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Living

IN THE COUVE

SEPTEMBER 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

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Find past issues archived online at
www.livinginthecouve.com



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Fall Edition

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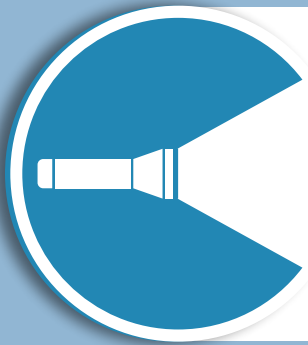
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NONPROFIT *Spotlight*



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Every day at HSSW, pets receive shelter, medical care, behavior support, and a second chance at a happy home. We have served the people and animals of Southwest Washington for 125 years.

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Increasingly, the people and pets of Southwest Washington need assistance that extends beyond the walls of the shelter. We are here for them with programs like free pet food, wellness clinics, spay and neuter services, and other programs that help keep families together. Hundreds of people and pets have received support from our community programs this year.

Funds raised at our annual Gala & Auction support that work and much more.

This reimagined Unleash Your Heart Gala at our new home, ilani Casino Resort, will be filled with all the wonderful elements you have come to expect along with a few new surprises. Join us on Saturday, October 1 for a festive night on the town. You'll experience delicious food and wine, hear touching stories of impact, bid on unique Live Auction packages, and connect with friends while you support the special bond between people and pets.

Also, our virtual silent auction is back this year and will be exclusively online, beginning September 26 ending October 1. Bid on exceptional wine and food packages, services for you and your pet, event experiences, and much more.

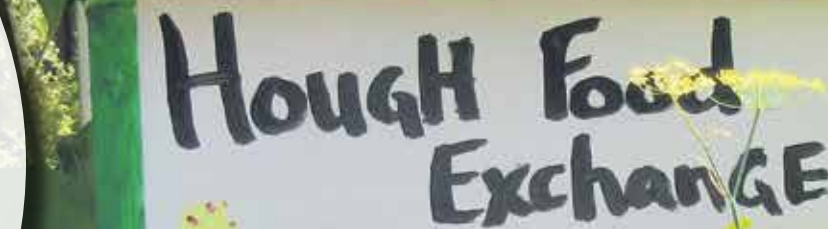
Don't miss out on these special events. Every ticket purchase and paddle raise makes a difference for the people and pets of our community.

rescue • return • restore • rehome • reconnect • one animal at a time.

Micro-Food Pantries

Help Bridge the Gap of Food Insecurity

By EILEEN COWEN, for The Columbian



Hough Food Exchange

There is no doubt that this year's financial upheavals have taken a toll on family budgets. Gas prices, though falling, continue to be far above average and all commodities have fallen prey to inflation. Food is no exception. In fact, the United States Department of Agriculture warned that even though prices have already increased about 9%, consumers can expect additional increases as the months roll on. This is bad news for many consumers, but it is potentially disastrous news for those living paycheck to paycheck. Sometimes, there simply isn't enough food to last the month.

There is a hierarchy of distribution for food banks here in Southwest Washington. Large food banks (such as the Clark County Food Bank) are the largest food distribution hubs. Funded by the USDA, public partnerships, and private donations, food banks provide a large-scale distribution network that dispenses food to individuals as well as smaller organizations such as churches that provide community-based food pantries. These groups and their food pantries such as One Life Food Pantry in Downtown Vancouver and Six Eight Food Pantry in Hazel Dell are able to buy food from large food banks for pennies on the dollar. This increased purchase power benefits the smaller pantries so they can provide immediate outreach in smaller communities.

There is a current push for even smaller food pantries called micro-pantries. These are often located at a citizen's home and offer food for free to anyone in the community. Micro-pantries operate outside the traditional food bank/food pantry system and do not receive USDA funding. They fill a specialized niche in neighborhoods and are often

stocked by volunteers. As our nation's food system experiences its current financial woes, micro-pantries have found a way to fill a much needed gap at the community level.

A great example of successful micro-pantry here in The Couve is the Free Fridge Project. There has been much discussion about the project, but the general consensus is that it is successful, fills an immediate need, and builds a community. The organizers use a web-based communication tool to recruit volunteers and discuss needs at each location. Currently, there are three free fridges. One is based on Hazel Dell Avenue, another on Grand Boulevard, and a third

in Orchards at NE 94th Avenue. There is no doubt that the micro-pantry concept that the Free Fridge Project espouses makes a positive impact on hunger in our city.

Nestled deeper in neighborhoods, some people have chosen to host micro-pantries at their homes. Recently, the Rotary of Greater Clark County installed five small cabinets at various locations in Vancouver. The cabinets look similar to Little Free Libraries, but contain dried and shelf-stable food goods. To

further demonstrate the community nature of these pantries, the cabinets were built by Rotarians at Friends of the Carpenter in West Vancouver. The Rotarians did outreach to interested property owners and positioned the micro-pantries at key locations. One cabinet is on Harney Street in Downtown Vancouver adjacent to John Ball Park. It is stocked by community members and has daily visitors including everyone from unhoused people, families trying to



Continued on next page ▶



stretch their monthly finances, and even kids who grab a granola bar or quick snack while playing at the park. Everyone is welcome to grab food, and there is no judgment rendered. In addition to the pantry located at 21st and Harney Streets, the Rotary's has placed pantries at Mill Plain Methodist Church, Hazel Dell Elementary School, and Orchards United Methodist Church. The Rotarians hope to place at least one more micro-pantry in the area.

Additional micro-pantries are scattered throughout The Couve, but they are difficult to pin down. There is one on 29th Street in Rose Village and another on I Street in Shumway. A website called TheLittleFreePantries.org is attempting to provide a consolidated list of pantries nationwide, but pantry owners must add their pantry address to the map. The hope is that the website will become a great resource for those who are looking for food or for those who want to donate in their own communities. Interested people are encouraged to add their address to the website in order to provide a more comprehensive vision of food security in each neighborhood.

The concept of providing food security at all levels is a complicated subject, but the addition of micro-pantries to the food chain provides an extra layer of support for a strained food system. They provide a way for the community to help their neighbors in need, which is something from which we could all benefit these days.

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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New Internal Medicine Residency Clinic opens its doors

By Craig Riley, MD, Vancouver Clinic

When Justin Sichula was a teenager in Zambia, he nearly died from malaria. It wasn't his first encounter with the mosquito-borne virus. Like other kids, he was unconcerned about running around outside after dusk. However, this time, the infection was worse. Weak, feverish, and hallucinating, he stayed in his hospital bed for weeks, his mom crying by his side.

Yet Justin never questioned that he would recover. Though his doctor didn't have the fanciest equipment or best medicines, his expertise and compassion gave Justin the reassurance he needed. The experience inspired Justin to go into medicine so he could help others through health challenges.

Today, he is a graduate of St. George's University School of Medicine in Grenada, West Indies, and an internal medicine resident. He is one of 12 physicians who are caring for patients at the new Internal Medicine Residency Clinic at Vancouver Clinic-Salmon Creek. The clinic opened its doors to patients on August 8.

The residency clinic is part of a collaboration between Legacy Salmon Creek Medical Center and Vancouver

Clinic. Together, the organizations have developed a three-year training program for resident physicians to earn their certification in internal medicine. Residents rotate between caring for hospitalized patients and caring for Vancouver Clinic patients. All the while, they work alongside experienced physicians who share their knowledge, skill, and kindness.

The Legacy Salmon Creek Internal Medicine Residency Program is groundbreaking in several ways. To begin with, it's the first-ever internal medicine residency in Southwest Washington!

It was also developed to support diversity within the medical field and our community. To serve patients well, to understand the needs of unique populations, and to tackle health disparities that put women and minorities at greater risk of dying from diseases or having their pain ignored, we need a diverse group of clinicians.

The 2022 residency class includes a doctor who once worked with service personnel injured in the line of duty. A physician who was born, raised, and educated in Venezuela and is passionate about serving the Latinx community. A doctor who served patients in the remote Nepalese highlands. A physician who is fluent in Chinese and has a special interest in tackling the stigma of hepatitis B. And a Seattleite who previously volunteered at Harborview Medical Center and the Bailey-Boushay House.

There's also Dr. Sichula. After graduating from medical school he returned to Zambia, where he worked in infectious disease and studied HIV treatment and prevention. He then came back to the U.S. and worked as a molecular lab technologist at Vancouver Clinic. Aware of his impressive experience, Vancouver Clinic physicians encouraged Dr. Sichula to apply for the residency



Vancouver Clinic Group
Photo credit: Kate Singh



Dr. Justin Sichula
Photo credit: Kate Singh

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program and complete his U.S. medical training.

Though there were more than 1,000 original applicants to the Legacy program, and final selections are the result of a computer algorithm that connects doctors and residency programs nationwide, Dr. Sichula matched.

This match highlights another key aspect of the residency program: It was created to proactively address the growing physician shortage—from which Southwest Washington is not immune.

The U.S. population is increasing, and the number of physicians who can care for people isn't keeping up. In 12 years, the U.S. could be up to 124,000 physicians short, according to The Complexities of Physician Supply and Demand: Projections From 2019 to 2034, a report by the Association of American Medical Colleges (AAMC).

Without enough clinicians, patients will have to wait longer to see a doctor and could have trouble finding physicians who are accepting new patients. The shortage will affect doctors too. Trying to care for too many people is a recipe for burnout.

The residency program brings more physicians to the area and allows them to experience what a fantastic place this is to work and live. It's an open secret that our medical community hopes that residents will fall in love with Southwest Washington and choose to stay here

long-term, helping meet the critical need for doctors.

The demand for clinicians who specialize in adult primary care is particularly high. Internal medicine doctors frequently work with aging adults who have complex, chronic illnesses. These doctors are experts at helping people prevent and manage conditions such as diabetes, hypertension, obesity, anxiety, and depression. Appointments at the Internal Medicine Residency Clinic are already filling.

For Dr. Sichula, his mind is already made up. He told me that he, his wife, and his three kids are done with moving. They will continue to make their home here, near his wife's family.

"I want to be able to be part of the community and help this community," he said. "I feel really welcomed."

With Dr. Sichula, the residency program has its very first success: a physician who is here to stay.

Dr. Craig Riley is program director of the Legacy Salmon Creek Internal Medicine Residency Program and medical director of population health and medical education at Vancouver Clinic. He is a hospitalist, a Northwest native, and an advocate for advancements that prevent physician burnout and ensure exceptional patient care.

Learn more
Internal Medicine Residency Clinic:
www.tvc.org/services/residency-clinic/.
Schedule online or call 360-882-2778.



Dr. Craig Riley
Photo credit: Kate Singh

The Vancouver Clinic logo, featuring a stylized white cross with rounded ends, is positioned in the top left corner. To its right, the text "VANCOUVER CLINIC" is written in a bold, white, sans-serif font. Below the logo and text is a large group photo of the Internal Medicine Residency Clinic staff. There are 12 people in the photo, all wearing white lab coats over their professional attire. They are standing outdoors in front of a brick building and lush green trees. The group is diverse in age and ethnicity. At the bottom of the image, the text "INTERNAL MEDICINE RESIDENCY CLINIC" is written in a large, bold, white, sans-serif font. Below this, the text "Now accepting new patients | 360-882-2778 | tvc.org" is written in a smaller, white, sans-serif font.

Winter is Coming

Heating Assistance For Those In Need

By DAMEON PESANTI, Clark Public Utilities



Sometimes — no matter how carefully we plan, how hard we work or how much we save — life comes in and turns everything upside down.

The employees at Clark Public Utilities know how difficult it can be navigating those tough moments, that's why they're there to help customers with their electric bills and find other community assistance programs. With the winter upcoming up quick, they want to help customers get prepared to handle those home heating bills.

The utility has opportunities for customers who want to help make life easier for struggling local families.

The representatives in Clark Public Utilities' Community Care department (also known as ComCare) are specially trained to help customers get assistance with their utility bills — regardless of how they heat their homes.

"Our goal is to help as many people as we can, whether it's families hit by a sudden crisis or seniors who live on fixed incomes feeling the pressures of

inflation or people who've lost hours at work, we're here for them," said Clark Public Utilities Community Care Manager Chiharu Russell.

Russell also said that word-of-mouth from trusted friends and family has been a common way for utility customers to learn about the assistance programs.

"The utility does a substantial amount of advertising and outreach about these services, but the message really sticks when loved ones share the message about our services," she said. "We're really grateful to customers, because a lot of times folks don't realize we offer assistance or that they may qualify until someone in their lives lets them know."

ComCare representatives specialize in matching qualifying customers with utility assistance programs, and screening them for other potential services that could help ease their financial burdens.

"ComCare has become a central hub for local assistance programs," Russell added. "Because Clark Public Utilities serves every household in Clark County,

local assistance agencies and organizations recognize us as an opportunity to maximize their outreach. So they've asked us to include their programs when we're reviewing customer assistance eligibility."

In addition to helping customers pay home energy bills, the utility can help with emergency furnace repair or replacement, energy conservation guidance and resources, and offer referrals to our weatherization programs.

The Guarantee of Service Plan can get you back on track when you've fallen behind on your energy bills. The goal is to help eliminate built-up debt, reduce anxiety about past and future payments and make energy bills a manageable part of your budget. After successful completion of the program, any remaining account balance is forgiven.

The Senior Rate Credit program is available to households with at least one person 62 or older who meets the income eligibility limits. The program offers a credit, calculated as a percentage of the previous January through April electric heating bills which are typically the highest usage months. The maximum credit amount was raised early in the COVID-19 pandemic. The utility made the increased maximum benefit permanent late last year. Upon qualification, the credit will be applied directly to the customer's account.

The federally funded Low-Income Home Energy Assistance Program, or LIHEAP is administrated by the utility on behalf of Clark County. It offers heating assistance regardless of a home's heat type.

Unlike many other programs, LIHEAP doesn't follow the calendar year, it runs from October to mid-summer. While the utility's in-house heating assistance programs are for customers with electric heat systems, LIHEAP is "fuel blind" meaning Clark County residents can receive support no matter how they heat their homes. Enrollment begins in October. Appointments begin in mid-September, so mark your calendar to call and reserve your spot in a few weeks.

Operation Warm Heart is an income-based program built to help households experiencing a financial crisis.

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The entirely donation-supported program helps customers in need pay electric winter heating bills that may not qualify for other programs.

Since 1985, Operation Warm Heart has provided nearly \$3.6 million to 14,800 limited-income families in crisis to help pay their electric bills. These recipients can barely make ends meet, but don't qualify for other government programs that could help them pay their bills.

If you're able, consider supporting others in the community with a one-time or monthly contribution.

Every dollar contributed to Operation Warm Heart goes directly to families in need and may be tax-deductible.

Knowing that English isn't the primary language of many customers, the utility offers interpretation services for a broad spectrum of languages.

To find out more about financial assistance for yourself or someone else, or to make a contribution to Operation Warm Heart, call our customer service department at 360-992-3000. Representatives are available 24 hours a day, seven days a week. Information is also available at clarkpublicutilities.com.



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If you own or are considering an electric vehicle, we offer incentives to help. Incentives are available for the installation of various charging stations and we offer rebates to qualifying customers for the purchase of used electric vehicles, too. Visit our website for more information.

ClarkPublicUtilities.com/EV



We're always here!



The Vaux Swift

By TODD KAPRAL, Backyard Bird Shop



Fall is practically upon us. The summer sure went by fast! I am glad we didn't see the incredible heat and wildfire smoke as in years past. Many bird species have started their journey south and among them is the Vaux Swift. Here is some background on this interesting species.

The Vaux Swift (pronounced "vawks") are native to North America, Central America, and northern South America. They are also the smallest swift in North

America. It is named after American scientist William S. Vaux. These aerial acrobats are similar to swallows in that they spend most of their time in flight eating insects. Typically they can be found over older growth coniferous forests eating flying insects above the trees. They also can be seen over burn areas, water, or any area that is insect-rich. While in flight, they are often described as resembling a "cigar with wings". Their

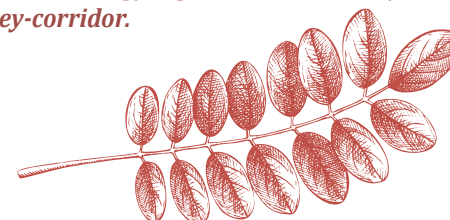
manner of flight is a little different from a swallow.

The best way I can describe it is their wings are more narrow and seem more "fluttery" when they fly.

Vaux Swifts are very communal. What makes these birds really interesting is that during migration, they will gather over certain sites in large numbers to roost for the night. Typically they would use hollows in tall old trees in the forests but due to logging and habitat loss over the decades they have adapted to the urban landscape and have been known to use old brick smokestacks and chimneys. Over the years, in the fall, I have had many folks ask me about birds in their chimneys. Usually these homes are in older neighborhoods when chimneys were more commonly built. I have seen instances like this involving a dozen or so swifts entering at dusk. Not to worry, their stay is short. Luckily, it is at a time of year when chimneys aren't actively being used. Things get more interesting at certain sites involving large, unused chimneys or smokestacks. At these sites their numbers can be in the hundreds or thousands!

The best time to observe the swifts in these types of gatherings is usually mid-late September. When dusk is approaching, the birds begin to circle over their roosting site. If the flock is particularly large, it can resemble a loose tornado. This activity can last a good part of the evening. Then, in a display of incredible coordination, this vortex of birds descend in a stream into their roosting sight for the night.

There are a number of swift watching sites in the Pacific northwest. Information on these sites can be found at www.audubon.org/important-bird-areas/vauxs-swift-chimney-corridor.



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Some of you might be recalling the tall smokestack at the old Academy building in downtown Vancouver. Sadly, there was an attempt to raise money to try to save it a number of years ago which failed so this structure has actually been capped for years and is not a roosting site and is currently scheduled for demolition. However, the world's largest roosting site for Vaux swifts can be found locally at Chapman elementary school in northwest Portland. Here, as many as 16,000 swifts use the school's decommissioned chimney on their way south with September being the best time to view them.

For more information you can visit:
<https://audubonportland.org/go-outside/swift-watch>

Happy Birding!



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Are you looking for a fun activity for the whole family? Adding a worm bin to your home provides an opportunity to connect with the living world, learn hands-on, and create compost out of food scraps! Red wigglers are new pets that you and your kids will love.

Think of your worms as pets that you get to feed your food scraps to. That said, a worm bin is not a garbage disposal and needs to be managed correctly to provide a proper habitat for them to thrive. A worm bin can come in different shapes and sizes but is usually made of plastic with small holes for aeration and moisture control. There is a catchment tray underneath for water to drain. Worm bins can be kept indoors or outdoors. The worms will churn and turn food scraps into garden gold that is nature's miracle grow for houseplants and gardens. Worm bin composting also helps keep food scraps out of the landfill where those nutrients are lost forever.

WHAT ARE THE BENEFITS TO COMPOSTING FOOD SCRAPS?

- Turn your yard and kitchen wastes into fertilizer for your yard, garden and houseplants. Save money on store bought soil fertilizers by creating your own instead.
- Keep valuable nutrients cycling rather than sending them to the dead-end landfill where rotting food emits methane, a potent greenhouse gas, into the atmosphere.
- Teach children and adults about life cycles, ecosystems, closed-loop nutrient flows, sustainability, and caring for living creatures.

WHAT CAN YOU PUT IN YOUR BIN? Under ideal conditions, worms can eat half of their weight in scraps each day. It is okay to feed your bin fruit, vegetables, eggshells, coffee grounds, coffee filters and tea bags. Appropriate bedding for your bin includes newspaper strips, shredded paper, leaf mold (aged leaves), torn egg cartons and cut toilet paper rolls. Do NOT add dairy products, fats/greasy foods, oils, salty foods, meats and meat products, citrus fruits, large amounts of potatoes, onions, garlic, or spicy peppers to your bin. While composting is a great option to recycle unavoidable food waste, it is important to be mindful of the resources you use to prevent food waste in the first place.

THE DECOMPOSERS BEHIND THE PROCESS: The worms used for composting aren't just any worm, but a specific type— *Eisenia fetida*, commonly known as the red worm, or red wiggler. Red wigglers are the composting worm of choice because they are efficient at turning scraps into nutrient-rich worm castings (worm manure). They are also well-suited to living in this contained environment. Worms, mold, bacteria, springtails, soldier fly larvae and other invertebrates in the bin all play a role in creating a food chain that helps to break down food scraps into worm castings, also called vermicompost.

HANDS-ON FAMILY LEARNING ACTIVITY: Spend time digging through a sample of your worm bin with chopsticks and a magnifying glass to spot the compost critters! Get your hands dirty and write down the different decomposers you find.



Composter Recycler volunteers drilling holes for a new worm bin.



Adding leaf mold bedding for the worms' new home.



Clark County residents qualify for a free worm bin by attending a Composter Recycler workshop.

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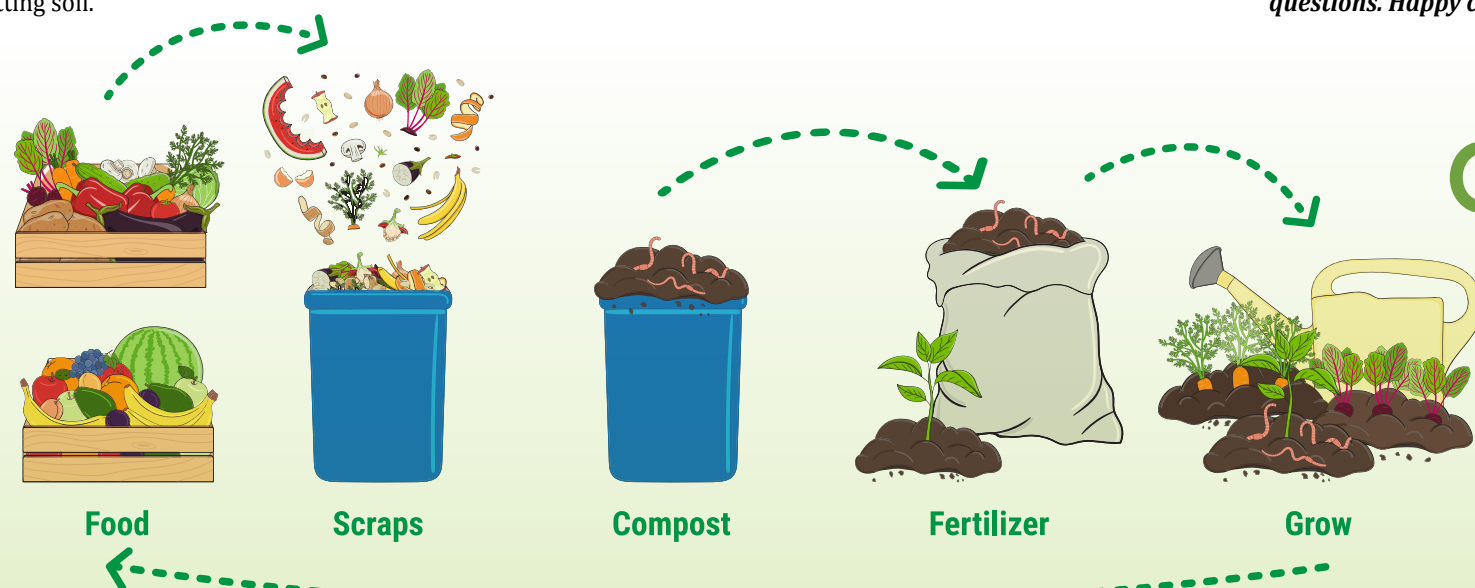
HARVEST AND USE WORM CASTINGS: It generally takes 3–6 months to complete the composting process. When the bin is nearly full and the material is mostly black and crumbly, the vermicompost in your worm bin is ready to use. This concentrated rich fertilizer contains the nitrogen, potassium, magnesium, calcium and phosphorus your plants need to grow. A well-maintained worm bin will produce 5–10 gallons of worm castings each year. Add up to 20% vermicompost by volume to potting soil.

Apply a ¼" layer on top of the soil of houseplants, work a small amount into the soil before planting, or mix some in around the base of the plant. One gallon of vermicompost can fertilize a 4'x8' garden bed.

WANT TO LEARN MORE? The Composter Recycler program through Clark County Public Health offers workshops and demonstrations on how to feed the soil rather than the landfill. The virtual fall workshop series

begins in October and is about composting techniques, food waste reduction, green cleaning and low waste living. Check out the Red Worm Composting workshop on Wednesday, October 19 from 7 – 8 pm to learn how to create your own worm bin and care for it. By attending the workshop, Clark County residents qualify for a worm bin, bedding and worms at no cost.

Register at [ClarkCountyComposts.org](https://clarkcountymcomposts.org)
Contact info@clarkcountymcomposts.org with any questions. Happy composting!



COMPOST LIFE CYCLE



FREE Fall Workshops

Learn about composting, green cleaning and more from Composter Recyclers!

Virtual workshop registration now at:

clarkcountymcomposts.org

12
Oct

Backyard Composting

19
Oct

Red Worm Composting

26
Oct

Lasagna Garden Composting

02
Nov

Food Too Good to Waste

09
Nov

Green Cleaning

16
Nov

Low Waste Living

Pre-Planning gives peace of mind

By LINDSAY FISHER, VP of Administration, for Evergreen Memorial Gardens

All too often funeral professionals hear, “I don’t know what they would have wanted,” when sitting across from a grieving family. One way to avoid this from happening to your loved ones is to pre-plan and make your wishes well known.

WHAT IS PRE-PLANNING?

Pre-planning is simply the process of putting plans in place before death has occurred regarding funeral, cemetery, burial and memorial arrangements. It is often referred to as ‘final-arrangements’.

Making final arrangements is both a process of gathering information and decision making. Knowledgeable staff lead families through the process learning about individual wishes, customs, traditions and rituals. Through that valuable process, funeral professionals can help develop a pre-arrangement plan tailored to each family. This process also allows the family to make informed decisions and feel confident they have made thoughtful choices.



WHY PRE-PLAN?

A pre-planned service can be the most comforting gift you can leave your family. It spares them from having to make decisions that can be both emotionally and financially difficult. It gives them lasting peace of mind knowing they acted in accordance with your wishes.

Everyone has their own reasons for pre-planning. The general reasons why many people choose to pre-plan their final arrangements include:

- Making personal wishes known: Ensuring that your memory is preserved and wishes are carried out exactly how you would want.
- Save money with guaranteed pricing: Once you have fully funded your pre-planned arrangements, your selected services and merchandise are guaranteed regardless of price increases.
- Make flexible payments: pre-planning programs offer flexible payment plans to be made over time to fit any budget.
- Give your family peace of mind: the greatest motivator is the desire to protect your family by ensuring that they won’t face the difficult task of making arrangements and decisions at a time of loss.

And you eliminate:

- Uncertainty and confusion
- Emotional overspending
- Numerous painful decisions
- Stress

HOW TO PRE-PLAN YOUR FUNERAL

There are many different ways to begin the pre-planning conversation with your family. Discussing final plans with a loved one can be a very difficult and uncomfortable task. For some families, it may be a casual conversation over dinner. While for others it may be a more formal conversation facilitated during an appointment with a funeral professional. You know your family best and how they would respond.

You may choose to pay for the arrangements in advance with a trusted funeral home. Another option would be to have your wishes simply be held on file at the funeral home to be purchased and carried out when they are needed. For many people, funeral pre-planning has become an extension of the estate planning process. It is one more step as they plan for retirement and the next stage in their lives.

No one enjoys thinking about death. Perhaps we feel that if we talk about it, it will happen. Or maybe we are just a little bit scared. We plan for other major life events like weddings and family reunions. Funeral arrangements are also major life events and deserve extensive planning. ***The time to start planning ahead is now.***

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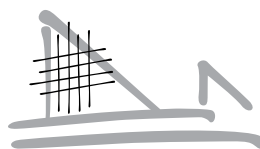
Family Owned Funeral Chapel, Cemetery and On-Site Crematory

Losing a loved one is never easy. When people experience loss, they need a strong support network to provide comfort and offer encouragement.

At Evergreen Memorial Gardens, we take great pride in what we do. Our purpose is to:

- Help families make well-planned preparations in their time of need
- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs

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



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8 Years in a Row!



A Case for Clover

By BETH GOODNIGHT,
for WSU Extension Clark County Master Gardener



I mow the lawn around our house. I like doing it. It is exercise. It is outside. It helps supply me with vitamin D. I get a sense of satisfaction in seeing the lawn's transformation from ragged to tidy. And like other good gardeners, I notice things.

In my April 2022 *Living in the 'Couve* article, I wrote about how I noticed that moss growing in a shaded lawn area helped the grass appear green and thick where it was actually thin and sparse. I suggested embracing moss as a tool to help reduce maintenance and enhance enjoyment of one's lawn.

As I was again mowing my lawn, I noticed something different. Clover — another homeowner pet peeve. But I embrace clover. I welcome it. Its roots add nitrogen to my soil and help break up the heavy clay. Like most people who garden, I love flowers. They are pretty. And I love bees. They make it possible for me to eat food. Bees love clover. So if the bees love clover, well, I feel the need to love (or at least tolerate) it, too.

But back to mowing. I pushed my mower into the back yard and noticed that there was much more clover covering one half of the yard than the other. See the upper photo. All those happy little white dots are clover flowers. I snapped that photo from about the middle of the lawn area looking toward the sunny half of the yard. Now check out the lower photo. From the same location as the previous shot, I turned around to view the other half of the yard — the shady half. Notice that there is a sprinkling of clover over the sunny area right up to where a large tree casts dense shade over the lawn. And then — NO CLOVER.

If you really hate clover and everything that goes into keeping turf grass lawn looking lovely, you could plant lots of trees and learn to love cute, fuzzy, hard-working moss and other shade-loving plants. Mosses would be a perfect ground cover in dense shade, giving the illusion of a lush lawn, with less maintenance and use of resources.

Oh! But you have and like a sunny lawn area? Well then, let's talk about clover — call it a weed if you must. In case you've not noticed, most weeds in our area thrive in full sun. The best way to keep any weeds out of turf grass lawn areas is to grow a dense stand of grass in soil that is fertile, well-drained, and of neutral pH. But providing these turf-preferred conditions requires a significant investment in natural resources, and often in time and money as well.

Continued on next page ►

Have you noticed what else grows well in full sun? Clover. In general, clover requires full or part-sun exposure to thrive. Check out some other fun facts that may change your mind about clover:

- **Clover often stays green all summer.** It is relatively drought-tolerant. It greens up in early spring and remains green until the first frost. In the South and some of the Pacific Northwest, it may remain green all winter, too.
- **Clover requires little or no mowing.** White clover grows just 2–8 inches tall requiring little or no manicuring to keep it tidy.
- **Clover attracts beneficial insects.** Such insects, like bees, help to pollinate the garden. Clover attracts parasitoid wasps that feed on aphids, scales, and whiteflies. These hard-working wasps are tiny and harmless to humans.
- **Clover needs no fertilizer.** Clover is a nitrogen-fixing legume, essentially creating its own fertilizer—and can aid in fertilizing nearby plants. Grass intermixed with clover is often healthier, and greener.
- **Clover needs no herbicides.** In fact, most herbicides kill it.
- **Clover out-competes many other weeds.** Anyone who has struggled to eradicate clover from a turf grass lawn can attest to how persistent it can be. Its dense root structure enables it to out-compete most other weeds, thus reducing weeding and herbicide use.
- **Clover grows well in poor soil.** It tolerates a wide variety of soil conditions, including the poor-quality subsoil common around around new construction.
- **Clover is immune to dog patches.** Dog urine discolors lawn grasses, but clover can take the punishment, staying green and lush.
- **Clover is inexpensive.** Clover seed is typically inexpensive. And if you already have clover in your lawn, consider it a free gift.

You may have noticed that gardening involves choices. Shade or sun. Clover or grass or moss. Flowers or trees or veggies. Many, many choices. Ready to choose clover?



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A Simple Summer Meal

By EILEEN COWEN, for *The Columbian*

When it is summer, my laziness factor increases exponentially. It's too hot to do anything, much less cook dinner. The long summer of September is no exception. By this time of year, I'm ready to trade in my lighter meals for something more hearty, but the hubbub of school, work, and hot gossamer days makes it nearly impossible to make the seasonal switch. Also, remember those gardens we planted to keep us sane these last few years? Well, they're at peak harvest and are an additional drain on time and energy. The irony of this time of year is that it is often too hot to cook, but we are drowning in tomatoes, corn, and of course, zucchini. We all deserve a break! In early fall, sometimes the simplicity of summer meals reign supreme.

I am a big fan of all salads, always. Whether situated on pasta, grains, potatoes, or a bed of fresh greens, I'm always looking for new ways to eat a simple cold dish. This summer I discovered the magic of elote salad and honestly, it has been a game changer for my salad regimen.

For those who do not know what elote is, it is grilled corn on the cob commonly served as street food in



Mexico. The corn is topped with a hefty combination of mayonnaise or sour cream, farmer's cheese, cilantro, salt, lime juice, and of course, chili. The result is a sweet, savory, spicy combination that is difficult to describe. Let's just say, it tastes like vacation, which makes it a perfect addition to dinner in early autumn when summer seems like it was just yesterday.

This salad is inspired by elote, but the addition of pasta makes it a full meal in and of itself. The creamy-tangy cilantro lime dressing holds its flavor well, so make sure to mix up a big batch of this pasta salad for eating throughout the week. Cheers to the gossamer summer!

ELOTE PASTA SALAD

- 12 oz. macaroni, rotini, farfalle, or other smaller noodles
- 4 or 5 ears of corn –OR– a 12 oz bag of frozen corn
- 1 tbsp. Olive oil
- 1 cup chopped cilantro
- 1 cup crumbled cotija or queso fresco cheese
- 1/4 cup diced onion
- chopped pickled peppers to taste (I used pepperoncinis, but jalapenos would be a more traditional option)

Boil the pasta to package specifications, then drain and put into a big bowl. Brush the ears of corn with oil and grill or broil until fragrant and roasted. (If using frozen corn, pan fry in the oil until the kernels are roasted and cooked.) Remove corn from cobs and put in the bowl with the pasta. Toss in the cilantro, cheese, and chopped peppers and onion.

For the dressing, whisk together the following ingredients in a bowl:

- 1 cup sour cream
- 1/2 cup mayonnaise
- 1/4 cup of lime juice (or more if you like things extra tangy!)
- 2 tbsp of lime zest
- 1 tsp. Chili powder
- 1/2 tsp. Cumin
- 1/2 tsp. Garlic powder
- Salt and pepper to taste

Pour the dressing over the corn and pasta and toss to completely mix. Serve at room temperature or chilled. For a more complete meal, toss in rinsed canned black beans or even diced ham. You can even substitute Greek yogurt for the mayo or sour cream for a lighter option. Just make sure to make a large batch of this salad because you'll keep coming back for more!



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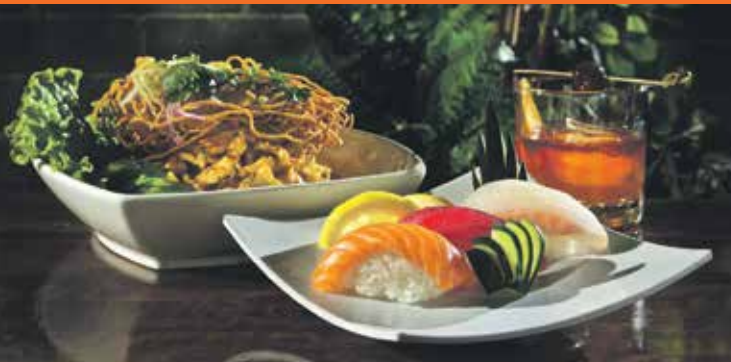
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How to Make the Best of ZUCCHINI Season

By KRISTIN DORSETT, for The Columbian

Harvest season is here and with that comes a bounty of crops. It seems that of all the vegetables grown in personal gardens, zucchini is one of the most plentiful. I have a beef with zucchini season. Not because it doesn't taste like beef (I don't eat beef anyway) but because there's just so much of it circulating this time of year to the point you almost have to keep your doors and windows closed to keep it from getting inside. I know of someone who left their car windows open while going into a supermarket and came out to find a bag of someone's garden zucchini deposited in the front seat of the car. I've personally experienced leaving my desk at work for a break and coming back to find an anonymous donation of zucchini on my chair. I don't like wasting food so then I have to figure out how to use the zucchini instead of just returning it to the earth after it goes bad in the fridge.

Zucchini is a type of summer squash that grows well here, not just in numbers but size. While it is enjoyed by many people, zucchini can be a menace to others. Especially when it grows to baseball bat size proportions. There is so much of it that people who grow it want to give it away. This time of year the question I hear a lot from friends and neighbors is, "Do you want some zucchini?"

So what is the big deal with zucchini anyway? Well, it's easy to grow and does have nutritional value such

as Vitamin C, Vitamin B6, potassium, and fiber. Some nutrition experts label zucchini as a "superfood" due to high levels of antioxidants found in its skin. But how much of it can we really eat and what do we do with it all? Of course, there is always zucchini bread. But the average zucchini bread recipe seems to only require a cup or two of shredded zucchini. We need more options. Local foodie Eileen Cowen has a few ideas.

ZUCCHINI PESTO

Recipe contributed by Eileen Cowen

- 2 lbs zucchini
- 3 cloves sliced garlic
- 2 tbsp butter
- 2 tbsp olive oil
- Salt and pepper to taste
- 2 cups fresh basil
- 1/4 cup of pine nuts OR sunflower seeds
- 2-3 additional tablespoons of olive oil
- The zest of one lemon plus 1 tbsp lemon juice
- 1/3 cup ricotta
- 1/2 cup grated parmesan
- 2-3 additional tablespoons of olive oil

Coarsely grate the zucchini with a cheese grater or food processor, then squeeze it to release the extra liquid.

In a large skillet on medium heat, melt the butter and oil then add the zucchini, garlic, and salt and pepper. Cook the squash for about

10 minutes, making sure to stir and scrape the bottom of the pan so the mixture does not burn. Remove from heat when the zucchini is soft, slightly caramelized, and has a jammy consistency.

In a food processor, add the basil, pine nuts (or sunflower seeds), and olive oil. Pulse until the mixture is combined and the nuts are chopped. Add in the zucchini mixture, lemon zest and juice, ricotta, and parmesan and blend until smooth. Add salt and pepper to taste. For a thinner consistency, add more olive oil. Serve with pasta or as a topping for roasted vegetables.

ZUCCHINI FRITTERS TWO WAYS

Recipe contributed by Eileen Cowen

Sweet or savory - your choice! For each option, the directions are the same but the ingredients are slightly different.

Savory

- 4 cups shredded and drained zucchini
- 1 cup shredded carrot
- 1/2 cup diced onion
- 2 cloves of garlic, minced
- 1 tsp of minced ginger
- 1 chili pepper, minced (optional)
- 1/2 cup chopped cilantro (optional)

For the batter, mix together:

- 1 cup flour
- 1 tbsp curry powder
- 1 tsp chili powder
- 1 tsp garam masala
- 1/2 tsp cumin
- 1 tsp salt
- 1/2 cup water



Sweet

- 4 cups shredded and drained zucchini
- 1 cup shredded carrot
- 1 cup finely diced apple
- 1/2 cup drained crushed pineapple (optional)

For the batter, mix together:

- 1 cup flour
- 2 tbsp brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1/2 cup water

Mix the batter. It should be the consistency of pancake batter, so add more water or flour if necessary.

Combine the batter and zucchini mixture until they are well mixed.

Heat 2-3 inches of vegetable oil in a deep frying pan and bring it to about 375 degrees. Drop spoonfuls of the batter into a pan of hot oil, cook for 3 minutes then flip the fritters and cook for an additional minute.

Take the fritters out of the hot oil and place on paper towels to drain.

Serve the savory ones with your favorite chutney or sour cream. The sweet ones can be topped with applesauce, caramel, or sweet cream.



Continued on next page ►



Now that we see how versatile zucchini can be in recipes, how about something for chocolate lovers? My Aunt Marilyn ("Auntie M") makes a delicious chocolate zucchini cake that she acquired from a coworker in the 1970s.

CHOCOLATE ZUCCHINI CAKE

("A Yummy Snack Cake You Don't Have To Frost")

Recipe contributed by "Auntie M"

.....
During my health food kick when my kids were small this recipe went through many permutations involving substitutions of part whole wheat flour for the white, brown sugar and/or honey instead of part of the white sugar, and carob chips for the chocolate chips. None of these substitutions would be recommended by my children, particularly the carob chips in place of the genuine chocolate.

Cream together:

- 1/2 C soft margarine
- 1/2 C oil
- 1-3/4 C sugar
- Add and blend thoroughly:
- 2 eggs
- 1 tsp vanilla
- 1/2 C sour milk (1 tbsp lemon juice or vinegar in scant half-cup milk)

Sift together, then blend with creamed mixture:

- 2-1/2 C flour
- 4 tbsp unsweetened cocoa
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp salt

Stir in:

- 2 C finely diced zucchini, unpeeled

Spoon into greased and floured 9x13 pan.

Sprinkle top with:

- 1/4 C chocolate chips
- 1/4 C chopped nuts

Bake at 325° for 45 minutes.

HERBED ZUCCHINI FRITTATA BITES

Recipe contributed by Eileen Cowen

-
- 8 large eggs, whisked
 - 1/2 cup milk or cream
 - 1 1/2 cup shredded zucchini
 - 1/4 cup chopped fresh herbs - parsley, thyme, sage, or fennel are all great options to mix.
 - 1/4 cup diced red pepper
 - 1/4 cup crumbled feta cheese (or whatever shredded cheese you have on hand)
 - 2 tbsp chopped scallions or chives
 - Salt and pepper to taste

Whisk together all ingredients. Pour the mixture in equal portions into a lined or greased 12 cup muffin tin. Bake the frittatas for 18-20 minutes in a 350 degree oven until the egg mixture is light golden and the center springs back when pressed. They can be served immediately, kept in the fridge for up to 4 days, or even frozen.

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EVENTS

SEPTEMBER 2022 - OCTOBER 2022

BIRDFEST & BLUEGRASS FESTIVAL

October 1

In 2022 BirdFest & Bluegrass will be entirely in person. The City of Ridgefield will be hosting in-person in-town events, including vendors and music in Downtown Ridgefield, plus a self-guided Carty Unit Refuge hike, wandering trail stewards to answer questions, Sandhill Crane Tours, tours of the new Refuge office building, crafts, musical performances, shopping, tours, and a Pickers Festival. ridgefieldfriends.org/birdfest-bluegrass/



APPLE CIDER PRESSING

October 29

Cedar Creek Grist Mill

Step back in history and see around 10,000 pounds of apples made into cider. All ages can take a turn using the hand cranked presses. Bring an instrument to join the Bluegrass Jam on the back deck which starts at 9am. cedarcreekgristmill.org

FARMERS MARKETS



RIDGEFIELD FARMERS MARKET

Through September 24
Saturdays, 9am-2pm

Historic Downtown Ridgefield: Overlook Park.

The Market is a revival of the heritage of farmers markets of a time long ago, where on summer weekends the freshest produce and homemade products would be displayed on tables. Vendors offer a great selection of products to choose from including local produce, plant starts, baked goods, flowers, soaps, jewelry, home décor items, clothing and more. ridgefieldwa.us/things-to-do/community-events/farmers-market/

CAMAS FARMER'S MARKET

Through September 28
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

VANCOUVER FARMERS MARKET

Through October 30
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

PUMPKIN PATCHES



BI-ZI FARMS

September 24 - October 20
Thursday - Friday, 1pm-6pm
Saturday- Sunday, 10am-6 pm
Sunday, October 30, 10am-4pm

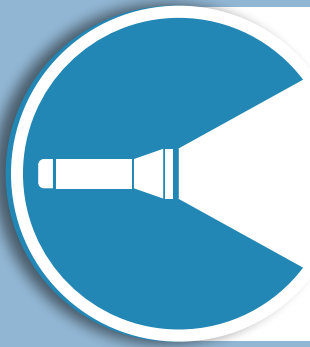
Each paid entry to the pumpkin patch includes: Wagon ride to and from the Pumpkin Patch; One free pumpkin; Admission to the corn maze; Two shots at the pumpkin launchers; One free hot drink: coffee, spiced apple cider, or hot chocolate; Admission to the farm animals; Children's activities; Live music (Saturdays and Sundays); and, Fresh pressed apple cider

sampling. Food and drinks are also available for purchase. Nighttime corn maze hours are Fridays and Saturdays from 6pm-10pm. bi-zifarms.com

PUMPKIN LANE AT POMEROY FARM

Weekends in October

Pomeroy Farm is a living history farm in Yacolt, depicting life in a pre-electric era. Check out their website for updates about the pumpkin patch and family activities at the farm. pomeroyfarm.org/pumpkin-lane/



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At Share, we provide a spectrum of services – from the Outreach and Talkin' Trash team on the streets, to emergency shelters and free nutritious meals, to the Backpack and Fresh Food Pantry programs, to subsidized housing for low-income individuals and families and so much more. With the diversity of our programs comes a wide array of ways for community members to help, such as volunteering, hosting a drive for high-need items or attending or sponsoring a fundraising event.

BECOME A VOLUNTEER.

Volunteers assist at Share in a variety of ways, including preparing and serving meals at the hot meals program, filling backpacks of food for distribution throughout the school year, organizing the warehouse, assisting with data entry and donating their time and talent at our annual fundraising events. Share's online volunteer management system makes volunteering easy! Just visit sharevancouver.org/volunteer where you can complete a volunteer application and sign-up for open volunteer opportunities.

HOST A DRIVE FOR HIGH-NEED ITEMS.

Donations drives are a tremendous way to help support Share's programs and clients. And we even have a name for it: Community Cares for Share. Dozens of these events are held each year in the form of new clothing, household items, shoes, non-perishable food, etc. drives or financial fundraisers. You organize the drive at your own location – office, church, neighborhood, local school – and we'll provide you with a list of high-need items, plus large blue barrels for the collection of items. We can even pick up your collected items or you can drop them off at the Share Fromhold Service Center. To host an drive, contact Maggie Bernetich at mbernetich@sharevancouver.org or (360) 952-8312

ATTEND OR SPONSOR A FUNDRAISING EVENT.

Share hosts two annual fundraising events. Share's Gala (next held on Saturday, April 22, 2023) is our hallmark event, a black-tie optional evening that features dinner, auctions, raffles and live entertainment thanks to talented community members paired as Dynamic Duos, who perform numbers based on the Gala's theme. Soup's On! (coming soon on Sunday, October 16, 2022) features well-known local chefs who prepare their best soups and stews for a 'Chef Battle.' Guests select their own artisan soup bowl as a keepsake, plus taste each soup and vote to decide who wins the coveted Golden Ladle Award. Share aims to dazzle our crowd at each event! Tickets and tables can be purchase online and sponsorship opportunities are available – learn more at sharevancouver.org.

Some stability among rising prices



Plenty is uncertain these days but one thing that hasn't changed is your electric rates. We're doing everything we can to keep your rates as low as possible while maintaining the reliable service you expect. In fact, electric rates in Clark County have remained the same for more than 11 years.

While rates haven't changed, you may see changes in your monthly bill. That's because utility bills change due to extreme weather. And we've experienced our fair share this year, with cold weather last winter and hot weather this summer.

Here are some of the many ways you can save money by using electricity more efficiently.

Heating and cooling

- Adjust the thermostat by one or two degrees
- Use the programmable feature on the thermostat, if there is one
- Close window coverings to keep heat inside during the cold season and outside on hot summer days

Water heating

- Wash only full loads in your clothes washer and dishwasher
- Use the cold water cycle to wash clothes
- Set your dishwasher to air dry
- Take shorter showers
- Install low-flow shower heads and faucet aerators to reduce use of hot water

Electronics

- Use smart strips to turn off computer equipment and entertainment devices when not in use
- Choose the energy-saving mode on electronics when available

Refrigeration

- Keep your refrigerator at 37 to 40 degrees and your freezer at 0-5 degrees
- Say goodbye to the extra fridge or freezer and unplug the less efficient unit

House tightening

- Repair or replace exterior door weather stripping to stop drafts
- Make sure windows are properly caulked on the outside
Look for cracks or where caulking has pulled away from the window frame or wood frame of exterior wall. Deficient caulking should be removed before installing new caulking.

Lighting

- Replace burned out light bulbs with LED bulbs
- Turn off unneeded lights

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