

◆ CPO #4K NEWSLETTER ◆

Citizen Participation Organization #4K

Serving: King City and vicinity

CPO Newsletters available on the web at <http://extension.oregonstate.edu/washington/cpo-4k-king-city-and-vicinity>

CPO 4K Map: http://extension.oregonstate.edu/washington/sites/default/files/CPO4K_0.pdf

Washington County

September 2009



Extension Service

Oregon State University Extension Service supports CPOs through an intergovernmental agreement with Washington County, the sole funder of the CPO program. Extension CPO coordinators provide information on land use and livability issues, resource referrals, and work with CPO members to increase understanding of public policy and decision-making processes.

This newsletter material was developed by representatives of your local CPO and is forwarded to you as part of the Extension Service's support to citizen involvement in local government. Washington County administration, departments, and/or officials claim no responsibility, expressed or implied, for the content of this document.

CPO 4K EXECUTIVE COMMITTEE

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To review the Bull Mountain Community Plan (see Southern Lowlands area for CPO 4K), go to:

<http://www.co.washington.or.us/deptmts/lut/planning/publicat.htm>

Citizen Participation Organization 4K

Monday, September 21, 2009

7:00 p.m.

Highlands Club House
12930 SW Peachvale

AGENDA

- **Welcome and Announcements**
- **Presentation – Proposed Tigard Tualatin Aquatics District.** A representative from The Committee to Save Tigard-Tualatin Pools (Save TT Pools) will present information on the proposed special district that may come before voters living in the Tigard Tualatin School District (TTSD). Save TT Pools is a citizen group responding to the school district's decision to close both high school pools due to a budgetary shortfall. TTSD estimates that the pools are used by community members 80% of the time. Learn what this group is doing to help keep the swimming pools open and what it will cost property owners if passed by voters.
- **Discussion – Fischer Road.** King City Chief of Police Chuck Fessler will present an update regarding traffic concerns on Fischer Road. We'll discuss potential solutions and identify plans for moving forward.
- **Open Forum.** An opportunity to bring up neighborhood issues, concerns or ideas for future CPO meetings.
- **Adjournment**



Metro Councilors Launch New Web Page

Beginning September 2009, your Metro Councilor will launch a new web-based page that will take the place of his or her monthly newsletter. When the new page is live, you'll get an e-mail inviting you to check it out. After that you'll be able to choose from a variety of ways to stay in touch, including regular e-mail updates or an RSS feed. (Don't worry if you don't know what an RSS feed is—we'll explain it and help you set it up.)

The new and improved Council news pages will bring you more timely and relevant information. Your Councilor will be able to let you know what's going on at Metro as it's happening. You'll find out about events and activities in your neck of the woods and be invited to participate in the decisions that shape the future of the region.

We're also excited to reduce our use of paper – one more step towards meeting Metro's waste reduction goals. That said, if you would prefer to receive print mailings from your Councilor, please contact us to let us know your interests and we will work to accommodate you.

As we develop and implement these changes, there will be no August newsletter. Thank you for your patience and understanding as we make this transition. Any and all feedback is welcome; please contact Milena Hermansky at 503-797-1540 or milena.hermansky@oregonmetro.gov with questions or comments.

County Boards Seek Candidates

The following boards are currently seeking applications for new members:

Developmental Disabilities Council

Description: The Council functions in an advisory capacity to the Department of Health and Human Services and the Board of Commissioners on program development, planning, monitoring and funding issues.

Membership: Comprised of fifteen members including recipients of service, advocates, and professionals in the field, key referral sources, provider representatives, and lay citizens. Members are residents of the county or have work interests in the county.

Time Commitment: 2-3 hours per month

Term Length: 3 years

Commission on Children and Families (CCF)

Description: The Commission's charge is to help every child reach their full potential and to support families and the community in achieving that goal. Working with many partners, the Commission looks at conditions in the community that affect children and families and recommends planned strategies and funding to improve those conditions.

Members: Fifteen members who represent the geographic and cultural diversity of the county, and bring expertise and knowledge about the developmental stages of childhood and adolescence, and issues facing children and families. At least eight of the members must be lay citizens who do not derive income from children & family services.

Time Commitment: Second Thursday of each month, 7 p.m.

Length of Term: 4 years

The application deadline is **October 6, 2009** or when all vacancies are filled. Applications may be obtained by visiting the website or by calling (503) 846-8685. Descriptions of all the boards can also be found at <http://www.co.washington.or.us/CAO/BoardsCommissions/index.cfm> web site.

Boards, committees, and commissions advise the Board of Commissioners on matters of interest to people who live and work in Washington County. Committees themselves do not pass ordinances or establish policy; their purpose is to study issues and make recommendations. Commission members are volunteers appointed by the County Board of Commissioners. Members must be residents of Washington County. Serving on an appointed board or commission is a great way for Washington County residents to participate in decisions that affect them and to learn more about how local government works

OSU to Launch Web-Based 'Aging Well' Course

"Mastery of Aging Well: A Program for Healthy Living" is a new online course developed by Oregon State University's Division of Outreach and Engagement. It goes live Aug. 25 and is available free of charge at <http://outreach.oregonstate.edu/aging-well>.

Created for aging adults and those who care for them, the five-part series is co-sponsored by AARP Oregon and supported by a U.S. Department of Agriculture grant. The target audience is all Oregonians, particularly those in rural areas. As the course is Web-based, it will also be available worldwide.

"We believe this is the first program of its kind," said Sharon Johnson, OSU Extension Service associate professor in family and community health, and project leader for content development. "The goal was to build an integrated, easy-to-access online series designed specifically with the older learner in mind."

The Mastery program consists of self-paced learning modules narrated by Johnson. Each segment offers practical, research-based information relevant to the challenges many older adults face every day:

- *Memory Difficulties: Should I be Worried?* Covers how memory works, with special focus on how to improve memory and recall.
- *Depression in Later Life.* Offers an overview of depression and aging, and information on what predisposes aging adults to the risk of depression.
- *Medication Jeopardy.* Outlines the risks attached to taking medications and how age influences risk.
- *Food As Medicine?* Is a compelling presentation about eating and aging, with nutritional recommendations for the aging adult.
- *Physical Activity and Exercise in Later Life.* Shows how exercise/activity programs can help aging adults stay independent and physically able.

"AARP is pleased to partner with OSU on this ground-breaking effort," said Joyce DeMonnin, director of public outreach for the group's Oregon office. "Older adults need this type of credible information they can trust and it's great they can get it online wherever and whenever they choose."

All course content is based on material Johnson has presented in face-to-face workshops and refined over the past decade in her role as a field faculty member in the Jackson County OSU Extension Service in Central Point.

A second Mastery program, known as Option 2, will launch in early 2010. It is a greatly expanded version led by an online instructor, with extensive opportunity for student-faculty interaction. Option 2 includes additional learning materials and will be fee-based. The final program, Option 3, is also fee-based and will include instructor interaction, all course materials on DVD and the opportunity to earn a certificate of completion.

The OSU Extension Service and OSU Extended Campus, partner organizations in OSU's Division of Outreach and Engagement, developed the Mastery course collaboratively. It is the first major grant-funded extended learning project created by Outreach and Engagement.

Sign up for the Sheriff's Citizen Academy

Learn the inner workings of your Sheriff's Office by attending the 23rd Citizen Academy. Citizen-students receive more than 50 hours of training that consists of classroom and hands-on instruction, interaction with deputies, demonstrations of police equipment, presentations by special response teams, and participation in jail activities. You'll learn the responsibilities and duties of Sheriff's Office personnel, tour criminal justice facilities, including the jail, and much more. New topics this year include presentations by the Robbery/Homicide Unit and our new robot team. Academies are limited to 40 students, so apply online: <http://www.co.washington.or.us/sheriff/citizens/academy.htm> today.



Contact darlene_schnoor@co.washington.or.us, extension 2774 for more information

Do Not Flush Medications

Safe Handling of Old/Unwanted Medicine and Pharmaceuticals

Do you know what to do with your unwanted or out-of-date pharmaceuticals and medications? Flushing medication down the toilet or drain is not the answer. This can cause water quality issues. Wastewater treatment plants and septic systems usually do not treat or only partially treat pharmaceuticals, so chemical compounds pass through treatment plants or septic systems to our rivers or groundwater.



First – Hold on to the expired medication until a pharmaceutical take-back program is developed and implemented in Washington County.

Second – Place the medication in your trash which will be sent to the landfill. Landfills in our area have many protective measures in place to prevent chemical seepage into the soil, such as a composite liner and a leachate collection and removal system.

Third – Follow the Oregon Department of Environmental Quality (DEQ) suggested guidelines for disposal outlined below.

DEQ suggests unused medicines be disposed of in the garbage.

- Keep waste pharmaceuticals in their original containers with their labels (remove/conceal any patient information if you have privacy concerns.)
- Tape the lid on the container if it is not childproof and there are children in the home.
- Place waste pharmaceuticals in a plastic, sealable bag, especially if liquid.
- Place waste pharmaceuticals in durable packaging that masks the content, such as a brown cardboard box.
- Place waste pharmaceuticals in the trash as close to garbage pick-up time as possible.

Contact the DEQ hazardous waste duty officer at (503) 229-5263 for more information. Learn more at DEQ's Household Pharmaceutical Waste Disposal fact sheet:

<http://www.deq.state.or.us/lq/pubs/factsheets/sw/HouseholdPharmaceuticalWasteDisposal.pdf>

Washington County Cooperative Recycling Program

You've Been Asking - How To Report a Road Problem or Code Violation

"Who you gonna call? Code Enforcer"

What frequent complaints are dealt with by county agencies?

- **Hazards in the road right-of-way** – Land Use and Transportation Operations, (503) 846-ROAD (846-7623) <http://www.co.washington.or.us/LUT/Divisions/Operations/request-service.cfm>
- **Violations of Community Development Code** – Land Use and Transportation Current Planning, (503) 846-8761 <http://washtech.co.washington.or.us/LDS/formDocs/CodeViolation.pdf>
- **Inoperable vehicles in the public right-of-way** – Sheriff's Office (503) 846-2524 http://www.co.washington.or.us/sheriff/service/veh_faq.htm
- **Noise or public health issues such as tall weeds, accumulated trash or lack of proper sanitation** – Health and Human Services, Solid Waste (503) 846-8609 <http://www.co.washington.or.us/HHS/SWR/Regulatory/feedback-form.cfm>
- **Animal issues** – Bonnie Hays Small Animal Shelter (503) 846-7041 <http://www.co.washington.or.us/HHS/AnimalServices/AnimalControl/Complaints/index.cfm>

If your complaint is with your neighbor, we suggest you try talking with them first. Sometimes, the problem is solved with a simple discussion. If talking directly doesn't work, consider mediation. The Beaverton Dispute Resolution Center and the Hillsboro Mediation Program are both successful at helping people resolve their differences. The Beaverton Dispute Resolution Center serves Washington County residents who live east of 185th Avenue, including Tigard, Tualatin, and Sherwood. The Hillsboro Mediation Program serves the county west of 185th Avenue, including Cornelius, Forest Grove, North Plains, and Banks.

Forest Neighbors Field Day & BBQ!

Saturday, September 26, 2009 9:00am—2:00pm at the home of Kate & John Eskew, 15604 NW Rock Creek Road.

For first-time and long-time small woodland and property owners who are looking for technical advice and assistance on how to manage their land. OSU Extension Master Gardeners will be on hand to answer any gardening and landscaping questions you have!



Talks & Hands-on Demonstrations:

- Wildlife on your land
- Fire danger during summer
- Basic tree/forestry information
- Invasive weeds
- Reforestation
- Forest Health
- Backyard forest landscapes
- Mapping your property
- Markets & carbon credits
- Inheritance issues
- Conservation easements
- Getting technical assistance

Register at registration@wmswcd.org, Event cost -\$10 per person, \$15 per family (children may attend free!)
For more information, contact Scott Gall at scott@wmswcd.org

Special appearance by Forest Dan!

Sponsored by: Oregon Department of Forestry with financial assistance from the USDA Forest Service, OSU Extension Service, Oregon Forest Resources Institute, Oregon Small Woodlands Association, West Multnomah SWCD

To Multiply Perennials, You Must Divide

Autumn is the time for simple garden math: dividing and multiplying. Dividing perennials invigorates overcrowded plants, and it's an inexpensive way to multiply landscape plantings.

"What gardener is not guilty of planting things too closely?" said Barb Fick, home horticulturist with Oregon State University Extension in Benton County. "Or, it's often the case that plants live longer or grow larger than we expect they will."

As herbaceous perennials grow, their roots spread out into large clumps. After a few seasons, the centers may die out and performance declines. The plant needs to be divided.

Divide perennials when they are dormant. Fall is the best season for dividing plants that bloom in spring and early summer. Cooler temperatures and abundant precipitation encourage good root systems to develop before the next bloom season rolls around.

But before you divide, Fick advises, plan where you will multiply. Prepare planting holes that are large enough for division roots to fit without being crowded. Amend the soil at the new location if it needs it.

After the new planting area is prepared, carefully dig around the plant to be divided, leaving as big a soil ball as possible around the roots. Then lift the plant gently from the ground.

Divide plants by pulling them apart at obvious separation points. Select vigorous shoots with both root and crown sections. Discard woody centers and cut off unhealthy roots. Healthy roots are white in the center.

Make large divisions, because small pieces will be slow to reestablish. Plant the new divisions at the same depth as the older plant.

The math is simple, Fick said. "By dividing perennials, you multiply your landscape plantings and delight your gardening friends with plants to share."



Survey Seeks Information on Tualatin Basin Projects **Metro, Riverkeepers Update Low Impact Development Map and List**

Tualatin Riverkeepers and Metro are working together to update a Tualatin Basin map showing projects built using Low Impact Development (LID) best management practices and design.

The "Connect the Drops" survey http://www.surveymonkey.com/s.aspx?sm=cct0Of9gPzvMALcZ5SG_2bHg_3d_3d seeks to collect information about local LID projects in the metropolitan region. The projects will be included in a region-wide map and online national interactive map. As innovators leading implementation of LID practices in the nation, the intent is to showcase projects and facilitate knowledge-sharing among professionals in the field.

Examples of LID projects already identified can be found at the Tualatin Riverkeepers "Connect the Drops" webpage at http://www.tualatinriverkeepers.org/connect_the_drops.html#. Additional regional information about LID practices can be found on Metro's Nature Friendly Development webpage at <http://www.oregonmetro.gov/index.cfm/go/by.web/id=24592>.

Clean Water Services also provides up to three hours of on-site technical assistance to help homeowners create a sustainable stormwater landscape that will reduce polluted runoff from property and maintain the health of local waterways. Information about the program, Clean Water Heroes, can be found at <http://www.cleanwaterservices.org/Residents/ToolsAndTips/CWHProgram.aspx>.

Individuals, businesses and organizations are also invited to include the Connect the Drops Survey link on websites, newsletters, e-zines, tweets and other social media. For more information, contact Brian Wegener, Watershed Watch Coordinator, Tualatin Riverkeepers, at 503-620-7507 or brian@tualatinriverkeepers.org.

Registration Opens for Master Gardener Online Training

A limited number of places are open for the Oregon State University Master Gardener online course (Option One) that runs 12 weeks, from Sept. 7 to Dec. 14. Participants can earn a Certificate of Home Horticulture in the online course and are not required to volunteer.

"Participants become actively engaged in the course," said Gail Langellotto, OSU Extension urban and community horticulture specialist and statewide coordinator of the Master Gardener Program. Cost is \$490, and space is limited to 75 individuals.

"By completing assignments and interacting with instructors and peers in an online environment, students learn about proper gardening techniques and sustainable gardening practices at a time and in a format that suits their schedule."

Option Two offers training to become a certified Master Gardener and to earn the Master Gardener badge. In addition to the basic training course, participants are required to put in 40–70 hours of volunteer work at their local OSU Extension office. The course begins January 2010 and costs \$390. Registration for Option Two will open in late fall for the course that begins in January 2010.

"Certified OSU Master Gardeners are highly trained volunteers who share the art and science of sustainable gardening and OSU resources in home horticulture with the citizens of Oregon," Langellotto said. More than 3,500 people across the state have become Master Gardeners through the OSU program.

Topics included in the Master Gardener basic training course include botany and entomology; integrated pest management and pesticide safety; soils, fertilizers and composting; ornamental, herbaceous plants and woody plants; vegetable, indoor and container gardening; sustainable landscaping; and plant pathology.

Registration for either Option One or Option Two can be made online at: <http://ecampus.oregonstate.edu/mastergardener>

The Master Gardener online course is offered by the OSU Extended Campus (Ecampus) and Extension Service.

Organize a Neighborhood Walk Today!

Building a stronger sense of community helps overcome many community barriers to walking. One way to bring neighbors together and expose residents to the experience of walking in their neighborhood is to organize a neighborhood walk. Some examples include:

- A walk to visit a new park or pathway
- A walk to an event (neighborhood fair, local coffee shop)
- A nighttime holiday walk to view decorations
- A fitness walk or walking just for the sake of walking



The simplest way to improve walking in your neighborhood is to get more people walking! There is safety (and comfort) in numbers. As more people start walking:

- You'll get to meet more of your neighbors and thus start building a stronger community
- More people will notice barriers to walking and may add their voice to yours
- Motorists will be more aware of pedestrians and may change their behavior
- There will be more "eyes on the street" to discourage crime and graffiti

While lack of pedestrian facilities may certainly deter people from walking, lack of knowledge about walking routes or how close some popular destinations are may be a large reason why people don't think to walk. Following are some ideas on how to encourage your neighbors to walk.

Safety Tips for Pedestrians:

- Be safe and be seen: make yourself visible to drivers
 - Wear bright/light colored clothing and reflective materials.
 - Carry a flashlight when walking at night.
 - Cross in a well-lit area at night.
 - Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.
- Be smart and alert: avoid dangerous behaviors
 - Always walk on the sidewalk; if there is no sidewalk, walk facing traffic.
 - Stay sober; walking while impaired increases your chance of being struck.
 - Don't assume vehicles will stop; make eye contact with drivers; don't just look at the vehicle. If a driver is on a cell phone, they may not be paying enough attention to drive safely.
 - Don't rely solely on pedestrian signals; look before you cross the road.
 - Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

For more information, please visit: www.walkinginfo.org

Neighborhood Watch News (Vol_23 issue_8-August, 2009)

Tips to Save Money on Groceries

Read labels. The first three ingredients on the label tell you what you are buying. Do you see healthy ingredients listed first, or sugars and fat?

Think before you buy. Don't buy something near the check-out line. Those items cost more. Don't buy something just because you have a coupon. Use coupons only for food you really need.

To learn more about best buys, see the OSU Extension Service fact sheet "Tips for Healthy, Thrifty Meals" at <http://extension.oregonstate.edu/nep/osu-edmaterials#SFD>.

Metro GreenScene, Your Guide to Great Places and Green Living

GreenScene provides a comprehensive calendar of nature activities, gardening workshops and volunteer ventures offered by Metro and more than 100 other organizations. Click here to view the calendar:

<http://calendar.oregonmetro.gov/events/?l=4>.

To sign up to receive the Metro GreenScene by email go to <http://www.oregonmetro.gov/index.cfm/go/by.web/id=29030>



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**CPO 4K NEWSLETTER
TIME SENSITIVE**

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Public Affairs Forum Topics for September 2009

Special note: forum is meeting in a new location.

The meeting location for the forum is at the Tanasbourne Old Spaghetti Factory, 18925 NW Tanasbourne Drive, Hillsboro, OR 97124, 503-617-7614.

For a map go to: <http://washingtoncountyforum.org/time-place>



September 21, 2009

Topic: Oregon's 2009 Legislature – How did they do?

Speaker: Jim Moore, Instructor, Department of Politics and Government, Pacific University.

September 28, 2009

Topic: New Seasons: A Northwest Natural Success story.

Speaker: Brian Rohter, CEO.

Time: Mondays 11:15 am - 1 pm except on major holidays.

Location: Tanasbourne Old Spaghetti Factory, 18925 NW Tanasbourne Drive, Hillsboro, OR 97124, 503-617-7614

For last minute updates and additional information about the forum, visit: www.washingtoncountyforum.org
