

# FOCUS on Extension

## Serving Clackamas County Citizens

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Clackamas County Extension Office 200 Warner Milne Road, Oregon City, OR 97045 503-655-8631  
August—October 2020 <https://extension.oregonstate.edu/clackamas> Volume 21, Issue 4

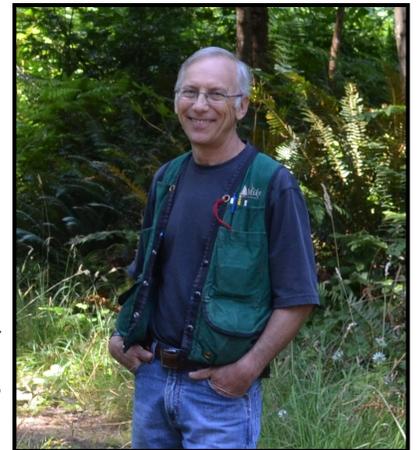
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### Tree School Continues to Grow Online

The Clackamas County Extension Forestry team had big plans for the 30th annual Clackamas Tree School, set for March 21, 2020. But due to COVID-19, they had to cancel just 10 days prior. Tree School involves 73 classes and over 750 students, instructors, supporters, and exhibitors. Canceling was a big disappointment and a lot of extra work. Once it became clear they could not re-schedule the in-person event with any certainty, the team started planning to put the school online as a series of webinars. At the same time, Mike Cloughesy, Director of Forestry for the Oregon Forest Resources Institute, was also planning webinars for forest landowners. The team decided to work with OFRI and the Oregon Partnership for Forestry Education to produce Tree School Online.

The first series of Tree School Online classes included 28 sessions twice a day on Tuesdays from April 21 to July 28. Sessions will resume with a new slate of bimonthly online classes on September 15. Tree School Coordinator, Amanda Brenner said, “It was a big challenge to build Tree School Online so fast, but with the support of our partners, we have put together something really special. It has been a fun journey.”

While shifting the Tree School day to an online series has been challenging, the classes have been very popular. The recorded presentations and resources provided by instructors for Tree School Online will provide an extensive library of online educational materials. “We’ve always wanted to do more online education, and the pandemic has given us the incentive to do so,” said Glenn Ahrens, OSU Extension Forester.



Mike Bondi, Tree School founder.

“It has really been fun to watch this event grow over the years,” said Mike Bondi, former Extension Forestry Agent in Clackamas County and originator of the program. “The first Tree School grew out of an annual meeting of the Clackamas County Farm Forestry Association. We were looking for a different way to approach forest owner education providing lots of different classes, all in one day, that would appeal to a large number of landowners, each with their own interests of what to learn.” Mike Bondi retired from Extension this year after 42 years of service! He is still teaching at Tree School. His class – Words of Wisdom from the Woods - is very appropriate for the occasion. Mike has led the effort to develop Tree School into a great collaborative education event. Tree School is a lasting legacy to Mike’s leadership.

**Glenn Ahrens**  
OSU Extension Forester



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## Hopkins Youth and Teacher Education Goes Remote

Hopkins Demonstration Forest education program headed into spring 2020 with a full calendar ready to engage thousands of youth and adults. When all that changed in the middle of March, an effort was made to reach out to some of the cancelled groups remotely and connect 'live' from the forest or by prepared video via Zoom, [Facebook](#), and [YouTube](#). Many teachers and schools were able to give their students a break from the usual faces online and go spend 10-20 minutes virtually out at Hopkins. The Future Natural Resource Leaders (a high school career technical student leadership organization) did their entire State Convention and skills assessment/competitions remotely. The initial plan was to host the event at Hopkins at the end of April, then the event went online, and came back together in May for a live event broadcast statewide thanks to the coordination and support of OSU Extension.

Now as we roll into summer, the Teacher in the Woods program has gone remote, too. Rather than doing things electronically, we went remote to the Mt. Jefferson Wilderness on a five day, 50-mile backpacking trip. During this week, teachers explored and learned about disturbance ecology, wildfire management, and wilderness recreation and management. To ensure safety, all participants traveled fully self-contained with their own cooking, sleeping, and water filtration systems. This allowed everyone to maintain distance. Lessons learned from both the knowledge and 'solo' experience will enhance their ability to connect and expose their students to the lands of Oregon that many might never know about or get to explore.



*Peter Matzka*  
*OSU Extension Forester*

## Ask a Master Gardener Via New Remote Garden Helpline

Are you new to gardening and have questions about growing a cover crop for your vegetable garden? Is a new pest or disease challenging you, a long time gardener? Do you need guidance on planting trees? It's time to 'Ask a Master Gardener' and you need not go further than your phone or laptop!

Reaching a metro area OSU Extension Service Master Gardener to answer your home gardening questions is now easier than ever - thanks to a new remote Master Gardener helpline system, recently launched to better serve home gardeners.

- [Fill Out a Web Form](#) Fill out required fields. Upload photos.
- [Email Us](#) Write your question. Include attachments.
- **Leave a Voice Message 503-821-1115.** We can call you back or leave a voice message. Leave the best times to call you back.
- **Text "gardenhelp" to 635-66.** You'll get an automated response. Then text your question and include photos.

Our generous OSU Master Gardener volunteers are at the ready to answer your gardening questions seven days a week. Due to high interest with the many great garden questions coming in from home gardeners, we aim to respond to questions within 48 hours. We look forward to serving you!

*Marcia McIntyre*  
*Master Gardener Coordinator*

## Master Gardener Garden Webinar Series

With an aim to continue to bring relevant, gardening know-how to home gardeners, the metro area OSU Extension Service Master Gardener program quickly changed gears this past spring to offer online gardening focused presentations.

The **'Master Gardener - Garden Webinar Series'** features OSU Extension staff, OSU Master Gardeners and presenters from partner organizations teaching a variety of gardening subjects from native plants to beneficial insects. Recordings of past webinars can be found at: <https://beav.es/4FR>. Upcoming webinars are posted on our events calendar, which can be found at the bottom of our [Metro Master Gardener website](#).



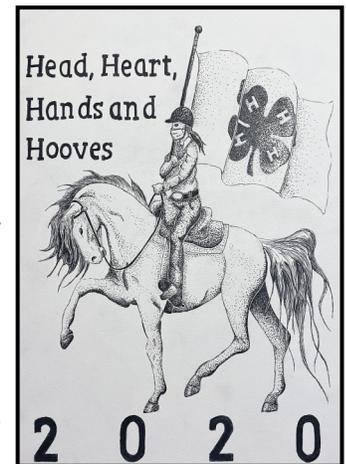
*Marcia McIntyre*  
Master Gardener Coordinator

## 4-H Fair Continues To Be An Educational and Creative Outlet for Youth

In the 4-H Club program, youth choose one or more areas of study for the year. Creative projects like baking and photography are linked to positive mental health. Animal projects provide an emotional connection during isolation. Science projects keep youth intellectually engaged over the summer. Every 4-H project is linked to improved health and wellbeing. To encourage completion of projects, shows and exhibitions are held at summer fairs.

Thanks to community support and the ingenuity of Extension staff, the 4-H County Fair has been able to continue. Each topic area has come up with a unique, virtual experience that allows youth to show what they have achieved, get feedback from an expert, and be recognized for finishing a project. Here are some of the upcoming events:

- 148 youth entered Horse Fair. They uploaded videos for judging. Results will be shared at the end of July.
- 386 youth entered the County Fair. They will be uploading videos, submitting photos, and doing live demonstrations on Zoom to show what they have accomplished. Judging will take place in August.
- 4-H members will be selling animals in the Clackamas County Junior Livestock in August. Visit <https://ccjla.wordpress.com/> to sign up as a buyer.



Art by Horse Fair Art Contest winner, Carly Shanklin.

We are recognizing graduates throughout the summer. Graduating Horse members are showcased in July at the Clackamas County Fair Grounds. Look for their posters along the fence. The State Fair will be replaced by 4-H showcase opportunities for youth to share their projects. The public can virtually experience the 4-H Fair on [our Facebook page](#). We will post results, photos, and videos.

*Wendy Hein*  
4-H Youth Development Faculty

## Home Cooking During a Time of COVID

Since the start of the COVID-19, we are all eating more meals at home. Some view this shift positively. Others, especially those with limited cooking skills and cooking utensils, and/or tight food budget, are feeling stressed. What can you do?

To support consumer efforts to increase their knowledge and skills to prepare affordable, quick, healthy, and tasty meals for their family, the Family & Community Health program has created a series of three short demonstration videos featuring Food Hero recipes, including:

- Garden Vegetable Cakes: [https://youtu.be/97\\_YEEfuMXg](https://youtu.be/97_YEEfuMXg)
- Lentil Taco Filling: <https://youtu.be/0ck4cVugSvQ>
- Skillet Meal Mix & Match: <https://youtu.be/Wn-24V-ZJ5g>

The videos are also airing on public access cable channels in Clackamas County on Sundays at 4:00 pm, Thursdays at 11:00 am and 10:00 pm. They are also live streamed at those times through Willamette Falls Media Center <https://wfmcastudios.org/programming/>.

The recipes highlight food ingredients that are readily available, utilize basic cooking utensils, and can be prepared on a stove-top or electric skillet in under 30 minutes. The step-by-step process of preparing the recipe allows you to be your own personal chef.

For additional information on preparing quick and healthy meals that your family will love, check out: Food Hero recipes in English at <https://www.foodhero.org> and Spanish: <https://www.foodhero.org/es/node>.

*Kelly Streit  
Family and Community Health Faculty*



Kelly Streit while filming at Willamette Falls Media Center.

## Follow us on social media and stay connected

### OSU Extension Clackamas

<https://www.facebook.com/OSUExtClackamas/>

<https://twitter.com/osuextclackamas>

[https://www.youtube.com/channel/UCV2O6KeR6ai9JZf\\_rVVRKmQ](https://www.youtube.com/channel/UCV2O6KeR6ai9JZf_rVVRKmQ)

### 4-H

<https://www.facebook.com/Clackamas4H/>

### Family and Community Health

<https://www.facebook.com/OSUExtFCH/>

<https://www.instagram.com/osuextfch/>

### Forestry

<https://www.facebook.com/OSUFNRWV/>

### Master Gardeners

<https://www.facebook.com/metromastergardeners/>

*The following article has been written by Lahaina Phillip, our community partner and local Community Health Specialist. Lahaina organized the Cooking Matters Class for the Micronesia community earlier this year. We have been honored to work alongside her and submit her healthy modifications of traditional Island recipes to Food Hero. We share in her sorrow around the loss of class members Merlyn and Tomo, and wish good health for the entire Micronesia community that has experienced health disparities, with inequitable access to healthcare resources. - Erin Devlin, FCH Faculty*

## **Missing Two of Our Coconexion Members**

It is with great honor that I am given this opportunity to highlight two beautiful souls, Merlyn and Tomo. They were both part of the Coconexion group that participated in the Winter 2020 Cooking Matters Class. Here's a little glimpse of each of their journeys.

Merlyn was originally from the island of Chuuk, Micronesia. She moved to Oregon with her two daughters and had been living here for over 10 years. Compassionate is the word that comes to mind when I think of her. She lived an eventful life with so much compassion towards many people from different walks of life.

Tomo was originally from the island of Palau, also in Micronesia, however she lived most of her life in Guam with her late husband where they raised their daughters. She later moved to Oregon to live with her daughters who had been living here for a while. Tomo radiated warmth and love, and in that sense was the type of woman that you can easily gravitate to. Her sweet motherly love that she shared with us all will never be forgotten.

As I caught up with some of the fellows from our class, it warmed my heart to hear how these two beautiful souls left such memorable imprints on our hearts. From what I've heard and gathered, here's a poetry dedicated to Merlyn and Tomo.

### **Micronesian Mother**

Thank you, Micronesian Mother  
For your selfless love  
For your healing hands  
For your nurturing hearts  
For you unconditional care

Micronesian mother,  
A matriarchal line of strong leaders  
Healers of your communities  
Nurturers of your communities

Micronesian mother,  
You are a collection of stories  
Passed down from generation to generation  
You are songs of poetries  
Sung by this generation and the next generation

Micronesian mother,  
Thank you  
Kinisou Chapur  
Kom Kmal MeSulang

The last two lines in the poem mean thank you in Merlyn and Tomo's native languages.



Merlyn enjoying the hands-on class.



Tomo bringing joy to the class.

**Lahaina Phillip**  
**Community Health Specialist**