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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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September: FALL & OKTOBERFEST

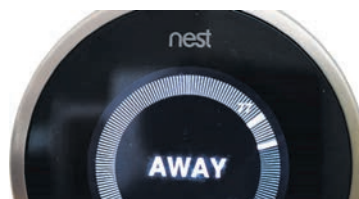
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YOU'RE INVITED!

Celebrate Clark County Green Neighbors' 7th birthday!

Enjoy FREE live entertainment, birthday treats, prizes and more as we celebrate our community's efforts to reduce waste and protect the environment.

2 - 4 pm, Sunday, Oct. 13
Water Resources Education Center

Go to ClarkGreenNeighbors.org for details!



CLARK COUNTY WASHINGTON
PUBLIC HEALTH
SOLID WASTE AND ENVIRONMENTAL OUTREACH

Oktoberfest

In and Around The Couve

German immigrants have brought us so many things we love and cherish in American culture today: hot dogs and hamburgers, Christmas trees and kindergarten, great beer... and Oktoberfest. This is why you don't have to go all the way to Munich to experience an Oktoberfest celebration. There are many historically German and Bavarian themed towns around the United States that carry on the tradition, including right here in the Northwest.

Just over 50 miles south of Vancouver is Mt. Angel, Oregon, which has a deeply rooted German heritage and is known for having the biggest Oktoberfest celebration in the Pacific Northwest. In Washington, Leavenworth claims to be “the next best thing to being in Munich.” There are also some local Oktoberfest celebrations that won’t require a day trip or overnight lodging. In Portland, Oaks Park boasts the most “family friendly” Oktoberfest with beer, German food, polka music, wiener dog races, cooking demonstrations, Kinderplatz children’s activities, and more.

Right here around The Couve there are a few opportunities for a taste of Oktoberfest too. Up in the Northeastern corner of Clark County, Alderbrook Park will host an Oktoberfest celebration on its 63-acre woodsy, resort-style park with a beer garden, food trucks, wiener dog races, craft vendors, live music entertainment, games, contests, and evening kids movie. The fun begins at 11:00 am and will go all the way to midnight!

Shorty’s Garden Center will present a traditional German-style Oktoberfest with a tasty selection of authentic German foods, delicious German-style beer in an indoor/outdoor Beer Garden, and live music including accordion, polka, and brass. Taste authentic German-style food from Mill Creek Pub including German Spaetzle, Brats, Pretzel with Cheese, and Biergarten Radi—and a

selection of beers from Fortside Brewing and Mill City Brew Werks, as well as a traditional Märzen by Little Dipper Brewing Company. Just like Munich where Oktoberfest starts with a ceremonial tapping of the first keg performed by the Mayor, Vancouver Mayor Anne McEnerny-Ogle will kick off the Shorty’s Weisn with the words “It’s Tapped.” This event will benefit Fort Vancouver Regional Library Foundation.



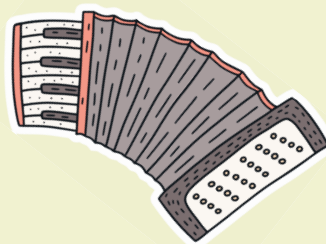
IF YOU GO:

Shorty’s Wiesn

Saturday, September 21
11am – 11pm
10006 SE Mill Plain, Vancouver
\$15 advance purchase,
\$20 at the door
(Kids 15 & under FREE)
Ages 21+ after 6pm
www.shortysgardencenter.com

Alderbrook Park Oktoberfest

Saturday, September 28
11am - 12:00am
24414 NE Westerholm Rd,
Brush Prairie
\$10, \$6 for ages 4-13, ages 3 and
younger FREE
alderbrookparkevents.com



OKTOBERFEST GLOSSARY

If you’re not fluent in German, never fear. We’re here to help. Here are some words and phrases you might hear around an Oktoberfest celebration.

Wiesn: Another name for the granddaddy of them all, the Munich Oktoberfest. It comes from the colloquial name for the fairgrounds, Theresa’s meadows, or Theresienwiese.

O’zapft is!: Translation: It is tapped! Traditional words that open the fest as the first keg of beer is tapped.

Ein Prosit der Gemütlichkeit: A traditional drinking song at the Munich festival, which roughly translates to “a toast to cheer and good times.”

Bierzelt: A beer tent. The Munich Oktoberfest (and many others) are a string of booths, tents and pavilions serving great beer, good food and music.

Brezel or brezn: A pretzel, usually sprinkled with coarse salt.

Maßkrug: A glass mug of beer equal to a liter. Usually shortened to a maß.

Schweinshaxe: A stewed pork knuckle, usually served with sauerkraut or knödel, which are potato dumplings.

Weißwurst: A Bavarian sausage made from minced veal, pork bacon, spices and herbs. It’s usually served before noon, in a bowl of hot water, along with sweet mustard, a pretzel and wheat beer.

Hendl: Roast chicken, another traditional Oktoberfest dish.

Schnitzel: Tender, boneless meat fried in flour and breadcrumbs.

Spätzle: Egg noodles or dumplings.

Wurst: Generally, sausage.

Die Bierleichen: Beer corpses. The name for those snoring off a maß too many.

Prost: Cheers!

Gemütlichkeit: A general feeling of goodwill toward your fellow man. Not feeling it yet? Have another maß.

Radler: A half-beer, half-soft drink, also served in a liter mug. For those in it for the long haul.

Altbier: A dark beer with malted barley from the Düsseldorf area.

Bockbier, doppelbock: Strong beers that originate from Einbeck and are around 7% alcohol.

Weizenbier, weissbier: A wheat beer popular in Bavaria. A Hefeweizen is more yeasty, while Kristallweizen is clearer and fizzier. Around 5.4% alcohol with a fruity, spicy taste.

Märzen: A full-bodied, strongly malty beer associated with Oktoberfest.

Leipziger gose: A tart beer flavored with salt and coriander. It’s usually served with cherry or almond liqueur.

Malzbier: Literally, malt beer. Sweet, aromatic, and brewed mainly in Bavaria and Baden-Württemberg.

(Green Shoot)

Oktoberfest

Timeline

Oct. 17,
1810

The first **Oktoberfest** didn't have anything to do with beer at all. Instead, it was a wedding reception for Prince Ludwig of Bavaria to Princess Therese of Saxe-Hildburghausen. Everyone enjoyed the party so much, the happy couple suggested making it an annual event.

1819

The **city of Munich** takes over Oktoberfest after it grew large enough to include contests and carnival booths. Soon after, it turned into a 16-day festival from late September through the first weekend of October.

1850

The **statue of Bavaria** was unveiled and has watched over Oktoberfest ever since.

1880

Electricity was introduced to the Oktoberfest, which included 400 booths and tents.

1881

Bratwurst makes its first appearance.

1892

Beer is served in glass mugs.



1914-
1918

Oktoberfest canceled due to World War I.

1919-
1920

Oktoberfest replaced by a smaller autumn festival after World War I.

1939-
1945

Oktoberfest canceled because of World War II. It was again followed by a smaller autumn festival at the war's end.

1950

Two new traditions start: The 12-gun salute and the official tapping of the first keg at noon, when the mayor of Munich will scream "O'zapft is!", tap the keg and serve the first mug to the minister president of Bavaria.

1960

The **last year** of the horse races, and the first year lederhosen and dirndl were picked as the official garments.



1980

Terrorists plant a pipe bomb at the main entrance of the festival. More than 200 people were injured and 13 killed.

2005

Quiet Oktoberfest hours are introduced to curb the hard partying and make a family-friendly time for visiting.

2008

A **smoking ban** at Oktoberfest causes unrest. Several politicians are voted out of office.

2010

For the **Oktoberfest's 200th anniversary**, horse races returned and a special beer was brewed.

2011

A **record 7.5 million** liters of beer is served.

(Green Shoot)

What are Lederhosen, Anyway?

Those funny looking green shorts became the official costume of the Oktoberfest in 1960. But, they're way more than just a weird costume. Here's more about lederhosen, the official costume of the Oktoberfest.

HARD WORK, SHORT PANTS

The knee-length deerskin shorts were originally worn during hard physical work, where they were more durable than fabric pants. Popularity of the traditional work clothes dropped off sharply in the 19th century, considered uncouth peasants' clothes.

In the 1880s, clubs formed in Munich and other cities that sought to preserve traditional rural clothing. It was then that the garment, previously worn throughout central Europe, became closely associated with Bavaria.

FESTIVAL GEAR

Now lederhosen are considered a symbol of virility and masculinity. Men wear them working outdoors or doing other outside activities, but also to folk festivals and beer gardens, much like the Scottish kilt. All lederhosen have two side pockets, a hip pocket, a knife pocket and a drop front. For Oktoberfest, the wearer may also don haverlschuhe, or stockings, and a classic white shirt.

DIRNDL

This is the feminine version of lederhosen, the dirndl is also based on Alpine peasant wear. The skirt is a light circular cut, gathered at the waist, and falling below the knee. It is worn with a bodice and a blouse with short, puffed sleeves, and usually an apron. For the winter, dirndl includes heavy skirts and thick fabrics, designed for warmth. Colors and accessories vary from region to region and even town to town.

OTHER ACCESSORIES

What's a festival without a stylish chapeau? Tirolerhute, or Bavarian hats, are popular during Oktoberfest. The jaunty little hat is crowned with a tuft of chamois hair, once highly prized. The more or bigger tufts you had, the richer you were. Now, of course, imitation chamois hair makes this a poor gauge of wealth.

You can see all this pomp and finery on display on parade during the Oktoberfest on the first festival Sunday. Participants in a glittering array of historical costumes march about four miles from the Maximillaneum to the Oktoberfest grounds. The parade includes costumes, of course, but also rifle clubs, bands, flags, and decorated carriages, horses and carts. The clubs in the parade come from all over Europe.

(Green Shoot)



Lawn alternatives

For emotional, social, aesthetic, practical, and historical reasons, we love our lawns. A fresh, cool stretch of soft green grass looks restful and inviting. We remember tumbling on the grass as children, and our children do the same. Lawns can be an elegant part of the home landscape. They have been part of the American outdoor experience for 150 years or more. For many of us, a well-kept home naturally includes a nicely maintained lawn. Since at least the 1950s a thick green lawn has indicated the home of a responsible citizen and good neighbor.

by MEG MCDONALD, WSU Clark
County Extension Master Gardener

IS IT WORTH IT?

But our relationship to our lawns is changing. In 1913 the Garden Club of America declared it the “civic duty” of every homeowner to maintain a healthy, green lawn. In 2019 the same organization is promoting the New American Lawn, which is fertilized with organic products, uses no pesticides, and is allowed to go dormant in the summer.

Many people have come to wonder if achieving that cool, green grass is worth the work, time, and cost involved. Every spring, lawn enthusiasts hurry to the garden center to stock up on seed, fertilizer, and pesticides, and many reseed, refertilize, and apply weed killers at least two other times per year. Mowing may take up to three or four hours a week on a large lot. Much of the time the grass is not the lush surface of our dreams, but a prickly mix of dormant bentgrass and an assortment of weeds. Uncounted gallons of water are poured onto the grass in the fight to keep it green, as reliable rainfall has become much less predictable. Homeowners struggle every year to keep moss from growing in the lawn they have worked hard to establish in damp, shady northwestern yards.

Apart from the tons of chemicals and oceans of water used on lawns, turfgrass is not useful habitat for pollinator insects, birds, or other wildlife – with the exception of grubs that happily eat grass roots, and burrowing animals that love to build their tunnels beneath the lawn and pop up wherever they like.

THE ALTERNATIVES

If you are ready to consider using the space now devoted to grass for something else, what are your options? There are as many approaches as there are types of yards and gardens. What do you want yours to do for you?

Coverups

Perhaps you’re not quite ready to commit to actual gardening, but are ready to eliminate the grass. The space can be given a very basic covering of wood chip mulch, bark chips, pea gravel, river stones (preferably over gravel or sand, rather than plastic), or pavers. If in spite of the future gardening possibilities you decide to pave over the area, please consider permeable products that allow rainwater to filter back into the ground, rather than concrete that will direct it down the drain.

The grass can be removed with a sod cutter, or smothered with a very thick (8”-12”) layer of arborist wood chips (available free or at very low cost from ChipDrop.com). Cardboard is popular but not necessary if the layer of chips is thick enough, though it can be helpful for marking the space; be sure to wet it thoroughly before covering with chips. In six months to a year you will be able to rake back the remaining chips and plant directly into the enriched soil below.



Alternative “grass” and walkable ground covers

If you would like to keep a green, grass-like covering on at least some of the former lawn space, try one of the “eco-lawn” options such as Fleur De Lawn seed mixtures, which contain low herbs and flowers that require little mowing, can be walked on, and need no fertilizer or herbicides. The timing of installation is important, and they do require watering to become established, so be sure to follow instructions carefully.

Certain groundcovers such as the various creeping thymes can also be durable and

withstand a certain amount of foot traffic. You might want to experiment with different varieties such as elfin thyme, woolly thyme, and red thyme to find out which ones are happiest in your garden’s conditions. (I’ve had the best luck with woolly thyme, though it doesn’t love a lot of hot sun.)

For a shady, damp area, consider using moss as a ground cover. It grows here easily and is nearly maintenance-free. (If you doubt that a mossy surface can be beautiful, just visit the Portland Japanese Garden.)

Finally, if you still miss grass but not the mowing, artificial turf has come a long way and fills the bill for many people. No weeds, no bees, no watering, but a green, fairly soft space where children or pets can play.

Garden!

All or part of a lawn can be converted to garden beds and borders, raised beds, shrubberies, thickets – whatever your gardener’s heart desires. Do it all at once, or just a bit at a time as you feel your way forward. The transition can be made slowly and at very low cost by gradually killing the grass using the arborist chip method above, or faster by using a sod cutter to peel the grass away, then adding soil and compost to build your beds. (I recommend getting a soil test of the newly exposed garden space before adding any further amendments.)

With the lawn removed, what was space devoted to just one type of plant is now a set of mini-microclimates for the gardener to play with. Try succulents, grasses, and other drought-resistant plants like ceanothus and some of the manzanitas in hot, dry areas. Many spreading ground covers such as thyme, kinnikinnick, or wild strawberries also do well in sunny areas, and some of the spreading herbs can also tolerate moderate foot traffic. With careful planning and planting a native wildflower meadow can be created from a large stretch of lawn with good sun exposure. Where one tree stood alone in the middle of the lawn more can be added, and the spaces beneath them become available for the range of delicate northwestern shade-lovers such as ferns, wild ginger, and Solomon’s seal. The

Continued on page 12 ▶



increased diversity of any of these designs will enrich the soil by feeding soil microbes, which will attract a greater number of insects to eat the microbes and plant debris, which will attract more birds, and make your yard a livelier habitat.

Another environmentally positive option is the rain garden, which uses runoff from the roof of your house and diverts it into a graded depression, usually planted with water-tolerant plants, which then allows it to filter into the ground instead of the street. Rain gardens need to be designed with your specific roof size and yard in mind, so it is best to consult an expert before starting to dig.

Yet another option for lawn replacement is a vegetable garden. Any location that gets 6-8 hours a day of full sun is a perfect candidate for a set of raised beds or mounded rows. Dedicated back- (and front-) yard farmers can grow bushels of produce in very small spaces, and so can you. If you decide to build a raised bed over grass be sure to cut out the sod or put down a layer of weed cloth before filling it with soil, or grass will forever share the bed with your

tomatoes. Paths between beds can be created using bark chips, wood chips, straw, gravel, or stone.

Outdoor Living Spaces

Gardening sounds fine, you might say, but it seems like as much work as taking care of the lawn! Maybe your idea of enjoyment in the yard revolves around family time or entertaining. If space around your house is currently occupied by lawn, that space can be

converted to low-maintenance outdoor rooms to bring the family together.

DIY or with the help of a landscape design company, you can turn part of your lawn into a patio with any of the surfaces mentioned before, but most commonly flagstone or cement pavers, brick, or gravel. A fire pit will be a focal point that invites family and friends to gather. Maybe alongside your patio you would like to add a bocce court surfaced in crushed granite. A pergola surrounded by flagstone paths is another attractive feature.

The New Lawn – or None

We still appreciate the long stretches of green lawn in our parks, and relish the vividness of new green grass in springtime. But lawn grass, which exacts a high environmental cost and demands plenty of time and money, may be taking a new position in our yards. A square or circle of lawn may enhance your garden's design, give your kids a place for barefoot tumbling, or hold the perfect patch of sunshine for relaxing on your towel. It should be just one element in a functional, beautiful yard full of diversity, not the star of the show.



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Call a Clark Public Utilities energy counselor at 360-992-3355 to see if you qualify for rebates.



clarkpublicutilities.com



LOOKING FOR AN **AFFORDABLE** HOME UPGRADE?

Get a Free Smart Thermostat from Clark Public Utilities

By DAMEON PESANTI for Clark Public Utilities

Many people have a wish list of projects for their home. But, unfortunately, the costs of making those improvements and the costs of life in general often mean those lists get longer before they get shorter.

Clark Public Utilities knows that its customers keep a close watch on their finances and can't always afford to make upgrades to their homes, even when those upgrades might lower their energy costs. That's why the utility wants to help those folks create a little extra savings in their budget by making their homes operate more efficiently.

The utility is offering to have a Nest E smart thermostat and up to 10 LED lightbulbs — a more than \$200 value — installed in qualifying customers' homes completely free of charge and without any strings attached.

"We know many folks would love to do energy efficiency upgrades, but probably don't have the extra couple hundred dollars on hand to make it possible," said Clark Public Utilities Energy Services Program Coordinator Brittany Thomas. "We created the Limited Income Smart Thermostat Program to enable those customers to cut home energy waste and reduce their bills while avoiding any additional expenses."

The utility started the smart thermostat program earlier this year, with the original financial threshold at 200 percent of the federal poverty level, based on a household's size. However, when combined with the program's other qualifications, the pool of eligible customers proved to be too limited. The utility then doubled the eligibility threshold to 400 percent of the federal poverty level, or right about the median income of Clark County.

For example: a family of four with that earns \$8,583 or less per month qualifies for the program; a single-

person household making less than \$4,163 per month would also qualify.

Home heating and cooling are typically the largest expenses in a home's utility bill, but a smart thermostat can reduce those costs. The Bonneville Power Administration estimates a smart thermostat can save up to \$50 a year off an average home's energy bill. The NEST manufacturer, meanwhile, claims users can save between 10 and 12 percent on heating and up to 15 percent on cooling bills.

The thermostats are designed to be as simple to use as their analogue counterparts, but they perform a wealth of functions in the background to maximize your comfort, convenience and home efficiency in ways that traditional thermostats simply cannot match.

"It takes the guesswork out of saving energy and programs itself for you," Thomas said. "You only need to adjust it for about a week before it figures out your schedule and the temperature range you prefer. After that it pretty much takes care of itself."

The Nest can also be operated from anywhere—be it from the couch or across the country—via an app for smartphones and tablets.

Users have the flexibility to keep things as simple as a turn of the dial, or they can review how much energy they used every day and every month to understand exactly where their money is going.

There are also other qualifications utility customers must meet in order to be accepted into the program.

The customers must be listed on the electric account, live in a single family or manufactured home that is heated with either an electric forced air furnace or heat pump. Homes with ductless heat pumps or electrical zonal heaters are not compatible with smart thermostats.

Both home owners and renters can qualify for the program. However, renters must also provide a copy of the rental agreement and a pre-signed form from

the landlord authorizing the installation of the new thermostat. The installer will provide a form the landlord must sign before your appointment is set.

Finally, homes that already have a Nest or Ecobee smart thermostat installed do not qualify for the program.

Qualified customers should expect to wait up to six weeks for their application to be processed and their thermostat to be installed.

The program provides customers the thermostat and lights installed entirely by a professional contractor working with Clark Public Utilities. During the work, a Clark Public Utilities Energy Counselor may also attend to perform a quality assessment to ensure the work is done to the highest standard.

For more information and to apply for your free smart thermostat, visit clarkpublicutilities.com/nest. Or you can request a paper application by contacting the utility at tstat@clarkpud.com or 360-992-3347.





Your New Bathroom is Just a Day Away

It's the room where we prepare for the day with bathing, grooming and beauty routines. It's the room where some of us seek refuge when the day is done. For function or relaxation, no matter how you use it, the bathroom in your home plays an important role in your day.

A new bathtub or shower is the first step toward transforming your bathroom into a sanctuary. Or it could be a step-in insert that you need for the safety of yourself or a loved one.

Don't let the dread of living with a bathroom under construction keep you from having the bathroom of your dreams when the expert installers at Bath Planet of Portland & SW Washington can do it—all one day!

From their low-maintenance shower and bath solutions to the stunning finishing touches, Bath Planet specializes in American made acrylic bath systems. Their exclusive products, ranging from spa showers to walk-in tubs, are constructed

out of the toughest acrylic specially designed to withstand the wear and tear of daily bathroom use. Durable mildew-resistant acrylic means you never have to worry about chips, cracks, deterioration, or stubborn stains again.

All Bath Planet bathtubs and showers are custom-fitted and come in a variety of designs, patterns and colors to suite the style of any home, at affordable prices.

They offer endless possibilities for your bath remodel from tub

to shower conversions (or shower to tub) to walk-in tubs and ADA-compliant accessories for those with limited mobility. All products manufactured by Bath Planet are backed by a life-time warranty.

Good Housekeeping Seal Bath Planet products have been evaluated by the Good Housekeeping Institute and have earned the Good Housekeeping Seal. The Seal provides a two year replacement or money back guarantee so you have the assurance and peace of mind that Bath Planet is a trusted brand.

Go online or call for more information and to request a free estimate.

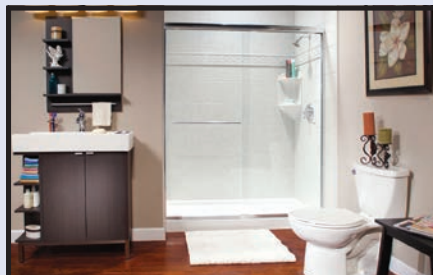
Bath Planet of Portland & SW Washington

6109 E 18th Street, Suite A, Vancouver, WA 98661

www.bathplanet.com

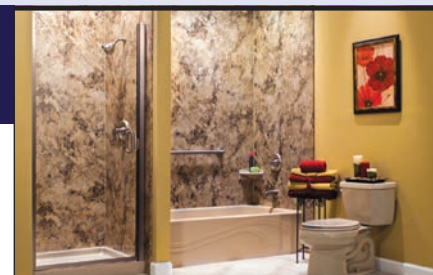
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Hops



IS IT THE RIGHT PLANT
FOR YOUR HOME GARDEN?

KATHY LASHIER WSU Clark County Master Gardener

This is a hardy, vigorous growing plant that provides hops for your home brew and material for fall decorations.

Fall is just around the corner and I'm already compiling a reading list for next year's garden season. I've met a number of new plants this year and am curious to discover if I, and my property, have what it takes to provide for a new addition to the family.

There's a mature Hops plant that abides in a community garden that I volunteer in. Each year volunteers train the plant to grow over a large metal arch. I like to step into the cool tunnel on hot summer days, but I don't think my landlord would appreciate it if I decided to plant one of these on his property.

I'd like to introduce to you *Humulus lupulus* - the hop plant. You may want to bring one home to your place. This is a hardy, vigorous growing plant that provides hops for your home brew and material for fall decorations. Once it's established, it likes to stay where it's planted.

Hops need six to eight hours of daily sunlight, loamy soil with a pH range of 6 to 7.5, a whole lot of room for vertical growth and lots of water.

You're going to need support in selecting a hop variety that will grow well in your home garden and provide the flavor you are looking for. Visit Bader Beer & Wine Supply, near Mill Plain and Grand Blvd, in Vancouver, WA. Talk with the staff and look through some of the reading material on their shelves. You can buy rhizomes directly from them in mid-March. They provide varieties that are best suited for Clark County growing conditions. Rhizomes can also be purchased online.

Be sure to select a hop variety that is resistant to powdery-mildew, a fungus and downy-mildew, a fungus-like microorganism. The wet, foggy fall weather in Western Washington provides an excellent environment for this fungi and wannabe-fungi to thrive. They will infect your soil and damage your plant.

Your hop plant is going to need support as well - an arbor, trellis attached to a permanent structure, or fencing for the vines to grow along. These vines (twining vines) can get as long as 25' each in the second growing season.

Planting flowers that produce pollen and nectar nearby is another way to support the well-being of your plant. This will help attract lady bugs and

lacewings to your yard. These insects dine on aphids and spider-mites, two pests that can cause damage to your hop plant.

Begin by creating a mound of soil that is about a foot high and 3 ½ feet all around near the base of your structure. Dig a hole in that mound that is deep enough for two inches of compost and one, or two hop rhizomes. The rhizome should be planted horizontally, with the roots down and the white nubs facing up, two inches from the surface of the mound. Cover with soil and a thin layer of compost. Don't overwater, the rhizome may rot; keep the mound moist.

It is important to water properly as the plant establishes itself. A good drip watering system will keep moisture off the lower leaves of the plant which will help prevent disease. Be sure to water deeply once or twice a week during dry spells and during the cone development stage.

Once shoots appear and grow to about 1 ½ - 2 feet long, select two or three to gently twist clock-wise along some twine that you've attached to your structure. Prune away the rest. Be sure to leave adequate space between the vines to allow for proper air circulation. You'll need to add nitrogen to the soil once when the leaves begin to develop, and once when burrs begin to grow out horizontally from the vines. Just scatter two handfuls over the mound and gently work into the soil surface.

The time to harvest your crop will depend on the hop variety that you selected - some plants mature early in June and July, while others aren't ready until August and September. Harvest before the cones turn

brown. Occasionally, as you're in the garden tending to your plant, pick a cone and roll it around in your hand - get to know your hop. The cones will feel lighter, papery and dry when they are ripe for harvest. You'll also notice a yellow powder on your hands.

Cut back the vines after the first frost. Cover the mound with 1-2 inches of compost or well rotted manure and then cover with 3 inches of mulch. The leaves can be racked away in spring, but after the new shoots have grown to 1 ½ to 2 feet long, cover the soil again with a one-inch layer of mulch. This will help to retain soil moisture and prevent weeds. Thin the roots after three years to prevent the hop plant from spreading.

The Homebrewer's Garden: How to Grow, Prepare & Use Your Own Hops, Malts & Brewing Herbs, second edition, by Joe Fisher & Dennis Fisher provides information on growing and preserving hops, and trellis building designs.



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FALL Lawn Care *tips*

By **JOHN MOORE**, WSU Clark County Extension
Master Gardener

Fall is a busy time for lawns in the Pacific Northwest. The grass is growing robustly—and cool season weeds are making their move to dominate your turfgrass and take over your lawn. Never fear, there are a few steps you can take now to keep your lawn healthy, looking good and ready for winter. Here are a few tips from Dr. Alec Kowalewski, the Turf Management Specialist from Oregon State University and lawn grass instructor for Clark County's Master Gardener training program:

① Mow Often

Cool season grasses grow fast here in the fall, so you may need to mow more often. Try to make sure that you're not cutting off more than $\frac{1}{3}$ of the leaf at a time.

② Water Less

Reduce your watering schedule. If you were adding 1" of water per week during the summer, try something like $\frac{3}{4}$ " during the cooler weather.

③ Fertilize

Maintain a fertilization program that Dr. K calls the holiday schedule. Apply one pound of nitrogen per 1000 square feet every Memorial Day, Fourth of July, Labor Day and Halloween. Nitrogen, the first number in the formula listed on the bag is the key--don't add phosphorus or potassium unless you know they are lacking because they



tend to build up in the soil. In fact, to curb water pollution, Washington Code restricts adding phosphorus unless you are establishing/repairing a lawn or if a soil test within the last 36 months shows a deficiency.

④ Control Weeds And Other Pests

Control weeds and pests early. Not only are they easier to nip in the bud, but you need to have the task done early enough so you can successfully overseed in the resulting bare spots.

⑤ Overseed

Dr. K's research shows that it's helpful to overseed twice per year, in the spring and fall. In the fall, this task needs to be done while it's warm enough for

the new seed to germinate and before weeds fill the voids left by summer's wear and tear.

⑥ Adjust Soil Ph

Fall is the time to add lime to reduce soil acidity (common in our area) or sulfur to move the pH to a more acidic level. This adjustment takes months to take full effect, so a fall application will have the turf ready for the spring flush. But don't make this adjustment in the blind: use a soil test to determine whether it's needed and how much amendment to apply.

A nice lawn is a lot of work...but the results can be beautiful and rewarding. Following these tips will improve the odds of your hard work paying off in the long run!

COVER CROPS

By JOHN MOORE, WSU Clark County Extension
Master Gardener



Early fall is a great time to prepare your garden for next year's crop. In addition to making your long term adjustments for soil acidity, consider adding a cover crop to your arsenal of gardening techniques.

Why? Because our winter rains wreak havoc on the soil: the consistent downpour causes erosion, compacts the soil that is left, and leaches nutrients down away from the root zone—potentially into our groundwater.

Cover crops physically protect the soil from compaction, improve soil structure, grab and hold the nutrients that would have washed away (some even manufacture nitrogen), and keep soil microbes happy and healthy over the winter. As a result, the soil gradually improves over time instead of needing to be rebuilt every year.

The downside for gardeners in southwest Washington can be timing. We need to plant the cover crop in time to get the plants established before it gets too cold. That means planting the cover while you may still have vegetables growing in the garden. On the other end, the crop must be terminated early enough to decompose before the spring crop is planted. Unfortunately, the soil

is often too wet to be worked at that time. BUT, there are techniques to work around these challenges.

If you are interested in trying your hand at a cover crop in all or part of your garden this year, you will find detailed advice and instructions for southwest Washington's climate from the experts at WSU by searching "Cover Crops for Home Gardens West of the Cascades" on extension.wsu.edu.

Having tried cover crops in my garden for the last five years (with varying degrees of success), I do see a significant improvement in my soil's tilth, and production continues to gradually improve. My soil test also shows good, balanced nutrition levels. Cover crops work—I recommend giving them a try.

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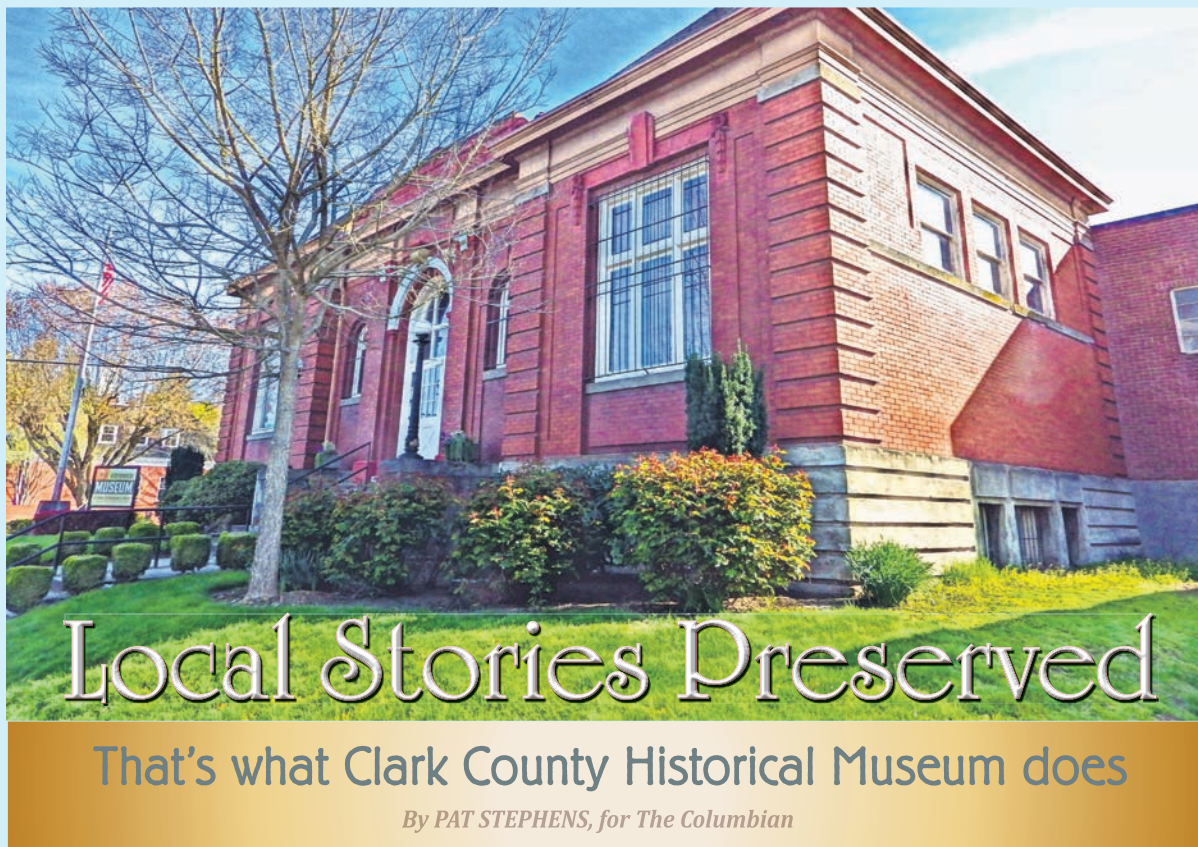
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CLARK COUNTY HISTORICAL MUSEUM'S HISTORY WALKING TOURS

On a recent Saturday, downtown Camas was the focus of a walking history tour. Led by Brad Richardson, executive director of the museum, the tour highlighted the founding of Camas in 1883, when Henry Pittock incorporated the La Camas Colony Company. Richardson has done extensive research on the turbulent 1916-1918 period when Camas was run by Socialist leadership. (He often wonders where the large stone monument to that period ended up. If anyone knows, he would love to know its fate.)

Richardson regaled tour participants with stories of those for whom some of the buildings in downtown are named. The tour also took participants back in time to 1922 when a group of women spearheaded development of the Camas Library with a couple of shelves of books in a local drugstore, and to 1927 when The Granada Theatre, now named The Liberty Theatre, opened to great fanfare and remains an iconic landmark.

CLARK COUNTY HISTORICAL MUSEUM EXHIBITS AND SPEAKER SERIES

Part of any museum's mission is to provide education and information to the public, and CCHM delivers, through its exhibits and speaker series.

This year, one exhibit

There's a red brick building on the corner of 15th and Main in Vancouver that is full of the stories of the lives and the people of this region. The Clark County Historical Museum (CCHM) has a rich collection that preserves local history for today and the future.

As explained in the Museum's website, the building itself has a story. Vancouver's Hidden Family donated the land (which was formerly the clay pit for their brick yard) for a library to be built from their bricks with a \$10,000 Carnegie Foundation grant. It opened on December 31, 1909 and is the former home of the Vancouver Public Library, now the Fort Vancouver Regional Library District. This building was the first electrified building in Vancouver. It is hard to believe today, but some citizens complained about the location "being too far out of town."

In 1963 the library system relocated, and the Clark County Historical Society re-adapted the building, opening the museum to the public in 1964. Only two public buildings of its era remain – the other is the Vancouver train depot – both built in 1909. The museum is now listed on the National Register of Historic Places.

If you sometimes wonder what Vancouver looked like in years gone by, the Museum has photos to show you. Do you wonder about the history of your property or your home? You can probably find out in the research library materials at the museum. Want to know about some of the neighborhoods in town? Join an expert on one of the historical walking tours that happen weekly during the summer and fall.

shows the history of Vancouver Clinic and medicine in Clark County. The largest exhibit is all about music: the stories of local celebrities and local music hangouts, the first piano brought to Clark County, church music, youth music, and even one of the original costumes worn by a member of the Paul Revere and the Raiders band.

The new exhibit that opened on September 5 talks about the state of the rivers, roads and ports that have developed over time, from Native American trade routes, through Fort days, the two World Wars, and today's bustling commerce.

The museum can only display a fraction of their huge collection of artifacts at one time. It includes Native basketry, photos and documents, historical artifacts, and especially the Brautigan Library, a unique collection of nearly 400 unpublished manuscripts written by everyday authors. It's now part of the permanent collection of the museum, thanks to a partnership between the Creative Media & Digital Culture Program (CMDC) at Washington State University Vancouver and the

For an eerie, spooky tour, catch one of the Ghost Stories walking tours throughout the month of October! It's great for the whole family. The final History on Tap quarterly program for 2019 will be held at the Kiggins Theater, 1101 Main Street, on October 17. Campfire Tales — The Haunting History of Clark County is presented by Pat Jolotta and Brad Richardson. (Admission fee applies to these events.)

Continued on next page ►

Camas Library

Photo by Pat Stephens



Historic Downtown Camas

Photo by Pat Stephens



Liberty Theatre
Photo by Pat Stephens

Clark County Historical Museum. For more information on this collection:
www.thebrautiganlibrary.org

The First Thursday Speaker series is open to the public with museum admission. Each talk provides a glimpse into some aspect of life in Clark County today and in the past. For instance, in July, representatives of the Cowlitz and Chinook Native American tribes made presentations on their history and the importance of the waterways to their lives, and on the types of canoes and rivercraft that they have used over the centuries.

Two more talks remain this fall. On October 3, explore the history of brewing, held offsite, at Loowit Brewing Company in downtown Vancouver. On November 7,

at the Museum, learn about the history of our veterans from World War II to Afghanistan.

For more information about the Museum, events, and ways to become involved, visit www.cchmuseum.org

Museum hours are 11am - 4pm Tuesday through Saturday, and First Thursdays (February through November) 5 - 9pm.

Download the Historic Routes Mobile Walking Tour app at historicroutes.org.



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HIKING with Kids

by Eileen Cowen, for *The Columbian*

region. In 2019, Becker published her follow-up book, *Little Feet Hiking Two: 30 More Hikes for Kids Around Southwest Washington and Mt. St. Helens*. Both books (available on Amazon.com) are full of tips and serve as thorough guides for families that are just beginning hiking, as well as appealing to more seasoned hikers who want to explore the area.

In order to make trips with your children more enjoyable, you have to plan for contingencies. Don't expect every hike to go as planned, especially during the fall when weather can change quickly. To be prepared, here are some things to keep in mind so everyone is happy and entertained.

BRING SNACKS

Bread and cheese are good go-to snacks, as well as beef jerky, nuts, dry fruit, carrots, and hummus. Don't forget to bring some sort of sweet for bribery reasons. Small candies or licorice can be an incredible motivator for tired feet. Most importantly, don't forget water. You will likely drink more than you think.

PRO TIP: keep a special treat in the car for the ride home. Your kids will thank you!

PACK PROPERLY

An extra pair of socks, poncho, or long-sleeve layer can come in very handy in case the weather changes. ALWAYS bring basic first aid kit, complete with a bandage wrap to attend to a twisted ankle. I pack chemical hand warmers, paracord and a knife, just in case. Being over-prepared can make a world of difference in a tricky situation.

Be sure to pack a plastic bag. Use it to carry wet gear, pick up trash, or fill up with trail treasures such as feathers, shells, or rocks.

MAKE UP TRAIL GAMES

Have the kids keep their eyes open for specific birds or find the largest burl on a tree. A slimier game is whomever finds the biggest slug wins a gummy worm. Sometimes, the more impromptu the game, the better. One time, while walking at the Ridgfield

Continued on next page ►

Here in the Northwest, our dedication to outdoors activities is a source of pride. Biking, walking, skiing, and snowshoeing are common enough, but nothing matches our love for hiking. With the weather turning a bit cooler, there is no better time than the fall to get out and enjoy nature. There are fewer people on trails, the air is brisk and crisp, and the trees put on their own seasonal spectacle. We are very lucky to have thousands of developed trail miles in and near Clark County, but hitting the trails can sometimes seem overwhelming when children are involved. How do you start, and what resources are available to make the move easy?

Over the last few years, my family made hiking a priority. We try to go once a week to meet our four or five mile goal. Sometimes, we end up doing less, but sometimes we do more. For instance, two autumns ago, we hiked 7.5 difficult miles at Catherine Creek in the Columbia River Gorge. I am not going to lie: there was almost mutiny at the time. However, we all look back on that hike as a really interesting adventure. We found an owl pellet, saw some deer bones, and ate pizza in Hood River afterwards. It ended up being a great day for us all, we just had to take the chance on a new adventure.

If you're ready to get your kids hiking to new places this fall, there are some excellent resources to get you started. Outdoors enthusiast and author Jessica Becker lives in North Clark County and has written not one, but two books that highlight the gorgeous hikes in Southwest Washington. Her first book, *Little Feet Hiking: 25 Confidence Building Hikes for Little Kids Around Vancouver, Washington* was published in 2018 and accentuates the paved and unpaved paths around the



Catherine Creek.

Photo by Eileen Cowen

Wildlife Refuge, my family spent the greater part of two hours making up names that began with the letter "R." It was a silly but fun way to spend time together.

DON'T FEEL BAD FOR BAILING ON A HIKE EARLY!

This is especially important during the fall, when weather can be volatile or trails can be unexpectedly muddy. Perhaps have a backup plan in case of an aborted trip, like a stop for hot chocolate. Remember, the point is to have fun with children and expand their minds in a natural setting, not make them resent being outside.

Hiking can be a fun and inexpensive family activity, and whether you go for one mile or 10 really doesn't matter. What does matter is that you get a chance to spend time with your family without electronic distractions in a space where minds can explore.

For more information on trails in our area, check out the Clark County Government's trails map: www.clark.wa.gov/public-works/trails

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German Potato Salad

INGREDIENTS

3 cups diced, peeled russet or Yukon gold potatoes
4 slices of bacon
1 small onion, diced
¼ cup white vinegar
2 tablespoons of water
3 tablespoons white sugar
Salt, to taste
Black pepper, to taste
1 tablespoon chopped fresh parsley

INSTRUCTIONS

1. Boil the potatoes for about 10 minutes or until easily pierced with a knife or fork. Fry the bacon until crisp, then remove the bacon, reserving the grease.
2. Fry the onion in the bacon grease until browned. Add the vinegar, water, sugar and seasonings and bring to a boil. Add the potatoes and parsley, then crumble in the bacon. Heat through and serve.

Source: Green Shoot Media

RECIPE

If you've ever Googled recipes before a picnic, you know that there are more potato salads out there than you can shake a spoon at. One popular version is the German potato salad. But what makes it German? Read on to find out.

Warm Spuds

The German potato salad we think of is usually a warm potato salad dressed with bacon fat and vinegar. An argument could be made that there is a potato salad that originated in Germany that's cold and mayo-dressed, but it's a minority and we're leaving that alone. Here, assume a hot potato.

American Dish

German potato salad spread to America and throughout country with German settlers, though it remains most popular in heavily German areas like the Midwest. According to The Food Timeline, potato salads started appearing in American cookbooks in the 19th century.

Light is Right

German potato salad, because of its lack of mayonnaise, is an excellent choice for outdoor picnics and barbecues. Furthermore, that same lack of mayo makes for a somewhat lighter dish. Somewhat because it does include bacon and bacon fat in the dressing. You can also use German bacon, or speck, or ham.



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letting GO

THE KEY TO PERMANENT CHANGE

by LETHA BRANDENBURG, owner, *The Healthy Weigh*

I've spent the last 38 years studying one thing...CHANGE. How to change, why it's so hard to change and what keeps us from it? What I've learned over the years helping thousands of people change is that **changing is one of our greatest fears.**

Whether we want to admit it or not, we are all in love with or even addicted to the status quo even when it's killing us; physically, emotionally and spiritually.

So I ask constantly, **"Why do we fear change so much?"**

Change asks us to let go...and we're not good at letting go.

We are good at holding on. Think about it. Not only are we good at holding on, but we hold on to the negative.

- It's hard to hold on to joy, but we hold on to resentment for a lifetime.
- Our feelings of accomplishment are hard to hold on to, but our failures, we won't let go of those, they define us.
- We have trouble holding on to a vision for the future but we hold on the pain of our past forever.

We become victims of what we won't let go of.

Letting go of people, control, our pasts, our old identities or the way we've always been, are just some of the things we **MUST** learn to let go of if we want to live our best lives and make permanent change. When we hold on to those things we are allowing them to hold us hostage. We are imprisoned but we hold the keys to the cell.

To let go does not mean to get rid of. To let go means to let be. Replaying the past over and over again doesn't change it, and wishing it were different doesn't make it so.

When our intent is to change...really change, it will ALWAYS require letting go.

Letting go is scary and letting go takes practice but letting go is the most remarkable and life giving thing all of us can do. Letting go brings about change we couldn't have imagined. If change is what you're after, letting go is the path to get there.



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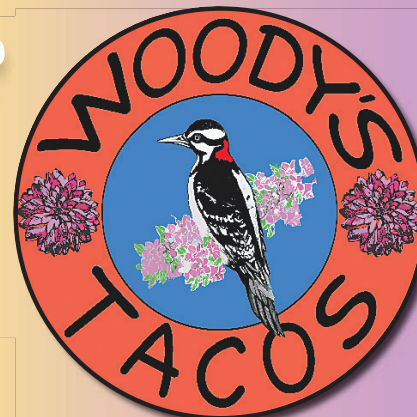
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Felida

GET TO KNOW



This photograph of Erickson Farms was taken in 1905, just a few years after the place was established. Standing on the walk near the center of the frame is Ruth Anderson, mother of Vinton Erickson.

It's named after the Latin word for "cats," *Felidae*. But that doesn't really mean it's a place overrun by the feline species. The name actually comes from a dispute over naming the post office. Historical recollections vary but all versions seem to involve a postmaster and his favorite cat. Today we don't even question the name. It's just Felida, the scenic region that was once all lush fields, farms, and forests just northeast of Vancouver Lake, bordered by Lake River to the west and the community of Salmon Creek to the east.

Old timers and history books remember Felida mostly as a rural farming community where blue buses would bring children from around the county to Erickson Farms to pick seasonal berries. After generations of Ericksons worked the 51-acre family farm since 1898, the farm closed in 2006 to make way for housing developments and retail space.

Today, Felida is getting more modern and walkable with new businesses springing up along Lakeshore Avenue. Residents old and new alike can now enjoy

shopping, dining, and services within walking or biking distance. What once required a drive to Hazel Dell or other parts of the county is right in the neighborhood.

The Shops at Erickson Farms is the commercial part of the Erickson Farms subdivision that has been in development since 2016 along Lakeshore Ave at NW 106th Street. And just to the north at NW 119th Street is Felida Village, another development of mixed use commercial and residential space that began in 2015 and continues to grow.

Despite all the progress of development, Felida remains a close-knit community keeping the small town charm alive with community outreach events such as this year's 16th annual Felida Children's Parade where kids of all ages and their families decorate their bikes, wagons, wheelchairs, and strollers. The yearly event celebrates community partnerships, neighbors, and kids. Felida Community Park is also a popular community gathering spot for sports and celebrations.

THE SHOPS AT ERICKSON FARMS BUSINESSES

EATS & DRINKS:
Grapes & Growlers
Thai Little Home
Los Portrillos
Creed Coffee Company

BEAUTY:
The Nail Kitchen Spa

EARLY LEARNING:
Lakeshore
Learning Center

FITNESS:
Affinity Fitness Studio
StarCycle

SHOPPING:
Arktana Shoes



FELIDA VILLAGE BUSINESSES

EATS & DRINKS:
Mt. Tabor Brewing
Village Scoops
Hearth Coffee: Felida

BEAUTY:
studio V

FITNESS:
barre3

NW 36TH AVENUE BUSINESSES

EATS & DRINKS:
Farrar's Bistro

BEAUTY:
Urban Retreat Salon Spa

PET CARE:
Neighborhood Pet Clinic

RETAIL/GAS
Felida Store/Shell

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WARNING: This product has intoxicating effects and may be habit-forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

Bader Beer & Wine Supply

MADE LOCAL

OWNER OR CEO:

Steve & Jan Bader

YEARS IN BUSINESS:

Established in June of 1992 – 27 years

WHAT PRODUCTS DO YOU MAKE?

We sell equipment, ingredients and lots of advice and support for our customers: home beer makers, winemakers, cider makers, spirit makers, Kombucha makers and other makers of fermented beverages and foods. Many of our customers have been inspired to open the nearly 30 breweries, 21 wineries and 2 distilleries in Clark County.

WHAT MAKES THEM UNIQUE AND SPECIAL?

What we “sell” more than anything else is customer service. Our 15 full and part time employees all love to share their knowledge of how to make fermented beverages at home. Most of our staff have been beer and wine makers more than 10 years so we are able to answer both simple and complex questions.

WHAT IS YOUR COMPANY’S MISSION AND VISION?

Helping customers make their best beer, wine and any other fermentable beverage.

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

Finding over 1,500 new customers!

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

We have over 28,800 customers in our database from the last 27 years, clearly Clark County fermentation hobbyists have been busy.

Steve Bader next to an old apple press in Germany



Contact:

360-750-1551

Websites:

www.baderbrewing.com

Instagram:

[@bader.beer.and.wine.supply](https://www.instagram.com/bader.beer.and.wine.supply)

Facebook:

[@baderbeer](https://www.facebook.com/baderbeer)



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.

PROS and CONS

to giving kids

ALLOWANCES



Parents can employ various strategies, including assigning chores, to instill a sense of responsibility in their children. The natural segue from chores is to offer compensation for the jobs that children are doing. Allowances can provide foundations for parents to teach kids about working for a living. Kids are able to grasp the concept that money doesn't come without hard work. Also, allowances paint the picture that one's financial resources are commensurate with the effort he or she puts in. Giving allowances also can help teach children how to manage money, plan ahead and make spending choices about what's most important, according to the parenting guide *Raise Smart Kids*.

Allowances can be tough to figure out. For example, parents may not know how to determine the rate and frequency of payouts.

According to Lewis Mandell, a former dean of business at the State University of New York at Buffalo, giving a child an allowance, especially a regular, unconditional allowance that the child can depend on, isn't the right way to approach allowances. Children may begin to view this allowance as an entitlement. In fact, Mandell's research on teens in the United States, Canada, Europe, and Australia found, without exception, that teens who received a regular unconditional allowance had diminished financial literacy, lower levels of motivation and an increased aversion to work.

But when handled properly, allowances can be important tools. Here are some additional benefits to allowances.

- Allowances can provide incentive to get chores done.
- Allowances can motivate students to work hard at school.
- Allowances can include a required portion to be donated, teaching kids the importance of being charitable.

Learning the correlation between work and compensation is a lesson that starts in childhood. Allowances can be an important part of kids' early financial education. -(Metro Creative)

SPECIAL EVENTS ♡ DAILY DELIVERIES ♡ WEDDINGS

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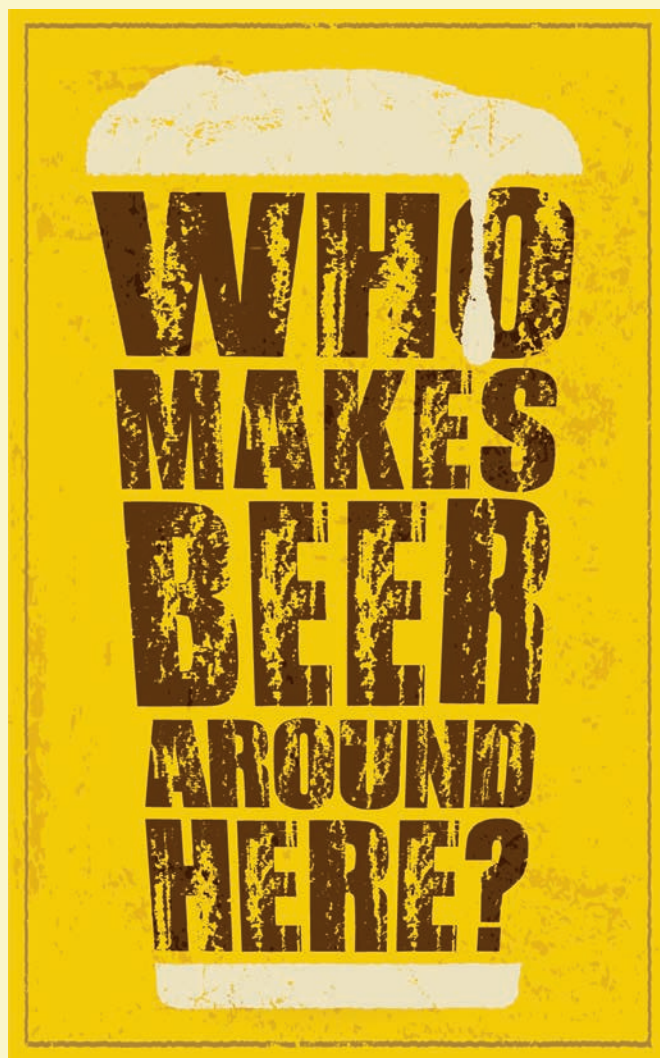
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A 6000+ Sq Ft. Mall with over 50 vendors. We offer Antique, Vintage, Eclectic, Boho Chic, Shabby, Farmhouse, French Country, Retro, MCM & Trendy Clothing just to name a few with LOTS of furniture to the tiniest Collectibles!



Small craft breweries are putting SW Washington on the map. For beer lovers there's nothing like getting fresh beer straight from the source. Go see what's special on tap for Oktoberfest at these brewery taprooms in and around The Couve.

Also visit some of the many local taprooms specializing in supporting our many local and regional brewers:

3PEAKS PUBLIC HOUSE & TAPROOM
4415 NE 10th Ave #9428, Ridgefield

GRAPES & GROWLERS
10714 NW Lakeshore Ave Suite 105,
Vancouver

BEN'S BOTTLE SHOP
8052 E Mill Plain Blvd #2002, Vancouver

**NORTHWEST LIQUID GOLD
TAP ROOM & BOTTLE SHOP**
11202 NE Fourth Plain Blvd, Vancouver

FINAL DRAFT TAPHOUSE
11504 Mill Plain Blvd, Vancouver

TAPS GROWLER HOUSE
1900 NE 162nd Ave suite d112, Vancouver

TAPPED BREW HOUSE & PUB
2005 SE 192nd Ave #100, Camas

GROWLER RUSH
16320 SE Cascade Park Dr, Vancouver

A BEER AT A TIME
216 Northeast 3rd Ave, Camas

LOOWIT BREWING COMPANY

507 Columbia St, Vancouver
www.loowitbrewing.com
Named after the Klickitat tribe's name for Mt. St. Helens, Loowit is an award-winning leader in our local craft beer culture.

HEATHEN BREWING

Brewery:
5612 NE 119th St, Vancouver
Feral Pub House:
1109 Washington St, Vancouver
www.heathenbrewing.com
2019 Best of Clark County winner for Best Brew Pub and Best Tap Room.

BEERDED BROTHERS

106 W 6th St, Vancouver
www.beardedbrothers.net
SW Washington's Smallest Brewery, A "nano-brewery." They don't brew onsite but you can stop by for a pint or taster 6 days a week.

TRAP DOOR BREWING

2315 Main St, Vancouver
www.trapdoorbrewing.com
Every pint crafted is onsite by this fourth generation beer industry family.

TRUSTY BREWING

114 E Evergreen Blvd, Vancouver
www.trustybrewing.com
Voted "Best IPA in Vancouver" by Willamette Week in 2016.

OLD IVY BREWERY

108 W Evergreen Blvd, Vancouver
www.oldivybrewery.com
Named for the grand old climbing vine draping the patio area and providing great atmosphere for enjoying their wide range of craft beers.

VICTOR 23

2905 St. John's Blvd, Vancouver
www.victor23.com
D.B. Cooper themed craft brewery featuring such flagship brews as their Skyjacker and Jetfuel IPAs, and seasonal beers like their Vapor Trail wheat and Night Jumper brown.

MT TABOR BREWING

3600 NW 119th St, Vancouver
Facebook: @MtTaborBrewing
One of the first small craft brewers on the scene in Vancouver, now relocated from the small downtown taproom to a larger space for beer and food in Felida.

FORTSIDE BREWING

2200 NE Andresen Rd, Vancouver
www.fortsidebrewing.com
Named for its location on the "Fort"-side of the Columbia River, this brewery is all about local ingredients and local style.

BROTHERS CASCADIA BREWING

9811 NE 15th Ave STE 105, Vancouver
www.brotherscascadiabrewing.com
Great beers brewed on site providing a "uniquely Cascadian" experience.

HEAVY METAL BREWING

809 Macarthur Blvd, Vancouver
www.theheavymetalbrewingco.com
A brewery, bottle shop, tap room, and pub that unites craft beer, craft food and craft music.

GHOST RUNNERS BREWERY & KITCHEN

4216 NE Minnehaha St #108, Vancouver
www.ghostrunnersbrewery.com
A core selection of marathon themed craft beer and seasonal exclusives including the 5K IPA and Running Up Pils pilsner.

DOOMSDAY BREWING COMPANY

421 C St, Unit 3, Washougal
1919 Main St, Vancouver
www.doomsdaybrewing.com
This Washougal brewery wants to show people what real beer tastes like, with two tap room locations in Clark County, and a plans for a third to open soon at Hazel Dell Towne Center.

RAILSIDE BREWING

309 NE 76th St, Vancouver
www.railsidewbrewing.com
Railroad themed brewer offering the finest barley, hops and yeast to create such great beers as their Trestle NW IPA and Danny Boy redback.

GRAINS OF WRATH

230 NW 5th Ave, Camas
www.gowbeer.com
Award-winning brewery located in Downtown Camas in an old 30's era auto shop.

MILL CITY BREW WERKS

339 NE Cedar St, Camas
Their Zech Bavarian Hefe-Weizen natural cloudy beer is one of this brewery's best-selling products.

54°40 BREWING COMPANY

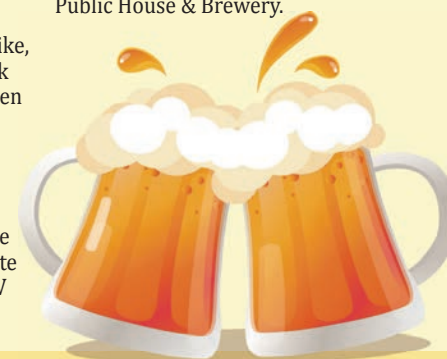
3801 S Truman Rd, Washougal
www.54-40brewing.com
Brewing great local beer at their location named for President James K. Polk's slogan for establishing the Oregon Territory's northern boundary: "Fifty-four forty or fight!"

BARREL MOUNTAIN BREWING

607 E Main St, Battle Ground
www.barrelmountainbrewing.com
Award winning craft brewery in Battle Ground: "Where beer and adventure meet".

NORTHWOOD'S LITTLE DIPPER BREWING COMPANY

1401 SE Rasmussen Blvd,
Battle Ground
www.northwoodpublichouse.com
Making great neighborhood beer under their own roof at Northwood Public House & Brewery.





Drink Up, Non-Drinkers

A Review of Delicious “Mocktails”

by EILEEN COWEN, for *The Columbian*

Mocktail #1

Ingredients: Chamomile, ginger, turmeric, lemon, and an egg white.

Yes, I hear you: an egg white sounds weird in a drink. However, it is a more common ingredient than you think, often found in sours. In this case, the egg created a creamy warmth that lifted the lemon and spices to a special place. My friend Tabitha said the drink was “frothy and delicious, and not too fru-fru.” Another friend, Sarah, said you could “drink it in the winter because the creaminess adds warmth.” High praise for a cocktail! We give it a 5/5 stars.

Mocktail #2

Ingredients: Raspberry, hibiscus, lime, black tea, and kombucha.

The mild vinegar of the kombucha countered the sweetness of the raspberry, and we all really enjoyed the undertones the dill garnish added. My drink partner Melissa said that the “spritziness was refreshing and clean,” while Sarah mentioned that it tasted a bit like “sixth grade punch.” I had to concur: the acidity of the lime imparted a somewhat Kool-Aid twang. We all thought the tropical drink was not too sweet and was well balanced. 4/5 stars.

Mocktail #3

Ingredients: Cucumber, lychee, mint and lemon.

The third drink can only be described as delicious. It also had soda water, elevating the drink to more of a spring cocktail. Sarah said the drink could compliment any meal, and I can imagine it as an amazing pair to tacos. The mint in the drink shines through at the end and we all agreed that created a tasty depth of flavor for the sweetness of the lychee. Melissa said it makes her “fizzle,” so I think that is compliment enough. 5/5 stars.

Mocktail #4

Ingredients: Strawberry lemonade balsamic vinegar and golden beets.

The drink itself was a bit more pulpy than the others, a feature that set it apart. We were expecting it to taste somewhat like a daiquiri or margarita, but the vinegar was the shining star. My husband Eric is a huge fan of kombucha and drinking vinegars, and he said the balsamic acted as “aroma rather than flavor,” and he thought it wasn’t too overpowering. Sarah was not impressed, and thought the balsamic was too much. She and Eric both thought it was more like a dessert drink and could be a great substitute for a port at the end of a meal. 4.5/5 stars.

When it all came down to it, the general consensus was that the Mocktail #3 with cucumber lychee was our favorite. Tabitha said it was “less juicy with more of a clean zip” than the others. A close runner up was the chamomile ginger and turmeric sour. The silky creaminess set it apart as quite a special drink. However, all four drinks were great on their own merits. Tabitha mentioned that “none of the drinks tasted like drinking a scented candle,” which is definitely a good thing!

All in all, we appreciated the creativity Sara Newton put into crafting these “mocktails” and look forward to any of them joining the menu at Amaro’s Table. We hope other bars and restaurants start carrying creative beverages, as it validates and supports the needs of non-drinkers. To be frank, people go to bars to spend money. Offering alternative options for abstainers will only increase profits, making a win-win for restaurants and consumers. If you or someone you love are trying to cut down or quit your alcohol consumption, know that you are not alone. And, hopefully soon the restaurant industry will catch up to your requests and needs. Cheers!

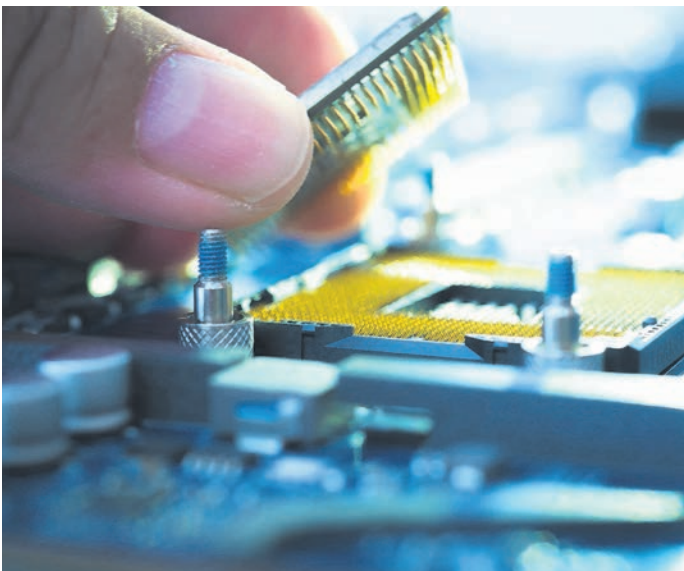
Eileen Cowen is a transplanted Mainer living with her Washingtonian husband and children in Downtown Vancouver. She enjoys hiking, camping, playing music, tasting local beers, and talking to neighborhood cats.

Amaro’s Table
1220 Main St, Ste100,
Vancouver
www.amarostable.com
Facebook: @AmarosTable



EVENTS

SEPTEMBER - OCTOBER



September 17, 4pm

VANCOUVER TECH TOUR

3rd Annual Tech Tour, supported by Workforce Southwest Washington, Columbia River Economic Development Council, WorkSource, Vantechy, and North Bank Innovations will kick off at Co-Lab Coworking, 810 Main Street. Tourists will wind their way through the city to find out what cool technology host companies are working on, experience their company culture, network with other tourists, and find out about jobs available in the fastest growing industry in SW Washington. The tour will culminate with an After Party at 7:00 pm hosted at the Co-Lab Coworking with more networking and prizes.



September 21, 12pm-11pm

SHORTY'S WIESN @ SHORTY'S GARDEN CENTER

A traditional German-style Oktoberfest. Get more info at www.shortysgardencenter.com. 10006 SE Mill Plain Blvd, Vancouver.

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September 28 & 29
TACOFEST

@ ESTHER SHORT PARK

Bringing together the best tacos in the Clark County. A few specialty tacos include: Chopped Brisket Tacos, Fresh Fish Tacos, Buffalo Cauliflower Tacos, Banh Mi Fusion Tacos, Grilled Mexican Corn, Variety of Tamales. Locally made Mexican Lager, Locally made IPA, and unbelievable tasty kegged margaritas. NW Escape Experience will host a Medieval

Mini Escape. Children ages 3 and under are free. \$5 ages 4-10. Additional family activities and face painting too! General admission - \$15 (ages 11 and up). Includes 6 tickets that can be used for food or drinks either day of the event. General admission with swag - \$25. Includes 8 tickets that can be used for food or drinks either day of the event. VIP exclusive tickets with swag - \$75 (one day), \$130 (two days) - ages 21+ only. Includes 30 tickets that can be used for food or drinks either day of the event plus tequila tasting which includes sampling of 4 different kinds of tequila. Sorry no refunds. Sorry no pets allowed. Profits benefit the teachers, students, families and programs supported by the Evergreen School District Foundation. Get tickets: evergreenschooldistrictfoundation.org/tacofest/

September 29, 9am-3pm

VINTAGE TOY & COLLECTIBLE SHOW

@ WAREHOUSE 23 EVENT CENTER

Nearly 150 tables of vintage toys and pop culture fun! Early Bird 9am - \$10. General 10am - \$4. Kids 16 and under Free. Free parking. 100 Columbia St, Vancouver.

October 4, 5pm-10pm

NIGHT MARKET VANCOUVER @ TERMINAL 1/WAREHOUSE 23

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 and open to all ages. 100 Columbia St, Vancouver.



October 5, 11am-3pm

OLD APPLE TREE FESTIVAL @ OLD APPLE TREE PARK

The Old Apple Tree turns 193 this year. The family-friendly, free event offers live music, tree care workshops, Vancouver Land Bridge tours, kids' hands-on arts and crafts, and food for purchase. Visitors are encouraged to bring clean apples and containers to participate in the apple pressing. The City of Vancouver's Urban Forestry Commission will give away a limited number of tree cuttings from the Old Apple Tree. Planted in 1826 at Fort Vancouver, Vancouver's Old Apple Tree is the oldest apple tree in the Northwest and considered the matriarch of Washington State's apple industry. 112 Columbia Way, Vancouver.



October 5

BIRDFEST & BLUEGRASS @ RIDGEFIELD WILDLIFE REFUGE

This annual event brings awareness to Ridgefield National Wildlife Refuge, and all that it has to offer. There are workshops, hikes and walks all catered to teach you how to use the Refuge. You can learn how to listen for bird species, identify plants, about the geology of the area, the peoples who came before us and still tend to the land, how to take photos of it all, paint the landscape, and much more. It's a great chance to visit the Refuge for free. In between the units of the Refuge lies Downtown Ridgefield where there will be even more excitement. BirdFest events in town include shopping, food, and kids activities at Overlook Park, more shopping from local artists and artisans at the Birders Marketplace in the Ridgefield Community Center, Bluegrass Music, Audubon Live Bird Show, Zoo Zap Teens, and general festival fun. Find more event information at ridgefieldfriends.org or on Facebook: @RidgefieldFriends

KIDS & FAMILY EVENTS



September 21, 10am-3pm

STURGEON FESTIVAL @ WATER RESOURCES EDUCATION CENTER

The Water Resources Education Center's annual Sturgeon Festival will bring a splash of excitement to kids of all ages with a live reptile and bird shows, fish dissections and hands-on activities! This free, fun event offers opportunities for the entire family to learn about the special fish, plants and animals living in and around the Columbia River. Join the fun from 10 a.m. to 3 p.m. on Saturday, Sept. 21. 4600 SE Columbia Way, Vancouver

October 4, 5pm-8pm

PUMPKIN PAGEANT @ HISTORIC DOWNTOWN CAMAS

Participating downtown businesses will have a carved pumpkin on display for visitors to vote for their and enter to win a fall-themed basket. This year's event will include a Super Hero Costume Contest at the Camas Farmers Market. There will be art shows at some galleries as well as live music and fall-themed crafts and activities for kids. Find more event information at www.downtowncamas.org



Local



Celebrations

ALDERBROOK PARK OKTOBERFEST

September 28, 2019

Alderbrook Park and Resorts LLC, 24414 NE Westerholm Rd, Brush Prairie, WA 98606

11:00 AM to 12:00 AM

\$10, \$6 for ages 4-13, ages 3 and younger **FREE**

alderbrookparkevents.com/oktoberfest

SHORTY'S WIESN

Traditional German-Style Oktoberfest, Presented by Snodgrass Family Foundation

Friday, September 21, 2019

Shorty's Garden and Home, 10006 SE Mill Plain, Vancouver

11 AM to 11 PM

\$15 advance purchase, \$20 at the door (Kids 15 & under **FREE**)

* **Ages 21+ after 6pm** *

Enjoy a tasty selection of authentic German foods, delicious German-style beer in an indoor/outdoor Beer Garden and live music including accordion, polka, and brass.

This event benefits Fort Vancouver Regional Library Foundation.

In Munich, Oktoberfest starts with a ceremonial tapping of the first keg, performed by the Mayor of Munich. At Shorty's, this will be performed by our Mayor of Vancouver, Anne McEnerny-Ogle, with the words "It's Tapped". No beer will be poured prior to the tapping of the first keg. Visit www.shortysgardencenter.com for more details!



PREVIEW

BIZI FARMS

9504 NE 119th St, Vancouver

2019 Pumpkin Patch and Harvest Festival celebrates the annual harvest and the farm's rural heritage. Opening Weekend: September 28-29. After Opening Weekend: Fridays 2pm - 5:30pm, Saturdays and Sundays 10am - 5:30pm, every weekend in October. Admission includes: wagon ride, one free pumpkin from the Pumpkin Patch, corn maze, farm animals, Bale Maze, Corn play area, Bale Pyramid, Pedal tractor driving, Calf roping station, Two shots on the Pumpkin Launchers, Live music (weekends), One free hot drink, Corn shelling and grinding station, apple cider sampling. For additional purchase: Face Painting, food and drinks, kettle corn and caramel corn, cotton candy. Dogs are allowed on a short, standard leash. www.bi-zifarms.com

POMEROY FARM

Pumpkin Lane

20902 NE Lucia Falls Rd, Yacolt

Take a ride down Pumpkin Lane, complete with a stop at the pumpkin patch to pick out the perfect pumpkin. While you're there, visit the farm animals, try your hand at the pumpkin flume, and check out the hay bale maze. You can also take a tour of the historic log house. Lots of fun activities for kids of all ages! www.pomeroyfarm.org

VELVET ACRES GARDENS

18905 NE 83rd St, Vancouver

Grab a wagon or a hayride and head out in search of the perfect pumpkin or choose one right from the farmstand. Items available at the store include a wide variety of decorative pumpkins, gourds, jack-o-lanterns, white crystal pumpkins, as well as the sugar pie pumpkins and cinderella pumpkins used for baking. Corn stalks, tassles, and straw bales also available for purchase. Check out the Fall harvest while you are visiting the pumpkin patch. Admission Includes Pumpkin from the Patch, Hayride (on scheduled times), Petting Zoo, Hay Pyramid, and Corn Maze. www.velvetacresgardens.com



Be Prepared for Outages

Report outages online or call 360-992-8000



- Pack a kit with water, food and supplies.
Visit RedCross.org for a list of items
- Have contact information for friends, family and emergency services on hand
- **NEVER** approach or touch a downed power line



clarkpublicutilities.com