You did it! Extension in Clackamas County now has a County Service District thanks to your votes. What does that mean to you? Immediate priorities include expanding Extension’s office hours to 40 hours each week from the current limited hours of public access. It’s been nearly 15 years since Extension’s office in Oregon City provided full time service to the public - due to reduced local budgets. Another priority will be to grow the 4-H program to reach more youth in the county. “Researchers in the field of Youth Development (from Tufts University, 2008) say 4-H is the best after-school program in the U.S. for developing qualities in our kids that lead to their success as adults,” said Mike Bondi, Extension Staff Chair. “These qualities - known as the 5 C’s - include improving confidence, increasing subject competence, connecting kids in their communities, building character, and increasing caring for others.”

According to Bondi, the 5 C’s are the common thread among 4-H’s well known community club programs from sewing and cooking, livestock and horse, to computer, photography, dog and reptile clubs.

Researchers also found 4-Hers to show more positive behaviors like leadership and citizenship and fewer risky behaviors like drinking and bullying while contributing more to their communities than those who are not in a youth program or even kids in different youth programs!

Extension’s support for agriculture and farming in Clackamas County will be another benefactor of the new District and its funding. Resources will be devoted to improving the productivity of our farms, increasing the profitability of these operations so they can remain viable in difficult economic times, and reducing the environmental impact of practices on the land. Increasing the availability of locally produced food will be another thrust.

November 4, 2008 marked the end of a nearly two-year citizen-led effort to form a Clackamas County Extension and 4-H Service District when voters went to the ballot box and said “yes” to Extension. The effort, initiated by the Clackamas County Board of Commissioners, sought voter approval of the district formation process and permanent funding for Extension with a dedicated local property tax. The maximum tax rate that can be levied is 5 cents per $1,000 of assessed property valuation.

“This was a landmark event in the life of Extension and 4-H in Clackamas County,” said Bondi. “Hundreds of citizens stepped forward on our behalf to make the District happen. We are indebted to all of the people who worked for the District and for the public’s vote of confidence and knowledge that the community sees important value in our programs and the difference we can make in the community.”

The new Extension and 4-H Service District will begin with its first budget on July 1, 2009.

“The coming year will be an amazing time as we look carefully to the future for our Extension programs in Clackamas County and determine the priorities for our education and outreach activities,” said Bondi. “We look forward to engaging the entire community in helping chart the future of our work to meet their needs.”

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9. Farming and Gardening
10. Forestry and Christmas Trees
11. Watersheds and Aquatic Health
12. Getting involved with Extension

How to reach us
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OSU Extension Service mission statement and vision

The Oregon State University Extension Service engages the people of Oregon with research-based knowledge and education that focus on strengthening communities and economies, sustaining natural resources, and promoting healthy families and individuals. Extension leads Oregon State University’s outreach mission by engaging with Oregon’s people and communities to have positive impacts on community livability, economic vitality, natural resources sustainability, and the health and wellbeing of people. Based on these positive impacts, the OSU Extension Service is recognized as one of America’s top-5 Land-Grant University Extension systems.

All about Extension

The roots of Extension are in the nation’s Land Grant system of higher education. It was President Abraham Lincoln who believed the future of this country would be shaped by making higher education available to all people - not just a chosen few. So in 1862 Congress passed the Morrill Act that directed each state to set aside land to establish a public university and focus teaching and research on the practical issues of the day.

Oregon State University (then known as the Oregon Agricultural College) became our state’s Land Grant institution in 1868. Land Grant universities have three missions: teaching, research and outreach. The Extension Service provides the outreach mission for the Land Grants. OSU brings the university to communities around the state by housing faculty and staff who live and work in the counties. OSU faculty share their expertise and the latest university knowledge and research to help solve local problems.

Funding for Extension

The Extension Service is a national program that was established to coordinate activities around the country. Funding for Extension requires federal, state and county participation for services to be available in a local area. Typically, the federal dollars fund university research to develop new knowledge. State dollars largely fund the faculty salaries for the Extension staff. County contributions support the local Extension office in each county. Examples of county dollar support in Clackamas County include office space and upkeep, clerical staff salaries and benefits, and faculty education programming, applied research and travel.

What Extension does in Clackamas County

The Extension Service annually serves more than 50,000 residents of Clackamas County in many ways including:

- 4-H Youth - serving 1,500 youth in 150 community clubs throughout the county; plus more than 350 students participating in 4-H in-school and after-school programs.
- Land owners - providing educational assistance to farmers, family forest owners, nursery and Christmas tree growers, and gardeners with ideas, solutions and new techniques to solve problems.
- Master Gardeners - training and support to more than 400 certified volunteer Master Gardeners who collectively to contribute over 20,000 volunteer hours annually to assist residents of the county with garden and landscape questions.
- Land Stewards and Managers - training more than 125 Master Woodland Managers, Master Watershed Stewards and 4-H Wildlife Stewards who work in their communities to share their knowledge about caring for the environment.
- Health Education - teaching nutrition and healthy living classes to more than 400 school children at 6 schools every week during the school year.
- Food Preservation - teaching the latest science-based food preservation and food safety information to Family Food Educator volunteers and the public.

How to find us

Coming from I-205
Take Exit No. 10 (Molalla/Hwy 213). Travel south on Hwy 213, following signs to Molalla/Clackamas Community College. Turn right on Beavercreek Road (Berryhill Shopping Center at intersection). Follow Beavercreek Road to the sixth traffic light. Turn left onto Warner-Milne Road. We’re the first building facing Warner Milne on the left, opposite the PGE Building.

Coming from Hwy 99E/downtown Oregon City
From McLoughlin Blvd/Hwy 99E, travel uphill on 10th Avenue, which becomes 7th Avenue and then becomes Molalla Avenue. Turn right onto Warner-Milne Road (Walgreens Drugstore on the corner). Travel about 1/3 mile on Warner-Milne; office is on the left, opposite PGE building.

By Bus
Tree School keeps landowners on cutting edge of technology

[Oregon City] Tree School is an award winning one-day forestry education program designed for woodland owners and Christmas tree growers. In 2008, 560 landowners attended Tree School in Oregon City and improved their knowledge about caring for their land and managing their natural resources. “Our Tree School attendees tell us over and over that this is the most important event they will come to all year,” said Merrily Enquist, Tree School’s coordinator. Enquist owns a 300 acre forest and Christmas tree farm south of Molalla. “They come to learn the latest information. They come to hear from the best experts in their fields. And they come to meet other landowners doing what they love to do.”

Clackamas County’s 18th annual Tree School will be held on March 21, 2009 at Clackamas Community College. It is believed to be the largest forestry education event of its kind in the nation. Tree School 09 will offer 62 classes covering topics such as tree planting, harvesting and marketing, cultural practices of managing trees, forests and plantations, computer technology, wildlife habitat, even rain water harvesting and chain saw courses for women. In addition, more than 50 business and service, agency, non-profit and education organizations will be present in the Tree School Exhibit Area.

“It is quite a diverse range of topics because we have thousands of property owners in Clackamas County and each has a different need for educational information,” said Michael Bondi, Tree School Instructor and Clackamas County Extension Forestry Agent. Clackamas County is home to over 3,000 private family woodland owners, each caring for at least 10 acres. It is also home to over 300 Christmas tree growers, more than any other county in the U.S. Tree School attracts private woodland owners, in addition to Christmas tree growers, professional foresters and loggers and even single family home owners wanting to learn about backyard or ornamental tree topics.

The OSU Extension Service in Clackamas County created Tree School in 1991, utilizing Extension Service agents, OSU faculty members, private consultants and technical experts to teach all of the courses.

“The classes are so varied, from mushroom hunting to how to run your own chain saw,” said Bev Koch Tree School student and volunteer. “It is hard not to find something you would be interested in.” Bev and her husband, John Martinson, manage Mahonia Land Trust Conservancy in Oregon City, 67 acres of woodlands including fruit and nut orchards and pastureland. Tree School taught Bev how to wield a chainsaw thanks to a “Chainsaw Class for Women Only.” “Guys can be very intimidating and tend to take over,” said Koch. “Having all women in our own group allows us to be more comfortable and feel like we can ask questions instead of standing back and letting the men do it all.” Koch now owns her own chainsaw and uses it regularly on the land she helps manage.

Popular Spring Garden Fair happening May 2 - 3, 2009

[Canby] The Clackamas County Master Gardener Spring Garden Fair is one of the biggest plant sales in Oregon. Every year a string of wagons and wheelbarrows leave the Clackamas County Fairgrounds overflowing with annuals and perennials, organic vegetables, trees, shrubs and even garden art. Last spring approximately 17,000 people attended the 2-day fair, where 176 vendors provided one stop shopping for all their gardening and landscape needs.

“Our timing is great because we are always the week before Mother’s Day and our fair is different from other fairs because we have such a wide variety of vendors,” said Laura Eyer, an OSU Master Gardener. “The other draw is that most of the vendors are the growers so they are able to answer any questions about the right soil and drainage for a plant or flower, plus suggest other plants and colors that will compliment it, creating a vignette in your garden.”

A new element to the 2008 fair was a popular potting station, designed to allow fair-goers to leave the potting mess at the fair. Some people brought in their own pots and others bought a new pot at the fair. Master Gardener volunteers filled the pots with soil and their fair purchase - for free. “It is a great educational opportunity for us,” said Eyer. “Plus we send them home with a brochure so they can see how it grows.”

Educational opportunities are what Master Gardeners live for. They are volunteers through the Oregon State University Extension Service and their mission is to answer gardening and household pest questions through research-based education and outreach. One way they do that is through their “10 Minute University.” These are short educational courses Master Gardeners offer at the fair at no charge on subjects like creating a vegetable sampler, hanging baskets and pruning basics. All fair proceeds go back into Master Gardener educational opportunities.

The Canby Garden Club participated in the very first Spring Garden Fair and were also on hand last year selling perennials that were started in their own gardens as a fundraiser for their club. “We try to help people who are interested in agriculture,” said member Lynn Shafer. “We give scholarships to Clackamas Community College and we try to beautify Canby.”

Each vendor takes the time to explain their products and share their growing secrets. It is a great way to prepare for summer foliage and the spring sunshine that is just around the corner.
The Clackamas County Fair is one week of fun and excitement for the general public, but for 4-H members it is a chance to show off what they have been working on all year long. The Clackamas County 4-H Youth Development program is so vast that they actually have three fairs each summer to allow all members a chance to showcase their animals or their creations.

In July, 4-H Dog Club members participated in Dog Fair with two days of competition in obedience, agility and rally (an event that involves stations with signs showing the next skill that is to be performed.) “My favorite part of 4-H is getting closer to my dog, and learning more about him,” said Hailey Dorr, age 15, of Oregon City.

The agility students spent the year working with Pam Pallister, a professional dog trainer and 4-H volunteer leader in dog agility in Boring. Dog agility is a timed obstacle game that participants can compete in with their dogs. Pallister stresses that the training is positive and the handlers are encouraged to use toys, treats, and verbal and physical rewards while training their dogs. “The premise is that this is a game and both the children and the dogs should have fun while doing it,” said Pallister.

It is no surprise that horses shown at the 4-H Horse Fair in July are the most popular 4-H project in our county by far! Clackamas County is one of the “horsiest” places in the United States, ranking in the top ten among all U.S. counties. In 2008, 260 4-H horse members demonstrated their horsemanship skills at the 4-H Horse Fair. The Horse Fair is a week-long event which includes classes such as riding english and western, showmanship, and timed gaming events. While guiding your horse through a pattern of movements in the show ring requires intense concentration and preparation, the 4-H Horse Fair also includes some purely fun events: the Costume Contest and Stick Pony Olympics are perennial favorites.

In August, the Livestock, Small Animals, and Static exhibits at the Clackamas County Fair proved that 4-H projects come in all shapes and sizes. A trip through the barns revealed 4-Hers hard at work sweeping aisles and grooming their prized projects, from the 2-pound Netherland Dwarf rabbit to the 1200-pound Black Angus market steer. You could spend an entire day wandering the exhibit halls where projects constructed from spun wool, tasty cakes and tediously constructed quilts were on display. “I love that 4-H has taught me so many useful skills such as quilting and sewing that I will keep with me forever!” said Hilary Annes, age 17, of Sandy. In Sandy, members of Becky Sintek’s 4-H sewing club, Kids-R-Us, began working on their dresses for fair in January. “I like how you get to wear what you make when you are done and say ‘Wow – I actually made this!’” said 13 year old Rachel McKinnis of Sandy. Sintek has been a 4-H leader for close to 25 years and has sewn since the third grade.

What do all of these 4-Hers have in common? Research conducted by the OSU Extension 4-H Program found that youth who show their work at the fair learn responsibility, cooperation, sportsmanship and time management.

“It’s all about the ribbons. The bigger they are, the prettier they are, the harder you try to get one. 4-H is about trying to be the best you can be.”
— Lauren Riback, 8th grade, Canby

“I like 4-H because it teaches responsibility and I know the animals we raise provide healthy meat.”
— Olivia Teune, age 15, Boring

For information about Science, Engineering and Technology, Older Youth Leadership, and club programs in Horse and Livestock Contact: Wendy Hein
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4-H leader Shirley Haney helps Hannah Krautscheid work with miniature horse “Willy Wonka.”
Lake Oswego's Westridge Elementary students learn about salmon anatomy with ODFW Scientist Mark Engelking, Aquatic Ecology Program.

[Lake Oswego] Westridge Elementary 4th and 5th grade students became junior scientists in 2008 through a 4-H Extension hands-on science program studying Aquatic Ecology. Students learned about their school’s watershed, how to conduct water quality tests, aquatic life, groundwater movement, contaminant sources of surface water, and how to protect their local water bodies. Through Extension, scientists in the field were brought in to talk with students and deliver lessons. Students then became scientists themselves - testing a nearby stream to assess water quality, and inventorying macroinvertebrate and native fish populations using the scientific techniques they had learned in class. “I want young people to experience science and discovery first hand. Get right in there and get dirty doing science with all their senses,” said Janet Nagele 4-H Youth Development educator. “That’s what makes science exciting; not reading it out of a text book or listening to someone else’s experience.”

The lesson is in the yolk
[Milwaukie] Last April, Adrienne Courbis’ 4th grade Bilquist Elementary class cracked open grocery store eggs and explored their goopy contents in order to gain a better understanding of the fertile eggs they would soon nurture and raise. Hundreds of Clackamas County students participated last year in the Incredible Egg Program through Oregon State University Extension Service’s 4-H department.

“We started offering the Incredible Egg program in 1999 with a generous grant from a past Clackamas County 4-H poultry leader that allowed us to purchase 24 incubators and the nationally acclaimed 4-H Incredible Egg curriculum,” said Jenya Kielpinski, 4-H Program Assistant. “It was the first school enrichment program offered by Clackamas County 4-H in recent history.”

Several classrooms throughout the county received fertilized eggs and an incubator from 4-H. The students cared for and studied the eggs through a prepared curriculum which incorporated math, science, language arts and reproduction education. At the end of 21 days they watched all their hard work pay off when the new chicks hatched!

Fish in the classroom form hands-on lessons
[Beavercreek] A 10 gallon fish tank filled with 200 rainbow trout eggs became the mascot for teacher Jeremy Hill’s class last February. But the eggs were not pets. Through the 4-H Fish Stewards program, 6th grade students incorporated fish-biology into classroom lessons. Students were responsible for checking the tank’s temperature and pH levels daily. The eggs were not only a hands-on responsibility - they were part of a curriculum helping students to meet statewide benchmarks in science, math, English, social studies and even career related learning.

“The eggs are a living example of all the subjects I am teaching my students,” said Jeremy Hill, Beavercreek Elementary 6th grade teacher. “It is important because it is personal; the students have ownership in it and they watch them every day for progress.” In April they released the trout into Small Fry Lake near Estacada as part of an after-school field trip.

The trout eggs are part of the 4-H Fish Stewards Program offered through Oregon State University Extension Service in collaboration with Oregon Department of Fish and Wildlife (ODFW). Last Spring and Fall twelve Clackamas County schools participated rearing native trout and salmon in the classroom, reaching approximately 702 students.

Older 4-H youth and leadership
“OK cu then” reads a text message to Wendy Hein, 4-H Youth Development Extension Agent. Less than a minute after sending a meeting reminder to the cell phones of the members of the Clackamas County 4-H Ambassador Team, the teens start to reply. With 30 members, the Ambassador team is growing! The Ambassadors raise funds to support leadership activities and scholarships for older youth.

What makes these youth so willing to not only stay in 4-H, but get even more involved as they reach their high school years? “4-H has taught me that leadership is service,” said Nathan McCarty, age 18 from Estacada.

In 2008 the Ambassador Team entered a float in the Rose Festival’s Starlight Parade, planned the annual awards night, held a 50’s themed dinner, and sold strawberry shortcake at the Oregon City Farmers’ Market from the first fresh berries of the season. They did all this while promoting the 4-H program.

“One of our 4-H sayings is ‘Learn by doing,’” said Hein. “And the best way to teach youth how to be leaders in the community is to get out of the way and let them try it.” Youth in 4-H have many opportunities to train and polish their skills.

And how does sending text messages fit in with leadership lessons? “To engage youth, speaking their language is key,” said Hein. “You start where they are, and then show them where they could go. Besides, we are training the leaders of tomorrow, and they will be different from the leaders of today.”

“My favorite part about 4-H is the focus on learning and improving and the friendships that I made in my time there.”
– Jennifer Greco, age 19, West Linn 2008 Graduate of the Rocking Rainbow Riders

“I like learning stuff about dogs and meeting people interested in the same things I am interested in.”
– Maxine Nelson, age 11, Wilsonville Diggity Dogs Dog Care and Training Club of Oregon

“My favorite part of 4-H is getting closer to my dog, and learning more about him.”
– Hailey Dorr, age 15 - Oregon city dog, photography, Jr. Leader, Ambassador

“4-H is a great thing because of the friends, beautiful horses and the opportunity to learn more about my favorite hobby.” I also love the Gaming part of 4-H because I love the speed and the rush. The trophies were great from the Clackamas County Fair.”
– Madysin Churilla, age 13, Oregon City

“My favorite part of 4-H is being able to learn new things about my goats while still having fun!”
– Marissa Jarvis, age 14, Molalla
Forest facts fascinate 4-H clubs

[Molalla] Surrounded by tracks from wild bears, bobcats and mountain lions, 4th and 5th graders stirred fresh plaster and let it ooze from their molds. Later, they took their hardened souvenirs home along with a greater appreciation of our local forests. It was all part of the 4-H Natural Resources Club, named "Nature Adventurers" by its youth members. “It’s cool,” said Bryson Hellman, age 10 of Molalla. “We have a creek with fish in our backyard and I never really paid attention to things like tracks, but I will now.”

The out-of-school club resulted from the success of a school enrichment program offered through a joint effort between the Oregon State University Extension Service in Clackamas County and the Oregon Department of Forestry (ODF). The school program was such a hit that it inspired the Nature Adventures Club for students who want to continue to learn about Oregon forests and other natural resources. Nature Adventures Club is led by ODF staff volunteering their time to teach different natural resource topics with hands-on lessons, project work, and field trips. The adventures in 2008 included a camping trip in Eastern Oregon to study their forests and becoming junior geologists by collecting rock samples. Eleven members joined the Nature Adventures Club last year and this year it continues to grow. “It is all about getting them in touch with our resources outdoors, teaching them how to take care of them as well as having fun,” said Jon Mayer, club volunteer leader.

4-H/ODF Forest Education In-school program uses hands-on educational activities where 463 students become forest managers and stewards. The focus is on rural schools, especially the Molalla School District. “Teachers love the program as it addresses Oregon State Educational Standards for science and really engages students in learning through the hands-on activities,” said Janet Nagele, 4-H Youth Development educator. “We have fun watching the kids come into a program like this, knowing hardly anything about the outdoors and forestry and within the first week they are amazed by these things,” said Josh Travers an ODF instructor. The goal is to give students a greater understanding and appreciation of forest ecosystems and how these natural resources are an important part of our everyday lives - from the trees, to the land, to the wildlife.

Youth learn how to grow food with 4-H horticulture projects

[West Linn] Most kids only think about pumpkins in October, but for others, pumpkins are a year round quest; a learning opportunity and a pursuit for 4-H prize ribbons. Conor McCabe and his sister, Caitlin, helped their parents plant pumpkin seeds on their West Linn Christmas tree and pumpkin farm, called Lit'l Punkins Patch, last July. “We plant a new field every year,” said Conor. “Not like our Christmas trees that take several years to grow.”

In the summer they weeded and fertilized. “While other kids slept in we woke up early and pulled weeds in the pumpkin patch,” said Conor. Then in July, they watched as the white flower blossoms appeared and by August the green pumpkins emerged. Finally, when they reach the size they are going to be they turn orange, according to Conor that is when the real fun begins!

Since the Clackamas County Fair is in August, only the smaller gourd-like pumpkins, called “Wee-Be-Littles” can be entered into 4-H competition. Conor also enters his corn stalks.

“You should have seen Conor’s stalk one year,” said Caitlin about her brother’s corn stalk entry. “It hit the ceiling and he won first place!” she beamed.
Teacher from Mexico shares lesson with 4-H Latino Club members

[Canby] Visiting Mexican teacher, Gema Ponce, helps students peel the layers of plaster off of their faces during a Canby 4-H Latino Club meeting last year at Baker Prairie Middle School. The masks formed a cast image of the students’ faces. Once they were dried, painted and decorated they provided a form of authentic art from Mexico. For many of these American born youth with parents from Mexico, it is exciting to explore their native heritage. “The Mexican culture is very vast and beautiful with a lot to offer,” said Ponce. “It is important for immigrants to know their roots, traditions and culture.”

The 4-H state office approached the Willamette Education Service District in Salem for an opportunity to bring in teachers. “We see great value in bringing Mexican cultural activities to our 4-H Latino students and teachers,” said Jorge Martinez, Latino Outreach coordinator for the Oregon State University Extension Service, the group that oversees 4-H programs in Clackamas County. “Gema’s vast knowledge of Mexican culture and traditions was a perfect complement to our 4-H program goals.”

Ponce is from the state of Michoacán in central Mexico where she teaches English to middle school students, but while here in the U.S. she spoke only Spanish as she taught members of the 4-H Latino Club everything from Mexican arts and crafts, to folkloric dance, to history. Ponce spent a week and a half in Clackamas County and 11 weeks in the United States through the Bi-national Migrant Education Program, an outreach effort to bring in teachers. “We see great value in bringing Mexican cultural activities to our 4-H Latino students,” said Martinez. “This is important for immigrants to know their roots, traditions and culture.”

Ponce’s visit was a real treat for the 4-H Latino Club members. “The youth are showing enthusiasm and interest in what I am teaching them,” Ponce said during her visit. “Kids that would not normally work together in the past are now working together on something very positive.

To give perspective on how big of a success she was, at the beginning of her classes at Casa Verde apartments in Canby, she had only 8-10 children to work with. By the middle of her stay she was working with over 30 youth and had participation from 4 parents,” said Martinez. “Because we have had such an excellent response to the work that Ponce has done with the Mexican community in Canby, next year we will make an effort to bring in two teachers and hopefully expand to Molalla and Sandy,” added Martinez.

4-H Latino Culture Club Mothers Day celebration

With a flurry of folk dancing and colorful costumes the Baker Prairie Middle School (BPMS) Latino 4-H Culture Club put on a Mother’s Day celebration last year full of pride and Mexican tradition. “The students presented a wonderful program, the dances were outstanding and the outfits were beautiful,” said Betty Rivinus, assistant principal at BPMS. The Latino 4-H After-School Culture Club is for BPMS youth in 6th through 8th grade and focuses on Mexican cultural activities such as folkloric dance. Equally as important to the development of the 4-H Latino Outreach Program in Clackamas County was the acquisition of Victor Moreno as a volunteer with the Baker Prairie Middle School Latino 4-H Dance Club, said Jorge Martinez, 4-H community development coordinator.

“Our Latino students so often go home to an empty house and we know productive after school opportunities are not plentiful,” said Rivinus.

That is why the Oregon State University Clackamas County Extension Service is making an effort to bring the 4-H model of youth education, parent involvement and volunteerism into the Latino culture. The Latino 4-H After-School Culture Club is just one of the activities that Latino Outreach Coordinator Jorge Martinez is helping the Extension Service provide in the community.

Additional Latino outreach opportunities

Other Latino outreach activities include the Oregon Leadership Institute 4-H Club. This is a county-wide program for Latino youth in 9th through 12th grade. It focuses on exposing youth to nature through educational field trips to nature centers and natural areas. “The program also introduces youth to natural resource careers, technology, culture, leadership skills and even takes students to Corvallis to visit the OSU College of Forestry,” said Martinez.

The Extension Service also offers a Mexican Culture Program at William Knight and Cecile Trost elementary schools in Canby and Molalla Elementary School. These after-school programs reach about 100 K-5th grade students each year. They are taught in Spanish and English and focus on delivering Mexican culture to elementary kids.

These programs are an opportunity to give Latino youth culturally adapted 4-H educational activities that are welcoming, provide positive time use and teach life skills such as responsibility, teamwork, public service and subject mastery, according to Martinez. Priorities for 2009 include implementing more programs around Latino culture, recruiting more parent volunteers and expanding to other parts of the county such as Sandy, Estacada and Molalla.

For information about Latino Outreach programs, both after school and clubs
Contact: Jorge Martinez
Yo hablo Español!
jorge.martinez@oregonstate.edu
503.650.3126
The Oregon Nutrition Program tickles the taste buds of students in Clackamas County

[ESTACADA] How many second graders do you know that have tried cabbage and love it? “It all depends on the context in which it is presented,” according to Stephanie Stuart, educator with the Oregon State University Extension Service, Oregon Nutrition Education Program (ONEP). “We try to make food nutrition fun by presenting it in an enjoyable manner,” said Stuart.

In 2008 ONEP educators saw over 300 students per week in multiple school districts throughout Clackamas County. The program is funded through the USDA Food Stamp program and targets income-eligible audiences. Nutrition educators visit classrooms once a week as part of the school’s 10-week Nutrition Education Program. They share books about nutrition, provide a fun activity, teach students about the food pyramid and offer them an opportunity to try a healthy food choice.

“I think it is wonderful because my students are getting to try something they may not have ever tried and then they can take the recipe home to their families,” said Renee West, Clackamas River Elementary Second Grade teacher.

During a visit to West’s class last year, students tried a fruit salad made of pineapple, mandarin oranges, fresh apples, vanilla bean yogurt and a dash of cinnamon.

“I have two rules,” said Stuart. “The students must wash their hands before they eat and they can only make positive responses with their words and face. If they don’t like it, they are to quietly set it down so their opinion does not influence others.”

That did not appear to a problem for this class, with words like “yum” filling the room. In the past they have tasted cabbage tossed with non-fat ranch dressing, fruit smoothies and dried mango. They also get a serving of healthy food lessons.

“I learned that we need two healthy servings of fruit each day,” said second grade student Gabby Smith.

The goal of the program is to help participants make healthier food choices. The lessons emphasize the importance of eating breakfast every day, eating more fruits, vegetables and whole grains foods, drinking skim or lowfat milk, reading food labels and being physically active every day.

“The program is important because of the incredibly high prevalence of obesity in the United States, and the disease and high health care costs that accompany it,” said Sara Woldrich, MPH, CHES, with the Nutrition Education Program.

“It is especially problematic in low-income households where it is difficult to make budgeting choices — choices that can lead to high-calorie, low-nutrient foods that are generally less expensive,” said Woldrich.

OSU Family Food Educators spread food safety tips at farmers’ markets

Nothing says summer like the sweet and juicy burst of flavors that come from biting into a local vine-ripened strawberry. It signals sunshine, farmers’ markets and an abundance of fresh fruits and vegetables for months to come. Don’t you wish you could just bottle it up and save it for a cold rainy November day? Well you can, and more and more people are coming back to the lost art of canning as a way of enjoying local or homegrown produce year round.

“Most people don’t can to save money or to survive the winter like their grandmothers’ did,” said Marge Braker, a food preservation educator and retired faculty with the Oregon State University Extension Service in Clackamas County. “People are growing more of their own food or buying from local farmer CSA’s (Community Supported Agriculture) and farmers’ markets. They want to know where their food is coming from and they want to be able to enjoy it all year,” said Braker.

Braker has been teaching the latest techniques of preservation to 12-15 volunteer Family Food Educators (FFEs) each spring. Following their six week training, FFEs volunteer throughout the county answering food safety and preservation questions at various venues. During 2008, Clackamas County FFEs shared their knowledge and time at local farmers’ markets including Oregon City, Lake Oswego, Milwaukie and Estacada.

During food preservation training at the OSU Extension office in Oregon City last year a dozen volunteers learned how to can fresh tuna.

“I started canning when I was 9 and in 4-H,” said Phyllis McIntire, a student in the OSU food preservation class. “As time has gone on I have learned new and improved canning techniques and I am able to answer my friends’ and neighbors’ questions,” McIntire added.

Food preservation techniques are easy to learn, according to Braker, but the potential for food safety problems make it imperative to have the right equipment and to follow directions. For example, pressure canning is the only recommended method for canning vegetables, meat, poultry and seafood because they are low acid foods. Using the boiling water canner method for these foods, like you would for jams, poses a real risk of botulism poisoning.

Pressure canners with a dial gauge should be tested annually for accuracy. If you don’t want to invest in a pressure canner you can still can fruits, jams and pickled vegetables with a large stock pot or canning kettle, but certain precautions must be used to avoid growth of microorganisms.

That is where the OSU Family Food Educators can help. In the summer time you will find them at various farmers’ markets around the county or you reach them at the Clackamas County office of the OSU Extension Service.

OSU Extension offers educational opportunities that help Oregon families meet the practical challenges of daily life. We teach healthy eating habits to children in public schools and instruct adults on the latest safe food preservation methods including canning. Some of our other programs address critical issues such as financial security, multi-cultural communication, elder abuse and becoming a responsible member of society.

OSU Family Food Educators spread food safety tips at farmers’ markets

ONEP encourages students to be adventurous in their tasting forming good eating habits early in life. The strategy appeared to work for the second graders in Mrs. West’s class, who gobbled down their fruit salad like a bowl of chocolate ice cream.

ONEP is leaving a good taste with students at other schools as well. Estacada School District’s 5th and 6th grade students showed an average of a 21% increase in nutrition test scores after their 10-week session. Teachers told us their students looked forward to the nutrition classes and last summer ONEP also set up a partnership with an after-school program in Molalla.

About a dozen elementary schools in Clackamas County are eligible for the program and more are seeking a partnership with ONEP in 2009.
The OSU Master Gardener program in Clackamas County had a large and positive impact on the community in 2008. We trained 81 participants at our Oregon City training location as part of our regional tri-county metro program. The Master Gardener class is a 60-hour training complemented by a 66-hour volunteer internship in which participants extend research-based gardening information into the community. These new Master Gardener trainees joined the ranks of 243 “veteran” Master Gardeners in Clackamas County, who make this program one of the largest Master Gardener programs in Oregon. These volunteers completed over 9,300 hours of volunteer service in a variety of projects in the county including workshops for homeowners, maintaining various public gardens in our community and hosting classes at local farmers’ markets. Through this work, we contacted over 5,000 people in Clackamas County!

The main thrust of our program is to help answer questions from the public about growing and caring for plants. Master Gardeners operate a telephone hotline at the Extension office in Oregon City. In 2008, we helped 1700 residents through our hotline. Master Gardeners contacted an additional 3400 people through remote plant clinics at farmers’ markets in Lake Oswego, Milwaukie and Oregon City as well as other venues. The Clackamas County Master Gardeners also organized the annual Spring Garden Fair (SGF) with an attendance of 17,000.

We bring the latest science and technology to nurseries, small farms and commercial farm production - keeping Clackamas County’s vast agricultural industry on the cutting edge of innovation. But we don’t stop in the fields. OSU Master Gardeners are trained volunteers who assist home owners with landscape and gardening questions, work on community beautification projects, educate on pest control methods and diagnose soil and plant problems.

Master Gardeners answer questions from the public daily at their plant clinic in Extension office, Oregon City.

OSU Master Gardeners reach over 5,000 people in 2008

Staff at OSU’s North Willamette Research and Extension Center near Charbonneau harvesting blueberries to measure yield in a fertilizer trial.

The 3-day event brought farmers together from all over the Northwest to listen to speakers, meet vendors and connect with one another. NWHS and Oregon State University Extension Service responded to growers’ demand for more organic information by adding the organics crops day to the agenda.

“Demand for organic methods has gone up, up and it is really an expectation from our customers as opposed to an exception,” said Jim Bronec an organic farmer with Praying Mantis Farms in Canby.

“Subscription Farming” is where it’s at

Have a gardening question?
Call the OSU Extension Service in Clackamas County
503-655-8631 or go online:
http://www.clackamascouymastergardeners.org/

January at the Clackamas County Fairgrounds in Canby.

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“Subscription Farming” is where it’s at [Lake Oswego] Picking produce from a shelf and placing it into a plastic bag to be scanned by a checker is feeling less and less right to consumers. Driving to a local farm and picking up a box of fresh picked produce from the farmer who grew it using organic methods is a trend that is catching on.

It’s been called subscription farming - buying into a farm for a length of time and reaping its harvest bounties. Each season the harvest shareholder pays for a share of the farm which is used for upfront operating costs such as seeds, labor, growing supplies and fertilizer. In turn, the farm distributes a wide variety of seasonally harvested fresh produce, usually on a weekly basis throughout the growing seasons.

“They are getting incredibly fresh produce, usually picked that same day,” said Laura Masterson, owner of 47th Ave Farms, who also manages the Luscher Farm CSA in Lake Oswego. “I think what people really want is that connection to the farm. They want to feel good about supporting local farming and feel secure about how the food is grown,” said Masterson.

The number of local farms participating in CSA’s is increasing along with the number of organic growers. OSU researchers approached Masterson and asked her what problems she was having with her potato crop and addressed her concerns along with those of other local growers as part of their Organic Potato Research project or OSPUD.

 Organic crops is the buzz word in 2008

[Canby] When it comes to what we put in your mouth, the big buzz words in 2008 were local and organic. In fact, the organic industry has grown so much in our local market that for the first time ever a full day of education was devoted to organic crops at the 53rd annual North Willamette Horticulture Society (NWHS) meeting last
Hopkins Demonstration Forest is a learning wonderland!

Hopkins Demonstration Forest (HDF) is a 140-acre privately-owned forest maintained in partnership with OSU Extension. The forest is open to the public for self-guided exploration, tours, workshops, and education programs. In 2008 we recruited, coordinated and managed projects for 700 volunteers. That is almost 5,000 hours of service, accomplishing a variety of tasks including planting 2,000 seedlings, constructing 2.5 miles of hiking trails, slash disposal, weed control on 4 acres, pruning 2 acres of conifers, constructing new facilities, and maintaining existing facilities.

The “Science in the Forest” program partnered with WolfTree Inc. and Portland State University to teach 300 students ecologic studies. Vocational and Service-Learning projects engaged another 400 students who had an opportunity to sample forestry work. Approximately 500 students learned about sustainable forestry through tours.

Community donations and partnerships are essential to supporting activities at Hopkins Demonstration Forest. Almost 20 significant donors contributed $1,000 or more, while a handful of businesses and groups contributed labor. Several individuals and businesses contributed thousands of dollars of materials and in-kind services. These partnerships arise from an active outreach effort that made more than 3,500 contacts in the community.

Teachers spend the summer in an outdoor classroom

[Beavercreek] Three teachers had the opportunity to spend the summer in the woods as part of Oregon Teachers on Summer Assignment (ORTOSA). The Oregon Forest Resources Institute (OFRI), a state agency charged with educating citizens about forests and forest management in Oregon, annually partners with the OSU Extension in Clackamas County to offer a program that provides outdoor forestry experiences for teachers around the state. Industrial forest companies, state agencies and non-profit agencies collaborate with OFRI to provide real-life summer work jobs for the ORTOSAs. Each year the OSU Extension Service selects the teachers from an application process for a six-week practical work experience at the Hopkins Demonstration Forest near Beavercreek. And each teacher has their own reasons for applying.

Sarah Powers, a third grade teacher at Clackamas River Elementary in Estacada, has been a nature lover since age two, spending most of her youth in natural areas. “I really got a brand new set of eyes when I came out here,” said Powers. “The things I have learned about sustainable forestry and our forestry laws here in Oregon were really amazing to me.”

Last year’s teachers also included Linda Brownstein, a speech pathologist at Sunset Primary School in West Linn and Eric Holstrom - a physical education teacher at St. Mary of the Valley Elementary School in Beaverton.

Their team project was the inventory, mapping and road development for a six-acre parcel of land at Hopkins that has been neglected for the past 30 years. The teachers spent their first week learning how to survey and run boundary lines to determine where their tract of land was located. Next, they mapped and inventoried the resources of the site. They designed an access road into the project area and planned for foot trails to connect an existing road with the proposed one. The final step for the project was developing a set of management guidelines for Forests Forever, Inc., the owner of the Hopkins Demonstration Forest.

Key Bank closed a handful of local branches one spring afternoon to allow their employees to Make a Difference by building a new hiking trail at Hopkins Demonstration Forest.

Small teams of students use the same equipment as professionals - an increment borer - to sample the growth rate of trees in the forest.

The Noble Fir Christmas Tree Culturing Demonstration held at Green Tree Farm, owned by Dan Green, in the Highland area.

Thirty growers attended to hear and watch one of the best known tree culturing experts in the Northwest - John Tillman of Rochester, Washington. This was the second year for the culturing event with Tillman, who was back by popular demand. Attendance was limited for this show-me field clinic to provide the best possible chance for landowners to see, hear and have their questions addressed.

“Growers really appreciate the chance to learn from each other and trade ideas about the fine art of shaping their trees and the tricks of the trade for correcting problems with tree tops and imperfections that naturally exist,” said Mike Bondi, Extension forestry and Christmas tree agent in Clackamas County. Bondi organized the clinic for tree growers. “Our goal here is to grow the best trees in the Northwest. Upgrading our skills is a big part of staying competitive in this industry. Getting the opportunity to see a well-known expert in action is invaluable for learning - and something growers can’t easily do for themselves.”

Tree clinics teach growers the tricks of the trade

Growing and managing Christmas trees is big business in Clackamas County. In fact, nearly 10% of all Christmas trees in homes across America each holiday season come from Clackamas County. That makes us the largest Christmas tree producing county in the U.S.!

OSU Extension works with Christmas tree growers throughout the county providing education through tours, demonstrations and clinics that bring practical information to landowners and managers, plus conducting research to solve local problems. A highlight for Christmas tree growers and managers in 2008 was the Noble Fir Christmas Tree Culturing Demonstration held at Green Tree Farm.

Clackamas County is home to some of the most productive tree growing land in the world. Our native forests cover more than two-thirds of the county’s land. In addition, thousands of acres of land have been planted in Christmas trees. The OSU Extension Forestry program provides the education and research support for tree growers in Clackamas County. Our education programs keep landowners and managers on the cutting edge of technology and provide information to assist them to improve the productivity and profitability of their land.

http://www.forestsforever-or.org/
Salmon in a stream. Photo courtesy NOAA/USFWS.

Addressing pesticide accumulations in the Clackamas River Basin

A March 2008 U.S. Geological Survey study found low level accumulations of pesticides in the lower Clackamas River mainstream and tributaries. “In addition to traditional pesticide users such as agriculture, pesticides are also coming from streams that are more urbanized and industrialized,” said Sam Chan, Extension Sea Grant agent. Understanding the implications of these findings to stakeholders and ways that individuals can join in becoming part of the solution in reducing pesticide runoff into the lower Clackamas is Chan’s emphasis in partnership with the Clackamas River Pesticide Stewardship. Chan has submitted a grant proposal through the Fish and Wildlife Foundation to fund a survey and education program to inform and engage urban residents on safe and effective uses of pesticides and ways to reduce pesticides entering the Clackamas River and its tributaries.

The proposal includes a survey to gauge stakeholders in urban areas on their understanding of pesticide use and how pesticides might enter the water we use. The survey will serve as a baseline to measure pre and post-outreach attitudes toward pesticide use and the learner’s willingness to change. The curriculum will stress the importance of keeping pesticides on the intended target and out of the water. Finding safe solutions to pesticide use is a partnership among interested citizens, OSU Extension, Clackamas River Basin Council, water providers, DEQ, ODA, USGS, municipalities and the county.

Spotlight on invasive species in 2008

Invasive species received lots of attention in 2008. Sam Chan is Chair of the Oregon Invasive Species Council Education and has led OSU Extension’s efforts in launching a statewide invasive species campaign called “Stop the Invasion.” It is the first of its kind in the nation where not just agencies, but public media, non-governmental organizations, trade organizations and private media have joined together. Chan helped with the content for a television special on invasive species called “Silent Invasions” which aired last year on Oregon Public Broadcasting (OPB). Silent Invasion received the highest Nielsen rating of any PBS programming in the nation, and was recognized with the prestigious Alfred I. DuPont award from Columbia University. The documentary illustrates how invasive species are changing the environment in Oregon. It was produced by OPB in partnership with Oregon Sea Grant, based at Oregon State University, and other organizations.

OSU Extension’s invasive species education efforts inspire West Linn resident to fight back

The “Stop the Invasion” campaign coupled with an OSU Master Gardener’s class that covered the relevance of invasive species awareness and prevention inspired Sherry Sheng to remove invasive species from her West Linn yard and the embankment below leading to the Willamette River. Ivy was climbing and choking off Oregon ash trees that serve as a prime nesting habitat for blue herons.

“The class provided information about the damage caused by invasive species - both aquatic and terrestrial,” said Sheng. Fortunately three of her neighbors are also Master Gardeners. Together they decided to tackle invasive species not just in their own yards, but on the public areas in their neighborhood, beginning a West Linn community effort on invasive species education, prevention, removal and restoration.

“This is a very ambitious project, but one where residents and wildlife will likely see results and benefit,” said Chan. “By encouraging fellow gardeners in her community to consider removing invasive species in their yards along the Willamette River and planting non-invasive alternatives, they are restoring and increasing the function of the Willamette River shoreline.”
Getting involved with Extension

4-H Youth
We welcome adults and older youth to become volunteers in our youth program. Our volunteers go through training and screening to become 4-H Leaders. There are several types of 4-H Leaders: Club Leaders are mentors who oversee a group of young people learning about one or more topic areas. Assistant Leaders help with a club, perhaps by leading a particular project area or completing an organizational task. Resource Leaders are not affiliated with a particular club but they might provide technical assistance to several clubs or plan countywide activities.

Master Gardeners
The Master Gardener program had its start right here in Clackamas County more than 30 years ago. Today, more than 300 active Master Gardeners provide the latest plant science technical information to home owners and gardeners - everything from lawn care and vegetable gardening to caring for roses, pest identification and control, and tree and shrub care. Master Gardeners staff a daily plant care clinic at the Extension office throughout the year. Also, Master Gardeners manage the Spring Garden Fair at the County Fairgrounds in Canby every year. Master Gardeners receive a 10-week training and recertify annually for their community service. The volunteer training is offered January through March.

Master Woodland Managers
Master Woodland Managers are volunteers who have experience caring for their own land and receive the highest level of training offered through OSU Extension's forestry program. You can ask them to come to your property to demonstrate forest practices such as tree planting and measuring trees for volume, or just to help you see opportunities for keeping the forest healthy. All Master Woodland Managers provide their time and transportation costs without charge. Contact the Extension office for a referral to a Master Woodland Manager who can help you with your questions.

Master Watershed Stewards
Master Watershed Stewards serve their communities by completing a project with assistance from OSU Extension, resource agencies or watershed councils, and becoming points of contact for their communities. After completing the education program and a project, Master Watershed Stewards carry on learning about and engaging in watershed stewardship, continuing education, and volunteer opportunities.

Family and Community Educator
Family and Community Educators (FCE) are organized to strengthen individuals and families through leadership development and community service. The Clackamas County FCE Chapter has about 100 members who continue their adult education by studying a variety of topics at their monthly meetings and volunteering in their communities. The Clackamas Chapter is affiliated with Oregon and National FCE organizations and with the Associated Country Women of the World.

Family Food Educators
The OSU Extension Service in Oregon City offers food preservation training classes every spring. The program prepares volunteers to deliver food preservation and food safety information to residents of Clackamas County - primarily at farmers' markets in Oregon City, Milwaukie, and Lake Oswego. Volunteers completing the program are expected to return 30 hours of service to the community. Besides staffing the farmers' market booths, volunteers also test pressure canner dial gauges for accuracy, answer consumer questions, teach canning classes, and speak to interested groups.

Volunteer Opportunities
Extension offers several volunteer training programs. Volunteers receive the latest, research-based information and the skills needed to share that information with others in the community. Our most popular roles are 4-H Leader, 4-H Wildlife Steward, Master Gardener, Family and Community Education, Family Food Educator, Master Woodland Manager, and Master Watershed Steward. OSU Extension could not hire enough staff to do what our volunteers can do on our behalf...and, right in their communities. This neighbor-to-neighbor approach is the heart and soul of Extension. Working in our communities is what we’ve been doing in Clackamas County for more than 90 years and it’s just as important today as it was in the early 1900s.

Donate to Extension
In 2003 citizens created the Clackamas County Extension Endowment fund to ensure excellence in community education and outreach programs. If you have a heart for Extension and would like to guarantee that our programs continue to grow to meet the needs of future generations, consider donating to Extension. Cash gifts, bequests and life gifts are all possible. The Endowment is managed by the OSU Foundation for the people of Clackamas County. This is the only county-based Extension endowment program in the state. Contact the Extension office in Oregon City for information about how you can leave a legacy for Extension and your community!