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OSU 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.

Women Owning Woodlands group “sprouts”

About one-third of Washington County’s forested land, and one-sixth of the total land area of the County, is in the hands of several thousand family woodland owners. Taking care of a small woodland takes time and skill, and many generations of family woodland owners have counted on OSU Extension Service for technical forestry assistance to help them make management decisions that are in the best interests of their family, the land, and society. In recent years more and more women are becoming the primary decision-makers of family-owned woodlands, due to illness or death of a spouse, inheritance, or other factors. For many women, this is a new role, and one that may be uncomfortable or intimidating.

The Women Owning Woodlands Network (WOWnet) was formed by OSU Extension Service and local groups of women who wanted to support and increase women’s access to forestry-related information, encourage communication among women woodland owners through state and local networks, and raise basic forestry and decision-making skills through hands-on activities. A typical WOWnet event is hosted at a group member’s property and includes a brief educational program and a potluck where members can get to know one another and share ideas. A “Metro-West” WOWnet group formed in early 2010, with members from Washington, Multnomah, and Columbia Counties. The group is facilitated by OSU Extension Forester Amy Grotta. Our third meeting will be in late July in the Gaston area, and WOWnet members will learn and practice basic hand tool sharpening and maintenance skills. Other programs, which have each attracted 20 to 30 attendees, have focused on invasive weed identification, chainsaw basics, and edible mushroom cultivation.

Photo: Cultivating edible mushrooms in a woodland setting was the focus of April WOWnet event.

Investing for Farm Families

A secure future, a farm for future generations. It’s everything a farm family wants. Farmers can learn to protect their family’s legacy and plan for a financially stable future by enrolling in an 8-session, online course developed by a team of Extension educators and farmers from several states. It’s worth the time.

www.extension.org/pages/InvestingforFarmFamilies
Discovering (STEM) Science, Technology, Engineering and Mathematics

In an effort to promote awareness of the importance of Science, Technology, Engineering and Mathematics (STEM) among young Hispanics, 4-H Tech Wizards partnered with Adelante Chicas for a week-long summer capstone program for 40 participants living in Forest Grove and Cornelius in June. Adelante Chicas is a non-profit organization supporting young Latinas (K-12), to preserve, foster and share their cultural heritage. Participants engaged in educational, hands-on-tools activities ranging from Web 2.0 projects to tree identification. Each activity was designed to give an opportunity to learn about the importance of STEM-related careers. Participants had the opportunity to listen to professionals working in the field and college students pursuing careers in science and engineering. OSU Extension Faculty Members from Linn, Benton, Clackamas and Marion Counties shared their expertise and experiences. Activities took place at Pacific University thanks to the support of faculty members and mentors from Northwest Family Services. Each day participants enjoyed music and lunch provided by the Forest Grove School District as part of their summer food program. The last day of the program started with a presentation at Intel Jones Farms by members of Intel Latino Network and ended with a field trip to the Oregon Museum of Science and Industry. To learn more about our upcoming camps please visit our website at: http://extension.oregonstate.edu/metro4h/

Kids Learn and Make Healthy Choices with OSU Nutrition Education Program

This year, Extension Nutrition Education Program (NEP) staff exceeded unit expectations in outreach to elementary school audiences. While not all statistics have been tabulated yet, records to-date show that 2,051 youth, 11 elementary schools, and 85 classrooms participated in classroom or after-school NEP activities. Extension staff, teach children about using MyPyramid to make healthy food choices from all food groups. They also show children ways to be physically active for 60 or more minutes, whether indoors or outdoors. This summer you will find NEP staff teaching “Snack Attack” classes at USDA summer food sites throughout Washington County. In all nutrition classes, children experience new foods by sampling or preparing simple snacks. Recipes are always provided so participants can repeat food experiences at home with family members.

Harold M. Haynes Citizen Involvement Award

Washington County Committee for Citizen Involvement (CCI) presented the 2010 Harold M. Haynes Citizen Involvement Award to Lisa L. Hamilton. The award is presented each year to a neighbor who made a significant individual or group contribution to his or her Citizen Participation Organization (CPO) and the community.

Lisa is being honored for her many years of service to CPO 4B (Bull Mountain and Tigard) as Vice President and President and for continuing to serve as an officer and on the steering committee. She was instrumental in bringing CPO-4B from years of inactivity to a functioning, active CPO. Lisa is a founder of the Friends of Bull Mountain, a grassroots community organization acting as local advocates for meaningful citizen involvement and responsible land use planning in keeping with the vision of the Bull Mountain Community Plan. Lisa organizes the annual Adopt-A-Road clean up for Bull Mountain Road, and continues to advocate for the area. After the failed Tigard 2004 annexation defeat, FOBM, and Lisa worked closely with Oregon House Representative Jerry Krummel who successfully introduced legislation based on ideas and testimony provided by Lisa and other Bull Mountain Community Members. Lisa continues to be active in community affairs and puts her heart and soul into trying to make the community a better place.