

# March is National Reading Month

Read aloud to your child. Just 20 minutes a day makes a world of difference over a child's formative years. A child's reading skills are important to their success in school and work. In addition, reading can be a fun and imaginative activity for children, which opens doors to all kinds of new worlds for them.

Parents and family play a critical role in helping their children develop not only the ability to read, but also an enjoyment of reading.

**Turn off the tube.** Start by limiting TV viewing time.

**Teach by example.** If you have books, newspapers and magazines around your house, and your child sees you reading, then your child will learn that you value reading. You can't overestimate the value of modeling.

**Read together.** Reading with your child is a great activity. It not only teaches your child that reading is important to you, but it also offers a chance to talk about the book, and often other issues will come up. Books can really open the lines of communication between parent and child.

**Hit the library.** Try finding library books about current issues or interests in your family's or child's life, and then reading them together. For example, read a book about going to the dentist prior to your child's next dental exam, or get some books about your child favorite animals. If your child likes superheroes, ask your librarian to recommend a good comic book for your child.

There are many ways to in-

clude reading in your child's life, starting in babyhood, and continuing through the teen years. Focus on literacy activities that your child enjoys, so that reading is a treat, not a chore.

### How do you read to a baby?

- Use small, chunky board books that your baby can easily hold onto.
- Talk about the pictures with your little one.
- Sing the text to keep baby's attention.
- Play peek-a-boo with lift-the-flap books.
- Help your baby touch and feel in texture books.

The American Academy of Pediatrics recommends daily reading to children beginning by six months of age. University of Michigan

## Warm Springs Community Garden Workshops Spring 2013

This year, Tuesday evening sessions will be at the Simnasho Church/Community Center, and Saturday sessions will be at the Education Building first floor Training Room

<p><small>Presented by the Extension Agriculture/Natural Resources Program Specialist</small></p> <p><b>Holly Haines</b> Warm Springs Garden Program Coordinator</p> <p><small>Joe Foster Foghorn Garden/Mahoe</small></p> <p><small>Karen McCumb Landscape Professional</small></p> <p><b>Oregon State University</b></p> <p>Phone: 541-553-3238 Fax: 541-553-3988 E-mail: <a href="mailto:toni.stephan@oregonstate.edu">toni.stephan@oregonstate.edu</a></p>	<p>March 2nd. <b>Successful Gardening 101</b> (Warm Springs 20 a.m.)</p> <p>March 5th. <b>Successful Gardening 101</b> (Simnasho 6 p.m.)</p> <p>March 9th. <b>Season Extenders for Gardening</b> (Warm Springs 20 a.m.)</p> <p>March 12th. <b>Garden Irrigation Management</b> (Simnasho 6 p.m.)</p>
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Program fees for Specialty Extension Services often exceed \$100. Tuition, materials and other expenses are based on the state. Specialty garden classes in cooperation with local nurseries, garden centers, and other vendors. All classes are subject to change without notice. Register for Specialty Extension Services by the registration deadline. The publication of this notice does not constitute an offer of insurance. Please call 541-553-3238 for information.

# OSU Extension seeks Master Food Preservers

If you'd like to learn safe food handling and preservation techniques and share your knowledge with others, consider becoming a Master Food Preserver volunteer. The Crook, Deschutes and Jefferson county offices of the Oregon State University Extension Service are recruiting volunteers to participate in 48 hours of in-depth food safety and preservation training on Wednesdays, April 3 - June 5. The training sessions will be at the OSU/Deschutes County Ex-

tension office at the Fairgrounds in Redmond.

Volunteers will receive an extensive resource notebook with the latest and most reliable methods for preserving food at home. "Hands on" practice in the kitchen will help them learn the skills. The cost of the program is \$50.00.

Master Food Preservers help home food preservers avoid serious illness and avert food waste. Volunteers agree to spend at least 48 hours helping county

residents handle and preserve food safely. Volunteer activities will include conducting workshops, testing pressure canner gauges, and staffing exhibit

### Apply by March 21, 2013

booths at county fairs or Farmer's Markets.

The program benefits volunteers, who find it rewarding to learn more about food safety and food preservation, make new

friends, get work experience, and gain self-confidence. By volunteering, they're able to help others, use their skills in a meaningful way, and receive reliable, up-to-date information, which is based on US Department of Agriculture research.

Persons interested in volunteering for the Master Food Preserver program should contact the county Extension office for an application form and detailed information at <http://extension.oregonstate.edu/>

deschutes/food-preservation , 541-548-6088 or [glenda.hyde@oregonstate.edu](mailto:glenda.hyde@oregonstate.edu). Application deadline is March 21.

### Family Community Health



Danita Macy  
Arlene Boileau  
Sara Smith  
Rosanna Sanders



On February 12<sup>th</sup>, the Warm Springs 4-H and CTWS Youth Wellness programs teamed up to provide an opportunity for youth to spend a day snowshoeing at Mt. Bachelor. This guided tour led by U.S. Forest Service, where Rangers delivered a two-hour lesson in tracking mammals in winter, mountain forest ecology, the Upper Deschutes watershed, and the geology and volcanic history of the Cascade Mountains.

\*Thank you to all the youth participants, parents, guardians, volunteers, Mt. Bachelor, U.S. Forest Service, CTWS Youth Wellness, & Discover Your Northwest.

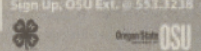
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## Youth Photography Workshop


Grades: 4th-12th  
Friday, MARCH 29  
10am-3pm  
Ed Building, Training Rm

portrait photography II  
(optional) and historical provided

Only 20 spots available  
Sign Up, OSU Ext. @ 541-533-3238



## Living on a Few Acres



Saturday March 3, 2012  
8:00a.m. - 5:00p.m.

Deschutes County Fairgrounds & Expo Center,  
Middle and N. Sister Buildings, Redmond OR

**More than 30 classes offered including:**

- Farm Food Safety
- Efficient Use of Water
- Juniper Control
- Pond Management
- Alternative Medicine
- Goats for Meat
- Septic System Care
- Poultry, Beef
- Electric Fencing
- Poisonous Plants
- Greenhouse
- Hay Production
- Understanding Fertilizers
- Farming for Beneficials
- Water Rights
- Animal Evacuation Plan
- Seed saving
- Specialty Crops
- Soils
- Food Preservation

Registration: <http://extension.oregonstate.edu/deschutes> Information: [toni.stephan@oregonstate.edu](mailto:toni.stephan@oregonstate.edu) 541-548-6088

## 4-H Thanks

A Special Thanks to Lisa Dubisar for teaching the February photography workshop.

Thank you to SUBWAY for providing lunch for the February photography workshop.

A Special Thanks to 4-H Volunteers: Sara Rogers, Taralee Suppah, Myrtle Suppah, Michael Holyan, Danita Macy, & Rosanna Sanders.

\*Volunteers are what make the 4-H Program, Thank You again.

## Drought risk management & tools to evaluate your strategy

**Oregon State University**  
Extension Service

The USDA's Risk Management Agency, RightRisk and Oregon State University invite you to join us for Drought Risk Management and Tools to Evaluate Your Strategy in this management workshop that will help your farm thrive in today's challenging environment. Workshop presentations and activities are designed to help you and your family or business partners gain a better understanding of how to manage risk in your farm operation.

Wednesday, March 6<sup>th</sup> 2013  
4:00 - 6:30 PM  
Deschutes County Extension office  
1875 SW Simpson Way, Redmond, OR  
Deschutes County Fairgrounds - just off parking lot D

Welcome & Overview  
Tom Stephens, OSU Horticulture and Soil Fertility instructor, Deschutes County

Overview of Risk and the Human Dimension of Risk Management  
John Doolittle, Food/Farm Management Specialist, University of Wyoming

Drought Risk Prevention (LRP) and Price Risk Management  
Elihu Pritchard, Risk Management Specialist, Colorado State University

Policies, Rangeland, Forage (PRF) and Forage Risk Management  
P. J. Schmitz, Forage Specialist, Oregon State University

Preparation to tools to Evaluate Your Risk Management Strategy

Wednesday, March 6<sup>th</sup> 2013  
7:00 - 9:00 PM

Practice Using Tools to Evaluate Your Risk Strategies:  
Partial Budgets, the Enterprise Risk Analyzer, RDP/Financial Best Buy vs. Sell Corns, Probability, and More

Wrap up: Where do we go from here?  
John Doolittle and Eli Pritchard

Local Contact: For more information call or contact Special Services/Extension program staff, please contact Tom Stephens at phone 541-548-6088 or by email at [Tom.Stephan@oregonstate.edu](mailto:Tom.Stephan@oregonstate.edu)

Registration \$20/person (meal included) - To attend contact: Tom Stephens - Oregon State University 541-548-6088 - [Tom.Stephan@oregonstate.edu](mailto:Tom.Stephan@oregonstate.edu)

RightRisk USDA RMA

Presented by OSU/Deschutes County 541-548-6088  
Project Director: Rodney Sharp, Redmond, OR

<http://theRightRisk.com>