



Trillium Times

PROGRAM GUIDE AND NEWSLETTER OF THE FRIENDS OF TRYON CREEK STATE PARK



Winter 2011-12

Vol. 38, No. 4

Special Events:

Forest Market

Saturday and Sunday,
December 3 and 4, 2011

Chili Cook-off

Saturday, January 14, 2012

Annual Meeting

Thursday, February 16, 2012

Kids and Families

- Winter Nature Day Camp
- Scout Trail Days
- Kids in Nature
- Story and Stroll
- Guided Nature Walks

For Adults and Teachers

- Workshop: Winter Twig ID
- Landscaping for Conservation
- Teacher Trainings and Connect2Science

Volunteering and Stewardship

- Nature Guide Training
- Chili Cook-off Chefs
- Volunteer Orientation
- Stewardship Saturdays
- Volunteer Appreciation:
Featuring the movie, PLAY AGAIN

www.tryonfriends.org



Director's Corner: A Future Trajectory of the Friends of Tryon Creek



Many of you are aware that the Friends went through a long strategic planning process that will be a critical step in helping us move forward as an organization. The depth of self examination, of understanding the environment we're working in, of listening to the perceptions of those outside the organization looking in, of celebrating the glorious past and considering the future potential – all made for great discourse and fodder in helping us to shape a direction for FOTC over the next three years and beyond. What follows is the latest draft of our mission and vision statements (these are still not fully fleshed out but will give you a flavor of the language we will be using to describe the work we do).

The Friends of Tryon Creek State Park's mission is to connect people to this important natural area, share our passion for the wonders of nature and inspire environmental stewardship in all.

The Friends' vision is that individuals, young and old, value nature and its conservation and that our success leads to all people embracing an ethic of stewardship. FOTC works

to educate the public, with a focus on children and families, and raises awareness of environmental issues. Our goal is to create advocates who will support, today and in the future, the protection of natural areas and the funding of nature-based initiatives and our systems of parks and green spaces, and who will actively participate with organizations like ours to nurture the environment that sustains us. By maximizing our strategic urban location and a unique public/private partnership with Oregon Parks and Recreation Department, the work we do will ensure that future generations have green spaces to enjoy, learn from and be inspired by.

The Friends will endure as a vital, capable, and professional organization with sustainable funding and strong leadership. The core of our work continues to be environmental education and habitat restoration within Tryon Creek State Natural Area. We also live our values in the community and continue to promote a broader awareness and stewardship of the natural world.

To achieve this, the organization is willing to commit to operate at a new level, to find the resources necessary for us to thrive and impact our community and to be one of many regional leaders committed to helping the public better understand their role in green space preservation. Please take a look at the article on the Strategic Plan on page 4 for more information about the goals and priorities the board and staff developed to create an organization that is sustainable and truly makes a difference in our community. Thanks to all of you who have supported our efforts to this point and who want to be part of our future journey.

David Cohen
Executive Director

Who are the Friends of Tryon Creek State Park?

The Friends of Tryon Creek's mission is to connect people to this important regional natural area, share our passion for the wonders of nature and inspire environmental stewardship in all. FOTC's goal of adding value to the community's experience of Tryon Creek State Natural Area (TCSNA) is achieved by offering meaningful educational and stewardship programs, overseeing efforts to maintain trails and facilities, creating a range of volunteer opportunities and maintaining successful partnerships with Oregon Parks and Recreation Department and others who share our values and goals. FOTC, which was formed in 1970 by a group of concerned citizens who fought to preserve this 675-acre green space as a park instead of losing it to private development, is a private, 501(c)3 organization with 6.35 FTE staff and a budget of just over \$500,000. We receive no direct monetary support from the state but exist in a unique partnership with OPRD managing many aspects of park programming.

Board of Directors

Phil Hamilton, President
Gary Pagenstecher, Vice-President
Sharon Hawley, Secretary
Nathan Reagan, Treasurer
Carl Axelsen
Lu Beck
Peter Browning
Judy Dannen
Laura Dobyns
Cindy Ellison
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Staff

David Cohen, Executive Director
Matthew Collins, Education Director
Linda Koser, Field Trip Coordinator
Sarah Kreisman, Volunteer and Outreach Coordinator
Jeffrey Gray, Communications Designer
Elisa Ford, Administrative Assistant
Jessica Sweeney, Media and Public Relations Coordinator
Casey Newman, Day Camp Director
Corrina Chase, Watershed Coordinator
Sharon Jamin, Bookkeeper

Program Support by:

- Bank of America
- City of Lake Oswego
- City of Portland, Bureau of Environmental Services
- Gray Family Foundation of the Oregon Community Foundation
- Herbert A. Templeton Foundation
- Jackson Foundation
- Juan Young Trust
- Meyer Memorial Trust
- Oregon Community Foundation
- Patagonia
- Pacific Power Foundation
- Portland State University
- REI
- Rose Tucker Charitable Trust
- Union Bank Foundation

Friends of Tryon Creek's 6th Annual Holiday Forest Market



SATURDAY & SUNDAY
December 3rd & 4th, 2011
10:00 - 4:00PM

Begin your holiday with local artisans presenting wonderful and unique sustainable gifts.

Featuring:
Ceramics
Wood Sculptures
Nature Notecards
Photographs
Felted Sculptures
Pine Needle Baskets
Oregon Honey
Trillium Coffee
Body Care Products

Special Book Signing
1 - 3pm both days
"Wild in the City:
Exploring the Intertwine"



Winter Chili Cook-off

Saturday, January 14th, 2012

5:00 - 7:00pm

Join us at the park to celebrate Tryon Creek by sampling chili and raising a glass of local micro brew to toast our beautiful state. Volunteer chefs will compete for the title of 'Chili Master 2011'. Connect with other park members, visitors and volunteers while you sample the chili and cast a vote for your favorite, enjoy a fine crafted brew, and listen to live music. Raffle tickets will be on sale for exciting door prizes and proceeds benefit the Friends of Tryon Creek's education and restoration programs.

Free for members & volunteer chefs,
\$5 non-member (per person)
Pre-registration required.



Annual Meeting and Volunteer Recognition

Thursday, February 16th, 2012

6:30 - 8:30pm

Join Members and Friends in celebrating last year's accomplishments, be the first to receive our new Annual Report, and help us recognize and honor all those who've made a difference for the Friends in 2010.

Wine, coffee and desserts will be served.

Your RSVP would be most appreciated

Contact Elisa at elisa@tryonfriends.org
or 503 636-4398 x104

11321 S.W. Terwilliger Blvd. Portland, OR 97219
www.tryonfriends.org

Tryon Creek News and Updates

TRYON CREEK WATERSHED COUNCIL UPDATE



Activities in the entire watershed affect the health of the park. The Tryon Creek Watershed Council works to improve habitat and practices in the entire watershed that impact Tryon Creek.

Recent News

Tryon Creek Watershed Council has hired a new coordinator, Corrina Chase. This Fall, the council led several work parties pulling invasive plants and caring for trees and shrubs that have been planted in the upper watershed. Japanese knotweed infestations were treated at several sites, including a very large patch adjacent to the North end of the State Park. Much of this work was supported by funding from West Multnomah Soil and Water Conservation District. We also partnered with the Xerces society to survey for native freshwater mussels. We didn't find any this time, but we did find an invasive Asian clam.

Winter Activities

This winter, help plant trees, propagate native plants, or really dig in and become an urban watershed mentor. Tryon Creek Watershed Council has many opportunities to do interesting things while helping the health of our watershed. If you need help restoring your property, we offer free consultation and native plants to qualified properties.

Contact Corrina at tcwc@tryonfriends.org or by calling 503-636-4398 x121.



Volunteers learn about freshwater mussels

A STRATEGIC PLAN FOR SUSTAINABILITY

After a healthy and productive run for 40 years, FOTC knows that we cannot rest on our laurels or legacy to ensure that these efforts will last another 40 years. We must be proactive and intentional about our future choices, about how we talk about the organization, and about the goals and objectives we set. The Board of Directors has taken the bold step to advance the organization and provide leadership by committing to create a sustainable business model for the Friends. The following are some of the ideas that came out of this 7 month process.

Goals and attending strategies

The Friends' continue to strive to be a vibrant, stable organization with a strong board, dynamic staff, and diverse revenue streams that position it for another forty years of success.

- We will invest in staff and in creating a positive, vital work environment
- Develop the board in strategic directions to bring new resources to the organization, help advance our cause and to further diversify and grow revenue streams

We will continue to develop a broad, diverse, and stable base of committed volunteers who support all facets of Friend's work.

- Expand and diversify volunteer pool and volunteer leadership positions and continue to make the volunteer program more accessible

We will continue to grow strategic partnerships and alliances which will enhance FOTC's programs, fundraising, and outreach.

- Continue to expand relationships with schools and other non-profits whose mission and goals complement our own and celebrate those partnerships
- Engage businesses and create new partnerships with companies that share our values
- Strengthen and better define our relationship with Oregon Parks regarding programs, volunteerism, and conservation for more efficiency and productivity
- Better define our relationship with the Tryon Creek Watershed Council to support success of both organizations

We will make proactive efforts so people from throughout the metro area know the Friends and engage with our programs.

- Clarify our identity and organizational brand by developing succinct mission language and messaging to support that brand
- Create greater region-wide visibility by building strong alliances with new and existing groups

FOTC solidifies and expands its offerings of high-quality, science-based educational programs for youth and adults and is recognized as a leader in convening non-formal educators.

- Adopt and begin to implement latest version of the FOTC Education Program Strategic Plan
- Better promote education programs throughout Portland region to raise visibility of programs and message about value and benefits of programs
- Develop FOTC Education Dept. to be a community resource which is recognized regionally for its quality programming
- Improve overall program participation and involvement of underserved populations
- Build Tryon Creek State Natural Area as a vital hub for the environmental education community
- Develop useful evaluative tools and commit resources to better evaluate programs

While this looks like a long list, it is the work organizations like ours must do to be relevant and vital. If any of you are inspired by these idea and actions, feel free to give me a call. It is work that will require a lot of hands, heads and hearts. So if you have an urge to get involved feel free to call or email me and we can talk about the many ways you can participate in this journey.

David Cohen
Executive Director

THE FRIENDS RECEIVE A MAJOR GIFT FROM PORTLAND PHILANTHROPIST JOHN GRAY AND FAMILY.

The Friends of Tryon Creek just received notification of a \$500,000 gift from John Gray and his family to support our ongoing environmental education programs. This major gift sets up a fund which will generate annual support for these programs and assist with procuring additional funds from the community to grow our donor base and levels of support. Look for more news in the spring newsletter about this incredible opportunity for the Friends and the huge impact it will have on our organization moving forward. We can't say thank you enough to John and his family for considering the Friends as a worthy organization to invest in and for their confidence in our organization to continue to advance our mission.

David Cohen

Executive Director

CONNECTING WITH COMMUNITY THROUGH PLACED-BASED EDUCATION



The Friends have recently begun conducting Oswego Lake Watershed Tours with all 900 hundred Lake Oswego fifth and sixth graders. These tours provide the Friends education staff with an opportunity to engage students in a hands-on, community-oriented approach called place-based education which differs from conventional environmental education in several ways.

When students come to the park for field trip programs, the Friends education staff aims to provide fun, interactive experiences in the forest that will both inspire a sense of

wonder and interpret aspects of ecological science. While these experiences always revolve around native flora and fauna and Pacific Northwest habitats, they do not (excepting our ethnobotany programs) typically tie into the human impacts within this forest.

This connection to human impacts is precisely where place-based education differs from environmental education. With place-based educational approaches, the Friends goal is to tie aspects of place (such as historical, political, geographical) into environmental science.

In our Oswego Lake watershed program for example, we aim for students to not only identify the ecological aspects of watersheds, but also to consider the human impacts within the watershed that have been brought about by historical, political and geographical aspects of place. It is our belief that environmental education and place-based education are complementary in nature (pun intended). Having an understanding of ecological systems is of the utmost importance for examining place, but if we don't also examine our own impacts upon the land how can we begin to mitigate our impacts? Tryon can serve as a wonderful place to learn about the systems that can then be examined through place-based education back at school and out in the community. It is our hope that together these forms of education will inspire the ethic of stewardship that is of the utmost importance.

Matthew Collins

Education Director

ECOTRAILS UPDATE: SUMMER-FALL 2011



Trail maintenance activity this summer was largely limited to improvements on Iron Mountain and South Creek trails plus two major projects. A Scout group built new ramps over some wet areas in the middle part of

Lewis & Clark Trail. And, after Park staff constructed a barrier fence below the years-old slide on North Creek Trail, a Multnomah County alternative community service crew rebuilt the trail in that area. Late in the summer Park staff delivered gravel to many locations for use during upcoming winter projects.

Removal of English ivy during the last six months focused primarily on two areas. One was the lower part of the east-side ravine a hundred yards north of High Bridge. The other was the central interior of the North Horse Loop. Work in a boggy section of the latter area had been suspended when it became too wet early last winter, but a number of groups contributed to finishing it during the summer. Plot adopters and others continued to plug away in other parts of the Park.

A few regulars spent a number of summer days cutting ivy on trees in about 40 acres between Old Main and Iron mountain trails, saving the forest there. Discovery of two major patches of wild European clematis in the area interrupted the ivy work while the clematis was grubbed out.

Three stalwart volunteers, supplemented by a ranger with a chain saw, started the seasonal removal of English holly in areas where ivy has been cleared, working first on holly in ravines where it might soon be too slippery to work.

The above efforts involved company employee groups, college students, and school groups. The largest were from Lewis & Clark College, the University of Portland, Concordia University and New Urban High School, numbering 50 or more from each. The dedication shown by the U of P student who walked a mile each way to and from the worksite on crutches was most impressive. Multnomah County alternative community service crews and many regular and occasional Friends' volunteers also helped.

To learn how to help in future efforts like these contact our volunteer coordinator, Sarah Kreisman -- sarah@tryonfriends.org.

Phil Hamilton

Eco-Trails Committee Chair

Winter Events and Activities

WINTER NATURE DAY CAMP

Half day and Full day options.

Pre-registration is required. Bring a snack for the morning and a lunch with a drink.

F ICE CYCLES

Monday, December 19

9:00 - 1:00pm

We will discover the properties of ice through scientific experiments, create ice sculptures on a forest trail, make an ice treat and paint with ice. Burry cold—but oh so fun!

For children grades K-1

Cost: \$30 (non-member) \$27 (member)

F HOO GOES THERE? JUST I THE OWL

Tuesday, December 20

9:00 - 3:00pm

Learn about the six types of owls that live here at the park. Hike the trails and visit owl nesting sites. Discover how they are adapted to be such great nocturnal hunters. We will also dissect owl pellets.

For children grades 1-3

Cost: \$45 (non-member) \$40 (member)

F CLEVER CROWS

Wednesday, December 21

9:00 - 3:00pm

Did you know that crows are one of the smartest birds? You see them all the time but what do you know about them? We will experiment with solving a puzzle and find out which is faster you, or the crow. We will also hike through the wintery forest and observe some crows in the wild.

For children grades 1-3

Cost: \$45 (non-member) \$40 (member)

F IT'S EASY BEING GREEN

Thursday, December 22

9:00 - 3:00pm

Join the Friends for a day of adventure as we explore the park and learn about the secrets of evergreens. We'll learn how Pacific Northwest Native Americans interacted with these wonderful plants and trees as we make teas and experiment with natural dyes.

For children grades 1-3

Cost: \$45 (non-member) \$40 (member)

Pre-registration required.



F FLYING SQUIRRELS

Tuesday, December 27

9:00 - 1:00pm

Come explore the adaptations of flying squirrels as we design our own flying squirrel costumes. We'll then go for a hike in the forest as we search for flying squirrel food and shelter. We'll also experiment with flying squirrel flight techniques (using models of course!). At the end of the day we'll put on our costumes as we parade through the nature center for all of our parents and friends.

For children grades K-1

Cost: \$30 (non-member) \$27 (member)

F WINTER SURVIVAL SKILLS

Wednesday, December 28

9:00 - 3:00pm

Join the Friends as we explore winter survival skills. We'll learn everything from how to track animals in the mud to the secrets of starting fires in wet weather. We'll also learn how to build shelters so we can stay warm and dry. Back inside we'll create models of tools that were essential to the wintertime survival of Pacific Northwest Native Americans.

For children grades 1-3

Cost: \$45 (non-member) \$40 (member)

F BEAVERS!

Thursday, December 29

9:00 - 1:00pm

Come explore the wonderful world of beavers as we learn all about these fascinating creatures. We'll examine a variety of stuffed beavers and beaver bones as we learn about beaver body parts. We'll also tell beaver stories and make beaver tails. And of course, out on the trail we will search for evidence of beaver activity.

For children grades K-1

Cost: \$30 (non-member) \$27 (member)

F SPECIAL EVENT:

FOREST MARKET

Saturday and Sunday

December 3 and 4

See page 3 for details.

F WAPATO WINTER BIRDING WALK

Saturday, January 14

9:00 - Noon

We start the morning with a quick introduction to birding at the picnic shelter then walk the loop around Virginia Lake, stopping along the way. Bring a sack lunch and stay to eat with the birds (and rangers) or take an optional caravan to Coon Point to try to double your birds for the day.

This is a free OREGON STATE PARKS program.

Pre-registration required. Meet on Sauvie's Island - Wapato Access Greenway.

F SPECIAL EVENT:

5TH ANNUAL CHILI COOK-OFF

Saturday, January 14

See page 3 for details.

F KIDS IN NATURE SUNDAYS: MYSTERIOUS MUSHROOMS

Sunday, January 15

10:00 - 11:30am

Spend the morning exploring the park as we go on a mushroom scavenger hunt. During our hike we'll learn about mushroom parts and different kinds of mushrooms as we learn all about these important forest organisms.

For children ages 3 - 7 accompanied by an adult \$10/child (non-member); \$9/child (member)

Fee covers one adult and one child.

Pre-registration required.

F LANDSCAPING FOR CONSERVATION: LET NATURE WORK FOR YOU

Sunday, January 15

1:00 - 4:00pm

Save time, save money and help out the environment by letting nature do your gardening. You will learn about your garden from the ground up - starting with the soil and its complex role supporting plants. You will also learn about gardening with native plants which use less water and don't require expensive fertilizers and pesticides.

This is a free program but enrollment is limited, pre-registration is required.

Register online at www.tryonfriends.org or call us at 503.636.4398.

F events **F** family program **F** for children **F** adult programming

K KIDS IN NATURE TUESDAY SERIES: ANIMALS IN WINTER

Tuesdays,
January 17, 24, 31, and February 7
1:00 - 2:00pm

Examine how animals can stay warm and dry during winter. Experience warm animal pelts, make an insulating fur mask, and build a dry home for an animal. On our hikes we will explore where animals find shelter to keep warm during those cold wet days.

Ages 3-7 with parent/guardian.
\$35/child (\$31.50/child for members)
Fee covers one adult and one child.
Pre-registration required.

G GIRL SCOUT FLYING SQUIRREL NIGHT

Saturday, January 21
6:30 - 8:30pm

A flying squirrel program just for Daisies, Brownies, Junior Girl Scouts and their leaders. You will have the opportunity to learn how flying squirrels are adapted to survive in this forested habitat, make a flying squirrel craft and join one of our Nature Guides on an evening hike in the forest.

Ages 6-12 years old.
\$5 per scout & \$5 per adult.
No siblings allowed. Pre-registration required.
You will be assigned a check-in time after you have registered.

P PROJECT LEARNING TREE/ PROJECT WILD

Friday, January 27
8:00 - 4:00pm

EARLY CHILDHOOD TEACHER WORKSHOP: EXPLORING THE FOREST THROUGH THE SEASONS
Learn how to incorporate natural sciences and multi-sensory activities into your early learner curriculum. Activities focus on how to use multiple learning styles using the seasons to guide our way through forest discovery. Enjoy classroom activities and field experiences alike.

To prepare: Dress to engage in discovery outside. Bring your lunch, a notebook and your favorite children's book.

This is a free OREGON STATE PARKS program. Pre-registration required. Focus is on the Pre-Kindergarten to 2nd grade educator. Visit www.tryonfriends.org for details and registration instructions.



S SPECIAL EVENT: FAMILY COYOTE NIGHT

Saturday, February 4
6:30 - 8:30pm

Families will have the opportunity to learn about coyote adaptations which makes them successful rural and urban dwellers, listen to coyote stories, make a coyote storytelling plank hat, and join one of our Nature Guides on an evening hike in the forest to listen for our resident coyotes.

\$6/person (\$5/person for members)
Pre-registration required.

K KIDS IN NATURE TUESDAY SERIES: WATER WONDERS

Tuesdays,
February 14, 21, March 6 and 13
1:00 - 2:00pm

Learn about water—where it comes from and where it goes. Hands-on experiments teach the properties of water as we explore the water cycle. Of course we will walk in the woods rain or shine.

Ages 3-7 with parent/guardian.
\$35/child (\$31.50/child for members)
Fee covers one adult and one child.
Pre-registration required.



C CONNECT2SCIENCE THROUGH NATURE FOR INFORMAL EDUCATORS

Thursday and Friday
February 16 and 17
8:00 - 4:00pm

Informal Education plays a key role in providing outdoor science and environmental education to K-12 students and support to their teachers. Emphasis will be placed on science inquiry requirements and students work samples as well as formative assessment techniques. Participants will develop a common definition for inquiry and explore ways to help K-12 teachers incorporate inquiry into their classrooms.

This is a free workshop. Pre-registration is required

S SPECIAL EVENT: ANNUAL MEETING AND VOLUNTEER RECOGNITION

Thursday, February 16
See page 3 for details.

K KIDS IN NATURE SUNDAYS: AWESOME OWLS

Sunday, February 19
10:00 - 11:30am

Spend the morning with a Tryon Creek Naturalist as we go in search of our awesome owls and explore owl eyesight, owl flight, and owl hearing through interactive, hands-on activities. We'll also learn what owls eat as we examine owl pellets.

For children ages 3 - 7 accompanied by an adult \$10/child (non-member); \$9/child (member)
Fee covers one adult and one child.
Pre-registration required

P PLANT PROPAGATION AND WINTER TWIG ID 101

Sunday, February 19
1:00 - 4:00pm

Join the Friends' Education Director Matthew Collins for this hands-on workshop as he shares tips and tricks for successful plant propagation. Winter twig identification will also play an important part in this workshop as it is essential for identifying the plants to be propagated. Propagated plants will be used for restoration projects throughout the Tryon Creek watershed including the park. **This is a free program but enrollment is limited, pre-registration is required.**

Register online at www.tryonfriends.org or call us at 503.636.4398.

K events **F** family program **C** for children **A** adult programming

Winter Events and Activities



a CONNECT2SCIENCE THROUGH GARDENS

Friday and Saturday, Feb. 24 & 25;
8:00 am – 4:00pm and
Thursdays, Mar. 15, Apr. 19, May 17;
4:00 – 8:00pm (dinner served)

Learn how to use school gardens to address the 2009 Oregon Science Standards and develop methods for engaging students in utilizing gardening experiences to enhance observation skills and questioning techniques that are fundamental to producing a science inquiry work sample. Nature journaling and work sample assessment will also be covered. **This is a free workshop. Pre-registration is required. PSU graduate credit is available as is reimbursement funds for substitute teacher expenses.**

a LANDSCAPING FOR CONSERVATION: LET NATURE WORK FOR YOU

Sunday, February 26
1:00 – 4:00pm

Save time, save money and help out the environment by letting nature do your gardening. You will learn about your garden from the ground up – starting with the soil and its complex role supporting plants. You will also learn about gardening with native plants which use less water and don't require expensive fertilizers and pesticides. **This is a free program but enrollment is limited, pre-registration is required.**

Volunteer Opportunities

Want to Get Involved? Contact: Sarah Kreisman at 503-636-4398
or sarah@tryonfriends.org.



CHILI COOK-OFF: VOLUNTEER CHILI CHEFS NEEDED!

Saturday, January 14
5:00 - 7:00pm
4:30pm entry time for Chefs

It's that time of year when it starts to get cold and we often don't get to see each other at the park as much. Be sure to come out and join us on January 14th for the fifth annual Chili Cook-off. It promises to be even more fun and challenging than last year's competition! Participate by entering a pot of chili or by helping with the event planning details. In addition to cooks we will need people to help with raffle sales, preparation, to serve beer and help with clean-up. **Please contact Sarah (sarah@tryonfriends.org) to sign up to volunteer at the event or to be a volunteer chef in the competition.**

MARTIN LUTHER KING JR. DAY OF SERVICE

Monday, January 16
9:00 - Noon

Join us on Monday, January 16th from 9am-noon for a work party in honor of Martin Luther King, Jr. What better way to celebrate the memory of this visionary than to give back and help to improve your greater community? (Please see Stewardship Saturday guidelines for logistical information.) We hope to see you then!

NATURE GUIDE ORIENTATION

Two sessions available (choose one)
Thursday, January 26, 9:00 - Noon
or Saturday, January 28,
9:00 - Noon

Do you like working with children? Would you like to learn more about the plants and animals here at Tryon Creek? We would love to provide you with that extra knowledge and only ask that as a trained Nature Guide you share it in turn with children and adults who visit the park during morning school field trips by guiding small groups at least 10 times. Come learn about these school field trip programs during this orientation. Come dressed to hike. Six more training sessions follow.

Contact Linda Koser, Education Coordinator at linda@tryonfriends.org

ANNUAL MEETING & VOLUNTEER RECOGNITION EVENT

Thursday, February 16th
6:30pm

The Friends would like to thank all of our wonderful volunteers and partners that contributed to the park and our programs in 2011. We are privileged to work with each and every one of you and look forward to sharing our accomplishments at this year's Annual Meeting and Volunteer Recognition event on February 16th. **Mark your calendars!**

TRILLIUM FESTIVAL, SAVE THE DATE!

March 31st & April 1st

Our biggest event and perhaps our most enjoyable volunteer days: the Trillium Festival is coming up quickly. We will need many volunteers to help with the plant sale, guided walks, the front desk, education activities and so much more! Come be part of the action! **Please contact Sarah Kreisman at 503-636-4398 or sarah@tryonfriends.org to for more information about volunteering.**

Volunteer News & Activities



STEWARDSHIP SATURDAYS

2nd and 4th Saturdays

9:00 - Noon

Pull together to remove invasive English ivy and to protect our forest. Ivy out-competes our native plants, covers the tree canopy and stops photosynthesis, and takes over the forest floor and ruins precious habitat.

- **Registration is not required** but please call ahead with groups of 5 or more
- **All minors** must be checked in at the Nature Center with their minor's insurance form signed by a parent/guardian (can be found on our website)
- **Anyone under 14** MUST be accompanied by a parent/guardian
- Gloves and a light snack provided
- Please bring your own water bottle
- Please dress for the weather, to get dirty, and to be off-trail (sturdy shoes and long pants are strongly suggested)
- We usually need to **hike at least 15-20 minutes** to get to the spot where we will be working

Dates

- December 10th – Ivy Pull
- December 24th – Ivy Pull
- January 14th – Ivy Pull
- January 28th – Ivy Pull
- February 11th – Ivy Pull
- February 25th – Trail Maintenance

Happy Hour for Volunteers of Tryon Creek

Saturday, January 7

4:00 - 6:00pm



We would like to invite you to enjoy appetizers, beer & wine as we meet **PLAY AGAIN** film producer **Meg Merrill**, watch her film and discuss it with her afterwards.

Film Synopsis

At a time when children play more behind electronic screens than outside, **PLAY AGAIN** explores the changing balance between the virtual and natural worlds. Is our connection to nature disappearing down the digital rabbit hole? This moving and humorous documentary follows six teenagers who, like the “average American child,”

spend five to fifteen hours a day behind screens. **PLAY AGAIN** unplugs these teens and takes them on their first wilderness adventure – no electricity, no cell phone coverage, no virtual reality.

Through the voices of children and leading experts including journalist Richard Louv, sociologist Juliet Schor, environmental writer Bill McKibben, educators Diane Levin and Nancy Carlsson-Paige, neuroscientist Gary Small, parks' advocate Charles Jordan, and geneticist David Suzuki, **PLAY AGAIN** investigates the consequences of a childhood removed from nature and encourages action for a sustainable future.

Visit playagainfilm.com for information on the film **PLAY AGAIN** and film producer, Meg Merrill.

VOLUNTEER ORIENTATION



Thursday, January 12

5:30 - 7:00pm

Everyone is invited to our volunteer orientation! Whether you are a brand new volunteer or have been helping out for years but still have questions—this orientation is for you. We will discuss a bit of park history, our mission and goals, our special relationship with Oregon Parks and Recreation Department, our Watershed Council, our programs, our volunteer opportunities, and answer any questions that you may have.

R.S.V.P. to Sarah Kreisman at 503-636-4398 or sarah@tryonfriends.org

Want to Get Involved? Contact: Sarah Kreisman at 503-636-4398 or sarah@tryonfriends.org.

Volunteers Make it Happen



Richard Differderfer helping out the Friends

The Friends of Tryon Creek regularly attend various Street fairs and other outreach events around the community. We do this in order to spread awareness about the area and the Friends, and also to recruit volunteers. I would like to extend a word of appreciation to **Richard Differderfer** for helping us with these events on more than one occasion. Richard is a great help as he comes to the event to teach the kids fun nature facts while staff engage parents about the park. Richard plays a huge role working with youth education in the park, and truly is a joy to be around. We appreciate you!

This Fall, a group of volunteers and two staff members took a trip to **Silver Falls State Park**.

What a fantastic trip! Eleven of us received a guided tour from

Dorothy Brown-Kwaiser, Interpretive Ranger. She told us some pretty amazing stories about the history of the park including daredevil stunts off Silver Falls! We had a nice lunch catered by the folks at the park, probably the largest taco salad I've ever attempted to eat... After lunch we went on a beautiful North Falls loop hike, hiking underneath a couple of the falls and the sun came up out. The weather ended up being perfect for our adventure. It was my first field trip with the

volunteers and I had such a great time, I so look forward to the next trip and hope that more of you will be able to join us.



Volunteers enjoying Silver Falls State Park

I would like to take this opportunity to introduce **Salla Jokela**, our intern who was with us from Tampere, Finland. Salla came to us with a background in environmental health and was helping the Friends in various capacities. She was with us through November, serving as a Nature Center Host, Nature Guide, Stewardship Guide and was also developing the Citizen Science Project. Thank you Salla for working with us, we were thrilled to have you here!



Walking the trails at Silver Falls State Park

As most of you know, **Phil Hamilton** is our Master Stewardship guide who has been working on invasive species removal and trail maintenance for the last sixteen years. I don't know what Tryon would have done without Phil

and all of the time and energy that he has dedicated. Thank you Phil, from all of us at Tryon Creek State Natural Area. To add to Phil's efforts we now have an organized group of stewardship guides who are assisting Phil with large work parties and will be leading groups of their own from time to time. Thank you to **Carl Axelsen, Doug Hawley, Larry McLaughlin, Terry Gibson, Bruce Rottink, Kyle Jackson** and **Julie Hackler** for stepping up to lead the community in stewardship!

I would like to take a moment to thank **Kari Harrison**, one of our committed Nature Center hosts for going the extra mile. Kari is frequently ready to cover a shift for her fellow hosts when necessary. She is always busy gathering helpful info for the front desk, taking care of loose ends and is simply an all-around positive and helpful person to work with. Thanks for volunteering with us Kari!



Friends Intern, Salla Jokela

Linda Koser, Field Trip Coordinator, has been talking to me about how **Jim Johnston** has made a huge impact on our education program as of late. Jim has been guiding field trips 3-4 times weekly when in town. He has been helping out on the Education Committee, working on activities for the Lake Oswego Watershed Program and helping with various special events such as the Scout Trail Day on October 1st. Volunteers like Jim truly help the Tryon world go 'round!



Bruce Rottink at the Co-op Conference

STEPPING UP TO SUPPORT THE FRIENDS



The Friends have so much to be thankful for – most importantly the many individuals and groups that continue to step up to support us at significant levels. This quarter we want to thank the following major contributors: first, on the foundation side is **Bank of America, Pacific Power** and **Rose Tucker Charitable Trust**. Gifts from **Bank of America** and **Pacific Power** will go to support our scholarship program allowing school children who would not normally have access to attend our popular

field trip program. We also received our final payment from **Metro's Nature in Neighborhoods** program in support of our Tryon Creek Ecology Team Project. In addition, we have a number of individuals contributing at the Founders Circle level (and above) including **Nancie McGraw, Traci Parker, Emily DeCarlo, Kim and Debra Burchiel, and Alice Streitwieser Morgan**. And finally, we received a contribution as part of the estate of long time volunteer **Bernice Stearns** as well as a gift in memory of longtime park neighbor **Jo Simpson**. Our gratitude to Bernice Stearns for designating us a beneficiary in her will and for Joe Simpson to naming us as a worthy entity to accept gifts in her honor.

Thanks again to all those who went beyond the call of duty and stepped up to show their commitment to the work we do here and the difference we make in our community. We are truly humbled by this ongoing support.

SUPPORT THE FRIENDS WITH A YEAR END GIFT



You should have already received a letter or an email request to support our end-of-the-year fundraising appeal. This appeal, which directly supports our ongoing educational programs, is critical for the Friends to meet our income goals for the year (our fiscal year ends December 31). I want to thank all of you who help us annually at this time and those considering making a contribution this year. Remember, the total of your annual giving to the Friends can get you a tax credit with an equivalent

monetary contribution to the Oregon Cultural Trust. To find out more, check out their website at www.culturaltrust.org

Contributions from July 16th – October 15th, 2011

Please let us know if you have inadvertently been left off this list. Recent contributions will be noted in our next newsletter.

Spring Appeal

Founders Circle \$500 and Above

Kim & Debra Burchiel
Mrs. Alice Streitwieser Morgan

\$50 - \$99

Lola Abrahams
Don and Becky Eckert
Becky & Scott Schiefelbein
John & Martha Westgate

Contributions

\$5,000 - \$7,500

John Gray

\$1,000 - \$2000

Emily DeCarlo

Founders Circle \$500 and Above

Nancie S. McGraw

Founder's Circle \$1,000 - \$1,500

The Estate of Bernice Stearns
Emily DeCarlo

Founder's Circle \$500 - \$999

Traci Parker
Gail Robinson
Stephanie Wagner

\$250 - \$499

Jon Decherd

\$100 - \$249

Lake Grove Garden Club
Amanda Black
Gregory A. Fredricks
Phil & Rose Hamilton
David & Jane Barey
Bill & Jenny Davies
Marvel Gillespie
Tim Rich & Robina Ingram-Rich
Ted & Holly Ruback
Shauna Smith
Larry & Marie Sweeney
William & Joan Powers
Larry & Kathleen McLaughlin
Kevin Milbert
Joanne & Ronald Bailey
Cheryl Campbell
Josephine Dwyer
Rochelle Farkas
Ray & Marcia Hollander
Jan and Conrad Moore
Natasha Polensek
Shannon Zimmer

Calvin & Janice Burt

Jane Rosevelt
Sue Strater
Dr. Michael and Ruth Brodeur
Phil Richman

\$50 - \$99

Kevin Milbert
Steven & Kathryn Gray
Joanne & Ronald Bailey
Cheryl Campbell
Josephine Dwyer
Rochelle Farkas
Ray & Marcia Hollander
Jan and Conrad Moore
Natasha Polensek
Shannon Zimmer

Glenn L. West

Calvin & Janice Burt

Jane Rosevelt

Sue Strater

Scholarships

\$2,000 - \$2,499

Pacific Power Foundation

Grants

\$12,000 - \$15,000

Metro/ Nature in Neighborhoods Program

\$5,000 - \$5,499

The Bank of America Charitable Foundation

\$2,000 - \$2,499

Rose E. Tucker Charitable Trust

In Honor of...

Lois McEwen: David McEwen

In Memory of...

Daryle Seil: Fritz Seil

Josephine Simpson: Neva Campbell,

A McKay and Thelma Rich, Suzanne

Shanklin, Diana Smith-Bouwer and

Christine Bouwer, Nancy Visenberg,

Michelle Janke, Sylvia Breed Gates

Oregon State Parks News and Programs at Tryon Creek

Park Manager's Corner: The Greater Community



On a recent morning, I received an e-mail of a rare bird sighting in the park – the red-naped sapsucker, a Rocky Mountain species. Immediately upon hitting the trail, I felt an unusual calmness descend upon me, leaving budgets, permits, and park plans behind, if only for this short while. Arriving at the designated trail junctions I began to open my senses to the life around. Other than the hum of traffic in the distance, the woods were quiet on this cloudy

darkish morning. As I stood still, the animals nearby got used to my presence and began to return to their business, having paused to assess if I presented a threat. A spotted towhee rustled the leaves nearby, doing its two footed hopping kick to move aside the duff in search of grubs or fallen seed. Soon I heard the faint sound of tapping, a woodpecker excavating a limb or tree trunk in search of food. As I searched for the source of the sound I found that I was not just excited about the possibilities of seeing a rare migrant, but that in just these few minutes I had left the business of humans behind as I took in the cool moisture in the air, the variety of sounds mixing with the multitude of greens, yellows and greys and textures of the forest. While I never did find the species of woodpecker that was reported, I did find a male and female downy woodpecker and a female hairy woodpecker, along with a variety of other birds and one very noisy Douglas squirrel. But, the immeasurable aspect of this short outing is why I mention it at all – a chance to get out of oneself, to relate to the greater community of living things, and, as Wendell Berry so eloquently wrote in the poem *The Peace of the Wilds Things*: “For a time I rest in the grace of the world, and am free.”

I've often spoken about the importance of places like Tryon as a refuge, a place for humans to reconnect with the much bigger world. But, obviously, it is so much more. On the very morning I had this experience illustrated above, a five day Certified Interpretive Guide class was being conducted in the Nature Center, teaching others the finer points of the interpretive process such that they can go off and teach others. Meanwhile, gravel was being delivered to a number of spots along trails of the park in preparation for the winter wets. In addition, the sewer pipe protection and stream restoration project of the City of Portland was wrapping up and trail rehab was in progress. Back at the Nature Center, school buses were pulling up and Nature Guides were prepping for a day of naturalist activities. Portland State Capstone students were also on the grounds, squeezed into the kitchen as the No Vacancy sign was hung. And this was just a Thursday; the weekend that followed saw teacher workshops, night hikes, kids programs, and a conservation landscaping workshop. As a forest is so much more than just trees, this natural area, with its incredible Friends organization, park staff and multitude of volunteers and community members is so much more than one would know if just out for a walk. And like a healthy forest, this rich mixture of human engagement around the essentials of the natural world are a blessing to behold.

The varied movements of the wildlife I experienced this morning are juxtaposed to the human movements I encounter as I return to the Nature Center. As soon as my senses adjust, I am awed, albeit differently, by the energy focused on caring for this place, the natural systems around us, and each other. For all of this and for all of you that make it so, I give my sincerest thanks during this season of gratitude. What we've got here is priceless!

John Mullen, Park Manager
Tryon Creek/Milo McIver Management Unit



CARE ABOUT TRYON? - OF COURSE YOU DO! OREGON STATE PARKS IS PLANNING AND YOU'RE INVITED!
Wednesday, January 18, 5:00pm
Tryon Creek Nature Center

We need your feedback, ideas, questions and concerns about Tryon Creek State Natural Area and other State Park areas nearby.

Oregon State Parks will present concepts that will guide these parks for the next decade or two. This is your opportunity to learn about these parks and have a voice in their direction. Refreshments will be served.

FOR THOSE INTERESTED THERE IS ALSO A PUBLIC PLANNING EVENT FOR MILO MCIVER STATE PARK
Thursday, January 19, 5:00pm
Estacada Public Library

Call John Mullen, 503-636-9886 Ext 223 for additional information.



Nature
HISTORY
Discovery

Oregon State Park Rangers and Staff can be contacted at 503.636.9886

Oregon State Parks News and Programs at Tryon Creek

i Story and Stroll

Fridays; 1:00 - 2:00pm

Join a park naturalist for nature story time and a brief stroll through the park. This program is geared toward families with young children (preferably ages 2-6 but all are welcome.)

Please pre-register online at www.tryonfriends.org. For more specific information, call (503) 636-9886 ext. 225.

December 2 – Scardey Squirrel

December 9 – Oh Deer

December 16 – Winter Trees

December 23 – Mole’s Hill

December 30 – Garbage Monster

January 6 – Senses

January 13 – Time to Sleep

January 20 – Create a Creek

January 27 – What’s Underground

February 3 – Busy Beavers

February 10 – To Be a Tree

February 17 – Owl Moon

February 24 – Some Smug Slug

a i Saturday Guided

Nature Walks

Saturdays; 10:00 - 11:30am

Join a park naturalist for a free, guided nature hike to explore the forest and stream ecosystems and natural history at Tryon Creek State Natural Area. Topics will vary from week to week but will be appropriate for all ages. Parents must accompany kids on all hikes.

No pre-registration required. For more specific information or if bringing groups larger than 10, call (503) 636-9886 ext. 225.

December 3 – Magnificent Moss and Lovely Lichen

December 10 – Wildlife Detectives

December 17 – Drummers of the Forest: Woodpeckers

December 24 – NO HIKE

December 31 – Audubon Christmas Bird Count *SPECIAL TIME - 8:30am*

January 7 – Winter Twig Identification

January 14 – Conifers of the Creek

January 21 – The Art of Owling

January 28 – Magnificent Moss and Lovely Lichen

February 4 – Winter Twig Identification

February 11 – Wildlife Detectives

February 18 – The Art of Owling

February 25 – Magnificent Moss and Lovely Lichen

Naturalist Notes: Buried Toads & Frozen Frogs

Though it may be quiet, the winter woods are full of hidden wildlife. In fact, all of our resident amphibians are still among us. Without wings or long legs to help them escape winter, frogs and salamanders have different strategies for surviving the cold temperatures and food scarcity of the season. While hibernation may bring to mind denned up bears or bat caves, our cold-blooded friends also slow down their bodies to wait out the coldest times of the year.



Pacific Chorus Frog, *Pseudacris regilla*

Though all our local frogs and salamanders may hibernate or torpor for periods of days to weeks in winter, their chosen locations and different metabolic processes are as unique as they are. Drier-skinned toads tend to bury themselves deep underground. The colder the winter, the deeper the toads. Researchers have found that some toads in colder regions bury themselves over four feet down, continuing to dig throughout winter torpor in order to stay just below the deepening frost line. This way they manage to always stay a couple degrees above freezing, which is the lowest temperature they can survive as well as the temperature at which their bodies require the least energy. Some salamanders use similar strategies, but because they aren’t as skilled diggers as toads, they rely more on existing burrows or natural holes to escape freezing temperatures.

Rather than bury themselves deep in the dirt, other salamanders and some frogs head for the bottoms of creeks and ponds to wait out the winter cold. Similar to those biding their time on land, these amphibians must be deep enough so as not to freeze into ice, yet not so deep that they cannot access oxygen. Though these air-breathers would normally need to come up for air now and then, a vastly slowed metabolism allows them to absorb enough oxygen directly through their skin.

The most impressive winter survivalists I’ve discovered are Pacific Chorus Frogs. These and a few other terrestrial frogs don’t bury themselves underground to avoid freezing, but instead may hunker down under a leaf or two and allow themselves to freeze solid, and live to croak another day! Severe cold stimulates a chemical change that gives these frogs blood sugar levels high enough to kill a person, but which act as frog antifreeze that protects inner cells from freezing and cell walls from being destroyed by ice crystals. When it warms up again, their bodies simply reverse the process.

Though we may easily think of amphibians on a misty cool fall or spring day when the frogs are croaking and salamanders moving across the forest floor, remember them too on the coldest, quietest days of winter, deep underground, under water, or frozen within arm’s reach.

Heather Durham, Interpretive Ranger Assistant
Tryon Creek/Milo McIver Management Unit

Winter Calendar of Events

DECEMBER

DATE	DAY	TIME	ACTIVITY	TOPIC	NOTES
2	Fri	1:00pm	Story and Stroll	Scarkey Squirrel	Ideal for families with young children. Please pre-register at www.tryonfriends.org
3	Sat	10:00am	Guided Nature Walks	Magnificent Moss and Lovely Lichen	This is a free program, no pre-registration is necessary.
3	Sat	10:00am	Special Event	Holiday Forest Market	
4	Sat	10:00am	Special Event	Holiday Forest Market	
9	Fri	1:00pm	Story and Stroll	Oh Deer	Ideal for families with young children. Please pre-register at www.tryonfriends.org
10	Sat	9:00am	Volunteering	Stewardship Saturdays - Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
10	Sat	10:00am	Guided Nature Walk	Wildlife Detectives	This is a free program, no pre-registration is necessary.
16	Fri	1:00pm	Story and Stroll	Winter Trees	Ideal for families with young children. Please pre-register at www.tryonfriends.org
17	Sat	10:00am	Guided Nature Walk	Drummer's of the Forest: Woodpeckers	This is a free program, no pre-registration is necessary.
19	Mon	9:00am	Winter Day Camp	Ice Cycles	GRADES K-1. \$30/child (non-member); \$27/child (member); Pre-registration required.
20	Tue	9:00am	Winter Day Camp	Hoo Goes There? Just I the Owl	GRADES 1-3. \$45/child (non-member); \$40/child (member); Pre-registration required.
21	Wed	9:00am	Winter Day Camp	Clever Crows	GRADES 1-3. \$45/child (non-member); \$40/child (member); Pre-registration required.
22	Thu	9:00am	Winter Day Camp	It's Easy Being Green	GRADES 1-3. \$45/child (non-member); \$40/child (member); Pre-registration required.
23	Fri	1:00pm	Story and Stroll	Mole's Hill	Ideal for families with young children. Please pre-register at www.tryonfriends.org
24	Sat	9:00am	Volunteering	Stewardship Saturdays - Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
24	Sat	10:00am	Guided Nature Walks	NO HIKE	
27	Tue	9:00am	Winter Day Camp	Flying Squirrels	GRADES K-1. \$30/child (non-member); \$27/child (member); Pre-registration required.
28	Wed	9:00am	Winter Day Camp	Winter Survival Skills	GRADES 1-3. \$45/child (non-member); \$40/child (member); Pre-registration required.
29	Thu	9:00am	Winter Day Camp	Beavers!	GRADES K-1. \$30/child (non-member); \$27/child (member); Pre-registration required.
30	Fri	1:00pm	Story and Stroll	Garbage Monster	Ideal for families with young children. Please pre-register at www.tryonfriends.org
31	Sat	8:30am	Guided Nature Walk	Audobon Christmas Bird Count	This is a free program, no pre-registration is necessary.

JANUARY

6	Fri	1:00pm	Story and Stroll	Senses	Ideal for families with young children. Please pre-register at www.tryonfriends.org
7	Sat	10:00am	Guided Nature Walk	Winter Twig Identification	This is a free program, no pre-registration is necessary.
7	Sat	4:00pm	For Volunteers	Happy Hour for Volunteers	RSVP with Sarah at Sarah@tryonfriends.org
12	Thu	5:30pm	Volunteering	Volunteer Orientation	RSVP with Sarah at Sarah@tryonfriends.org
13	Fri	1:00pm	Story and Stroll	Time to Sleep	Ideal for families with young children. Please pre-register at www.tryonfriends.org
14	Sat	9:00am	Special Birding Event	Wapato Winter Birding Walk	This is a free program. Pre-registration is required.
14	Sat	9:00am	Volunteering	Stewardship Saturdays - Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
14	Sat	10:00am	Guide Nature Walk	Conifers of the Creek	This is a free program, no pre-registration is necessary.
14	Sat	5:00pm	Family Event	5 th Annual Chili Cook-off	Free to members, volunteers and chefs; \$5/person for non-members
15	Sun	10:00am	Kids in Nature	Mysterious Mushrooms	\$10/child (non-member); \$9/child (member); Pre-registration required.
15	Sun	1:00pm	Adult Workshop	Landscaping for Conservation	This is a free program but enrollment is limited, pre-registration is encouraged.

Tryon Creek State Natural Area

FEBRUARY

DATE	DAY	TIME	ACTIVITY	TOPIC	NOTES
16	Mon	9:00am	Volunteering	Martin Luther King Jr. Day of Service - Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
16	Mon	6:30pm	Special Event	Annual Meeting & Volunteer Recognition Event	
17	Tues	1:00pm	Kids in Nature Tuesdays	Animals in Water	Four sessions - January 17, 24, 31, and February 7 \$35/child (non-member); \$31.50/child (member); Pre-registration required.
20	Fri	1:00pm	Story and Stroll	Create a Creek	Ideal for families with young children. Please pre-register at www.tryonfriends.org
21	Sat	10:00am	Guided Nature Walk	The Art of Owling	This is a free program, no pre-registration is necessary.
21	Sat	6:30pm	Scout Trail Days	Girl Scout Flying Squirrel Night	Scouts ages 6-12. \$5 per scout, \$5 per adult. No siblings allowed. Pre-registration required.
26	Thu	9:00am	Volunteering	Nature Guide Training Orientation	Contact Linda Koser, Education Coordinator at linda@tryonfriends.org or (503) 636-4398
27	Fri	8:00am	Teacher Trainings	PLT/Project WILD - Early Childhood Teacher Workshop: Exploring the Forest through the Seasons	Visit www.tryonfriends.org for details and registration instructions.
27	Fri	1:00pm	Story and Stroll	What's Underground	Ideal for families with young children. Please pre-register at www.tryonfriends.org
28	Sat	9:00am	Volunteering	Stewardship Saturdays: Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
28	Sat	9:00am	Volunteering	Nature Guide Training Orientation	Contact Linda Koser, Education Coordinator at linda@tryonfriends.org or (503) 636-4398
28	Sat	10:00am	Guided Nature Walk	Magnificent Moss and Lovely Lichen	This is a free program, no pre-registration is necessary.
3	Fri	1:00pm	Story and Stroll	Busy Beavers	Ideal for families with young children. Please pre-register at www.tryonfriends.org
4	Sat	10:00am	Guided Nature Walk	Winter Twig Identification	This is a free program, no pre-registration is necessary.
4	Sat	6:30pm	Family Event	Family Coyote Night	\$6/child (\$5/child for members). \$6/adult (\$5/adult for members). Registration required.
10	Fri	1:00pm	Story and Stroll	To Be a Tree	Ideal for families with young children. Please pre-register at www.tryonfriends.org
11	Sat	9:00am	Volunteering	Stewardship Saturdays - Ivy Pull	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
11	Sat	10:00am	Guided Nature Walk	Wildlife Detectives	This is a free program, no pre-registration is necessary.
14	Tues	1:00pm	Kids in Nature Tuesdays	Water Wonders	Four sessions - February 14, 21, March 6 and 13 \$35/child (non-member); \$31.50/child (member); Pre-registration required.
16	Thu	8:00am	Teacher Trainings	Connect2Science through Nature for Informal Educators	Meets Thursday and Friday, Feb. 16th & 17th . This is a free workshop but pre-registration is required.
16	Thu	6:30pm	Special Event	Annual Meeting and Volunteer Recognition Event	RSVP with Elisa at elisa@tryonfriends.org
17	Fri	1:00pm	Story and Stroll	Owl Moon	Ideal for families with young children. Please pre-register at www.tryonfriends.org
18	Sat	10:00am	Guided Nature Walks	The Art of Owling	This is a free program, no pre-registration is necessary.
19	Sun	10:00am	Kids in Nature	Awesome Owls	\$10/child (non-member); \$9/child (member); Pre-registration required.
19	Sun	1:00pm	Adult Workshop	Plant Propagation and Winter Twig ID 101	This is a free program but enrollment is limited, pre-registration is encouraged.
24	Fri	8:00am	Teacher Training	Connect2Science through Gardens	Meets Feb. 24 & 25 and Mar. 15, Apr. 19, May 17. This is a free workshop but pre-registration is required.
24	Fri	1:00pm	Story and Stroll	Some Smug Slug	Ideal for families with young children. Please pre-register at www.tryonfriends.org
25	Sat	9:00am	Volunteering	Stewardship Saturdays - Trail Maintenance	All minors must be checked in. Youth 14 & under must be accompanied by an adult.
25	Sat	10:00am	Guided Nature Walks	Magnificent Moss and Lovely Lichen	This is a free program, no pre-registration is necessary.
26	Sun	1:00pm	Adult Workshop	Landscaping for Conservation	This is a free program but enrollment is limited, pre-registration is encouraged.

FRIENDS OF TRYON CREEK STATE PARK
11321 SW Terwilliger Blvd.
Portland OR 97219

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Visiting the Park

Tryon Creek State Natural Area is a 675 acre day use area approximately 15 minutes from downtown Portland. There are 8 miles of hiking trails and 3.5 miles of horse trails. Pets **on leash** are welcome in the park. Please keep pets (and yourselves) out of the Creek. Although a State Natural Area there is no day use fee.

Directions

The main entrance to the park is along Terwilliger Blvd. east of Barbur Blvd. between the Boones Ferry-Terwilliger fork and State Street (HWY 43). The park is accessible from I-5 at Exit 297.

Hours

Park: 7:00am to Dusk

Nature Center: 9:00am - 4:00pm Every Day

Contact and Address Information

Friends of Tryon Creek State Park

11321 SW Terwilliger Blvd

Portland OR 97202

503.636.4398 • www.tryonfriends.org

State Parks Information: 503.636.9886

