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Living

IN THE COUVE

Defining “The Couve”

If you’re new to Vancouver USA, you may hear locals casually dropping reference to a mysterious entity known only as “The Couve.”

What could it be, you wonder—a local hangout? A delicious French breakfast pastry? A secret society accessible only via speakeasy?

Let us solve this riddle for you: The Couve (rhymes with ‘move’) is a nickname for Vancouver. Unlike many nicknames though, the history and character go beyond mere nomenclature substitution and represent a newly embraced identity.

But what does The Couve actually mean?

It means an undeniable sense of community in a destination that is as culturally vibrant as it is naturally diverse. The Couve is casual, personable, and original. It looks like summer festivals in the park, carefree sailboats on the Columbia, and quirky art throughout the city. Its roots are in history, but its vision is future-facing—like a new waterfront and a recently designated international district.

We pride ourselves on being the original Vancouver. We are home to the West’s oldest living apple tree, the birthplace of Willie Nelson’s music career, and a National Park site in our downtown. We revel in our small city luxuries (think: free weekend parking downtown, uncrowded pathways, and homey bakeries), while embracing our urban sensibilities (think: a thriving brew scene, a world-class library, and late-night eats). If you ask us though—and we’re not ones to brag—we’d say The Couve is pretty cool.

by Jacob Schmidt, Visit Vancouver USA

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Time to Landscape?

A Little Planning Can Make
Your Outdoor Living Space
Functional and Beautiful

By DAMEON PESANTI, for Clark Public Utilities





There's a lot to appreciate about a nice lawn.

It can transform outdoor areas into extensions of our indoor living spaces in a way few other plants can match. It's hard to beat the simple pleasure of stepping barefoot out of the backdoor and onto a thick carpet of grass with a cool drink in hand on a summer evening — especially when good friends and family are around.

While, people might relish in a dense bed of fescue, a lawn is simply a monochromatic monocrop that does nothing for birds, bees or butterflies in your neighborhood.

Even a neglected lawn demands a lot of time, energy and resources to maintain — i.e. money.

If you're tired of that constant maintenance or maybe a little envious of your neighbor's fully bloomed hedges, landscaping your property might be the solution.

A well-landscaped home has many benefits. Not only will it beautify your space and increase your property values, it can also help shield your home from the elements, which can reduce your energy demands for years to come.

A deciduous tree in the right location becomes a passive-solar tool that shades your home from the sun in summer and, come winter, allows the rays to shine through and warm your home. A row of shrubs or select trees will stop the heat-robbing winter winds from chilling your home. Any vegetation will invite more wildlife onto your property which brings its own rewards.

"We have a lot of rain for much of the year but our summers are very dry," said Master Gardener Michael O'Loughlin. "You can save on water by landscaping with native plants, ones that are typically in the county — literally, found in nature here — or by selecting plants that have adapted to the same climate, such as plants found in a Mediterranean climate."

Think years in advance when it's time to plant trees. The Arbor Day Foundation has great resources on their website (www.arborday.org) to help you do just that.

Also keep in mind that our climate enables vegetation to grow faster and larger than they would in many other parts of the country.

"Just because the tag at the nursery says a tree may only grow to 20 feet in height does not

necessarily hold true for all areas and all regions—especially not ours," said Clark Public Utilities Forestry Manager Paul Wienecke. "As for planting under power lines or around equipment my best advice is don't do it. But, if you must, then you should first consult the relevant utility as well as a reputable nursery or landscape arborist."

Sometimes tree growth outpaces our ability to maintain them. That's usually fine, unless they're dangerously close to overhead electrical lines. When that's the case, Clark Public Utilities often can help.

"Even if you are in a situation where trees or shrubs have already been planted under electrical lines, then arboricultural pruning and crown reductions may be required to maintain safe clearances from the energized wires," Wienecke said. "The best advice is to contact the utility and let us conduct a site visit to determine if the vegetation is safe to work on. If not, we will provide a safety trim at no charge to the customer."

You can request a tree trimming assessment online at: www.clarkpublicutilities.com/tree-trimming.

If all of that is beginning to sound a bit overwhelming, you can always call in a professional who can show you the safest and most effective places to plant.

"Any landscaper worth their salt should be able to provide recommendations," O'Loughlin said. "If you're client, you can tell them the heights and dimensions you want and they can work with you."

To find the right solutions for your home, visit nurseries, community plant sales and consult the Washington State University Clark County extension office for more information about what grows best here. The Clark Public Utilities website (www.clarkpublicutilities.com) is a great resource for people who want to better understand the benefits of landscaping with native plants.

CALL BEFORE YOU DIG

Before planting anything, know what utilities, (water, sewer, electric, etc.) are buried around your property. Hitting one of those with a shovel could be catastrophic. **A call to 811** at least three business days before starting work will summon all relevant utilities companies for a free assessment of your land.

“Transtorior” • Essentials for enjoying your life al fresco

By VALERIE SLOAN, *The Columbian*

The term “transtorior” implies living seamlessly between your interior and exterior spaces. Since we are all spending more time living and entertaining on our decks, balconies and patios, these areas have gotten more luxurious and better equipped.

We see the trend in fabrics that are comfortable and stylish, yet resilient enough to handle the elements. More and more homeowners are building and utilizing outdoor kitchens with dishwashers, pizza ovens, wine chillers and refrigerated drawers. The ease we expect from technology has crept into the great outdoors with remote controlled sliders, Wi-Fi speakers, televisions, ambient lighting and security features.

There are a few great ways to create your own transtorior, so you can enjoy an indoor/outdoor lifestyle as well as adding square footage to your livable space.

INSTALL A FUNCTIONAL OUTDOOR KITCHEN

This is a great way to entertain outdoors without making numerous trips in and out of your house. A sink, grill, range, bar cart, refrigerator and other appliances can easily be incorporated outdoors for year-round use. You will be able to enjoy your guests while preparing meals and drinks at the same time.

CHOOSE THE PROPER TELEVISION

Installing an outdoor television does not mean bringing your indoor TV outside. You need to choose an outdoor

model that is sealed from moisture and glare-resistant. A TV designed for outdoor use will withstand the elements and perform better than a television meant for your living room.

MAKE THE TRANSITION SEAMLESS

Folding glass doors and retractable screens are perfect for erasing the line between your indoor and outdoor living spaces. Folding doors stack on either side of the doorway, which also maximizes the amount of natural light coming into your home. Retractable, even motorized, screens appear and disappear with the touch of a button. They are professionally custom made, and once installed you will have fresh air, shade, climate control and protections from insects.

CIRCULATE

Ceiling fans are the best way to create a breeze on your patio or deck. An overhead fan can also help disperse heat created from the grill or range, so it doesn't settle on you or your guests. Choose an energy-efficient model to stay cool and save on your electric bill.

FIRE & WATER

Both fire and water create a relaxing atmosphere for you and your guests. A water feature will bring soothing sounds and enhance your outdoor living space. A fire pit, or fire table, will keep you cozy and allow you to continue entertaining into the night, as well as creating a communal feel for your gathering.



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By EILEEN COWEN, for The Columbian

The Benefits of Landscaping with Trees

During the summer, trees are really the unsung heroes of urban and residential spaces.

Sure, people love to bask in their shade, and maybe even hang a hammock for a warm afternoon nap. Apart from a cool respite, trees offer other incredible benefits to our cities and neighborhoods. As our society assesses the impacts of sprawling urbanization in the Northwest over the last hundred years or so, multiple studies can help us appreciate the value of urban forest density in very specific, tangible ways.

In 2016, the Food and Agricultural Association of the United Nations reported that nearly 50% of humans on earth live in urban environments. That accounts for over 3.5 billion humans crammed into spaces that are generally devoid of large foliage. During the massive population explosion in the mid- 20th century, humans worldwide cut large swathes

of forests to provide living space, building materials, and home heating options. This deforestation caused some serious secondary problems in urban areas, most notably on our own health. Fortunately, restoring our tree canopy can be part of the solution to help alleviate issues in addition to making our urban areas more attractive places to call home.



HEAT ISLANDS

Cities are quite susceptible to the “heat island” phenomenon, wherein a district of a city is measurable degrees hotter than other parts. This is due to paving and concreting projects that cover large areas of land during development. We often see this in our own region during hot spells: the more sprawling parts of East Portland and Gresham are particularly affected. Research has proved time and again that the presence of trees mitigate this issue. In fact, trees can cool the air up to five degrees Fahrenheit by providing shade and increasing water retention. With the addition of well-placed trees, we can make our cities less oppressive during heatwaves.

POLLUTION

Air, water, and heavy particulate pollution in cities is a well-documented

Continued on next page ►



problem. Here in The Couve, areas west of Interstate 5 are especially impacted by pollution. This is partially because of urban density, but proximity to shipping, rail, and highway traffic increases problems. Thankfully, trees can help with pollution, too. Trees absorb pollutant gasses such as carbon

monoxide, ozone, and sulfur dioxide. Their leaves and bark filter and trap fine particulates, helping clean the air we breathe.

Trees are also excellent resources to help keep pollutants out of our waterways. For instance, a mature evergreen tree can intercept around 15,000

gallons of water per year. This natural filtering system helps mitigate runoff as well as traps waterborne pollution so it doesn't contribute to larger environmental issues in our rivers.

PROPERTY VALUE

Numerous studies have shown that trees add more than aesthetic value, they can actually increase property value nearly 20 percent. That is a huge amount and is important to keep in mind when planning landscaping. Many local organizations offer grants and other help to homeowners who plant trees. The Watersheds Alliance, in cooperation with Friends of Trees, offers matching grants to neighborhood associations to help with the purchase trees. This can bring the price of a tree down to just a few dollars in some cases. Friends of Trees can help with planting and maintenance, as well as offer tips to keep the newly planted tree in tip-top shape through its first year.

HEALTH BENEFITS

Access to the outdoors is one of the top reasons people relocate to the Pacific Northwest, and trees are a large part of that equation. Besides being visually pleasing, proximity to trees and green spaces is a measurable quantifier to humans' mental and

physical health. A 2018 study by the US Department of Agriculture determined that a 1% increase in usable, accessible green space in cities equates to a 4% reduction in mental health disorders in urban populations. Distance makes a difference, too, with a 3% lower treatment rate for every 100 meters a person lives from established green spaces.

Our mental health isn't the only part of us that can benefit from communing with nature. People with regular access to forested spaces have lower rates of cardiovascular disease, hypertension, and dementia, and experience better general mobility as they age. All in all, the USDA study estimates that by investing in large-scale green space restoration, the United States could save over \$11 billion in healthcare costs.

Multiple studies are clear: the presence of trees has positive impacts on our lives, comfort, and even our pocketbooks. If you have any questions about Vancouver's tree canopy density and future plans, please look at the Department of Public Works Urban Forestry web page. There, you can find information on workshops, our Heritage Tree program, and tips to keep your trees healthy and safe. Investing in trees seems a small price to pay to keep our communities vibrant and healthy.

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Gardening That Does Good: NATURAL GARDENING

by ANNE MAHER, for Clark County Public Health Solid Waste
Education & Outreach



Summer is here, which means more time in the garden! Gardening can be a great way to get outside, grow your own food, and create a serene setting for enjoying the balmy weather. While most of us want our yards to look nice, few consider the environmental and health impacts of their gardening choices. Natural gardens benefit the health of your household, your neighbors, and the environment around you by supporting beneficial wildlife, buffering impacts of extreme weather, and reducing pollution. We live in an interconnected system and what we choose to do in our yards and gardens influences the environment around us.

WHAT IS NATURAL GARDENING?

A natural garden works with the landscape and local environment to thrive without the use of chemicals. The first step to take towards creating a yard and garden that benefits people and the planet is to cut out the use of synthetic herbicides, pesticides, and fertilizers. Rainwater and runoff can carry these chemicals into local waterbodies, contributing to toxic algae blooms which close beloved swimming holes every summer. There are plenty of ways to fight weeds and pests without synthetic chemicals. Planting many plants closer together (creating density), laying mulch, and selecting disease-resistant plants can prevent pests from thriving. Pesticides kill all bugs, good and bad, including insects that eat nuisance species (like mosquitos!) and pollinators. Practicing natural pest prevention and management can encourage a healthy population of beneficial insects in your garden.

Promoting healthy soil is another essential principle of natural gardening. Consider adding a compost system to your garden to turn your kitchen scraps into a nutrient-rich product, which can be used as a fertilizer or mulch. Compost can also prevent

sandy soil from becoming too dry, and prevent clay soil from becoming too water-logged. Using compost, bark chips, or straw as mulch prevents weeds, moderates soil temperature, retains moisture, and provides nutrients to your plants.

Natural gardening techniques can help create yards and gardens that require less maintenance than traditional landscaping and grass lawns. Replace grass lawns and picky, exotic ornamental plants with native species, which are adapted to our local environment and will thrive with less upkeep and care. Native plants also support the native insects that eat pests and pollinate your fruits and veggies. When choosing native plants, consider what is appropriate for your location, yard size, and elevation.

Gardens, just like natural ecosystems, thrive when there's a diversity of plant and animal life. Create habitat for critters in your yard by reducing the size of your grass lawn and planting native flowers instead, giving wildlife food, habitat, and space to thrive. Provide water via ponds and bird baths, and shelter via rock piles or bee houses. Inviting wildlife into your yard encourages a balanced ecosystem with beneficial wildlife species, like bats and birds, keeping populations of pest species, like mosquitos, in check.

Living in the Pacific Northwest, many of us take rain for granted. There are ways to take advantage of rainy days to benefit your yard and garden. Rain barrels and cisterns can reduce runoff from your roof and paved surfaces and provide water for washing tools and watering ornamental plants. Rain gardens use the natural power of plants to filter pollution from storm water before it reaches groundwater sources. Make the most of the water you use in your garden by choosing drought-tolerant plants, plant densely, and reduce or eliminate lawns that require a lot of water and maintenance.

Continued on next page ►

Perhaps most importantly, keep an open mind with your natural garden, and re-think what a garden is “meant” to look like; instead, consider what it can do for your landscape and the local environment. Your garden can be the most beautiful display on the block and benefit our environment at the same time.

Read more about natural gardening principles, techniques, and tips on the Clark County Green Neighbors website at www.ClarkGreenNeighbors.org. On the website, you can keep an eye out for classes and workshops about natural gardening by subscribing to the monthly Green Neighbors newsletter and checking out the “Event Calendar.”

TAKE THE TOUR!

See natural gardening in action! Each year, gardeners throughout Clark County open their yards for others to learn from. All of the gardens are maintained without the use of synthetic chemicals, and incorporate dozens of various natural gardening techniques and features.

Join us for this free self-guided tour on July 14, and visit as many of the twelve gardens as you’d like from 10 am to 4 pm. Tour information and garden locations can be found at www.ClarkGreenNeighbors.org/green-living/natural-garden-tour.

Did You Know?

Native plants are a great choice for your home’s landscaping because they require less water, pesticides, and maintenance.



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By SUSAN COX,
Master Gardener volunteer with the
WSU Extension

HEIRLOOM SEEDS



A LEGACY
FROM THE PAST

Continued on next page ►

HEIRLOOM SEEDS

*A more intangible benefit ...
is that they usually come
with a story.*

In a world filled with billions of people, the challenges of providing sufficient food across significant distances have resulted in changes to the seeds planted by commercial growers and many home gardeners.

Commercial growers need vegetables and fruits that will transport and store well and ripen for harvest at the same time for efficiency. They achieve this by planting hybrid seeds, where different varieties of a plant are cross-pollinated to produce a new variety that is intended to have the best traits of its parents.

Though hybrids have achieved the growers' goals, they've done so at a cost. Hybrids can't reproduce effectively, so you can't save and replant the seeds from your hybrid plant and expect them to reproduce the same plant; they revert to be like one of the parents and you won't be able to guess which one until they mature.

Important characteristics (most notably taste) are sacrificed in creating the hybrid. Red Delicious apples are a noteworthy victim of this drive for ship-ability, in that they now have a much thicker skin to protect them in shipment. They arrive looking good, but the taste and texture is a sad decline from the Red Delicious of my youth.

Another cost is literally cost: because the seeds can't be saved, the grower has to purchase new seeds every year.

The increasingly popular alternative is using heirloom seeds. These seeds (usually considered heirloom after successfully being reproduced for fifty years or more) have been untainted by science and proven through nature.

Heirloom seeds thrive because they are well suited to their environment; they may have changed and adapted over the years, but they did it naturally through their own survival as the sturdiest plants were harvested for their precious seeds for future planting.

Those who grow heirlooms say that they are much tastier than hybrids. Research has also shown that many heirloom varieties are more nutritious than hybrids of the same plant type.

Another benefit of heirloom varieties is that they don't usually all ripen at once, so the home gardener can enjoy harvesting their crop over a

longer period. Gardeners can also save money by saving seeds from one year to the next, confident that they will reproduce true and tasty.

A more intangible benefit of heirloom seeds is that they usually come with a story. To have survived long enough to become heirloom, these seeds had to pass through generations of growers, handed down with pride and care.

Stephania Potter is the proud beneficiary of such a heritage. Over fifty years ago, a Skamania County Washington State University Extension agent gave cold hardy tomato seeds to Stephanian's mother, telling her they originated in the Andes Mountains of South America.

Stephanian's mother grew the seeds and shared some with Vincent Jonas,

Stephanian's first husband's uncle, who grew them for several years. When Vincent passed away, the seeds went to Stephanian's in-laws, Ted and Emma Jonas, who also grew them for years. As the couple aged, Stephanian herself began growing the seeds about thirty years ago, and as she aged, she too felt the need to pass the seeds on.

She'd been calling the plant the Jonas Tomato or the ToMayTo because she could get them to bear in late May, but the gardener she shared the seeds with renamed it the Stephanian Heritage Tomato in her honor.

Stephanian's story illustrates the deeper meaning that can be found in heirloom seeds. They sustain us with delicious and nourishing food that honors the collaborative efforts of generations of dedicated growers who wanted to pass on something special. We thank them each time we plant their seeds.



Stephania Potter with her namesake heirloom tomatoes.

June is Squash Planting Month

By LIZ PIKE, Master Gardener

Enjoy a bountiful summer and fall squash harvest by planting them at the right time. Grow your favorite traditional varieties and experiment with some new ones this season.

If you want great squash this summer and fall, exercise patience before you plant. Squash is considered a very tender crop. It's in the same cucurbit classification along with cucumbers and melons. Very tender crops germinate best when the soil temperatures are warm, around 75 degrees F. This means you must be patient and wait until the first week of June to set squash starts or transplants out into the garden. If you are direct seeding squash in your garden, wait until the soil is warm enough. Don't seed into cold, wet soil because disease incidence under these conditions are too high.

YOU DID EVERYTHING RIGHT!

In a perfect growing season, you started pumpkin, cucumber and squash seeds indoors or inside a greenhouse in early May. You allowed lots of room for roots to grow in your transplant containers to avoid stunting. June is here, the sun is shining and the squash is ready to transplant. Next, you "harden off" the squash starts by setting the transplants outside. You made sure the delicate starts were covered at night for the first week to avoid cold damage. You added lots of organic compost to your garden and now the fertile soils are ready to receive the almighty summer squash!

PLANT THOSE BABIES!

Follow the directions on your seed pack. Most pumpkins and gourds should be planted in groups of 4-6 on mounds that are about 36 inches apart. Squashes are best planted one to two plants (or seeds) 36 inches apart and not mounded.



Never transplant starts in the heat of the day. Place them in the soil in the early morning or evening hours when they won't be subject to extreme noon-day heat. Water thoroughly and keep the soil moist over the next few weeks as the starts transition into the garden. Treat varieties of cucumbers in this same manner.

PLANT TRADITIONAL FAVORITES

The most popular squashes include yellow summer squash, both straight neck and crookneck, zucchini, butternut, acorn and pumpkins. During the squash fruiting season, be sure to check your plants at the same time everyday. Harvest each day when they are young and tender. Yellow summer squash tastes great when thinly sliced and added to fresh salads from your garden. And who can resist Zucchini Black Beauties? When they hide under a leaf for 24 hours and transform into baseball bats, their highest and best use is being baked into fresh chocolate zucchini bread.

On a crisp fall day, nothing says comfort food like a warm bowl of fresh butternut squash soup with homemade rustic bread. The best soup comes from a butternut that was picked five minutes before slaughter! Notice the liquid beads on each slice of 'meat.' There's no substitute for picking a fresh dinner from your own garden! Food has its highest nutritional value when it's first picked. Eat it fresh!

TRY THESE UNUSUAL DELIGHTS!

A few years ago, I discovered some new Italian varieties of squash. I had good luck with the beautiful Italian Cocozelle Zucchini. It has dark green skin with lighter flecks and lengthwise stripes. The flesh is light colored, similar to traditional zucchini. The water content is much lower in Cocozelle, which makes it ideal for summer grilling. Delicata squash is another one of my new Italian favorites. The flesh resembles that of Butternut, and is sweet and meaty! The skin is so tender and unlike Butternut, it does not need peeling. Simply wash, slice, and remove the seeds. Toss the slices with olive oil, some sea salt, paprika and chili powder. It's ready to grill or roast.

This year I'm planting a new heirloom Ribbed Zucchini beloved and known by Italians as "Costata Romanesco." The 6-8 inch medium green fruits have pale green ribs and flecks. The prominent ribs create star-shaped slices which can be sauteed or roasted.

This month, I'm also going to plant some small fancy gourds and mini "Jack Be Little" pumpkins for decorations. These varieties will be a nice addition to the Early Sweet Sugar Pie pumpkins and the larger "Jack-o-Lantern" varieties at our farm.

Be patient, plant your squash in early June and you'll be enjoying fresh, healthy and delicious squash from July until Christmas! Happy gardening!

Liz Pike operates Shangri-La Farm, a two-acre organic farm in Fern Prairie. She raises vegetables, fruits, berries, a large flock of free range egg-laying hens and a few Soay sheep. Honey from her honeybees along with seasonal produce compliment year round egg sales at the Shangri-La Farm Stand.

Source: 2018 Clark County Master Gardener Training Manual, Burpee Seed Company and Park Seed catalogs.



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With beautiful weather, scenic views and plenty of family friendly events, summer is when our community comes alive!

Get outdoors and explore Vancouver's 90 parks and 20 natural areas. Take a stroll down historic Main Street and be sure to check out the new Waterfront Park! No matter how old you are or what you're interested in, there's always something new to do in Vancouver.

The Parks and Recreation Department offers summer fun for the whole family! Climb aboard a fire engine, enjoy a picnic at one of our many outdoor concerts or movies, take in a cultural event or watch your favorite vintage cars cruise through downtown.

Whether you are new to the Couve or have been here for years, the people in our community is what makes this city great. So get out there and enjoy all Vancouver has to offer! Our exciting community events are the perfect place to meet new people, enjoy great food and entertainment, and celebrate our vibrant city.



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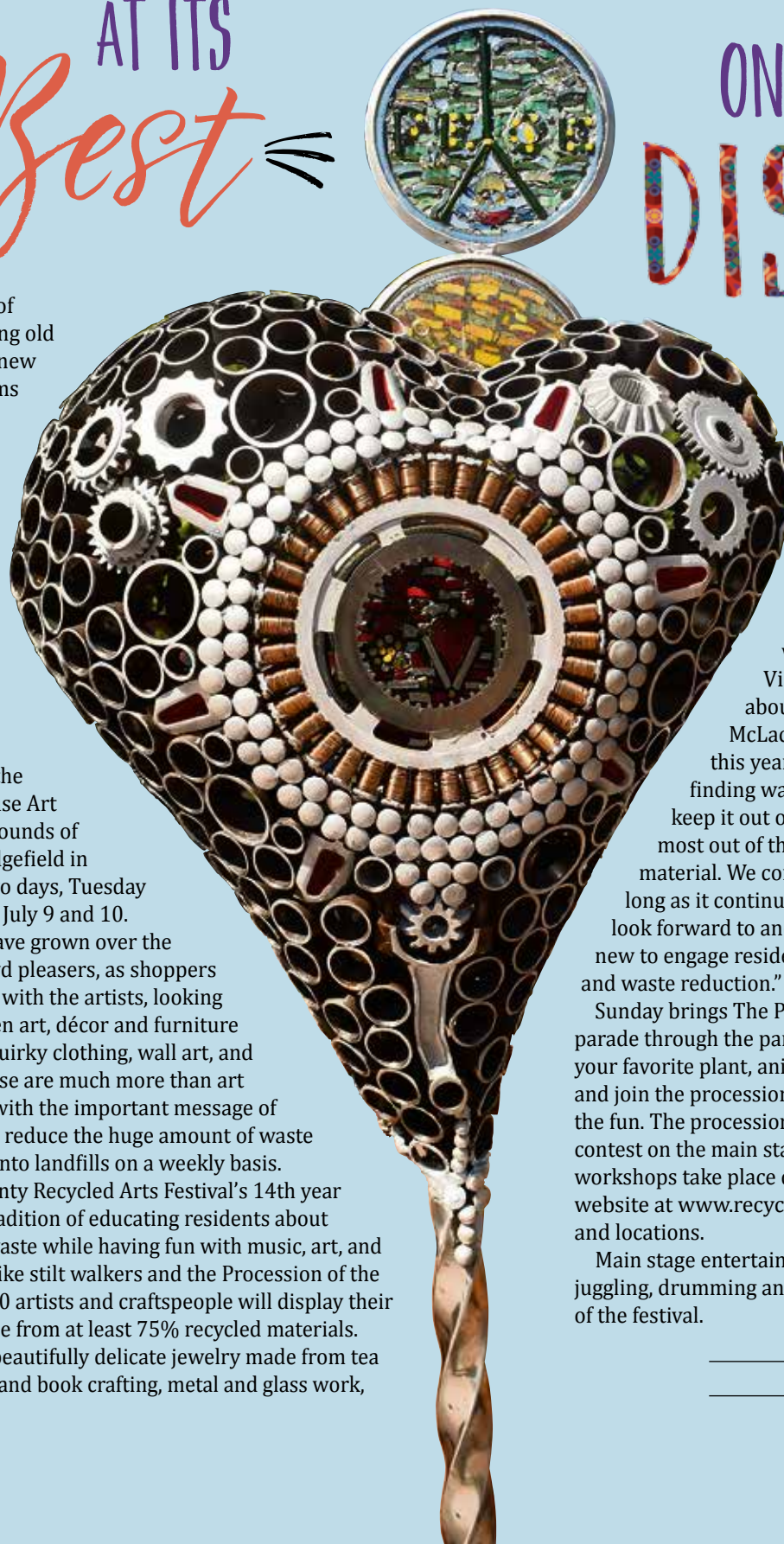
AT ITS
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DISPLAY

The magic of reimagining old stuff into new art and craft items is on display at two favorite events this summer. The Clark County Recycled Arts Festival takes over Esther Short Park in downtown Vancouver on Saturday and Sunday, June 29 and 30. In July, the crackedpots Reuse Art Show fills the grounds of McMenamins Edgefield in Troutdale for two days, Tuesday and Wednesday, July 9 and 10.

Both shows have grown over the years to be crowd pleasers, as shoppers browse and talk with the artists, looking for special garden art, décor and furniture items, jewelry, quirky clothing, wall art, and much more. These are much more than art shows, though, with the important message of creating ways to reduce the huge amount of waste that is dumped into landfills on a weekly basis.

The Clark County Recycled Arts Festival's 14th year carries on the tradition of educating residents about reducing solid waste while having fun with music, art, and unusual events like stilt walkers and the Procession of the Species. Over 130 artists and craftspeople will display their wares, each made from at least 75% recycled materials. Vendors create beautifully delicate jewelry made from tea canisters, paper and book crafting, metal and glass work,



By PAT STEPHENS,
for *The Columbian*

garden and home décor and furnishings, and more.

"The Recycled Arts Festival is a way for us to teach Clark County residents how to reduce waste and recycle right, in a way that's fun and engaging. Visitors leave inspired to think about waste differently," said Kaley McLachlan-Burton, coordinator of this year's Festival. "The art encourages finding ways to give 'waste' a new life, keep it out of the landfill, and to get the most out of the resources used to make that material. We consider the event successful as long as it continues to be something residents look forward to and each year brings something new to engage residents in learning about recycling and waste reduction."

Sunday brings The Procession of the Species, a parade through the park at 11 a.m. Come costumed as your favorite plant, animal species, or natural element and join the procession. All ages are welcome to join the fun. The procession concludes with a costume contest on the main stage. Free costume making workshops take place during June, so check the website at www.recycledartsfestival.com for dates and locations.

Main stage entertainment includes music, dancing, juggling, drumming and fun for everyone on both days of the festival.

Continued on next page ►



Photo credit: Nancy Lindahl



tons of reusable materials were repurposed by artists and saved from the landfill.”

Are you a McMenamins Passport member? If so, they are creating a special 20th anniversary commemorative stamp for the event.

Other crackedpots efforts include ReClaim It!, their retail shop located in North Portland, celebrating its fifth anniversary this year. Featuring items gleaned from the Metro Central Transfer Station, the store promotes resource

conservation through creative reuse and reimagining. ReClaim It! will host a pop-up shop with items curated especially for the 2019 Reuse Art Show.

GLEAN is a reuse art partnership between crackedpots, Portland’s Metro, and Recology Oregon Recovery Inc. GLEAN is a juried art program that annually selects five local artists by a jury of arts and environmental professionals.

They are given access to the Metro Central transfer station for five months to glean discarded materials to make art. The program culminates with an exhibition of their works in the summer at a local gallery.

Most homes and gardens have room for something that surprises, creates laughter, or just lends that bit of quiet beauty. These two shows are the places to find just the right piece that expresses your personality and gives years of enjoyment.



crackedpots Reuse Art Show: 20th Anniversary

If you long for more of a good thing, head over to Troutdale on July 9 and 10 for the crackedpots Reuse Art Show, featuring a plant sale by Edgefield Gardens and Jockey Hill Nursery. Promoted as “Cascadia’s longest running reuse, reclaimed and upcycled art event,” the show includes artists who are passionate about both their art and the environment.

crackedpots, an environmental art non-profit dedicated to waste reduction, will celebrate 20 years of reuse, reclaimed and upcycled creations at its annual art show. More than 90 local and regional artists will display and sell art — including indoor, outdoor and wearable items — made from reused and reclaimed materials.

Fourteen of those artists are from Washington.

“Art at this reuse show is handmade from at least 80% recycled materials. Materials evolve from a past life into a totally new use,” said Sara Badiali, crackedpots Events Manager. “Each piece of art has a story tag which explains its evolution. A shovel becomes part of a garden sculpture; old cedar fence boards become a patio chair; a tweed suit is repurposed into stylish handbags. At the 2018 show, over 20

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Berry Foraging

Summer Fun for the Whole Family

By EILEEN COWEN, for *The Columbian*

My favorite thing about the Northwest summers is the abundance of berries. Whether bought from a roadside stand or fresh picked from the side of an urban alley or mountain trail, berries seem to be in a never ending supply. The most incredible part to me, as a transplant to the Northwest, is the sheer variety of berries one can forage in our natural spaces. I grew up in New England where we simply did not have salmon and thimble berries. Wandering these beautiful western forests gives me a new appreciation for the things that naturally grow wild when allowed to thrive.

My family and I are avid hikers. During the summer that means trail-side snacks of berries all season long. We are very careful with respecting the plants and established trails, and make sure that we always bring at least one field guide to help us identify plants we plan to eat. My favorite guide right now is "Plants of the Pacific Northwest Coast: Washington, Oregon, British Columbia, & Alaska," by Jim Pojar and Andy McKinnon. Not only does it

have great identification information, it also includes detailed notes describing how various Northwest First Nations used and harvested specific plants. This cultural relevancy helps put places and people in perspective, relative to regional food and ecosystem.

KNOW BEFORE YOU GO

When you go hiking or foraging, it is important to make sure that you know on whose land you are treading. When in National Forest land, like the Gifford Pinchot or Mount Hood Forest, be sure to pay attention to foraging limits and areas that are off limits to gathering. Any ranger station will have the information and maps you need. You can also stop by the National Parks Office at Fort Vancouver to get the right info from a ranger before you leave. If you are in a state

or national park, reservation, or wildlife refuge, there are specific prohibitions on foraging, even for berries. Similarly, private land can be questionable. The bottom line is making sure you know where you are so you don't negatively affect areas that you shouldn't be disturbing.

SALMON BERRIES

Salmon berries make their appearance earlier than other berries. Ranging from yellow to deep red in color, they are on just about every trail near a stream or river in the lower Cascades. You don't have to look far to find a juicy treat during June. In April, their early-spring blossoms are especially lovely, peppering salmon berry bushes with bright magenta flowers.



THIMBLEBERRIES



Thimbleberries are another early berry. Look for spindly bushes with white blossoms. The berry itself is bright red, raspberry-like in

appearance, with a milder flavor and a somewhat mushy texture. Look alongside cleared areas at lower elevations for this mid-June berry.

HIMALAYAN BLACKBERRIES

Though less abundant than the invasive Himalayan blackberry, the native trailing blackberry more than makes up for quantity by packing a flavorful punch. As the name suggests, the vines spread on the ground rather than the more upright shoots of the Himalayan. The berries



Continued on next page ►

are smaller, around ½ an inch, but have a vibrant flavor. They are also the only native blackberry to the Northwest. Look for the white blossoms in May, and berries in July.

HUCKLEBERRIES



Hands down, huckleberries are my family's favorite. Luckily, they come in varieties that ripen at different times so we can enjoy them for the majority of late summer and autumn. Red huckleberries

can be found just about anywhere in the Cascade forests, often growing out of nurse logs. Their pinkish-red berries are sweet and a little sour, making for a fun game of "guess what's ripe." Deep purple black huckleberries ripen a bit later than their red cousins and have a sweeter, deeper flavor. Look for them in old burn areas, trail-side at mid-elevations, or purchase from a roadside stand during late summer. Many intrepid people work as foragers in our forests and can be a great source of information about wild plants.

OTHER BERRIES

When hiking or exploring our natural spaces, be sure to keep your eye out for other berries, such as blueberries,

serviceberries, and salal berries. All are edible and have an important history of providing sustenance to those who have lived here in the Northwest for thousands of years. By taking advantage of the natural bounty of Pacific forests, you too can feel a greater attachment to the plants that make our bioregion a special place to live.

Eileen Cowen is a transplanted Mainer living with her Washingtonian husband and children in Downtown Vancouver. She enjoys hiking, camping, playing music, tasting local beers, and talking to neighborhood cats.

Did You Know?

Three kinds of Blackberries grow in abundance around here—Himalayan Blackberry (*Rubus Armeniacus*), Cut-leaf Evergreen Blackberry (*Rubus Laciniatus*), and Trailing Blackberry (*Rubus Ursinus*)—but only the Trailing Blackberry is a native plant.

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RECIPE

Glazed Strawberry Pie

Provided by Pat Stephens

June always brings strawberries, and a trip to a you-pick field nearby.

It's always hard to stop picking when the berries are at their peak, but the thought of making jam and this pie recipe lures us away from the fields and back to the kitchen.

This has long been a family favorite, especially with freshly picked berries, and mounds of lightly sweetened whipped cream.

INGREDIENTS

- 1 quart strawberries
- 1 cup sugar
- 3 tbsp. cornstarch
- 2 tbsp. lemon juice
- 1 baked 9 inch pie shell

INSTRUCTIONS

- Crush half the berries in a saucepan.
- Mix sugar with cornstarch and stir into the crushed berries.
- Cook and stir until thickened and clear.
- Add lemon juice.
- Cut remaining berries in halves and add to the cooked mixture.
- Pour into a baked and cooled pie crust shell made using your favorite method.
- Chill, then serve with whipped cream.

Did You Know?

Rinsing strawberries speeds up spoiling. Don't rinse them until you're ready to eat them.

Strawberries are the only fruit to wear their seeds on the outside.

Strawberries and roses are in the same plant family (Rosaceae).



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It's The Simple Things

By LETHA BRANDENBURG,
owner of The Healthy Weigh

If I asked you to make a list of the “top ten hardest things to do,” losing weight and keeping it off for life might show up on yours. Losing weight...It seems so hard, and keeping it off for life, even harder.

Truth is, it's just a lot of simple things done consistently over a long period of time.

- **Buying healthy groceries**...simple
- **Prepping them in advance**...simple
- **Watching your portion size**...simple
- **Writing down and tracking your foods**...simple
- **Taking a walk**...simple
- **Focusing on new thoughts**...simple
- **Journaling your feelings**...simple

It's the simple things that change a life if done consistently over a long period of time.

Although these simple things are life changing, when you're practicing them, you don't feel like an aspiring gold medalist. You don't need a degree of any kind to do them and in fact, they're pretty mundane. These

simple things really don't take huge effort; they are not heroic or dramatic. Mostly, they are just simple things that all of us could be doing every day.

But here's the thing...It's the simple things that successful people do and it's those same simple things that unsuccessful people don't do.

Success is easy, but so is failure. We have the freedom to choose which path to take.

LOOK AT THE SIMPLE LIST AGAIN:

- ✱ **Buying healthy groceries**
- ✱ **Prepping them in advance**
- ✱ **Watching your portions sizes**
- ✱ **Writing down and tracking your foods**
- ✱ **Taking a walk**
- ✱ **Focusing on new thoughts**
- ✱ **Journaling your feelings**



If we do these simple things consistently over time, we will have amazing success. If we don't do these simple things consistently over time...Well, you know the outcome of that scenario.

You don't have to do something brilliant or impossible to reach your goal weight. You don't have to learn some insanely difficult skill or have some amazing new idea to lose your weight.

All you have to do is the simple things consistently, over a long period of time.



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VANCOUVER

Waterfront

After an official grand opening ceremony last September, the new Vancouver Waterfront development is already a landmark and quickly becoming a destination. The cabled Grant Street Pier is the focal point, extending out 90 feet over the Columbia. It's a great spot for taking photos and watching passing boats. Two restaurants, Twigs and Wildfin offer river view dining and outdoor seating. The Maryhill Winery tasting room is the newest addition to the waterfront development with small plates and live music.

Stay tuned for development of the Port of Vancouver's Terminal 1, which include plans for a marketplace similar to Pike Place Market, a hotel, a restaurant, and commercial and community spaces.



Cellar Door Candles

OWNER OR CEO:

Jamie Lara

YEARS IN BUSINESS:

6 years in business. I was lead of production and candle maker for a huge candle company. I have been doing farmers markets and large events since 2013 building a strong customer base.

WHAT PRODUCTS DO YOU MAKE?

We make Candles, Reed Diffusers and Essential Oil Blends

WHERE ARE THEY AVAILABLE?

Cellar Door Candles items are available every weekend through the season at our booth at the Vancouver Farmers Market, online at www.CellarDoorCandles.com and stores throughout the region and the USA.

WHAT MAKES THEM UNIQUE AND SPECIAL?

What really makes our candles unique is what goes into them. The fragrances in every item are all original blends using only essential oils (pure plant oil that has been steam distilled or cold pressed) designed in house with no influence from what other fragrance companies are doing. This ensures that every fragrance we offer is going to be completely unique and on the cutting edge of fragrance design. The wax blend is very unique as well. It is also an original blend using only organic beeswax from a beekeeper here in Vancouver, and coconut wax. So our wax is blended from scratch in house which is incredibly rare and complex for any candle company to do. That formula and drive for integrity truly makes our candles and fragrances unique in comparison to the majority of candle and fragrance companies.

WHAT IS YOUR COMPANY'S MISSION AND VISION?

My mission as a business owner is to bring something of quality into people's homes.

MADE LOCAL



WHAT IS ONE OF YOUR BUSINESS GOALS FOR THE NEXT YEAR?

My biggest goal in the next year is to hire 3-5 people. I want to expand into other farmers markets in the region.

ANYTHING ELSE YOU WOULD LIKE READERS TO KNOW ABOUT YOUR COMPANY AND YOUR PRODUCTS?

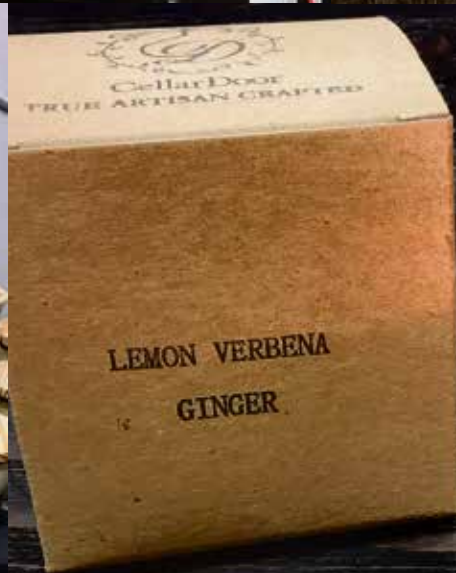
Being part of the Pacific Northwest is an amazing thing as a business owner. It gives me the opportunity to buy all of our raw materials locally. We buy all of our raw materials from a lavender farm in the region, and our beeswax comes from a local beekeeper. I also go to a local lumber yard and pick up all of the wood for our wood lids on our candles, which we also make in house. All of our packaging materials and glass for the candles is made in the USA which is also a huge step in business.

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Websites:

www.CellarDoorCandles.com



If you or someone you know is a local maker that we might feature, please send contact information to laura.wenrick@columbian.com for consideration.

DIY Budgeting



Jason Rothkowitz is a Program Manager at Financial Beginnings Washington. Contact him at 800-406-1876 ext 202 for more information about classes and events.

Make Financial Goal Setting Your Summer Project

By JASON ROTHKOWITZ, Program Manager, Financial Beginnings Washington

It's that time of year – the garden is calling to you, the lawn is craving your attention, and those gutters sure could use a cleaning. But as messy as the yard may look after a long winter, often our household budgets look even worse! After all, there were holiday presents to buy, the spring break trip, and the new summer wardrobe... The cost of everything keeps going up.

So, before you dive into those summer home and garden projects, do a quick spruce up of your household budget. Make sure you're considering all of your sources of income, and more importantly, each of your expenses. It can be pretty sobering when you realize the price you're paying for your handcrafted coffee habit, or buying lunch instead of packing it from home.

The key to effective budgeting, whether it's your monthly, yearly, or a project-specific budget, is to find a method that works for you. There's no "right way" to budget in the abstract – the "right way" is the one that you can do consistently, constructively, and continuously. Perhaps you're the pen-and-paper type (nothing wrong with that!) and want to use a lined notepad to keep track of your monthly income and expenditures. Or maybe you're a digital native and find that a spreadsheet or mobile app is the way to go. Whatever you do, just make sure you do it consistently – that's the number one key to a successful budget.

Another pro-tip: don't think of your budget as "good" or "bad." In fact, we encourage you to banish those words from your financial vocabulary. A budget is never "good" or "bad"—it's "sustainable" ...or not. It helps you achieve your goals ...or not. The smart mindset to adopt when it comes to considering your budget is whether or not you're moving toward the financial goals you've set for yourself. Good/bad are not part of that equation.

Many of our students find themselves struggling to budget because they're afraid to do a financial inventory. It's one thing to buy convenience-priced items regularly; it's another thing to actually calculate how much that costs in a given month. Don't let fear deter you from an honest look at your

finances. After all, it's your money – don't part with it unless you really want or need to!

Thankfully, we live in an age where financial management tools abound, from websites that allow you to compare bank accounts and products, to personal finance blogs and podcasts that provide deeply detailed perspectives on effective financial management. At Financial Beginnings, we don't endorse any specific companies, websites, or tools, but we do recommend that you research the resources available and find what works best for you.

If budgeting seems overwhelming to you, that's OK! You don't have to have it perfect right out of the gate. A budget is ultimately a set of guidelines and goals you create for yourself. It should be as flexible as you need it to be, and should change and evolve as your needs and wants do. The ultimate goal of a budget is to ensure you are in complete control of your money. Budgeting effectively doesn't mean you should never enjoy your favorite coffee drink. It does mean that you'll be fully aware of how much that coffee cost you, and what impact that has on your ability to achieve your financial goals.

Finally, don't let perfect be the enemy of good. No matter how good (or not) you feel about your personal finances, effective budgeting puts you in the driver's seat and maximizes the potential for you to achieve your financial goals. Just as your garden won't grow without careful tending and the gutters won't clean themselves, the health of your personal finances is fully dependent on the time and attention you pay them. Regardless of whether you're nine, or 90, your future self will thank you for the work you put in today.

At Financial Beginnings, we teach students of all ages, from kindergarten through retirement, how to effectively take control of their personal finances. As a 501c3 non-profit, all of our classes are offered at no cost to the student, the learning facility, or the teacher. Our classes are aligned to Washington State learning standards, so if you're a parent or teacher who would like to bring no-cost financial literacy into a classroom or community-based organization near you, please give us a call!

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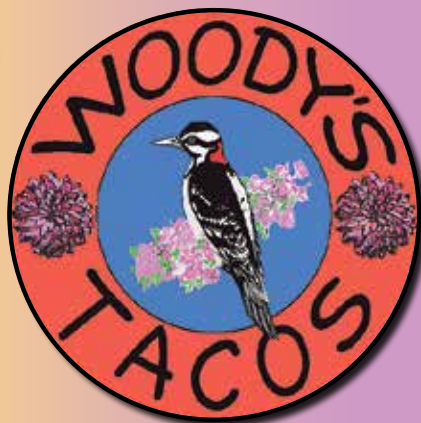
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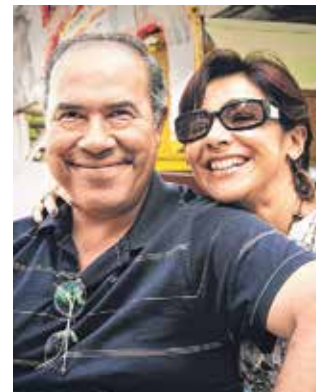


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Salt Water Taffy

A SUMMERTIME
SEASIDE
STAPLE

Summertime fun frequently involves a trip to the coast. While days are spent with toes in the sand, once the sun sets the entertainment moves to the boardwalk attractions, food and fanfare.

The Atlantic City Boardwalk opened on June 26, 1870, becoming the first boardwalk in the United States. National Geographic explains the first wooden planks were laid to curb the amount of sand beachcombers tracked into the train and hotel lobbies. Eventually, the boardwalk itself, with arcade halls and amusement attractions, would become its own destination.

Soon other boardwalks opened across the country, becoming hubs of summertime fun, with food and confections.

A well-known boardwalk treat, salt water taffy is a summertime staple. Salt water taffy is a soft taffy that was originally produced and marketed in Atlantic City. According to popular lore, David Bradley, whose candy store was flooded during a major storm in 1883, found all of his stock soaked with the salty Atlantic brine - including his taffy. When a young customer later came in asking if he had taffy, he jokingly offered her "salt water taffy." The customer sampled the piece and showed her friends. The name "salt water taffy" caught on.

A man named Joseph Franlinger helped make salt water taffy a household name. After observing boardwalk visitors purchasing the candy during seaside jaunts, he found a way to box the candy and sell it so it wouldn't be reserved only for summer holidays. According to candy manufacturer Wokenfuss, by the 1920s, salt water taffy was at the height of its popularity, with more than 450 manufacturers making and/or selling the candy at the time. Each had his own method of preserving the candy, making it less sticky and more portable.

Taffy was first prepared in copper kettles heated over open coals. The sugary mixture was cooled on marble slabs and then pulled from a large hook. The pulling incorporated air into the mix to help keep the taffy soft. The taffy was hand-rolled to the desired thickness, cut and then wrapped.

Salt water taffy is primarily a treat enjoyed on the coasts, but it is sold throughout the United States and Canada. No trip to the boardwalk is complete without snagging a piece of sweet salt water taffy.

-(MetroCreative)

By VALERIE SLOAN, *The Columbian*

RADLERS

A SUMMERTIME DAY DRINKING BREW

If you want a light and refreshing beverage, something not overly sweet, radlers are just the thing. Fizzy, citrusy, low-alcohol radlers were mostly unknown in the U.S. until recently. Close cousin to the shandy (a style that tends to be more beer-forward and higher in alcohol), radlers are traditionally equal amounts of lager and carbonated citrus soda. As the craft scene in America continues to explore and embrace eccentric and exotic styles, summer radlers have come into fashion.

Radlers originated with a drink called Radlermass (literally “cyclist liter”) that was concocted by innkeeper Franz Kugler in a small town outside Munich. During the Roaring Twenties, Kugler created a bicycle trail which led from Munich directly to his drinking establishment in Deisenhofen. One beautiful June day, a record 13,000 cyclists found their way to Kugler’s inn. Struggling to serve all the thirsty patrons, the innovative barman poured 50/50 blends of his lager and a lemon soda he could never seem to sell. Kugler kept up with demands, and the radler was born.

Some of the best radlers come from Central Europe, but American brewers are catching up, and putting their own spin on this fresh libation.

1 PEACH BEERLLINI RADLER BY LEFT HAND BREWING CO., COLORADO

Made with puréed peaches, Peach Beerllini is a delicious twist on a classic Italian Peach Bellini. Bubbly and mildly acidic, but not bitter, this brew is rounded out by a mild backdrop of malt.

2 BIG SHARK LEMON RADLER BY URBAN CHESTNUT BREWING CO., MISSOURI

This golden lager has the aroma of tart lemons. While the citrusy scent is prominent, it settles down nicely in a glass. It is well balanced and refreshingly carbonated. If you’ve tried radlers before and found them too syrupy, this might be the one to change your mind.

3 SPF 50/50 BY RED HARE BREWING CO., GEORGIA

Red Hare brewers refer to this radler as an IPR, or India pale radler. It’s made with a hoppy, slightly bitter pale ale and sparkling grapefruit soda. It starts dry and grassy, but eases into a fresh grapefruit infusion.

4 GINGER LEMON RADLER BY BOULEVARD BREWING CO., COLORADO

This radler begins with a traditional wheat beer rounded out with ginger, lemon juice and soda water. Upfront, the ginger is distinctive, but the lemon and malt bring in a smooth finish.

5 RADLER BY TW PITCHERS’ BREWING CO., CALIFORNIA

At 5% ABV, this frankly named drink is much closer to a fruit beer than a true radler. For those who don’t like the sweet, soda-like qualities of a traditional radler, this one might be more to your liking. Grapefruit and blood orange notes make it a nice sessionable* brew.

*Sessionable: relatively low in alcohol content and therefore suitable for drinking over an extended period.

6 ROADIE GRAPEFRUIT RADLER BY GREAT DIVIDE, COLORADO

The aroma of this beer has a lot of good stuff going on, starting with fresh grapefruit and citrus mixed with an earthy scent of grain. This tart and bitter brew has a light sweetness, like a piece of fruit dusted in sugar (as opposed to candy). It’s refreshing, tangy and definitely worth a try.

7 GYPSY GODDESS RASPBERRY RADLER BY ROCHESTER MILLS BEER CO., MICHIGAN

Made with pink lemonade and raspberry purée, Gypsy Goddess is a nice twist on the traditionally citrus-

focused radler. Just the right amount of sweet and tart, with plenty of refreshing carbonation.

8 THE BLONDIE BY OWL’S BREW RADLER, NEW YORK

This is a strange mix of tea, citrus and hints of pale wheat beer. Crisp and sweet-cour, The Blondie is an interesting change of pace.

If you don’t find the taste you’re looking for, don’t be afraid to make your own radler. Use lager or wheat beer, your favorite citrus or berry juice, and experiment! There’s no wrong way to enjoy this wonderful summer concoction.

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EVENTS

JUNE - JULY

June 21, 5pm-8:30pm

2ND ANNUAL WE'RE ALZ IN - SUMMERTIME BLOCK PARTY @ ESTHER SHORT PARK

Raising funds and awareness for the Alzheimer's Association - Oregon & SW Washington Chapter! Live Country Band Flexor T, more games and activities in the Family Fun Zone from Bounce-N-Battle and Microsoft Store Pioneer Place, delicious BBQ food from Simply Thyme Catering, and this year a #Beer and #Wine Garden with local brews from Heathen Brewing Feral Public House, and wine from Heathen Estate and Burnt Bridge Cellars! Thanks to HOPE A Dementia Support Group, Pacific Perks Coffee & Catering will be there to offer FREE coffee, smoothies, and more! There will also be a special song performed by Metropolitan Performing Arts to show love for all those affected by the disease. This event is FREE unless you want to purchase tickets for the Beer and Wine Garden, BBQ Food or Family Fun Zone! Ticket purchases include Sundown Squad Souvenir. Help in the movement to #EndALZ!

June 29, 10am

VANCOUVER VARIETY MARKET @ VANCOUVER MALL

This event will be held outdoors in the mall parking lot with vendors selling handcrafted items, vintage records, action figures, fresh produce, baked goods, food carts, small businesses and much more. Celebrity guest Irene Bedard, the voice of Disney's Pocahontas. Visit www.vancouvervarietymarket.com for complete details.



June 29, 4pm-10pm

TWILIGHT HALF MARATHON @ VANCOUVER LAKE

Nobody likes alarm clocks. That's why the Twilight Half Marathon starts at 6 PM. Get a good night's sleep, spend the day however you

want, and run when it's cool. Beginner and walker-friendly; pick from 4 distance options - 1/2 marathon, 10k, 5k, and Kid's Mile. The course is pancake flat, making for a fast, easy run... Complete event information and other events are at EventsByAxiom.com



June 29, 9am

CLARK COUNTY RECYCLED ARTS FESTIVAL

FREE 14th annual Recycled Arts Festival at Esther Short Park — the hippest, most eco-conscious festival in all of Clark County. See how people, just like you, are giving new life to old items that would otherwise have been lost in a landfill. Come out and be amazed at the artists' creations, join your kids in expressing their "green side" by creating their own Eco-Art, or just relax and listen to some wonderful music (warning... tapping your feet or dancing may occur). There will also be all sorts of helpful information on how you can help improve Clark County's environment. Learn more about the art, entertainment, parking, Procession of the Species and more at recycledartsfestival.com

June 29, 6pm-9pm

NEW MOON COMMUNITY DRUM CIRCLE @ WATTLE TREE PLACE

A lovely COVERED front porch and outdoor area. Drumming, Dancing & Fire Spinning. Community Connecting, Expressing & Creating. Honoring and Celebrating our connection with the season, the planet, ourselves and each other. Come together to drum, dance, play and co-create with the magic of community. New Moon ceremonial activities for those who wish to participate. Bring your drums, shakers, rattles, flow toys, altar or ritual items & whatever inspires you to move, connect and celebrate! Full Moon Community Drum Circle on July 13. 1902 Broadway, Vancouver

July 4, 5pm-10:30pm

VANCOUVER'S FIREWORKS SPECTACULAR

Celebrate the Fourth of July at the 56th Annual Vancouver's Fireworks Spectacular! Food, music and family fun at the largest firework show in the Pacific NW. Hosted by The Historic Trust. Officer's Row, 1501 E Evergreen Blvd, Vancouver

July 6, 11am

FIRST SATURDAY ART @ THE SLOCUM HOUSE

The historic Slocum House will be open from 11am to 3pm on the First Saturdays of each month, April through October. Artwork by members of Mosaic Arts Alliance will be available for purchase. Admission is free. 605 Esther St, Vancouver

July 11

REPAIR CLARK COUNTY

@ THREE CREEKS COMMUNITY LIBRARY



Bring your broken items and have them fixed for free by skilled volunteer "fixers." Repair Clark County holds events roughly monthly that are open to the public. You can bring in items in the categories

of: sewing, sharpening, small appliances, electronics and bicycles. You can learn more about Repair Clark County at: columbiasprings.org/repair. The events encourage waste reduction and efficient resource use by keeping usable items out of the landfill. 360-882-0936 x224 or Email: repair@columbiasprings.org. 800 NE Tenney Rd, Vancouver

July 12-13, 5pm-10pm

NIGHT MARKET AT TERMINAL ONE

A family-friendly, monthly marketplace that celebrates local businesses, highlights the regional talent, and brings the people of our community together. Featuring 80+ vendors, live music, entertainment, drinks, food and more! Free to attend and open to all ages. 100 Columbia St, Vancouver. www.nightmarketvancouver.com

July 13

GARDEN OF ARTS @ SHORTY'S GARDEN CENTER

A Celebration of Local Artists! On July 13 and 14th, Shorty's will be holding "Shorty's Garden of Arts", a two-day Art Fair celebrating local, hand-made goods and art. Dolio Winery and English Estate Winery will be there, along with cold beverages from Mill City Brew Works. Need a bite to eat? Mill Creek Pub will have delicious fare available. All of this AND live music on the patio for everyone's enjoyment! Saturday hours: 11am - 6pm. Sunday hours Noon - 5 pm. Admission free. 21 and older in Beer/Wine garden. 10006 SE Mill Plain Blvd, Vancouver.

July 20, 12pm-10pm

CRUISE THE COUV

Cruise The Couve presented by Gaynors Automotive is twenty-five blocks of cruising and entertainment! Check out local participating businesses for specials while watching more than 1,000 classic cars and hot rods cruise up and down Main Street. All proceeds from sponsorship and supporters goes to Bike Clark County, The Hough Foundation and the Clark County Historical Museum! The cruise runs up and down Main Street from Fourth Plain in Uptown to 6th Street in Downtown Vancouver. T-shirts and posters for the event can be purchased at 16th & Main Street!



July 20, 9am-2:30am

DUMPSTER DAY @ BURNT BRIDGE ELEMENTARY

Bring your junk, old furniture, mattresses, yard debris, too good to toss items and electronics. See the event tab on Nextdoor.com for a detailed list of prohibited items. Sponsored annually by BBC Neighborhood Association, City of Vancouver, Waste Connections, Earth Friendly Recycling, and Additional Self Storage. 14619 NE 49th St, Vancouver

Continued on next page ➤

KIDS & FAMILY EVENTS

JUNE 19, 3PM

CRAFTERNOONS @ KAZOODLES

Join Crafternoon every Wednesday!

Cost: \$2 per crafter*

Who: School-aged children.

When: Every Wednesday between 3-5 pm.

How: Drop-in at any time. Crafters must begin by 4:30pm.

Where: Kazoodles Toy Store, 13503 SE Mill Plain Blvd, Ste B3, Vancouver
This Month's Craft: Bubbledrawing

JUNE 29, 10AM

FAMILY NATURE DAYS @ COLUMBIA SPRINGS

Start at the Visitor Center for maps, information and activities. Choose your own adventure around forests, volunteer led activities, games and Guided Walks! Guided Walks will happen at 11:00 am and 1:00 pm. Donations encouraged. Learn more at www.columbiasprings.org
12208 SE Evergreen Hwy, Vancouver

JUNE 30, 11AM-11:30AM

3RD ANNUAL PROCESSION OF THE SPECIES @ ESTHER SHORT PARK

The Procession of the Species occurs each year at the Recycled Arts Festival, and features a parade of costumes, music, and dancing. The Procession is a celebration of community and the natural world through all forms of art. Join in! This event is free and open to people of all ages. Participate in the parade dressed in your species creation, or cheer from the sidelines! Add to the fun by collaborating with co-workers, friends, or clubs and march in coordinating costumes. Check-in at 10:30am at the Recycled Arts Festival info booth to join the parade and receive information on the route. The Procession marches for approximately 20 minutes. Motorized wheelchairs and service animals are welcome. Live pets, motorized vehicles, spoken and written words are prohibited. Attend a free workshops to make



your own mask or costume:

Sunday June 2, 2-4pm:

Vintage Books (6613 E Mill Plain Blvd, Vancouver)

Friday June 7 11-1pm:

Vancouver Community Library Skamania Room (901 C St, Vancouver)

Thursday June 13 3-4pm:

Camas Public Library Room A (625 NE 4th Ave, Camas)

Thursday June 27 10-12pm: Salmon

Creek Regional Park Picnic Shelter

1112 NE 117th St, Vancouver, WA

Saturday June 29 9-5pm: Recycled Arts Festival Children's Booth (Esther Short Park, Vancouver). Learn more and register for workshops: recycledartsfestival.com/procession

JULY 11, 11AM-12PM

THE REPTILE MAN @ THREE CREEKS COMMUNITY LIBRARY

The Reptile Man has won the attention of audiences throughout Oregon and Washington for the past 28 years. Presenting over 400 presentations annually, and featuring reptiles from around our world. The 60 minute reptile program includes 15

reptiles. Learn about each reptile as you see them up close. Rich calls for volunteers to hold the people-friendly reptiles during the presentation. Feel free to take photos. Ages 4 and up. oregonreptileman.com
800 NE Tenney Rd Bldg C, Vancouver

JULY 20, 9AM-2PM

FIRE IN THE PARK 2019 @ ESTHER SHORT PARK

The largest child injury prevention event in Clark County. Free activities, engage with local first responders, learn to save a life, take the Jr Fire Fighter Challenge, learn about disaster preparedness and calling 9-1-1. Receive a FREE all sport helmet by completing the Safety Passport!! (While quantities last)

JULY 20, 2PM-4PM

MISSION CONTROL: MARS ROVER CHALLENGE @ VANCOUVER COMMUNITY LIBRARY

Can you build a craft to survive on Mars? Participants will work together to complete a series of NASA challenges including building a robotic arm, creating a roving science lab and more! All ages. No experience necessary. www.fvrl.org



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