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# *Living* IN THE COUVE



JUNE 2023

**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](http://www.livinginthecouve.com)



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## Summer Edition



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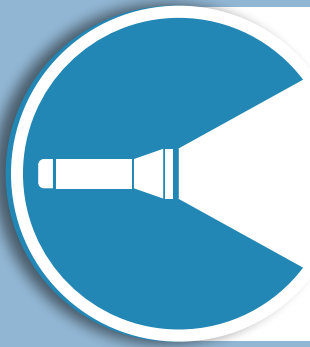


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# NONPROFIT *Spotlight*



KE KUKUI FOUNDATION PRESENTS

THE 21ST ANNUAL  
**4 DAYS OF ALOHA**  
—Vancouver, Washington—





**"SW WASHINGTON'S EVENT OF THE YEAR"**  
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Cultural Workshops  
Mele on the Lawn  
ft. MAKAHA SONS
- ✱ **LĀ 'EKOLU (DAY 3)**  
Hō'ike  
Concert in the Park  
ft. EKOLU
- ✱ **LĀ 'EHĀ (DAY 4)**  
Celebration of Cultures



INFO & TICKETS AT [4DAYSOFALOHA.COM](http://4DAYSOFALOHA.COM) ✱ FOLLOW US @4DAYSOFALOHA  

Just months after being recognized as the "Event Of The Year" for the SW Washington chapter by the Washington Festivals & Events Association, Ke Kukui Foundation's 21st Annual 4 Days Of Aloha will share the prized aloha spirit once again in Vancouver WA on July 20-23.

If you have love for Hawaiian arts and culture, mark your calendars! The highly touted event of the summer will be featuring a concert by the legendary award winning Hawaiian artists, The Makaha Sons, and a 2nd concert featuring the island reggae sensation, Ekolu, along with special guests!

4 Days Of Aloha's cultural workshops is proud to bring back the diverse offerings of classes open to the community. This year's workshops include hula, Tahitian dance, *imu* (underground oven cooking), *mea kaua* (Hawaiian weaponry), *kalo* (taro) pounding, natural dying, ukulele, lei making, specialized kids workshops for ages 6-12 and now offering classes for ages 3-5 along with classes for parents and much more. All participants will get the opportunity to display and share with the community their experiences and new found knowledge. All *kumu* (teachers) that participate in the cultural workshops are the best of the best in their given fields - a fantastic opportunity for the PNW community to share space.

One of the highlights of the festival is the esteemed lineup of vendors! Our vendors come from Washington, Oregon, California, Vegas, Utah, Arizona, and Hawai'i! With over 50 vendors lining Esther Short Park, you will be delighted to find all your favorite Hawaiian items/products from apparel, snacks, shave ice, hot plate lunches and much much more... The *Keiki* (kids) Zone will once again be available and for our attendees over 21, the highly popular beer garden will be presented by Kona Brewing.

Some of the featured giveaways at this year's 4 Days Of Aloha will come from our valued sponsors; Grand Prize - Ululani's Hawaiian Shave Ice will be raffling off an all expense paid trip to MAUI, Hawaiian Airlines will be giving away 2 roundtrip tickets, Hawaii's Heritage Jewelers will hand out a Hawaiian jewelry set to a lucky attendee and KoAloha Ukulele will be giving out a new ukulele each day of the event... just to name a few!

Allow Ke Kukui Foundation to bring the spirit of the islands to you with fun and aloha for the entire family! Mahalo nui loa from 4 Days Of Aloha!





# Try Something New This Summer

by EILEEN COWEN, for *The Columbian*

After another long spring, it is finally summer! For many of us here in the Greater Couve, that means outdoor adventures. There's nothing quite like a summer packed full of hiking, kayaking, swimming, and camping, and it is something we Northwesterners do in style. Of course, there is a more sinister side of summer: the scorching heat. When it is overly hot like it has been over the last few summers, we hunker inside our homes and air-conditioned spaces, looking for any respite from the heat. Finding a good balance of outdoors and indoors time can be difficult, especially if you are looking for something new and different to occupy your time.

Weather weirdness aside, the summer is an excellent time to try a new activity. Not only do we tend to have more spare time during the summer, but the long, languid evenings seem to last forever, giving us a few extra hours of daylight and potential fun. Whether you are searching for a new outdoors activity or a way to pass the time indoors during the heat, the Couve has got you covered! Here are a few options to up your game during this Northwest summer.

## Outdoors



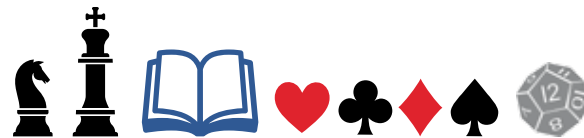
If you are new to the world of outdoor recreation, the whole thing can be daunting. There are reservation and permit systems to navigate. If you have never spent time in the woods before, it can be difficult to find easy access to spaces that seem like well-guarded secrets. Not to mention, the costs of recreation can be prohibitive for most people. How did something as simple as being outside get to be so expensive? Between gear, permits, and reservation fees, even a simple weekend trip can cost hundreds of dollars. The high cost of recreation can be a deterrent for those who want to try new things like kayaking, hiking, and backpacking. Thankfully, there are ways to try new activities without breaking the bank – by renting gear.

There are a few cool places for outdoor gear rental, and REI is a great place to start. They rent gear such as bikes, kayaks, stand-up paddleboards (SUPs), backpacks, tents, sleeping bags, and even cook stoves. They can be a great one-stop place to try out different activities that may seem financially out of reach. They're not the only rental in town, though. If you are a college student, Washington State University

Vancouver has an affordable rental program: day rentals on a SUP package cost \$20 for students and \$25 for friends of registered students. Grab your favorite VanCoug and go have fun on the cheap!

Another great rental option is at boat docks. In Ridgefield, the Ridgefield Kayak Rentals company can hook you up right at the shores of Lake River. Out in Camas, Sweetwater SUP Rentals will get you all geared up to paddle on LaCamas Lake. These options can be a great way to try something new this summer in the Great Outdoors.

## Indoors



I'm not going to lie: I'm not a big fan of the heat. My 103-year-old home in Downtown Vancouver has no air conditioning and it is hard to stay comfortable. Often, I find my way to cooler places such as the Vancouver Community Library or any of the amazing brew pubs located nearby. Lately, breweries have stepped up their game with some excellent communal activities for people of all ages. Every other Tuesday evening, Trap Door Brewing in Vancouver hosts a free chess night for people of all ages. This drop-in event is run by friendly people who are happy to help beginners get a hang of the game. In Hazel Dell, Brothers Cascadia Brewing hosts a cribbage night for beginners and seasoned players. These are both great opportunities to stay cool, meet some new friends, and gain a new skill. Many tap houses host trivia nights, bingo games, and free live music, so be sure to check out your nearest brewery to see what they have on tap for free entertainment.

Besides the obvious book and movie loans, the Fort Vancouver Regional Library system hosts many events and games that are free for all people. Book clubs, chess and Dungeons and Dragons matches, and knitting nights are available at many individual libraries, so be sure to check the Library's website for dates and location details. They even host virtual board game nights to get people involved in gaming. These nights go over game rules and player tips while introducing people to other like-minded gamers. What a cool option to try something new this summer!

If crafting is more your style, there are some great places

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that host weekly and monthly craft evenings. In Downtown Vancouver, a new yarn shop called Hook and Needle has classes, open craft evenings, and even free yarn trading nights. At Mon Ami Cafe in Uptown Village, Friday evenings are reserved for knitting and crafting. (The shop also hosts chess night every Saturday from 5-8pm). Saturday mornings, artists gather at Mon Ami for “Sip and Sketch”, a weekly drop-in art group that is open to all. The art group also convenes Wednesdays at Trap Door Brewing in Vancouver for more adult-oriented beverages under the name “Drink and Draw”. Truly, these shops and spaces are working to create community gathering spaces while encouraging people to play and create together.

Regardless of if you plan to be outside in the heat or inside soaking in the AC, there are a lot of ways to get new skills and enjoy yourself this summer. Whatever you choose, remember to keep it local and support those businesses that make our Couve community a special place to live.



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.





# GARDEN FOR HEALTH, HAPPINESS

## Embrace the healing power of growing things

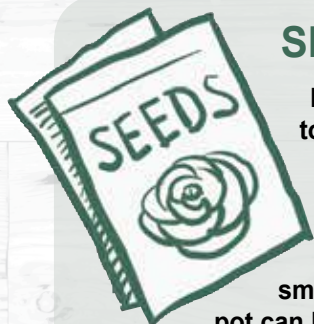
by JENNIFER KEARSLEY, MD, Vancouver Clinic

The outdoors is my happy place—and my modest yard and garden are among my happiest places of all. During the growing season, my husband and I spend hours outside planning, planting, weeding, and talking together. We prune trees, water raised beds, add plants that attract birds, and harvest vegetables and fruits as they ripen. As the weather warms, we plan backyard pizza nights with family and friends and enjoy our morning coffee among the blooms.

Gardening is so valuable for physical and mental health. I know because I experience the benefits firsthand! I also see the benefits from a physician's perspective. I've been caring for patients for 17 years, most recently at Vancouver Clinic. Gardening supports the essential components of long-term health: good nutrition, regular exercise, stress relief, and social connection. With gardening season in full swing in the Northwest, it's a great time to explore this activity!

## TIPS FOR GETTING STARTED

### SET REALISTIC GOALS



Begin by letting go of the idea that you need a big space to enjoy the benefits of gardening. My own yard is a narrow lot typical of Northeast Portland. Yet my family is still able to grow a variety of perennial shrubs, fruit trees, vegetables, and flowers. A garden doesn't need to take up a whole yard—in fact, it's better to start small. A few planters on a patio can be delightful. A single pot can hold a basil plant, or a raised bed can be home to mouth-watering tomatoes, kale, and snap peas. Fruit tree branches can be trained to grow horizontally against a fence, taking up less space.

I also invite you to lower your expectations around weeds. Gardening is about growing plants you like to look at or eat. It's not about creating a perfectly manicured environment. Weeding does not need to be a source of stress. The rhythmic activity of pulling weeds from the loose, damp soil of spring can be relaxing and gratifying. Choosing native plants that thrive in local conditions and outperform weeds can also make maintenance easier.

### MAKE ADJUSTMENTS FOR PERSONAL HEALTH

Many individuals with health limitations find that gardening helps them feel better. Growing whole foods encourages people to eat fruits and vegetables and make nutritious food choices. Creating an enjoyable reason to be active makes it simple to incorporate exercise into daily life. Fresh air and time spent outside lift the spirit. It's hard to find a chronic condition where a healthy diet and regular exercise don't help.

That said, everyone has different abilities and needs different accommodations. Pruning trees while perched on a ladder isn't for those who get dizzy or have trouble balancing. Lawn mowing can be strenuous and is better left to a neighborhood teen. Preparing planting beds may take some help, but maintaining them could be feasible. It's important to choose gardening activities that feel good in your body.



### OPEN YOUR YARD

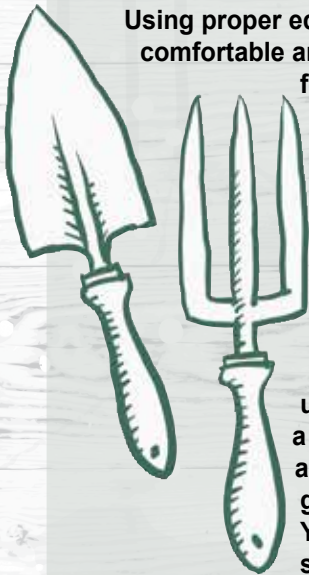
One of the best parts of gardening is sharing your space with others. I recommend inviting friends over to enjoy the scenery and sample the produce. It's a lovely way to socialize! Gardening can also spark conversations and connections with neighbors. Try asking what types of plants others have had success with. Plants that grow well in one yard typically do well a few doors down. Consider splitting and sharing perennials or rehoming summer's abundance of tomatoes. Spending time with others and building a supportive community are part of a healthy lifestyle.



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## FIND THE RIGHT TOOLS



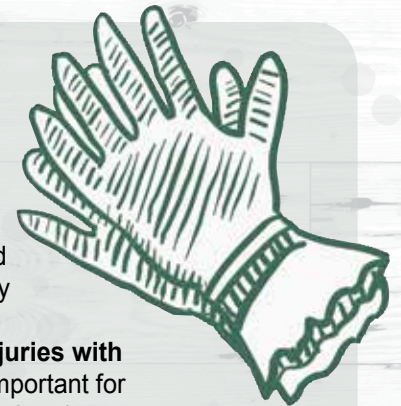
Using proper equipment helps make gardening comfortable and accessible. Kneeling pads are great for ground-level tasks. Hand shovels and shears with large grips tend to be easier for arthritic hands. Weed pullers designed for standing offer relief from back pain.

For people with mobility issues, raised beds with generous pathways between them enable wheelchair and scooter access. Small containers, placed on a table or similar surface, are a great solution for those who need to remain upright. Sometimes the best tool is actually a friend or family member. Many older adults enjoy getting their children and grandchildren involved in growing plants. Young people can take on strenuous tasks, such as hauling dirt and digging holes.

## GARDEN RESPONSIBLY

Gardening is generally a safe activity; however, there are a few precautions everyone can take:

- **Go outside early or late in the day to avoid the hot sun.** Wear sunscreen and a large-brimmed hat, and seek out shady areas to work in.
- **Protect the skin from splinters and injuries with gardening gloves.** This is particularly important for individuals who are immune compromised and prone to infections.
- **If you have allergies, take allergy medications before you begin gardening.** You can wear a mask to limit pollen exposure and shower after you come indoors to remove pollen.
- **Listen to your body.** Movement is often the best medicine because sitting tends to stiffen joints. However, that's not true for everyone. Respect your body's limitations by hydrating, taking breaks, and stopping when you need to.



**If you have questions about how to safely start a new activity, such as gardening, be sure to talk to your physician.**

*Dr. Jennifer Kearsley is an internist at Vancouver Clinic. She approaches patients with kindness, creating a comfortable environment where they can ask questions and share concerns. She is an avid hiker, birder, camper, and gardener.*



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# Welcome Pollinators

## to your Property

### Substituting Grass with Flowering Plants Will Help Hummingbirds, Butterflies and Bees

by DAMEON PESANTI, Clark Public Utilities

Lawns are made for summer. It's hard to beat spending time outside with friends and family at backyard barbecues, letting the kids run around, or playing fetch with the family dog.

A lawn is like nature's carpet — it's a soft space that invites you to slow down and enjoy the moment and adds a splash of color and value to your living spaces. But all those benefits aren't without a significant investment of time, resources and money. And, as great as lawns are for people, they don't offer much benefit for the pollinators or other wildlife around us.

Many homeowners and even some landowning organizations are happily replacing all or some of their lawns in favor of landscaping that requires less investments and boosting habitat for local wildlife.

"Replacing all or even just a small part of your lawn with native or regional-climate friendly plants can really transform a property," said Clark Public Utilities

Environmental Sustainability Manager Michael O'Loughlin. "Once they're established, they require little or no care beyond what nature provides. And, selecting the right varieties can attract local pollinator populations like bees and hummingbirds to your property."

Anybody who's owned a lawn knows, they require a lot of work to maintain that rich green and thick turf. Lawns require a lot of water, sometimes on a near daily basis. Most lawns require periodic fertilization and the occasional shot of herbicide. All of them require regular mowing and trimming, which requires plenty of equipment and fuel, or the services of a professional.

Native plants or even plants that are adapted to a Mediterranean climate, are perfect for those who want landscaping that looks beautiful and practically tends itself. Those plants are built for this region's climate. That means they require little if any additional water or nutrients than what occurs naturally. That saves property owner time

and money. No more unnecessary watering, little to no fertilizer or other chemicals landscaping might otherwise need.

Replacing even part of your yard with plants will save you time, energy and resources that a lawn would otherwise require. Plus, plants of varying heights and shapes will bring color and curb appeal of your home. Plants and trees of the right shape and size can even add to your home's privacy and create nice cooling shade in the summer months.

What's more, those plants will offer far more and better habitat and resources to local animals. You may be surprised how often butterflies, hummingbirds and other critters visit your home once they discover your new plants. In the face of declining natural habitat, homeowners and property owners can help support and protect these critical species.

"The entire local food web benefits from more abundant

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and varied plant life in our backyards and neighborhoods,” O’Loughlin said. “You can even select native plants based on their bloom period to maximize the period throughout the year to benefit pollinators. It’s a two-fold benefit, you’ll have a yard full of lovely flowers and the birds, butterflies and bees will have a reliable food supply.”

This is the season when hardware stores, big box retailers and plenty of nurseries offer plants from across the world. They come in virtually every shape and size imaginable. While they might look great, many of those non-local plants require extra care and resources to survive, which can become a real chore.

But don’t run out to any nursery just yet. Consider the characteristics of your site before you start shopping for plants. Observe your property’s characteristics—the sun exposure, soil character, overhead or underground utilities—and write it all down.

Bring your notes and ideas with you to a local plant nursery. Those helpful folks should be able to show you

a selection of plants that meets your needs and fits your circumstances. Before long, you’ll have a colorful property that looks as good as it smells.

“It’s easy to fall in love with a pretty plant at the nursery, but resist temptation,” O’Loughlin said. “If it’s not the right fit for your home’s conditions, you’ll have to work extra hard to keep it alive or it just won’t make it.”

Homeowners who share a property with a green electric utility box, may be tempted to hide it with some landscaping, but they must resist

temptation.

Digging around

them could strike a

buried power line, which could

have extreme consequences.

As a general rule: always plant trees at least 10 feet away from the utility box.

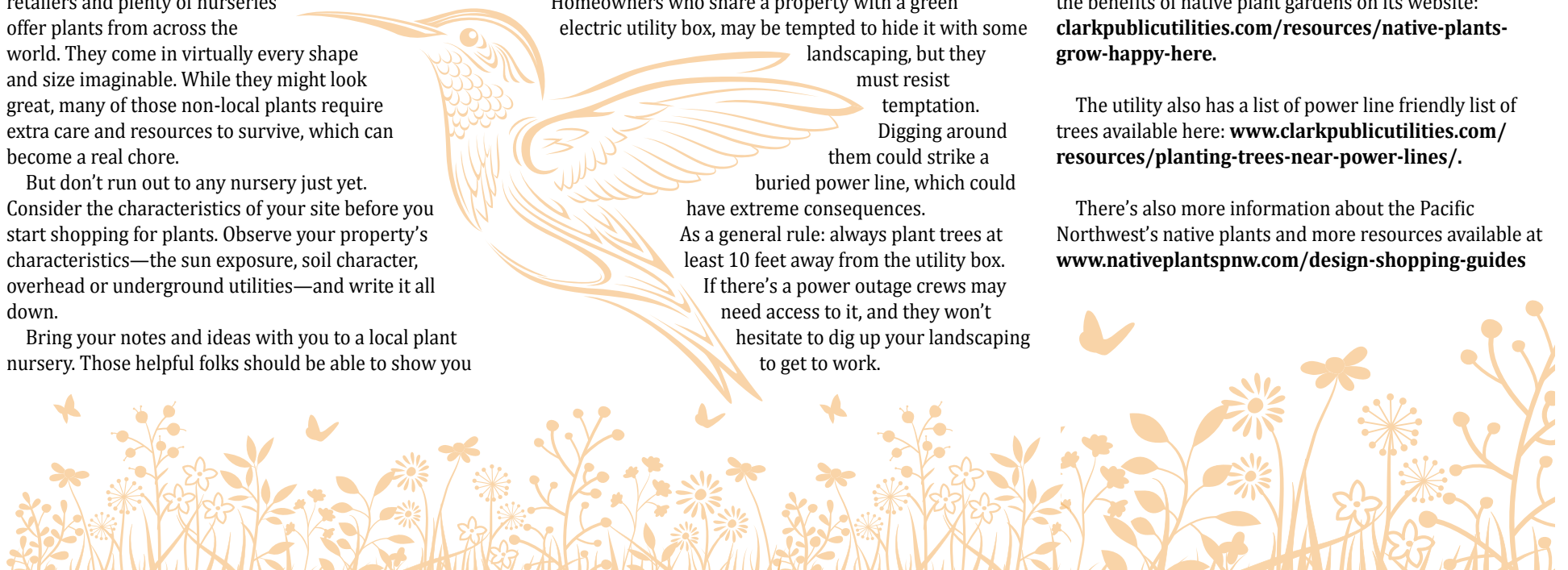
If there’s a power outage crews may need access to it, and they won’t hesitate to dig up your landscaping to get to work.

When it comes to planting trees, think decades down the road. A 6-foot sapling can easily mature into a 50-foot outage-causing giant. If you can’t avoid planting under overhead lines, choose a variety that grows to 25 feet or less when fully mature.

Clark Public Utilities has more information on the benefits of native plant gardens on its website: [clarkpublicutilities.com/resources/native-plants-grow-happy-here](http://clarkpublicutilities.com/resources/native-plants-grow-happy-here).

The utility also has a list of power line friendly list of trees available here: [www.clarkpublicutilities.com/resources/planting-trees-near-power-lines/](http://www.clarkpublicutilities.com/resources/planting-trees-near-power-lines/).

There’s also more information about the Pacific Northwest’s native plants and more resources available at [www.nativeplantspnw.com/design-shopping-guides](http://www.nativeplantspnw.com/design-shopping-guides)



## Save money and cut emissions with an electric vehicle



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](http://ClarkPublicUtilities.com/EV)



We're always here!





# Birding CLARK COUNTY

by TODD KAPRAL, Backyard Bird Shop

Many of us enjoy watching the bird feeders in our backyards and over the last couple of years I have shared tips about how to accommodate them. However, Clark County is home to many natural spaces and locations where one can go and see many species of birds that you typically would not see at a feeder in your yard.

First off, let's start with the refuges. **Ridgefield National Wildlife Refuge** is a major attraction when it comes to going birding. Located just north of Vancouver, between Ridgefield and the Columbia River, it has two different sites known as the Carty Unit and the River-S Unit. The Carty Unit offers seasonal and year-round hiking trails. The River-S Unit is a four-mile, one-way driving loop on a gravel road which is open during daylight hours. Both locations can provide birders with views of Canada Geese, Great Blue Heron and Sandhill Cranes, along with many other songbird and waterfowl species. Eagles, Osprey, hawks and owls all make regular appearances. **For more information visit <https://www.fws.gov/refuge/ridgefield>**



Great  
Blue Heron



Belted  
Kingfisher

**Steigerwald National Wildlife Refuge** is located in Washougal along Hwy. 14 at the mouth of the Columbia River Gorge. This refuge has recently been reconfigured back to a floodplain after roughly 60 years of being behind a levee. This will make Steigerwald a great birding spot for waterfowl and wading species. Canada geese, Mergansers and a variety of ducks are all regulars here. Wood ducks can usually be found down the trail closer to the woods. Belted Kingfishers are common as are Eagles, hawks and Osprey. Additionally, Wilson's Snipe, American Bittern, Tree and Violet-Green Swallows and Purple Martins are also seen here as well as Lazuli Bunting and a variety of flycatchers. The new parking area and trail are flat and easily accessible. **For more information visit <https://www.fws.gov/refuge/steigerwald-lake>**

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**Lewisville Park** is located a few miles north of Battle Ground. This 159-acre park is the oldest park in Clark County. Meander down the easily accessible trail and you are likely to see Black-Capped Chickadee, Red-Breasted Nuthatch, American Goldfinch and Pine Siskin. Raptors can also be seen and may include: Red-Tailed hawks, Sharp-shinned Hawk, Cooper's Hawk, and Osprey. Kingfishers usually patrol the stream as does American Dipper. As an aside, the Dippers are really interesting birds. They are black and loosely resemble a starling, but they dive and swim underwater. Woodpeckers, flycatchers and creepers are all known to make an appearance as well. **For more information visit** <https://clark.wa.gov/public-works/lewisville-regional-park>



in Salmon Creek is a roughly six-mile loop. It extends from Kline Pond in Hazel Dell to Lake River in Felida. A good access point is off of Seward Road/Fruit Valley Road just south of Bliss Road/139th Ave. There you can see common yellowthroat warblers. Some species are seasonal. For example, the Willow and Olive-Sided Flycatchers are only around in spring and summer, along with the Tree and Violet-Green Swallows. Many species are here all year including woodpeckers like the Northern Flicker and Pileated Woodpecker. Many hawks like Red-Tail, Sharp-Shinned and Cooper's are year-round residents as well. Belted Kingfishers can be seen hunting the waterway while Great Blue Heron and Great Egret keep watch in the shallows. **For more info visit** <https://clark.wa.gov/public-works/salmon-creek-regional-park/kline-pond>



To be sure, these are just a few of a number of places to go in Clark County. Other spots to look into include **Vancouver Lake** Lowlands and **Frenchman's Bar** by Vancouver Lake. In Camas, there is **LaCamas Lake** and **Round Lake** right next to it. **The Heritage Trail** starts on the west end of LaCamas alongside the **Camas Meadows Golf Course**. **Burnt Bridge Creek** trail runs eight miles east-west through Vancouver with several access points along the way. A great little gem is **Columbia Springs** down on Old Evergreen Hwy. It sits on 100 natural acres and offers good birding, viewing ponds and educational activities. **For more info on Columbia Springs visit** <https://www.columbiasprings.org/>

*Happy Birding!*

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# Blooms Abuzz



## at the Natural Gardens at Pacific Community Park

By **TINA KENDALL**, Clark County Public Health Solid Waste Education and Outreach

Gardening can be a great way to get outside, grow your own food, and create a serene setting to enjoy warm, summer nights.

While most of us want our yards to look nice, few consider the environmental and health impacts of their gardening choices.

Natural gardens benefit the health of your family, neighbors, pets, and the environment by supporting beneficial wildlife, buffering impacts of extreme weather, and reducing pollution.

Tucked away in east Vancouver between the Dakota Memorial Dog Park and ball field lies a vignette of eight natural demonstration gardens bursting with color and teeming with life. The space was designed to exhibit healthy and productive ecosystems that could be created at home while minimizing or completely avoiding the use of manmade pesticides and herbicides.

Dedicated in 2012, the Clark County Green Neighbors program has partnered with the Washington State University Clark County Master Gardener program to welcome the community to this delightful attraction.



Visit the Natural Gardens located between Northeast 18th Street and Northeast 172nd Avenue in Vancouver and draw inspiration for planning your own oasis using natural gardening techniques. There are interpretive signs for each garden and plant ID tags. In addition, the plant maps and library can be found online at [www.clarkgreenneighbors.org/demonstration-gardens](http://www.clarkgreenneighbors.org/demonstration-gardens).



### The Gardens

Designed to look like a residential street, mailboxes are used to identify each garden. Stroll the walkway and step into each “home” outlined by the gravel footprint and imagine what your surrounding landscape could look like.

Learn how to grow healthy, organic food and cut down on your grocery bill at the Edibles and Herbs garden. Kiwi vine creeps along the trellis and espalier pear trees fence in the west side.

The Wildlife garden demonstrates how to provide food, shelter and water for birds, insects and other local creatures.

In the Beneficial Insects and Compost garden, become an all-natural gardener by attracting helpful insects and using homemade compost to keep your soil and lawn healthy.

Even someone with little time to dedicate to their yard can benefit from the Native Plants garden, which boasts plants that thrive in our local conditions with minimal watering and maintenance.

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Tear out your traditional lawn and check out options in the Lawn Alternatives garden, which can provide a lush, green landscape that is still varied and productive.

For your furry friend, consider these safe but beautiful plants in the Dog Friendly garden. A new arbor has also been installed in the gardenscape.

The Xeriscaping garden is perfect if you don't want to constantly water your plants.

Learn to manage rainwater at the Rain Garden with Vegetated Bioswale garden. See how shallow depressions meant to capture water, slow down the flow, ease flooding and restore aquifers.

By providing real-life examples of natural gardening, a beautiful garden can be achieved by reducing or eliminating the use of harmful chemicals in the yard.



### Begin natural gardening

The first step to take towards creating a yard and garden that benefits people and the planet is to cut out the use of synthetic herbicides, pesticides and fertilizers. Rainwater and runoff can carry these chemicals into local waterbodies, contributing to toxic algal blooms which close beloved swimming holes every summer.

Keep these natural gardening techniques in mind the next time you're spending time in your yard:

- Tolerate light pest damage to plants and the lawn.
- Build and maintain healthy soil by using compost and naturally derived soil as amendments.
- Use chemicals as a last resort. There is usually an alternative!
- Use native plants when possible. They are adapted to our region, soil and area pests.
- Attract beneficial insects to increase pollination and prey on harmful insects.



**Want to learn more? Visit the 2023 Natural Garden Tour 10 am to 4 pm  
Sunday, July 16 throughout Clark County. [www.clarkgreenneighbors.org/gardentour](http://www.clarkgreenneighbors.org/gardentour).**

## Household Hazardous Waste: OUTDOOR RECREATION

Clark County residents can dispose of household hazardous waste such as portable propane bottles, aerosol insect repellent and sun screen, automotive fluids, and chemicals at the three transfer stations in Clark County on most Fridays and weekends at no cost.

**[clarkgreenneighbors.org/safe-disposal](http://clarkgreenneighbors.org/safe-disposal)**

Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Vancouver, Washougal, and Yacolt. Funding for this ad provided, in part, by the Washington State Department of Ecology.





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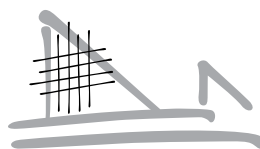
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- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs

- Offer personalized and affordable services and products
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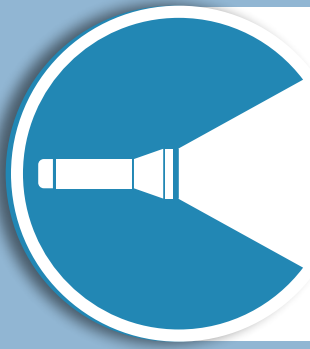
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We believe that the success of any business requires dedication and professionalism. In our business, in particular, it also requires a great deal of kindness, compassion and attention to detail. You'll find these qualities in each and every member of our staff at Evergreen Memorial Gardens. Put your trust in us to make this experience as comfortable and carefree as possible.



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# NONPROFIT *Spotlight*



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Para más información  
Больше информации

Scan QR code or visit  
[sharevancouver.org](http://sharevancouver.org)

Food is incredibly important for a developing child or teen, and yet more than 20,000 children in Clark County are considered food insecure, not knowing when or where their next meal is coming from.

Share's Summer Meals program helps to address this need by providing free meals to children and teens 18 and under. This year's program will operate June 26 to August 11 at 20 locations, including partnerships with YMCA, Vancouver Public Schools, Police Activities League, Fort Vancouver Regional Libraries and Vancouver Parks & Rec.

"We are incredibly excited as this year marks the 20th anniversary of Share's Summer Meals program, which has provided hundreds of thousands of free meals to local children," shared Molly Evjen, director of volunteers and community resources. "Many of the children who visit our meal sites are also those who qualify for free and reduced-fee lunches during the school year. But when school doors close, so does access to school meals. So our goal is very straight forward: get healthy meals into the hands and bellies of local kids."

Research shows that receiving free or reduced-price meals reduces food insecurity, obesity rates, and poor health in children. And for parents managing a tight household budget, the ability to access local food programs helps to alleviate stress and anxiety.

"We could not operate our Summer Meals program without the generosity of volunteers," said Evjen. "And groups are welcome, which is a great way for family members or team members from a local business or organization to give back to our community together."

### THERE ARE THREE WAYS TO VOLUNTEER:

- Help prepare 600-1,200 fresh and nutritious meals.
- Assist Share's Summer Meals Assistant in packing meals into coolers, greeting our volunteer drivers and loading coolers into vehicles.
- Meet our delivery drivers as they return with left-over meals, wipe down coolers and ensure the kitchen is clean and ready for the next day.

Sign up online at [sharevancouver.org/volunteer](http://sharevancouver.org/volunteer). Volunteers must be 12 years or older to volunteer in a commercial kitchen, but younger volunteers may accompany parents or guardians on meal deliveries.

All site locations, addresses, dates and times are available at [sharevancouver.org/summer-meals-program](http://sharevancouver.org/summer-meals-program). To find the site closest to you, you can also text FOOD or COMIDA to 304-304.

paperwork needed and no personal information is collected. The program operates Monday to Friday; no meals will be served at any location on July 4.

**TO LEARN MORE, CONTACT MOLLY EVJEN  
AT [MEVJEN@SHAREVANCOUVER.ORG](mailto:MEVJEN@SHAREVANCOUVER.ORG) OR (360) 605-9752.**



# The Golden Years

## Make the Most of Your Retirement with an HECM

by MICHAEL STANDARD, Innovation Home Loans

The dream of owning and paying off a home has changed a lot over the decades. Now more than half of homeowners nearing retirement age are still making mortgage payments. Rather than enjoying their “golden years,” many homeowners in this age demographic have limited financial assets which forces them to continue working past retirement age in order to make their house payments. One option for this age group to use their spendable income for enjoyment rather than making monthly mortgage payments is to consider an HECM, commonly referred to as a “reverse mortgage.” It’s typical for people to cringe at this terminology because of a bygone era when predatory lenders targeted senior homeowners seeking financial security. This is no longer the case. An HECM is now safe and secure. It means tax-free money from your home equity, never a monthly payment, and you never owe more than your home is worth.

Many homeowners of retirement age can qualify for an HECM and use the funds to either

pay off the balance of their mortgage or use the funds to strengthen their retirement. It seems like a complicated process due to meeting certain qualifying criteria such as existing equity and condition of the home, but with professional guidance from a reputable lender, it doesn’t have to be. If the homeowner follows some simple rules such as paying property taxes, and maintaining basic condition of the home, the HECM loan will not have to be repaid until the home is sold.

An HECM loan is repaid when the house is sold, and until then, the home and property will continue to accrue market equity throughout the duration of loan. I met one of my local clients, the Denmans, during an HECM overview class. They said they wanted to get more information on how the New Reverse Mortgage called the Home Equity Conversion Mortgage (HECM) worked. The Denmans were both

Continued on next page ►





retired and both had to work part time to be able to enjoy retirement. So, we went through the information that can be found on the HUD website at [www.hud.gov/hecm](http://www.hud.gov/hecm).

Once they understood how the new FHA loan for seniors would work for them the Denmans pursued the loan. They were able to complete the process and not have a mortgage payment any longer. Also, now they only work if they want to and are traveling more to see family and friends. Mrs. Denman said, "The best part was that it gave my husband peace of mind. That I was taken care of if something happened to him."

Like traditional mortgages, homeowners can pursue refinancing their HECM to get a lower interest rate, which then means less to be paid back when the house is sold. Without the burden of monthly mortgage payments, a homeowner can use their income for whatever they want, whether it's for common living expenses or fun and adventure. Isn't that how the "golden years" should be? An HECM provides opportunity for financial flexibility in the retirement years. You can choose to sell your home, pay back the loan, and downsize to a different home. Or maybe you love your home and want to age in place there. Many people don't consider the opportunities an HECM can offer. To find out more about how an HECM can enhance your retirement income, please contact me.



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## Enhance Your Landscape with

# PROPER PRUNING

## of Trees and Shrubs

by **CINDY COMBS AND JOANNE ROTH,**  
*WSU Extension Clark County Master Gardeners*

If you have ornamental trees and shrubs in your landscape, then you know that from time to time you will need to prune them. This is often a confusing and tricky job but with a little knowledge and understanding, you will be able to maintain a healthier and attractive landscape, avoid doing more harm than good, and limit the workload.

### THE DO'S AND DON'TS.

#### DO: PRUNE TO MAINTAIN HEALTH

The first priority for pruning your tree or shrub is to remove dead, diseased, damaged, or disfigured branches. The removal of these type of branches helps ensure the health of the plant while often greatly enhancing the appearance.

When done properly using selective pruning, the tree or shrub retains its natural form and appearance, and pruning is necessary only every few years. Selective pruning means “that you consciously select which branches to cut and which to leave in place, and that you have a clear idea of the purpose of the pruning session,” according to PlantAmnesty, a Seattle-based organization with a mission to provide education, resources, and advocacy to prevent malpruning and preserve urban greenspaces. Equipment needed may include bypass pruners, loppers, pole pruners and saws.

#### DO: PRUNE TO SOLVE A PROBLEM

Occasionally trees and shrubs need pruning to solve problems. Some of these situations may include making more walking space below or around a street tree, creating an airy canopy to improve air circulation that reduces disease, opening up the view in front of a window, or making a young shrub grow bushy.

The selective pruning approach can also be used in these types of situations. Remember, you prune only a few of the branches, not all.

Homeowners can certainly tackle many of these jobs



Selective pruning takes more time to do, but saves time in the long run.

after familiarizing themselves with proper, up-to-date techniques. For smaller trees and shrubs, techniques and tips can be found in books, videos, seminars, and hands-on workshops. A detailed, understandable and oftentimes humorous book on pruning is Cass Turnbull's Guide to Pruning Third Edition. YouTube videos on how to selectively prune various trees and shrubs in the Pacific Northwest can be found by searching the PlantAmnesty channel and the Clackamas County Master Gardeners' 10 Minute University videos. Listings in local newspaper

gardening columns and on garden centers' websites will provide details for other educational classes, as well.

When it comes to pruning mature trees, it is advisable to look to the professionals. ISA Certified Arborists have the training and skill to advise and perform pruning of trees. Not all tree pruning services are the same so start your search at the ISA website [www.treesaregood.org](http://www.treesaregood.org).

**Continued on next page ►**





**Don't Do This!** Tree topping causes many problems and disfigures the tree.

#### DON'T: PRUNE FOR A QUICK FIX

If you take a look around Clark County you will also find that homeowners are pruning trees and shrubs for a quick fix such as wanting to make the plant drastically smaller, to



Let shrubs grow naturally rather than shearing them into shapes such as these "pancakes."

make the plant conform to the look they want (or what is traditionally expected), or to get the job done quickly.

This type of pruning may include topping trees (the excessive removal of part or all of the large branches of the tree), overthinning trees, and shearing trees and shrubs into forms such as balls, cubes, rectangles, "gumdrops," or lollipops. In many situations this type of pruning will make the plant more prone to fail by causing weak and rapid regrowth, opening it up to insect and disease attacks and promoting dieback. Another negative result of shearing shrubs is that new growth only occurs on the outside edges of the plant and the inside branches become bare.

Quick fix pruning of trees and shrubs will require constant maintenance to keep this unnatural shape until

the plant finally succumbs to the abuse.

If you, or the landscaping or tree trimming company you hire, are using hedge clippers to shape anything other than a hedge or a topiary or are resorting to large power equipment and/or chainsaws, this is a sign that you should strongly consider a different way of pruning.

If selective pruning does not achieve the desired effect, removal of the tree or shrub is a better solution than hacking it back.

Pruning properly shows an appreciation for the beauty and value trees and shrubs add to your landscape. And, it will give them the best chance for a long and healthy life while saving you time and money. Educating yourself is the best first step before taking on a pruning task.

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[VancouverSummerFest.com](http://VancouverSummerFest.com)

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# Hello Summer

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B W A T E R M E L O N Q O H  
J O I C K M H A R B E F O O  
H A U T M J D C Y D I O L T  
Y I O N I J O H A S H K Q Y  
W S U N H A T N F E K L E K  
S W I M W D O W F W P V B U  
Q V I R K M V A C A T I O N  
S U M M E R U Q P I C N I C  
U P J L S L G F T X F K C M  
G G T W W F I S H I N G B C

ALOHA	HOT	SUMMER	FUN
BIKE	SUNHAT	SWIM	LEMONADE
CAMP	VACATION	FISHING	WATERMELON
PICNIC	POOL	SUN	BEACH



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# Nature's Pantry: cooking with



## Foraged Foods

by EILEEN COWEN, for *The Columbian*

**F**oraged food is all the rage these days, and for good reason! It is free, gives us a better connection to nature, and is incredibly nutritious. Many wild foods have higher vitamin and mineral content than conventional agriculture products. I love using wild foods because it brings a bit of mystery into my home. How magical is it to go out into the woods and meadows and come home with a handful of mushrooms, greens, or flowers to liven up dinner?

It can be daunting to get into foraged foods. There are contamination safety issues, identification concerns, and

cooking questions. Many foraged foods such as mushrooms and fiddlehead ferns must be cooked completely in order to neutralize toxins. These concerns can dissuade people from eating wild foods.

Thankfully, there are some recognizable plants that are delicious and nutritious: stinging nettles, dandelions, and wild berries. They all grow rampant and are easy to identify here in the Greater Couve. Plus, they are easy to substitute for more recognizable ingredients. This year, why not sample some of what the great Northwest forests have to offer!



### Stinging Nettles

Stinging nettles get a bad rap. Yes, they can be incredibly painful if you brush up against them, but they are edible, medicinal, and most importantly, delicious. Nettles can be substituted for many other greens such as kale, and the good news is they lose their sting when they are blanched – after a quick dunk in boiling water nettles can be added into many dishes such as pesto, quiche, or casseroles.



I look forward to this particular lemon ricotta recipe every year. It is a quick and lovely way to add foraged nettles into any diet.

#### Lemon Ricotta Pasta with Nettles

½ lb. spaghetti or other long pasta  
1 c. ricotta cheese  
8 oz. nettles, blanched  
½ c. grated parmesan cheese  
Zest and juice of one lemon  
1 clove garlic, crushed  
1 tbsp. Olive oil  
Salt and pepper to taste

In a large pot, cook the pasta al dente. While the pasta is cooking, combine ricotta, parmesan, olive oil, garlic, lemon zest and juice in a bowl. Mix well and season with salt and pepper.

When the pasta is finished, drain it but reserve ½ cup of the cooking water. Put the pasta, nettles, and ricotta mixture into the pot and add the reserved cooking liquid over medium heat. Coat the pasta and nettles with the sauce until everything is evenly covered. It should be a smooth, creamy texture. Serve immediately, adding extra parmesan if desired.

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# Dandelions

Our grass lawns are full of them and they seem impossible to eradicate. However, did you know they are actually a culinary ingredient? The greens can be used in savory recipes, the roots can be roasted and ground into a coffee substitute, and the summery flowers can be used in a number of sweets and beverages. Plus, all parts of the plant have amazing health benefits. Dandelions can support liver health, help manage blood pressure and cholesterol, and support immunity through their high vitamin and mineral count. Maybe this is your sign to reconsider your relationship with the lowly dandelion!



## Dandelion Lemon Shortbread Cookies

1 stick softened butter  
2/3 c. white sugar  
1 tsp. honey  
1/2 tsp. salt  
1 tbsp. lemon zest  
1/2 c. dandelion petals (just the yellow parts removed from the green bud, rinsed, and dried)  
1 1/2 c. white flour

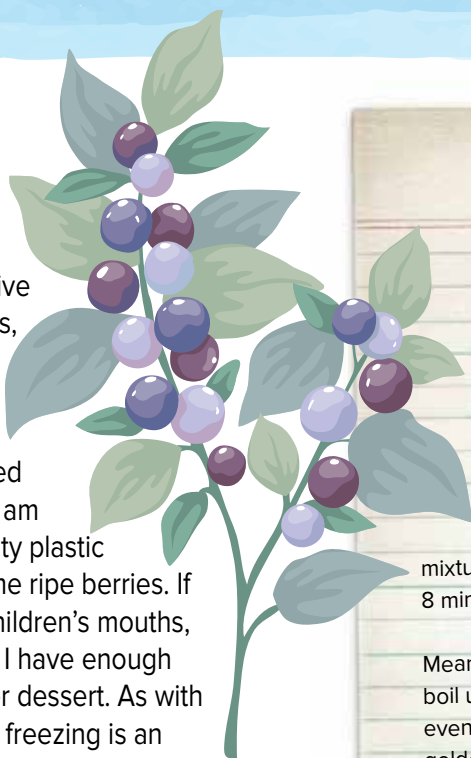
Preheat oven to 350. In a mixer or mixing bowl, cream the butter and sugar until fluffy. Add in salt, honey, lemon zest, and dandelion petals and mix well. Slowly add in flour 1/2 cup at a time until a stiff dough forms. Put the dough on a piece of parchment paper or plastic wrap and roll into a uniform log. Chill the log for at least one hour.

When chilled, cut the log into 1/4 inch slices. Sprinkle each slice with a little sugar (optional) and lay them out on baking sheets. Cook for 8-10 minutes until the edges are just browning. Remove from baking sheets and cool before moving to an airtight container.

Here's an easy recipe that incorporates the nectar-esque flavor of dandelion blossoms with the freshness of lemon. What a great use for a maligned garden weed!

# Berries

Berries are delicious, and even more tasty when they're free and foraged! We are lucky to live in a region with an amazing variety of native berries. Salmonberries, thimbleberries, native blackberries, salal, and huckleberries all grow well in our woodland wonderland, and the good news is they can all be combined into a delicious berry medley. When I am out camping or hiking, I bring an empty plastic container on the off chance I find some ripe berries. If they make it home and not into my children's mouths, I put the container in the freezer until I have enough random berries to make a pie or other dessert. As with many seasonal fruits and vegetables, freezing is an easy way to take advantage of wild harvests.



## Wild Berry Oat Bars

1 c flour  
1 c rolled oats  
2/3 c packed brown sugar  
1/4 tsp. Baking soda  
1/2 tsp. salt  
1/2 cup butter

1 1/2 c. mixed wild berries (any will do in any combination, including huckleberry, blackberry, strawberry, salmonberry, thimbleberry, or salal)  
1 tbsp. Cornstarch  
2 tbsp. sugar  
1/2 c. water

Preheat oven to 350. In a medium bowl, combine the flour, oats, brown sugar, baking soda and salt. Cut in the butter until the mixture resembles coarse crumbs. Separate out 1/2 c. of the mixture and put to the side. Press the crumb mixture into an 9x9 baking dish. Place into the oven for 8 minutes, or until the base is set.

Meanwhile, put the berries, cornstarch, sugar and water in a sauce pan and bring the mixture to a boil until it reaches a jam-like consistency. Carefully pour the hot mixture over the oat base, spread evenly, and top the mixture with the reserved crumb mixture. Bake for 15 minutes until the top is golden brown and the fruit is bubbling. Cut into squares and cool.

Here's a recipe for oat bars that I use often because it is so versatile – you can put any topping on it and it comes together quickly. It is a great way to take advantage of the abundance of summer berries that proliferate our forests here in the PNW.



# EVENTS

## CAMAS CAR SHOW

June 24, 2pm-7pm

The Downtown Camas Association presents this 17th annual car show. Stroll the beautiful streets of historic Downtown Camas and see classic and custom cars and trucks filling the town. Raffles, live music, and kid's activities. The car show benefits a local charity. This event is FREE to spectators. [downtowncamas.com/event/camas-car-show](http://downtowncamas.com/event/camas-car-show)



## SUMMER FEST 2023

Check out the series of events held at the Fort Vancouver National Historic Site. All events are free and everyone is welcome. The series opens on June 21 with a solstice celebration and closes on August 26 with National Play Music on the Porch Day featuring live music on porches all around the site. But there's a lot of fun things happening in between these dates. Picnic in the Park on July 1 will feature two stages with live music and entertainment, games on the lawn, magicians, face painting and fun for the whole family. Bring a picnic or purchase tasty food from local vendors, along with beer and cider tastings for those 21 and over in the beer garden. Go to [thehistorictrust.org/calendar/summer-fest/](http://thehistorictrust.org/calendar/summer-fest/) for event updates.



## 4 DAYS OF ALOHA

July 20 - 23

Join a celebration of Hawaiian arts and culture at Esther Short Park in Downtown Vancouver. The schedule of events and entertainment includes hula, crafts, live music, keiki zone, beer garden, and more. Go to [4daysofaloha.com](http://4daysofaloha.com) for schedule and ticket information.



## THE CRAFT BEER & WINE FEST

July 28 - 30

Enjoy 60 local craft brews, 100 local craft wines, local craft cocktails, cuisine, and live music in the beautiful setting of Esther Short Park.

This is a ticketed event. Go to [thecraftwinefest.com](http://thecraftwinefest.com) for ticket and event information.



## CLARK COUNTY FAIR

August 4 - 13

The Clark County Fair has a great lineup of concerts, carnival rides, games, grandstand events, food, contests, animal barns, and exhibits. Go to [clarkcofair.com](http://clarkcofair.com) for ticket prices, hours, and entertainment schedule. 17402 NE Delfel Rd, Ridgefield.

## VANCOUVER ARTS & MUSIC FESTIVAL

August 4 - 6

The inaugural Vancouver USA Arts & Music Festival is coming to downtown Vancouver. Stages, pop-up galleries, family activities and food vendors will be available throughout downtown Vancouver and Esther Short Park. Celebrate summer with a diverse lineup of local artists and internationally recognized performers. Free and open to all ages, the Vancouver Music & Arts Festival invites you to enjoy three days of world-class music, art, dance, food and fun! [vancouverartsandmusicfestival.com](http://vancouverartsandmusicfestival.com)



## VANCOUVER WINE & JAZZ FESTIVAL

August 25 - 27

Come downtown to Esther Short Park for a weekend of concerts, Northwest wine, gourmet food, fine art, and fun. This is a ticketed event. Go to [vancouverwinejazz.com](http://vancouverwinejazz.com) for schedule and ticket information.



### CAMAS VINTAGE & ART FAIRE

August 26, 9am-3pm

4th Avenue and Birch Streets in Downtown Camas. Find the perfect items for your home and garden, as well as vintage clothing and accessories. Make a day of it with delicious food and live music throughout the day. [downtowncamas.com/event/camas-vintage-art-faire](http://downtowncamas.com/event/camas-vintage-art-faire)



### FRIDAY NIGHT MOVIES IN THE PARK

Movies are shown outside and may be affected by weather conditions. This webpage and the Vancouver Parks, Recreation & Cultural Services social media channels will be updated if cancellations occur. [cityofvancouver.us/parksrecculture/page/friday-night-movies-parks](http://cityofvancouver.us/parksrecculture/page/friday-night-movies-parks)



**July 7 - Puss in Boots: The Last Wish** (PG)  
Bagley Community Park (4607 Plomondon St.)

**July 14 - Jurassic World Dominion** (PG-13)  
Columbia Tech Center Park (17701 SE Mill Plain Blvd.)

**July 21 - Coco** (PG)  
Fruit Valley Park (3200 Fruit Valley Rd.)  
Spanish subtitles

**July 28 - Wakanda Forever** (PG-13)  
Leroy Haagen Park (NE 9th St.)  
Pre-movie entertainment provided by Chamber Music NW and SoundTruck NW

**Aug. 4 - Ask Father & Sherlock Jr.** (Charlie Chaplin films with live musical scoring from members of the Vancouver Symphony Orchestra)  
Fort Vancouver National Historic Site, Parade Grounds (612 E Reserve St.)  
Shown as part of the Vancouver USA Arts & Music Festival

**Aug. 11 - Strange World** (PG)  
Marshall Park (1069 E McLoughlin Blvd.)  
This movie is presented in partnership with PFLAG Southwest Washington, Queer Youth Resource Center and Children's Home Society

**Aug. 18 - Super Mario Bros** (PG)  
Columbia Tech Center Park (17701 SE Mill Plain Blvd.)

### FREE CONCERTS & MOVIES

These free, family-friendly concerts are a great opportunity to enjoy some of the Pacific Northwest's most talented artists at Vancouver parks. Grab a blanket, pack up your lawn chair and celebrate summer with the community. Concerts take place rain or shine but will be canceled in the event of thunderstorms. [cityofvancouver.us/parksrecculture/page/summer-concert-series](http://cityofvancouver.us/parksrecculture/page/summer-concert-series)

### WATERFRONT PARK CONCERT SERIES AT VANCOUVER WATERFRONT PARK

Thursdays from 6:30-8:30pm

695 Waterfront Way

July 6 - **Curtis Salgado**

July 13 - **Aaron Meyer** - Concert Rock Violinist

July 20 - **Bobby Torres Ensemble**

July 27 - **The Juleps**

August 3 - **Norman Sylvester**

August 10 - **Sabroso**

Arrive early for dinner at one of the waterfront restaurants or bring your own picnic. Street parking is metered until 6pm. Paid lots operated by private business are also available. C-TRAN route 71 provides bus service to downtown Vancouver. This venue also offers a unique opportunity for boat owners to enjoy the concerts on the water.

### SUNDAY SOUNDS CONCERT SERIES AT COLUMBIA TECH CENTER PARK

Sundays from 6-8pm

17701 SE Mill Plain Blvd

July 9 - **Prom Date Mixtape**

July 16 - **Petty Fever**

July 23 - **Kalimba the Spirit of Earth, Wind & Fire**

July 30 - **Roll On**

August 6 - **Dancehall Days**

August 13 - **Stayin' Alive**

Check out the beautiful new amphitheater while enjoying an eclectic mix of music in east Vancouver. A few vendors may have food and non-alcoholic beverages available for purchase. Attendees are welcome to bring their own pre-prepared food and picnic fare.

## FARMERS MARKETS

### VANCOUVER FARMERS MARKET

The mission of Vancouver Farmers Market is to create community by providing local farm products, original artisan creations, and quality prepared foods. You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden. [vancouverfarmersmarket.com](http://vancouverfarmersmarket.com)

### DOWNTOWN MARKET

Downtown Vancouver: 8th & Esther St.

Through October 29 - Saturdays 9am - 3pm; Sundays 10am - 3pm

### EAST VANCOUVER FARMERS MARKET

Columbia Tech Center: 17701 SE Mill Plain Blvd, Vancouver.

Through September 28 - Thursdays 10am - 2pm

### CAMAS FARMER'S MARKET

Downtown Camas: 4th Ave, between Everett and Franklin

Through September 27 - Wednesdays, 3pm-7pm

A celebration of the 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](http://camasfarmersmarket.org)

### RIDGEFIELD FARMERS MARKET

Through end of September - Saturdays 9am-2pm

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 proudly displayed on tables early in the morning before becoming a meal, a decoration, or a centerpiece in someone's home later that same day. 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.

*\*All June Farmers Markets will be held at Davis Park due to the Overlook Park Splash Pad construction. [ridgefieldwa.us/things-to-do/community-events/farmers-market/](http://ridgefieldwa.us/things-to-do/community-events/farmers-market/)*

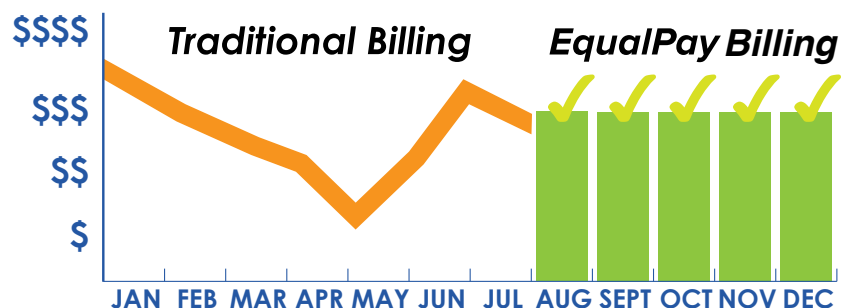




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