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***Volunteer for Your National Forest
Friends of the Forest[®] Day
Deschutes National Forest***

Are you willing to make a difference? Do you want to improve your outdoor experience and access to the outdoors for others? Come join other volunteers working to improve trails and viewing sites on the Deschutes National Forest on Saturday, Sept. 20, 2008 from 9 a.m. to 1 p.m. ..

The National Forest Foundation is sponsoring the Friends of the Forest Day event in the Metolius watershed near Sisters, Ore. The event expects to bring **over 50 volunteers** who will tackle trail maintenance and other restoration activities at three different sites. At the **Jack Creek Trail** volunteers will restore portions of trail tread that is a popular trail for all abilities. At the **Suttle Lake Trail** volunteers will restore sections of trail to protect against erosion and the lake shoreline and improve trail tread and water bars. At the **Head of the Metolius** volunteers will improve visitor experience by improving the access, refurbishing picnic tables near the parking area, fixing the fence along the path and restoring signs posted along the route.

Lunch will be provided during which a special guest speaker will highlight recent activities to restore fisheries within the Metolius watershed. All are welcome, but families with children ages 7 and older will find this event most enjoyable. Spaces are limited, so participants are asked to pre-register at www.becomeafriend.org/volunteer.

Friends of the Forest Days provide opportunities for families and individuals to experience and discover and have fun while learning new things and contributing to the well- being of the public lands.

The National Forest Foundation (NFF) hosts *Friends of the Forest* Days around the country in partnership with local organizations. The NFF is dedicated to engaging citizens in the stewardship and enjoyment of our National Forests and Grasslands. With a regional office in Oregon, the NFF serves communities and forests throughout the Northwest. To learn more about the NFF, please visit www.natlforests.org; for information on recreation and volunteer opportunities in our National Forests and joining *Friends of the Forest*, visit www.becomeafriend.org.

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