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Living

IN THE COUVE



JULY 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

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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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Family Camp Out

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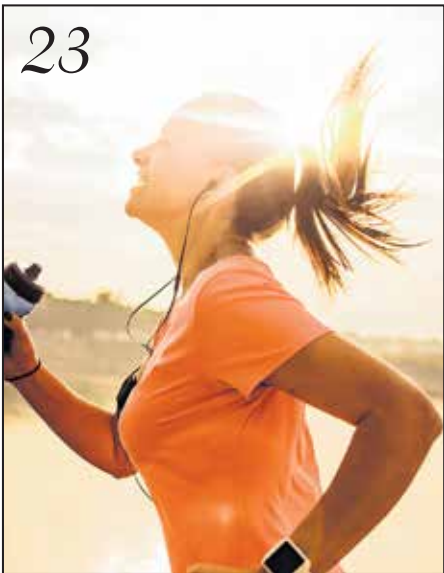
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THIS SUMMER FIND
unique
CAMPING
experiences
AT PRIVATE CAMPGROUNDS

by EILEEN COWEN, for *The Columbian*

Camping is one of my family's favorite summer activities. Nothing else combines our love of hiking, fishing, swimming, biking, and sleeping under the stars more than heading out for the weekend. This summer has been strange because many state and national parks have not opened for overnight camping due to the ongoing health concerns. It has simply been difficult to make reservations for our usual weekend spots. And, although my family is quite comfortable with dispersed forest camping, many people are not comfortable heading out to camp in the woods without basic amenities like toilets and access to potable water. However, there are ways to enjoy nature outside of the traditional state park setting. The last few years has seen a marked rise in the amount of private campgrounds and special outdoor experiences right here in our own backyard.



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Of course, private campgrounds have always existed. Growing up in New England, one of my favorite local swimming holes was governed by a grumpy old-school Mainer who would sometimes let us cut through his campground to reach a warm stretch of the Saco River. Here in the west, the prize of private land ownership was one of the paramount goals of western expansion. But the majority of residents here in the Greater Couve are literally surrounded by nature that is owned by other people and entities, leaving limited access for most people. Perhaps that is why the rise in private camping experiences has been so important during the last few years.

There are a lot of benefits to choosing a private campground rather than larger federally or state-run parks. For instance, it can be an intriguing solution to our current social distancing problems during the Age of Pandemic. We all know that large state and national parks generally have smaller camp sites and the ability to escape people is almost impossible. The inevitable combination of packed restrooms, restaurants, and visitor centers has left many parks shuttered for camping this summer. Private campgrounds have more flexibility and the opportunity to selectively lease sites for the night. There are fewer potential problems with social distancing as the owners limit the amount of people who access their land. In addition to the usual RV parks, KOA Campgrounds, and subscription-based campsites, there are dozens of smaller family-owned sites all over Southwest Washington... if you know where to find them.

Whether it is camping in North County, near a river, or even in someone's back yard, make sure to get outside with your family and loved ones.

One website has found an easy way to tap into the surprising wealth of private camping experiences we have here in our region. It is called HipCamp.com, and it operates like the reservation site Airbnb, but for outdoor spaces. People can search for private experiences by zip code or city and make reservations online. Some proprietors offer amenities such as free firewood, hot tub access, or even fancy "glamping" experiences complete with fully furnished yurts. Maybe you want to camp near llamas or on a farm? HipCamp has that, too. If some of these experiences seem a little too fancy for your liking, not to worry. There are options for you, too. Maybe a secluded spot on the Washougal River is more your speed? Some sites are simple spots on the owner's private land to pitch a tent. Prices for campsites vary as well, with some simple sites renting for as little as \$25 per night, while furnished "glamping" cabins can rent for over \$150 or more per night. If you are looking for a local over-night or even planning a multi-day trip out of the area, HipCamp may have the right private camps for you and your family.

There are multiple other resorts and campgrounds in our region have their own reservation systems. One local camp experience has tapped into our love of horses. **Clydesdale Outpost Ranch** is a family-run farm located in Amboy. This working ranch features chic guest houses, outdoor hot tubs, and unequaled access to their main attraction, Clydesdale horses. It is

truly a beautiful get-a-way that is not so far from our homes. In Kalama, the Mahaffey Family has been offering clean, quiet RV and tent camping spaces on their land since the 1970s. The

park has access to the Kalama River, offering kayak and fishing opportunities. Further out in Toutle, the **Eco Park Resort** features furnished cabins and yurts in a private old-growth forest setting. The owners, Mark and Dawn Smith, built their resort near the literal ashes of Mark's previous home, Spirit Lake Lodge. That lodge was famously lost during the 1980 Mount St Helens eruption. The park strives to provide environmentally friendly access to the blast zone, and Mark Smith himself is sometimes on hand to give his first-hand reports on the fateful day 40 years ago.

Just because large campgrounds are closed doesn't mean the summer is a wash. Maybe this summer will be the year of close-in exploration for you. Whether it is camping in North County, near a river, or even in someone's back yard, make sure to get outside with your family and loved ones. Private campgrounds can be an excellent and easy option for safe adventures this summer while enjoying everything our great outdoors have to offer.





Cooking

WHILE CAMPING



by VALERIE SLOAN
for The Columbian



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Cooking at your campsite can be quick, easy, painless and delicious, and you don't have to resort to hotdogs or burgers every day. Next time you go camping, you can flex your creative culinary muscles along with your body and mind!

BREAKFAST MEALS

Fresh Fruit, Granola, and Yogurt. Minimal effort required.

Omelets in a Bag and Toast.

Use a gallon-size ziplock bag and pour in two eggs for each person. Add meat, tofu or veggies. Fire up the stove, boil a suitable size pot of water, drop in the bag and boil for 12-13 minutes.

Oatmeal or Breakfast Grains.

Individual packets of oatmeal are easy to bring, and almonds or walnuts add flavor and crunch.

Breakfast Burritos. A great choice, no matter the time of day. Burritos can be pre-made at home or you can use a camp stove to heat up your favorite fillings. If you make the burritos beforehand, wrap them in aluminum foil. Just drop the burrito into the camp fire for an easy heating option.

LUNCH MEALS

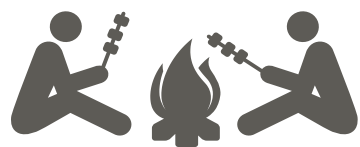
Peanut Butter and Jelly Sandwiches. Classic.

Quesadillas. This lunch is super easy to make: chop your veggies at home, place in tupperware or ziplock bags, shred the cheese beforehand. Wrap in foil and toss in the fire or on the grill.

Fireside Toastie or Grilled Cheese.

Start with a loaf of French bread, and cut the bread in slices, leaving a quarter-inch at the bottom. Spread butter on the slices and then add your toppings into the slots of bread. Wrap the sandwich in foil and cook in the

fire or on the grill for 15-20 minutes.



DINNER MEALS

Fire-roasted Veggies (with or without Meat). Chop your veggies ahead of time; think sweet or regular potatoes, onions, peppers, cauliflower, zucchini, squash, cabbage, carrots, celery, garlic, and tofu, fish or meat. Don't forget your salt, pepper, and fresh herbs. Wrap in aluminum foil and freeze ahead of time, or put directly in your cooler on your way out the door. To cook, place on your grill or put in the fire, turning every so often.

Campfire Pizza Log. Use your own dough or a store bought. Add tomato sauce, mozzarella, and all the toppings you want. Roll the dough up and pinch the ends closed. Sprinkle on any fresh herbs, wrap in foil and freeze. Ready to cook it? Get the fire nice and hot. Turn frequently for 25-30 minutes.

Chili. Plan ahead and make a delicious chili or soup in your slow cooker. Package it in a ziplock, and pour into a pan when you're ready to warm up lunch.

Foil-Wrapped Pasta with Goat Cheese and Tomatoes. Boil pasta. While pasta is boiling, sauté olive oil, onion, garlic, and tomatoes and season with salt and pepper. Add the pasta to the skillet, and top with fresh basil.

Polenta Rounds with Caramelized Onions and Goat Cheese. Slice polenta thinly and cook on medium heat with olive or coconut oil. Once the sides begin to slightly harden, flip them over. While the polenta is cooking, caramelize your onions. Add in a few tablespoons of oil, three tablespoons of sugar, and two onions. Cook on high low heat, stirring frequently until the onions have hardened (about 12-15 minutes). Bring your favorite goat cheese! Once the polenta rounds and onions have finished cooking, assemble: polenta round on the bottom, followed by caramelized onions, and topped with goat cheese.

FUN OUTDOOR MEALS FOR KIDS

Fireside Mac and Cheese.

Roast over the open fire.

Basic Burritos. Open a can of refried black beans (or substitute for your favorite kind of beans). Using a butter knife, slather the beans on the tortilla, then add cheese and any other toppings that your child eats. Heat the burrito in foil over the fire (or on the grate) for about 10 minutes, turning frequently to prevent burning.

Grilled Cheese. Butter two slices of bread and add your favorite cheese. Wrap in foil and turn frequently in the fire, on the grill or in the skillet (minus the foil for the grill or skillet versions).

Cream Cheese and Veggie Sandwich.

This is for the picky eaters out there. Slather cream cheese on two slices of bread and add cucumber, tomato and any veggies or meats that your kids like.

Tortellini and Pasta Sauce. Buy a package of tortellini or ravioli, boil according to the directions on the package, toss with pasta sauce and top with parmesan cheese.

Fireside BBQ Chicken and Potatoes.

Good for the entire family. Cook diced chicken and potatoes in a pan and then douse in BBQ sauce. Pop it in your cooler the day you leave. Wrap it in foil and reheat on the grill or in the fire.

Just because you are camping doesn't mean you shouldn't enjoy the foods you love. Plus, some easy preparation at home will give you more time for enjoying the great outdoors. Bon appetite!

KEEP YOUR HOME ≈ COOL AND COMFORTABLE, ≈ ALL SUMMER LONG

by DAMEON PESANTI
for Clark Public Utilities



Summer has arrived in Southwest Washington. We've already experienced plenty of sweltering days, but you can be sure many scorching afternoons still lie ahead.

Cooling off on a hot day is about as relaxing as it gets. But for some people staying cool in the summertime isn't just a matter of personal comfort, it's a medical necessity. Because the coronavirus pandemic has rewritten the rules for public spaces, keeping our homes at a comfortable temperature is more important than ever.

Before COVID-19, folks who didn't have air conditioning at home were encouraged to go to public spaces such as the mall, a movie theater or a library to cool off. Now certain people might not feel comfortable spending time in public places like those anymore. Here are some ideas for everyone to make their homes a little more comfortable.

"Air conditioning used to be a luxury that many people just did without, today that's no longer the case," Clark Public Utilities Energy Services Supervisor DuWayne Dunham said. "The units are less expensive than they used to be, and electric heat pumps — which perform both heating and cooling — are very popular throughout Southwest Washington."

Freestanding and window air conditioners start at around \$100 and climb substantially from there. Most are only strong enough for one room, but some can cool a small home. They can be heavy but are relatively easy to move from room to room. For some, the upfront cost is difficult to swallow, but beyond that they're pretty affordable options for staying cool. However, if you do decide to purchase one, make sure it's Energy Star rated. That rating ensures the appliances you purchase are energy efficient.

THE CHEAPEST, BUT MOST LABOR-INTENSIVE WAY TO STAY COOL IS TO OPEN AND CLOSE YOUR WINDOWS AS THE DAY COOLS AND WARMS.

Air conditioning has become an increasingly popular feature for residents throughout the region, thanks to lower prices and better technology.

In fact, the U.S. Census Bureau reports at least 70 percent of homes and apartments in the Portland-Vancouver metro area now have some form of air conditioning—nearly double the percentage from the early 2000s.

"They aren't expensive to operate," Dunham said. "A 1100-watt window unit running for five hours per day will add an additional \$13.47 to the energy bill at the end of the month. It's a relatively small price to pay for a little comfort on hot summer days."

If you're looking for a larger, and more permanent solution for your electrically



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heated home's climate needs, a ductless heat pump might be a good fit. Heat pumps essentially move heat from one area to another. In warm months the system provides air conditioning. Heat pumps can work in both central air and zonally heated homes. In cold periods, they heat homes very efficiently and affordably. For more information on them, visit clarkpublicutilities.com and search "heat pump program."

Fans won't lower a temperature but they can make a room more comfortable. A ceiling fan running six hours a day every day will cost less than \$1 a month.

"Turning on the fan in your home central air system will also circulate air and create a draft that can help you feel cooler," Dunham said.

But if you're thinking of investing in a swamp cooler, save your money. They don't work effectively in the Pacific Northwest's humid climate.

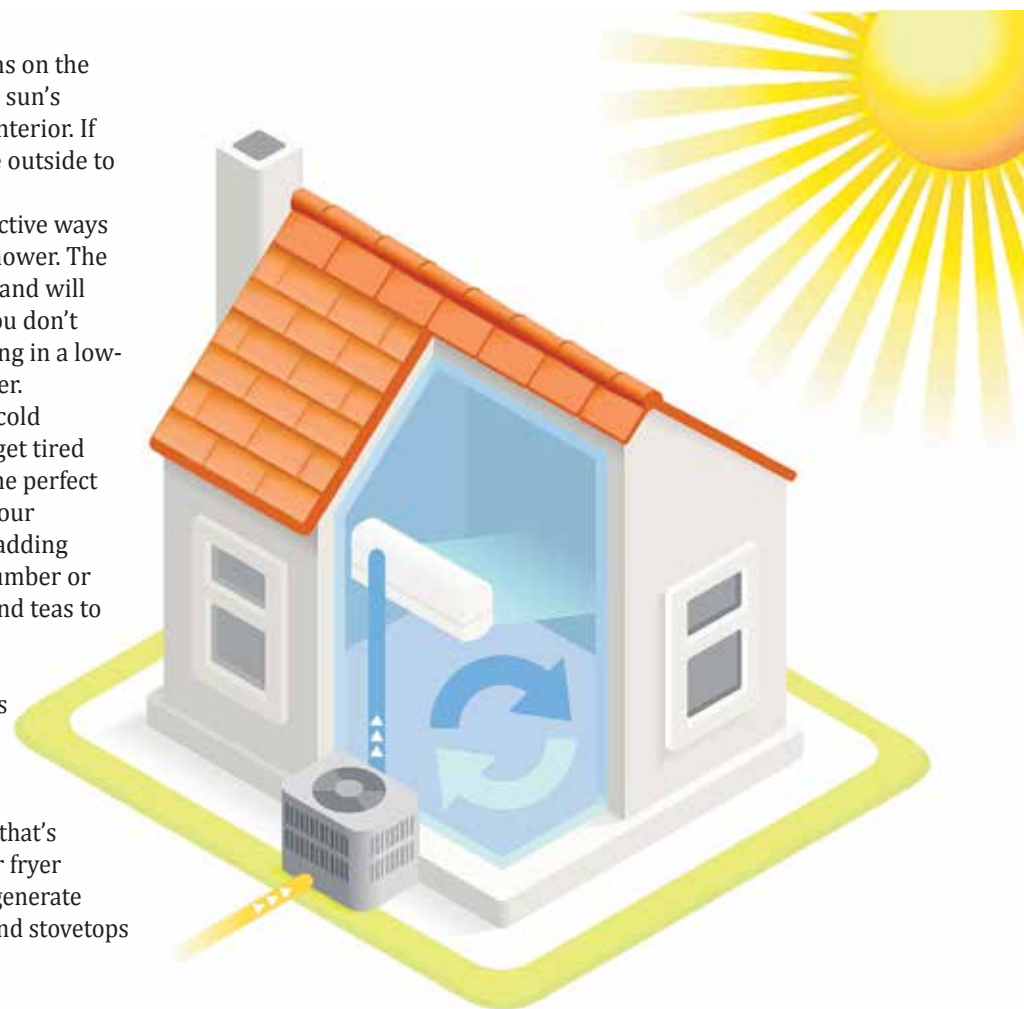
The cheapest, but most labor-intensive way to stay cool is to open and close your windows as the day cools and warms. The day is coolest from dusk to dawn, making it the ideal time to open your windows and allow the cool air in. Close the windows in the morning to keep the cold air in, as the day heats up.

In the morning close the curtains on the south side of the home to stop the sun's rays from heating up the home's interior. If possible, shade windows from the outside to maximize the cooling effect.

One of the fastest and most effective ways to cool down is by taking a cool shower. The water will be instantly refreshing and will keep you cool for a long time. If you don't have one already, consider investing in a low-flow showerhead to conserve water.

Also, be sure to drink plenty of cold drinks throughout the day. If you get tired of the usual drinks, the season is the perfect opportunity to get creative with your beverages. Try experimenting by adding different ingredients, such as cucumber or seasonal fruits to seltzer waters and teas to create new tasty treats.

Finally, use the summer as an opportunity to eat more fresh fruits and vegetables, salads and other foods that don't need to be cooked. If you are going to cook, break out the barbeque and grill outdoors. If that's not an option, consider using an air fryer or toaster oven. Those appliances generate significantly less heat than ovens and stovetops or conventional ovens.



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Extend your food growing season with succession planting

Get more bang for your buck
with staggered crop plantings

by Liz Pike, WSU Extension Clark County Master Gardener

Continued on next page ►

Spring planting season is a busy time of year for gardeners. In the past, I've been grateful to get those last seeds in the ground. It's nice to check things off the list. But then I discovered ways to extend my garden growing season by planting successive crops in the same space. It's more work but the rewards of an extended bounty make it all worthwhile.

There are four main types of succession planting.

1

Gardeners may plant the same vegetable variety every two to four weeks throughout the growing season. My family loves greens, so I plant several different crops including romaine, arugula, and leaf lettuces every few weeks. This way, as one crop is winding down, a new crop is just about ready to harvest.

2

Different vegetables planted in succession in the same location also extends your growing season. Peas do best as cool weather crops. They should be planted in either early spring or later in the summer for a fall harvest. Summer crops such as tomatoes, peppers and eggplants are ideal to fill that space in for garden for that in between time, (after the spring pea harvest and before the sowing of fall peas).

3

Economize by planting different vegetables together. A gardening friend of mine plants lettuces together with her squash varieties. As the squash vines mature, their large leaves provide much needed shade for tender lettuces that would otherwise wilt in the heat of summer.

4

Another option is to plant the same vegetable with different maturity rates. Last August, I found some cucumber starts at one of my local nurseries. I decided to plant them and see what happened. They did very well and I enjoyed fresh cucumbers long after my first crop was spent.

Buy extra seeds in the spring. Load up on your favorite seeds that you'll need for successive plantings. Later in the summer, when you're ready to plant second or third crops, many garden centers and nurseries will already be out of popular seeds. Purchase them early!

I don't know why, but its always hard for me to remove vegetables from my garden that are past their prime. Right now I have some really sad looking kale that is trying to go to seed. I've been selectively harvesting the largest leaves for salads and green

smoothies, leaving the spindly stocks to languish. I pluck the flower heads before they bloom. They taste great quickly pan roasted in butter with a little kosher salt.

One of my favorite adventures in gardening is trying new things. This year, experiment with successive plantings. Keep track of planting dates in your garden journal. You may decide it's worth the extra effort.

Happy gardening!



Second Crop - Squash, Photo by Liz Pike



Kale, Photo by Liz Pike

Annual *Natural Garden Tour* goes virtual

with more gardens, more stories, and more inspiration via interactive website

by KALEY McLACHLAN-BURTON for Clark County Public Health Solid Waste and Environmental Outreach



If the lines at nurseries and home improvement stores are any indication, Clark County residents have been using their yards and gardens as oases of relaxation and restoration during the COVID-19 pandemic. Many are also finding that they're feeling more connected to their community and their neighbors, coming together to do what they can to protect and help each other. Natural gardening is a great way to join these two interests – creating enjoyable outdoor spaces while doing something good for your community. Yards and gardens that are maintained using natural gardening techniques protect the health of our environment and our community.

Hosted by Clark County Green Neighbors, the 15th annual Natural Garden Tour is a self-guided exploration offering a peek into spectacular local gardens that are maintained with natural gardening techniques. The tour will be a virtual experience this year using an interactive website called a story map. Viewers will be able to use the story map to virtually meet host gardeners and gather ideas to make their own yard a beautiful and healthy oasis for people and wildlife. On the virtual tour participants will be able to explore natural gardening techniques and the local gardens that exemplify them. The website's filters will allow participants to focus on the gardens with features that are of greatest interest

to them. The website will also be able to link users to local organizations that can help homeowners adopt natural gardening practices and be recognized for their work. Yards certified through the Backyard Habitat Certification Program (backyardhabitats.org) will be featured, as well as publicly accessible natural gardening and compost demonstration sites.

A natural garden works with the local environment to thrive without the use of chemical pesticides, herbicides and fertilizers. Natural gardening also works to support the health of local watersheds. Scientists and communities around the

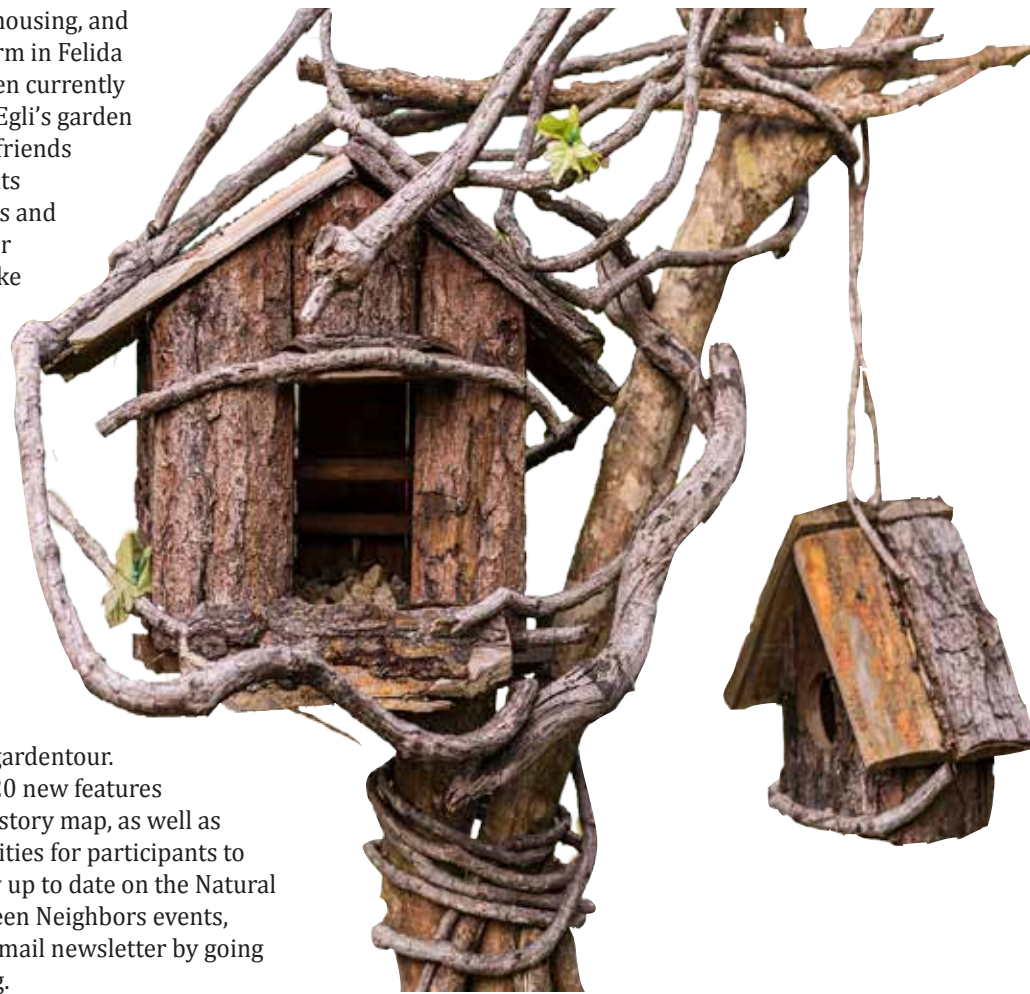
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world have found that when watersheds, and the plants and animals that naturally live there, are protected, the human communities living there are healthier, happier and have a higher quality of life. Human development decreases the health of watersheds by introducing invasive species, removing natural habitat, introducing chemicals and pollutants, and changing the way water flows through the environment, increasing flooding and seasonal droughts. Natural gardening seeks to create landscapes that decrease these impacts and support the characteristics of naturally healthy watersheds. Natural gardening techniques often decrease maintenance time and costs for home owners. On the virtual Natural Garden Tour you'll be able to see local examples and explore resources to help you incorporate natural gardening techniques in your own yard, including: organically grown fruit; organic vegetable gardens; water conservation; stormwater management; recycled art and building materials; native plants; composting; wildlife-friendly features; pollinator-friendly features; natural pest control; reduced lawns and lawn alternatives; and chemical-free pest control and fertilization.

"This is my vision for a better world," said gardener Gregg Andrews. Not only does Gregg's garden exemplify natural gardening, his home provides an example of the unique stories each garden offers participants. Gregg's home was originally built at Bonneville dam as housing for dam construction workers, then floated downstream

to Vancouver for wartime housing, and finally moved to a berry farm in Felida where Gregg's 1-acre garden currently surrounds the home. Sara Egli's garden is filled with reminders of friends and family, with many plants representing unique stories and adventures. This year's tour includes unique features like "catios," greenhouses built with interesting found and repurposed materials, and a unique farm animal manure composting system affectionately nicknamed E-CRAP: Environmentally Conscious Recycled Animal Poop.

The virtual Natural Garden Tour will launch on Monday, July 20 at clarkgreenneighbors.org/gardentour. Throughout the rest of 2020 new features will be added to the tour's story map, as well as new quizzes and opportunities for participants to enter to win prizes. To stay up to date on the Natural Garden Tour, and other Green Neighbors events, subscribe to the monthly email newsletter by going to clarkgreenneighbors.org.



15th annual Clark County NATURAL GARDEN TOUR

2020 VIRTUAL TOUR Starting July 20 at clarkgreenneighbors.org/gardentour

Each year Clark County Green Neighbors hosts the Natural Garden Tour to promote natural gardening and celebrate the beautiful gardens of local residents. Check out the virtual tour, using the interactive story map to:

- ▶ Explore how natural gardening protects our community's health and environment
- ▶ Get tips and ideas for incorporating natural gardening features in your own garden
- ▶ Enjoy video and photo tours of some of Clark County's most beautiful gardens



CLARK COUNTY WASHINGTON
PUBLIC HEALTH
SOLID WASTE AND ENVIRONMENTAL OUTREACH

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





A green tomato slowly ripens on the vine, surrounded by yellow blossoms.

MID-SEASON Tomato Tips

by JOHN MOORE, WSU Extension Clark County Master Gardener

This year in Clark County our tomatoes got off to a slow start due to a cool and very wet June. But hopefully your garden has bounced back into full swing, and the tomatoes are growing strong again. There is still a good chance for a bountiful harvest as long as a few garden tasks are tended to during the rest of growing season.

Pruning

The type of vines you have planted will dictate your pruning requirements:

Determinate tomatoes don't require much pruning because they will stay at a manageable size. Just remove the side shoots (suckers) below the first flower cluster. The suckers above the first cluster will bear fruit.

Indeterminate tomatoes require more attention because they will keep growing until killed by frost. While they do not technically require more pruning than determinates, maintaining two or three main stems and removing the other suckers will result in larger fruit that ripens earlier—an important consideration in our short (for heat-loving tomatoes) growing season. Then about a month before the first frost it's a good idea to pick off the flowers and cut the growing tips of the vines. Any new growth after this point won't have time to ripen, and this pruning will force the vine to put its energy into ripening the existing fruit.

Regardless of the type of tomato you are growing, no leaves should be allowed touch the ground—that is an open door for pests and diseases. Pinch off small branches early to avoid damage to the main stem. If you need to prune a large branch it's best to "Missouri prune": remove the end of the branch leaving a stub with a set of leaves in place.

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Fertilizing

Tomatoes need nutrients most during the critical growth periods: the initial growth spurt and during fruit development. It's important not to overdo it though; otherwise, the plant will develop stems and leaves at the expense of making fruit. The experts at Washington State University suggest a side-dressing every two to three weeks. Fertilizer should be placed at least six inches away from the main plant stem to avoid burning the plant. Work the fertilizer lightly into the soil.

Organic fertilizers have the benefit of improving the soil. However, they can be relatively slow-acting, so be sure to take reaction time and staying power into account. Blood meal and chicken manure are faster acting but do not last for very long. Products like cottonseed meal and feather meal work slower but last for a longer period of time.

If using *synthetic fertilizers*, be sure to follow manufacturer's directions. They are ready for the plant to use right away, but can harm the plant if applied incorrectly.

For a custom mix of nutrients, you can try bulk fertilizers that contain just the nutrients you need. For example, ammonium nitrate will supply only nitrogen and bone meal supplies mostly phosphate.

Watering

Tomatoes need about one inch of water per week. Inconsistent watering can cause cracked fruit, drought stress and blossom end rot, so stay on top of the soil moisture during this critical time. Testing your soil moisture at root depth with your finger is the tried and true method for accurate measurement.

Try to avoid getting the plants' leaves wet. The moisture is an invitation for fungal diseases that can ruin your crop. Soaker hoses and drip irrigation are good choices.

Harvesting

Tomatoes are ready to pick when the color is full and bottom just starts to soften: it will give slightly when pressed gently. When you bring them in, research has shown that tomatoes will retain moisture much better if you remove any remaining stem material and store them stem-side-down.

If your tomatoes are ripe and you're going to use them in a day or two, leave them on the counter; otherwise, refrigerate them to preserve taste and texture. If they are not quite ripe, leave them on the counter to finish ripening and then use or refrigerate them. The flavor will be much better if a refrigerated tomato is allowed to come to room temperature before serving.

End of Season

With our late start to the growing season, there is a good chance that you'll still have tomatoes on the vine when the first frost comes knocking. Mature plants can survive a mild freeze if covered, but if it looks like it's going to get very cold or stay cold for a long time, it's best to bring any remaining fruit in to ripen on the counter. The counter-ripened fruit may not be quite the same quality as those right off the vine, but they will still be much better than you're likely to find at the supermarket.



Ripe Tomatoes, Photo by John Moore



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BATTLE GROUND LAKE

Now that the warmer temperatures are upon us many of us have a longing to be outside, and when the thermometer rises for days on end we begin to seek cooling waters.

Living in the Northwest we have so many choices for water recreation, whether for sport or quiet retreat. Something about being in the water out in nature restores and energizes us. We enjoy the benefits of such close proximity to roaring rapids, wild ocean, rippling streams and quiet lakes. Sometimes it's even hard to choose! Whether you're in the mood for a dip or a dive, or a float or a paddle—there are enough natural water areas around here to fill an entire summer bucket list.

GREAT FOR A FLOAT OR PADDLE

Lewisville Park – Battle Ground, WA

30 minutes from Vancouver

This is the original park for Clark County. Some of the original buildings date back to when the park was founded in 1936. For generations this park has been a local destination for summer fun along the banks of the Lewis River. The 154 acres include picnic areas, ball fields, hiking trails, and river access with several swimming holes. The Larch area of the park is said to be the best swimming hole

for young families, with a sand and pebble beach for easy wading and swimming, and a grassy area directly behind the beach. The Ponderosa area of the park is a great place for more advanced water skills, with a stronger current and smaller beaches lined by rows of swaying trees. For a good river float in two hours or less, locals recommend driving two cars to the nearby Daybreak Park and leaving one car there, then drive the other car with all the float gear to launch from Lewisville Park.

Battle Ground Lake – Battle Ground, WA

30 minutes from Vancouver

Another historic recreation area enjoyed by generations of locals, Battle Ground Lake is a spring-fed green lake in the Cascade Mountain foothills. The 280-acre park is shaded by a evergreen forest centered around a crater lake formed by a volcano. Once a privately owned lake resort dating back to the 1920s, the park is now owned and operated by Washington State Parks and offers camping and day use facilities, miles of trails, picnic areas, ball fields, and lake access for swimming, paddling, and fishing. The shallow

swimming area is a great place to wade or swim and relax on the beach and grassy area beside the lake. For those wanting to venture out into deeper waters, Paddle EZ (paddleez.com) offers kayak and stand up paddleboard rentals year-round.

Dougan Falls – Washougal, WA

45 minutes from Vancouver

Most of the Washougal River is dotted with deep pools and sunny rocky outcroppings providing many opportunities for a dip or a splash. For those willing to drive the journey to the end of the winding Washougal River Road, a natural gem awaits where a 19-foot cascade of water tumbles into a clear-blue pool surrounded by flat rocks. Here you can wade in the pool below the waterfall, set up a lawn chair in the shallows above the falls, or sun yourself on the sandy beach below the bridge. You might even see a kayaker or two braving the ride over the falls! Dougan Creek Campground is nearby with facilities for those who want to make a day of it.

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GREAT FOR HIKERS

Siouxon Creek – Amboy, WA

90 minutes from Vancouver

Directly south of Mount St. Helens in the Gifford Pinchot National Forest is a peaceful, sparkling creek dotted with waterfalls such as the 50-foot Chinook Falls and the 100-foot Wildcat Falls that plunge from cliffs of basalt. For those up for a hike, magical emerald green pools formed by snow melt provide crystal clear refreshment all along the 7-mile trail through old growth forest. For the truly adventurous, there are backcountry campsites along the trail for a true overnight wilderness experience. Inside scoop: The most popular swimming hole here is at the 2-mile marker.

Lower Lewis Falls – Cougar, WA

2 hours from Vancouver

In the mossy forests of the Lewis River the falls here are spectacular. The big pay-off view of the falls doesn't actually involve any hiking at all. You can park at the Lower Falls Campground and within a few hundred yards you'll be amazed by the breathtaking views. This is a popular place for people to swim and enjoy the water both above and below the falls. From the parking lot you can venture right out to the clear crystal waters above the falls. To wade and explore the pools below the falls, several steep trails will take you right down to the water's edge and the popular hang out, "Sand Island" at the base of the falls. For hikers and those wanting to get away from crowds, put on your trail shoes for the long trek to the Middle and Upper Falls, both well worth the journey!

Moulton Falls – Yacolt, WA

45 minutes from Vancouver

At the confluence of the Lewis River and Big Tree Creek near Yacolt, is a not-so-secret spot known by local old timers as "the cold hole." The 347-acre park is heavily forested with so much to explore. There are miles of trails, two stunning waterfalls, a collection of deep pools, high cliffs, volcanic rock formations, a swing bridge across the creek, and historic indian meeting grounds. There are no beaches at this swimming hole but you can

play lizard and bake in the sun on the large, flat rocks after your exhilarating dip in the icy waters. The three-story arch bridge that stretches across the Lewis River is incredible to behold, and though may be tempting, jumping from it is illegal so you must resist the temptation to try this plunge. For facilities, there's parking, picnic tables, and a restroom. Note that this park is free and draws a crowd so arrive early to claim your spot.

GOOD FOR YOUNG FAMILIES

Paradise Point – Ridgefield, WA

20 minutes from Vancouver

Just north of Woodland, and a short jump off Interstate 5, these this freshwater shoreline is within easy reach of Vancouver. With a swimming hole under the freeway, this doesn't exactly provide the pristine wilderness experience of other more remote swimming holes, but the waters of the East Fork of the Lewis River are refreshing regardless. The Paradise Point State Park is a great choice for young families who want to wade or spread their water wings somewhere with campground facilities and within a short drive. The park even has tent sites and yurt camping for a fun weekend campout that's not too far away.

Sandy Swimming Hole – Washougal, WA

20 minutes from Vancouver

This is where the local fire department used to give free swimming lessons to children in the 1940s. Today this swimming hole is still a popular place for locals and visitors seeking relief from the heat. Located at the upper end of the lower Washougal River Greenway, Sandy Swimming Hole Park has a large shallow area, rock beach, and large wooden view deck. Facilities include restrooms, picnic tables, a beach, a boat launch for non-motorized boats, and parking.

GOOD FOR THRILL SEEKERS

Alder Flat – Estacada, OR

90 minutes from Vancouver

Along Clackamas River Road is an often overlooked swimming hole and primitive picnic area on the bend of the Clackamas River. A ¾ mile hike through lush forest, a beaver pond, skunk cabbage bogs, and other natural wonders will bring you to a 40-foot-long stone, a sand beach, and campsites shaded by alders leaning over flowing waters. The midstream rock formation of a trio of basalt boulders is known as "Skull Island," a popular point to do a cannonball plunge into the beckoning waters.

Pegleg Falls – Mt Hood National Forest, OR

90 minutes from Vancouver

Among the pristine mountain lakes and forests of Mt Hood is a deep wilderness swimming hole more than an hour from civilization. Some say Pegleg Falls gets its name from the dangerous leap daredevils take from the height of the falls. The 21-foot tall waterfall along the Hot Springs Fork of the Collowash River is a destination for thrill-seekers and relaxation seekers alike. A short path from the "Road Closed" sign a few miles upstream from the popular Bagby Hot Springs campground will lead you to a wide pool flanked by flat rocks and dense foliage. Look for the fish ladder carved into the bedrock. There may even still be a rope swing there!



SIouxon Creek

CAMPING ACTIVITIES FOR KIDS



Kids have a natural urge to explore. You can customize your scavenger hunt to be appropriate for any age, location, or interest. It can be a list of items to find or to see, smell, or touch—or of items to find or to see, smell, or touch—or photograph. Your hunt can have an educational theme like “living things in a deciduous forest” or a helpful theme like “beach trash pick up.”



CAMPING CHARADES

Campers of all ages can enjoy this simple game of acting out and guessing. A camping theme could be fun for the little kids to pretend to be animals or objects they see around camp or in nature such as a camp table, a tent, a tree, or a squirrel. You can even try your charades “shadow puppet” style using the campfire or a flashlight.

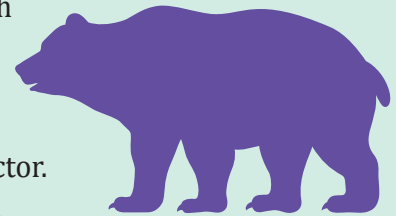
FLASHLIGHT TAG



This can be like hide-and-seek but with flashlights used to “tag.” Establish a game perimeter and “out of bounds” areas for safety, then draw straws (or sticks) to see who is first to be “it.” You can play until everyone is found, then the first person found gets to be “it” in the next round, or you can play with a rotating “it” person who passes off the flashlight to the first person found. Or let the kids make up their own game and see how creative they can be.

Your family has been excited for this summer camping trip for a long time and after all the planning, preparation, and packing you’re finally there—out in the great outdoors! But now what? Parents and older folks may be content (and grateful) to nap in a hammock or just sit and listen to the sounds of nature for awhile, but this is an unlikely choice for the younger crowd. The last thing any parent wants to hear within one hour of setting up the tent and campsite is “I’m bored!” Now that we’re here, we don’t want to send the kids to get out their electronic devices just to give us some moments of peace like we may do at home, so it’s best to come prepared for when boredom strikes.

Here are some ideas for low-tech games and activities in the event you find yourself nominated the camp activities director.



ALPHABET HIKE



Take a hike or nature walk and name things you see that begin with each letter of the alphabet from A to Z. Maybe think ahead or do some research for the letters “Q” and “X”—those can be tricky ones!

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TWO CANS AND A STRING

Kids know all about cell phones and video chat and texting. But do they know about two cans and a string? Their minds will be blown! Cut a tiny hole in the center of two tin cans or two paper cups. Thread a piece of kite string (about 100 feet) through the holes and tie the ends. Send a kid inside a tent and have them "answer" the phone from inside. Or if you have multiple tents this is a fun way for kids to talk to each from separate tents. Tip: The string has to be pulled tight for this trick to work.



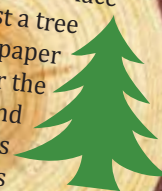
PRESSED LEAVES AND FLOWERS

Little kids love to collect rocks and other "souvenirs" from the outdoors. Bring a small tightly bound blank journal for collecting and keeping interesting leaves and flowers to press and dry between the pages. Older kids may like to identify and draw their specimens on the pages.



BARK ART

Tree bark rubbings can make any child feel like an artist. Place light stock paper against a tree and use crayons with the paper removed to lightly rub over the paper to create a unique and colorful masterpiece. Leaves and large rocks or boulders will also work. See how many things you can find to make nature artwork to take home after your trip!



FLASHLIGHT MORSE CODE

Make some International Morse Code cheat sheets and send one person off into the dark (or into the tent) to send the code while the others use their cheat sheets to decipher the message.



GLOW-IN-THE-DARK RING TOSS

Kids love glow sticks. Stock up on these for your trip. They are useful for fun as well as safety (such as finding kids and dogs in the dark). One large glow stick and smaller bracelet sizes makes for a simple ring toss game that looks way cooler all lit up at night. You can make a course of sticks at different heights and distances with a point system for each.



CAMPING OLYMPICS

Your Olympic events can be shows of strength, speed, or skill such as:

- Tug of war with a rope or blanket
- Sleeping bag race
- Paper plate discus
- Paper straw javelin
- Pinecone shot put
- See who can whistle first after eating three crackers



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Want to reach your goal?

BEGIN WITH THE END IN MIND

by LETHA BRANDENBURG, Owner,
The Healthy Weigh, Vancouver, WA



We all want to live a more meaningful life and achieve our goals but many of us struggle to do so. We're distracted and neglect to hold on to what we ultimately want, instead giving in to what we want at the moment. It seems especially these days, we are "soothing



ourselves" in the present without giving thought to what those choices do to our future.

Looking to the future is something I practice often. I've spent the last 40 years looking forward. That's what you do when your life's work is helping people achieve their goals and live their best lives. I've learned a lot about forward thinking and it's a powerful way to live.

I recently took an on-line productivity course thinking I was going to learn tricks and tips to be more productive in my work. The first thing I was asked to do was write my obituary. I've heard of "beginning with the end in mind" but this exercise seemed a little extreme. Until I did it.

Donald Miller, author of Donald Miller Teaches Productivity, suggested when we reverse engineer our lives, when we begin with the end in mind, we'll have a clear picture of where we want to go and what we need to do to get there. He was right.

Writing my obituary was emotional. The first thing I had to do was decide how long I was going to live. That left with me only a certain amount of time left to live the life I wanted to live. I had to choose who I was going to devote my love and attention to and



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How do you want your story to end? Will you have lived a healthy, strong life? Will you have been devoted to your friends and family? Will you have contributed to your community and made a difference in your corner of the world? Will you have left a legacy of emotional wellness for the generations that follow you?

If any of these are your desires, what do you need to do TODAY to make sure that's how your story ends?

Every choice you make today writes your story.

Every choice you make today can change the way your story ends.

Beginning with the end in mind really does have a lot to do with productivity. And beginning with the end in mind makes for a meaningful and healthy life.

basically defend my existence as to why my years on this earth mattered. It was sobering and extremely motivating at the same time.

Writing my obituary brought me huge clarity about my life and what I still wanted to accomplish. It's as if once I knew how the story ended, I had a filter through which I made my decisions. I began to see how my daily decisions would ultimately affect the final scene of my story.

One of the keys to this powerful exercise being effective is to read the obituary many times per week. When we remember what it is we want, we are naturally moved to accomplish the tasks necessary to reach our goals. If the things I'm choosing to do today don't line up with the "end of the story," then they need to be eliminated from my daily activities. If I'm missing the behaviors to accomplish the goals at the "end of the story," then I need to add those actions to my list of things to do TODAY!



"Every choice you make today writes your story. Every choice you make today can change the way your story ends."



The Columbian is proud to salute **EVERYONE** who is doing their part to help out in this unprecedented time. The front line workers who are exposed to danger every day. Those in support roles who provide essential services. And, you and your neighbors who are staying positive and helping encourage all of us as we get through this.

Thank you for all that **YOU** do. We're honored to be a part of such a caring and giving community.



EVENTS

JULY - AUGUST

FORT VANCOUVER REGIONAL LIBRARY UPDATE:

All FVRL locations are currently closed. Book returns are open, and curbside pickup of holds is now available.



VANCOUVER FARMERS MARKET

Downtown: Saturdays 9-3/Sundays 10-3.
8th & Esther St.
Columbia Tech Center: Thursdays from 10am-2pm through August 27.
17701 SE Mill Plain Blvd.
www.vancouverfarmersmarket.com

CAMAS FARMERS MARKET

Wednesdays from 3pm-7pm through September 30. Located on 4th Ave, between Everett and Franklin in downtown Camas.
www.camasfarmersmarket.org

SALMON CREEK FARMERS MARKET

Tuesdays from 11am-3pm in the East Parking Lot of Legacy Hospital along NE 23rd Ave.
www.salmoncreekfarmersmarket.com

CLARK COUNTY HISTORICAL MUSEUM HISTORIC VIRTUAL WALKING TOURS

July 24, 12pm-1pm

The Women's Star

Vancouver has a long history of powerful, prominent woman both in and out of politics. Spend time with us learning about key female figures in Vancouver's history – their accomplishments, disappointments, and the lasting mark they left on this community.

August 4, 12pm-1pm

Downtown Battle Ground

Learn about Battle Ground's quirky history, from its beginnings as an immigrant community to an infamous bank robbery in 1946. Discover architectural gems designed by prolific architect, Day Hillborn, and hear stories about the people that settled in the communities which eventually became the City of Battle Ground. Access tours at: www.facebook.com/cchmuseum/live_videos/
CCHM is waiving the ticket fee for this year's walking tours. If you are able, please consider donating the cost of a ticket, becoming a sponsor, or buying an annual membership to help support their mission.

August 14 & 15 COLUMBIA RIVER TRIATHLON & ENDURANCE SPORTS FESTIVAL 2020

The 12th Annual Columbia River Triathlon & MultiSport Festival offers something for everyone from a Sunset 5K & 10K Run/Walk, Sprint & Olympic Distance Triathlon, Duathlon, & AquaBike, Girlfriends All Women's Triathlon/Duathlon/AquaBike/5k, Kids Triathlon and more at one of the most scenic areas with views of the Columbia River, Mt. Hood, Mt. St. Helens and Vancouver Lake. Hosted by Why Racing. Frenchman's Bar Regional Park, 9612 NW Lower River Rd, Vancouver. Register and get event updates at www.whyracingevents.com.



August 16, 9am-1pm GIRLFRIENDS TRIATHLON & FITNESS FESTIVAL 2020

The 24th Annual Girlfriends All-Women's Triathlon & Fitness Festival offers something for everyone. The course is flat and fast and the swim is downstream with the current and close to the shore so perfect for a 1st

time Triathlon or Multisport event. Hosted by Why Racing. Frenchman's Bar Regional Park, 9612 NW Lower River Rd, Vancouver. Register and get event updates at www.whyracingevents.com.

August 21 (HER)STORY: FOUNDERS, LEADERS, AND VISIONARIES

The newest exhibit at Clark County Historical Museum will begin August 21. The exhibit will explore the women who have shaped Clark County throughout time.
www.cchmuseum.org



KIDS & FAMILY EVENTS



SHARE SUMMER MEALS PROGRAM

Grab-n-go meals will be available at multiple sites through August 14. All children and teens 18 and under are welcome. No paperwork is required, and we do not collect personal information. Children must be present to receive a meal. Check for details and locations at:
www.sharevancouver.org/summer-meals-program/



FORT VANCOUVER REGIONAL LIBRARY ONLINE

These Fort Vancouver Regional Library online programs are available for viewing at the program time and for three days after. View using the "view program" button above and on the FVRLibrary's Facebook page:
www.facebook.com/fvrlidistrict

July 21, 11am-11:30am MUSIC & ECOLOGY FOR KIDS

Join Jessa Campbell & the Saplings to learn simple science concepts explored through music, movement and fun! Caregivers can expect a blend of familiar folk children's songs mixed with original tunes written about what it's like to grow up in the Pacific Northwest!

July 23, 11am-11:30am DANZA AZTECA HUITZILOPOCHTLI

Ritual Azteca Huitzilopochtli invites you to take part in a traditional dance ritual! Percussion, or drumming, plays a vital role in Aztec storytelling. So grab a cup or container and a spoon and get ready to play the beat.

July 28, 11am-11:30am

RED YARN FOLKSONGS & PUPPETRY

Sing, dance, stomp, clap and celebrate with upbeat music and engaging puppets. Join award-winning family performer Red Yarn & his lovable Critters for a high-energy, engaging music & puppet show... from the comfort of your own living room!

August 6, 11am-11:30am

THE ADVENTURES OF MEDIO POLLITO (HALF CHICKEN) AND OTHER UNLIKELY HEROES

Join master storyteller Will Hornyak on a journey with unforgettable characters, small in size but large in heart and spirit!

August 11, 11am-11:30am

THE ZANIAC VIRTUAL SHOW

A very funny one man variety show with magic, juggling, music and lots of laughter!

August 13, 11am-11:30am

SLEIGHTLY AMAZING-SERIOUSLY FUNNY ENTERTAINMENT

Comedy by Jeff Martin to make you laugh out loud and magic to amaze your brain.

If you're having trouble paying your utility bill, we can help!



Customers experiencing financial hardship during this time of "Stay Home, Stay Healthy" are encouraged to call now for flexible payment arrangements or energy assistance. Eligibility requirements have temporarily changed and more households will qualify for assistance programs. Visit ClarkPublicUtilities.com or call 360-992-3000 to discuss options anytime, 24 hours a day, seven days a week.



Heat a Home, Warm a Heart!

If you're able, consider supporting those in need by donating to Operation Warm Heart. Contributing is easy online or by phone and may be tax-deductible. Every dollar goes directly to customers in need.