
Nature Friends Northwest

Volume 21 Issue 5 - 6

May — June 2010

From the Trail-head!

by Don Chapman, NFNW Pres.

Into the wilderness, one step at a time

Through the thick brush only to find

Another turn to take -

Will it go up or down?

Or just turn us around?

Will we find a creek or a pond?

A frog or perhaps

A butterfly

Will catch our eye.

It matters not what is in our path.

A silly little but can make us laugh.

We love what we see and smell and find -

It becomes soothing and gentle to the mind.

Our worries and stress have long since passed

Because the first step we took

Was just like the last.

D.W. Washburn

Welcome to our club. We like to have a good time enjoying everything nature has to offer. So what if you're not a member!? Join us for a hike and a good time. We are very privileged to be able to enjoy what others have left for us – like our national, state, and county parks, public land that is set aside for hiking and camping. And we

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July Hike — Sausages and More!

By Jack Duey NFNW treasurer and Sausage Master.

It's almost July. It's almost summer. It's almost sausage. Mark your calendar for July 10.

We are going to precede our sausage fest with a little exercise to make room for the munchies.

We will walk along the West side of Rock Creek Regional Trail in the north end of Beaverton. It's a part of the Tualatin Hills Park & Rec. District's network of trails and parks. This is

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May — Hike to Pool of the Winds!

On May 23rd, 2010 NFNW returned to one of our favorite hikes, Pool of the Winds.

This 2.5 mile round trip trail makes its way uphill through forests and along an open mountain side. We crossed under one of the powerline corridors that pass through the Gorge, giving us a chance to look at the rain soaked landscape. I emphasize the rain soaked. We have had one of the wettest springs in

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August Ecola State Park Oregon Coast Gem

On Sunday, August 15th, 2010 join NFNW on a hike through part of Ecola State Park. Located on the Northern Oregon Coast right next to Seaside, Oregon, this beautiful park offers great views from a prominent headland as well as two great beaches for walking along.

We plan on taking the trail to Indian Beach and back. This trail proceeds down to the north side of the park and down to a small beach that has a small creek flowing across it. The trail has an approximate elevation gain of 400 feet and is about 1.5 miles in each direction. From the trailhead / parking area the trail winds its way down the side of the headland through a mix of trees and shrubs, while providing views of the Pacific and Tillamook Lighthouse (built on a rock a few miles from shore). This trail is rated by most guides as intermediate having a few steep areas, up and down parts, uneven ground, narrow sections, some stairs, and can be difficult if conditions are wet.

If conditions are not good we have three other options. The first is to

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From the *Trailhead!*

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will always strive to help maintain it. So until next time - Happy Trails.

D.L. Chapman



Dalles Mountain Ranch

Ranch workday already! It seemed to some that we had just finished our fall workday when the newsletter mentioned our spring workday. So it was on Saturday, May 8th, 2010 we found ourselves at the new ranch house at the Dalles Mountain Ranch unit of Columbia Hills State Park.

Though we still have our adopted section of the historic equipment, state parks has asked that we help with the cleanup and refurbishment of the newer ranch house. This new house is located up the hill from the historic equipment.

We gathered and quickly got to work. This time the parks folks wanted help getting some of the upstairs bedrooms ready for painting. The work involved removing trim and baseboard, closet shelves, and countless nails, tacks, and staples from the walls and ceiling. After all of that, we taped everything. A special thanks to our own talented interior decorators for their hard work of taping all the knobs and fixtures that we could not take down.

While that went on inside some of the members worked on the courtyard area finishing up where we left off last time. A few others worked on taming some of the shrubbery outside of the house.

As normally happens, we kept the parks folks busy with our ability to get the job done. We kept getting things done and soon enough it was time to sit down for lunch.

We enjoyed the nice view while eating lunch, commenting on how nice the day turned out compared to the rain and clouds on the west side. As is the case on any of our outings to the ranch, we had a great selection of main course, sides, and dessert.

We had a good time and were already looking forward to the fall workday, so look for it in your newsletter soon.

July Hike — Sausages and More!

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an out-and-back walk of about 2.5 miles. Just enough to get the blood flowing through your pipes.

We'll amble beside lily-pad-lined Bethany Lake which features floating feathered wild life such as ducks and geese, scattered fisher folk along the banks, maybe a heron or egret and a foot bridge over a brook fed by a spillway at the west end of the lake. Then we'll proceed next to Rock Creek Country Club golf course property and "Pirate Park" soccer fields. The paved walk is mostly flat with a mild uphill grade for about 1/4 mile.

After the walk, we'll head to Jack & Trish's for sausages on the Barbie. We will provide a few bottles of beer and wine. You can bring what ever suits you to go along with the occasion - salad, chips, dessert, more wine, more beer, etc.

Directions to the parking lot: Sunset Hwy 26 West to SW 185th Ave. North almost to West Union Rd. About 100 yards before the light at West Union there is a left turn lane for the parking lot at the east end of the lake.

After the walk,
Meet at: The Duey residence.
16686 SW Hargis Rd., Beaverton.
OR.

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April — Wildflowers and More.

Hood River Mountain has, for a number of years, been one of our favorite flower hikes. After taking a few years off to explore other wildflower areas, we decided to return. When we looked at the available dates, we noticed that we were somewhat late in the season for peak flowers, but thought we might get some great late season blooms. Well, as any local resident will tell you things have been running cold and wet all spring, so it was no surprise that what we thought to be late season was actually just late in the early season. With so many of the gorge's flower stalwarts just starting to emerge, we had a great time taking it in.

As we gathered in Hood River at the Panorama Point Viewpoint the rain showers moved through the area. Many members called for traveling to a restaurant for the hike. The majority still opted for the hike, so we drove up to the trailhead and started out. Linda Hardie, our native plant specialist, was busy pointing out flowers while dodging a few sprinkles.

The first mile or less of the trail wanders upwards through open woods of second growth fir, white oak, and ponderosa pine. There are several viewpoints that offered great views of the surrounding area, especially the rain showers moving around along with the wind.

Once we reached the top of the hill and broke out of the trees, we hoped for magnificent vistas of mountains and hillsides covered with wildflowers such as Balsam Root, Indian Paint Brush, Lupine, Larkspur, and many others. The reality was more clouds with scattered showers and limited vistas. We found a good spot out of the wind to sit and have lunch, and we enjoyed watching the clouds move around. While we were eating, the group noticed a sailplane soaring along the ridge. We enjoyed watching the pilot maneuver their craft through all the wind. The plane flew directly over us, as we all waved, and the pilot banked his wings back at us before flying off behind us. A short bit later as we were finishing our lunch, the plane came back, this time swooping down over us and then performing several twists and turns. The quietness of the whole thing surprised several of the members. In a few instances we were able to hear the sound of the control surfaces being adjusted. After the sailplane flew off again, this time due to an approaching rain shower, we packed up and started heading down the trail to the cars.

Soon enough the rain shower that made the sailplane fly away was bearing down on us, pelting us with rain as the wind blew

and blew. With the strong west wind, the right sides of our bodies were getting wet while the left sides were staying dry. Some of the group stood under a clump of trees to stay out of the rain. The rest of the group continued down the trail despite the rain. This was a typical spring storm and did not last for too long. As the first group made the last crest and started back down to the road, the rain started to pass and soon enough we were back to some scattered showers and sun breaks.

While heading down the slope, we were treated to some great views of eastern gorge and the Klickitat river valley. The sides of the trail were speckled with wildflowers amongst the shrubs and grass.

We all made it back to the cars without any further rain. Some members of the group had set up camp for the weekend at nearby Memalose State Park. They invited us to visit at the campground and warm up with a cup of coffee or tea.

Some went to the camp and others headed back to town, but everyone said that they had a good time and were glad to get out and walk despite the rain and wind.



August Ecola State Park

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walk down to the beach and car shuttle back up from the parking area at Indian Beach. The second is to drive down to Indian Beach and just explore the beach area. The third option is to take the steeper trail to Crescent Beach on the South side of the headland and explore that beach.

There are plenty of picnic tables and restrooms at the main parking area, so we should easily find a place to sit and have our lunch. There are no grills at the tables, so just plan on bringing everything with you and keeping it in your car until we eat.

This park is well worth the 77 mile, 1hour 40 minute drive from Downtown Portland.

For those interested in carpooling, one option is to meet at the Peterkort Shopping Center, about five miles west of the Highway 26 tunnel. Take exit 68 (Cedar Hills Blvd.), turn right (Cedar Hills Blvd.), immediately turn right (Barnes Road), immediately turn right into shopping center, immediately turn right, park near Outback Steak House. Meet there at about 8:30 AM and depart by or before 8:50 AM.

To reach the park drive west on Highway 26 until it ends at the

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May — Hike to Pool of the Winds!

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years, and the day of the hike was no exception. As we started up the trail, the rain made its presence known, and as we reached the power line crossing, the rain let up enough that some of us took our rain coats off. Leaving the clearing and returning to the forest, we climbed further up the hill. We crossed a few small streams and passed Hardy Falls before reaching our destination at the top of Rodney Falls.

As is the norm on such a hill, the group spread out into a few groups that traveled at different rates. Some of the earlier hikers took the trail down to the base of the falls for a really nice view. As the bulk of the group headed back down the trail, the rain renewed its presence on our hike.

The rain kept coming, sometimes harder, sometimes softer. As we returned to the trailhead, the rain showed no sign of letting up, so our decision to go to lunch in Stevenson afterwards was appreciated.

Even though it rained all through lunch, we all said that the rain during hike was well tolerable and almost made the hike enjoyable.

We all seemed to have a good time and looked forward to the next hike.

Litter Pick! It Worked the Next Time!

Well, 10 a.m. found a hearty band of litter pickers ready to do their community service litter picking our Beacon Rock assignment. All gear on board. Gloves, bags and signs.

Fortunately Saturday, May 15th. 2010 provided us better weather than our April attempt where the wind kept people in their cars. This day we found better weather and quickly set up our signs and assigned road sections for people to clean.

We got everyone started and soon enough the work was done. There was not that much to pick up this time. By parking cars at the end and middle we were able to quickly get everyone back to the starting point. Once all the gear was turned back in, we made our way to Stevenson and the Big River Grill.

After waiting for tables to be made ready, we sat down for lunch. We had a good time, and after a while, we made our way home. Several said they were ready for the Fall litter pick.



August — Ecola State Park.

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junction with highway 101 south. Take the 101 south ramp and follow 101 south to the first exit (Cannon Beach/Ecola State Park), follow signs to Ecola State Park. Once you reach the park, pay the \$5.00 per vehicle fee and turn left immediately after paying the entrance fee.

Drive down to the parking lot at Ecola Point.

When: Sunday, August, 15th, 2010
at 10:30 a.m.

Where: Ecola State Park
Near Canon Beach, OR
See article for details.

More info: Thomas
Friedmann
(360) 254-9104

or

Harvey Larkin
(503) 232-1881

July Hike — Sausages and More!

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Phone: 503-642-9583, Cell: 503-701-1991

When: Saturday, July
10th, 2010
at 11:00 a.m.

Where: The parking lot at
Bethany Lake Park.

More info: Thomas
Friedmann
(360) 254-9104

or

Jack Duey
(503) 642-9583

Important: *Please sign up for the hike by Thursday, July 8 if you can, so we can purchase the right quantity of vittles and refreshments.*

If you can't make the hike, please join us afterward at about 1 P.M.

Annual Campout

On the following days in 2010: Friday, September 17, Saturday, September 18, and Sunday, September 19th, NFNW will hold its annual Campout at Mt Hood Village.

This RV resort is located along U.S. Hwy. 26 on the road to the Mount Hood area.

Since there are about 400 sites, it is a large park. We will figure out the logistics of group meals, etc. once every one has made their reservations. The park has a lodge, store, and, supposedly, a café (breakfast and lunch, served daily).

Since the park is just outside of Welches, Oregon, there are several opportunities for those who would like to take a hike or two during the weekend.

As always, those who would like to join us for the day are welcome to visit. We will have contact information in the August newsletter.

If you would like more information about the campout, feel free to contact Mary O'Harra e-mail (maryohk@netzero.com) or home phone (360) 892-3393.

Address List

Our official NFNW Address List / Membership List will be mailed out to our paid membership as a separate mailing. Doing this allows us to make the print a little larger and have the list in a handy form for easy use by our members.



This is the newsletter of Nature Friends Northwest (NFW) - an independent, nonprofit hiking / outdoor club incorporated in the State of Washington, and is affiliated with Die Naturfreunde, an international conservation organization. Questions and comments should be addressed to the mailing address on the cover.
Editor: Thomas Friedmann Associate Editor: Marie Morasch

More Planned Hikes for 2010

July — Sausage Hike
Saturday, July 10th, 2010
More details inside.

September — Annual Campout
September 17th-19th, 2010
More details inside.

August — Ecola State Park .
Sunday, August 15th, 2010
More details inside.

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