



# EL CAMPESTRE

From CAMP to Camp: Enriching Our Community

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ELCAMPESTRE is the newsletter for OSU's College Assistance Migrant Program and will be published Fall, Winter, and Spring Term.

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## Welcome our newest addition to The CAMP Family Greg Contreras



I must start by saying this was one of the most beautiful full hearted interviews I have ever done. During New Year's Eve when most of us were celebrating, Greg Contreras drove for 8 hours to move to Corvallis for his new position. The CAMP cohort and cohorts to come are very lucky to have an Academic Advisor like Contreras.

When Contreras took the position he took it because it was the next step for him and he knew of the good reputation CAMP had he felt like he was the right person to keep it going. Contreras mentions now that he has the position he looks forward to a lot of things, among them he really wants build memories with the different cohorts to come and he wants to see the students grow and mature. Contreras visited Oscars office a while back and saw the pictures that Oscar has collected from past cohorts, Greg is excited to also collect those memories. Aside from looking forward to being a resource for the students he hopes to write an educational book about how to finance school, in it he will include his own biography as well. Contreras believes helping students secure aid is very important. Contreras relates to the CAMP students in many ways; he has a migrant background and

was also a 1<sup>st</sup> generation student, and he knows what it's like to do something different for our families. Contreras shares an eagerness to do well in school and also a fear that he sees in many incoming freshman, a fear he says that comes with a fight for success.

Contreras finished his interview sharing what he loves to do in his spare time, Greg loves to work out and do long distance running on the Corvallis trails, he loves movies and anything that's inspirational. When Greg has time he also enjoys drawing, art, music, concerts, and he loves to read! Especially memoirs and anything by Victor Villasenor, books like these inspire him to write something of his own. Greg is a very approachable gentleman with a genuine passion in what he does, he is with us now because he felt he was the right person for the job, although he misses his mother Oralia "Lala" she has been very supportive and of course is very proud of her son's new position in CAMP!

### Greg's Quick Facts:

- Born: Lubbock, Texas
- From: Ontario, Oregon
- Degrees: Bachelors in HDFS  
Masters' in Education and Counseling

# CAMP ALUMNI...WHERE ARE THEY NOW?



## Yanele Garcia, CAMP 2008

Hello fellow CAMP students! I am 23 years old and currently living in Portland, OR. It has almost been two years since I have graduated from Oregon State University with a Bachelor's in Exercise & Sports Science in spring 2011. Currently I am a student at Linfield College- Good Samaritan School of Nursing. I began nursing school this past June in the accelerated BSN program. This program will allow me to finish my nursing career in 15 months, so I am very excited that I will be graduating in August 2013. I wish you all the best of luck in your studies, échenle ganas!

## Karina Escalante, CAMP 2008

I graduated from Oregon State University in 2011 with a Bachelors of Science in Psychology. After graduating I worked with clients who have severe mental issues. I am now living in Portland and I began my first year at Pacific University working towards my Masters in Counseling Psychology. After I receive my Masters I want to work with adolescents and families with a range of mental issues and eventually have my own practice.



*We asked some Camp Students "How they manage their time?" And this is what they had to say...*

Simply planning ahead of time, and knowing what my day is going to look like the day before. Planners have not worked for me so the way I work around that is by setting reminders and calendar events on my phone. It's also a smart idea to set multiple reminders, so I have my phone remind me a day before and then the day of. That's how I manage my time, and so far it's worked well. Also not over scheduling one day when you can spread things out making it easier on yourself.

-Gabriela Bustos Ramos



## Announcements/Upcoming Events

- |                        |                    |                          |
|------------------------|--------------------|--------------------------|
| • Welcome Back BBQ     | April 3rd 5:30-7pm | Location: west dorm quad |
| • Camping Trip         | April 5th Fri/Sat  | Salem 4H Camp            |
| • Progress Report Due  | May 3rd            | Camp Office              |
| • Soccer Tournament    | May 19th 2-7pm     | Location: TBD            |
| • Recognition Ceremony | June 8th 4pm       | MU Ballroom              |



My daily schedule is busy from morning to bedtime, but it is arranged with breaks in between lectures and work hours. I use my iPod, computer notifications, and a paper calendar to remind me of events and assignments. However, I mostly depend on a small planner that I carry wherever I go so I have an easy access to my schedule for the whole term.

-Anesat Leon

# How to have Fun on a Friendly \$\$\$\$ Budget \$\$\$



Although going out may not be the cheapest thing to do there are certainly many places and things to enjoy on the lower end of the budget.

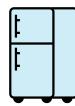


Baja Fresh Happy Hour- \$4 burritos + free chips!!! (Monday– Friday from 2-5pm) 541-452-1010

McMenamins on Monroe- \$1.75 for a slice of Pizza  
(Served Daily 3–6 p.m. & 10 p.m.–close)  
[www.mcmenamins.com/1196-mcmenamins-corvallis-happy-hour](http://www.mcmenamins.com/1196-mcmenamins-corvallis-happy-hour)

Impulse– Taco Tuesday \$1 tacos!!! (Tuesdays 6pm– 2:30am)

Applebee's- \$1.99 fries (meal size) and \$ 1 Brownie and Ice Cream Bite dessert (everyday)



Red Box 1.20\$ or text "REDBOX" to 727-272 for random free rental codes!!

My Fridge food– a website that allows you to check items you have at home so you can create some meals with the ingredients you already have!  
[myfridgefood.com](http://myfridgefood.com)

OSU event calendar– check off certain events on left hand side and enjoy free fun events and free food open to all OSU students  
[calendar.oregonstate.edu](http://calendar.oregonstate.edu)

Mealbux– Always apply for Mealbux-due the first week of each term (free money for food on campus can range from \$50-\$80 that is credited to your OSU ID)

Food Stamps– any student worker who receives work study as part of their financial aid package or students working 20hrs a week are eligible for monthly food stipends for food from participating grocery stores (pretty much all!!!)

**January**  
Edward Miranda  
Dalila Molina  
Kassandra Hernandez

**February**  
Manuela Franco  
Laura Galindo

**March**  
Daisy Altamirano  
Josue Gonzalez  
Amparo Mata

## STUDY ABROAD ADVENTURES:



**Alex Dos Reis:** Roman Aqua-ducks in Segovia, Spain Summer 2012



**Carmen Lopez:** Arch of Triumph, Paris France Summer 2012



**Abner Mondragon:** Colosseum Rome, Italy. Summer 2012

## AMAS' UPDATES

Winter term is almost over! Next week is dead week and then finals! Not sure how this term went by really fast. I'm trying to remember some of the activities we did as a group or the activities where most of our students participated in. At the beginning of the term we did have the usual quarterly Welcome Back BBQ. Early February, as a group we went to Ski Bowl for night skiing. I was able to do few runs and enjoy the beautiful cold night and see students learning how to snowboard. I witnessed several times how students helped each other to learn snowboarding. For most of them, this was their first time on the slopes of Ski Bowl. Mid February, we sponsored three students to attend the United Hispanic Student Leadership Conference (USHLI) in Chicago. A delegation of 24 students from OSU attended this event, but I was surprised to learn that 19 of those students were current and past CAMP participants. A thank you goes to District Attorney John Haroldson for his efforts to ensure Oregon students participated in this conference.

In March, Adriana Sanchez led out the annual Cesar Chavez Blood Drive. It was a successful event because we surpassed our goal of pints to be collected. Adriana is looking forward to lead again this effort next year. Last weekend, our program joined the WA CAMP Consortium's Annual CAMP Student Leadership Conference, "Today's Scholars, Tomorrow's Leaders." This was our first time joining other Washington CAMP programs. Ten of our scholars participated in the sessions led by CoolSpeak. Ernesto and Joey did an excellent job facilitating the workshops. It was worth the 12 hours drive to and from Ellensburg, WA. To close on a high note this trip, on the way home, we stopped for dinner at one of the students' parents to eat the BEST carne asada and pozole. You can't find that kind of food in restaurants.

Last week, I was able to attend the HEP CAMP Association board meeting in DC and the annual MEP Directors meetings. However, most of my time was spent between the House and Senate buildings and taxicabs educating several representatives, including our Senator Merkley, about the uniqueness of our HEP CAMP programs and the results these programs have been achieving these last years, including the issues our migrant farm worker families and students face in their daily lives.

Lastly, the first week of March, we selected the incoming cohort group, which happens to be the last cohort of our five-year grant cycle. Thirty scholars were selected for next year 2013-14. Our Selection Committee was exited to read the applications and unanimously agreed for us to send the letter of acceptance to those select students who have the greatest need of the program. I am looking forward to meeting them at the university' START Bilingue program in June.

Amas



Attending the WA CAMP Consortium Conference



Conversation with Sen. Jeff Merkley



Ski Trip Group Picture

## CAMP Peer Mentor Activities

This year's CAMP cohort as described by Abner Mondragon "was awesome and not afraid to get hurt and just go down the hill" CAMP has many peer mentor activities throughout the year, and the Ski Trip was the most recent activity, students have the opportunity to bond and grow together as a cohort as well as learn something new. Their next trip will be to Salem 4H Center!

CAMP Peer Mentor activities aren't all fun and games CAMP students have study tables which have helped them each a lot, Alexandra Dos Reis a mentor

Students actually use them and get their homework done and so do CPA's." Being a mentor is a great experience and very important for all freshman to have. Dos Reis describes why she decided to be a mentor saying "I applied to be a mentor because I got a lot of help my freshman year and without CAMP I would not have come to OSU, I also thought it would help me get experience with working with young adults because I want to be a counselor, this will help me decide if I want to be a high school counselor or college counselor"