

FOCUS on Extension

Serving Clackamas County Citizens

New faculty member focuses on health

Oregon State University's Clackamas County Extension Service welcomed Deborah John in late June, just in time for the launch of the new Extension Service District on July 1. Deborah will lead the Family and Community Health (formerly Family and Community Development) Program. She earned her Ph.D. from OSU's College of Health and Human Sciences, Department of Nutrition and Exercise Science, with a major concentration in exercise psychology and an interdisciplinary minor focusing on health behaviors with diverse populations.

Deborah spent the past 5 years at Plymouth State University in rural New Hampshire, where she developed her focus on healthy people and healthy communities. Her work incorporates a community-based approach to healthy living across the lifespan that considers the personal, situational, and environmental factors that influence people's health and health behaviors within a public health framework. Scholarly activities and educational programs include studies of the personal and environmental factors related to physical activity, exercise, eating, and other health behaviors with youth, college students, midlife women, older women and men, and in rural communities.

Dr. John's first order of business is to assess the needs for Family and Community Health programs in Clackamas County. She is committed to gaining insight from her most valued partners – Clackamas County residents. Her findings will be incorporated into an action plan that will meet the needs of Clackamas County and align with the mission of Extension's Family and Community Health Program.



"I'm thrilled to be back in Oregon and for this opportunity to serve Clackamas County residents and communities as we learn and work together to support healthy actions in healthy places."

Grant helps youth learn technology

Campers at Clackamas County 4-H Camp learned about technology through 4-H Lego Robotics, thanks to a generous grant from Trust Management. This new project is being introduced at several 4-H events with plans to implement 4-H Lego Robotics clubs this coming fall.

The grant will also help further expand 4-H member involvement in other technological exploration such as GPS and GIS. These new projects are part of a national 4-H initiative to further youth interest and knowledge in Science, Engineering, and Technology (4-H SET). For more information about SET projects contact the OSU Extension Service.



Lego Robotics was a new program at 4-H Camp this summer.

Demonstration garden at OC's Singer Hill

The Singer Hill Demonstration Garden is a new project of the OSU Extension Service Community and Urban Horticulture Program in Clackamas County.

Singer Hill Café owners Phil and Vicky Yates received a Metro Oregon City Enhancement Grant to implement a demonstration/community garden on a 7000 sq. ft. area on their property (701 John Adams St, Oregon City). Phil is already installing a number of hydroponic ornamental gardens on vertical panels on the side of the building to serve as a horticultural magnet in order to help generate economic activity in the neighborhood.

The demonstration garden will be designed and installed this fall providing many small-scale experiments with raised growing beds, and earth worm composting. Educational programming will commence in the near future. Additional partners involved with the project include Clackamas Soil and Water Conservation District, Center for Sustainability Today, McLaughlin Neighborhood Association, Clackamas County Juvenile Department... and hopefully YOU! We have just completed the paperwork to launch a nonprofit organization that will shepherd this project into the future. Stay posted for more details.

Latino outreach hosts teachers from Mexico

From July 13 through August 9 the 4-H Latino Outreach hosted two teachers from La Huacana, Michoacan, in central Mexico. Ranulfo Jimenez and Enoc Soto spent one week in 3 different low income communities in Clackamas County. They taught Mexican culture through arts and crafts, history and geography. Youth built kites, piñatas, did paintings and learned where they and their parents come from in Mexico. Parents were very appreciative and would like teachers to return for two weeks in each community next year.



Hydroponic ornamental gardens on vertical panels at Singer Hill Demonstration Garden in Oregon City.

What's Happening!

Food Preservation /Safely Hotline, available through October 15 (9:00am-4:00pm); 1(800) 354-7319.

4-H Shows at State Fair, August 21-September 7; State Fairgrounds, Salem. Contact: Wendy Hein, (503) 650-3122.

Community Forestry Day, September 12 (8:30am-4:00pm); Hopkins Demonstration Forest, Beaver Creek. Contact: Tim DeLano (503) 632-2150.

4-H New Leader Orientation, September 24 (9:00am-Noon and 6:30-9:30pm); Extension office, Oregon City. Contact: Wendy Hein, (503) 650-3122.

National 4-H Week, October 4-10.

4-H Record Book Evaluation, October 10 and 12. Call ahead for training to be an evaluator. Contact: Wendy Hein, (503) 650-3122.

Community Forestry Day, October 11 (8:30am-4:00pm); Hopkins Demonstration Forest, Beaver Creek. Contact: Tim DeLano (503) 632-2150.

4-H Tack and Rummage Sale, October 17 (8:00am-2:00pm); Clackamas County Fairgrounds, Canby. Contact: Wendy Hein, (503) 650-3122.

Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. Reasonable accommodations will be provided to those with physical or mental disabilities in order to attend Extension programs.