
packets of Heritage's "Tough and Tenacious"
seed blend for sale. Get yours in the ground
this spring! Portland Audubon Society's phone
number is 503-292-6855.

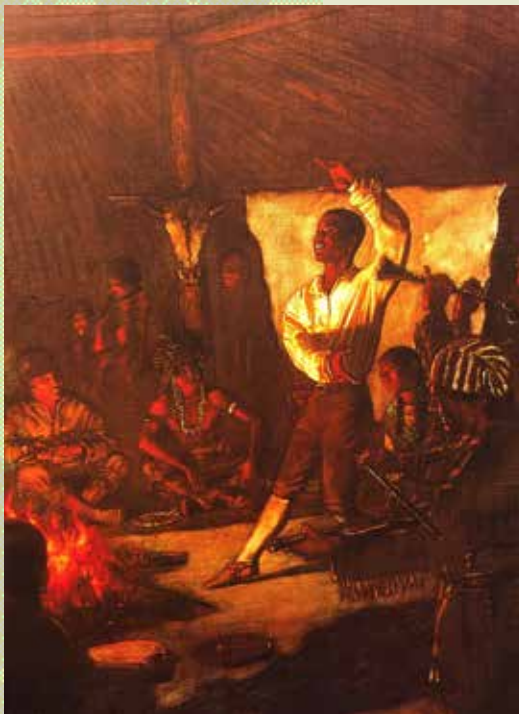


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Rain Gardening in the Winter Months

From East Multnomah Soil & Water Conservation District

A rain garden is a sunken garden bed that captures stormwater runoff from hard surfaces like rooftops, sidewalks, and driveways, and allows it to soak back into the ground naturally. They are planted with hardy, native perennials that filter pollutants commonly found in stormwater runoff. This helps reduce the overall amount of runoff and pollution that gets into our streams, and maintains the natural hydrology—meaning the movement and distribution of water in the area as they would be under natural conditions—so that streams don’t go dry during the hot summer months.



York dancing for a Native audience

When a landscape is covered in natural vegetation, most rainfall soaks into the ground. As we start adding roofs, driveways, sidewalks, and streets to the landscape, much of the rainfall can’t soak into the ground anymore. This can create a lot of problems for people and for our streams. Rain gardens hold stormwater runoff and allow it to soak into the ground, which prevents pollution from entering our local streams and wetlands and helps recharge our groundwater. Rain gardens also provide food and shelter for birds, butterflies, and beneficial insects. By planting a rain garden with native plants, you can create

a beautiful, low-maintenance, drought-tolerant landscape feature, while also providing habitat for beneficial wildlife.

Rain gardens come in many different forms and sizes. Check out our rain garden gallery pages at www.emswcd.org to see some local examples.

While rain gardens work for many different yards, not all yards can have one. The roof

area running into the downspout, soil drainage, yard space, and the amount of available unpaved area are all factors to consider. One good alternative for small yards is to build a stormwater planter, which is something like a standing rain garden. You can see other examples of stormwater-managing features in our Stormwater Alternatives gallery.

Bill’s Excellent Adventure on the Willamette, Part 9: Cruzatte

By Steven McClure

Our review of the diversity of race and culture aboard Captain William Clark’s nine-man canoe now turns to the riverman, Pierre Cruzatte. Regarding the Willamette River exploration, we have so far considered Clark, his local Chinookan Indian pilot, and his African-American “manservant,” York. With a French father and Omaha Indian mother, Cruzatte was a significant representative of the racial and cultural diversity among the entire 33-person party that trekked to the Pacific Ocean. Described as small and wiry, Cruzatte could see with only one eye, and that was nearsighted. He enlisted and joined the Corps of Discovery on the Missouri River a couple of days after the expedition had left St. Louis.

Other corps members nicknamed him “St. Peter,” which seems to denote both affection and respect. One wonders what Captain Merriwether Lewis may have called him after a hunting accident on the return trip down the Missouri River in 1806. With his poor vision, Cruzatte mistook Lewis for an elk and shot him in the left buttock. Lewis survived and continued downriver in a prone position.

Cruzatte may have saved the corps in South Dakota with his ears, however, when he was able to speak with a group of Omaha women and children who were captives of the Teton Lakota (Sioux). The women informed him that the Teton were plotting to rob the expedition and this warning proved crucial to thwarting the armed attack that ensued.

Besides serving as interpreters, both Cruzatte and another French-Omaha creole, Francois Labiche, were recruited for their proficiency as rivermen. They were assigned to alternate at the jobs of manning the bow and setting the pace of oars on the keelboat in the early part of the expedition up



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the Missouri River. How Cruzatte was able to see river obstacles remains an unanswered mystery. On numerous occasions Clark consulted with Cruzatte about upcoming rapids and

river conditions. I think it is safe to assume that Clark brought Cruzatte along on the Willamette excursion for his navigational skills, but there is one other factor we should note: music.

My research indicates that Captain Clark was planning to paddle all the way to the Cushook Chinookan village that his native pilot and others had told him was at present-day Oregon City just below Willamette Falls. (This plan, which I will discuss in future articles, was stymied by a thick fog in St. Johns.) I strongly suspect that Clark had Cruzatte pack up his fiddle, with horns, Jew's harps, and Indian tambourines, among the few items taken in the canoe. The inclusion of a French-Omaha fiddle player and a superb African-American dancer, York, suggests that Clark intended to use musical diplomacy to facilitate the interviews that would be crucial in his attempts to learn the course of the Willamette River above the falls.

Most, if not all, of the members of the expedition enjoyed dancing. The high regard the corps and Indian hosts held for York's skill was not simply a racist voyeurism. We have touched on York's unique circumstances previously, but his connection to Cruzatte's fiddle and the corps' travelling show can't be passed over here. The Lewis and Clark Expedition's mission was tied closely to its diversity on the hidden waters of the Willamette.

FoBW Quarterly Event Information

December 3, Saturday, 10am-5pm

Friends of Baltimore Woods annual book sale! (See the article on page 1.) At Cathedral Park Place, 6635 N. Baltimore St., Portland, OR 97203, in the atrium. \$1 per book, no matter what book. In conjunction with the Cathedral Park Place holiday open house.

December 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!

Early January 2017

The East Multnomah Soil and Water Conservation District's annual online native plant sale is a great way to landscape your yard with inexpensive, bare-root native trees, shrubs, and ground covers. The sale typically opens for online pre-orders around the first weekend in January. Plant pick-up day is generally the 3rd or 4th weekend in February. For more information, go to www.emswcd.org.

January 28, Saturday, 9am-noon

Join us for a work party to continue our ivy removal at the site where we worked on No Ivy day. Meet at the FoBW toolbox. From Lombard, take Catlin toward the river. Go downhill to 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. Dress for the weather!

February 10, Friday, 6pm-9pm

Slough Celebration gala. (See the article on page [use correct page number for Slough Celebration 2017 article].) At the Melody Ballroom, 615 SE Alder St., Portland, OR 97214. For more information, call Karen Carrillo at 503-281-1132, or email karen.carrillo@columbiaslough.org.

February 14, Tuesday, 5-8pm

FoBW's Valentine's Day fundraising dinner at Burgerville. Come to Burgerville in St. Johns for good meal and help FoBW too. Burgerville donates a share of the evening's sales to FoBW. We'll have our information table there and be ready to serve you.

March 4, Saturday, 9-noon

Help us kick our restoration into high gear. Columbia Slough Watershed Council partners with FoBW on a work party to begin planting at the site where we worked on No Ivy day and January 28. See January 28 entry for directions. Wear long sleeves and long pants and sturdy shoes.

March 25, Saturday, 10am-30pm

FoBW's annual native plant sale in the St. Johns Plaza. Save the date!

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