

Living IN THE COUVE

APRIL 2020

 **The Columbian**

Living

IN THE COUVE

What is The Couve?

The Couve **geographical name**

\ 'thē cōv \ rhymes with 'move'
(noun)

1 —Nickname for Vancouver, Washington.

2 —The original Vancouver.

3 —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

Current issue published April 19, 2020

Find past issues archived online at
www.livinginthecouve.com



Each monthly issue of Living In The Couve captures a glimpse of life here in Vancouver and Greater Clark County with special local features and community event listings, as well as regularly occurring topics related to: Health & Fitness, Kids & Family, In the Garden, Tastes & Brews, Food & Recipes, Money & Finance, and Arts & Culture.

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Living In The Couve is a monthly publication of the advertising department of The Columbian Publishing Company. For advertising opportunities call 360-735-4497. For submission information email: kristin.dorsett@columbian.com.

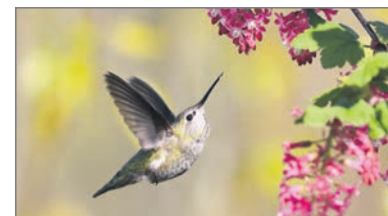
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PLANNING AHEAD...

Day Trips

IN

SOUTHWEST
WASHINGTON

by EILEEN COWEN,
for The Columbian

Clockwise from top left: Columbia Hills State Park petroglyph; Fort Cascades River; Island in Vancouver Lake; Columbia Hills State Park in May. All photos by Eileen Cowan

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There are few things I love more than getting out of town, even for a quick day trip. This is especially true this spring, as we have been cooped up in our homes trying to keep our communities healthy.

My family is just plain stir crazy! We have been planning ahead for as many trips as we can possibly squeeze in once the illness threat subsides and the parks and trails reopen. In fact, we have a running list with a couple other families that details places to visit, hikes to fit in, and outdoors activities that don't require much money. Thankfully, here in the greater Couve, we are blessed to have some incredible spots within just a couple hours of us. In addition to the extensive Clark County parks system, we are also lucky to have state parks, national scenic areas, and national historic parks at our back doors. Here are some of my favorite places to day trip with my family. I have included which passes are required so you will be sure to have one on hand when the parks and trails reopen and you are ready to hit the road!

Merrill Lake

(Discover pass required)

Located just north and west of Cougar, Merrill Lake is a pristine lake with ample opportunities for swimming, kayaking, and fly fishing. Because only non-motorized boats are allowed, the lake is a quiet spot to watch bald eagles swoop for trout. Kids will enjoy looking for salamanders and walking along the interpretive trail.

Lewis and Clark National Historic Trail

(National Parks Interagency Pass or fee required.)

Your family can recreate the travels of the Corps of Discovery as they surveyed and resided near the mouth of the Columbia. To follow the route, begin at Dismal Nitch on the Washington side of the river, stop in at Cape Disappointment, Fort Clatsop in Oregon, and even venture down to Seaside where the crew harvested salt. Check out the route at www.nps.gov/lecl

Guler Ice Cave and Natural Bridges

(Northwest Forest Pass or Interagency Pass required)

Located near Trout Lake in the Gifford Pinchot National Forest, the Guler Ice Cave was formed by a lava eruption from Mount Adams. Now, it hosts year-round ice and is a fun area to explore. The Natural Bridges are located nearby, and were also part of a lava formation. Trails now span across the top of the arches. Both areas are fun places for kids to explore and learn about the destructive power of our Cascade volcanoes. Be sure to take the long way home through Carson to get a couple great views of Mount Hood and Mount St. Helens, too!

Columbia Hills State Park

(Discover Pass required)

Located just on the other side of the Cascades near Lyle, Columbia Hills State Park is a beautiful place to hike. The wildflower blooms in spring are breathtaking, and the views of the river are not to be missed. Located on the lower section of the park, Horsethief Lake is a nice spot to drop in a kayak or canoe. The lake is protected from the river's current and is a great place to watch waterfowl and fish. The area is also home to dozens of petroglyphs and pictographs left by the tribes that lived in the region. Many were moved during the construction of the Dalles Dam and are on display near Horsethief Lake, but sadly dozens others were inundated at the dam's completion, lost in time.

Fort Cascades Historic Site

(No pass required)

The area near the Bonneville Dam is not only beautiful, it also was home to an Army fort during the 1850s. The interpretive trail at Fort Cascades Historic Site guides you through the old grounds. The fort was abandoned at the beginning of the Civil War and the buildings are long gone, but afterwards the area was home to a fish harvesting wheel. You can still see the train tracks and remnants of the old road that moved thousands of pounds of salmon downstream. Additionally, there is a wildlife viewing area and of course, dramatic views of the river and the Bonneville Dam. The hike is fairly short, so if you are looking for a longer trip, combine it with a race up Beacon Rock on the way home!

I feel like Vancouver Lake sometimes gets a bad rap. Sure, there are issues there, especially when fertilizer runoff exacerbates algae blooms, but for the most part it is a beautiful and quiet place to soak in some nature. The trail to the north is especially peaceful and its proximity to Downtown Vancouver can't be beat. Kayaking on the lake is easy as well, and there are always eagles, hawks, and osprey to keep birdwatchers busy. You can even ride your bike the five miles from Downtown to the lake. It is a good workout and an opportunity to check out the waterfowl in the drainage ponds along the way.

[Editors note: It's a great idea to plan your outings now and look forward to when we can freely roam our local natural areas again after the Stay Home, Stay Healthy order is lifted.]



Kids hiking Columbia Hills State Park last May.



Train rails at Fort Cascade Historic Site.

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.

Early Spring Wildflowers

by DAVE ANDERSON,
WSU Clark County Extension Master Gardener



One of the joys of living in the Northwest is the abundance of early spring wildflowers, many of which are already in full bloom. Due to the mild winter we've had this year, bloom time is about two weeks earlier than normal. Wildflowers native to our area can be seen in forest understories, along stream banks, in meadows and native wet prairies. Many wildflowers native to Southwest Washington and the Willamette Valley can be grown in our gardens. The list is included on the following page.

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INDIAN PLUM or OSO BERRY (*Oemleria cerasiformus*)

This is the first shrub to begin leafing out in the forest understory, with its apple-green leaves, and later, in winter, drooping white flower clusters.



RED FLOWERING CURRANT (*Ribes sanguineum*)

is a spectacular native shrub that can grow from 4-8' tall and can be found in many habitats including open woods, forests and rocky slopes. The flowers grow in clusters at the branch ends and are usually bright, blood-red, sometimes pink or white.



OREGON GRAPE (*Mahonia aquifolium*)

is the Oregon state flower with creamy yellow flowers set against the glossy, dark green evergreen spiky leaves. It will grow up to 6' tall in partial shade. The flowers smell like honey and appear from late winter through spring. Dwarf Oregon Grape is a cousin of Oregon Grape with longer yellow flower clusters, grows 6-24" tall and makes an informal, evergreen ground cover in partial to full shade.



WESTERN TRILLIUM (*Trillium ovatum*)

is a native, early spring perennial and grows in cool, moist mixed woods. It can be identified by its bright white 3" long flower petals in groups of three (hence the name Trillium) and as the flowers age they fade to pink or deep rose-red.

SKUNK CABBAGE (*Lysichiton americanus*)

is an early spring perennial that grows 1-3' tall and grows in tree-shaded freshwater swamps, marshes, and wet edges of streams. The bright green leaves appear at flowering, framing the bright yellow flower bracts that surround the stout flower spike. And, yes, they do produce a skunky scent.



There are several hiking trails and parks nearby where early native wildflowers can be seen including:

LACAMAS PARK TRAILS. One of the park trailheads can be found off of NE 3rd Avenue in Camas and it follows Lacamas Creek up through the conifer forest, past some beautiful waterfalls and rocky outcroppings and up to Lacamas Lake.

BURNT BRIDGE CREEK TRAIL. In the heart of Vancouver this shared-use trail parallels Burnt Bridge Creek for eight miles through varied landscapes from open grasslands and restored wetlands and wooded areas.

SALMON CREEK TRAIL. This is another shared-use trail that follows the Salmon Creek greenway and offers opportunities for watching birds and wildlife and early spring wildflowers.

Bradshaw's Lomatium, (*Lomatium bradshawii*) once thought to be extinct and now listed as Endangered under the Endangered Species Act grows in

wet prairie environments in Southwest Washington and the Willamette Valley and can be seen in the meadows adjacent to the parking lot at the Lacamas Heritage Trailhead off of NE Goodwin Road.

Top places to see native spring wildflowers outside of Vancouver include:

CATHERINE CREEK TRAIL, near Lyle, Washington – With over 90 species of wildflowers there is an evolving tapestry of flowers blooming at Catherine Creek throughout the spring including Purplish-red grass widows (mid-March), blue camas lilies (mid-April), and lupine and yellow balsam root (mid – May).

CAMASSIA NATURE PRESERVE in West Linn, Oregon is owned and maintained by the Nature Conservancy. The 27-acre preserve includes over 300 plant species and was sculpted by the Bretz Floods 12,000 – 19,000 years ago. Named for the common camas (Camas quamash), which is a traditional First Food

of Pacific Northwest Native Americans. Other wildflowers that bloom in spring at the preserve are giant blue-eyed Mary (*Collinsia grandiflora*), Oregon Fawn Lily (*Erythronium oregonum*), trilliums, large false Solomon's seal (*Maianthemum racemosum*), Oregon grape, and Madrone (*Arbutus menziesii*).

TRYON CREEK STATE PARK, Lake Oswego, Oregon. Tryon creek is a wonderful oasis of native forest and riparian habitat within the metro area. It has a trillium festival, usually in early April, that celebrates the abundance of trillium flowers found throughout the

forest floor. In addition, early spring wildflowers that can be found here are winter flowering currant, skunk cabbage, Oregon grape, and Indian berry.

Editors note: Many of these parks and natural areas are currently closed due to the Stay Home, Stay Healthy order but it is good to remember the abundance of joy we can find in our local woodlands, meadows, riparian, and other natural areas. We have so much exploring to look forward to after this is all over and things get back to normal.



green
home
makeover

reducing the
environmental impact
of home improvement
projects



by KALEY MCLACHLAN-BURTON,
Clark County Public Health Solid Waste & Environmental Outreach

Think about the last time you took out the trash at your home. What types of items did you throw away? Food packaging? Plastic? Paper? Clark County residents and businesses send over 250,000 tons (that's the weight of over 2,000 blue whales) annually to a landfill less than one hundred miles up the Columbia River Gorge. Over nineteen percent of what we throw away is wood and debris from construction and demolition. Reducing the environmental impact of your home improvement projects takes a little extra planning and some creative thinking, but can also save you money. When embarking on remodels of a kitchen and two bathrooms, my spouse and I were able to dispose of our project waste using just our weekly garbage service – no extra garbage hauling or pickups – because we carefully thought out how to reduce waste throughout the entire process. Here's how you too can make your projects green!

First, decide what really needs to be replaced or what could instead be upgraded with a new finish, new paint or new fixtures. Consider how you could reuse items and materials in a new location. We reused cabinetry from one room to create new cabinets for another. This meant that we didn't have to buy new cabinets and we didn't have to pay for disposal of the old cabinets. Reusing materials gave us a win-win for our wallets and the environment!

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Next, decide how you will dispose of what you don't want and consider how this will impact your demolition process. We wanted to donate or sell most of the fixtures (sinks, toilets, lighting, faucets, appliances) we were replacing, and that meant that we had to be more careful with demolition. We needed to preserve the good condition of fixtures so that they could be reused by others.

Estimate how much waste your project will generate and calculate the cost of different disposal options. Contact Waste Connections (wcnorthwest.com or 360.892.5370) to get information about disposal options and costs. Clark County residents can choose between self-hauling to a transfer station, renting a large garbage container or purchasing a special pickup for bulky items.

When it comes to purchasing materials for your project, consider buying used items or surplus materials. Look for options at the Clark County Habitat for Humanity Store (ehfh.org/restore or 360.231.1313), the ReBuilding Center (rebuildingcenter.org or 503.331.9291), thrift and vintage stores and local artisans (check out the artists from the Recycled Art Festival at recycledartfestival.com). The Habitat Store and ReBuilding Center are also great places to donate the cabinets, fixtures and appliances you're tossing.

If you buy new items, look for those made with natural and renewable materials and recycled content. Bamboo, cork and salvaged wood are good substitutes for hardwood. Look for carpets made from natural fibers instead of synthetic ones that

emit volatile organic compounds (VOCs) into your air. Choose low or zero VOC paints, caulks, and adhesives and non-toxic stains and sealers. Remember, just because a company claims that their product is "green" doesn't mean it's actually better for the environment, or your health. Go to epa.gov/greenerproducts for green products that are truly better for the environment.

Why pay to dispose of materials when you can donate items in good condition and extra materials left over from your project? Donating is free and provides eco-friendly materials for others working on home projects. Using repurposed materials, instead of brand new ones, significantly reduces the environmental impact of a project. Most of an item's impact on the environment comes during its manufacture and distribution. Reusing materials reduces the need for new materials to be manufactured.

To find donation and recycling options, you can go to recyclinga-z.com, enter the name of the material or item you have and the results will include locations for recycling and reuse in and around Clark County. Be sure to also search for disposal options for hazardous materials (chemicals like paint, stains, adhesives, solvents – anything with words like "caution," "dangerous" or "flammable" on the label).

Improper disposal of hazardous waste presents health risks to waste workers, the public and the environment. If your waste may contain asbestos, know that there are special requirements for the removal and disposal of these materials. Go to clarkgreenneighbors.org/diy-project-waste for more information.

When your project is complete, sit back, relax and enjoy the fruits of your labor. Don't forget to pat yourself on the back for going the extra mile to make your project green!



Know before you throw

Putting non-recyclable items in the recycling causes problems for our waste system. Go to recyclingdoneright.com or use the **RecycleRight** app to find out if something's recyclable before you toss it in your blue cart.



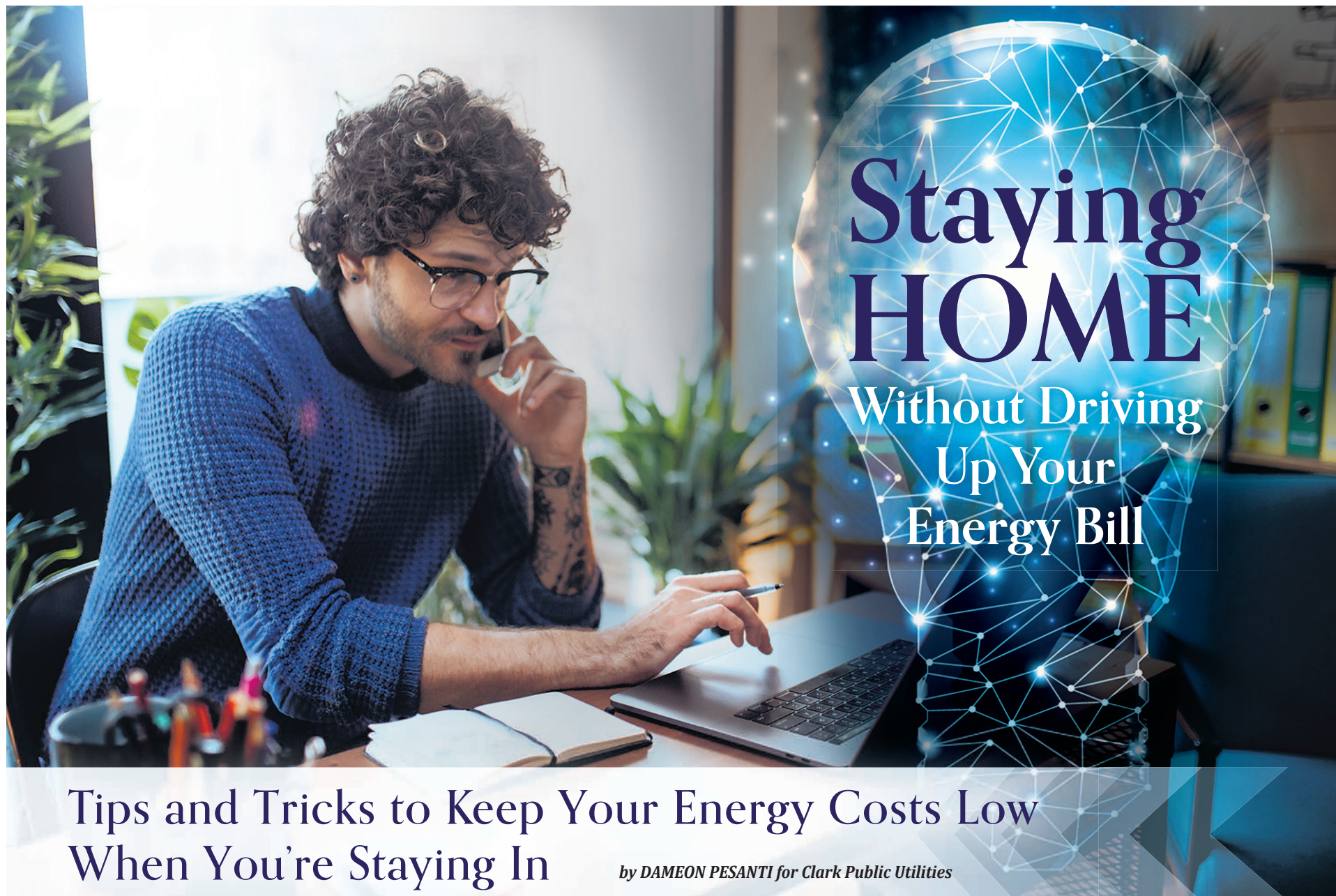
Recycle: empty plastic bottles, wipe containers (without lids), tissue boxes



Garbage: plastic bottles smaller than 6 oz., wipes, tissues, paper towels, plastic bottle pumps/spray tops



Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt.



Tips and Tricks to Keep Your Energy Costs Low When You're Staying In

by DAMEON PESANTI for Clark Public Utilities

In the last few weeks, many of us have spent our days on the couch catching up on TV shows, reading books and brushing up our video games skills.

Rather than going about our usual routines, schools and businesses were closed, travel plans were cancelled, and many people were working from home or just stuck indoors waiting for life to get back to normal.

Riding out the pandemic at home means most people have probably been using more electricity than normal, but there are some easy ways to keep usage down while staying comfortable and safe.

Although spring is officially here, the mornings are still pretty chilly. If you're at home for long periods of time, you're going to want to stay warm. But rather than reaching for your thermostat, start first with a long-sleeved shirt, cozy socks and

some warm pants. Heating typically makes up between 40 and 50 percent of a home's energy bill. Keeping the thermostat at your normal daytime levels will help keep your energy usage down.

If you just want to heat up one hunker down room in your house, use a space heater rather than your home's heating system. Space heaters use just a fraction of the energy required by an average electric furnace.

If you're home during the day, skip the light switch and open the curtains. Rather than relying on electricity to brighten your home's interior, do it with full spectrum natural light instead. When electric lights are needed, don't forget to turn them off when you leave the room.

Most household incandescent bulbs are 60 watts each while equivalent LEDs are only about 9 watts. Taken alone, they don't use a lot, but, remember, most light fixtures use several bulbs at once, and most homes have multiple light fixtures. Lighting might not seem like a place to reduce energy use, but little changes can add up over time.

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Be mindful of how you use electronic devices throughout the day. No doubt, you've been watching more TV, surfing the internet or baking more than usual. There's nothing wrong with that, but just be sure to turn off your devices when you're not using them. Computers, newer TVs and many other electronic devices can put themselves to sleep when they're not being used, but they still consume electricity. You can further reduce or stop their consumption entirely, by powering them off or unplugging them completely when you're finished using them.

Unless you're getting a lot of takeout, you're probably cooking more often as well. Fortunately, there are many ways to cut back on your energy use in the kitchen. Compared to most other appliances, fridges use a lot of energy. Figure out what you want to eat before opening the fridge and don't leave it open for long. Toaster ovens use a fraction of the energy and work just as well as large ovens for small baking projects.

When it's time to clean up, use your dishwasher whenever possible. Not only do they use a fraction of the water that handwashing does, they also sanitize each load.

As the coronavirus pandemic has proved, life can bring serious challenges our way, no matter how careful and responsible a person has been. If you're struggling to make ends meet due to layoffs, reduced hours, medical leave, or other circumstances in recent weeks, call Clark Public Utilities.

The utility recently adjusted eligibility requirements to allow more customers to qualify for assistance with utility bills and all disconnections are suspended during this declared emergency. Any customer experiencing financial crisis should call for assistance options or to make payment arrangements.

Information about assistance programs, a home energy calculator, online bill pay and many more services are available at the utilities' website clarkpublicutilities.com. While our customer service lobbies are closed, we remain available to help 24 hours a day, 365 days a year. You can call customer service at 360-992-3000 to talk to a representative anytime, or email mailbox@clarkpud.com



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Potatoes in raised bed.



Tomatoes in raised beds.

All photos by Liz Pike

Raised Bed Gardening

IS IDEAL FOR CONSERVING SPACE AND MAXIMIZING YIELDS

by LIZ PIKE, WSU Clark County Extension Master Gardener

Over the years, I've gravitated to raised bed gardening because it's so much more efficient than traditional row gardening. The older I get, the taller the beds become! There's also less weeding to do with raised beds and I can better control the quality of the soil.

Growing crops in a raised bed allows you to start planting certain crops sooner. Soil in raised beds is warmer and dries out earlier than garden soil. Growing vegetables in a raised bed also eliminates soil compaction which can negatively affect the health of your plants.

CHOOSE THE RIGHT SITE.

Select an area of your property that offers plenty of full sunlight with a minimum of 8 hours per day. Choose a site that offers protection from the wind. Be sure the site has access to water and is convenient for the gardener.

If you have to walk through three gates to get there, you won't give the garden the attention it needs.

DESIGN YOUR RAISED BED GARDEN.

Design and build your own raised beds to fit the desired space. A quick internet search provides several options. Leave enough room between beds for easy wheelbarrow access. Plan your irrigation system ahead of time. It's easy to move around the raised beds while they are still empty. Experiment with some alternate layouts. When you've committed to the locations, install bark mulch on the paths between the beds. Size the beds so that all parts can be reached without walking on the soil.

FILLING A NEW RAISED BED.

If building on existing lawn, add a few layers of cardboard to the bottom of the raised bed. Above that, (for a taller bed), you can add leaves, hay or grass clippings to fill the lower space below the soil level. Top with 8-10 inches of good soil filled to within two inches from the top of the raised bed. For premium soil, use a

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combination of peat moss with bagged potting mix and lots of organic compost. When using bulk-3-way soils, there is still the need to add lots of organic compost. Soil filled with nutrients will provide optimum yields.

Think of raised beds as large scale container gardening. Lighten compacted soil by turning dirt with a shovel. Or, loosen soil with a garden fork at 8-10 inch intervals as deeply as possible and wiggle back and forth.

PROVIDE ADEQUATE WATER.

In hot, dry weather, raised beds dry out quickly so be sure to provide enough water.

WINTERIZING YOUR RAISED BED GARDEN.

At the end of the growing season, add agricultural lime evenly according to package directions per square foot. Rake it in and then cover the soil with black plastic or a layer of leaves to protect it from the harsh elements of winter. When it comes time to plant again, you'll have a weed free bed ready to go.

TIPS FOR SUCCESSFUL RAISED BED GARDENING:

Don't ever walk on the soil. Soil compaction reduces pore space between soil particles and destroys soil structure. If you already have a raised bed and find that you have to walk on parts of it, install a garden paver or boards and only step on those, rather than the soil.

Mulch after planting. Mulch with straw, grass clippings, or leaves after planting your raised bed. This will reduce the amount of weeding you'll have to do and help keep the soil moist.

Plan your irrigation system. Two of the best ways to irrigate a raised bed are by soaker hose and drip irrigation. Plan ahead and install your irrigation system before planting.

Top dress with compost. Raised bed gardening is essentially like gardening in a really large container. As with any container garden, the soil will settle and get depleted as time goes on. You can mitigate this by adding a one to two-inch layer of composted manure each spring before you start planting.

Cover up your soil even when you're not gardening. Add a layer of organic mulch or plant a cover crop at the end of your growing season. Soil that is exposed to harsh winter weather breaks down and compacts much faster than protected soil. At the end of each season, add agricultural lime to raised beds, work it in, and then cover the soil with black plastic or leaves. In the spring, reap the rewards of a weed-free bed that's ready to go!

Plant annual cover crops. Annual cover crops such as annual ryegrass, crimson clover, and hairy vetch, planted at the end of the growing season, will provide many benefits to your raised bed garden. They provide nutrients to the soil, (especially if you dig them into the bed in spring), reduce erosion, and in the case of vetch and clover) fix nitrogen in your soil.

Think ahead to extend the season. Plan ahead to grow earlier in the season and extend the growing season into the fall by installing supports for a simple low tunnel or cold frame, and you'll have minimal work when you need to protect your crops from frost.

Consider composting directly into your raised bed garden. Worm tubes and trench composting are methods you can use to enrich your soil without ever turning a compost pile. A worm tube is simply a four-inch tube that you sink into the ground in and around your plants in a raised bed. Simply drop your kitchen scraps into it. Worms will find their way to the tube and convert it to soil nutrients. For trench composting, dig a hole approximately 12 inches deep in an empty spot in your raised bed garden. Add 4-6 inches of kitchen scraps and then bury them with the soil you dug out of the trench hole.

Liz Pike is a WSU Clark County Extension Master Gardener, artist, farmer and beekeeper. She operates Shangri-La Farm, a small scale organic farm in Fern Prairie.



Raised beds in landscaping.

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PLANTING FOR POLLINATORS



by LAURA HELDRETH,
WSU Clark County Extension Master Gardener



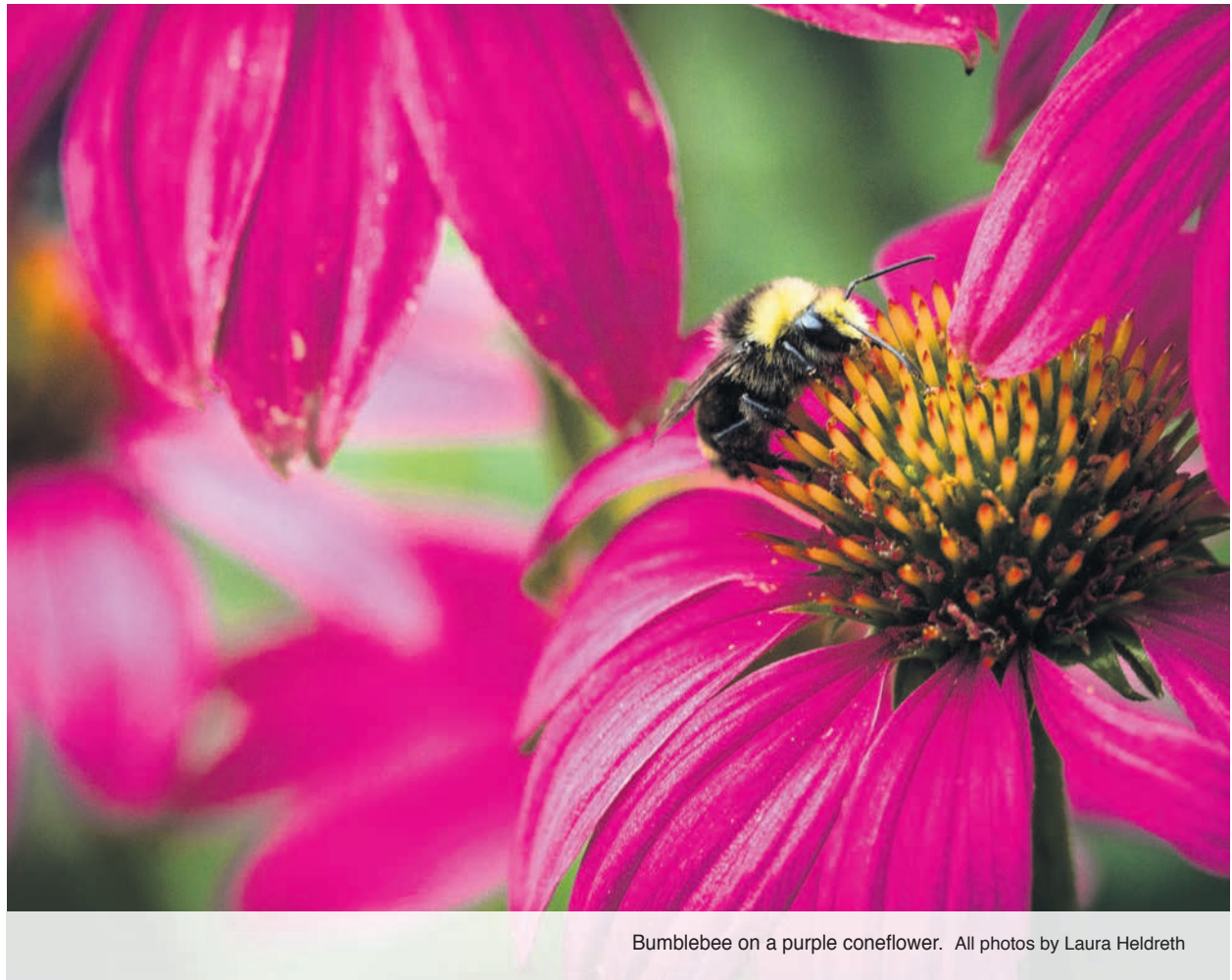
Four years ago, I decided to add a pollinator meadow to my front yard to create an oasis for all of my favorite pollinators. I created a list of my favorite pollinators and researched the best ways to attract, feed, and provide habitat for them. Each year, more pollinators discover the meadow as I improve their habitat.

A red admiral butterfly feasting on a purple floss flower.

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My pollinator meadow in August 2019



Bumblebee on a purple coneflower. All photos by Laura Heldreth

I designed the meadow for native bees, bumblebees, butterflies, and hummingbirds; taking into consideration their different needs.

PROVIDE FOOD. I filled the pollinator meadow with drifts of a diversity of flowering plants that bloom from early spring to late fall. Whenever I visit a nursery, I look to see what pollinators are buzzing around the plants on display.

For the native pollinators, I selected blue, purple, white, and yellow flowers for them like asters, calamint, oregano, purple coneflower, yarrow, and purple floss flower. The hummingbirds enjoy red flowers and the anise-hyssop, rosemary, cape fuchsia, and hardy fuchsias.

CREATE HABITAT. I leave a patch of bare soil for ground-nesting native pollinators and I added a brush pile of old branches to provide them with cover. I also leave the leaves, old flower stems and seeds during the winter months to provide habitat and cover.

ADD WATER. I added small shallow bowls of water filled with stones to provide hydration stations for the native pollinators. They do show up to use them! I let them dry out periodically to reduce places for mosquito breeding.

AVOID PESTICIDES. I do not use spray pesticides in my garden because I don't want to harm the pollinators that I've attracted to my garden.

By including these simple additions to my garden, I am able to support my favorite pollinators year round. I continue to experiment with different flower selections and habitat conditions. Each year, I discover a more diverse group of pollinators in my pollinator meadow. Can't wait to see what I'll discover in my pollinator garden this year.



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Stay Home Staycation

Things to do

With hints of warmer weather on the way, the season of spring fever is upon us. But with social distancing efforts to keep us healthy and most of our parks, trails, and public places closed right now, there's not much outdoor adventure to be had. It goes without saying that the Stay Home, Stay Healthy order has taken the concept of the Staycation to a whole new level resulting in an emerging trend of virtual experiences made possible by the internet age. Here are some ways to help families fight cabin fever.

VIRTUAL NATURE & ZOO TRIPS



OREGON ZOO

While the Oregon Zoo is closed for awhile we can still view our resident creature friends through videos on the zoo's website and live streams on the zoo's Facebook page. You can see animals from all over the world such as Pinecone the Screech Owl, the Humboldt penguins, Lincoln the Sea Otter, Tiny goats, the Forest School

for Orangutans, and Nolina the Porcupine. The website also offers suggestions for home activity resources. www.oregonzoo.org www.facebook.com/oregonzoo

Other zoos around the nation are also offering videos, live streams, and educational activities.

CINCINNATI ZOO has a Facebook Live "Home Safari" show, airing every weekday at 3pm ET. Each episode features a different animal and educational kids activity. www.facebook.com/cincinnati-zoo/

MONTEREY BAY AQUARIUM in California narrates Facebook Live videos of fish, sea otters and other creatures, and answers viewers' questions. The aquarium's website has 10 live cams of exhibits such as sharks, penguins, otters, and moon jellies. www.facebook.com/montereybayaquarium/ www.montereybayaquarium.org

ELMWOOD PARK ZOO in Pennsylvania has "Zoo School" Facebook Live streams weekdays at 11am ET. www.facebook.com/epzoo/

THE SMITHSONIAN NATIONAL ZOO hosts a 24-hour live view of giant pandas Tian Tian and Mei Xiang. www.nationalzoo.si.edu

HOUSTON ZOO has live streams on their website as well as daily live check-ins with different animals on their Facebook page. www.houstonzoo.org www.facebook.com/houstonzoo

WILD EARTH hosts twice-daily safari live streams from South Africa during sunrise and sunset. www.twitch.tv/wildearth

EXPLORE.ORG has 100+ streams of nature to observe in real time from animals in the wild, or on the farm, or domesticated pets www.explore.org/livecams

VIRTUAL STORY TIMES & ARTS/RAFTS

AUDIBLES

For as long as schools are closed, Audibles is offering a free collection of stories kids can stream from a desktop, laptop, phone, or tablet. Start listening at: www.stories.audible.com

STORYLINE ONLINE

This award-winning children's literacy website streams videos featuring celebrities reading children's books with creative illustrations. www.storylineonline.net

STORY TIME FROM SPACE

Astronauts on the Space Station read stories and conduct science experiments as Earth rotates below. www.storytimefromspace.com/library/

LUNCH DOODLES WITH MO WILLEMS

Draw, doodle and explore new ways of writing in Mo's studio virtually. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. If you post your art to social media, be sure to hashtag it with #MoLunchDoodles. Find out more about this fun art series at www.kennedy-center.org/education/mo-willems/ or follow #MoLunchDoodles on YouTube.

KAZOODLES CRAFTAFTERNOONS

Vancouver's own toy store is hosting virtual kids crafts every Wednesday on their Facebook page. www.facebook.com/kazoodles





VIRTUAL LIBRARY VISIT

All of the Fort Vancouver Regional Library locations are closed but you can still put your library card to use to read, watch, and listen to the library's digital resources.

OVERDRIVE: borrow from the library's collection of thousands of ebooks and audiobooks with the Libby app. Learn more at www.fortvancouver.overdrive.com



HOOPLA: a digital media service offered through your public library where you can borrow movies, music, audiobooks, ebooks, comics, and TV shows.

www.fvrl.org/resource/hoopla

KANOPY: a streaming service for independent films, documentaries, classic films, Great Courses, world cinema, and kids' programming. www.fvrl.kanopy.com

CREATIVEBUG: watch a variety of arts & crafts classes taught by design experts. www.creativebug.com/lib/fvrl

FREEGAL MUSIC: stream or download music, and watch music videos for free. www.fvrl.freegalmusic.com

If you don't already have a library card, it's not too late. You can sign up online for a FVRL eCard that will give residents instant access to all of the library's digital, online, and streaming collections. www.fvrl.org/library-cards



MORE VIRTUAL FUN & ADVENTURE

GOOGLE ARTS & CULTURE

Google Arts & Culture puts the world's most famous wonders, treasures, and histories from over 2,000 cultural institutions from 80 countries at your fingertips: www.artsandculture.google.com

RANGER RICK MAGAZINE

The National Wildlife Federation's Ranger Rick magazine is offering free digital subscriptions through June. The free subscriptions include free access to all Ranger Rick digital magazines, ideas for outdoor activities, animal crafts, educator guides, and more. www.rangerrick.org/freedigital/



PBS KIDS GAMES

Kids can interact with their favorite PBS Kids show characters in online fun and educational games for a range of ages and skill levels. www.pbskids.org/games



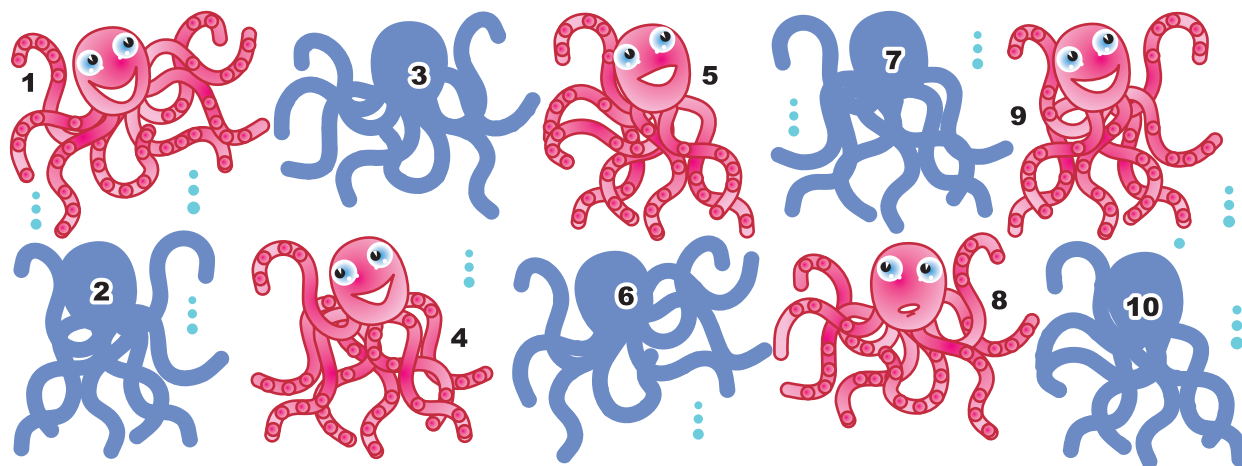
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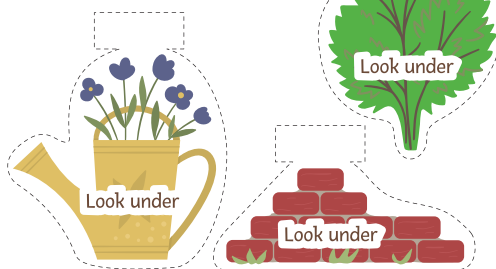
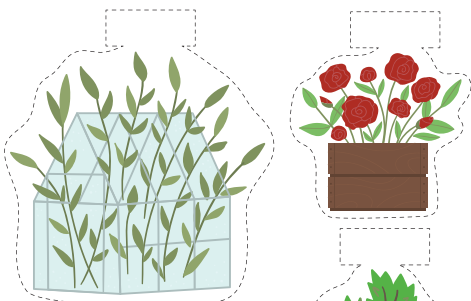


Match the octopus to his shadow!

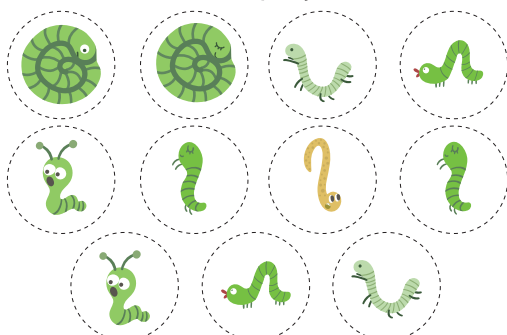
ANSWER:

1-6, 4-7, 5-10, 8-3, 9-2.

Cut out the pictures and glue them to the right place

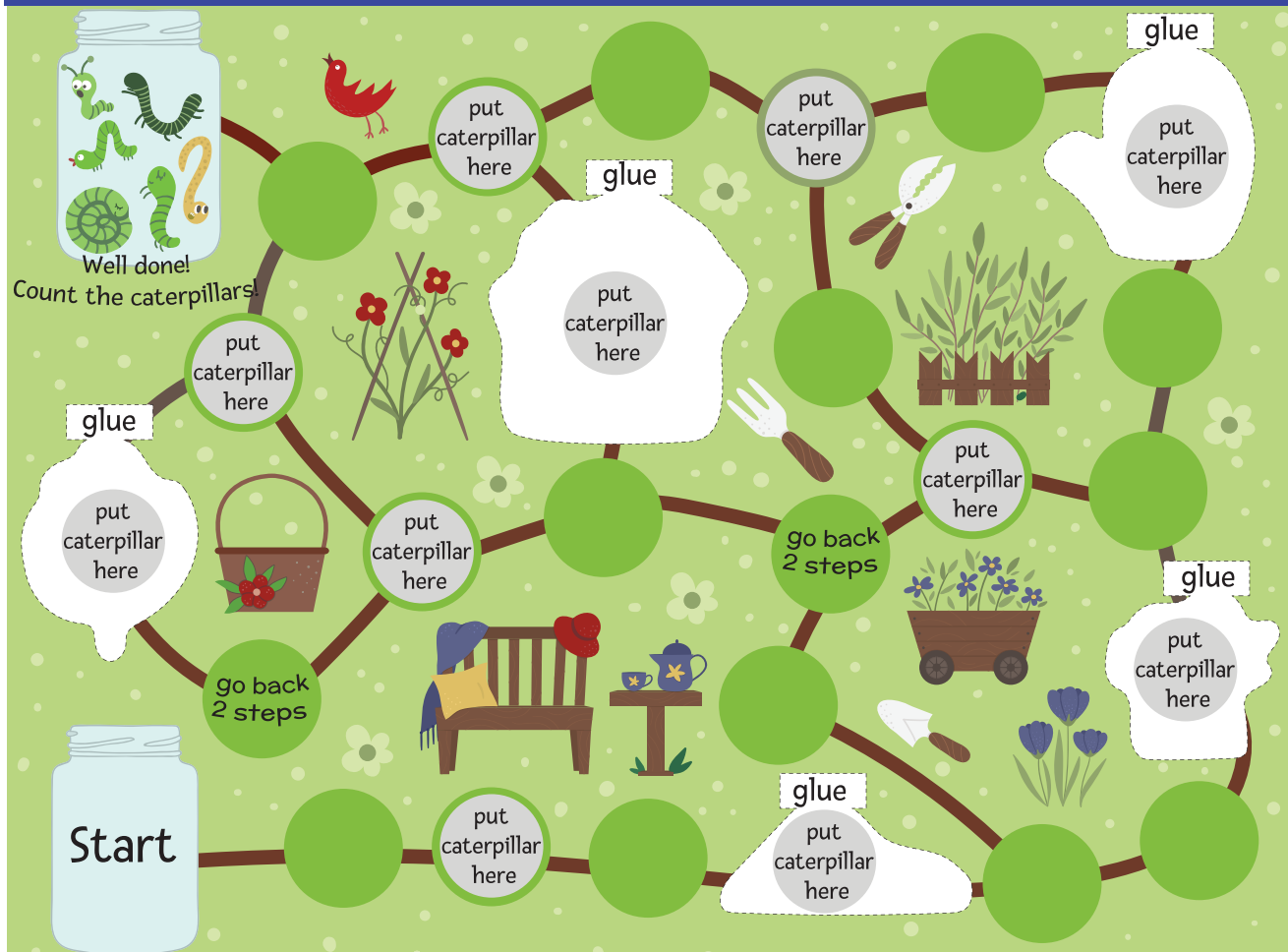


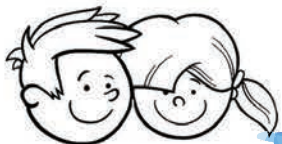
Cut out the caterpillars and put them on the right place



Spring Cut & Glue Boardgame

Go through the garden & gather all nasty caterpillars





HOW MANY

DO YOU SEE?



COLOR
the Page
+
SOLVE
the Puzzle

DOGS

CATS

ANSWER
12 DOGS
11 CATS

What I learned about being *healthy* while staying home.

by LETHA BRANDENBURG,
Owner, The Healthy Weigh



When Governor Inslee announced the “Stay Home and Stay Healthy” mandate for the state of Washington, I remember thinking, “That’s cool, he’s ordering us to not only stay home, but to stay healthy.” Now, I know that he meant, stay home so you won’t contract Covid-19 or spread it to anyone else, but when he said, “Stay Home and Stay Healthy” my mind jumped to how I feel about the word *healthy*.

I immediately thought about my clients at The Healthy Weigh and my 39-year career of helping people get “healthy.” To me, I saw this as an opportunity to be more inner-directed, attuned to my feelings and inspiring. I saw this as an opportunity to get healthier! Five days later the adrenaline rush the pandemic caused in me started to subside. I was sheltering in, listening to the bad news and the walls were closing in on me. I needed to ask myself some hard questions. How was I going to Stay Home and Stay Healthy? How was I going to go from a person who thrived on **doing** to just **being**?

I’ll share some of my practices or my coping skills, as some might call them, that have helped me not only get through this difficult time but have helped me thrive while I’ve learned to just **be**.

BREATHE: Learning to breathe and be present is more profound than it sounds. Learning to be in this moment is a key to gratitude and keeping anxiety at bay. Practiced meditation, prayer and being still, all make such a difference. When you’re in the present moment, you can fully experience life. When you take a cleansing breath and you are present, you stop projecting into future.

EXERCISE: The benefits of exercise have been proven by everyone from medical doctors who call it a miracle drug to psychologists who call it the greatest anti-depressant they’ve ever seen. If you’ve already been exercising, keep it up. If not, start today. It will change your life.

INTERNAL PROCESSING: If there was ever a time in history to get in touch with yourself, and process some stuff, it’d be now. We have the time and we have the need. It is going to be essential that we are our emotionally healthiest selves to rise up strong after this crisis. If you face your stuff, heal the wounds from your past, let go of grudges, and care for the deepest parts of who you are, you’ll come out of this season healthier than when you entered it. Journal, read, study, and seek on-line support or counseling.

LEVEL YOUR BLOOD SUGAR: As simple as this one sounds, it’s really important. When your blood sugar drops your brain will favor short-term thinking and impulse behavior! To be healthy, your long-term brain needs to be making the decisions.

Continued on next page ▶

"Learning to be in this moment is a key to gratitude and keeping anxiety at bay."

- Don't skip breakfast
- Plan for and eat healthy snacks
- Don't go too long without eating
- Exercise ...it regulates glucose in the body

COMPLETE TASKS YOU'VE BEEN AVOIDING:

Get in there and finish the job. It builds confidence, it makes you feel good, and what a better time right?? Those photos, the file cabinet, a closet or two...go for it! You'd be surprised how good you'll feel after you've accomplished a task that you've been putting off. And that "feel good" feeling motivates you to do something else positive.

GET IN TOUCH WITH YOUR FUTURE SELF: What could you do today that your future self would thank you for? What if we could talk to our future selves...just what would we tell them? I bet you'd say, "I wish I'd had known things were going to be OK, I would have taken advantage of that time."

The things we do, do something to us. We're finding that out as we spend more time with ourselves. We have the opportunity like we've never had before to grow closer, heal relationships past and present and be the "healthiest" we've ever been. I hope and pray as you are or have been "sheltered in" that you have found more peace learning to just be all while you're choosing to stay healthy.

Always encouraging you,
Letha

Letha Brandenburg, Owner,
The Healthy Weigh, Vancouver, WA



RECIPE

From the Pantry of
The #Cornteen Cook...

Sweet “Cornteen” Soup

Social distancing and self-isolation are terms we’re hearing a lot lately. Also, quarantine—or #cornteen, according to the latest internet meme spelling. No matter how you spell it out, the order to Stay Home is probably already depleting your fresh ingredients for meals. You may be staring into your pantry shelves of nonperishables wondering what the heck to make and why you have so many cans of corn. Corn in the canned or frozen variety is a versatile ingredient. You can throw it into a casserole or chili, or even make it the main ingredient. In fact, with a can of corn you’re well on your way to having all the fixings for a hearty soup.

INGREDIENTS

1/2 cup chopped yellow onion
2 Tbsp butter
1 tsp garlic chopped
1 can sweet corn (about 15 oz)
1 cup chicken broth
(or 1/2 bouillon cube with 1 cup water)
1 tsp sugar
Salt/pepper to taste
Garnish with parsley, paprika,
dash of olive oil

INSTRUCTIONS

1. In a medium size pot, melt butter over medium low heat. Add onion, garlic and a pinch of salt. Cook until the onion is soft and translucent (no color at all) for 10 min.
2. Set aside two tablespoons of corn from the can and add the rest to the pot with liquid.
3. Add a cup of chicken broth to the pot, heat to medium and bring up to a boil. Turn off the heat. Use an immersion blender to blend until very smooth.
4. Add the two spoons of corn, sugar, a pinch of salt and pepper and simmer for 5 minutes. Stir well and add salt to taste.
5. Pour into a bowl and garnish with chopped parsley, a pinch of paprika and dash of olive oil.



Get Creative and Customize...

You can change up the garnish for this recipe based on other items you find in your pantry. Got toppings for a salad but no lettuce? Croutons and bacon bits can turn this soup into a real meal. The broken bits of tortilla or potato chips at the bottom of the bag will add a tasty crunch. And crispy fried onions leftover from last Thanksgiving would make this soup downright festive.



VIRTUAL EVENTS

APRIL - MAY

APRIL

VIRTUAL WALK MS: VANCOUVER

Walk MS is going virtual but the goal is the same. Register, build a team, fundraise, then on April 25 (or at your convenience) put on your orange or Walk MS gear and do your walk your way whether it's on a home treadmill or around your block. Share photos on social media #VirtualWalkMS. To find more information go to "Virtual Walk MS: Vancouver" on Facebook. Register at: secure.nationalmssociety.org

VIRTUAL VANCOUVER FARMERS MARKET

Even with the opening delayed, Vancouver Farmers Market is still on a mission to bring our community fresh, local & healthy food! Stay tuned for news and learn to shop their incredible variety of vendors online at www.vancouverfarmersmarket.com

MAY

VIRTUAL WALK/RUN FOR THE ANIMALS

Celebrate the love animals bring to your life virtually at Walk/Run for the Animals! Help the Humane Society for Southwest Washington care for animals in need. Set up a fundraising page and earn awesome prizes: southwesthumane.org/walk-run

VIRTUAL HEALTHY KIDS RUNNING

May 3 - June 7. Healthy Kids Virtual is an adaptation of the usual HKRS Race Day experience. A Virtual Race is a race that can be run (or walked) from any location you choose. You can run, jog or walk on the grass, on the sidewalk, on the trail, on the treadmill or on the track. Children run their age appropriate race distance, at their own pace, and parents or caregivers record the time! Upload the time after each race and share photos with the virtual community on social media: #GetUpandGo #HealthyKidsVirtual. Register at healthykidsrunningseries.org

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We want you to know that we're committed to keeping the lights on for you during these unprecedented times.

We've expanded our energy assistance programs

Eligibility requirements have been adjusted for our utility payment assistance programs to allow more of our customers in need to qualify. Any customer experiencing financial crisis should call us for assistance options or to make payment arrangements. We stopped service disconnections — all customers currently have electricity and water. At this time we are not disconnecting service for lack of payment.

Field work is limited

Work in our communities by our employees and contractors is limited to tasks necessary to continue providing service. Rest assured that we will respond quickly to any power outages or emergencies.

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Thank you for your patience and flexibility as we all navigate this crisis. We've been here for you since 1938, providing safe and reliable service, and we'll continue to keep the lights on for you as we move through this together.



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