

Welcome to the 3rd Congressional District of Oregon!

Our district takes in most of Portland and Multnomah County east of the Willamette River, extending over suburban plains and hills to the splendid scenery of the Bonneville Dam in the Columbia River Gorge and Mount Hood high in the Cascades. The district covers almost half of Clackamas County to the south and stretches as far east as Government Camp. Once outside the suburbs, Multnomah and Clackamas counties quickly turn rural. Mount Hood National Forest occupies most of the district's eastern region. Check out the new section

- [Profiles from the 3rd District](#) (*new*)
- [Cities and Unincorporated Areas](#)
- [Locality Descriptions](#)
- [Demographic Statistics](#)



Profiles from the 3rd District

[Fresh Food and Farming on Foster](#)

by Kevin Pozzi

Located off of Foster Road in the Lents neighborhood of outer southeast Portland, Zenger Farm sits almost dormant on a cloudy, chilly February afternoon. The sixteen-acre urban farm and protected wetland remains quiet save for a few clucking hens and a volunteer diligently pruning a row of Italian plum trees. ([more](#))

[A School Free of Fear Factors](#)

by Kevin Pozzi and Elaura Rifkin

The opportunity and expectation to create a welcoming, safe environment for students of any ethnicity, gender identity, and sexual orientation should be a universally supported, non-partisan

concept. Congressman Blumenauer is a proud cosponsor of the Safe Schools Improvement Act, which was recently introduced in the House of Representatives by Congresswoman Linda Sanchez. ([more](#))

Cities and Unincorporated Areas

Multnomah County

Clackamas County

City of Portland	City of Gresham	City of Fairview	City of Wood Village	City of
Bridal Veil	Latourell Falls	Corbett		
Orient				
Bonneville	City of Milwaukie	City of Damascus	City of Happy Valley	City of
Alder Creek				
Brightwood				
Bull Run				
Estacada				
Marmot				
Rhododendron				
Roslyn Lake	Welches			
Wemme				
Wildwood	Zig Zag	Government Camp		
Eagle Creek (portion)				
City of Boring (portion)				
City of Clackamas (portion)				

Localities

North Portland

Tucked into the confluence of the Willamette and Columbia rivers, North Portland is home to a

number of well-established neighborhoods like Overlook, Bridgeton, St. Johns, and Cathedral Park. This area boasts a number of wildlife refuges and parks, including Smith and Bybee Lakes, many of which, such as Columbia Slough, have benefited from intensive environmental restoration efforts. Delta Park, Jantzen Beach Shopping Center, Portland International Raceway, and the University of Portland are all notable areas of interest found in North Portland. Congressman Blumenauer has played a key role in promoting all five of the region's light-rail lines, including North Portland's [Yellow Line](#) .

Northeast Portland

Northeast Portland defines classic urban living. Encompassing both ends of the spectrum, this area is complete with thriving businesses in the Lloyd district towers and state and government offices, but also rooted in historical homes and distinctive shops, such as those found in the Irvington and Hollywood neighborhoods. Portlanders can catch a [Trailblazers](#) game or concert at the Rose Garden Arena or head over to the Memorial Coliseum for a Winterhawks game, both only a short stroll from the new

[Eastbank Esplanade](#)

. Residents can shop in the popular Lloyd Center Mall, visit beautiful areas such as Grant or Rose City Park, then hop on the MAX light rail to wind through any of the historic districts in the area that are packed with unique restaurants and retail stores. An extension of the downtown

[Portland Streetcar](#)

is under construction and will soon reach Memorial Coliseum, the

[Oregon Convention Center](#)

, and concluding down to the Oregon Museum of Science and Industry.

Northwest Portland/Sauvie Island

Just across the Willamette from North Portland is the 4,600-acre [Forest Park](#) , the nation's largest urban wilderness area and home to more than 112 bird

, 62 mammal species and the 30-mile Wildwood Trail. Similarly, there is

[Linnton Park](#)

, located above Forest Park, and was named after Lewis F. Linn, the former U.S. Senator from Missouri, who authored and advocated for the Donation Land Act that gave free land to settlers in the Oregon Territory. Also in Northwest Portland is

[Sauvie Island](#)

, home to 2 to 3 million migrating waterfowl and 150,000 ducks and geese, is a favorite place for Portlanders to escape for a late spring picnic or a visit to one of many pumpkin patches run by local farmers in the fall.

Southeast Portland

The Southeast district, between East Burnside Street and the Clackamas County line, and bounded on the west by the Willamette River, is the largest and most populous section of the city. This eclectic area is home to the heart of Portland's counter-culture, the Hawthorne district, filled with a plethora of coffeehouses, unique boutiques, and students from nearby Reed College. A stroll through the Sellwood neighborhood reveals many antique stores as well as the popular family destination [Oaks Park](#). Southeast has many beautiful parks, including Mt. Tabor, Laurelhurst, Westmoreland, and the Crystal Springs Rhododendron Gardens.

[OMSI](#)

, the Oregon Museum of Science and Industry, can be found along the waterfront and has a planetarium, a naval submarine, and the OMNIMAX dome theater.

East Portland

Beyond 82nd Avenue, large parts of the city were annexed in the '80s and early '90s and many residents still remember the days the area was known as "Mid-County". Having five separate school districts, Portland Public School District, Centennial School District, Reynolds School District, Parkrose School District, and David Douglas School District, East Portland is also home to many non-profits, a plethora of available and affordable housing options, and a growing sense of diversity. It grew rapidly in the 1950s and '60s, and both its wide arterial streets and low-slung ranch style homes lend it a suburban feel. The Gateway District, I-205, Burnside MAX line, Glendoveer Golf Course, Springwater Trail, Johnson Creek, and the fir-clad Buttes (Rocky, Kelly, Powell and Mt. Scott) are major landmarks.

Gresham

This thriving suburb is the state's fourth largest city, home to over 90,000. Many residents of Gresham commute via the MAX or Interstate 84 into Portland, but Gresham itself supports a significant growing commercial and service sector. Gresham's historical downtown services many people with their weekly [Farmer's Market](#), a surplus of retail areas, such as the newly developed Gresham Station, as well as a meeting ground for Gresham's 3

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Thursday festival where you can enjoy local music, art and wine. Many Gresham residents take advantage of the large and reputable Mt. Hood Community College, which in the late summer hosts the acclaimed

[Mt. Hood Festival of Jazz](#)

. Visitors should check out the Gresham Pioneer Museum, play a round of golf at Persimmon Country Club, and take in a show at Mt. Hood Repertory Theatre.

Troutdale, Wood Village, Fairview

These three cities are stretched along the Columbia Gorge at the Third District's northern boundary. Known for its small-town atmosphere, Fairview offers access to water sports, golf

courses, and a number of parks. Most notably, there is [Blue Lake Park](#), which features an expansive recreational area with a 400-foot swimming beach, fishing access, playgrounds, bike and boat rentals, bike paths, and picnic grounds. Just east of there you have Wood Village, an area with affordable housing and an excellent environment for families. Troutdale, a somewhat larger city, is known for its many parks and towering views of the Columbia Gorge. Residents and visitors alike enjoy shopping at the Troutdale Outlet Mall and unwinding with dinner and refreshments at [McMe namins Edgefield](#) (brewery and distillery on site!). Troutdale proudly bills itself as the 'Gateway to the Columbia River Gorge.'

Columbia Gorge and East County

Oregon's Third District extends considerably east of Portland, stretching into some of the most scenic areas of the state. Just outside of Troutdale, Oregon residents enjoy fishing, swimming, and rafting along the meandering Sandy River as it winds through [Oxbow Park](#). Hikers enjoy the beautiful views from the rocky cliffs along the Columbia Gorge, most famously from Crown Point, just outside the small town of

[Corbett](#)

. A short trip down scenic Columbia River Highway brings one to the impressive beauty of

[Multnomah Falls](#)

, the second highest year-round falls in the nation, and a landmark many Portlanders visit annually. Just a few more minutes down the road and tourists can watch fish fight their way up the Bonneville Dam's fish ladder. All this within an hour's drive of the Portland!

Milwaukie

Known as the "[City of Dogwoods](#)," Milwaukie is just south of Portland on the Willamette River and close to the Clackamas River. This location makes Milwaukie a prime location for water activities, camping, fishing, and hiking. The primarily residential city boasts the Sara Hite Rose Garden, where on just one acre visitors can take in the sweet aroma of more than 420 rosebushes in 26 varieties. Milwaukie and other inner Southeast Portland communities can expect a new [MAX light rail](#) line to be completed by 2015.

North Clackamas

Oregon's Third District claims only a small section of expansive Clackamas County, yet just south of Gresham lies [Damascus](#) and Boring, both primarily residential and agricultural. Well-kept beautiful homes stand in the midst of some of the country's finest Christmas tree farms. Westward on Highway 212 toward Milwaukie one runs into newer housing developments and one of the district's most popular shopping destinations, the [Clackamas Town Center Mall](#)

Sandy and the Mt. Hood Corridor

The [Mt. Hood](#) Corridor is a series of unincorporated villages east of Portland where U.S. Highway 26 begins the steep climb to Mt. Hood. [Sandy](#) , the largest incorporated city along the route, is a favorite lunch and last-minute shopping stop for snow-seeking adventurers. The abundant rainbow trout at nearby Roslyn Lake keep fishing enthusiasts in town season after season. Welches, located near the junction of the Sandy and Salmon rivers and the largest of the unincorporated areas, is the home of many tree farmers, those working in the tourism business, and retirees from as far away as Florida. The popular Resort at the Mountain is a mainstay of the area and attracts wealthy out-of-state tourists eager to take in Oregon's beauty. For skiing and snowboarding enthusiasts, Mt. Hood National Forest has some of the best year-round and night skiing facilities, including

[Mt. Hood Skibowl](#)

,
[Mt. Hood Meadows](#)

, and the magnificent

[Timberline Lodge](#)

, a National Historic Landmark built through Roosevelt's Federal Works Projects Administration. Constructed from mammoth timbers and native stone in 1937, Timberline Lodge stands today as a tribute to the rugged spirit of the Pacific Northwest.

Estacada

[Estacada](#) is a diversifying historic timber community located at the base of the beautiful Clackamas River Gorge and the Mt. Hood National Forest. The town is located on Highway 224, a direct link west to Portland or south to the Mt. Jefferson recreation area and Detroit Lake Reservoir. The Estacada area has breathtaking scenery of the Clackamas River Gorge, and is extremely popular with over three million annual recreation-oriented visitors. Known as the "Christmas Tree Capital of the World," the surrounding Estacada community is dotted with hundreds of thousands of trees cultivated for holiday enjoyment and shipped around the world.

District Demographics As of 2010 Census

Population	1,111,326
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Percent change from 1996 2.4%

Counties, 2010 population

Clackamas		375,992
Multnomah	735,334	

Portion of Cities in District, 2010 population (10,000 or more)

Gresham		105,594
Milwaukie	20,291	
Portland	583,776	
Troutdale	15,962	

Race

White		82.35%
Black	3.2%	
American Indian, Eskimo, or Aleut	0.5%	
Asian/Pacific Islander	5.45%	
Other	8%	
Hispanic Origin	9.3%	

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City of Portland

City of Gresham

City of Fairview

City of Wood Village

City of Troutdale

City of Damascus
City of Maywood Park
Bridal Veil

Latourell Falls

Corbett
Orient
Bonnevile