

simplicity...

Explore...

POULSBO

great community...

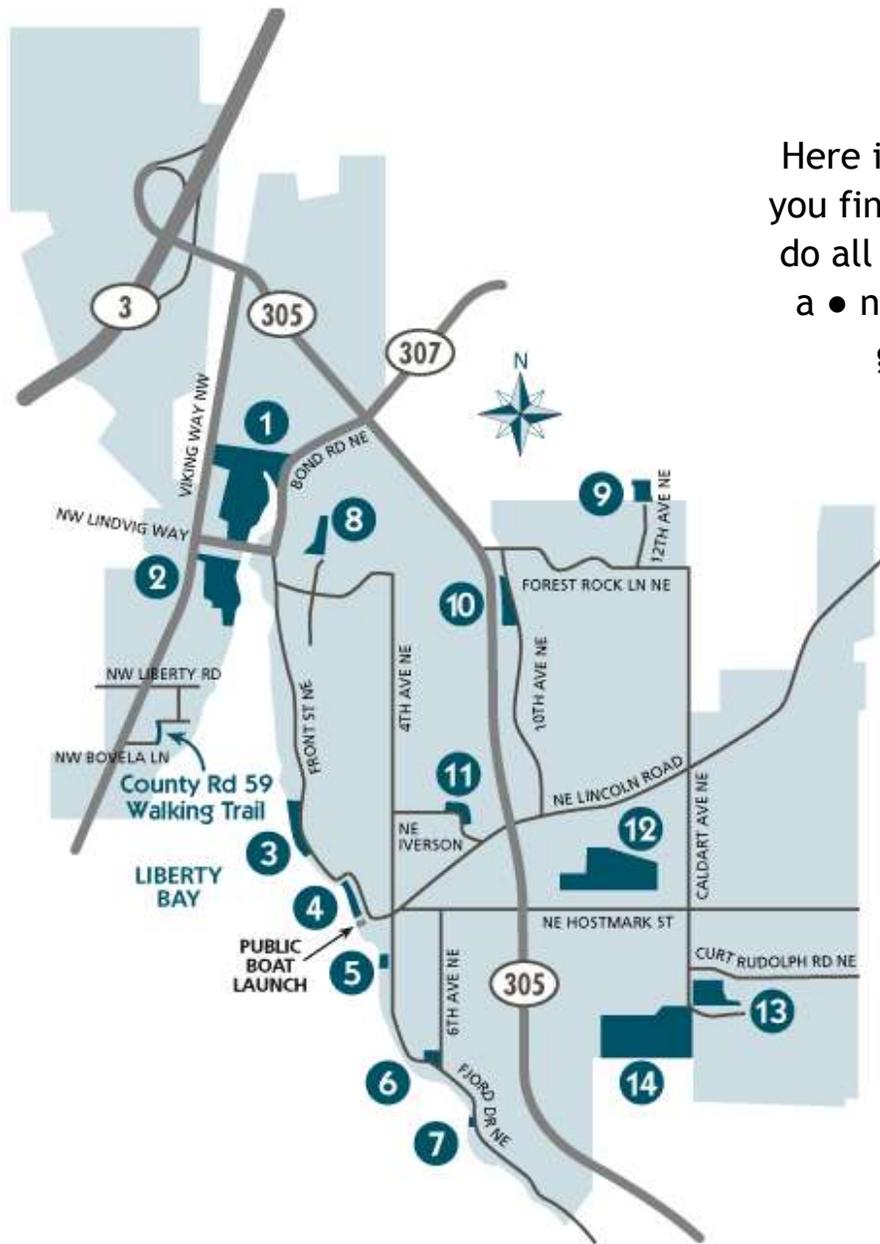
rich history...

Little Norway...

Stunning parks...

NATURE...

Here is a map of all of Poulsbo's parks to help you find your way around. You may not want to do all of the activities in the book, so look for a ● next to activities for grades K-2, a ♪ for grades 3-4, and a ◇ for grades 5-6.



- 1 Poulsbo's Fish Park
- 2 Nelson Park
- 3 American Legion Park
- 4 Liberty Bay Park
- 5 Net Shed Vista Park
- 6 LIONS Park
- 7 Oyster Plant Park
- 8 Betty Iverson Kiwanis Park
- 9 Forest Rock Hills Park
- 10 Hattaland Park
- 11 Centennial Park
- 12 Wilderness Park
- 13 Austurbruin Park
- 14 Frank Raab Park

Fish Park



Sit in a quiet spot for five minutes. Close your eyes and listen to the sounds of nature. Don't talk. Then open your eyes and write a poem called a haiku. A haiku is a short poem with three lines and a 5-7-5 syllable structure, such as:

Birds call back and forth (5 syllables)

While fish leap with joyous grace (7 syllables)

Today at Fish Park. (5 syllables)

Fish Park has five main rules. Look for the sign near the information board at the parking lot to find out what these are. All the rules are important, but which rule do you *personally* think is the most important? _____.

Why were these rules created? How do they help nature? _____

Are there any other rules you think Fish Park should have? What would they be? _____



Count the Bird Boxes! •♪◇

Count how many bird boxes are in Fish Park. Be sure to walk all the trails in the forested area for an accurate count. Write the number here: _____



Fish Park BINGO! Try to get five in a row:

		FREE SPACE		

Make Your Own Birdhouse!

Birdhouse Craft Supplies

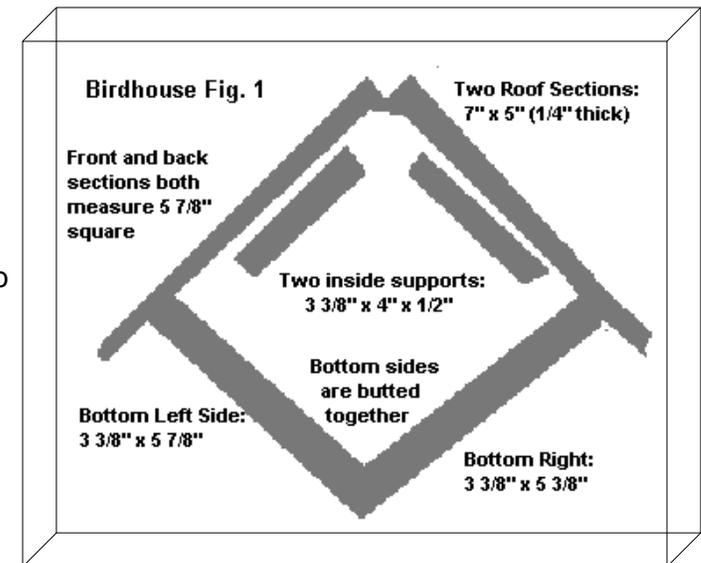
- hammer and 1/2" finishing nails
- waterproof glue
- sandpaper
- drill with 1-3/8" hole, saw, and 1/4" drill bit
- 1/2" plywood in sizes shown in Figure 1, for two bottom sides and two inside supports
- 1/4" plywood for two roof sections, each 7" x 5"
- 1/4" plywood for the front and back sections, each 5-7/8" square
- 5" length of dowel to finish the top
- An adult to help you cut and nail the wood

Assembly Instructions:

1. Before proceeding with each joint, start the nails, tapping into position, then apply waterproof glue along the joint edge.
2. Butt and glue the two bottom sides together as shown in Fig.1
3. Next, glue and nail the back section to the bottom sides.
4. Glue and nail the inside supports; see Fig. 1 for positioning on the back.
5. Using the 1 3/8 in. drill bit; drill a hole in the front section so that the top of the hole is 2" down from a corner. Sand the edges smooth, and sand all other inner parts of the bird house before nailing down the front.
6. Glue and nail the front to the bottom sides and the inside supports.
7. Position roof sections so that they meet, but do not butt at the top. Glue and nail the roof sections into place. The roof overhangs the sides, as shown.
8. Glue the 5" dowel in the channel between the roof sections to complete this joint.
9. Sand all surfaces.

Note: The size of hole that you make in your bird house and its height above ground will determine, in part, what kind of bird your bird house attracts. Also, remember not to put a perch on your birdhouse as it allows aggressive birds to attack baby birds and their parents inside the nest.

Be sure to have an adult help you!



WHICH ANIMAL ARE YOU?



Answer the questions to find out which Fish Park animal you would be.

1. Your friends ask if you want to hang out. You:
 - a. thank them for inviting you, but your mom wants you to clean your room and you have to do that.
 - b. agree, even though you have homework to do. It's the fun that counts!
 - c. say no. You like being alone better.
 - d. go along and have a great time. (When you get home, your parents scold you for staying out too late.)
2. It's summer! Where will you be?
 - a. out where you can feel a breeze!
 - b. somewhere shady where you and your friends can beat the heat.
 - c. reading a book inside where it's cool.
 - d. in the pool all day!
3. It's your birthday. What will you have your mom make for dinner?
 - a. spaghetti and corn on the cob.
 - b. Caesar salad with crispy croutons.
 - c. PIZZA!
 - d. An elegant seafood dish.
4. Someone at school is being mean to your friends. You:
 - a. launch an immediate attack to help your buddies!
 - b. run and hide, hoping the bully won't find you too.
 - c. agree with the bully so he/she doesn't bully you!
 - d. ask the bully to stop. If the bully continues, you tell the principal.
5. On the first day of school, you:
 - a. hung out with your buddies from last year but met a few new kids too.
 - b. made a bunch of new best friends!
 - c. were disappointed. Your friends from last year weren't in your class.
 - d. met tons of new kids, but none were as awesome as your best friend.

6. A teacher asks you to help out after class. You:

- a. not only stay to help, but you get your friends to help and get the job done in five minutes.
- b. tell the teacher you can't, because you have a playdate scheduled right after school ends. After this you go arrange the playdate with a friend so you aren't lying.
- c. help out with little enthusiasm.
- d. tell your teacher (honestly) that you have a dentist appointment after school and you can't stay, but offer to help next week.

7. Your favorite color is:

- a. orange
- b. green
- c. blue
- d. pink

8. Your favorite season is:

- a. summer
- b. spring
- c. winter
- d. autumn

If you answered mostly:

- a: you are a small bird called a Dark-eyed Junco. You are a hard worker and completely loyal to your friends. You love the outdoors and warm weather, but snow doesn't bother you either!
- b: you are a rabbit! You are popular and have lots of friends, but are sometimes a little lazy and a little forgetful. To you, getting an A in school is important, but not as important as your friends.
- c: you are a slug. You are seen as a geek, but you aren't. You know who you are and what you are good at, but you are a little shy and afraid to be noticed. You would always prefer to be alone than in a group.
- d: you are a salmon. You love the water and are smart, but sometimes you are really busy. You're all-around nice, even though you're not always the center of attention.

True or False? ◇

Answer the true or false questions by reading the informative signs at Fish Park.

T/F: The most common salmon spotted in Fish Park is the Chinook salmon.

T/F: Old growth conifer forests once covered this area.

T/F: Native Americans used hemlock for dyes and medicine.

T/F: Fallen trees are often called "doctor logs."

T/F: When approaching a snag, nurse log, or a tree stump, you should pay attention and be quiet.

T/F: Spiny Dogfish are actually a type of dog prized for their companionable nature.

T/F: Native plants provide food and shelter for the wild creatures that live here.

A Salmon Stream?

Fish Park is named for Dogfish Creek, the creek that connects to Liberty bay underneath Lindvig Way. However, you will be much more likely to find a salmon than a dogfish in this creek. Walk down by the overlook next to the bridge and read the sign. What type of salmon is seen in the creek most often? _____ Are any other types of fish seen? _____ Name one. _____



T/F: Poulsbo's Fish Park includes icy tundra and a hot desert, as well as numerous wetlands and forests.

T/F: Plants called "halophytes" are adapted to living in fresh and salt water habitats.

T/F: Adult salmon use estuaries to adapt from fresh to salt water, while young salmon adapt from salt water to fresh water.

T/F: Young salmon are called "fry."

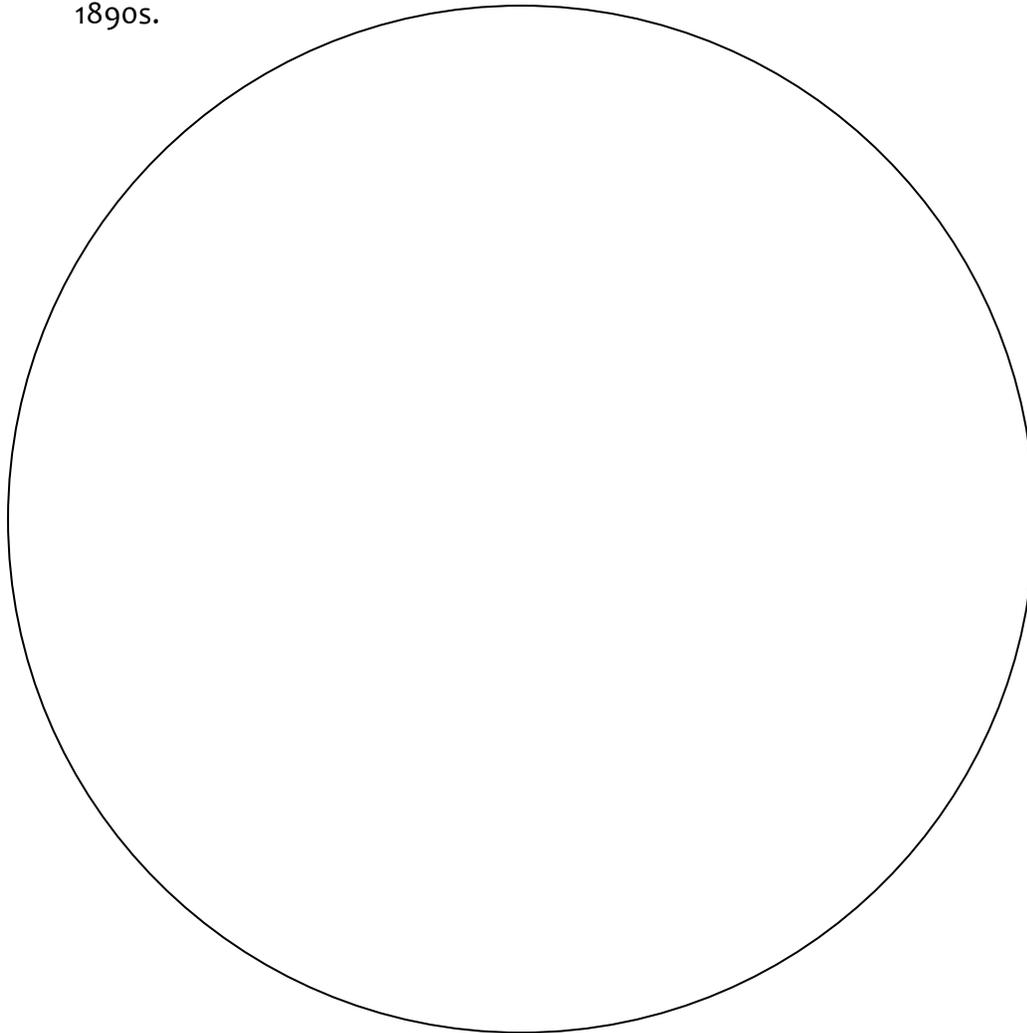
While you are here, make a drawing of your favorite animal, plant, place, or whatever else you liked about Fish Park. When you get home, be sure to color it in so you don't forget the wild side of Poulsbo. •♪◇



Nelson Park

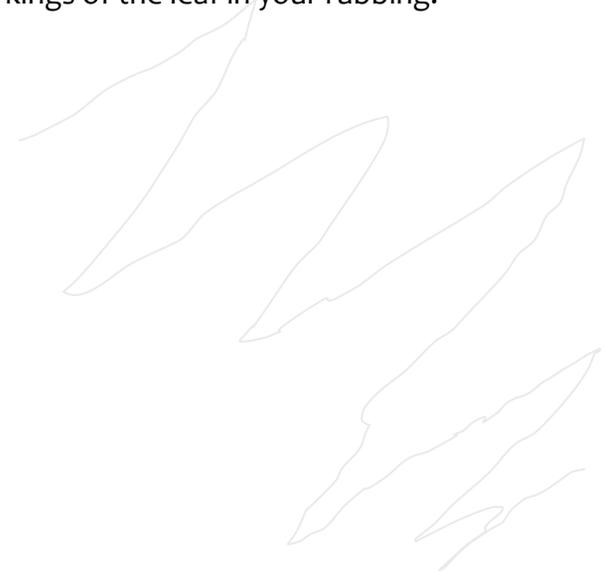


Visit the Martinson Family Cabin, just a little northwest of the park. Draw a picture below of what you think it might have looked like when the Martinsons lived there in the 1890s.



Try making a rubbing of a leaf!

Find a leaf and lay it under the square on this page. Then take a peeled crayon or soft pencil lead and rub it all over the square. You will be able to see the markings of the leaf in your rubbing!



Look at your rubbing. Can you see the veins of the leaf? Were you surprised at what details of the leaf showed up in your rubbing?

American Legion Park

What are tides? Tides are the rise and fall of sea levels caused by the both the rotation of the Earth and the gravitational forces of the Moon and the Sun. Tides occur approximately every 12 ½ hours.

Walk down near the shore and look out at the bay. Complete the chart.

What time is it?	Is the water near or far away?	How near or far? (make a guess)	Does the shore near you look wet or dry?	Are any birds on the sand and rocks past you?

If you like, record the same observations an hour or two later. Then answer the following questions.

Is the water at the same distance? YES NO

If it is different, is it nearer or farther away? NEARER FARTHER

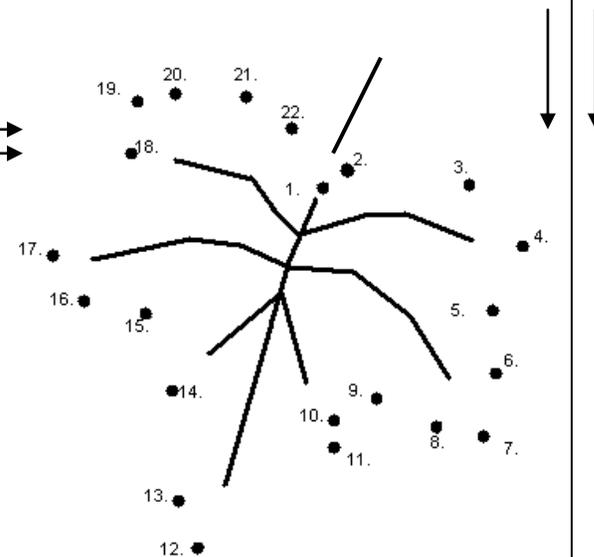
English Ivy

English Ivy is an invasive plant that takes over and destroys what once was a beautiful forest or garden. Ivy weakens the roots and bark of trees and acts as a sail when it reaches high branches, pulling the entire tree over in a gust of wind. Thick ivy foliage on the ground can lead to rats or other rodents, because the shelter of the ivy provides a great place for small animals to live and breed. You can recognize ivy by its star shape and flat leaves with pointed tips and square sides. While English Ivy isn't poisonous, watch out for Poison Ivy and its leaves of three!

Connect the

Dots...

...to see a leaf
of English
Ivy!



Letterboxing is a fun activity in which you search for a hidden box by following clues, sort of like a treasure hunt. When you find the box, you can open it to find a notebook, a stamp, and, usually, an inkpad. You have your own notebook and stamp, so you stamp your stamp into the box's notebook and its stamp into yours. If you want to do a little letterboxing, you're in luck! Here are two easy ones to find at American Legion Park. It's always a good idea to bring a small extra inkpad, just in case.

Back in Time Event- #8

Note: this hunt begins at Waterfront Park. You may want to do the park activities while you are there.

Clue: Park in the large parking lot in between the park and all the shops. Find the large device used to keep a ship in place. Head to the water and take in the sights when you get to the railing. Turn right and head north. Pass by the gazebo and continue on until you get to the Sons of Norway hall. You can go down some steps and get your feet wet in Liberty Bay. You'll also see a boardwalk here. Go on the boardwalk and follow it until it ends. Go right up in to the other park. Continue shortly down the path until you see a dirt path. You'll notice two madronas here. On the one on the left, find the spot where it dips down and touches the ground. Look behind here and you will find what you seek under some bark.

This letterbox was placed in honor of the Back in Time letterboxing event held in Poulsbo on April 3, 2009. This letterbox was the 8th on what is called the Back in Time Tour of the historical towns, forts and lighthouses of Puget Sound, the Olympic Peninsula, Victoria and the Oregon coast. There are now 14 and growing. Keep your eyes open for Muggles (people who don't know about letterboxing and may remove the box) and re-hide it well.



Hunt for the Treasure!



Clue: Begin in the American Legion Park playground. You can either park in the lower parking lot or walk over from Waterfront Park. Find the large fallen tree. How do you think it fell? What happened to the bark? Check out the tree's roots. Head southwest (towards Waterfront Park) until you reach an old decaying stump. What do you think the red powder is? How did it get there? Keep heading southwest towards the water. Is the tide in or out? Do the tides activity on the previous page. Find the madrona tree leaning over the bay. What is unusual about the color of its bark? The shape of its leaves? Hike back up to the paved trail. What kinds of trees do you see? How are they different? Continue south along the trail. Look at the ground cover on either side of the trail. What kind of plant is most predominant? Keep going on the trail. Find the stump with four holes in it. (Look near the steps on the left side of the path.) What could have caused these holes? Look in front of the stump near the roots and behind the ferns for the box. Watch for Muggles along the trail!

Write some of your thoughts about the questions asked here:

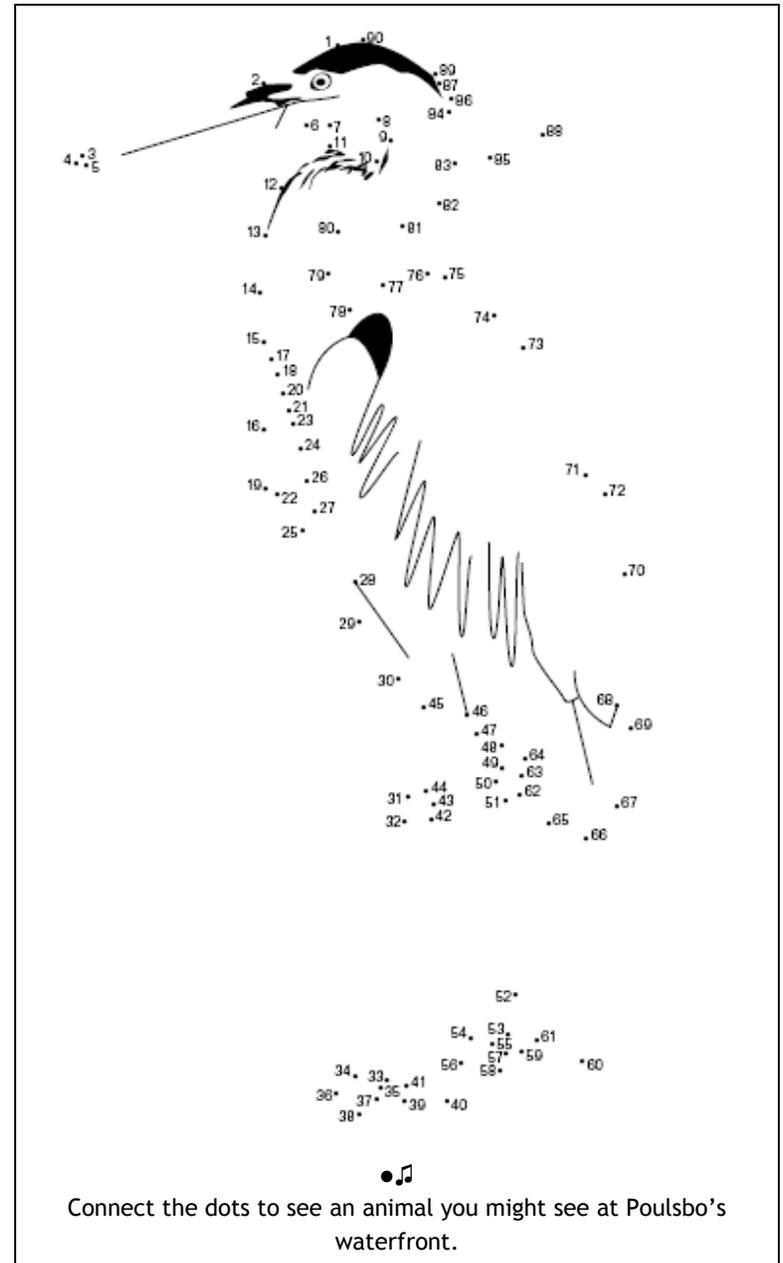
Liberty Bay Waterfront Park

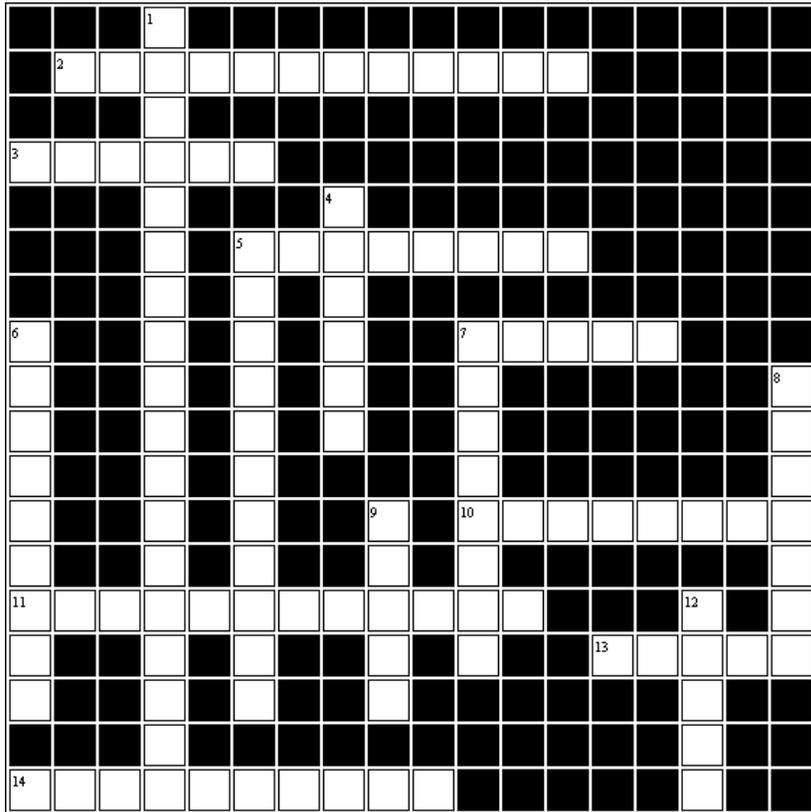
Poulsbo began as a stretch of unkempt but beautiful land that was surrounded by majestic mountains and a shimmering bay. When Jorgen Eliason came there from Fordefjord, Norway in 1883, he and his sister and son found this spectacular place: quiet, empty, and beautiful. A few months later Ivar Moe and his family arrived from Paulsbo, Norway. Perhaps the similarities of Poulsbo and Norway attracted the Scandinavian immigrants who longed for such beauty, for soon Poulsbo was large enough for a post office.

Ivar Moe made an application for this post office, writing the name Paulsbo on the official document. The postmaster general misread his sloppy handwriting, confusing the "a" for and "o." (This is why you must have good handwriting!) So what was intended to be named Paulsbo after Moe's hometown in Norway became Poulsbo, the small and serene town you see today.

Until the 1950s, the Poulsbo Waterfront was part of Liberty Bay. Some of the buildings you see today were built on pilings and docks, similar to the café that overhangs the water. During the 1950s the entire community of Poulsbo helped fill in the area with rocks and gravel to form Anderson Parkway and the modern-day Liberty Bay Waterfront Park.

Today you can visit Poulsbo's waterfront and marina and tour some of the famous shops and restaurants downtown. One of my favorite places to visit is the Marine Science Center, located a little south of the park past the bayside café and the kayak rental. The Marine Science Center is a great place to learn hands-on about the animals of Liberty Bay and Puget Sound. You can draw a fish, watch an informative video, feel a sea star's rough back, and even touch a real sea anemone!





Across

- 2. The _____ Lodge is located at the North end of the park (3 words)
- 3. This keeps a ship from drifting away. There is one near the American and Washington State flags.
- 5. a type of boat with masts, sails, and rigging
- 7. A small boat you can use on Liberty Bay (Hint: has a two ended paddle)
- 10. Really loud and obnoxious birds. DON'T feed them!
- 11. Poulsbo's nickname (2 words)
- 13. Norway's flag has a _____ on it
- 14. Dogfish Bay's present name (2 words)

Waterfront Wildlife Checklist



(Hint: You may need to go onto the docks to find some of the animals!)

- | | |
|---|--|
| <input type="checkbox"/> Bald Eagle | <input type="checkbox"/> American Crow |
| <input type="checkbox"/> Great Blue Heron | <input type="checkbox"/> Harbor Seal |
| <input type="checkbox"/> Mallard Duck | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Seagulls | <input type="checkbox"/> Sea Anemone |
| <input type="checkbox"/> Squirrel | <input type="checkbox"/> Sparrow |
| <input type="checkbox"/> Barnacles | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Jellyfish | <input type="checkbox"/> Tube Worm |
| <input type="checkbox"/> Limpet | <input type="checkbox"/> Kingfisher |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> Cormorant |



Complete the Crossword puzzle by looking around the Waterfront Park.

Down

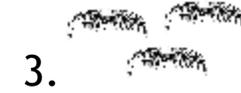
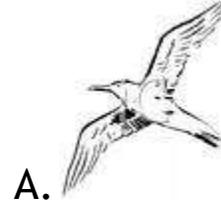
- 1. How many stone pillars are by the east side of the pavilion? (4 words)
- 4. The boat on the restroom's west wall is a _____ longboat.
- 5. Home of the world famous Poulsbo Bread! (2 words)
- 6. You can find them on rocks in the tidal zone. They look like bumpy rocks.
- 7. the name of the pavilion (Hint: look at the reservation sheets on the south side of the building)
- 8. a type of shellfish that lives on pilings
- 9. the type of bird on the pavilion's weather vane
- 12. what you won't find on a Viking's helmet

Why Shouldn't I Feed the Animals?

Lots of parks and cities have rules against feeding wild animals. Why do you think this is important? What would happen if you fed an animal that usually found its own food, then another person fed the same animal, then another and another? Would the animal be more used to **finding its own food** or **being fed by people**? If wild animals become too reliant on humans, meaning they get their food from people almost all the time, they will be hungry in the **winter** and other cold seasons because not as many people go to parks. In the **summer**, animals that are used to people will be less afraid and more aggressive. They might attack people to get food. Most of all, feeding animals interrupts their natural way of life. Let the wild stay in the wild.



Connect the animal with the food it *should* be eating:



Answers: A. seagull - 2. clam and fish; B. squirrel - 4. pinecones and seeds; C. pigeon (Waterfront park) - 1. nuts and seeds; D. barnacle - 3. krill

Frank Raab Park



Find all the fun things you can do and see at Raab Park!

F A T E L G A Q H V T A Q H G
 S R C P X L K R G G L H C C E
 K I A X L G A L B I T L X J R
 A L Y N E A R B A O L N X B Y
 T W J I K P Y R T A R X O I G
 E J K F F R T G B E Q E C S G
 P F N E C E A Y R J K G T W R
 A A R S R C E A C O K S X U O
 R W X U D L O T B G U S A J M
 K Y T B L B B X C A U N N B U
 Q A Q O S N I X P R T O D S V
 N I V L D L E I F D M E X S X
 L J U C I N C I P E M E T I Z
 M O P S O Y C A L N J W O J B
 P N P M H P P E G S Q V O J U

- Arboretum
- Basketball Field
- Frank Raab Gardens
- Nature Trail
- Picnic
- Playgrounds
- Poulsbo
- Skate Park
- Volleyball

Hike through the Raab Park Nature Trail. You'll see thick ferns and tall conifers as well as deciduous trees. If you go through the entire trail, you'll find yourself at the bottom of a set of stairs in a small neighborhood. Instead of walking back up the steep trail, you can take a right at the bottom of the stairs and walk through the neighborhood all the way to Hostmark Street. There, cross the street to Poulsbo Place 1. At the back of the parking lot you'll find the Wilderness Park Trailhead. You can hike up this trail and enjoy its scenery as well as checking out the fun activities in this booklet. You will emerge onto Caldart St. Take a right as you come out of the trail onto the sidewalk and walk up the street to Raab Park, where you began your hike.

What was your favorite part of the hike?

Hattaland Park

Hattaland Park, located across from Central Market on 10th Avenue, is Poulsbo's finest wetland park. Park in the parking lot near the taco restaurant and walk up the side walk to view the wetlands plants. When you get near O'Reilly's Auto store, check out the area on the right side of the building to get a good look at some cattails and other marsh plants.

Look for: **Hop Clovers**- yellow petals look like rabbit ears;
Blackberry flowers and blackberries- white five-petal flowers, thorny stem and leaves, deep purplish-black berries;
Common Thistles- spiny-looking single growing purple flowers;
Cattails- red/brown hot dog shaped flowers on long, thick stems;
Scotch Broom- invasive yellow flowered plant, bush grows 3-9 feet tall, and flowers are small and have two main petals;

Dark-eyed Junco- 4-5 inches in length, Dark-eyed Juncos are dark gray with paler underbellies. Their call is six or seven fast tweets.

House Sparrow- About the same size as the Junco, males are streaked brown with gray underparts. Their wings are brown with a white bar and the throat has a black bar. Females lack the throat bar and are lighter in color. A tan bar is located above the eye. The sparrow's call is "cheep, cheep, cheep."

Tree Swallow- Medium-sized swallow with iridescent blue-green upperparts and white underparts. The wings are dark gray and tail is dark and forked. Chirp sounds like "Chi-veet! Chi-veet!"

Golden crowned Kinglet- A very small, warbler-like bird with olive-green to gray upperparts and pale breast. The head has a bright orange crown patch bordered with yellow and black, white eyebrows and black bill. The tail is short and wings have two bars. Call sounds like, "Wee wee wee wee! Wee wee wee wee!"

Ruby crowned Kinglet- A medium kinglet with olive-green upperparts and gray-washed, pale yellow underparts. Head has inconspicuous tuft of red crown feathers and white spectacles. Wings are dark with two white bars. The tail is slightly notched and has white edges. Call is, "Tsee tsee, liberty-liberty-liberty, hahaha, tsee tsee!"

Bald Eagle- A large brown bird with white head and tail. Its beak, legs, feet, and eyes are yellow. Call is "Kleek-kik-ik-ik!"

Great Blue Heron- Large, elegant heron with blue-gray back, black sides, and gray-and-white striped belly. Long neck is gray with black-bordered white throat stripe. Head has whiteface, cap, and black crest. Call is "fraunk."

American Goldfinch- A small, noisy finch. Male has a bright yellow body, black cap, wings, and tail, and white rump and white under-tail feathers. Wings have flashy white patches and bright yellow shoulder bar. The female is duller yellow than the male, has olive above and lacks the black cap and yellow shoulder bar. Chirp is "Per-chick-oree!"

Black-capped Chickadee- A 2-3 inch long stocky chickadee with pale gray upperparts and breast and pale brown underparts. The black cap and bib and white cheeks are conspicuous. Black bill is short and thin. Wings are dark with broad white edges on feathers. Call is "Chicka-dee-dee-dee! Chicka-dee-dee-dee!" or "Chiiick-adee! Chiiick-adee!"

Wilderness Park

Hike the Wilderness Park trail. You can begin at the entrance off Hostmark St. in Poulsbo Place 1 or at the entrance on Caldart St. across the road from the NK High School stadium.

EVERGREEN VS. DECIDUOUS

Wilderness Park is a great place to learn about all sorts of trees. About half of the forested park is made of old-growth evergreens, and the other younger deciduous trees. First of all, what is an evergreen?

Circle your choice:

- a. A tree that lives forever and is always green,
- b. A tree that stays green year-round, or
- c. A tree that has thick bark and green needles.

The answer is b, because though evergreens can live to be hundreds of years old (one of the oldest was a Bristlecone Pine about 4,500 years old!) they do die. Not all evergreens have needles either. In fact, the cedar tree has flat, scaly leaves and bark that is easily stripped.

Now that we know a little about evergreens, how some about deciduous trees? Choose from below.

A deciduous tree is a tree that:

- a. has leaves that fall from its branches in the winter and grow again in the spring,
- b. has thin, smooth bark and fleshy leaves, or
- c. Can think and decide things, hence the name *Decid-u-ous*.

Well, if you chose a, you're correct! Deciduous trees, such as maples, oaks, and alders, all have leaves that fall from their branches in a process called *abscission*. This happens when the leaves have reached their maturity.



One thing you might notice about Wilderness Park is the many types of mosses and lichens that grow on the trees and ground. Lichens, which are a type of fungi closely related to algae, grow best in environments with little or no air pollution. This means that the more lichen you see, the cleaner the air around you is. The three most common lichens in Wilderness Park are *Hypogymnia*, *Bryoria*, and *Physcia millegrana*. The first has flat extensions and the second hair-like strings. The third looks like green or orange chalk colored on trees or rocks, but can be rubbed away.

Draw a picture of each of the lichens you see.

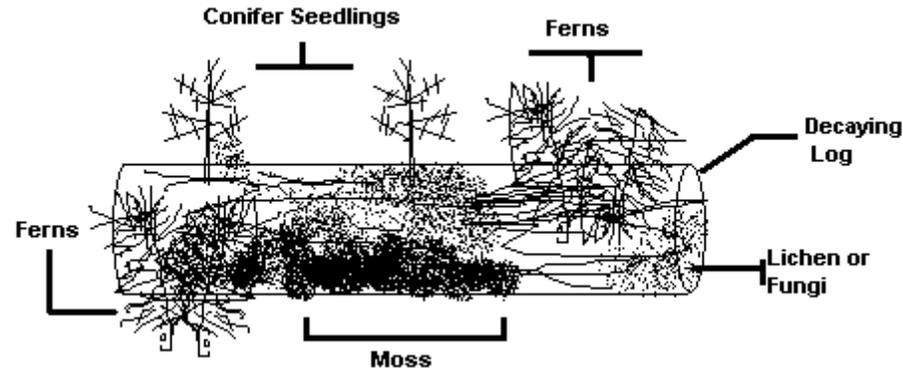


Mosses, unlike lichens, are plants. They grow well in cool, wet environments like the Pacific Northwest. Look for thick green clumps and pale green strands hanging from tree branches. There are many varieties of moss in this park, so draw three that you see.



About halfway down the path, you'll see several old logs that are covered in plants. (see photo) Name as many of the plants as you can.

_____ These are nurse logs, named for their characteristic of providing a fertile place for
_____ new plants to grow. An old tree on the verge of decay is quite soft on the inside and
_____ when it falls or is cut down, the inner wood makes excellent soil because of its many
_____ nutrients. Nurse logs often provide a seedbed to conifer or evergreen trees in
_____ a temperate rain forest ecosystem, such as most of Western Washington. ♪◇



Draw your own nurse log here.

