

The TABOR TIMES

Newsletter - February 2019

The purpose of the Friends of Mt. Tabor Park is to improve and/or help maintain Mt. Tabor Park for the benefit of individuals, organizations and the Park Bureau; to identify and help solve problems; to participate in park planning projects. We work with the Park Bureau, the Mt. Tabor Neighborhood Association and other community and park user groups to monitor park use and operation, to support effective maintenance of the park, and to help in the successful implementation of the parks goals and vision as stated in the Mt. Tabor Park Master Plan.



Come to the FMTP 2019 Annual Meeting!

The Friends of Mt. Tabor Park will hold its annual meeting on **Tuesday, March 12, 2019**, at Taborspace, 5441 SE Belmont Street (taborspace.org). Doors open at 6:30 p.m. for light refreshments and mingling, and the meeting will begin at 7:00 p.m.

The evening will include annual reports, general announcements, and the election of board members. We welcome anyone interested in running for the board to submit a brief bio

to taborfriends@gmail.com for consideration. New board members are always needed; no experience necessary, just an enthusiastic love for the park.

The annual meeting is the perfect opportunity to catch up with other FMTP members, ask the board and volunteer coordinators questions, and sample some of our members' delicious baked goods! A heartfelt, "Thank you!" in advance for those who are bringing treats.



Happy almost-spring, members! On behalf of the Board, I would like to express our appreciation for the continued support of our members, with special thanks to those who donated beyond basic membership dues. We thank our members for trusting us to manage and spend these funds wisely.

This newsletter will be the **final edition edited by Gayle Marechal**. The board gratefully thanks Gayle for his years of service and expertise as newsletter editor. Mary Beth Van Cleave has graciously offered to step in as editor starting in August. Martrese Beck will continue to design our newsletter.

A few notable highlights:

- Board member Mary Kinnick and a dedicated steering committee succeeded in raising \$109,337 to sustain our part-time Weed Warriors Stewardship Coordinator (page 3). Thank you, Mary and team for all your hard work!
- Lise Gervais and Emily Lytle continue to lead the award-winning FMTP Weed Warriors as they work to sustain the ecological health of Mt. Tabor Park (page 13). Coordinating

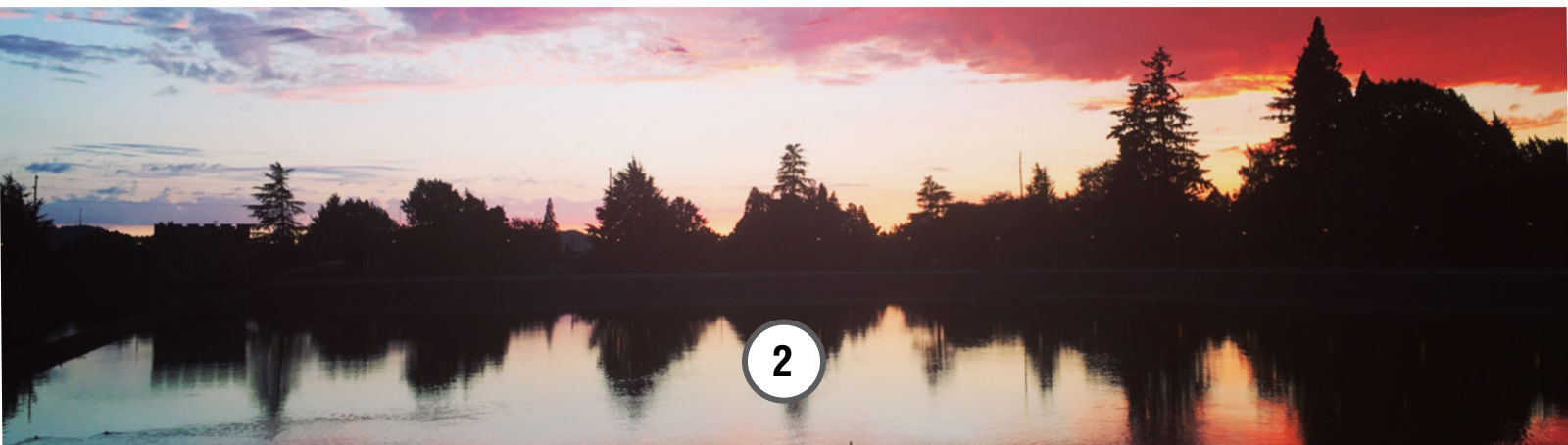
volunteers and supplies is no small feat, and we look forward to another productive season, which kicks off at the first work party of the year on March 30.

- Congratulations to the Visitor Center on welcoming its **50,000th visitor** in September! Since opening in October 2011, the center continues to exceed all expectations. Ten regular volunteers keep the center open six days a week for approximately thirty to thirty-five hours per week. Center volunteers frequently serve as our points-of-contact with the public, and they do a wonderful job being the “faces” of FMTP in the park.
- Board member Anne Crispino-Taylor’s annual “Tar ‘n’ Trail” run raised \$1,631 for FMTP! Thanks, Anne, for your hard work on this fun event (page 4).
- The Foot Patrol continued to keep the park safe and clean, recording 909 volunteer hours in 2018. The patrol welcomed 12 new members last year, bringing the roster up to 73 members!
- A new Electronic Media and Communications Committee is forming to assist with

social media outreach and FMTP communications.

Anyone interested in joining this committee should email taborfriends@gmail.com for more details.

- Board member Bing Wong is on the committee for the Portland Water Bureau’s Mt. Tabor Reservoirs Preservation Project. He reported on several improvements to the reservoirs last year, including the new fence along the road in front of Reservoir No. 5, repairs to Reservoir No. 1, and repairs to reservoir buildings (page 16).
- Handrails have been installed at the summit bathroom.
- As always, FMTP continues its commitment to work closely with PP&R to identify how we can help to support them through efforts by volunteering, the investment of FMTP funds for park improvement projects, and in other ways.
- Laura Mason will once again be coordinating the FMTP annual summer picnic (save the date: Tuesday, September 10). Those interested in assisting should email taborfriends@gmail.com.



A Roaring Success—Fundraising Campaign to Ensure a Healthy Future for Mt. Tabor Park

- Mary Kinnick, Board member and Chair, Stewardship Fund Steering Committee

The community did it! The outreach phase of the FMTP Stewardship Fund campaign began in April 2018, with the goal of raising \$100,000 by December 31, 2018, to ensure the future ecological health of the park. We reached this goal on September 29 at a major fundraising event hosted at the home of Alissa and Neal Kenny-Guyer. Donations then continued to come in; and by December 31, the total reached **\$109,337!** The funds have been deposited in a FMTP endowment fund with the Oregon Community Foundation where interest accrued will help sustain our volunteer habitat restoration program FMTP Weed Warriors for generations to come. Funding will ensure support for the part-time Weed Warrior Stewardship Coordinator position, which is essential for program success.

Dedicated effort by the all-volunteer campaign Steering Committee and FMTP Board members was essential for success. Steering Committee members put in countless hours with planning and outreach to neighbors and businesses. Diane was there from the beginning believing “yes, we can do this!” Kate’s talents in messaging and campaign material design were amazing. Mary McWilliams generously hosted our Steering Committee meetings at her home.

Special thanks to Board members Martrese Beck, webmaster and graphic designer par excellence, Isabel Johnson, Treasurer, who kept careful records of all donations, and Suzanne McCarthy, Membership, who kept track of all the donors. They each far exceeded regular FMTP duties. Campaign expenses were fully supported by a \$2500 grant from the Portland Parks Foundation.

In the end, though, we know the campaign was successful because of the love the community has for Mt. Tabor Park. We found this everywhere we went!



Tim Raphael, Kate Raphael, Jeff Anderson, Mary Kinnick, Diane Redd, Mary McWilliams, Bob McWilliams

Steering Committee Members

Jeff Anderson	Christen Lincoln
Amelia Caldwell	Mary McWilliams
Jackie Dingfelder	Kate Raphael
Kari Easton	Tim Raphael
Tom Kohler	Diane Redd

A very special thanks to our business and non-profit donors who gave generously: Academy Theater • Adult Soapbox Derby • Cheese Bar • Flying Pie Pizzeria • Hastings Appraisal Inc. • Hawthorne Auto Clinic • Hawthorne Blvd. Business Assoc. • Honl Tree Care • KB Custom Framing • Living Room Realty • Mariko Locke State Farm • Mt. Tabor Fine Wines • Mt. Tabor Neighborhood Assoc. • New Seasons Market-Hawthorne • Old PDX Homes • Parkside Clinic • Portland Nursery • Rain or Shine Coffee House • Saylor’s Old Country Kitchen • Sohler Law • South Tabor Neighborhood Assoc. • Square Deal Remodeling • Take It Outside Fitness LLC • The Caplener Group • The Nature Conservancy • Tabor Bread • Thirsty Monk • Warner Pacific University.

Board member Anne Crispino-Taylor's 7th annual "Tar 'n' Trail" run raised \$1,631 for FMTP!

-Anne Crispino-Taylor

The 7th annual Mt. Tabor Tar 'n' Trail was held on Sunday, September 30, 2018. The race hosted ninety-four participants in the 5K, and thirty-nine participants in the 10K and ranged in age from six to seventy-four. Runners were supported by fifteen eager volunteers whose jobs included food prep, course marking and monitoring, and cowbell ringing.

Once again, the weather cooperated providing runners with dry and cool temperatures.

Proceeds from the race totaled \$1,631.

The 8th annual Mt. Tabor Tar 'n' Trail race will be held on **Sunday, September 29, 2019**. Entry for the 10K is \$25.00 and entry for the 5K is \$15.00 with a reduced rate of \$5.00 for kids twelve and under. The route for the 5K encompasses the Blue trail, and all three trails (the Red, Green, and Blue) are used for the 10K. The course will be well marked, but we will also have course monitors stationed at key locations throughout the park.

Park roads will remain open as will all trails to other park users. The course is dog (on leash, please) and (mostly) stroller friendly. Race day registration and bib pickup is from 8:00am-8:45am in the main parking area near the basketball court. The 10K starts at 9:00am, and the 5K will start at 9:05am. Post-race refreshments will be provided at the finish area - Harvey Scott Circle. For more information and to register, go to runannie.net.



2019 Events

February

17 - Sunday - FREE Tree I.D. Walk*

23 - Saturday - **Weed Warriors Crew Leader Training** - 10am–2pm at the Visitor Center - The Friends of Mt. Tabor Park Weed Warriors are volunteers who remove invasive plant species and restore native habitat in the park on the last Saturdays of the month, March–October, as well as occasional work parties on other days. We rely on Crew Leaders to help facilitate volunteer work. Crew Leaders are truly the heroes of Mt. Tabor Park restoration, and we can't do this job without them! Learn more about what's involved here, and join us for a training session.

March

9 - Saturday - **Weed Warriors Crew Leader Training** - 10am–2pm at the Visitor Center - See February 23 recap above.

17 - Sunday - FREE Tree I.D. Walk*

30 - Saturday - **Weed Warriors Habitat Restoration****

April

FREE Wednesday Morning **Songbird Guided Walks** - The Audubon Society of Portland meets at the main parking lot at 7:00 a.m. every Wednesday starting April 3, rain or shine. Register at Meetup.com, bring binoculars if you have them, stay at long as you wish. Visit the Audubon Society of Portland for more details and to register.

6 - Saturday - **Tabor Challenge 5k** - Honor the memory of LTJG Thomas Cameron, who lost his life in 2012 when his helicopter went down during a Coast Guard training mission. All funds go to Grover Cleveland High School college scholarships. Details and registration at taborchallenge.com.

21 - Sunday - FREE Tree I.D. Walk*

27 - Saturday - **Weed Warriors Habitat Restoration****

May

FREE Wednesday Morning **Songbird Guided Walks** - See April recap.

12 - Mother's Day Sunday - **Run Mama Run** - It's the 10th annual Mother's Day Run Mama Run, with proceeds going to Mother & Child Education Center. For more information and to register, visit runmamarunpdx.org.

19 - Sunday - FREE Tree I.D. Walk*

18 & 19 - Saturday and Sunday - **Mt. Tabor Art Walk** - The 12th annual Mt. Tabor Art Walk showcases the many artists who live in our beautiful neighborhood. It is designed to promote high-quality visual art in a variety of media within the unique setting of the Mt. Tabor neighborhood. Visit mttaborartwalk.com for artists' profiles and a tour map.

25 - Saturday - **Weed Warriors Habitat Restoration****

June

1 - Saturday - **Donate Life Tabor Trot** - 9:45am–noon - Presented by Community Tissue Services, the pet- and family-friendly Tabor Trot brings together the unique Donate Life family—Donor Families, Transplant Recipients, Living Donors, and Community Supporters—to celebrate and honor the gift of life made possible by organ, eye and tissue donors. It's also a fundraiser for Donate Life Northwest programs. Visit tabortrot.com to register.

Wednesday Evening **Circuit Races** - Sponsored by River City Bicycles. The course is a tough, 1.3-mile hilly and curvy circuit that encircles the upper reservoir and passes by the caldera of the ancient volcano that formed Mt. Tabor. Each lap has 136.6' of climbing. Nightly cash and/or product prizes in every race! Visit mttaborseries.com for details.

16 - Father's Day Sunday - FREE Tree I.D. Walk*

29 - Saturday - **Weed Warriors Habitat Restoration****

* Join Bob Rogers on the third Sunday of every month as he leads visitors on a tour of some of the park's most notable trees. Meet at the Visitor Center at 2:00 rain or shine.

** 9:00 a.m.–noon - Join us on the last Saturday of the month from May–October as we restore health to the park by removing invasive plant species. Meet at the Visitor Center by the main parking lot, and wear durable long pants and long sleeve shirt. If you have heavy-duty gardening gloves and supplies, please bring them; otherwise, we have loaner items. Plan to come 5–10 minutes early to sign-in. If you arrive late, we'll have information at the sign-in table regarding our whereabouts.

(cont'd.)

July

Wednesday Evening **Circuit Races** - See June recap above.

21 - Sunday - FREE **Tree I.D. Walk***

27 - Saturday - **Weed Warriors Habitat Restoration****

August

4 - Saturday - **Get Your Rear in Gear 5k** - Join the Colon Cancer Coalition's grassroots movement to raise awareness and screening rates for colon cancer. Details and registration at donate.coloncancercoalition.org/Portland.

17 - Saturday - **PDX Adult Soapbox Derby** - Thrills, chills, and plenty of spills. Note: This event draws upwards of 5,000 spectators to the park and may not be suitable for dogs or small children. As usual, all dogs **MUST** be leashed while in the park. Visit the PDX Adult [Soap Box Derby website](#) for more details.

18 - Sunday - FREE **Tree I.D. Walk***

31 - Saturday - **Weed Warriors Habitat Restoration****

September

10 - Tuesday - **Friends of Mt. Tabor Park Picnic** - 5:30pm – 7:30pm. Come meet the Friends of Mt. Tabor Park at our annual potluck picnic; learn about what we do and how you can help. Meet at Picnic Area A next to the main parking lot.

15 - Sunday - FREE **Tree I.D. Walk***

28, Saturday - **Weed Warriors Habitat Restoration****

29 - Sunday - **Tar 'n' Trail Park Benefit Run** - Join this annual family-friendly 5k/10k run/walk, where ALL entry fees go directly to the Friends of Mt. Tabor Park! Register [online](#) and help support our efforts.

October

20 - Sunday - FREE **Tree I.D. Walk***

26 - Saturday - **Weed Warriors Habitat Restoration****

* Join Bob Rogers on the third Sunday of every month as he leads visitors on a tour of some of the park's most notable trees. Meet at the Visitor Center at 2:00 rain or shine.

** 9:00 a.m.–noon - Join us on the last Saturday of the month from May–October as we restore health to the park by removing invasive plant species. Meet at the Visitor Center by the main parking lot, and wear durable long pants and long sleeve shirt. If you have heavy-duty gardening gloves and supplies, please bring them; otherwise, we have loaner items. Plan to come 5–10 minutes early to sign-in. If you arrive late, we'll have information at the sign-in table regarding our whereabouts.

2018 Annual Picnic

-Laura Mason

Despite the high temperature, poor air quality, and yellow jackets, we managed to enjoy each others' company and tasty food offerings last August.

Mary Kinnick provided us with an update on the Stewardship campaign. Plus, we had a great collection of door prizes, including Danner boots, dinner for two at Sayers, rose bushes, and much more.

To increase the chances of more comfortable temps, the 2019 Annual Picnic will be held a month later than previous years on September 10 at 5:30. Please come!



Mt. Tabor's Trees Are Good for Your Health

-Rachel White

The flowering cherry trees, big-leaf maples, Douglas-firs, and more than thirty other tree species found in Mt. Tabor Park create an urban retreat and help the whole neighborhood feel like a sanctuary. In addition to bringing us shade and natural beauty, trees also affect our physical well-being. Forest Service scientist and FMTP member Geof Donovan studies the benefits we derive from urban trees and has made some intriguing discoveries.

After years of researching the effects of urban trees on energy use, crime, and property values, Donovan began to wonder if he was overlooking a more fundamental relationship: the effect of trees on human health. He began investigating this link, and his results reveal unequivocally that the human health benefits of trees far outweigh all other benefits combined.

In one study, Donovan found a link between urban trees and healthier newborns. He compared tree cover around the homes of nearly 6,000 women who delivered babies in Portland in 2006 and 2007. To rule out other possible effects, he controlled for over a hundred variables, including the mother's age, ethnic background, household income, education, and prenatal care.

He found that tree canopy cover within 50 meters of a mother's house reduced the risk of her baby being born underweight. Since he published these results, eleven subsequent studies around the world have confirmed this link.

Probing further, he looked at what happens when people are exposed to large-scale tree die-offs. He analyzed counties in the Midwestern U.S. where the emerald ash borer has killed 100 million ash trees since 2002. "Because it spreads quickly and kills trees completely, the emerald ash borer provides a unique opportunity to quantify the human health impacts of widespread tree mortality," he explained. "It's essentially a tree removal exercise."

The study's results showed that the tree die-off was associated with increased human death rates through cardiovascular and lower-respiratory mortality. Specifically, the emerald ash borer die-off was associated with over 21,000 additional human deaths over six years across fifteen states.

Other research has shown that spending time in natural environments can reduce stress and increase physical activity. Research also shows that urban trees remove over 700,000 metric tons of air pollutants every year. Any of these mechanisms could explain the positive effect of trees on human health.

More recently, Donovan uncovered a new twist. During a sabbatical in New Zealand in 2017, his research revealed that exposure to the natural environment can protect against the development of childhood asthma. Specifically, his work sheds light on the "hygiene hypothesis," which suggests that childhood exposure to micro-organisms can enhance the development of the immune system. This could explain why developed countries, with their advanced sanitation practices, experience higher incidence of childhood asthma.

Interestingly, biodiversity seems to be a key factor. "We know that exposure to the natural environment can have an effect on human health," said Donovan. "But we wanted to see if the type of natural environment makes a difference. We found that not all greenness is equal. Biodiversity matters. Green is good, but more biodiverse green is better."

Published in *Nature Plants*, the study is the first to show that exposure to biodiversity can improve our health. Donovan now considers urban trees to be a potent and undervalued piece of the public health infrastructure. It's just one more reason to cherish the trees in Mt. Tabor Park!

Trails Committee Update

and the story of Mt. Tabor Trails, all you need to know

-Dennis Puetz

When is the last time you took a walk in the woods? If you're lucky enough to live close to Mt. Tabor Park, chances are it was recently. Several studies quantify the benefits of getting outside (see previous page), and what better way to do so than exploring the trails of our beloved park?

Mt. Tabor's trails are synonymous with Bertha Guptill. She has become known as the "Grande Dame of Mt. Tabor" (see page 15). Without Bertha, there would be no trails; she championed the idea from beginning to end.

FMTP had a small bank account in the early years; one source of income was from collecting bottles and cans in the park and turning them in for the deposit money, a task Bertha took on. With donations, a vision, and hard work, the trails became a reality in 2009.

There are three trails (click on each trail for map):

Red Trail: 1.0 miles

Blue Trail: 3.0 miles

Green Trail: 1.7 miles

The trails have become very popular with locals and visitors. Our newly designed full color [trail brochure](#) (by Martrese Beck) is now available at the Mt. Tabor Information Kiosk next to parking lot.



Bertha Guptill, 2018



Trails maintenance party, June 2017



Trail facts you may not know:

- Number of trail posts: Red-13, Blue-27, Green-15
- Lumber needed for all the posts on each trail: Red-78ft, Blue-162ft, Green-90ft
- Total lumber for all posts: 330 ft of 4"x6" post material (see image at right)
- Number of 2 ft. hand dug holes for all the posts: 55
- Most popular trail: Red
- Which trail goes around all three reservoirs: Blue
- Which trail does not go around any reservoirs: Red
- Which trails are laid out counterclockwise: Red and Blue
- Which trail is laid out clockwise: Green
- Who made the trail posts: Don McTaggart, Parks Supervisor (Red trail, Blue trail), and Steve Grove (Green trail)
- Bicycles are not allowed on the unpaved sections of the Green trail.

After the creation of the trails, a new committee was formed. The committee soon realized that the trails and the posts would need to be maintained. Beau Russell, the first Trails Committee leader, with the help of others, performed these tasks.

Dennis Puetz took over as Trails Committee coordinator in 2017 and assumed these duties along with coordinating the Foot Patrol. Today the trails are maintained through a "Trail Adoption" program. Maintenance is done twice a year, usually in June, and again in September. Trail maintenance performed by: Patricia Morgan - **Red** trail, Dave Beltz - **Blue** trail, and Steve Bingold - **Green** trail; Ellen Simmons is taking over Red Trail in 2019.

Interested in getting involved by volunteering with trail maintenance? Assistance is always appreciated. Volunteering is a fun way to meet other FMTP members and become more familiar with the park's trails system while giving back to the community. Please contact us at taborpatrol@gmail.com to join the next work party.



Visitor Center Report

-Dave Hillman, Visitor Center Coordinator
and center volunteer John Fulbright

As it has been for the past seven years, the Park Visitor Center continues to be a huge success. We have continued to grow in terms of the number of volunteers involved, the number of hours we are open, the number of maps, brochures, pamphlets, etc. available for visitors, and most importantly the number of visitors received. This year we greeted our 50,000th visitor in September and at years end, have greeted over 53,000 visitors since our inception in October, 2011! Much of the Visitor Center's success has to do with the cadre of great volunteers, including John Fulbright who has prepared the following report.

2018 was another remarkable year with many reasons to cheer, celebrate, and even wonder what more might we accomplish! We have ten active volunteers, and some have been volunteering for six or more years. These volunteers have accumulated forty-four years of service in the Visitor Center. That number also means that we are able to open the Visitor Center six days a week for approximately thirty to thirty-five hours per week. The expanded hours bring more visitors, and 2018 saw 12,346 visitors. In our total of seven years of being open, we have now hosted over 53,000 visitors from all over the northwest, the United States, and much of the world. Thank you volunteers!

Significant accomplishments this year include:

- The September arrival of our 50,000th visitor (a family from Ashland and Portland), who received a framed poster to mark the occasion.
- Hanging and displaying the two previous and totally filled up bulletin boards with visitors pins denoting their respective homes.
- A totally reorganized second Visitor Center display room with more shelving and floor space.
- An improved method of providing park reservation information for volunteers, enabling them to better answer questions from visitors as to where their event are taking place in the park.
- Selling embroidered FMTP logo products vs. previous silk screened products.
- Partnering with area artists and selling their products with commissions coming to FMTP.
- Additional maps, brochures, and pamphlets from PP&R, BES, PDOT, Metro, State of Oregon, National Park Service, and regional visitor centers.
- Turning over unclaimed lost and found items to Goodwill (clothing), Lions Club (glasses), and PPB (wallets, phones and keys).
- Printing "tear off" stickers with the FMTP logo to give to children, and, yes, even to some of the adults.
- A "thank you" pizza party at Flying Pie Pizza for all volunteers, artists, and key supporters of the Visitor Center.

(continued)



Dave Hillman with products for sale at the Visitor Center

Our concerns pertain to the building housing the Visitor Center as well as the park in general. First, let me address the building itself:

- The building was built, we believe, in the late 1950s or early 1960s. The old blue floor tiles are breaking and rapidly coming apart. We believe that they are asbestos and should be replaced or sealed.
- The outside east wall next to the stairs leading to the basement is cracking and coming apart. The crack is perhaps five feet long and varies in width from hairline to ¼”.
- The roof of the building is a total mess. Weeds, moss, and other debris are growing nicely, and the roof has not been totally cleaned in over a year. As a result, gutters are filled with debris, and causes the roof to get in worse shape.
- We need more space for the Visitor Center. The building once housed the park zone

office but has not been used for that purpose for several years. The office space is now used by a single park tech for about one hour per day, and contains approximately 330 square feet. Our Visitor Center, often filled to capacity, has 200 square feet. Can PP&R move the park staff to a smaller portion of the building and increase our space? This allocation of space could easily be accomplished with the fabric covered, portable walls.

Concerns regarding the park in general:

- We have a total lack of Ranger support. When called upon, they do not respond. When we call the Ranger office, there is no answer, or (this is an actual case) “we cannot answer the phone now as we are in a staff meeting”. At times the Rangers will stop by the Visitor Center for a brief visit. This is great, but there is no response when really needed!
- Park roads are in critical condition, to the point of being a safety hazard for pedestrians

and cyclists. This is brought to our attention on a regular basis by visitors. The same goes for the restrooms. There is never a day that visitors don’t come into the Visitor Center and say, “The toilets are clogged and overflowing.” The toilets need more than a plunger! They need to have the sewer lines cleaned out and/or replaced.

In summary: I believe that in the seven years since the opening of the Visitor Center, we have become true ambassadors for PP&R. We have set an example by bringing new information to the public, teaching children to become stewards of the parks, certainly adding a significant amount of new revenue for the parks. We have brought more attention to the park educational programs, the community centers, and the ability to reserve the park for significant events. We love being in the park and certainly hope PP&R wants to continue the partnership.



The center shares space with the park tech and Weed Warriors

Treasurer's Report

-Isabel Johnson

The Friends of Mt. Tabor Park finished 2018 in good financial health. Total donations from individual members increased for the fourth straight year and were up 29% over 2017. Thanks to the generosity of our members, FMTP was able to fully fund the Weed Warrior coordinator position after losing City funding in 2016. The Weed Warrior program accounted for the majority of FMTP's expenditures for the year. The Visitor Center and the Tar 'n' Trail run are the next major source of funding for the organization and in addition to helping fund the Weed Warrior program, they contribute to the long-term financial health of the organization. In 2018, FMTP was able to fund plantings near the summit restroom.

Please see the table at right for the Friends of Mt. Tabor Park Statement of Income and Expenses for year ending December 31, 2018 (not including the funds raised and expended for the Weed Warriors Stewardship endowment fund).

Income:

Individual Memberships:	\$ 9,724.00
Other donations:	\$ 2,175.85
Visitor Center:	\$ 6,667.50
Tar n' Trails Run	\$ 1,631.00
Total income:	\$20,198.35

Expenses:

Weed Warrior Program	\$7,705.57
Summit Restroom Plants	\$438.75
Visitor Center	\$5,616.62
Administrative	\$ 871.96
Brochure	\$2,411.99
Foot Patrol Program:	\$249.50
Square Fee:	\$185.19
Total expenses:	\$17,479.58
Net income:	\$ 2,718.77

Net Assets as of December 31, 2018:

Unrestricted Net Assets:	\$35,646.25
Temporarily Restricted:	\$0.00
Total Net Assets:	\$35,646.25



Weed Warriors Update - Winter 2019

-Lise Gervais, Friends of Mt. Tabor Weed Warriors Volunteer Program

Friends of Mt. Tabor Park Weed Warriors continues to work to improve the ecological health of the Park by removing invasive species, planting native plants, and encouraging the wonderful volunteers who come out each month to help us with this mission. There are now about thirty PP&R-trained Weed Warriors Crew Leaders. Their enthusiasm, dedication, and great stories continue to inspire me.

We've been joined in our efforts by many volunteers who come to our events as individuals, with friends or family members or from groups such as Passion Impact from Franklin High School, Lincoln High School Honor Society, Riverdale High School, College Possible, The Blueprint Foundation, Warner Pacific First Year Learning class, PSU Omega Delta Phi Service Club, Bank of America, Golden Leaf, New Seasons, Access Corp., Ernst & Young, and Bank of America. The Nature Conservancy/PP&R/Friends of Mt. Tabor Weed Warriors Stewardship Event in September went very well, and we are looking forward to teaming up again this year on Saturday, September 28, 2019.

In addition to our regular Last-Saturday-of-the-Month work parties, a few Crew Leaders weeded and mulched with four-

eight-year-olds and their grown-ups from PP&R's True Nature: Mentoring and Community Building class. This was our fourth stewardship event with this ongoing class.

In November, Anne McHugh's Environmental Science class from Franklin High School joined a few Crew Leaders for a project to create habitat piles for birds and salamanders to nest, rest, and forage. The class is planning to return next month to plant some natives in an area that Weed Warriors previously cleared of introduced, destructive plants such as Himalayan blackberry, clematis vitalba, and English ivy.

Our Friends of Mt. Tabor Park Weed Warriors Stewardship Coordinator Emily Lytle continues

to do an exceptional job of planning and leading our Last Saturday of the Month events. Mary Kinnick continues her tireless work fundraising to keep the Stewardship Coordinator position sustainable into the future.

Emily Lytle has been coordinating with our Portland Parks liaison David Grandfield and Park Ecologist Steve Lower to plan for the upcoming Weed Warrior Season. Our first work party is on **Saturday, March 30, 9am – noon.**

This year's Crew Leader trainings will take place on **Saturday, February 23** and **Saturday, March 9**, from 10am to 2pm. If you, or anyone you know, is interested in attending one of these trainings, please contact Emily Lytle at emily.fmtpp@gmail.com.



A photograph of a reservoir at dusk. The sky is a deep blue, and a full moon is visible in the upper right. The water is calm, reflecting the moon and the lights from the shore. In the foreground, a large group of ducks is swimming in the water. The background shows a line of trees and a small building on the shore.

**“I’ve always had a duck
personality. Calm above water,
feet going crazy below.”**

-K. Flay

The moon sets behind
Reservoir No. 6 on Mt. Tabor.

Photo by Martrese Beck

Meet The Members: The Grande Dame of Mt. Tabor, Bertha Guptill

-Dennis Puetz/John McLaren

Reprinted from Southeast Examiner in 2009 and originally written by John McLaren (FMTP member); introduction by Dennis Puetz

“Meet the Members” articles began in 2012, as a way to spotlight active Foot Patrol members, and in some cases give special attention to outstanding volunteers. Being selected as the subject of a “Meet the Members” article is an honor.

There are few people in the history of Friends of Mt. Tabor Park, that deserve more appreciation and thanks than Bertha Guptill. She is one of the original members from the year 2000 who tirelessly dedicated themselves to cleaning the park up and restoring safety for all users/visitors.

Bertha Guptill is an active champion of Mt. Tabor Park, even now at age 99, soon to be 100 in March 2019, and you might expect she would let others care for the park. She is best known for promoting development of a network of trails over which she regularly treks. She may be the only living person to have a tree planted in her honor in the park, a robust Western Red Cedar that she calls her “memorial tree.”

Bertha Guptill was first attracted to the park more than seventy years ago as a student at Jefferson High School. She and a friend wandered around the reservoirs, relishing the views, and peace and tranquility offered by the park. In the late 1940s, she enjoyed taking her son to a wading pool on the east side of the park. “Those were simpler times,” she recalled. Later on, she was involved in a

campaign to reclaim the park from hard drinkers and drug users who were taking it over. “Our goal was to make the park more family friendly,” she said. Initial efforts twenty years ago focused on improving the pathways for the neighborhood and for visitors.



Neighborhood residents pitched in to install or improve plumbing and electrical connections. In time, the 196-acre park was again a welcoming place for children, dogs, and anybody seeking peace and quiet in a bucolic setting.

Still, something more was needed. “For many years, Bertha Guptill wanted to have some marked trails in the park. She thought it would be great for the many people who come to enjoy Mt. Tabor to have trails identified with distances and route markers so they could find their way,” according to FMTP newsletter.

Guptill took the lead in designing and developing a system of three pathways (known as the Red, Blue and Green trails), together extending more than eight miles through and around the park. Money to support the project was raised through donations, and by FMTP “foot patrol” collecting park litter, cans and bottles, that Guptill redeemed for cash. Park Supervisor McTaggart said, “It was my distinct pleasure to work with Bertha on her trail marking project and to help her in any way I could. Bertha is such a delight to be around, so full of energy and always with such a positive spirit. It keeps her young, you know.”

Guptill has lived in a house about a block from the park’s east side for thirty-two years and looks at least 20 years younger than her actual age; in March 2019, she will be 100 years young! “I’m just lucky I have good genes. I do try to take care of myself, and I’ve always been active,” she says. She doesn’t like to dwell on her longevity because many people expect anyone her age to be limited in some way, although it’s not a concern for her.

Next time you are on one of the trails ([Red, Blue, or Green](#)) think of how much work it took to design, coordinate, fund, and install the markers that define the trails; think of Bertha Guptill, a true pioneer of Friends of Mt. Tabor Park! Thank you, Bertha!

Today the Trails Committee is responsible for maintaining the trails and the posts: cleaning, painting, and repairing.

Update: Mt. Tabor Reservoirs Preservation Project

-Bing Wong

The Portland City Council allocated \$4,000,000 to restore and maintain the historic Mt. Tabor reservoirs and provide an interpretive program to tell the history of the city's water system through a collaborative effort of a committee composed of Portland Water Bureau personnel and Mt. Tabor neighborhood representatives.

Visitors to the park this past year saw several improvements to the reservoirs and structures. Windows and doors to reservoir structures have been replaced or repaired. The extremely weathered south parapet wall to Reservoir #1 was repaired to historic specifications (see photos below), and leaky roofs have been repaired or replaced. Reservoirs #5 and #6 were drained, repaired, inspected, and some new damage was identified in the process. Future repairs with funding priorities will be decided by the committee. The historic little fountain located on the north side of Reservoir #1 has been repaired, and water flows in and out. The 1894 date on top of the fountain is the only documentation of the fountain's age (see photos on next page).

The committee roster changed during 2018 as retirements occurred at the Portland Water Bureau and Parks & Recreation. However, members from the neighborhood remained unchanged.

In January 2019, two reports were presented to the Portland City Council: the Annual April 2016–April 2018 Report and a semi-annual May–October 2018 Report were presented together at a regular City Council meeting. Some Portland Water Bureau and Mt. Tabor neighborhood members were present (see photo on next page).

The Reservoir #1 basin work for the 2018–2019 budget went out for bid and work will start in the spring. Visitors have inquired why the reservoir has been empty for many months. The reservoir had undergone several inspections and repair options were identified. Contractors interested in bidding the work needed access. The reservoir will remain empty until the work is completed. Other work will be contingent on the cost of these repairs.

The first community outreach for the Interpretive Program took place and responses were compiled. Historic Research Associates presented to the committee some examples of displays and materials. Much work remains for display content, locations, and accessibility, and this will be done in 2019.

Community committee members are John Laursen, Stephanie Stewart, Kim Lakin, and Bing Wong. Laursen, Stewart, and Wong are Mt. Tabor Neighborhood Association board members. Wong is also on the Friends of Mt. Tabor Park board.



Reservoir #1 south wall repair in progress.



Reservoir #1 south wall after repairs

Mt. Tabor Reservoirs Preservation Project (cont'd.)



Reservoir #1 fountain before restoration



Repair in progress.



The final result



The new fence at Reservoir No. 5



1/23/19 - Mt. Tabor Historic Reservoirs Preservation report to City Council by Portland Water Bureau and MTNA's Stephanie Stewart and John Laursen



Membership Report and Dues

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At the end of 2018, the number of Friends' memberships stood at 112, representing 146 individuals (since several memberships are for families). The recently completed Stewardship drive lists 294 memberships, generally one-time donors, but still a significant group of those who support the Friends. At the beginning of 2019, we already have a healthy 88 memberships, representing 116 people.

Joining can be achieved in two ways. The old-fashioned, low-tech way is to send a check to FMTP, 7705 SE Market St, Portland, OR 97215. The other way to join is online at www.taborfriends.org/membership, and click the "Join FMTP" button. Basic membership is \$15 annually and includes all in a family. Additional donations are welcome, and all are tax-deductible, as FMTP is a 501(c)3 non-profit organization.

At the end of the year, FMTP would like to acknowledge those who have given more than \$25 to the group. Here is our "Honor Roll" for 2018, with the levels of giving designated by different trees:

\$25 - \$49.99 - Linden

Baller, Gretchen
Beck, Martrese
Beltz, David A.
Bohannon, Sherry
Carlson, Jeffrey & Makinen, Lori
Creel, Brad
Crispino-Taylor, Anne & Taylor, Robert
Christman, Beverly
Endacott, Rod
Freudmann, Talya
Goodman, Betsy
Guptill, Bertha
Hard, Thomas M.
Hecht, Margriet
Lawler, Randall
LeCavalier, John
Leistner, Paul
Livingstone, Laurie
Lloyd, Darvel
Lukacs, Chuck
MacKay, Betsy & Jim
Mason, Laura & Mark
McCarthy, William & Suzanne
McWilliams, Robert & Mary
Mealey, Joe
Nicola, George T.
Nussbaum, Steven
Pritchard, Hap
Russell, Beau & Nancy
Ryan-Baxter, Barbara
Souvignier, Douglas
Stewart, Joelle
VanKrieken, Fred
Williams, Rosalie

\$50 - \$99.99 - Red Leaf Maple

Alloway, Linda
Bishop, Lynda
Carlson, Todd
Corrigan, Phyllis & Dennis
Darch, Alison
Dougherty, Molly & Alton, Cliff
Duckwall, Larry & Baumann, Carol
Feller, Amy E.
Graham, Janet
Haliburton, Melanie & Andy
Hawkins, Sarah
Hicks, Gary & Bangert, Kathleen
Kast, Phillip
Kay, Ron & Lynne
Kuehnl, Cathy & Bruce
LaPaglia, Nancy & Slusarski, Stephen
Lawson, Barbara & Terry
McLaren, Jessica
Moon, Robert
Powell, Michael & Alice
Puetz, Dennis
Rahe, Stephen
Sheibley, Kathryn
Smith, Julia
Steely, Robyn & Seaman, Varner
Williams, Janis & Clark

\$100 - \$249.99 - Red Alder

Baker, Sarah
Bingold, Steven
Brim, Evona
Carmody, Gloria
Ellis, Joy
Ganey, Steve
Gold, Stephen

Goodwin, Donna
Harper, Joanna
Hillman, Dave & Guin
Horse Brass Pub
Horwitz, Joel
Ketola, Emily
Kinnick, Mary & VanCleave, MaryBeth
McQuade, Dot
Nguyen, Kieu-Thu
Olinger, Catherine E.
Olinger, Christopher
Puetz, Adriane
Quetel, Mike
Rence, Brad & Eileen
Rubinstein, Ellen & Baudhuin, Josh
Sage, Jane
Sany, Rick & Lynn, Nancy
Simmons, Ellen P.
Soll, Adam & Melissa
Taylor, Daniel & Linda
White, Rachel

\$250 - \$499.99 - Madrone

McLaren, John H.
Rotert, Joel & Lipske, Joanna
Schloe, Roger & Margret
Wong, Bing

\$500 - Sequoia

anonymous
Leupold, Norbert & Christine