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Living IN THE COUVE



APRIL 2022

 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 10, 2022

Find past issues archived online at
www.livinginthecouve.com



Special Publications Manager
Teresa Keplinger

Special Publications Editorial Designers
Kristi Atwood, H. Brannon

Content Editor
Kristin Dorsett

Living In The Couve is a quarterly 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.

Spring Edition

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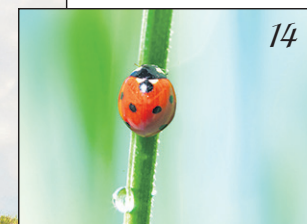
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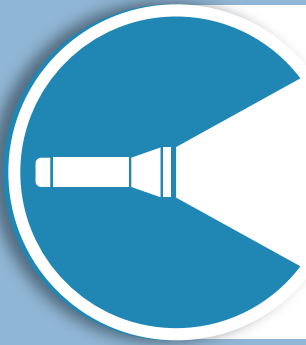
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NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



Serving hands, generous hearts impact our community

The Vancouver St. Vincent de Paul Society (SVdP) will showcase their gratitude to their volunteers during Volunteer Appreciation Week, April 17 - 22. The volunteers and donors who support the work of the Society are at the heart of SVdP, providing the funding and manpower that enable the Society to serve the neighbors visiting their facility every day.

The Society is inspired by Christian values to serve God's children, providing help to the vulnerable population and homeless in the Vancouver community with food, clothing, bus passes, rent, utility assistance and other services. The efforts and strengths of many talented people shine brightly as they serve their neighbors in need. During the pandemic, like many charities, the Society experienced logistical challenges in safely delivering food, but, because of volunteers, continued to provide this essential support. Today there are 95 weekly volunteers and 150 who help during the busy holiday season. Volunteers stock food shelves, sort clothing donations, pick up food from various donors, and serve as board members, among many other forms of service. A total of 16,291 volunteer hours were provided in FY21, valued at \$299,266!

The volunteers are ambassadors for the Society, and their efforts leave an impression. Financial donations allow SVdP to continue and even improve services. One such person will impact the sustainability of the facility for years to come, John Schaffers, a 10-year volunteer who died in 2020 from Amyotrophic Lateral Sclerosis (ALS). John left a bequest to the Society that will allow them to better serve others. Because of his generosity, a much-needed bike rack and bench will be installed in his memory, as John was an avid cyclist who traveled on his bike supporting many causes. In addition, a washing machine and dryer will be added to launder donated bedding and soiled clothing items, and a commercial floor cleaner will help sanitize the facility. His donation will also aid in upgrading lighting in the SVdP facility to LED, as part of the Clark PUD Lighting Incentive Program (CLIP), greatly reducing electricity use and costs. This project was completed by Olson Electric and has already made a substantial improvement to the lighting.

In the last fiscal year, Vancouver SVdP provided 907,492 pounds of food to 13,374 households, valued at \$1,495,943! This work can only occur with the generosity of many volunteers and donors.

To learn more please visit www.svdpvancouverusa.org.



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Gardening with...

Moss?



By BETH GOODNIGHT, WSU Extension Clark County Master Gardener



oss seems to be the bane of many a homeowner's existence. We all know what it is, and it seems

we find moss in places where we don't want it — like around the edges of our brick or paver walkways, on our roofs, and in our lawns. Moss invasion of lawn seems to be a universal hot-button issue.

Let's look at some mossy facts:

- **Moss grows where many other plants do not.**

So when other plants aren't growing well for whatever reason, and the conditions are otherwise right for moss, moss will arrive to fill the void.

- **Moss indicates overly wet or poorly drained soil conditions.** Sometimes that is true, but many mosses are amazingly drought tolerant. How many times have you seen moss on rocks or fence posts? Such places are the first to dry out once the rain ceases.

- **Moss grows in acidic soil conditions.** True, and some mosses happily grow in alkaline conditions as well.

- **Moss grows in the shade.** Yes, it does, and many mosses can handle quite a bit of sun exposure, too.

- **Moss sequesters carbon.** Whether all moss does this seems to be debatable. Sphagnum moss is said to be very good at carbon sequestration, but there is little data connected with the vast numbers of other moss species at this time. However all mosses are good at filtering impurities from the air and rainwater run-off. So there is environmental benefit in moss.

- **Moss is good at erosion control.** Yes, and *Polytrichum commune* (our native hair cap moss) is said to be one of the best performers.

Given this list of mossy facts, if one finds moss in their lawn or garden, it likely is because the conditions aren't great for turf grass, or whatever else was initially planted, and are great for moss. Might we take a tiny step outside of our comfort zone? Might we consider allowing Mother Nature to help us in our landscaping endeavors? She knows what grows best in all locations. When she puts moss in a particular place, it usually is because moss is the right plant for that location at that time.

Many years ago, I read an article by gardening guru, Joe Lamp'l (<https://joegardener.com/>) about using moss as a lawn substitute. I think if you had an entire yard that was not suitable for growing lawn grass, then sure, using moss as a lawn alternative might be a good option. (Another good option might be meadow, but that is another topic entirely.)

I'm not here to demand that you convert your lawn to moss. In some cases doing so wouldn't be consistent with what Mother Nature prescribes for a particular location anyway. I'm here to help you recognize when embracing moss can make your gardening life more enjoyable both visually and in terms of how much maintenance work you have to do.

So what are good situations for using moss in your landscape? As listed above, just about all conditions might support varying types of moss with the exception



Barberini Gardens, Castel Gandolfo, Metropolitan City of Rome, Italy

All photos courtesy of Beth Goodnight

of blazing, hot, full sun exposure (this is where meadow might work better).

One way to get moss going in your landscape is to just let it grow where it wants to grow, and let your landscape evolve from there. Perhaps start by creating a small moss garden in a spot of your ornamental garden. And if moss is growing in the lawn grass, consider rearranging the shape of your ornamental garden bed to include this location within the bed (you'll want to remove the lawn grass, however). Or you could embrace the moss in the lawn, and let it stay, simply because doing so would be less work.

Might I show exhibit A? Exhibit A is a photo of a shady back yard with a freshly mown lawn. I know for certain the lawn was not regularly fertilized or watered because it was my lawn, and I did neither of these things. For a shady location and the minimal care I gave it, I think it is a pretty good looking lawn. Moving on to exhibit B. Exhibit B is a close-up of a spot in the exhibit A lawn near that pale blue ball. See how moss is coating the open soil areas where there aren't tufts of grass? If that moss was not there, exhibit A photo would not look nearly as lush and green. The moss is barely noticeable from even a fairly close distance, it helps keep the soil cool and moist, and it keeps the lawn from being muddy. Nice looking, less work — win, win.

Need some help with embracing and using moss? Joe Lamp'l has a fairly recent blog article and podcast episode called The Magical World of Moss Gardening (<https://joegardener.com/podcast/moss-gardening/>). You can listen while you look at all of the beautiful photos about using moss in the landscape. Joe's guest, Annie Martin knows a thing or two about moss. After you listen to the podcast, maybe you'll order her book, The Magical World of Moss Gardening. I found it at both Amazon and my local library. Granted, Annie doesn't garden in the Pacific Northwest, but her design concepts are sound, the book features many mosses that would grow in our area, and there are oodles of inspirational photos. Visit Annie's website: www.mountainmoss.com

Another great resource about using moss in the landscape is George Shenk's book, Moss Gardening: Including Lichens, Liverworts and Other Miniatures. I found this book at both Amazon and my local library, too. For information about mosses that grow in our area, visit your favorite independent local nursery.

Open your heart and mind to soft, fuzzy, delightful moss!

EXHIBIT A



EXHIBIT B



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By **TODD KAPRAL**, *Backyard Bird Shop*

Spring is almost here. The signs are everywhere. The trees are starting to blossom. The Crocuses and Daffodils are coming up. Even the birds in my backyard are also starting to display spring-time nesting behavior.

One of the earliest nesters in late winter is the Anna's

hummingbird. This year-round resident of the West coast will begin to gather nesting material as early as January or February. They don't use a nest box but instead, build a tiny golf ball-sized nest from fine materials like spider silk, lichens, and animal hair. You can offer cotton nesting material, alpaca fibers or even pet hair in your yard for them to take. Try to avoid materials like string or dryer lint. The advantage of the natural hair is that it will retain

some thermal properties even when it is wet. Some material is available in its own holder or you can use a metal suet cake holder (without the suet in it). You can even locate the material near a feeding area. Just fluff it a bit so it is easy for them to pull out.

As we move through spring, other species may well

Continued on next page ▶

take advantage of the nesting material. House finches will take it to make their nest. Despite the name, they are not known for commonly using a birdhouse.

Goldfinches will also take nesting material. They do not use a nest box, however and they nest a bit later in the season in June.

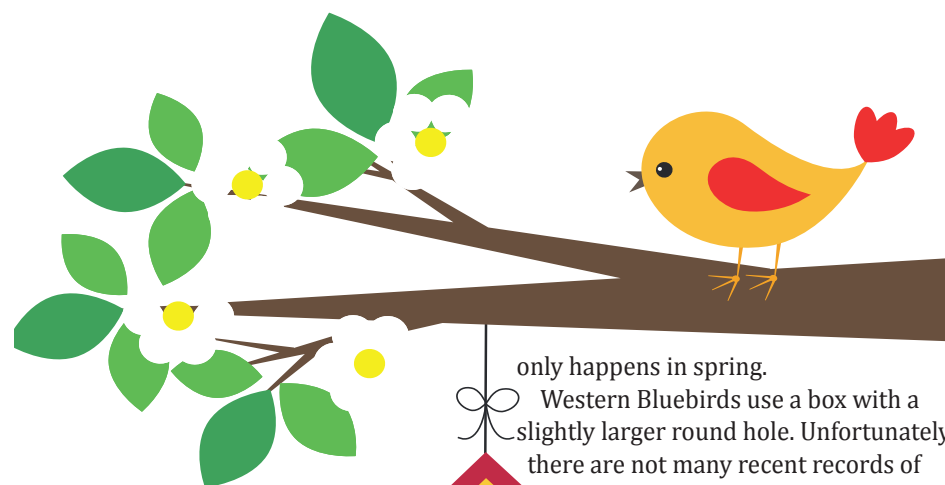
If you are going to put a nesting box in your yard, there are a couple of things to keep in mind. First, your birdhouse should NOT have a perch on it. The native species we try to encourage, like Chickadees for example, do not need a perch. All the perch does is allow non-native species like English House Sparrows or European Starlings to gain easy access to the nest and harass the nesting parents and chicks. Next, make sure your birdhouse has a clean-out and some ventilation and drainage. Both Chickadees and Red-Breasted Nuthatches will use the same type of box. Try to position the box about 8-12 feet off the ground and place it away from any feeding stations. You can put some wood shavings in these boxes. Since Chickadees and Nuthatches are excavators, they will remove the shavings and bring in their

own nesting material which is usually moss. They may also take some of the nesting material you put out. Nest boxes come in various cavity and hole sizes depending on the species you are trying to encourage.

There are a number of native species here that will use a nest box. They include the Tree Swallow, Violet-green Swallow, Bewick's Wren (pronounced Buicks), Western Bluebird, Downy Woodpecker, and Northern Flicker. The swallow boxes are typically shorter and ideally will have a horizontal oval-shaped hole. This will help keep the starlings and sparrows out. They can be placed on a fence or tree about 5 feet up facing an open area.

The same can be said for wren house placement. They seem to be easy going in terms of location of their nest box. The entrance hole for a wren box should only be about an inch in diameter. Don't forget to keep them away from feeding areas.

Woodpecker boxes should be placed higher up, preferably on a tree trunk or perhaps the peak of a house. Again, fill these with wood



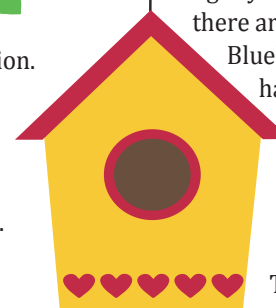
only happens in spring.

Western Bluebirds use a box with a slightly larger round hole. Unfortunately there are not many recent records of

Bluebirds in Clark County due to habitat loss. They tend to nest in more field/meadow type areas. A good place to view nesting Western Bluebirds is Champoege State park down off of I-5 in Wilsonville, OR.

The Prescott Bluebird Recovery Project maintains a series of successful bluebird boxes there.

For more information about nesting boxes, dimensions, and placement, go to: backyardbirdshop.com/bird-house-specifications/



shavings to encourage excavation.

On a side note, woodpeckers have some interesting behavior that I get asked about a lot. This behavior is drumming or drilling on metal.

No, they aren't crazy or a few eggs short of a carton. This is territory and courting behavior.

They drum on metal because it's loud! It's like using a bullhorn to announce "This is my turf"! Although this behavior isn't very amusing at 6 AM on your gutter right outside your bedroom window! Luckily it



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Springtime is the Perfect Time to Give Your House a Checkup:

Small additions to your spring cleaning list could save you energy and headaches down the road

With the days getting longer and the mercury on a steady rise, many Clark County residents take advantage of the sunshine to spruce up the house and jump on projects they've been thinking about all winter.

But spring is great for more than just cleaning, it's also an ideal time of year to give your house a checkup and look for opportunities to cut back on energy waste.

Unlike cars, homes don't have a "check engine" light. So you may not notice your crumpled and cracked exterior caulk or weatherstripping is allowing cold air into your home 24 hours a day.

"It's smart to inspect your home at least once a year for signs of deterioration or necessary repairs," said Clark Public

Utilities energy services supervisor DuWayne Dunham. "Catching things early can prevent a major headache down the road. Plus, you may be surprised at how simple repairs can make your home more efficient and more comfortable."

If you have a seasonal cleaning list in mind, odds are you'll be working in parts



of your home that should be occasionally inspected anyway. So, examining it there and then and making a note of whatever is needed will mean only adding an extra step or two.

Also, thinking about your home through a maintenance frame of mind will help you be aware of issues that may require extra attention from yourself or a service expert in the near future. If something does need to be replaced or repaired, you can schedule to have it done when the weather is mild — rather than on a hot summer day.

While you're dusting and washing walls and windows, pay special attention to the caulk around doors, exterior lights and window frames. If you see any that's cracking or peeling, scrape it out, clean the surface and replace it. Caulk is cheap, easy to install and lasts for years.

As you're inspecting the lights around your home, make sure you're not still using incandescent light bulbs. If you are, make a note to swap them out for LED bulbs. With the energy they save, you'll be glad you did. LEDs use less than a fifth of the energy of incandescent bulbs and last many years longer.

While you're near exterior doors, check the weatherstripping for damage or any gaps. Over time weatherstripping wears down, comes loose or gets torn up by pets. If yours isn't in top shape, make a plan to remove and replace it.

While you're doing the floors, pull your refrigerator and freezer away from the wall and clean the coils. The fridge uses about 10 percent of your home's electric bill, but it'll use even more if the coils are covered in dust and pet fur.

While you're cleaning laundry rooms, bathrooms and the kitchen, check the condition of the exhaust fans. Those fans are critical to your indoor air quality, but built up dust and debris can reduce their efficiency. If yours are looking rough, clean them. If they do have filters, as many kitchen exhaust fans do, inspect them and replace them as necessary.

While you're up there, look for any gaps between the fixture and the sheetrock. If you spot some, fill them with caulk to stop air leaks. Alone, one leaky fixture doesn't account for much heat loss, but collectively they can be a substantial drag on your home's energy efficiency.

Next, head down to your HVAC system and replace the filters on your furnace. If you have a ductless heat pump, clean the head unit's screens. This time of year is also ideal for scheduling a technician to inspect your home climate system. You'll be avoiding the summer or winter rush so they may have more flexibility in their schedules. And if they need to shut down the system for any period of time, it'll be during a more comfortable time of year.

Last but not least, if you've had covers on your foundation vents, remove them and throw them in the garbage. Those covers don't help keep your home warm, the insulation beneath your floor does. Crawlspace need ventilation all year long. Covers only trap moisture where it's not supposed to be.

These are just a few ideas to get started on protecting your home and keeping it energy efficient. For more energy saving solutions in your home, a list of rebates and incentives or to see your potential annual savings with a home energy calculator, visit ClarkPublicUtilities.com.

The Clark Public Utilities Energy Counselor of the Day is also available to speak with customers one-on-one about their home and offer helpful solutions they can use to reduce energy expenses. Call 360-992-3355 during business hours or email ECOD@clarkpud.com



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GREEN BUSINESS OF THE YEAR

(more than 25 employees):

PeaceHealth Southwest Medical Center

Despite the challenges that COVID-19 presents to hospitals, PeaceHealth Southwest Medical Center has had numerous environmental successes in the past year. Clean wrap containing surgery instruments is now collected for recycling, which keeps tons of material from going to the landfill. The hospital recently signed the Cool Food pledge through the World Resources Institute to increase plant-based offerings and reduce the climate impacts of the food served. Energy tracking has also been enhanced, and they recently joined Clark Public Utilities Strategic Energy Management cohort to reduce energy consumption through no-cost improvements and behavior change.

**MASTER COMPOSTER RECYCLER (MCR)
SUPERSTAR AWARD:**

Kris Potter

Kris Potter has promoted waste prevention and composting techniques in Clark County for 20 years! She regularly volunteers to educate community members about lasagna gardening and how to build and maintain raised beds. She also set up an onsite composting system at St. Joseph Catholic Church. In addition to adding garden and landscape waste to the system, coffee grounds can also be processed into compost on the property.

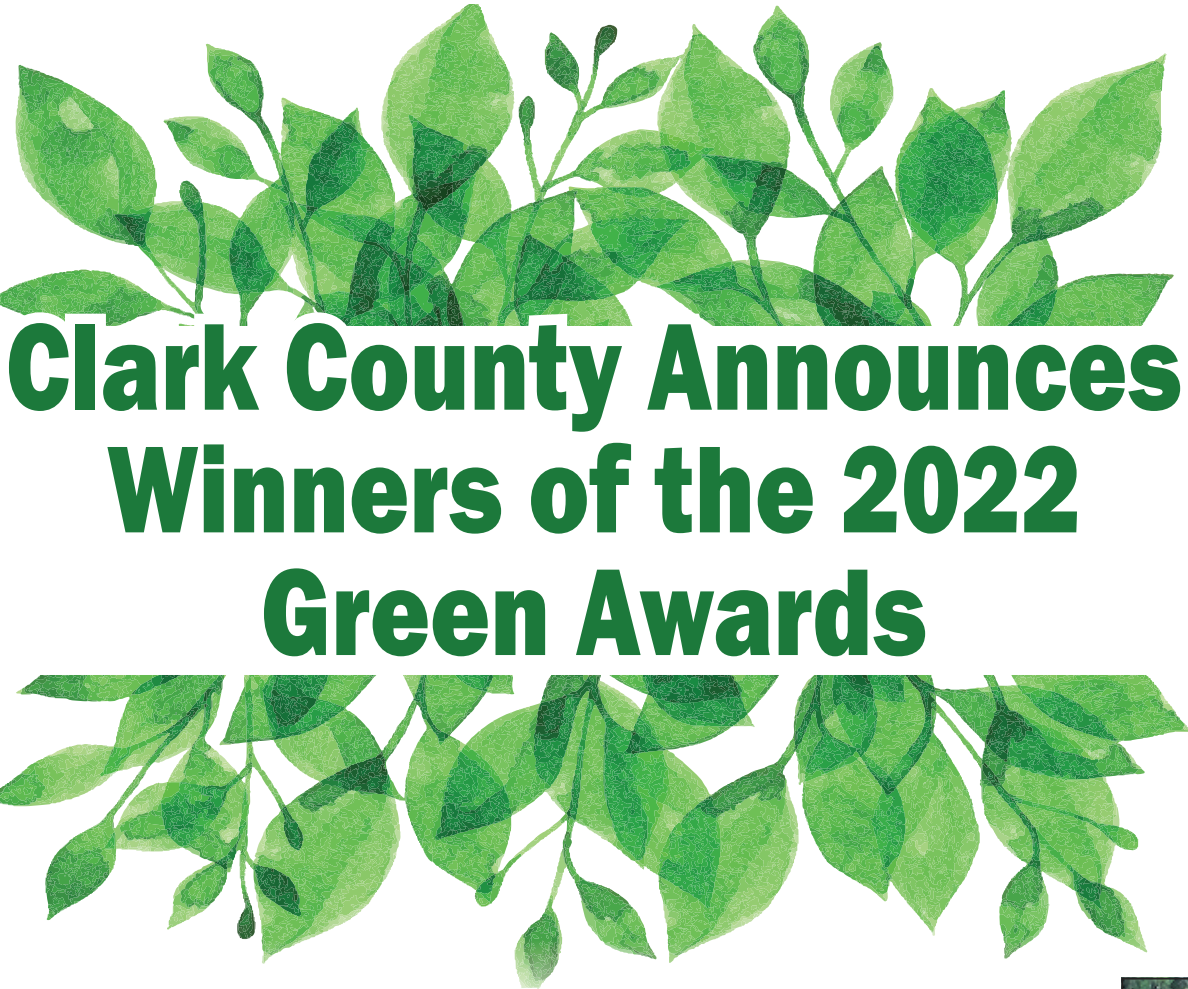


GREEN BUSINESS OF THE YEAR

(Nonprofit/Government):

Columbia Springs

Columbia Springs is a nonprofit in Vancouver that helps thousands of children and their families to find belonging in and love for nature. As an environmental education organization, they realize the importance of demonstrating green practices, allowing visitors to see sustainability projects in action. Green cleaning products are used throughout their buildings, and to improve water quality they manage stormwater onsite with a rain garden and green roof. Stormwater medallions were installed at catch basins to increase awareness that storm drains lead directly to streams or groundwater.



Clark County Announces Winners of the 2022 Green Awards

By SARAH KEIRNS for Clark County Public Health Solid Waste and Environmental Outreach

This Earth Month, Clark County Public Health is celebrating by announcing the winners of the 2022 Green Awards. These awards are presented to individuals and organizations in our community that are engaged in creating a greener, more environmentally sustainable future for Clark County.

GREEN BUSINESS OF THE YEAR

(25 or fewer employees):

Wallis Engineering

Wallis Engineering is a civil engineering consulting firm located in downtown Vancouver. Their attention to environmental details led to a long list of activities they employ to reduce their impact. Not satisfied with simply having a recycling program, Wallis Engineering committed to reuse to further cut down on waste. Scrap paper is turned into note pads, filtered water is provided so employees can use refillable water bottles, and appliances are repaired instead of being scrapped to buy new.





GREEN APPLE AWARD:

Alex Yost

The Green Apple Award recognizes an individual involved in school sustainability programs or projects. This year's winner, Alex Yost, shifted the school culture and improved waste management at Washougal High School. As the Advanced Culinary Teacher, she led a Green School project and worked diligently to make sure students knew how to sort their lunch waste into garbage, recycling and food scraps in the cafeteria. She also organized the transition from paper and plastic to durable serviceware. To get more people thinking about the waste they generate, she created and launched a school and community-wide pledge called Panthers P.A.W. Pledge. All of these efforts contributed to Washougal High School earning bronze level EarthGen certification.

GREEN TEAM AWARD:

Hockinson Heights Elementary School

This award celebrates students who participate in their school's green team and work on environmental projects to create a healthy and sustainable culture around campus. With a return to in-person instruction, the 12-member Student Leadership Team at Hockinson Heights Elementary School focused on reducing waste in the cafeteria and reminding students how to properly recycle and compost. They created video announcements to inspire other students to use the cafeteria sort tables and recruited students to monitor the compost and recycling at lunch time. Their efforts to educate their peers has reduced the amount of lunchtime garbage generated and has also led to increased awareness about the importance of caring for the earth.



Clark County is healthier and more vibrant because of these businesses, organizations and individuals. Thank you and congratulations to the 2022 Green Awards winners!



DON'T LET
Good Food
GO BAD!

- Make a meal plan and a grocery list
- Cross off items you already have
- Store foods to eat right away in sight

clarkgreenneighbors.org/food

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



How to *Walk* Your Way to Better Fitness



By ERIN WOS, DO, The Vancouver Clinic

Walking is a gentle and approachable form of exercise for most people. If you struggle with staying active—and at least half of Americans do—I encourage you to consider incorporating more walking into your life.

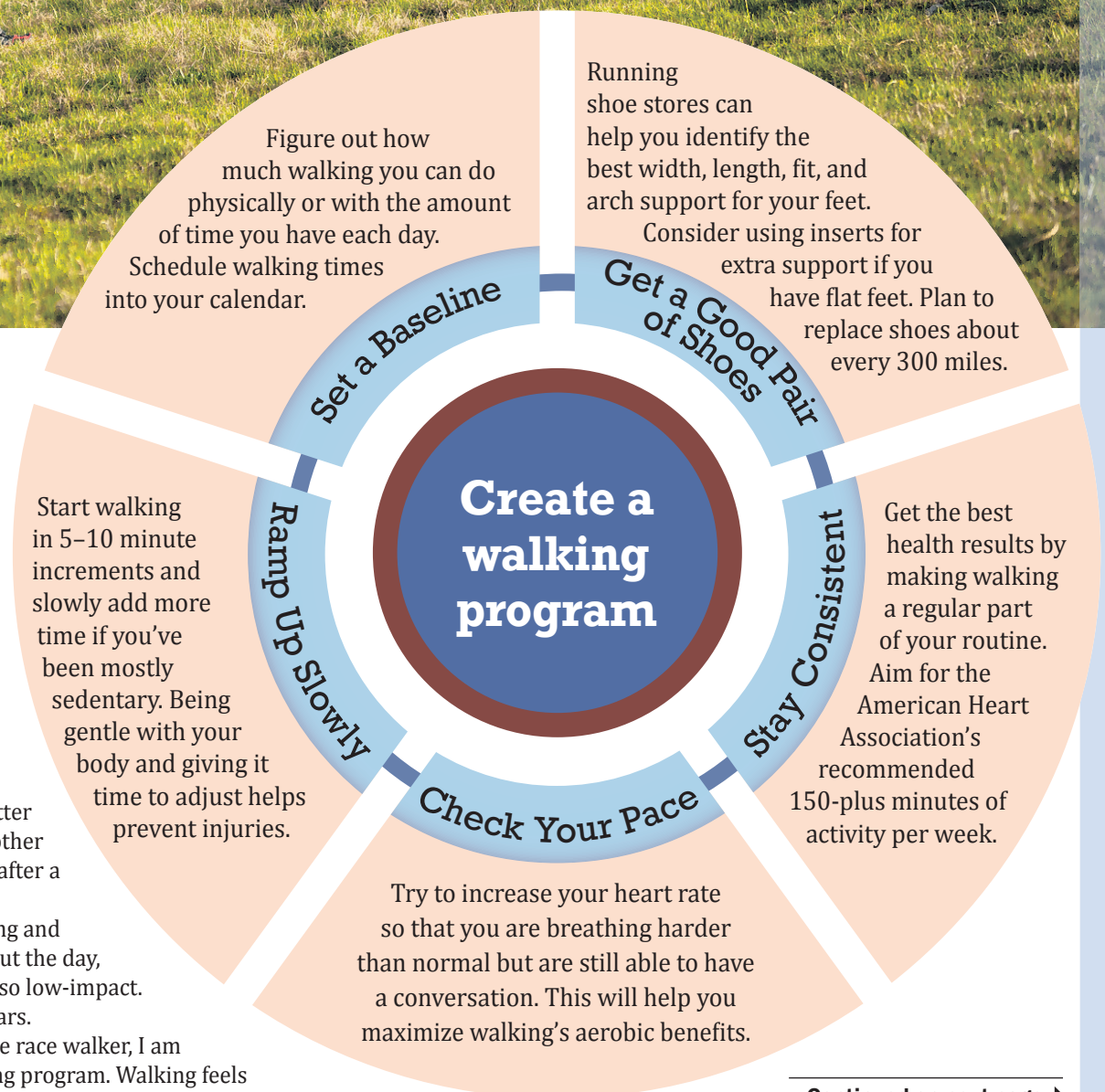
Feel physically and mentally stronger

Walking offers the same benefits as other types of physical activity. It improves cardiovascular health, helps control blood sugars, spurs weight loss, reduces back and muscle pain, and reduces fracture risk by improving bone density.

It also has significant mental health benefits, increasing people's sense of well-being and decreasing overall stress. Walking can even help people's bodies better tolerate stressful events when they inevitably occur. Another bonus? It requires little mental effort, so it's still doable after a long day of taking care of kids or working in the office.

Walking has unique advantages compared with running and other forms of exercise. People can fit walks in throughout the day, making it less time-intensive than hitting the gym. It's also low-impact. Individuals can stay walkers throughout their golden years.

As a sports medicine physician and former competitive race walker, I am always thrilled to talk to patients about starting a walking program. Walking feels amazing and it is so good for the body! Here's how to get started:



Continued on next page ►

Take it to the next level

Seasoned walkers have options to elevate their routines and become more physically fit. Try to:

- **Incorporate hills:** Walking up and down hills burns more calories and improves your stride over time by challenging muscles.
- **Pick up poles:** Using Nordic walking or hiking poles increases energy expended while walking by 20 percent, according to a systematic review published in the American Journal of Preventive Medicine. Poles transfer part of the load from the lower extremities to the upper extremities for a more complete workout.
- **Add weights:** If you have good balance, consider adding hand or wrist weights to better engage your upper body.
- **Try resistance training:** Vary your exercise routine with yoga or Pilates videos or classes, which offer gentle resistance training to help you increase muscle strength and flexibility.

Trust your natural stride

Most people move naturally and don't need to worry about their form when walking. They instinctively strike with the heel and roll through the foot. Keeping a soft bend in the knee helps cushion the impact, while stabilizing the hips minimizes up and down movement. Bending the arms at the elbows and allowing the upper arms to swing freely engages more of the body.

However, anyone dealing with an injury, pain, or a specific concern should see a physician. An individual's gait can be off, which can put undue strain on areas of the body. Sports medicine physicians and physical therapists are experts at recognizing and addressing biomechanical problems that can prevent a full and pain-free range of movement. Being able to walk comfortably is essential for keeping exercise momentum going.



DR. ERIN WOS is a sports medicine physician at Vancouver Clinic. She helps individuals of all fitness levels heal, prevent injuries, and make healthy lifestyle changes. Dr. Wos competed for Bowerman Track Club as a racewalker, representing Team USA in numerous competitions.



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Northwest Garden Insects

By EILEEN COWEN, for *The Columbian*

A few years ago in the early spring, I was walking around my yard in Downtown Vancouver and noticed a weird shiny spot on my fence, no larger than the size of a pencil eraser. It was shimmery green and as I looked at it, I was surprised to see it wiggling. Upon further inspection, I realized that a tiny mason bee had made a little home out of a knot in the cedar, and I was excited to see it was ready to hatch and start with the business of Spring! I decided then to make my yard a better insect habitat for beneficial bugs.

We all know that insect populations worldwide are in decline. In fact, here in the Pacific Northwest, the Washington State Department of Fish and Wildlife has listed four invertebrates as endangered, while an additional eighteen insects are on the list as candidates for threatened species. This may come as a surprise to many of us who grew up in a time when a drive through the countryside would leave countless insect carcasses on a car windshield. Those days simply do not exist any more, and there are many culprits: pesticides, loss of habitat, pollution, and land-use changes

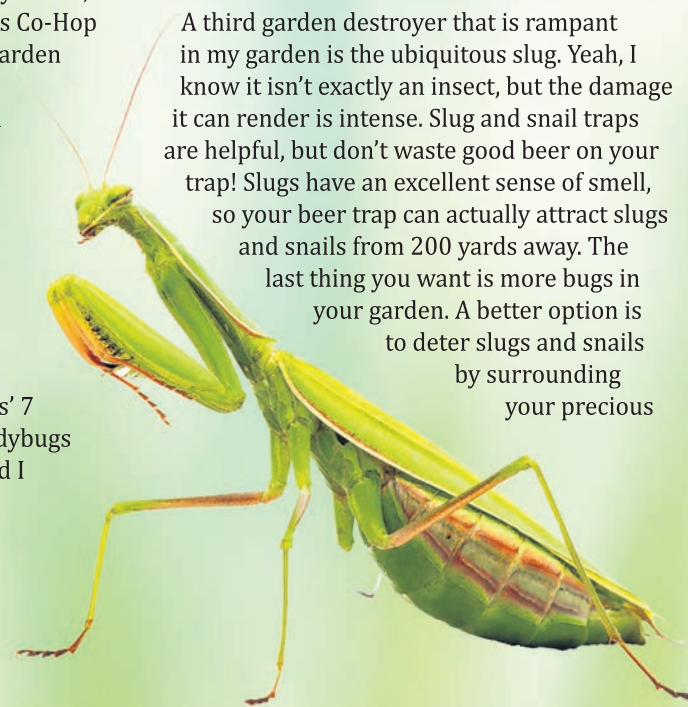
are the main factors in insect loss. It may sound like a good thing, but I can assure you that it is not. When we lose insects, the food chain is disrupted and it actually makes our agricultural crops more susceptible to invasion of “bad” insects.

In our yards, we are faced with the dilemma of attracting beneficial insects, while working hard to deter the bugs that would destroy our beloved gardens. It is truly a tricky balance, especially when facing invasions of earwigs, aphids, or codling moths that truly have no respect for our fruit trees or hops. Thankfully, there are ways in which we can deter the baddies while promoting good habitat for the beneficial insects that make our gardens thrive.

First, let’s talk about aphids. At my house, I grow hops for Trap Door Brewing’s Co-Hop Program. It is a community-based garden initiative where people in the area grow hops that are used in a special yearly brew at Trap Door. It is a really great opportunity to get your hands dirty! The bad news is: aphids LOVE eating hops plants. In fact, a couple years ago my entire crop was decimated. The next year, I decided to take matters into my own hands by purchasing some ladybugs from Shorty’s (now Dennis’ 7 Dees Vancouver Garden Center.) Ladybugs are a natural predator to aphids, and I was able to keep the invaders down enough to harvest my hops for Trap Door. This pesticide-free solution helped my garden as well as my community brewery. Bottoms up!

A second insect I struggle with is the codling moth. Moth maggots love to wiggle their way up fruit trees in the early spring, undetected, and burrow their way into young apples and pears. The economics of codling moths has an incredible impact on Washington State agriculture: estimates suggest that orchards have lost well over \$500 million in revenue thanks to this destructive maggot. A springtime project to deter infestations is to wrap the bottom 8-12 inches of each fruit tree with corrugated cardboard. The moth larvae build cocoons in the cardboard rather than your apples, protecting the crop from destructive and gross moth damage. This is an easy and inexpensive way to keep your apples free of worms when the autumn rolls around.

A third garden destroyer that is rampant in my garden is the ubiquitous slug. Yeah, I know it isn’t exactly an insect, but the damage it can render is intense. Slug and snail traps are helpful, but don’t waste good beer on your trap! Slugs have an excellent sense of smell, so your beer trap can actually attract slugs and snails from 200 yards away. The last thing you want is more bugs in your garden. A better option is to deter slugs and snails by surrounding your precious



plants with copper wiring. Slugs have an aversion to copper and will find food elsewhere. Some gardeners form deterrent barriers by surrounding their plants with diatomaceous earth, crushed eggshells, or even wool or pet hair. There are clearly many options to try before resorting to options that can disrupt the work of beneficial insects.

Speaking of beneficial insects, there are some that are certainly welcome in our Northwest gardens. Ladybugs can do wonders for plant health - especially roses, hops, or tomatoes. According to Washington State University Extension, one of the best garden friends is the mantis. These larger insects are indiscriminate eaters of other bugs, so they are nice to keep the bad guys in check. Damsel bugs, stink bugs, and ground beetles are also nice to have in our Northwest gardens as they eat mites, aphids, insect eggs, and even caterpillars.

Bees are an excellent addition as well, as long as they are native to the region. Bumblebees, ground bees, and mason bees are all good options because in

addition to pollinating our gardens, they are a good indicator of earth health. Our native ground bee is the Mining Bee. These solitary insects burrow into fairly undisturbed earth, so if you see some flying around this spring, consider yourself lucky to have a good habitat for these bees. They will help your garden thrive and, since they don't sting, the Mining Bee is a great benefit to the overall health of your space.

Whether you are inviting good insects or discouraging the bad ones this spring, remember that the natural world relies on checks and balances and you don't need to resort to poisons or other disruptive practices in order to help your plants grow. With a little care, you can create a space full of beneficial insects that will help your Northwest garden shine.

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.

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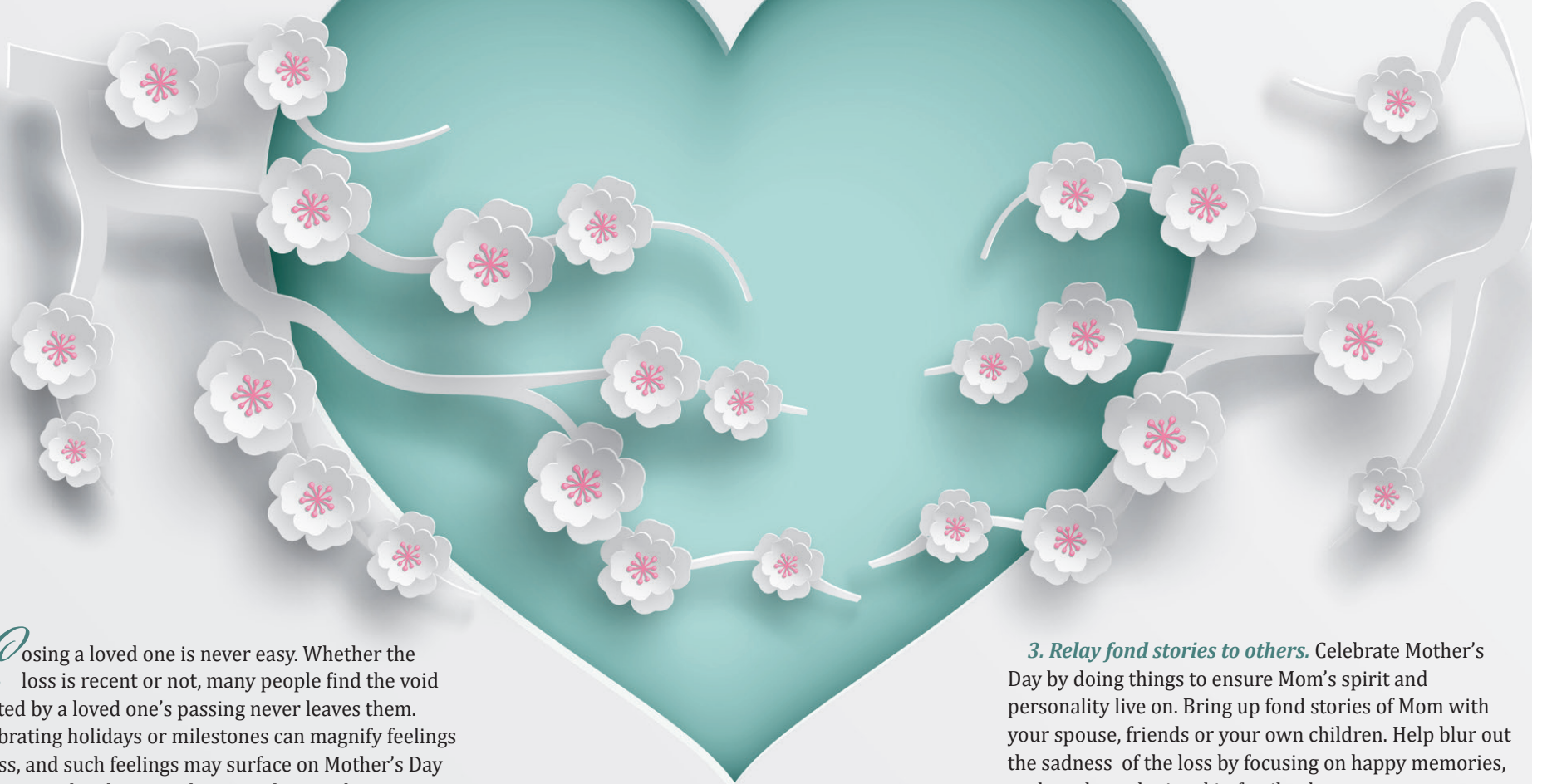
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5 ways to commemorate

Mother's DAY

when mom has passed away



Losing a loved one is never easy. Whether the loss is recent or not, many people find the void created by a loved one's passing never leaves them. Celebrating holidays or milestones can magnify feelings of loss, and such feelings may surface on Mother's Day among people whose mothers are deceased.

People approach Mother's Day in unique ways when their mother has been laid to rest. Such an experience is extremely personal, and there's really no right or wrong way to mark the occasion. It can be challenging scrolling through other's social media posts about happy brunches and thoughtful gifts. Some, particularly those for whom the wounds may be especially fresh, may opt to avoid the celebration or go through the motions for the benefit of children or spouses. Others may embrace the bonds they had with their mothers by reflecting on their memories.

Those opting to stay connected to their mothers this year can recognize that, although Mom may be gone, they are not motherless. While Mother's Day may be painful

for people who have lost their mothers, the following are five ways to make the most of Mother's Day.

1. What would make her happy? Take a heartfelt moment to really think about what made Mom tick and brought joy to her life. Was it pouring over recipes in the kitchen? Did mom like to trek to the top of a mountain in her hiking shoes? Pay homage to her by walking in her footsteps and you may just feel a deeper connection.

2. Get together with siblings. If you are lucky enough to have siblings, you can share the day together. This way you can remember the happy times, comfort each other and laugh together. If you don't have siblings, consider a visit with an aunt or uncle or another close relative who may be feeling the loss, too.

3. Relay fond stories to others. Celebrate Mother's Day by doing things to ensure Mom's spirit and personality live on. Bring up fond stories of Mom with your spouse, friends or your own children. Help blur out the sadness of the loss by focusing on happy memories, such as those depicted in family photos.

4. Put mom front and center. Take out a beautiful photograph of your mother and display it in a prime location in the house. This way you may feel like she is sharing the day with you, and you can think about her fondly each time you see the photo.

5. Enjoy your favorite childhood meal. Whether Mom was a master chef or couldn't boil water, there's bound to be a meal you associate with her. If that special meal is Chinese takeout or a slow-cooked roast, enjoy it on Mother's Day in her honor.

Coping with loss on Mother's Day is seldom easy. With time and by focusing on the positive, people who have lost their mothers can enjoy Mother's Day.

-Metro Creative

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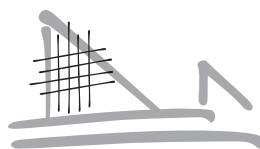
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- Preserve longstanding traditions and customs

- Offer personalized and affordable services and products
- Reach out to the greater community



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THE HISTORY OF



When celebrating Easter, many Christians don their best apparel to attend church services and family gatherings. On Easter Sunday, gentlemen often put on their best suits and women their fanciest dresses. Children, too, wear formal clothing on Easter Sunday. Girls in particular tend to wear an item of interest that seems to only appear once per year.

Bonnets are part of the Easter attire for many girls, and even some women. Bonnets are part of long tradition of wearing new clothes on Easter that originated in parts of Europe, such as Great Britain. In fact, the tradition even dates back to Shakespearean times, as an "Easter suit" is referenced in "Romeo and Juliet."



Easter BONNETS



According to some historians, there was a notion that ill-luck would affect a person who did not have something new to wear on Easter, and the bonnet is an element of newness that fits the bill for many young girls and women.

It wasn't until the 19th century that the Easter bonnet gained popularity in the Americas. Women and children participating in Easter parades, notably the New York City Easter Parade, could be seen in their finest clothes with intricate bonnets — often wreathed in flowers — on their heads. Because Easter coincides with spring, lilies, daffodils, azaleas, hyacinths, and other blooms would adorn hats and hair.

Even though the Easter bonnet may not be as popular as it once was, many

people still embrace this tradition.

In areas of the United Kingdom, for example, children and women design elaborate and ostentatious bonnets. In the United States, some hat-decorating contests still coincide with Easter festivities. Children in primary grades also may design Easter- or spring-themed hats that they can wear during holiday celebrations.

Easter bonnets have a storied history. From European beginnings to parade staples, they're often a hallmark of the spring season. -Metro Creative



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Easter Brunch

RECIPES

Easter brunch is a great way to bring family and friends together after Sunday services. Make-ahead recipes make this festive occasion even better, as you can spend more time with your loved ones. Keep reading for some great ideas that will save you time.

Ham and Cheese Croissant Casserole

Recipe is from Betty Crocker.

- 3 large croissants
- 1 8-ounce chopped cooked ham
- 1 1/4 cups, or 5 ounces, shredded Swiss cheese
- 6 eggs
- 1 cup half-and-half
- 2 tablespoons honey
- 1 tablespoons ground mustard
- 1/2 teaspoons salt
- 1/2 teaspoons pepper
- 1/4 teaspoons ground nutmeg

1. Spray a 10-inch glass deep-dish pie plate with cooking spray. Cut the croissants in half lengthwise, then cut in half into five pieces. Place the pieces in the pie plate and sprinkle with ham and cheese.
2. Beat the eggs, half-and-half, honey, mustard and spices. Then pour the eggs over the ingredients in the pie plate. Press the croissant pieces into the egg mixture to moisten completely. Cover the plate tightly with foil and refrigerate at least eight hours but no more than 24.
3. Heat oven to 325 degrees. Bake the casserole, covered, for 35 minutes. Uncover, then bake for 25-30 more minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving.



Ham and Cheese Croissant Casserole

Apple Dumpling French Toast Bake

Recipe is from Betty Crocker.

- 2 Granny Smith apples, diced
- 2/3 cup light brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla
- 12 tablespoons unsalted butter, melted and cooled
- 1 tablespoons ground cinnamon
- 1 teaspoon ground ginger
- 5 eggs
- 1 cup milk
- 1/2 cup baking mix, such as Bisquick
- 6 small croissants, torn in bite-sized pieces

1. In a 10-inch skillet, sauté apples and sugars until the apples are tender and the sugar is caramelized. Add vanilla and stir to combine.
2. While the apples are cooking, mix butter, cinnamon and ginger in a small bowl.
3. In a large bowl, beat eggs and milk, then add baking mix and butter and beat more. Add in pieces of croissant and soak.
4. Add the apple mixture to the soaking croissants. Stir to combine and pour into a 13x9-inch baking dish. Refrigerate overnight.
5. Heat oven to 350 degrees and bake for 45 minutes. Serve hot.

-Green Shoot Media



Apple Dumpling French Toast Bake



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EVENTS

APRIL 2022 - MAY 2022

NW'S LARGEST GARAGE SALE & VINTAGE SALE

April 16, 7am-5pm

Clark County Event Center at the Fairgrounds - Ridgefield: 17402 NE Delfel Rd
General Admission: Adults \$7, Early Birds \$20, Kids under 12 FREE
Tickets are available at the ticket booth starting 1 hour prior to opening.
360-907-5919. nwgsales.com



HOUSE PLANT & SEED SWAP

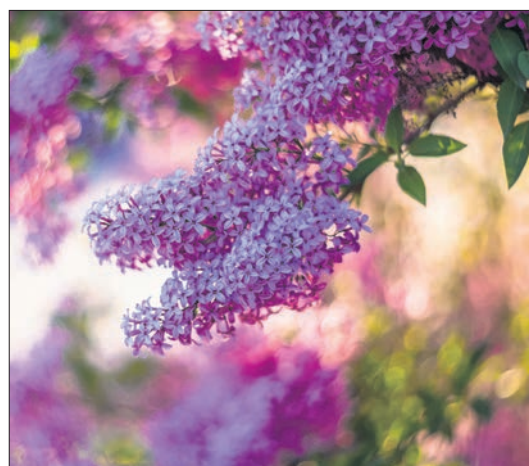
April 30 & May 1, 10am-5pm

Kindred Homestead Supply -
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WHAT TO BRING: Rooted cuttings, Plant babies, Full-grown 10 in potted plants, Nothing is too small or too large! HOW TO PREPARE: Label plants, Propagate cuttings, Divide clones. HOW TO BRING CUTTINGS: Plastic bag with water and rubber band, Wet paper towel with string, Test tubes, Leftover glass salsa containers, etc. This is a free event. You don't need to bring a plant to participate. Just be considerate! Call 360-719-2745 for more information. kindredhomesteadsupply.com

LILAC DAYS

April 16 - May 8

Hulda Klager Lilac Gardens - Woodland: 115 South Pekin Rd
The Hulda Klager Lilac Gardens are a restoration project to honor the work of famed lilac developer Hulda Klager. The National Historic Site contains an 1800s house and surrounding buildings and Gardens. Annually, Lilac Days celebrates the site, Hulda's work, and raises funds to maintain the site. Check online for current hours and admission information. lilacgardens.com



MOTHER'S DAY PLANT SALE

May 8

78th Street Heritage Farm - Vancouver: 1919 NE 78th St
Brought to you by The Master Gardener Foundation of Clark County, this yearly plant sale includes perennials, annuals, vegetables, trees, shrubs, herbs, houseplants, hanging baskets, and mixed flowerpots. Your purchases support the WSU Master Gardener Program, horticulture education and healthy food growing grants in Clark County. Bring your own carts or wagons. Service animals only. Free entry and free parking. Gates open at 9am. Presale entry: Saturday May 7 is by appointment only. Visit www.mgfcc.com for pre-sale appointment and more information.



VANCOUVER SYMPHONY ORCHESTRA

April 23 & 24

VSO Virtual Concert Hall - Vancouver: 1300 NW 139th St
Legendary piano virtuoso and audience-favorite Alexander Toradze returns to perform with Vancouver Symphony Orchestra. This performance will include Stravinsky's Piano Concerto for Winds and Orchestra, Shostakovich's Piano Concerto No. 2, and Tchaikovsky's Symphony No. 2. Saturday 7pm. Sunday 3pm. Attend in person or tune into the live stream. Purchase tickets online or call 360-735-7278. vancouversymphony.org



VANCOUVER FARMERS MARKET

Through October 30, 2022

Saturdays 9am-3pm, Sundays 10am-3pm

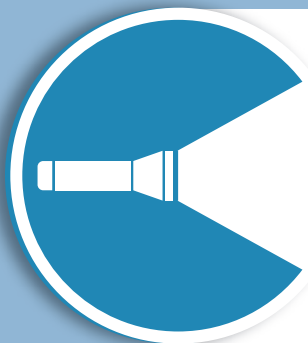
Downtown Vancouver - 8th & Esther St
The market is a popular visitor attraction and home to more than 100 vendors. You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden. vancouverfarmersmarket.com

CAMAS FARMER'S MARKET

June 1 through September 28, 2022

Wednesdays 3pm-7pm

Downtown Camas - 4th Ave between Everett and Franklin
A celebration of our region's agricultural bounty of freshly harvested seasonal produce, flowers, natural products, and a hearty variety of prepared and hot foods fill the market. camasfarmersmarket.org



NONPROFIT *Spotlight*

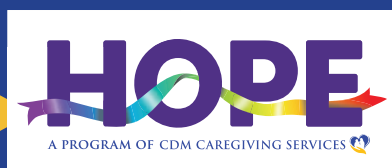


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CDM Caregiving Services is Southwest Washington's oldest and largest in-home care agency for the elderly and disabled of all ages who need care. We are also proud to offer adult day services that offer restorative exercise, meaningful therapies, activities, and socialization.

We have been a vital part of our community for nearly 45 years. Volunteer leaders founded CDM to serve a growing segment of our population in need of services that did not exist at that time. We have continued to grow with the help of our clients, staff, donors, and volunteers who make our mission possible.

Our vision at CDM Services is purposefully ambitious: We are and will continue to be the recognized leader and resource provider of comprehensive programs and services, including care for the elderly and people of all ages with disabilities.

After over three decades of providing tens of thousands of people with millions of hours of in-home care, CDM Caregiving Services realized that there was more that we could do for the community - we already offer the best care in YOUR home, now we also offer the best care in OUR home.

The CDM Adult Day Center (ADC), located at the soon to be reopened CDM McKibbin Center (2300 Andresen Rd. Vancouver), lead the way in adult day services that provide respite for caregivers and meaningful activities for clients. We have a Registered Nurse on staff during core hours.

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- Nutritious meals and snacks.
- Our new temporary care hours are available Monday-Friday 10AM-3PM with limited capacity 14-16 participants per day. Our virtual programs will continue to operate on the same new schedule as the ADC.

We provide services funded by Medicaid, Respite, the Family Caregiver Program, and other publicly funded programs. We also accept most long-term care insurance and have competitive private-pay rates.

Our newest program, **HOPE Dementia Support**, provides counseling and services to families dealing with Alzheimer's Disease and other forms of dementia. HOPE Dementia Support has been supporting our communities since January 2012. CDM is proud to incorporate HOPE into our family of services.

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