

OSU EXTENSION, SERVING THE CONFEDERATED TRIBES OF WARM SPRINGS

MARCH 2020



Summary

Oregon State University Extension Service - Warm Springs is a collaboration working with The Confederated Tribes of Warm Springs, Warm Springs K-8 Academy, USDA-NIFA, Oregon Farm to School, Seed to Table Program, STEM Beyond School, 4-H programming, community events, Demonstration & Youth Learning Garden, and other local, regional, and national partners. The mission of Extension is to engage the people of Warm Springs with research-based knowledge and education that strengthen our community and economy, sustain natural resources, and promote healthy families and individuals.

Our Values: Community-based | Accountability | Credibility | Diversity | Partnerships | Responsiveness

Family and Community Health

ACTIVITIES:

Family and Community Health/ SNAP-Ed staff continued to deliver CATCH Early Childhood curriculum to ECE to around 105 students. In addition to nutrition lessons, staff taught High Speed Handwashing lessons to 10 ECE classrooms, approximately 122 students. These classes were requested due to the increasing concerns for COVID-19.

Faculty attended and presented at the Jefferson County Public Health Department workshop; Promoting a Healthy Environment among American Indians and Hispanic Americans in Jefferson County. Topic of presentation was how to start a garden and how to be successful in maintaining a garden. There were 18 participants including students. The workshop was intended to teach these 18 whom will go forth and teach additional people, to help provide resources and information to communities.

Continued work on the Traditional Foods Project, we have secured our three members of our Community Advisory Board (CAB) as presented to Tribal Council in September. Our selections were made to ensure input from all three tribes and members represent all three tribes. Faculty has started 3D photography lessons necessary to complete the blueprint to allowing printing. Project team has released a call for local artists to submit artwork; the CAB will select artist(s) for the harvest calendar.

As part of our Ag department grant



Left: Iron Chef in the Nutrition Kitchen participant, Joseph Miller, slices cabbage, the secret ingredient for the contest that must be included in the dish. Photo: Joe Kline Right: Aja'nah Jefferson poses proudly with her team's dish for the evening.

collaboration, faculty met with Native Farm owner and discussed recipes and nutrition education for prospective youth Ag council.

Faculty and staff met with the NA/ AN workgroup through OSU SNAP-Ed dept. Two new salmon Food Hero recipes are officially available on the website, these recipes are culturally relevant and provide additional recipes for us to use within local programming. During our meeting, we discussed collaboration with ODE possibilities.

All educators involved in the Iron Chef in the Nutrition Kitchen series participated in the educator evaluation and recap meeting. We discussed this year's series and ideas for next year.

Faculty and Staff started new training on Systems Approach to Healthy Communities, this will continue through end of April.

IMPACTS:

- Through our direct education for Nutrition, physical activity and healthy lifestyle behaviors the community learns how to integrate healthy choices into their daily lives. From learning to wash hands, to learning how to prepare a meal our programming provides basic life skills for all ages.
- We noticed a gap in culturally relevant Food Hero recipes. We created a workgroup with staff and faculty who also work with Native American population to create recipes that represent our community. Food is at the heart of every culture, every family gathering and our drive is to help participants link their experience in our classes to a memory of a similar family recipe and good time.

GRANTS/PARTNERSHIPS:

- Food Hero and SNAP Program
- Early Childhood Education
- Jefferson County Public Health Department

4-H Youth Development

ACTIVITIES:

The Youth Garden Program provides garden education classes at the Warm Springs K-8 Academy School Garden in partnership with the 21st Century After-School Program. All activities are to engage students in the garden learning environment in activities relating to nutrition, school garden, community, Traditional Ecological Knowledge, and Art. All activities were focused on exploration to spark interest, foster curiosity, inquiry, investigation and hands-on learning. Youth learned about plant parts, seeds, pollinators, soil, food crops that can be grown in the garden, and harvesting. Snacks were provided for taste testing of fruits, seeds and vegetables that were growing in the garden or could be grown in a garden.

The Senior Center Garden continues to move forward. The site is being prepared for installing fencing and raised beds. A garden plan is being developed for presentation to the Senior Center staff for approval. We are awaiting more information from CTWS Utilities regarding installing the fence and water for the gardens.

Working with Simnasho community member Sharlayne Garcia and a group of interested community members to assist with the development and construction of a community garden to grow nutritious food for participating community members.

John reached out to community members to request their

attendance in a potential lunch and interview session with the Indian Land Tenure Foundation.

The Indian Land Tenure Foundation (ILTF) and Western Extension Risk Management Education Center evaluation team would like to visit Warm Springs to conduct a Ripple Effects Mapping exercise with tribal community members on the impacts extension has had on the community. FRTEP Program visit is tentatively planned for the week of May 4, 2020.

IMPACTS:

- A garden at the Senior Center will provide more physical activity opportunities to seniors at the Center and more fresh produce for the meals at the Senior Center.

GRANTS/PARTNERSHIPS:

- 509-J School District 21st Century After School Program
- Wilson Wewa, Warm Springs Senior Center Manager



STEAM in the Garden Youth Paintings decorating the garden gate. Photo: John Brunoe

Faculty and Staff

CAROL TOLLEFSON

Director, COAREC, Local Liaison

TRACY WILSON

FRTEP Program Leader & Agricultural Literacy Coordinator

JOHN BRUNOE

4-H, Family and Community Health Educator

OLIVIA DAVIS

SNAP-ED Outreach Program Coordinator

ELLISE DAVID

Growing Tribal Farms Education Program Assistant

ROSANNA SANDERS

SNAP ED Education Program Assistant

SCOTT DUGGAN

Livestock Assistant Professor (Practice)

CLARE SULLIVAN

Small Farms Assistant Professor (Practice)

NICOLE STRONG

Regional Director

Agriculture and Rangelands

ACTIVITIES:

Scott Duggan organized and hosted the annual brucellosis cattle vaccination clinic on Thursday, February 20, 2020. Scott collaborated with the Warm Springs Range & Ag department (Suzi Miller, Tim Outman & Bill Reynolds) to provide electronic identification tags for the heifers and advertise for the brucellosis clinic. Scott worked with USDA-APHIS veterinarians to order the vaccines and schedule the workshop.

The Growing Tribal Farms Program released applications to the youth portion. The Growing Tribal Farms Youth Program is an opportunity for 10 tribal members/tribal descendants in grades 8 to 11 to start an agriculture project of their choosing. If selected, applicants can receive up to \$5,000 for starting an agriculture project. Participants will attend workshops that allow the youth participants to explore a variety of agriculture operations as well as gain tractor certification. We are asking all youth applicants to write an essay that will demonstrate the youth's passion for agriculture in Warm Springs. Fliers have been posted at various sites, such as: the post office, Macy's, the community center, the administration building, and

the Education building. An article and flier was sent to Spilyay Tymoo and the Community Calendar. There will be a meetings at Madras High School, Jefferson County Middle School, and the Warm Springs K8 to ensure that students get all the information that they need to apply*.

We have been working with Clare Sullivan to bring programming to the community. Clare is the designated person in Central Oregon for the Small Farms program and has a strong background in general agronomy. She attended a recent meeting with the adult program to introduce herself, ask the adult participants and ask what specific topics she would be helpful to their business development. There will be a soil workshop that will be hosted with Clare and Tracy next month*.

*Pending COVID-19 restrictions being lifted for OSU Extension

IMPACTS:

- It is mandatory to vaccinate heifers for Brucellosis. When tribal members bring unvaccinated cattle to the auction yard to sell, the auction yard performs this service at a cost of \$6 per heifer. The cost of the vaccination through the OSU Extension Clinic is \$1, a



Delford Johnson holds a heifer while USDA-APHIS veterinarian applies an ear tag indicating the animal has been vaccinated for brucellosis. Photo: Scott Duggan

cost savings of \$5 per heifer.

- We vaccinated 38 heifers at the workshop for a cost savings of \$190.00. A total of 22 steers were given Ivomec dewormer at the workshop.

GRANTS/PARTNERSHIPS:

- USDA-NIFA FRTEP Program
- OSU Small Farms Program
- Warm Springs Range and Ag Department
- USDA-Animal & Plant Health Inspection Service
- Native American Agricultural Fund

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Other Extension Programs

Supporting Warm Springs

SMALL FARMS:

The goal of the Small Farms program is to improve the economic and environmental sustainability of small farms by employing appropriate scale production and marketing techniques. The program works toward improving small farm horticultural production and small-scale livestock, poultry & forage production.

Clare Sullivan is the Central Oregon Small Farms Faculty member serving the Confederated Tribes of Warm Springs, Crook, Dechutes, and Jefferson Counties.



Attendees at the Akiptan Loan Workshop learned tips and information for applying for different loans through traditional methods and the Akiptan CDFI. Photo: Ellise David

FORESTRY:

The Forestry and Wildland Fire Extension agents utilize the latest research and innovations from Oregon State University and other institutions to provide science-based education and expertise. Whether it is assisting community members interested in making areas safe from wildfires, learning how to better manage the land, growing a forest-based business. Our Extension agents are here to point people in the right direction.

OPEN CAMPUS:

OSU Open Campus, a community-based education partnership convened by Oregon State University, provides local access to learning in order to address the unique educational needs of Oregon's communities.

Through a statewide network of Open Campus education coordinators, working in partnership with community colleges, regional economic development groups, the K-12 education systems, business community and local government, the university is delivering education to underserved and place-bound Oregonians.

This program builds on the foundation of the OSU Extension Service, providing an expanded way to access the university's resources. Open Campus compliments offerings available through Ecampus and Professional and Continuing Education, making learning from Oregon State possible almost anywhere.

OSU EXTENSION:

One of the features of OSU Extension that makes it such a versatile resource is our network of Extension agents and faculty all over the state to help us bring timely and relevant resources to each and every community we serve.

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