
Nature Friends Northwest

Volume 21 Issue 1 - 2

January — February 2010

From the *Trail-head!*

by Don Chapman, NFNW Pres.

It is 40 degrees outside; my eyes are watering. There is a bead of sweat forming on both temples; my mouth is on fire. Quick, more wine! No, help! Now I need a napkin to wipe my brow. I can no longer see my plate. There are other people sitting outside with me, but I don't know who they are. They are just blurring. Quick more wine! No, help! Can you guess where I am? Well, if you were on our last hike at Cooper Mountain, you would know I was at Jack and Trish's eating flame thrower chili - YeeHaa! Good stuff!

The hike was great. We went down hill a lot which, of course, means what goes down must go up to get back from where you started. Don's law of wilderness. Very beautiful country. Jack never disappoints us. I noticed a sign on the grounds which in short stated that the property was protected by the voters! I would like to see more of that. We had a great time. Thank you, Jack and Trish.

Results from the annual meeting

| | |
|----------------|----------------|
| President: | Don Chapman |
| Vice-President | Pam Nelson |
| Treasurer: | Jack Duey |
| Secretary: | Arlene Richter |

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February Hike Battle Ground Lake State Park

On Saturday, February 20th, 2010 NFNW will have its February hike. Led by current club president Don Chapman, we will explore Battle Ground Lake State Park in the winter.

This park, located in the east

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March Hike On Clackamas Banks

by Harvey Larkin
NFNW Hike Coordinator

Marianne Brauer will lead our Clackamas River Trail hike on Sunday, March 21st, 2010.

The trail begins a short distance from where the Clackamas River flows into the Willamette River and continues for approximately 1.5 mile with a connection to a foot bridge leading to the city of Gladstone.

This flat trail runs along the south bank of the river and is paved. There are benches and picnic tables spaced every few hundred yards which makes it an

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January — Chili Hike with Jack

On Sunday, January 10, 2010 NFNW went for an introductory walk in one of the Metro area's newest nature parks followed by Jack's famous chili.

Cooper Mountain Nature Park was opened to the public in July of 2009. Located close to the Duey's home, we were able to quickly make the trip to the trail-head.

Starting out at the top of Cooper Mountain, the trails criss-cross the southern flanks offering many views of the Tualatin River and, in the distance, the Chehalem Mountains frame the view.

With so many different trails we spent a good deal of time trying to choose one that was just right. Even then it would not be, so we split up into three groups. Some of the group stayed near the top and enjoyed the views from a nearly flat area with stunning views and a very nice nature house.

The rest of us took one of two lower loop trails that took us through both forest and scrub lands. As we made our way along the trail, we stopped several times

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From the *Trailhead!*

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Hike Coordinator: Harvey Larkin

Newsletter Editor:

Thomas Friedmann

Web Master: Mark Hymas

We are looking at sites for our annual campout, though changes in the Oregon State Parks reservation system have made things difficult for us. Stay tuned for updates.

There was a motion to not support any charity because we all do that on our own. It was seconded and voted on. It passed unanimously that we would not support outside charities.

Calendars, the making of and therefore the sale of, have been tabled for now. They cost too much to print – no profit margin.

Inge Lothian suggested that we do greeting cards – everyone like that idea. Thomas will look into that.

Jack is going to look into hats, T-shirts, windbreakers, etc – with our club logo on them. He has a friend in the business.

Somehow the litter pick was not brought up so it stays the same as last year with Laura in charge and MaryO' her back-up.

This takes care of the business. Arlene has e-mailed a copy of the minutes to members. If you didn't get it and would like a copy, check with Don or Arlene.

Happy Trails. See you on the path to adventure.

Annual Meeting

On Sunday, January 24th, 2010 NFNW held its annual meeting.

We held an election of officers with the results being the same as last year. After the election of officers, Don opened up the appointment of positions and again the same results.

From there on we covered the usual old and new business along with committee reports.

We had a good report on the finding of things along the trail program (more details elsewhere). A report was made on the proposed calendars for sale. We are currently not able to find a printing source that would give us the level of quality needed along with a profit margin in a quantity that we can use.

Inge Lothian suggested that we look at creating some kind of art cards for letter/ note writing that the club could sell. Thomas Friedmann agreed to look into it.

We agreed to have an annual campout. We agreed to look into two potential sites and report back at our February Hike.

Our secretary Arlene Richter sent out a copy of the minutes via e-mail.

The meeting adjourned with members enjoying the snacks.

Our Website

You will be able to find pictures from some of our activities along with an electronic version of the newsletter.

In addition, there are occasionally expanded articles online for some topics.

If you have questions or comments, feel free to e-mail us : thomasf@pacifier.com

Our website address is:

***www.naturefriend
snw.com***



January — Chili Hike with Jack

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to take in the views and look at some of the cast animal tracks that are placed along the trail. In addition, we found some very interesting listening horns. Looking like old fashioned gramophone horns, they are mounted on swivel mounts that let you turn them towards birds so that you might be better able to hear their calls.

At several spots the group stopped to admire the work of the crews that rehabilitated some of the areas. They created a number of different wetland areas some of which had mature trees placed into them as fallen logs. In another location the crews thinned out non native vegetation allowing for the renewal of an oak savanna.

Upon our returning to the top, we caught our breath before driving back to Jack's. Good thing we caught our breath, since when we returned to Jack's, we were greeted by a spread of all sorts of food and most importantly Jack's by now world famous chili.

Jack outdid himself this year and everyone liked his chili, with several going back for more. While some members watched football others were busy thinking of hikes to come this spring.

February Hike — Battle Ground Lake State Park

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central part of Clark County, has been a favorite spot for the club to hike. Most of our adventures there have been in the warmer months. This time we are going in the cooler part of the year.

The recent decision by Clark County commissioners to close most of the regional parks for the winter season has led us to change the hike from Lewisville Park that we had originally mentioned at some of our last functions.

The main entrance for the park has the following address:
18002 N.E. 249th St.
Battle Ground, WA 98604

From I-5 northbound or southbound:

Take exit #11 and drive east to Battle Ground. On the east end of town, turn left on N.E. Grace Ave. (just in front of a Foodliner Grocery). Follow the signs to the park, approximately three miles from the city of Battle Ground.

From SR-503 Northbound:

Once you reach the Main Street intersection in downtown Battle Ground (Safeway & Fred Meyer), turn right and follow the above directions.

We will meet at the main parking area just above the boat dock area.

From there we will choose one of the many different trails that loop around the park. Based upon the conditions, we might venture towards the west side of the park.

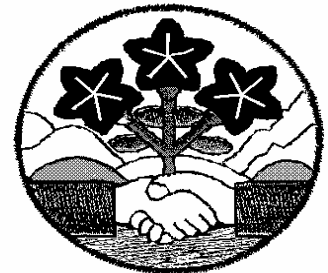
Member Inge Lore Love invited us for soup after the hike.

Please call and let us know if you are coming on this hike so that we will wait for everyone to get there prior to starting down the trail.

When: Saturday, February
20th, 2010
At 10:30 a.m.

Where: Battle Ground
Lake State Park
See Article for Directions.

More info: Don or Mary
(360) 892-3393



March Hike - On Clackamas Banks

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ideal trail for those that have been experiencing difficulties with walking for one reason or another.

On return to the trail head we could walk a short distance to Clackamette Park, at the confluence of the Clackamas and Willamette. There are restroom facilities in the park.

Several restaurants are located nearby.

Directions, going south down I-205 take exit 9, turn right and go immediately into the left lane. Turn left at the first traffic light then right and around a curve and

go under an overpass and continue a couple hundred yards. The trail entrance sign is on the left and parking is directly across on the right.

When: Sunday, March, 21st, 2010
at 10:00 a.m.

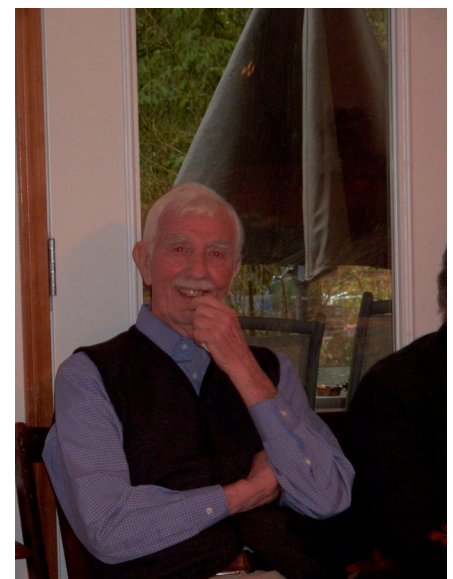
Where: Clackamas River Trail at Clackamette Park, Oregon City

More info: Harvey Larkin
(503) 232-1881

April- Wild Flower Hike

On Saturday, April, 24th, 2010 we will have our annual wild-flower hike. We are looking at two possible sites. Both of them are familiar and well known for producing some nice blooms.

We will have more information on this hike in our next newsletter.



Pictures from our recent Annual Meeting. Look for more coming soon to our website.

Year Stamps

The Nature Friends International office (in Austria) has once again decided not to send stamps for this year, 2010. They are devising something new instead of the old membership book and yearly stamps.

At this time, indications are that they are looking at a product for use in Europe, with a future product for use in the rest of the world.

As a result, we have to come up with our own card again. It was discussed and voted on at the annual meeting what this card will look like for this year. We are currently making the new cards

and will begin sending them out soon.

For those planning on using the club card for international travel, please contact the Friedmanns (360) 254-9104 or e-mail thomasf@pacifier.com well in advance so that we can help you out. - Ed.



Dues— Money and Such

It is that time of year again! Time to send in your membership dues. Please send them to Jack Duey (our Treasurer) 16686 SW Hargis Rd. Beaverton, OR 97007

e-mail: jwduey@verizon.net

Please use the form below to send in with your check.

If you would like to print just this page, use the print command in the PDF viewer and select current page before pressing the print command. -Ed.

..... Dues Dues Dues

It is that time again; if you paid your dues at the annual meeting, then your card will be sent as soon as they are finished being made.

Name (s): _____

Address: _____

State: _____

Zip: _____

Home Phone: _____

Cell Phone: _____

Fax: _____

E-mail: _____

Jack and Patricia Duey
 16686 SW Hargis Rd.
 Beaverton OR
 97007
jwduey@verizon.net
 503 642-9583

Make checks payable to NFNW.
 Do not send cash.



Individual (\$20.00): Family (\$30.00)

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

February — Battle Ground Lake State Park
Saturday, February 20th, 2010
More details inside.

April — Wildflower Hike
Saturday, April 24th, 2010
More details next newsletter.

March — Clackamas River Trail .
Sunday, March 21st, 2010
More details inside.

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