



Actual Spectrum Residents

Life with... independence

Discover the freedom that comes with fewer responsibilities.

- Anytime dining – our dining room is open from 7am-7pm. Now serving three meals per day, and offering a fresh salad bar
- Washer & dryer in all apartments
- Wellness Center with state-of-the-art Technogym® equipment
- Studio, one, and two bedroom apartments
- Large, walk-in closets

541.378.4332
2951 Coburg Road • Eugene, OR 97408
CrescentParkSeniorLiving.com 
Half mile north of the Beltline on Coburg Road



Crescent Park SENIOR LIVING

A SPECTRUM RETIREMENT COMMUNITY 

Please Join Us!
Parade of Homes
Thursday, May 28 • 3-5pm
Please RSVP

COTTAGE GROVE SENTINEL May 6, 2015 11A



photo by Jon Stinnett

Families of Canada Geese and their goslings cavort together at Cottage Grove's Row River Nature Park, a bird-lover's paradise that's easy to access.

Springtime is for the birds



BY JON STINNETT
The Cottage Grove Sentinel

Springtime in the southern Willamette Valley means warmer temperatures and longer days, and spring also offers a natural alarm clock of sorts for those who now find themselves serenaded into their waking hours by a symphony of bird-song.

Yes, spring in the valley also means the arrival from their winter homes and burgeoning activity of hundreds of species of birds, and lately it's easier than ever to notice their impact and appreciate the contribution of birds large and small to the natural splendor of the Cottage Grove area.

I was reminded of the nearness and power of the bird world again last week, when a small flock of goldfinches perched on two trees in my family's front yard in town. Complex and mellifluous, their song rivaled any human composition, a song that arrived in stereo as the birds spread out throughout nearby tree canopies before finally flitting away after a stunning several-minute display. Later that morning, purple martens seeking a nesting site under the eaves of the houses in our neighborhood again filled the nearby sky with action and song, while overhead, jays and crows argued between themselves on a dead tree snag.

"It's in full swing right now," local "birder" Barbara Butzer

said of the bird migration that brings so much life to this area's air, its treetops and waterways. Butzer organizes outings of the "Coast Fork Birders," a group of bird aficionados that now finds itself under the umbrella of the Coast Fork Willamette Watershed Council. Its leader, Julie Parker, took the group to Cottage Grove Reservoir on a recent Saturday, and Butzer near-breathlessly described the many wonders the group saw that day, including the chasing of swallows from a nest by a group of starlings, a juvenile bald eagle catching and eating a catfish and the courtship of two ospreys witnessed in the physical act of birdy love.

"There was all this activity everywhere," Butzer said. "It was very exciting."

Both Cottage Grove and Dorena Reservoirs offer excellent bird-watching opportunities, with gaggles of geese and shorebirds now populating the shorelines and predators like kingfishers plying their waters for fishy subsistence for the young in their nests. In addition to these sightings, Butzer pointed out the arrival of many species of swallows, the imminent arrival of Western Tanagers and of course the purple martens, the subject of the Watershed Council's May Science Pub lecture at the Axe & Fiddle Pub.

For this author, it's hard to beat the Row River Nature Park for an accessible, comfortable and often jaw-dropping birding experience in this area. A visit there last week found duck and goose families thriving with handsome clutches of ducklings and goslings, families that play water games together as they splash about in their wetland homes. Nearby, great blue herons keep a sentinel's watch over their own water holes, their spearlike beaks at the ready for

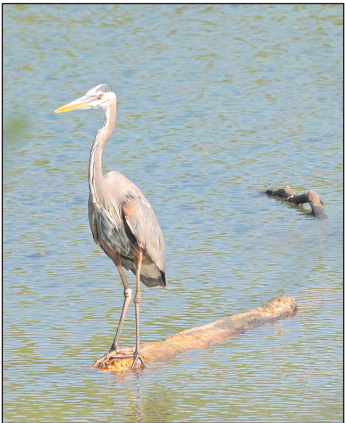


photo by Jon Stinnett
Great Blue Herons cut a handsome profile as they scan the waters for prey.

any sign of a hapless fish swimming by. Overhead, ospreys chat between themselves and scan the horizon for fishing opportunities. After all, they've got their own mouths to feed in a brambly nest high above the river. Around each bend at the Nature Park sits a new pocket of water and vegetation with its own bird inhabitants, and it's easy to amble among them for hours with nary an intrusion from the outside world.

Butzer answered many of my questions about recent bird visitors, though she recommended reaching out to the Lane County Audubon Society for bird-related queries involving local sightings. Their website can be accessed at laneaudubon.org or by calling 541-485-2473. More information on larger bird migrations nationwide and worldwide can be accessed through the Cornell Lab of Ornithology. But wherever you find them, stay safe and Happy Birding!

The CG Daytripper celebrates the plethora of amazing outings that can be undertaken from Cottage Grove in the span of a single afternoon. Ideas for the column can be emailed to cgnews@cgsentinel.com.



Celebrating National Nurses Week

PeaceHealth was established in Oregon 79 years ago by the Sisters of St. Joseph of Peace. We continue this founding story and our connection to the heritage of the Sisters through the ongoing ministry of compassionate and dedicated service to this community.

Today, the Spirit of Healing lives on in the nearly 1,700 registered nurses and many other nursing professionals who provide exceptional medicine and extraordinary care for every patient, every day.

PeaceHealth is proud to recognize our nurses during National Nurses Week – and all year long – as we celebrate their dedication to this noble profession.

Caring: You are there for every person, every time, every touch.

Compassionate: You exceed our patients' expectations for excellence through your profession and presence.

Committed: Your commitment to quality patient care has made a difference in thousands of lives.

We are proud to honor the Spirit of Healing embodied by our talented nursing staff who carry on the PeaceHealth

We appreciate you. We thank you!



SAGINAW VINEYARD

LIVE MUSIC EVERY FRIDAY

NO COVER CHARGE 6-9pm

Fri, May 8Joann Broh Trio - blues, jazz, Motown

Fri, May 15Calvary Creek - folk-style rock

Fri, May 22Cowboy Cadillac - country, classic rock

Tonight is outdoors, weather permitting so bring a chair!



Open daily 11 am for complimentary tasting.

942-1364 • www.saginawvineyard.com

PROBLEMS UNDERSTANDING SPEECH?



Please give us a call for a hearing evaluation to see if we can help.

Celebrating 20 years of providing the best customer service in the business.

Grant Gording, BC-HIS
Board Certified in
Hearing Instrument Sciences



**FREE Hearing Screenings
FREE Hearing Aid Checks & Cleanings
Just call to schedule an appointment!**

Grant's Hearing Centers
www.grantshearing.com

**Cottage Grove
1498 E. Main Street**

541-942-8444