

FOCUS ON EXTENSION

Serving Clackamas County Residents

Clackamas County Extension Office, 200 Warner Milne Road, Oregon City, Oregon 97045 503-655-8631

OCTOBER- DECEMBER 2020 <https://extension.oregonstate.edu/clackamas> Volume 21, Issue 5

“SERVING OUR COMMUNITY DURING COVID AND WILDFIRES”

Clackamas County Extension is continuing to remain busy since the start of COVID back in March, pivoting our support in the communities. We have refocused efforts to assist the community remain healthy and recover from the historic wildfires in the county. Hopefully, this newsletter finds everyone safe and adjusting to new lifestyles as we move into the holiday season.

Our staff supported Department of Agriculture and the Oregon National Guard distribute 70,000 masks to support our farmer worker community in May and were asked again to do another distribution for the farming community due to the Wildfires. Now the Extension office is the Clackamas County Emergency Operations Centers distribution site for KN95 masks for the Ag community.

Leah Sundquist, County Liaison

Extension Faculty and Program Volunteers support the Ag Community during historic Wildfires

Oregon State University Extension Service in Clackamas County handed out 5,373 KN95 masks and hand sanitizer for migrant farm workers and agricultural producers to protect them from hazardous air quality conditions due to the Clackamas County wildfires. Distribution took place on Wednesday, September 16, 2020. <https://youtu.be/EN9H-h2ZBTI>

KN95 Masks for Agriculture Community



Our Outreach faculty are conducting assistance visits to small farms and taking KN95 masks with them to provide for those workers they see without one. If you are a farm owner or a farm labor contractor and need more KN95 masks, you can call our main number 503-655-8631 to make an appointment to pick up masks. We need the name of the farm, number of workers and we will set an appointment for order pick up.



Family & Community Health Program **Supports Community Residents Affected by Wildfires**

Many families recently returned to their homes in Estacada following evacuation during the Oregon wildfires to no power, running water, and closed grocery stores. The Clackamas County Family & Community Health (FCH) Program stepped in to help, providing guidance on such things as assessing food safety/spoilage of previously refrigerated and frozen foods, how to boil water, and how to protect oneself from ash during the clean-up process.



Stephanie and Elena with Estacada Community Watch group.

SNAP Educational Program Assistants Stephanie Stuart and Elena Illescas also spent a day out in Estacada and assisted Estacada Community Watch with the delivery of 400 food boxes to community residents in need. They helped unload supplies and assembled food boxes, ensuring that families received a variety of foods in enough quantity to feed their family for a couple of days. Additional donations were dropped off by concerned county residents who just wanted to help out. Items in highest demand by recipients included food, water, pet food, diapers, toiletries, and kindness. Masks were also available. Stephanie and Elena stated that it was a very hard day physically and emotionally, but also very satisfying.

The SNAP-ED Program has delivered nutrition education to Estacada youth for 13 years and is committed to promoting the health and wellness of the individuals, families, and the community. Estacada residents are resilient. We will continue to provide education, resources, and support as the community recovers and rebuilds during this challenging time.

Home Canning of Oregon Seafood Video Ready for Primetime

*The FCH and Oregon Sea Grant Programs **adapt** to COVID-19 Teaching Guidelines*

Northwest waters provide an abundance of seafood suitable for home canning. In a normal year, Clackamas County Extension Service Master Food Preserver volunteers offer hands-on workshops to teach community members the steps to safely home can tuna using a pressure canner. The workshop takes roughly five hours, and participants walk away with several jars of tasty canned tuna to share with their families. More importantly, they also gain knowledge, skills, and confidence to home can their own tuna in the future.

Because hands-on food preservation workshops are not an option in Clackamas County at the present time, the Family & Community Health and Oregon Sea Grant programs collaborated to

produce a demonstration video titled "Home Canning of Oregon Seafood." This video provides an alternative learning format to a hands-on workshop. Viewers will get step-by-step instructions on; preparing the canner, filling the jars, loading the canner, monitoring the canning process, and checking jar seals prior to storage.

View the "Home Canning of Oregon Seafood" video at: <https://youtu.be/jzNfWH2Ox00>

The hope is after watching the video, viewers will gain the knowledge and confidence that they need to try home canning Oregon seafood on their own, similar to what they would have gained participating in a hands-on workshop.

Additional resources related to home canning of seafood are also referenced during the video, including the "Home Freezing of Seafood," "Canning Tuna Factsheet," and PNW 194 "Canning Seafood."

Kelly Streit, FCH Faculty and Amanda Gladics, Sea Grant Faculty



4-H YOUTH DEVELOPMENT

Clackamas County 4-H Saves Summer Fun with Virtual Fair

4-H competitions adapted Clackamas County COVID Restrictions

The 2020 Clackamas County 4-H Fair took place quietly in August. There were no crowds of spectators, no Ferris wheels or rodeos, but to the youth who participated in 4-H Fair events, it was a treasured piece of "normal" life.

More than 500 youth, ages 5 to 18, entered Virtual Fair activities. Each of the 4-H project areas found a solution that allowed youth to demonstrate what they had learned and receive feedback from a knowledgeable judge. Some of participants uploaded photos of things they had made or shot videos showing off their animals. Others presented their project live during a Zoom virtual interview.

"I am so impressed by our volunteers and youth leaders," said Hein. "In a very short time they created a new kind of fair, figured out the logistics, and communicated the new format to all the clubs. The 4-H Youth Development Program teaches young people the skills they'll need as adults. Life is neither predictable nor fair. Our volunteers set a positive example for our youth by showing them that even when times are hard, you can still make positive choices." The program also expanded the traditional awards, emphasizing participation and completion of a project more than show ring details or a member's access to virtual technology.

Community support for the virtual fair has been tremendous and has shown how much the community values positive experiences for youth. Research shows that in times of trauma, the connections that youth develop with peers and adults through 4-H make a huge difference. These relationships act as a protective factor, helping youth be more resilient and maintain positive emotional and mental health.

The National 4-H Council recently published "[Beyond the Gap](#)," a white paper describing how programs like 4-H are critical to young people and how communities can expand the reach of these programs to more young people.

You can access the 4-H Fair results by project area online at **2020 Clackamas County 4-H Fair Results list including participants hometown**

<https://oregonstate.box.com/s/gi7o5v1hyj6cd7gly8nzoiea3c87m1xo>

4-H Faculty team

4-H Steps Up to help Community evacuate and volunteer at the Clackamas County Fairground animal evacuation site

Wendy Hein from Clackamas County 4-H talks about how 4-H volunteers helped residents and animals that evacuated to the Clackamas County Fair & Event Center during the Clackamas wildfires. Watch the video here: <https://www.clackamas.us/wildfires>

4-H Members use their Heads, Hearts, and Hands to help the community during evacuation

With smoke and ash falling, 16-year-old Sela Raisl volunteered to help rescue livestock from a rural Clackamas County farm that was being threatened by the Riverside Fire. At about 4 p.m. on Thursday, her family got a call from club leader Karen O'Neil, who asked to borrow their horse trailer for an animal rescue effort. "There were going to be more than 70 animals at one stop," O'Neil said. "When I pulled in to hook up, there was Sela, decked out in her 4-H gear, water bottle in hand, ready to jump in the truck and go. I was so shocked. Without even the slightest waver she was all in."

Sela Raisl said she understood from O'Neil's request that there would be a lot of animals to pick up, and that O'Neil would need assistance. She also thought about the people they were going to help. "I look at all these animals and I think about how they've been displaced," she said. "Their owners are struggling because they might have lost their houses and their farms. It just breaks my heart to hear about these people who lost the animals they've worked hard and taken care of. I always think that when people are in trouble and they are struggling you can help them," she said. "If you have hands and you have feet, you can help."

Read the full story at <https://beav.es/oM5>.

4-H Offers Virtual Babysitting Classes to **Enhance Community Support**

In a state-wide effort to help with the increasing demand for child care, Clackamas County 4-H staff Jan Williams and Trisha Applebee are teaching online sessions of Babysitting classes designed for a beginning babysitter (ages 11 to 14-year-olds).

The workshops total five hours and at the end of the training the youth receive a certificate of completion.

“Their number one responsibility is to keep the children safe,” Dani Annala, Hood River 4-H Faculty and creator of the curriculum, said. “They learn to recognize, remove, and limit safety issues throughout play, cooking, and other activities. Our other focus is entertaining in positive ways. Younger kids are excited when older kids can give them games to play. We teach them age-appropriate activities.”

More classes will be offered this fall and winter. Contact Jan Williams for more information.

Jan Williams, 4-H Youth Development Faculty



COMMUNITY AND URBAN HORTICULTURE

Ask a Master Gardener™ – We're Here to Assist!

Although the gardening season winds down in fall and winter - questions from gardeners abound. *What can I do to protect my garden from unusually cold temps? How late in the fall can I plant spring blooming bulbs? Is a certain type of mulch best for keeping down weeds? What insect devoured my apples and how can I prevent such damage next year?*

Our OSU Extension Service Master Gardeners are just a call or click away with answers to your gardening questions via our new remote Master Gardener Helpline.

You can easily reach the metro area OSU Extension Master Gardener Helpline seven days a week, using the following methods:

[Fill Out a Web Form](#) Fill out required fields. Upload photos.

[Email Us](#) Write your question. Include plant or insect photos, to help us assist you.

Leave a Voice Message 503-821-1115. Tell us your garden question, leave your phone number, best time you can be reached and we will return your call.

Text 635-66. Put "gardenhelp" in the text message. You'll get an automated response. Then text us your garden query. You can even send us photos!

Garden Webinars Rooted in Science



With the season change to cooler, wetter weather, it is a good time to hunker down indoors and watch our metro area **OSU Extension Service Master Gardener – Garden Webinar Series**.

In our commitment to provide sustainable horticulture education rooted in science, our webinar series offers a range of informative garden webinars taught by OSU faculty and area experts on a variety of gardening subjects, from 'edible landscaping' to 'insect super heroes'.

Here is a list of just a few of the nearly two dozen subjects covered:

- [Adapting Your Yard and Garden for Climate Change](#)
- [Diagnosing Plant Problems: A systematic approach](#)
- [Edible Landscaping](#)
- [Lawn care fundamentals](#)
- [Slug Hunting: Know Your Enemy](#)

Check out our complete Garden Webinar library 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](http://www.metromastergardeners.org) webpage, www.metromastergardeners.org

Tackle Garden Tasks with our Garden Checklist

There is still plenty to do in the garden in winter. Our Garden Checklist videos give gardening tips and tricks to help you tackle some timely garden tasks from planting bulbs to cleaning and sharpening your garden tools.



[November Garden Checklist](#)

[December Garden Checklist](#)



Forestry and Natural resources faculty and staff **assist the Community** during COVID and from fire damage

Your local Extension Forestry and Natural Resources education program has been changed dramatically by COVID-19 and then the terrible wildfires. Instead of in-person classes and workshops, indoors or in the field, we continue to rely on education options delivered online.



Extension Forester Glenn Ahrens assessing fire damage on Unger Burn

These include webinars, meetings, videos, publications, and web-based learning modules. Wildfire-related webinars are ongoing including [After the Fire](#), a new series to help landowners and residents assess the damage and begin to recover from the terrible fires last month. [Tree School Online](#) webinars for woodland owners are continuing every 1st and 3rd Tuesday through June 2021. For the latest offerings, please check our websites at: [Extension Forestry and Natural Resources North Willamette](#) and the statewide [Extension Forestry and Natural Resources](#) site.

The other major avenue for assistance is to consult with us directly via email, telephone, and field visits. Our on line [Ask-an-expert](#) system is very busy these days and we get many tree questions that way. We are also able to do field visits with individuals and small groups. We are capturing some of the teachable moments in the field with photos and video to help share with others online. Unfortunately, wildfire damage and recovery are the main reasons for field calls now. If you are in need of assistance, please contact us through [Extension Forestry and Natural Resources North Willamette](#). Please refer others who need assistance with post-fire recovery or preparing for the next fire season.



Extension Forestry Program Assistant Amanda Brenner capturing teachable moments in post-fire tree damage assessment.

AGRICULTURE

Small Farm School offered virtually due to COVID-19

Adaptation and **flexibility** are themes for 2020 and the 9th Annual Small Farm School has pivoted by offering two months of online programming. Small Farm School, an educational program for small-acreage beginning and intermediate farmers normally held as a one-day event at Clackamas Community College, will be held as a series of 18 Zoom webinars. Sessions began on September 17 and will be offered Tuesday and Thursday evenings from 6:30 to 8:00 pm through November 19.

Experienced and knowledgeable presenters are offering sessions on a wide variety of topics, including poultry farming, soil ecology, developing a brand identity, dry farming, vegetable production, food safety, business management, and sustainable hemp production.

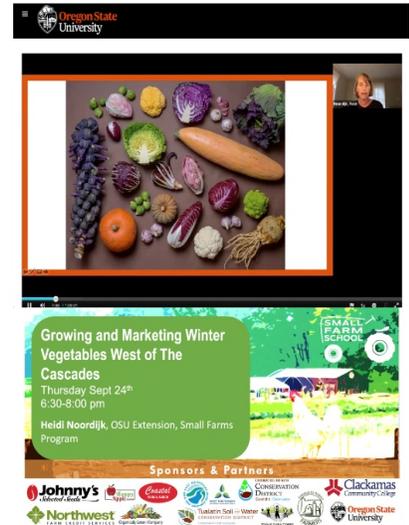
Small Farm School is also partnering with Friends of Family Farmers to deliver Farm to Farm sessions on equitable farm and food systems.

There is an increase in registration numbers with 248 participants about 1 ½ time higher than past in-person Small Farm School events. Face-to-face workshops were limited by classroom capacity, on line programming makes sessions more accessible to a wider audience. Classes that would normally see 25 attendees now have 75 or more people participating. Presenters are using poll questions and Q&A chats to interact with participants. Webinars are recorded and posted with handouts for registrants to view at other times if they were unable to attend a live session.

Registration is on-going through November 19. Schedule and registration information can be found here: <http://blogs.oregonstate.edu/smallfarmschool/registration/>

Small Farm School is a collaboration between the OSU Extension Service, Clackamas Soil and Water Conservation District, Clackamas Community College, Rogue Farm Corps and Friends of Family Farmers.

Heidi Noordijk, Small Farms Faculty



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

4-H

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

Family and Community Health

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

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

Forestry

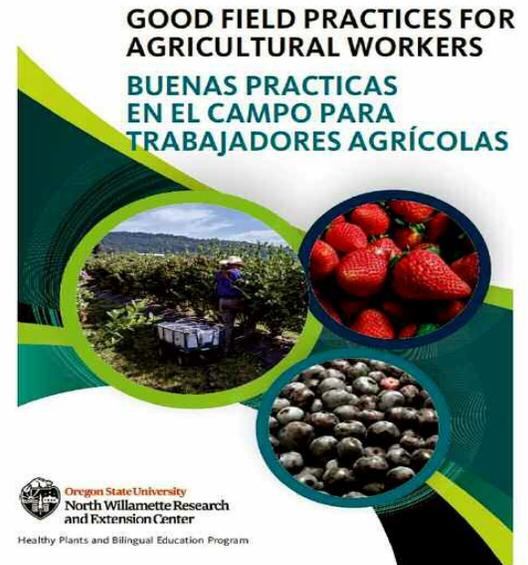
<https://www.facebook.com/OSUFNRWV/>

Master Gardeners

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

Food Safety Education in COVID-19 Times

When COVID-19 hit, Luisa Santamaria and Maria Marlin, of the Healthy Plants and Bilingual Education Program at NWREC, had just finished finalizing the agenda and securing locations for their annual “Train the Trainer” Food Safety Practices workshop. These workshops, sponsored by the Oregon Blueberry Commission, are designed for small farm owners, contractors, and those in charge of a farm’s Food Safety program. Ultimately, the target audience was anyone who is responsible for educating harvest workers in best hygiene practices to avoid fresh produce contamination. Very quickly, Luisa and Maria had to switch all the workshop materials to an online, virtual format. The training took place via Zoom, and there was a total of 10 sessions (five in Spanish and five in English) during May and June of 2020. The workshops covered how microbes can be introduced in a farm environment, new COVID-19 regulations, and tips for effectively training workers. There was even a group activity that used the “Breakout Room” feature on Zoom. Overall, 169 people attended the trainings. These attendees, in turn, train others at their work places, so the effects of this education are much more far-reaching. The feedback from participants has been positive, and we are thrilled we were still able to offer these successful workshops in these challenging times! The team has also launched a brand-new bilingual Food Safety annual and 5 videos for training harvest workers. The manual is complete with ten modules, review questions, Spanish and English side-by-side and a fun and colorful design. This manual will make your training a breeze! Cost is \$35 per manual, which includes shipping and handling. To order, visit: https://apps.ideal-logic.com/osuextension?key=F3T9-25VWY_K9KH-5PTF_4b4b5d78
The videos are free and can be found at: <https://catalog.extension.oregonstate.edu/em9290>



By Luisa Santamaria, Extension Nursery Plant Pathology and Bilingual Education, and Maria Marlin, Faculty Research Assistant



Agricultural Sciences & Natural Resources, Family and Community Health, 4-H Youth, Forestry & Natural Resources, Extension Sea Grant, Open Campus, and Outdoor School programs. Oregon State University, United States Department of Agriculture, and Oregon counties cooperating. The Extension Service offers its programs and materials equally to all people. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran’s status, reprisal or retaliation for prior civil rights activity.

Clackamas County Extension Calendar of Events

OCTOBER

4-H EVENTS:

- 4-10.....National 4-H Week
- 5.....Fair awards available for pick up (until Nov 16) call the office for an appointment
- 5..... Dog Advisory meeting.....[Zoom](#)..... 7:00-9:00 pm
- 7.....Clackamas County 4-H Pride Day
- 9.....Metro Records Evaluation begins (evaluation complete by Nov 2)
- 11....Ambassador Team meeting..... [Zoom](#)..... 1:00-3:00 pm
- 12....CC4HA Board meeting..... [Zoom](#)..... 7:00-8:30 pm
- 14.....Horse Advisory meeting..... [Zoom](#)..... 7:00-9:00 pm
- 15.....County Awards & Recognition meeting..... [Zoom](#)..... 6:30-8:30 pm
- 19.....HEARTH Advisory meeting..... [Zoom](#)..... 7:00-9:00 pm
- 20.....Small Animal Advisory meeting..... [Zoom](#)..... 7:00-9:00 pm

Master Gardener Events:

- 6 ... Potential for Pollinator Conservatories within Developed Landscapes Online 7:00 - 8:00 pm PDT
- 10 ... Introduction to Nature Journaling Workshop Online 1:00 - 2:30 pm PDT
-
- 12... Mutualism, Deception and Self-Defense: The Complex Dance of Co-Evolution in Insects and Plants - Clackamas Co. Master Gardener Lecture Series. Online 7:00 - 8:00 pm PDT
- 13... So, we all HAVE to eat! From Food Access to Food Justice and Food Sovereignty Online 7:00- 8:00 pm PDT
- Jul 20- Oct **11**... Introduction to Urban Agriculture Online Course Online
- Sep 21 - Oct **11**... Urban Agricultural Business Online Course Online

Office events:

- 15**...Extension Advisory Meeting..... Zoom.....630- 830 pm

NOVEMBER

4-H Events:

5...Livestock Advisory meeting..... [Zoom](#)..... 7:00- 9:00 pm

8...Ambassador Team meeting..... [Zoom](#)..... 1:00- 3:00 pm

9...CC4HA Board meeting..... [Zoom](#)..... 7:00- 8:30 pm

10...Prudential Spirit of Community Award application **DUE**..... [online](#)

11..... Veteran's Day – office closed

11... Horse Advisory meeting.....[Zoom](#)..... 7:00- 9:00 pm

15...Volunteer recertification background check authorization..... Extension office

16...HEARTH Advisory meeting..... [Zoom](#)..... 7:00- 9:00 pm

17...Small Animal Advisory meeting..... [Zoom](#)..... 7:00- 9:00 pm

21...Awards & Recognition Night..... Tentative - watch for information!

26-27..... Thanksgiving observed – office closed

Master Gardener Events:

2 ... Mindfulness-Based Nature Journaling Series with Elizabeth Higgins – Online

Office Events

18... Extension Advisory Meeting.....[Zoom](#)....

DECEMBER

4-H Events:

TBD.....Horse Judging & Hippology Contests..... Virtual..... 8:30 am

1...Shooting Sports **enrollment deadline**..... Extension office

Applies to members who want to participate in mail-in shoots & state tournament

1....Articles DUE for 4-H Newsletter..... Extension office

1.....New Leader Orientation.....TBD.... 9:00- 11:30 am

1..... New Leader Orientation.....TBD... 7:00- 9:30 pm

13.....Ambassador Team meeting..... [Zoom](#)..... 1:00-3:00 pm

15...Online volunteer recertification continuing education DUE..... Extension office

25...Christmas – office closed

