

**SICB Notes from the Underground
Annual Meeting 2016, Portland, Oregon
Oregon Convention Center**

WELCOME TO Portland...

Make sure to download the 2016 SICB meeting app to keep up to date on all of the changes. Any changes to the SICB program that happened after it went to print will be available on the app. The app will be updated daily.

IMPORTANT

When you arrive at Portland International Airport:

You can take the MAX light rail train from the Portland airport to the hotels and convention center. The MAX terminal is located at the SW corner of the airport terminal – just follow the signs towards ground transportation, at the far end of the baggage claim area. All meeting participants will receive at registration a one-week TriMet pass, which is valid on all forms of public transportation in Portland (MAX light rail, buses, Portland Street Car). But to get from the airport you will have to purchase a 2.5-hour MAX ticket BEFORE getting on the train using the pay stations or kiosks near the exit to the train terminal. From the airport, board the Red Line MAX train bearing the sign, City Center & Beaverton; there is a Convention Center stop, but for the Doubletree Hotel get off at the Lloyd Center/NE 11th Ave stop, and for the downtown Hilton use the Pioneer Square stop; check the TriMet website (<http://trimet.org/schedules/maxredline.htm>) for the closest stop to other hotels.

Car Rental

Society for Integrative & Comparative Biology is proud to partner with Advantage Rent A Car to offer great rates on a rental cars throughout the year, throughout the US. The offer provides a 10% discount off their already low internet rates. Choose from a wide variety of vehicles from a new fleet of vehicles – compact to luxury cars and SUVs. Click the link below to book your car.

<http://www.advantage.com/?rc=CD034AC28F>

Feel free to reach out to our Advantage Rent A Car representative, Patti Williams (pwilliams@advantage.com)

Getting to know [Portland](#) (link provided by the Essential Links Page). I found this site useful for the Activities link. This link gives you a broad overview of what is in and around Portland.

TIME TO DINE: Restaurant Recommendations for SICB 2016

All of these suggestions were provided by SICB Member Donald Powers and his students/colleagues at George Fox University. THANK YOU DON et al.!!!

Restaurant Locations can be found on the following Google map

(I personally found this map very helpful!)

<https://www.google.com/maps/d/edit?mid=zPpP0bbagYWw.kWbUVYPLTTwk&usp=sharing>

Andina (Novo-Andean cuisine; \$20-\$35)
1314 NW Glisan St, Portland, OR 97209
[\(503\) 228-9535](tel:5032289535)

Bamboo Sushi (Sushi; Variable pricing)
836 NW 23rd Ave, Portland, OR
[\(971\) 229-1925](tel:9712291925)

Brix Tavern (American; \$10-\$30)
1338 NW Hoyt St, Portland, OR 97209
503.943.5995

Broder Nord (Scandinavian Breakfast & Brunch, American dinner; \$10-\$30)
2240 North Interstate Avenue #160, Portland, OR 97227
[503] 282-5555

Café Broder (Scandinavian Breakfast & Brunch; \$10-\$30)
2508 SE Clinton St. Portland, OR 97202
(503) 736-3333

Castagna Restaurant & Café (Northwest cuisine; Restaurant >\$60, Café \$10-\$30)
1752 SE Hawthorne Blvd. Portland, Oregon 97214
503.231.7373

Chart House (Seafood & steakhouse fare, perhaps best view of Portland; \$30-\$60)
5700 SW Terwilliger Blvd, Portland, OR 97239
(503) 246-6963

Coquine (American; \$30-\$60)
6839 SE Belmont St, Portland, OR, 97215
503-384-2483

Dan & Louis Oyster Bar (Seafood; \$10-\$30)
208 SW Ankeny St., Portland, OR 97204
503-227-5906

Der Rheinlander (German Food; \$10-\$30)
5035 NE Sandy Blvd., Portland, OR 97213
(503) 288-5503

Deschutes Brewery (Pub food; \$10-\$30)
210 NW 11th Ave., Portland, OR 97209
(503) 296-4906

El Gaucho (Steakhouse; >\$60)
319 SW Broadway, Portland, OR 97205
(503) 227-8794

Frank's Noodle House (Chinese/Korean; \$10-\$30)
822 NE Broadway St., Portland, OR 97232
(503) 288-1007

Hoda's Middle-Eastern Cuisine (Lebanese; \$10-\$30)
3401 SE Belmont St., Portland, OR 97214
(503) 236-8325

Hopworks Urban Brewery (Pub food; \$10-\$30)
2944 SE Powell Blvd., Portland, OR 97202
(503) 232-4677

Huber's Café (Traditional American; \$10-\$30)
411 SW 3rd Ave., Portland, OR 97204
(503) 228-5686

Iorio Restaurant (Italian; \$10-\$30)
912 SE Hawthorne Blvd., Portland, Oregon 97214
(503) 445-4716

Jake's Grill (Steak & Seafood; \$10-\$30)
611 SW 10th Ave., Portland, OR 97205
(503) 220-1850

Le Bistro Montage (Cajun-Creole, eclectic menu; \$10-\$30)
301 SE Morrison St., Portland, OR 97214
(503) 234-1324

Lucky Labrador Brewing Company (Brew Pub food; <\$10)
915 SE Hawthorne Blvd. Portland, OR 97214
503-236-3555

Mother's Bistro & Bar (American traditional; \$10-\$30)
212 SW Stark St., Portland, OR 97204
(503) 464-1122

Muselet Restaurant & Wine Bar (American Traditional; \$30-\$60)
3730 SW Bond Ave., Portland, OR 97239
(503) 265-8133

Ox Restaurant (Argentinean-inspired NW fare; \$30-\$60)
2225 NE Martin Luther King Jr Blvd., Portland, OR 97212
(503) 284-3366

Pazzo Ristorante (Northern Italian; \$10-\$30)
627 SW Washington St., Portland, OR 97205
(503) 228-1515

Portland City Grill (New American dishes with an Asian touch, Amazing view of the city; \$30-\$60)
111 5th Ave., Portland, OR 97204
(503) 450-0030

ROE (Seafood; >\$60)
3113 SE Division St., Portland, OR 97202
(503) 232-1566

Screen Door (Southern food, amazing breakfast; \$10-\$30)
2337 E Burnside St., Portland, OR 97214
(503) 542-0880

Southpark Seafood (Seafood/American; \$10-\$30)
901 SW Salmon St., Portland, OR 97205
(503) 326-1300

Tasty n Alder (American, nice for groups that like to share small dishes; \$10-\$30)
580 SW 12th Ave., Portland, OR 97205
(503) 621-9251

Veritable Quandry (American, \$10-\$30)
1220 SW 1st Ave., Portland, OR 97204
(503) 227-7342

Voodoo Donuts (Not dinner, but a Portland classic, cash only, be prepared to wait in line)
22 SW 3rd Ave., Portland, OR 97204
(503) 241-4704

ALSO: *Portland Food carts are a legend. There are many locations and very inexpensive.

Thanks to Donald Powers and his graduate students at George Fox University who provided very helpful suggestions for the Notes from the Underground.

Have a little time on your hands?

What to do if you have a day or two to spend in the Portland Area

BEACH COMBING

A trip to the beach is always a good idea, and just drive two hours west to see the sun and sand of the Oregon coast. Three of the most popular northern coastal towns are [Cannon Beach](#), [Seaside](#) and [Lincoln City](#).

BIKING

There are many options for renting bicycles in Portland and I was not given a recommendation. However this [WEBSITE](#) (Spinlister) looks rather interesting.

POWELLS BOOKSTORE

You have to go and spend at least 3 hours at this landmark bookstore.

WINE TASTING: Many airlines (Alaska Airlines for sure) will allow you to check a case of wine for FREE!

There are plenty of wineries around the Portland area and there are [websites](#) that emphasize wine adventures in the Portland area.

BUT once again Don Powell's recommendations are added to our [Notes from the Underground](#). Because he lives in the Portland area and happens to LOVE wine; he may even be an expert....I would trust him.

Recommended Winery Tours

Emphasis on Pinot Noirs (the Willamette Valley's most famous varietal)

A. **Hard and Fast!**

Route Map: <https://www.google.com/maps/d/edit?mid=zPpP0bbagYWw.kke3S8WMRh6o&usp=sharing>

Stop #: Dobbles Family Estate

240 SE 5th Street, Dundee, OR (503-538-1141)

*Not particularly scenic (although they have a nice tasting room), but one of my favorite Pinot Noir producers in the valley. This winery makes Pinots from all the major **American Viticultural Areas (AVAs)** so a good spot to sample the nuances each AVA has to offer. Also produce stunning white wines that include Chardonnay, Grenache Blanc, and Viognier. The Viognier is the best I've ever tasted. Dobbles also makes some incredible Syrahs. If you enjoy dessert wines they produce a wonderful late harvest Viognier and a Syrah-based port-style wine. Their dessert wines have relatively low residual sugar so are not syrupy.

Stop #2: Winderlea Vineyard & Winery

8905 NE WORDEN HILL ROAD, DUNDEE, OR (503-554-5900)

*Lovely tasting room that overlooks acres of vineyard on the south side of the Dundee Hills so the view is stunning. High quality Pinot Noirs along with some first-class Chardonnays.

Stop #3: Alexana Winery

12001 NE Worden Hill Rd., Newberg, or 97132 (503-537-3100)

*Another beautiful tasting room, this time overlooking vineyards on the north side of the Dundee Hills. Alexana offers Pinot Noirs from their estate vineyards that come from a variety of soil types so is an opportunity to see how soil influences the wine. The winery owner also has wineries in Napa, CA and Argentina and they typically have something non-Pinot Noir on the menu from one of the two locations. They are also currently pouring a Chardonnay and a white blend. If you enjoy dessert wines they make a nice late harvest Riesling.

Stop #4: ArborBrook Vineyards

17770 NE Calkins Lane, Newberg, Oregon, 97132 (503.538.0959)

*ArborBrook is in more of a farm-like setting at the foot of the Chehalem Mountains. They make exceptional Pinot Noir as well as a couple of tasty Pinot Gris and a Sauvignon Blanc. If you enjoy dessert wines they make a lovely sweet Semillon.

Stop #5: Colene Clemens Vineyards (closed Monday and Tuesday)

22501 NE Dopp Road, Newberg OR, 97132 (503.662.4687)

*This winery is a bit out there, but is a gem. They don't pour a lot of wines, but what they do pour is really good. If you are up for a 5th stop it will be worth the time. Try a few Pinot Noirs and perhaps their Rose (which is quite tasty). Note that they are closed on Monday and Tuesday this time of year.

B. See Wine Country

Route Map: <https://www.google.com/maps/d/edit?mid=zPpP0bbagYWw.kRGciWSpQ8CI&usp=sharing>

Stop #1 Domaine Serene (11am – 4 pm)

6555 NE Hilltop Ln, Dayton, OR 97114 (503-864-4600)

*Located in the heart of the Dundee Hills, one of Oregon's most famous AVAs. Routinely makes some of the Willamette Valley's highest rated Pinot Noirs. They are also known for their Chardonnays. The wines here are very expensive, but the facility is stunningly beautiful. If you ever watched the TV show "Leverage" this was the winery used in the episode entitled "The Corkscrew Job."

Stop #2: Stoller Vineyards (11am – 5pm)

16161 NE McDougall Road, Dayton, OR 97114 (503.864.3404)

*Solid Pinot Noirs as well as a few white wines. They produce a couple other varietals (e.g. Syrah and Tempranillo) which may or may not be on their tasting menu. They have a huge new tasting room that overlooks their vineyard on the SW end of the Dundee Hills.

OR

Durant Vineyards (10am – 5pm)

5510 NE Breyman Orchards Rd., Dayton, OR 97114 ((503) 864-8502)

*Durant is a small producer who makes three Pinot Noirs, each from a different winemaker, and a Pinot Gris. This could be a nice alternative if you are interested in experiencing the low-key atmosphere characteristic of most Oregon wineries. Here you will also find at the other end of their parking lot Red Ridge Farm, a small boutique that carries wonderful olive oil, vinegars, and many other local products.

NOTE: The next two stops involve a bit of a drive, but this is intentional. You will get to see lots of great scenery!!

Stop #3: Bethel Heights Vineyard (11am – 5pm, closed Monday)

6060 Bethel Heights Road NW, Salem, Oregon 97304 (503-581-2262)

*Excellent Pinot Noirs from my favorite Oregon AVA, Amity-Eola Hills. They are also known for their Chardonnays (growing in popularity in Oregon). In addition they produce Pinot Gris and Riesling. Beautiful view from their elevated tasting room overlooking their vineyards.

Stop #4: Cristom Vineyards (11am – 5pm, closed Monday)

6905 Spring Valley Road NW, Salem, Oregon 97304 ((503) 375-3068)

*My favorite thing about Cristom is that their winemaker uses a lot of whole-cluster fermentation in making their Pinot Noirs. I love this type of processing because not only does it add tannins and earthiness to the wines, but for some reason gives the fruit a boost. In addition to Pinot Noir they also make a Syrah, as well as Pinot Gris and Viognier. Cristom is another small producer so the atmosphere will be cozy. You will also get the feel of being out in the middle of nowhere when you visit.

C. Big Reds of the Northwest

Note: This is a less scenic as most Oregon/Washington big reds are not made in the Willamette Valley. So, tasting rooms are located in higher traffic areas.

Route Map: <https://www.google.com/maps/d/edit?mid=zPpPObbagYWw.kY-rQxDfmA5I&usp=sharing>

Stop #1: Lady Hill Winery

8400 Champoeg Road, St. Paul, OR (503-678-1204)

*To be honest I have never tasted Lady Hill's wines, but several people I know in the wine industry speak highly of them so they are worth a visit. Lady Hill is relatively new, resulting from a split with the Owen-Roe label (very well know label), and all indications are that the good fruit went to Lady Hill. They make a variety of interesting sounding red blends and well as a several big red varietals. They also make a Pinot Noir if you want to give that a go. Lady Hill is located directly across from Champoeg State Park and shares the old Owen-Roe facility with Sineann Winery (more big reds). So, you could potentially taste a lot of wine on this stop!

Stop #2: Natalie's Estate (call ahead, appointment only)

16825 N.E. CHEHALEM DRIVE, NEWBERG, OREGON 97132 (503.807.5008)

*While I have tried to include only wineries that will generally be open daily during the meeting, I've included Natalie's because they are far and away my favorite producer of big reds in the Northwest. They are also incredible bang-for-your-buck wines with most being between \$20-\$30. They are a small producer, about 1800 cases/year, where the winemaker/owner Boyd Teegarden does most everything himself. Their tasting room is not generally open to the public so you need to call ahead and make an appointment. Totally worth doing. They produce several big red varietals including Cabernet Sauvignon, Cabernet Franc, Merlot, Syrah, etc. They also make Sangiovese and Tempranillo, both of which are amazing. Their most expensive wine is a Meritage (blend, around \$40), but it is totally worth it. Most of the grapes used in their wines come from the Columbia Valley, WA.

Stop #3 Cathedral Ridge Winery (11am – 6pm)

974 OR-99W, Dundee, OR 97115 ((503) 537-9977)

*Their winery is located in Hood River, OR, which is about 50 miles east of Portland up the Columbia Gorge. They produce several big red varietals over a range of price points. They are located in the heart of downtown Dundee (Dundee is a small town) right off Hwy 99W.

Stop #4 Cana's Feast (11am – 5pm)

750 W. Lincoln Street, Carlton, OR 97111 (503-852-0002)

*Located just outside of the small town of Carlton, OR this is a fun stop as they specialize in Italian varietals (although they produce other varietals as well). In addition to their reds, they produce some tasty whites as well. The wines are affordable, and if the weather cooperates you can taste outdoors on their large patio.

Stop #5: Soléna Estate (11am – 5pm)

17096 NE Woodland Loop Road, Yamhill, OR 97148 (503-662-3700)

*They note only make big reds, but also several estate Pinot Noirs. Silly to come to the Willamette Valley and not try a couple of Pinots so this is your opportunity! This will likely be the most scenic of the tasting rooms on this tour as it sits on a hillside overlooking vineyards between Newberg and Carlton.