



OREGON STATE UNIVERSITY
EXTENSION SERVICE

EDUCATION THAT WORKS FOR YOU

Extension is:

Research Backed – Educational programs based on unbiased University research findings.

Community Based – OSU faculty living and working in each Oregon county.

Informally Delivered – Learning and skill building through meetings, workshops, short courses, tours, demonstrations, publications, videos, newsletters, the Web, and news media activities.

Widely Used – More than 2 million face-to-face contacts with Oregonians each year.

Volunteer Oriented – Some 30,000 trained volunteers extend programs for business, families, and youth.

Broadly Supported – Funding from state government (60%), Federal government (20%), counties (17%), and from sales and service fees (3%).

October, November,
December 2003

Extension

Lane County
Oregon State
University
Extension Service

Volume XXX, No. 2

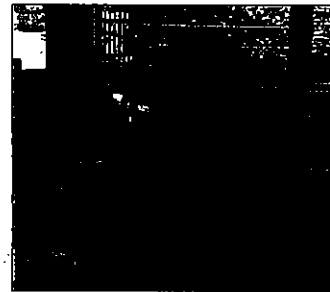
Inside

Thriving in Tough Times

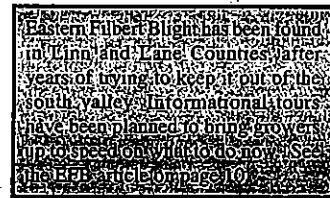
- 2 Calendar of Events
- 3 Good Food on a Budget: Using Squash to Stretch Dollars
- 4 Women Secure Your Financial Future: Suzi Shows You How!
- 5 Traditions During Tough Times
- 6 4-H Camp
- 7 Striving in Hard Times
- 8 Crops
- 9 Vacationing? No Place Like Oregon
- 10 Filbert Outbreak! What To Do
- 11 Marketing Strategies of NE Organic Farmers
- 12 FCD Study Group Programming



Extension's Fair Display 2003 showed tips on "Thriving in Tough Times." Over 15,000 visitors contacted the 5 booths sponsored by Extension this year. Over 30,000 solutions are given yearly. Over 2,500 publications for little or no cost are available.



Our "Ms. Sunshine" receptionist Tammy White is here to greet you and direct you to the solution to your problem.



Eastern Hubert Bligh has been found in Tillamook and Lane Counties after years of trying to keep "put" of the south valley. Informational tours have been planned to bring growers up to speed on what to do now. See this FCD article on page 10.

POINTS OF INTEREST

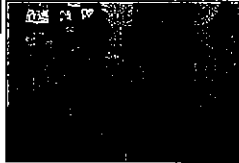
- X Over 2,500 publications that "tell you how." (Many are free or under \$5.)
- X Over 20,000 questions answered yearly.
- X FREE Food & Nutrition programs for limited income/ special needs adults & children.
- X Phone hotlines for gardening (year-round) and food safety/ preservation (June-October).
- X Latest Federal & State food safety research available.
- X Extensive "How to..." Video Library available to the public.
- X FREE or LOW COST materials for Teachers through the School Enrichment program.
- X Classes for little or no cost on:
 - Preserving food
 - Gardening, composting, pruning
 - Forestry/woodland ownership
 - Livestock
 - Leadership Education (effective presentations, conflict resolution, Volunteer Management, etc.)



Ashley, daughter of Kristi, Nutrition Assistant, models an outfit she selected. Top, bracelet, jeans and shoes cost less than \$9, from "new and used" stores.



Gifts for pennies shown: 2-phonebook booster seat, homemade baby wipes, phonebook step, fire starters, emergency car kit and emergency heat or stove. Below: Save \$ by canning your own!



Food Faire jams and jellies demonstrated by Ann Engelcke at Lane County Extension Service in July. This is one of many workshops held during the year.

LANE EXTENSION OFFICE:

682-4243

All Extension staff
Toll Free: 1-800-872-8980

Mark Mellbye, Field Crops
1-888-883-0522

Garry Stephenson, Small Farms
1-800-365-0201

Peter Schreder,
Livestock/Riparian
1-888-883-0522

Mike Gamroth,
Ext. Dairy Specialist
541-737-3316

Use it up. Wear it out. Make it do, or do without!

Experts at OSU Lane County Extension Service banner a simpler lifestyle, known to some as "sustainable living." Tough times call for tighter spending, budgets, doing it yourself and the theme above. Use it up. Wear it out. Make it do, or do without! How long since your family has really done without? Let's take a food box, for example: Use it up. "But I don't like the food in it." Well, then, make it do. Get creative! Or pass it on to someone who will. Oregonians who change their thinking will survive these tough economic times.

LANE COUNTY
EXTENSION SERVICE
950 WEST 13th AVENUE
EUGENE, OREGON 97402-3913

PREST STD
U.S. POSTAGE
PAID
Eugene, Oregon
Permit No. 426

CURRENT RESIDENT OR

Calendar

October • November • December 2003

Unless otherwise indicated, all events are held in the OSU/Lane County Extension Service Auditorium, 950 W. 13th Ave., Eugene, (541) 682-4243 or (800) 872-8980 if out of the local Eugene/Springfield calling area.

OCTOBER

- 2, 9, 16, 23 **Women: Secure Your Financial Future** seminar, 6-8:30 p.m. Benton County, Corvallis, location TBA. \$25 for 4-part series. Make checks payable to OSU Extension and send to Benton County Extension. Pre-registration requested at Benton County office.
- 7, 14, 21, 28 **Women: Secure Your Financial Future** seminar, 6-8:30 p.m. Linn County Extension office, Evelyn Downing Room, 4th and Lyons, Albany. \$25 for 4-part series. Make checks payable to OSU Extension and send to Linn County Extension. Pre-registration requested at Linn County office.
- 8, 15, 22, 29 **Women: Secure Your Financial Future** seminar, 6-8:30 p.m. \$25 for 4-part series. Make checks payable to OSU Extension and send to Lane County Extension. Pre-registration requested at Lane County office.
- 14 **Basic Pasture Management** seminar, 7-9 p.m. \$5 fee. Lane County Extension Office. Pre-registration required at the Benton County Extension Service, 800-365-0201.
- 16 **Healthy Air for Your Home** seminar, 9:30-11:30 a.m. Presenter will be Janice Gregg, OSU/Extension Faculty. Pre-Registration requested.
- 23 **Hypertufa Workshop**, 4-6 p.m. or 7-9 p.m. \$10 fee. Pre-registration requested.

NOVEMBER

- 8 **Gifts from the Garden** workshop, 9 a.m.-Noon. \$10 fee. Pre-registration required.

DECEMBER

- 2 **Holiday Breads Workshop**, 10 a.m.-Noon or 6:30-8:30 p.m. \$5 covers handouts and samples. Presenters are Nellie Oehler and MFP volunteers. Pre-registration required.
- 3 **Core Pesticide Short Course**, 8 a.m.-Noon. Pre-registration required.
- 18 **Preserving Old Photos**, 9:30-11:30 a.m. Presenter will be Karen Whitney, Extension Homemaker. Pre-registration requested.

THRIVING THROUGH HARD TIMES WITH OSU EXTENSION

As we continue into hard times, OSU/Lane County Extension Service has some tips to help you stretch your \$ or make your life a little easier. We hope you will enjoy these tips from our staff and come to visit us for more helpful information.

For the Garden

- ♦ Use those old Venetian blinds; cut them up to make plant stakes or plant markers.
- ♦ Old cotton or wool carpet can be cut into strips to make weed proof mulching for your garden or a soft walkway between rows.
- ♦ Cut up those old panty hose and make soft ties to hold plants to stakes and the foot part can hold a bar of soap that you can hang next to your faucet for a quick hand wash.
- ♦ Don't forget the dandelions, they don't have to be just a weed with a pretty yellow flower, how about picking the young leaves for dinner or the flowers to make wine.
- ♦ Egg cartons make excellent containers for plant starters. Punch a whole in the bottom for drainage and place the carton on a waterproof tray. Fill with planting soil and get your own starts.

Around the Kitchen

- ♦ Ice that left over coffee or tea in ice cube trays. They are great to make a cool cup of iced coffee or tea or just to cool a hot cup and hot dilute your drink.
- ♦ Put those carrot peels, onion skins, bean leaves in a sack, the vegetable crisper of the refrigerator. Then add them to the stock from a chicken, turkey or soup to make inexpensive stock. If you prefer you can just cook the vegetables from a vegetable stock.
- ♦ Use those unused shopping caps from mail visits to cover your food in the refrigerator over the picnic paper.
- ♦ Make up a triple batch of cookies, use the extra cookie dough and freeze the dough in such thin layers. When frozen cut them out and bake. They will turn out just like the refrigerator fresh cookies, but at a fraction of the price. This way you can bake cookies whenever you need them, but use the fresh ones on hand with little waste.
- ♦ Drain the liquid from canned fish, use it for the dog or cat food. It will be a treat for your pet and also good for you.
- ♦ Recycle prescription bottles to use as containers in for your home packed lunch. It works great for salad dressing, flavored drinks, etc.
- ♦ Use old clean panty hose to dry herbs. You can also canise them to hang nuts, onions and garlic to dry.

Around the House

- ♦ Fill egg cartons with dryer lint, pour melted wax from used candles over the lint and you will have a waterproof fire starter that can be used to light charcoal briquettes in the barbecue.
- ♦ Dust tape and phone books together to make a booster seat for a child OR a step stool for the toilet.
- ♦ Turn your flavored creamer containers into a child proofing device with different kinds of grains like rice, beans, pasta to make musical instruments.

Make Your Own to Save \$

- ♦ How much do you spend on lattes or other coffee drinks. To make your own, heat a cup of milk in the microwave or on top of the stove. Add a tablespoon of instant coffee, a squirt of flavoring. Blend for a few seconds to get some foam and save dollars on your food bill.
- ♦ Make your own instant oatmeal packets for that quick and easy breakfast.

3	cups	quick cooking oats (blend 1 cup in a blender)
1/2	cup	raisins
1/2	cup	sugar or 1/2 cup brown sugar
1-1/2	T.	cinnamon
1	cup	wheat germ
1	cup	dried fruit, cut into chunks
1	cup	powdered milk or flavored creamer

Mix all ingredients together. Put 3/4 cup into small plastic bags or containers. To serve: Pour contents of packet into cup or bowl and add 1 cup boiling water. Let stand 2 minutes. Makes 8 packets.

Who's Who

IN OSU/LANE COUNTY EXTENSION

Administration

Louie "Bo" Freeman, Staff Chair
 Lisa Hinman, Administration Assist. to Staff Chair,
 Network Administration, Office Manager
 Karren Cholewinski, Accounting Technician
 Tammy White, Reception/Information Specialist

4-H Youth Development

Roxana Emmons, 4-H Professional Faculty
 Louie "Bo" Freeman, 4-H Youth Development
 Matt Henschen, 4-H Program Assistant
 Kelly Mankinson, Office Specialist
 Jessica Shankle, Student Fair Coordinator

Family & Community Development

Denise Ashley, Office Specialist
 Susan Butler, General Home Economics, Extension
 Homemaker's Study Groups
 Nellie Oehler, Master Food Preserver Program
 (MFP), Leadership Education Program (LEP)

Limited Income Nutrition Education Programs

Kristi Abbott, Nutrition Assistant
 Dana Baxter, Nutrition Education Coordinator
 Liz Canzales, Nutrition Assistant

Nancy DeSpain, Nutrition Assistant

Anna Galas, Family and Community Development
 Professional Faculty
 Linda Garton, Office Specialist
 Shirley McSilvers, Nutrition Assistant
 Shirley Rogers, Nutrition Education Coordinator
 Lynne Rose, Office Specialist
 Linda Sell, Nutrition Assistant-Florence/Reedsport
 Wanda Tryon, Nutrition Assistant

Natural Resources/Agriculture

Steve Bowers, Forestry, Master Woodland Manager
 Volunteers
 Pat Patterson, Program Assistant-Master Gardener
 (MG) and Small Farm Animals
 Ross Penhallegon, Commercial Horticulture, Home
 Gardening, Master Gardeners (MG)
 Linda Renslow, Office Specialist

Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

THRIVING TIPS

Ask Us First!


Your Extension Service solves
over 30,000 problems annually.

Look for this box for ideas
on saving money all
throughout the paper.

If you have any money saving ideas,
give us a call. We may insert it in our
next edition of *Extension*.

We will endeavor to provide public accessibility to our programs and activities for people with disabilities. If you need accommodations, please contact the ADA Coordinator at the Lane County office at (541) 682-4243 or (800) 872-8980. If you need public accommodations, please call the OSU/Lane County Extension Service.

Thanks for recycling your newspapers at the OSU/Lane County Extension Service office. The drop box is located at the east end of the parking lot.



Squash and Pumpkin, Food Budget Stretchers

When the growing season for many other local vegetables has ended, pumpkin and other winter squash are plentiful, inexpensive and full of healthy nutrients. Dark orange squash is rich in beta-carotene, a vitamin that protects your health.

When shopping, look for squash that is heavy for its size. Skins should be hard and tough with no cracks, cuts or moldy spots. If you don't eat them right away, they can be stored in a cool, dry place (50 to 55° F) for up to three months.

Pumpkins are often fated to be jack-o'-lanterns. But why not eat them, too? It is easy to cook pumpkins and squash in the microwave or they can be cut into pieces and steamed or baked in an oven.

Cooked squash can be served in chunks or mashed and seasoned. Leftovers can be frozen in 1-2 cup portions for quick use in pies, breads, muffins, or how about pumpkin or squash soup. One pound of raw pumpkin yields 3/4 to 1 cup of cooked, mashed pumpkin.

For a snacking treat try making pumpkin leather and roasting the seeds.

Pumpkin Leather

2 cups pumpkin, cooked and pureed
1/2 cup honey or brown sugar
1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon powdered cloves

Blend all ingredients well. Spread on lightly oiled drying sheet or cookie sheet lined with plastic wrap. Dry at 140° F in a food dehydrator or oven. When the leather is dry and leathery with no moisture pockets it is ready to enjoy. When dry, roll the leather and wrap in plastic wrap. Store in a cool dry place.

Pumpkin Butter (Inexpensive Holiday Treat)

1 (5-7 pound) pumpkin
Hot water
3-1/2 cups sugar
1-1/2 cups honey
1-1/2 teaspoons ground cinnamon
1-1/4 teaspoon ground allspice
1/4 teaspoon nutmeg
1/2 teaspoon salt

Wash pumpkin and cut into several pieces that fit in a 6 quart pot. Scrape out and discard seeds and fiber. Place pieces in pot and cover with hot water. Bring to a boil and reduce heat and simmer until tender, about 20 minutes. Drain and discard liquid.

Optional method: Cook pieces of pumpkin in the microwave oven. Wash pieces, allowing about 1/4 cup water to cling to the pumpkin pieces. Place in a covered glass dish.



Microwave 6-7 minutes per pound rotating half way through. Let rest covered 5 minutes.

Use a large spoon to scrape pulp from peel. Press pulp through a food mill or puree in a blender or food processor. Return puree to pot and cook on medium heat, stirring frequently, until mixture thickens. Measure 4 cups of thickened puree and add remaining ingredients. Simmer until the mixture is thick enough to spread.

Cool. Ladle into 1-cup freezer containers or 1/2 pint jars, refrigerate or freeze.

Note: The latest USDA recommendations state that you do NOT process/can pumpkin butter due to the acidity and sugar level not always being enough to inhibit the growth of harmful bacteria when product is canned.

Yield: 6 to 7-1/2 pints

OSU/Lane County Extension Service has a publication called "Pumpkin Favorites" LC 364 with recipes and ideas for using pumpkins and winter squash, and SP50-767, "Preserving Pumpkins and Winter Squash."

Food Preservation & Leadership

October, November, December 2003



NELLIE OEHLER
Family & Community
Development Faculty

THANK YOU

The Lane County OSU Master Food Preservers would like to give a special thanks to the following farms for contributing produce to the volunteers this summer. With these donations we had ample produce to put on demonstrations and teach food preservation skills to those that attended our workshops and presentations. Without their generous donations these hands-on workshops could not be held.

- Alpine Farms
- Cupp's Farm
- Detering Orchards
- Harvest Farms
- Hentze Family Farm
- Herrick Farm
- Horton Road Organics
- Johnson Farms
- Lone Pine Farms Limited
- Maready's
- Me and Moore
- Pristine Farms
- Thistle-down Farm
- Emerald Fruit and Produce
- FOOD for Lane County
- Pacific Mushrooms, Inc.

Turkey Questions

Here are some frequently asked questions received by the Lane County Extension Turkey Hotline:

1. How large of a bird should I buy?
One pound per person is a good rule of thumb, but you can always choose a smaller bird if you plan for leftovers.
2. How long will it take to thaw a 20-pound turkey?
In the refrigerator it will take approximately 24 hours for every 5 pounds of turkey. A 20-pound turkey you can thaw in 40 hours. To thaw faster place the turkey in cold water. It will take 1 hour for every 5 pounds of turkey. You must change the water often.
3. Is it necessary to wash the turkey before cooking?
Research shows that there is less risk of cross contamination if you do not wash the bird. The bacteria that cause food borne illness are destroyed by adequate cooking so by washing the bird you are more likely to spread the bacteria to the sink and counter where other foods are prepared that might not be cooked. Be sure to disinfect the counters and sink with a chlorine solution of 1-tablespoon chlorine to 1-gallon of water.
4. What are those white packages inside the bird?
Those are the neck, gizzard, liver and heart. Remove them from both the neck and body cavity. The neck and gizzard meat make great giblet gravy.
5. Is it safe to stuff the bird the night before?
It is not recommended. Better to make the dressing and stuff it just before you put it in the oven or, better yet, cook the dressing in a separate dish next to the bird.
6. Is it safe to leave the cooked bird out all afternoon for nibbling like Grandma did when we were kids?
It is not recommended. Bacteria multiply fast at room temperature. Use the 2-3 hour out rule and after that throw it out. Refrigerate right after the meal is served so your leftovers will be safe the next day.
7. At what temperature do I need to roast the bird/stuffing to be sure it is safe?
It is recommended that the oven temperature not be lower than 325° F.

8. How do I know if the turkey is done?
Use a reliable thermometer. The internal temperature of the thickest part of the thigh should reach 180° F and the stuffing 165° F.

Can I partially cook my turkey and then finish when I get to Portland?
It is not recommended because all the harmful bacteria are not destroyed in a half cook and will multiply rapidly so the spoilage is much greater.

How do I get the bird out of the roasting pan if it is cooked?
You can't lift it like a package with heavy string before you roast it.

For more information on preparing the turkey, contact the OSU/Lane County Extension Service and ask for the leaflet "Turkey Basics" (LC 613) and "Holiday Recipes" (LC 762).

BE SAFE WITH CIDER

Apple cider is a popular fall beverage and squeezing your own can be a fun family event. If you plan to make your own or purchase your fresh juice from a local fruit stand, be sure it is pasteurized for your safety. Raw apple cider has been linked with E. coli O157. E. coli causes all kinds of problems about 3-5 days after you eat it. It can cause stomach pain, diarrhea, and vomiting. In some cases, it can be fatal. Wild animals, particularly deer, often visit orchards. Wild animals are likely to be contaminated and spread the bacteria to the apples. Unless you pasteurize your juice, you are at risk.

Pasteurizing raw apple juice before drinking can minimize the risk of illness. This can be done in a water bath. Heat the juice to 60° F or if you don't have a thermometer, heat the juice to simmering (just before the boiling point).

Pasteurization is particularly important for pregnant women, young children, older adults, and people with cancer, aids, and other illnesses that affect the immune system.



Pené Bollini and Dale Dow receiving the 2003 OSUEA Cooperator of the Year Award from Lyla Houghlum, Dean & Director of OSU Edensien

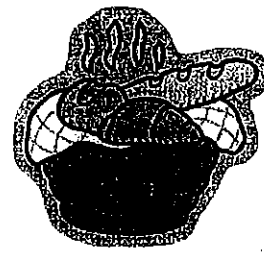
Thriving Tip: Nutritious Breakfast on the Go

Throw some dry cereal into a snack-size plastic bag, a travel cup of milk and a piece of fruit.

HOLIDAY BREADS WORKSHOP

Tuesday, December 2, 10:00 a.m.-12:00 p.m. or 6:30-8:30 p.m. at the OSU/Lane County Extension Auditorium 950 West 13th Avenue, Eugene.

Learn the basics of baking bread and then add your own holiday twist to the dough. Learn to make basic white bread, add whole grains and then make the dough into everything from cinnamon rolls, pizza and even teddy bears and alligators. Nellie Oehler will be teaching this popular workshop assisted by the Master Food Preserver Volunteers. Space is limited so sign up today. Cost is \$5.00 per person, which includes handouts and sampling.



Family & Community Development

October, November, December 2003



SUSAN BUSLER
Family & Community
Development Faculty

Stretching Your Clothing Dollars

When you're dealing with difficult economic times for you and your family - spending money on clothes isn't a very high priority. Therefore, it's important to take care of the clothes you've got.

Some hints:

Have a planned wardrobe with interchangeable units. Stick with basic colors that compliment your coloring and then use inexpensive accessories to dress-up or dress-down outfits for the occasion. Accessories are cheaper than individual clothing items.

Shop second hand stores - find out the days when new merchandise becomes available or when they do have mark-downs. When shopping use clothing stores - be sure of what you're looking at. Confirm the size on the label will fit you. Some clothes may have been used, excessively worn to the extent that the clothes are stretched out of shape or the size may have been mis-marked or not fit the same and that's why the previous owner got rid of it. Watch the seams for over wearing. Be sure the zippers, buckles, snaps, etc. are all in working order and all the buttons are in place.

Keep in mind clothing care - a bargain on a silk blouse is no longer a bargain if it has to be dry-cleaned. Watch for natural fibers that can easily be washed, don't require ironing and some of the newer fibers that are stain resistant.

Take care of what you've got. Keep a set of "play clothes" or older clothes to work around the house or play in and save your "good" clothes for work or special occasions. Repair rips, tears and worn spots before they impact the entire garment. Treat spots and stains before they set in and don't dry them in the dryer until you're sure you've got the stain out. The Extension Service has a terrific publication "Stain Removal Guide for Washable Fabrics" (PNW 440) at a cost of \$1.50 available from the Lane County Extension office.

So by being a frugal shopper and taking care of what you've got - you can stretch the dollars committed to clothing your family a lot farther.

Women: Secure Your Financial Future

Women: Secure Your Financial Future

Retirement is a real challenge for women workers. National statistics show that over two out of three working women earn less than \$30,000 a year. Half of all women work in traditionally female, relatively low paying jobs without pensions. As a result women retirees receive only half the average pension benefits that men will receive. (*Women's Institute for a Secure Retirement, Washington, D.C.*)

By planning well now - you can retire well later. This four-part workshop will help you to anticipate life events; act now by making wise decisions and determine steps to achieve financial security and independence.

Offered in three locations, from 6 to 8:30 PM, and light refreshments will be served.

Tuesdays - October 7, 14, 21, and 29 at the Linn County Extension Office, Evelyn Downing Room, the Old Armory Building, 4th and Lyons, Albany.

Wednesdays - October 8, 15, 22, and 29 at the Lane County Extension Office, Auditorium, 950 West 13th Ave, Eugene.

Thursdays - October 2, 9, 16, and 23 in Benton County, location to be announced. Corvallis.

Cost: \$25.00 per person
The program will include:

Session 1: Financial Challenges of Women in Retirement.

This session will focus on why women find themselves faced with financial woes in retirement. We'll cover basic money management, how to set financial goals and how to manage debt.

Session 2: Steps to Achieve your Financial Security

How much does it really take to retire and how soon can I retire? Find out about ways to save for retirement through pension plans, IRA's and other tax-deferred investments. Learn the importance of a reserve account to manage crisis.

Session 3: Determining Your Investment Options

How do you go about finding someone to work with in planning your financial future? Learn about the different options that are available to you and their pros/cons as well as the value of diversity in your investments.

Session 4: Covering Your Risks in Retirement

Learn about your risk management needs in retirement. Do you have yourself covered for health insurance, long-term care, liability, Medicare, and disability insurance? Do you have your "legal house in order?" Fa-

miliarize yourself with advanced directives, wills and estate planning as well as the benefits on pre-funeral arrangements.

Through this workshop you'll learn ways to identify and earmark budget dollars to put away for retirement. You'll have the opportunity to develop a plan for retirement savings and investments. You'll also have a chance to improve your understanding of the financial choices that are available to you.

Contact the OSU/Lane County Extension Service for more information.

What to do if you've started planning late for retirement - It's never too late to start saving

- Save as much as you can, starting right now - but don't stop a saving plan that will give you a tax break. Check into your 401(k) plan also, or an Individual Retirement Account (IRA).
- Manage your debt and reduce expenses. Focus on debt as much as possible.
- Make saving your first priority - before giving gifts or money to your children, grandchildren, or other family members.
- You may need to plan on working longer. Find out how much you can expect from your Social Security (typically 70% of your current earnings). Look into other retirement sources so you know when you can afford to retire. If you don't have enough in your savings or pension plan, you may need to continue to work for an additional year or two.
- Take a second job or work extra hours. Put as much of your extra income into savings or investments as you can while you still can.
- Start collecting on your Social Security after age 62, but before your monthly benefit will be higher if you can wait at least until age 65 or 67 or even 70. Find out what your benefit will be each year. You need to remember - your benefit is reduced for early retirement - stays at that reduced rate. Check into a reverse mortgage if you own your home. AARP has information on how to set them up. In their full report time. Remember - this would be a good option for an additional income for you.

Women: Secure Your Financial Future Lane County Extension Service

Registration Form

Dates: October 8, 15, 22, 29 from 6:00-8:30 PM

Location: OSU/Lane County Extension Service Auditorium, 950 W. 13th Ave., Eugene, OR

Cost \$25.00. Pre-registration required.

- Session 1: Financial Challenges of Women in Retirement
- Session 2: Steps to Achieve Your Financial Security
- Session 3: Determining Your Investment Options
- Session 4: Covering Your Risks in Retirement

Through this workshop you'll...
 • Learn ways to identify and earmark budget dollars to put away for retirement.
 • Have the opportunity to develop a plan for retirement savings and investments.
 • Have a chance to improve your understanding of the financial choices that are available to you.

OREGON STATE UNIVERSITY
LANE COUNTY EXTENSION SERVICE



Name: _____
 Agency: _____
 Address: _____
Number and Street

City State Zip

 Day Phone: _____ Amount Enclosed: _____

Please make checks payable to: OSU Extension and mail to:
 OSU/Lane County Extension Service
 950 W. 13th Ave.,
 Eugene, OR 97402-3913

For more information contact OSU/Lane County Extension Service at 682-4243 or 800-872-8980 if out of the Eugene/Springfield calling area.

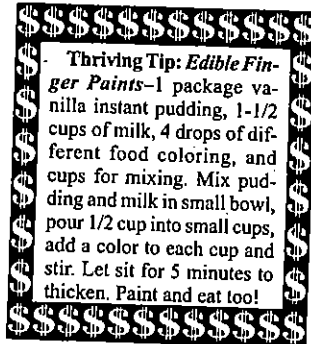
Your Retirement Planning Checklist

- ✓ Gather the information you need and store it efficiently for future use.
- ✓ Time your retirement so that you reap all the benefits from your years of hard work.
- ✓ Understand your pension - a necessity if you want to develop an effective strategic plan.
- ✓ Invest wisely for the best possible returns.
- ✓ Explore sources of retirement income to ensure that your golden years are truly golden.
- ✓ Handle risk management so the unexpected won't jeopardize your retirement plan.
- ✓ Plan ahead for the potential of disability and death, not pleasant topics, but even more devastating if you haven't planned ahead.
- ✓ Address personal and family related issues that will have an impact on your retirement years.

Thriving Tip: Make your own window cleaner. Mix 1/2 cup of isopropyl rubbing alcohol, 1/2 cup water and 1/2 cup ammonia. Pour into a clean spray bottle. Be sure to CLEARLY label the bottle!

Nutrition Education Programs

October, November, December 2003



Thriving Tip: Edible Finger Paints—1 package vanilla instant pudding, 1-1/2 cups of milk, 4 drops of different food coloring, and cups for mixing. Mix pudding and milk in small bowl, pour 1/2 cup into small cups, add a color to each cup and stir. Let sit for 5 minutes to thicken. Paint and eat too!



Taking Education into the Community. In homes, with the cooperation of agencies and schools all over Lane County, the Nutrition Education Program continues to teach nutrition to homemakers and groups. Front row, left to right: Wanda Tryon, Nancy DeSpain, Kristy Abbott, Lynn Rose, Dana Baxter, and Liz Canizales. Back row, left to right: Shirley Rogers, Linda Selig, Linda Garton, Anna Galas, and Shirley McSilvers.

Cheapest Snacks

By Dana Baxter, NEP Coordinator

If you are buying tubes of yogurt, silver pouches of fruit-flavored drinks and gummy snacks that are shaped like cartoon characters, chances are good that the total grocery bill at the checkout counter is higher than it needs to be. To the dismay of many food corporations, you don't have to spend half of your paycheck on snacks that your family can munch on in between meals. When you are buying these prepackaged foods, you are not paying for the food itself. The food is relatively inexpensive compared to the costs of marketing and the packaging materials needed to get it to market.

Most foods high in nutrients—while low in added sugar, salt and saturated fat—are good choices for healthy snacks. When thinking about appropriate snacks for your fam-

ily, think of the body as a car. The higher quality the fuel you put into the tank, the better the performance. This equates to better health and decreased chances of illness throughout life.

How do we know if a food is "supreme"? Most foods on the perimeter of the grocery store are great choices. Fresh fruits and vegetables, whole grain breads, most dairy foods and fresh low-fat cuts of meat are all packed full of nutrients our bodies crave. If the foods you pick are packaged, you have a "cheat sheet" that is called the Nutrition Facts Label. Look for foods low in saturated fat and sodium while having a high percentage of our daily requirement of vitamins and minerals essential for good health.

Here is a great inexpensive snack that is packed full of high quality fuel, as well as nutrients that will keep our motors humming. Many of these foods are less expensive and more flavorful when in season. Take advan-

tage of Oregon's long harvest season and adapt the recipe as the seasons change. Enjoy!

ANYTHING SMOOTHIE

- 1/2 cup plain or flavored yogurt
- 1/2 cup milk
- 3 tablespoons nonfat dry milk
- 2 ice cubes
- 2-3 tablespoons sugar
- 1/2 teaspoon vanilla

2 selections from "anything" list below:

- 5 strawberries
- 1/2 peach or banana
- 1/4 cup pineapple chunks
- 1 tablespoon peanut butter
- 1 tablespoon frozen juice

Put yogurt, milk and nonfat dry milk in a blender. Add "anything" selections, ice cubes, sugar and vanilla. Blend on high until smooth. Serve and enjoy! Makes 2 servings.



ANNA GALAS
Family & Community
Development Professional Faculty

New NEP/FCD Professional Faculty

Join us in welcoming Anna Galas to our office! Anna is replacing Lee Ann Thompson who served us as interim in the Nutrition Education Program.

Anna received her BS from the University of California-Davis, and her MS from the University of Oregon. She has over eight years of professional experience in settings that include university, private and public health sectors. She most recently came to us from the Florida Department of Health, where she was a Health Educator Consultant in the Division of Health Awareness and Tobacco.

Anna can be reached by telephone at 682-7324 or by email at anna.galas@oregonstate.edu.

Homemade Baby Wipes

- 1 plastic container with lid, about 3.2 quarts
- 1 roll heavy duty paper towels
- 2 Tablespoons baby shampoo or baby bath
- 2 Tablespoons baby oil
- 2 cups water

Cut the roll of paper towels in half with a very sharp knife. In the plastic container add the liquid ingredients. Add 1/2 roll of paper towels jagged side down. Put the lid on and let it sit for ten minutes. Flip the container over and let it sit five more minutes. Take the lid off and pull out the cardboard ring in the middle. Pull the wipes out from the middle for easy tearing.



Family Traditions During Tough Times

By Lee Ann Thompson

Families can thrive during tough times if members can keep sight of the traditions and values that make rich memories. Often, family traditions are centered around shared meals. Holidays, birthdays and impromptu gatherings are opportunities to focus on loving relationships. When the family budget is stretched to the limit, meals may have to be simpler and gifts less expensive. At the OSU/Lane County Extension Nutrition Education Program, we are continually amazed by the dedication of limited resource families to providing their children with loving family traditions that are creative, inspiring and very low cost. Perhaps some of the family traditions that follow will inspire others struggling during these tough economic times to remember that caring for one another doesn't depend on cash flow.

Birthdays: Give children two envelopes—one marked new privilege and the other marked new responsibility. Inside, they'll find just that, a new activity that corresponds with their new age and maturity, and the expectations that go along with it. An example might be that a five year old gets a 30 minute later bedtime as a privilege and has to lay out the next day's clothes before going to bed.

Thanksgiving: Half the fun of a family celebration is just getting everyone gathered around the table. Traditional foods are nice, but actually not as important as cherishing each other. Get the kids involved with table setting and a nice centerpiece for all to enjoy. Dried plants and colorful leaves can be creatively arranged in a basket or bowl. Let children make place cards or a place mat for each person. Put three kernels of corn or three beans next to each place setting at the dinner table and have each person mention three things for which he or she is thankful.

The "Giving Holidays" (Christmas, Hanukkah, Kwanzaa, etc.): Giving gifts is a joy, but it can also be a terrible burden when

money is tight. Children always want lots of presents and sometimes that just isn't possible. It may help to ease their disappointment (and yours) to downplay receiving gifts and play up giving gifts from the heart. One idea is to have an evening or afternoon when the whole family comes together to make cards or ornaments to give to family and friends. Paper, glue, pens and imagination is all you need and the kids really have fun thinking about the people that matter in their lives. Gifts from the kitchen can be very inexpensive and much appreciated. One family makes the Holiday Soup Mix recipe (to the right) and packages it in a pretty recycled jar with a handmade card containing the recipe and directions. The children help with the whole project and everyone has a wonderful time.

New Year's Eve: Often, families with young children have trouble staying awake for New Year's Eve. One idea is to make a tradition of playing games. If there are lots of people, try Monopoly, Canasta or Charades (a big favorite of adults and kids). Tripoli and Pinochle can also be a lot of fun. Inexpensive snacks like popcorn helps to create a party atmosphere. When midnight arrives, whoop it up and then go to bed.

New Year's Day: Try starting the New Year off with a family breakfast. One favorite at our house is Pancake Bar. The kids go through the refrigerator and cupboard looking for things that are yummy on pancakes: syrup and butter, of course, but also yogurt, canned peaches, applesauce, jams, jellies, banana, raisins, and peanut butter are all good possibilities. We get into a friendly competition creating festive and yummy combinations. One child likes to take four pancakes and decorate each one individually with different choices: peanut butter, banana and syrup; peaches and yogurt; applesauce and raisins. Another child loves to stack up his pancakes in a tower with different things layered in between.

HOLIDAY SOUP MIX

- 2 cups instant minced onion
- 1/4 cup dried crushed basil leaves
- 4 tsp ground black pepper
- 2 tsp EACH of cumin and garlic powder
- 1 tsp ground ginger
- 4 bay leaves
- 6 cups dried small red beans
- 2-2/3 cups dried lentils
- 1-1/2 cups EACH dried white navy beans and dried yellow split peas
- 4 cups uncooked brown rice

Toast minced onion in non-stick skillet, stirring constantly over medium low heat. Remove from skillet and cool. In each of 4 one-quart jars, place the following: 1/2 cup red beans, 1/3 cup lentils, 1/3 cup split peas, 1/2 cup red beans, 1/3 cup lentils, 1/3 cup navy beans and 1/2 cup red beans. In each of 4 zipper-style plastic bags, place the following: 1/2 cup toasted onion, 1 T. basil, 1 tsp. black pepper, 1/2 tsp. cumin, 1/2 tsp. garlic powder, 1/4 tsp. ground ginger and 1 bay leaf.

Place spice-filled bags on top of bean mixture in each jar and cover with jar lids. Place 1 cup rice in each of 4 additional zipper bags.

Stovetop Cooking Instructions: Remove spice bag from jar of beans. Wash beans and combine with 9 cups of water in Dutch oven. Bring to a boil and boil 5 minutes. Remove from heat; let stand 30 minutes. This is the way you "jump-start" dried beans (or you can soak overnight in cold water). Drain. Return beans to pot and add rice, 12 cups chicken broth, and spice bag contents. Bring to a boil. Cover, reduce heat and simmer 1 hour or until beans and rice are tender. Garnish each serving with sliced green onion tops, if desired. Each bean soup mix makes 8 servings. Makes 4 packages of soup mix.

4-H Youth Development

October, November, December 2003



LOUIE "BO" FREEMAN
4-H Youth Development Faculty

4-H Camp Lane 2003

by Matt Henchen, Program Assist.

With the fun and excitement of this year's Camp Lane over, it is time to reflect on our fun filled week at camp! Lane County 4-H Camp was held from June 23rd to June 27th at beautiful Camp Lane along the banks of the Siuslaw River. All 78 of our fourth, fifth and sixth grade campers had a chance to learn about nature, make new friends, and thoroughly enjoy themselves playing games and

swimming in the cool waters of the Siuslaw River.

This year, campers learned about a wide variety of natural resource topics relating to wildlife, forestry, and water resources. Campers learned about the water cycle as they became a water drop and traveled through the water cycle on an "Incredible Journey." Campers also enjoyed learning about edible plants and berries in a class provided by vol-



Tug of War, an annual part of 4-H Camp

unteers from the OSU/Lane County Extension Service Master Gardener Program. The Oregon Department of Fish and Wildlife provided campers with a very informative class on water insects and native fish that live and spawn in Turner Creek.

Camp fun and games started immediately the first day as campers challenged staff and each other to a healthy game of tug-a-war and that was only the beginning. The days were filled with recreation and crafts from basketball and volleyball to making rain sticks and painting t-shirts. Swimming is always a popular activity and this year was no exception. Campers enjoyed the chilly water of the Siuslaw River as they rode inner tubes down the rapids, caught crawdads, and swam until they could swim no more.

Many daring campers took part in the Polar Bear swim where, in the early morning, brave souls plunged themselves into the frigid morning waters of the Siuslaw River. Other early rising campers chose to bird watch by taking part in the Tweedy Watch hike.

If you would like your son or daughter, grandson or granddaughter, niece or nephew to participate in all the fun that 4-H Camp provides, please call the OSU/Lane County Extension Service to sign up for our Camp Mailing List or look for our 4-H brochures next spring.

2003 Youth Fair Success Measured By What Kids Learned

By Jessica Shankle, Fair Coordinator

It was 8:00 on Tuesday morning and the Lane County Fairgrounds were coming alive. Once again, it was time for the Lane County 4-H/FFA Youth Fair. There was a frenzy of activity as judging started for projects like woodworking, photography and horticulture. This was only the beginning of the exciting week to come.

This year the theme for the Youth Fair, which ran from June 15-19th, was "2003 - The Place to Be" and it definitely was. There were outstanding projects from every area. The projects all reflected the hard work and dedication the youth members put into them. Fair was not all work though. Special events like Ag Olympics gave 4-H youth the opportunity to take a break and just have fun. From Tuesday all the way through the auction on Saturday evening, there was a good time to be had by all.



4-H members test their knowledge at the 2003 Youth Fair Rabbit Judging Contest

New this year to the Youth Fair was the 4-H Adventures project area. 4-H Adventures are for youth in grades K-3. This is an opportunity for these younger kids, as a club, to give a show and tell presentation on a topic of their choice. This non-competitive event gives them a chance to participate in the Youth Fair.

Every year over 700 4-H and FFA members, grades 4-12, participate in the Lane County 4-H/FFA Youth Fair. The projects exhibited are the culmination of a year's hard work and learning for 4-H members. Starting in October clubs meet as much as once a week to learn new skills and interact with other youth who share similar interests. They even take field trips to places like the OSU Veterinary School and perform community service projects throughout Lane County. 4-H members can participate in 40 different projects from Educational Displays, Clothing or Foods, to Horses or Rabbits. There is definitely something for everyone.

Oregon State Fair

Next up was the Oregon State Fair in Salem. The State Fair ran from August 21st through September 1st. This year Lane County sent 131 youth with over 500 exhibits. The 4-H members from Lane County represented our county very well. They showed everyone that some of the best projects come from Lane County. Congratulations to everyone who participated.

4-H Honors those who make a difference

Each year the Lane County 4-H program recognizes businesses and individuals who have significantly contributed to the success of the 4-H program. Connie Mobley and Reed's Fuel & Trucking have been chosen to receive the Lane County Leaders' Association Contributor Award for 2003.

Connie Mobley has been a 4-H Leader for 37 years. Connie has been a member of the Horse Committee Executive Board for many years and has served in a variety of roles including chairing the committee. Most important, Connie is devoted to 4-H kids. She is often times seen helping kids and leaders from other clubs. She always makes it to the barn on 4-H night and even conducts 4-H meetings on the coldest of winter nights so that she does not disappoint the kids.

There are currently 23 members in the club and Connie conducts meetings three

nights a week so that 4-H'ers of different abilities get the help they need. A member never goes without the proper tack to be safe and successful. The safety of the 4-H kids is always her prime concern. Herdsmanship, animal care and comfort is every bit as important to Connie as the member's ability to perform on their horses.

Reed's Fuel & Trucking has for many years donated resources to help make the 4-H Fair a success. Their years of commitment to 4-H in both time and resources have been invaluable to the Youth Fair. They have always stepped forward to make sure that 4-H and FFA members have had the bedding they need for their animals at Youth Fair.

Without such contributors, the Lane County 4-H program would not be able to reach the youth of Lane County. Please thank them for their contribution.

Donors Help Make 4-H Camp Lane A Huge Success

The 2003 4-H Camp Lane was a great success due to the generous contributions we received from donors. The help came from individual contributions as well as group donations. People donated to help make Camp Lane a memorable experience for both campers and staff.

This year the 4-H Camp Advisory Committee spent many hours planning a fun, safe and educational environment for the campers enjoyment. More than \$2,200.00 was donated. These donations made it possible for 21 children to receive partial or full camperships.

Please help us thank the following people, businesses, and organizations for their generous donations:

Thurston Extension Study Group
Lynne and Sage Dorsey
Margaret Wise
Thurston Grange #853
Pythian Sisters Helmetta Temple # 29
Emerald Empire Kiwanis Club
Clear Lake Extension Study Group
Willakenzie Extension Study Group
Hayden Bridge Extension Study Group
River Road Extension Study Group
Crow Extension Study Group
Shirley Lowe
Eric Winquist
Lane County Extension Study Group
Willakenzie Grange #498
Washington Mutual Bank (West 11th Branch)
Long Tom Extension Study Group

Thank You, 2003 Youth Fair Donors!

On behalf of the Lane County 4-H members and leaders, a big thank you is extended to the 2003 Youth Fair donors. Their special support provided awards, materials and services for the 2003 Lane County Youth Fair. We could not have done it without you!

Long Tom Extension Study Group
Lynne Lucas
Lane County Women for Agriculture
RDK Land and Timber, LLC
Margaret Wise
Lemoine and Enid Savage
The Farm Store
Oregon Dairy Women
Trent and Sabra Musgrove
Dr. James Barta, DDS
Somebunny's 4-H Club
Wayne and Barb White
Dorothy Key
Forrest and Robyn Broadbent
Bryan and Cheryl Wesley
Jonathan and Angie Pervis
John and Melanie Carey
Darlene Marsh
Books on Main, Inc.
Kidz A Like 4-H Club
Ted and Margaret Hicks
Kelly Dowd
Diane and Randy Ward
Hillview Veterinary Clinic, LLC
Rick and Barb Olson
Pleasant Hill Feed
Twin Valley Livestock 4-H Club
Clarence and Linda Peterson
Mathew and Diana Greufe
Mohawk Cattlemen 4-H Club

Dwight Wartenbee Trucking
Clancy Printing Co.
Brian and Kristy Way
Tim and Karen Cholewinski
Ron and Cindy Land
Linda and Edward Powell
London Lopers
Office Equipment Company
Weyerhaeuser Company
Reed's Fuel & Trucking
Rexius Forest By-Products Inc.
Swanson Bros Lumber Co. Inc.
Swanson-Superior, LLC
Dr. Brett Lemhouse
Dr. Jeff Pelton
Dr. Cary Heyward
James and Tammy Hancock
Mohawk General Store
West Eugene Animal Hospital

Thriving Tip: Tired of your children spending time in front of the TV or playing video games?

Become a 4-H leader!

Spend quality family time together.

In just a few hours a month, you'll get to know your children's friends.

Thriving In Hard Times

Living in these difficult times can be challenging, but it can still be done. Home is one place we don't want to put on back burner. Most families face difficulties with time and money, and both can affect our emotions. Sometimes, the home becomes a place where the whole family is tired, worn-out or angry. In spite of the hardships, think about ways that your family can remain strong and happy. In the publication "Building Family Strengths," written by H. Wallace Goddard, *Extension Family and Child Development Specialist*, Department of Family and Child Development, Auburn University, many of these issues are addressed: <http://www.humsci.auburn.edu/parent/>.

Don't confuse providing with loving. While providing food, clothing, and shelter is essential to care for a child, more than anything, a child wants their parents' attention and love. It means making sure your child has the benefit of you in their lives.

Here is a portion of this bare bones way of working on family health. You may be using many of the following suggestions; however there may be some ideas that are new to you. Remember, working on one thing at a time works best. Rome was not built in a day and strengthening your family will not happen overnight. Have each family member take turns taking the lead on the activities.

**Family Strength 1:
Caring And Appreciation**

Families are strengthened by expressions of caring and appreciation. Even when a family member makes many mistakes, members of strong families find ways to encourage and support each other. Strong families notice and share positive aspects of each other. For example, they pay attention to another person's positive behavior or something nice he or she has said. They notice the talents, skills, achievements, special qualities, and characteristics that make the other person unique. You might show appreciation by writing short love notes about one of these things, and put the note under the person's lock, or in a backpack, briefcase, or purse. Write something like "Emily, I'm proud of you for working so hard on your homework. Love, Dad." Giving time is an

important way of showing caring and appreciation. Children want parents to be available – to have time, to show interest, to do things with them, and to talk with them.

A strong family finds that opportunities for quality time occur as they spend quality time together. Eating meals together, sharing joys and defeats, working together, making treats together, and watching movies or playing games are examples of shared activities. Some families even schedule one evening every week for special family activities.

Physical expressions are good ways of showing affection, love, and appreciation. Small children often like to snuggle with their parents. A quick pat, a hug, a kiss, a handclasp, or an arm around the shoulder can say a lot to people of all ages.

Consider making gift certificates for each other. Be sure to follow through and do what the certificate promises. Good manners and everyday courtesy to a child or a spouse lets the person know that he or she matters. Ask children and other family members to do things rather than demand that they do them. Compliment good behavior. Thank family members for their efforts. Ask for opinions. Listen to comments. Avoid saying anything that is critical or unkind.

Family Strength 2: Commitment

Members of strong families are committed to the family. They value the things that make their family special. Even when times are hard, they work on problems together.

One way to build family commitment is to practice family traditions. A family tradition is any activity or event that occurs regularly and holds special meaning for that family. The tradition may be as simple as stories and prayers before bedtime, Saturday morning pancakes, or as elaborate as an annual big vacation. Because these traditions have meanings that are special to the family, they create feelings of warmth, closeness, and specialness. Traditions can build a feeling of stability and safety for family members.

One way to build family loyalty and commitment is to compile a family history. Ask older relatives to talk about their

lives. Their stories contain a glimpse of their personalities and strengths. Learn about your family's heritage. Discover what country your ancestors came from, when they lived, how they lived, and what they did for a living. Find books, magazines, tapes, films, or pictures that relate to the countries your ancestors lived in and the things people did in those countries.

Family Strength 3: Communication

Strong families communicate. They talk. They share themselves. They share their feelings, hopes, dreams, fears, joys, sorrows, experiences, growth, and needs. They take the time to listen and respond to what others have to say. There are a number of things that can improve family communication.

Make time to talk. It is especially important to talk about feelings. You may decide to turn off the TV so the family can talk. Talk about feelings and experiences while driving in the car, while sharing household chores, or before bedtime. You can encourage family members to share by saying, "Tell me more." "Wow. That must have been exciting (frightening, etc.)." "What was the best part of the day for you?" You might try playing a talking game. Write down on small pieces of paper questions about topics important to your family. Questions might range from "What age would you like to be and why?" and "What animal would you like to be?" to more serious questions like "Do you think it is ever all right to tell a lie?" Make the questions appropriate for the ages of the family members. Place the questions in a box and have each person draw out a sheet of paper and respond to the question. This game can be played at dinner time or during special times set aside for talking.

When your family has a problem, make suggestions that are kind and helpful. Try to suggest actions that you or others could take to improve the situation or solve the problem. If you criticize another person's actions without helping that person come up with an alternative, he or she may feel frustrated and helpless. Be a good listener. Listening to what others say and feel is one of the most powerful ways of showing love. To be good listeners we often must set aside our lectures and really try to understand from the point of view of the other person. The goal is simply to

4-H Youth Development

October, November, December 2003

hear, understand, and accept the other person's feelings and views. The other person may feel understood if you say to him or her, "It sounds like you feel [describe what you think the person feels]. Is that right?" The other person can then say if he or she was correctly understood. Real acceptance and understanding take patience and active listening.

Family Strength 4: Community And Family Ties

Strong families draw on other people and institutions for support. If they have a hard time dealing with a problem, they are willing to seek outside help. Strong families also tend to be closely involved with the schools, churches, and local organizations that promote the well being of the community and the individual ties with relatives, neighbors, and friends are especially important. Busy schedules can make it hard to spend time with people outside the family. But relationships can sometimes be kept up by having family members write brief notes. Or the family can make it a special point to visit with certain people.

Helping people in need – in our own extended families, in our neighborhoods, and in our communities – can be very rewarding. A family might choose an elderly person or couple that needs help with raking leaves, caring for a lawn or garden, or cleaning or repairing a house. They might read to someone. Or the family might just visit.

Parents can teach their children to become involved citizens. Write a letter to a city commissioner, school board member, legislator, or even the President! Let each family member, even younger ones, compose his or her own original letter. Save the replies to the letters in a scrapbook.

Building Effective Predator Fencing

Most coyotes readily cross over, under, or through conventional livestock fences. Nevertheless, as early as 1908, experiments were conducted with various configurations of electric-type fencing to protect sheep from coyotes. Some fences completely surrounded the pasture to totally exclude predators. Others were designed as drift fences to discourage coyotes from entering while diverting or directing them away from livestock. Even wire fences, along with coyote removal, were used extensively in the Edwards Plateau of Texas to exclude predators from large expanses of rangeland. However, deterioration of these fences over the years and changes in predator control practices has rendered most of them ineffective. The coyote's experience and motivation for crossing a fence will influence his response to it. Total exclusion of all coyotes by fencing, especially from large areas, is highly unlikely since some eventually learn to dig under or climb higher to defeat a fence. Interest in antipredator fencing has expanded in the past two decades. Recent revolutionary developments in fencing equipment and design have made this technique an effective and economically practical method for protecting sheep from predation under some grazing conditions.

Net-Wire Fencing

Net fences in good repair will deter many

coyotes from entering a pasture. Horizontal spacing of the mesh should be less than 6 inches; vertical spacing should be less than 2-4 inches. Barbed wire at ground level or a buried wire apron (often an expensive option) will discourage digging under the fence. The fence should be about 5.5 feet high to hinder animals from jumping over. Climbing can usually be prevented by adding a charged wire at the top of the fence or installing a wire overhang.

Barrier fences with wire overhangs and buried wire aprons were tested in Oregon and found effective in keeping coyotes out of sheep pastures. But because of the high cost of construction and materials, fences of this type are rarely used except around corrals, feedlots or in areas used for temporary sheep confinement.

Electric Fencing

Electric fencing, used for years to manage livestock, has recently been revolutionized by the introduction of new energizers and new configuration techniques from Australia and New Zealand. The chargers, now also manufactured in the U.S., have high output with low impedance, are resistant to grounding, present a minimal fire hazard, and are generally safe for livestock and humans. The fences are usually constructed of smooth, high tensile strength wire stretched to a tension of up to several hundred pounds. The

original design of electric fences for controlling predation consisted of multiple, alternately charged and grounded wires, with a charged trip wire to discourage digging under, installed just above ground level about 8 inches outside the main fence. Many recent designs have every wire charged.

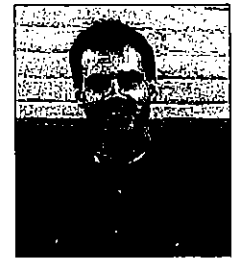
The number of wires and the spacing between them has varied in research testing of electric fencing. A fence of 13 strands gave complete protection to sheep from coyote predation in tests at the USDA's U.S. Sheep Experiment Station. Other designs with fewer wires (thus less costly) were effective in some studies but ineffective in others.

Numerous fencing companies offer materials, plans and recommendations for installing antipredator electric fences, and several university publications provide good information about fencing. "Building an Electric Antipredator Fence (PNW 225) is available from your local Extension office for \$2.50.

The amount of labor required and installation techniques vary with each type of fencing. High tension fences require adequate bracing at corners and over long spans. Electric fencing is easier to install on flat, even terrain than on rough topography. Labor required to install an electric fence may be 40-50 percent less than that required for a conventional livestock fence.

Labor required to keep electric fencing functioning can be significant. Wire tension

Livestock



PETER SCHREDER
Tri County Livestock/Riparian

Thriving Tip: Livestock need plenty of fresh water. Unless livestock have access to an adequate supply of safe clean water every day, they may reduce feed intake, thereby lowering production and causing an economic loss to the livestock owner.

Crops, Dairy

October, November, December 2003



MARK MELLBYE, Agronomist

FENCING from page 7

must be maintained, excessive vegetation under the fence must be removed to prevent grounding, damage from livestock and wildlife must be repaired, and the charger must be checked regularly to ensure that it is operational.

Coyotes and other predators occasionally become "trapped" inside electric fences. These animals receive a shock as they enter the pasture and subsequently avoid approaching the fence to escape. The captured predator may be easy to spot and remove from the pasture, but not always, particularly in large pastures with rough terrain.

Electric Modification of Existing Fences

The cost to completely replace old fences with new ones, whether conventional or electric, can be sizeable. If existing fencing is in reasonably good condition, addition of one or several charged wires can significantly enhance the predator deterring ability of the fence as well as its effectiveness in controlling livestock. A charged trip wire placed 6-8 inches above the ground about 8-10 inches outside the fence is often effective in preventing coyotes from digging and crawling under. This single addition to an existing fence is often the most effective and economical

OECD Tagging For International Shipment

By Mark Mellbye and Ron Cook

Shipment of grass seed to international markets is an important part of the seed industry in Oregon. While a majority of Oregon seed is sold domestically, the option to go overseas helps diversity and stabilizes the market for local seed producers. For example, when seed inventories build up and prices fall, seed exports can go a long way toward reducing the inventory of seed crops.

The program that helps make international seed exports work smoothly is the *Organization for Economic Cooperation and Development* (OECD) certification schemes. OECD began its official existence in 1961. The Oregon Seed Certification Service began OECD certification activity in 1963. This certification scheme is an international program with membership limited to national governments of participating countries.

In the U.S., the Association of Official Seed Certifying Agencies through the USDA-Agricultural Marketing Service has been assigned the responsibility of maintain-

ing the OECD Seed Scheme and the Oregon Seed Certification Service is the cooperating official state-certifying agency in Oregon and the legally designated authority for OECD certification within the state.

The Oregon Seed Certification Service began OECD certification activity in 1963 when one lot was received for increase in Oregon. The program has grown dramatically since then. A year ago, a total of 11 million pounds and 151 different varieties were tagged with OECD Certification tags in Oregon. Last season, 17 million pounds went into the OECD program. This represented a 49% increase in international shipments in one year, a positive for the Oregon seed industry by helping move seed out of the valley during a time of growing crop surpluses.

"OECD shipments increased 49% in 2003"

While just six major species of grass seed are grown in the Willamette Valley, there is an amazing plethora of varieties. Just in the OECD scheme, there were 63 foreign vari-

eties and 88 domestic varieties, and an additional 89 OECD foreign seed stock lot were received in Oregon for increase and future OECD certification.

At the local level, the Lane County Extension Office, in cooperation with Linn Benton County, also participate in the OECD program. In fact, the county seed certification staff, Doug Huff and Carol Rucke play a very key role in the process. Similar to Oregon certified lots of seed, they inspect and sample lots of seed for testing. In addition, they conduct or supervise the tagging of each OECD lot before it leaves the state. The county sampling and tagging program helps Oregon growers get their seed into the international marketplace. Incidentally, Carol and Doug sampled a total of 119 million pounds of seed in the 2002 crop year, representing both Oregon and OECD certification programs.

(Ron Cook is an OSU Extension seed certification specialist and manager of the OS Seed Certification Service. Mark Mellbye is an area Extension Agent.)

way to fortify a fence against coyote passage.

If coyotes are climbing or jumping a fence, charged wires can be added to the top and at various intervals toward the ground. These wires should be offset outside the fence. Fencing companies offer offset brackets to make installation relatively simple. The number of additional wires depends on the design of the original fence and the predicted habits of the predators.

Portable Electric Fencing

The advent of safe, high energy chargers has spawned development of a variety of portable electric fences. Most are constructed with thin strands of wire running through polyethylene twine or ribbon, commonly called polywire or polytape. The polywire is available in single and multiple wire rolls or as mesh fencing of various heights. The fencing can be quickly and easily installed to serve as a temporary corral or to partition off pastures for controlled grazing.

Perhaps the biggest advantage of portable electric fencing is the ability to set up temporary pens to hold livestock at night or during other predator control activities. (Range sheep that are not accustomed to being fenced may be difficult to contain in a portable fence.) In short, portable fencing can increase livestock management options to avoid places

or periods of high predation risk.

Fencing and Predation Management

The success of various types of fencing in keeping out predators has ranged from 0-100 percent. Density and behavior of coyotes, terrain and vegetative conditions, availability of prey, size of pastures, season of the year, design of the fence, quality of construction, maintenance, and other factors all interplay in determining how effective a fence will be. Fencing is most likely to be cost effective when the potential for predation is high, when there is potential for a high stocking rate, or when electric modification of existing fences can be done.

Fencing is effective when incorporated with other means of predation control. For example, guard dogs and fencing have been successfully used together to achieve a greater degree of success than either method used alone. An electric fence may help keep a guard dog in and coyotes out of a pasture. If an occasional coyote does pass through a fence, the guard dog can keep it away from the livestock and alert the producer by barking.

Fencing can also be used to concentrate predator activity at specific places such as gateways, ravines, or other areas where the animals try to gain access. Traps and snares

can often be set at strategic places along fence to effectively capture predator. Smaller pastures are easier to keep free from predators than larger (several sections) ones. Fencing is one of the most beneficial investments in predator damage control and livestock management if practicality warrants use.

As a final note, fences can pose problems for wildlife. Barrier fences, in particular, exclude not only predators but also many of the wildlife species. This fact should be considered where fencing intersects migration corridors for wildlife. Ungulates such as deer usually jump fences, and it is not uncommon to find deer that have become entangled in the top wires of fences.



Thriving Tip: Don't guess: soil test. In commercial agriculture, crop producers tend to use more fertilizer than they need to optimize yields. By some estimates, fertilizer inputs exceed needs by 30%. In some cases, it might make sense to maintain and build soil fertility levels in weak fields. But for most nutrients, and for fields that have been taken care of over the years, excess fertilizer application is simply a huge waste of money.

To save money on your fertilizer bill for field crops, follow these tips from the OSU Extension Service:

- Soil test for potash (K). The soil test is accurate, and can help a farmer avoid "luxury" consumption by the crop, especially grass seed and mint fields.
 - Conduct a nitrogen mineralization test for fertilizer needs on wheat. This is a new test developed by OSU Soil Scientists, and is very useful in helping growers cut back on nitrogen fertilizer expense.
- Avoid expensive micronutrient fertilizer blends for field crops production. Crops like grass seed have extensive fibrous root systems adapted to taking nutrients from the soil. Foliar applications are rarely beneficial and seldom cost-effective.



Family Fun Activities

With preschoolers...

- Write a book: record and illustrate stories and/or poems which spring from their play and imagination
- Create a gallery: choose a family member of the month and have the rest of the family paint a picture and tell a story, which affirms that person. Display the pictures and stories in a hallway, the special person's room or start a special scrapbook.
- Plant a garden (even one seed) and help it grow.
- Teach how to chop, stir, pour, flip and cook together.
- Learn songs and poems to sing and repeat together.
- Introduce simple chores: bringing in groceries, cleaning up, making a peanut butter sandwich, selecting their wardrobe, etc.
- Provide a calm voice, hug, and teach feeling-words when they are distressed over events or relationships.
- Help your child make decisions about everyday choices such as food, clothing, play, room arrangements, etc.

With school-age children...

- Introduce board games for problem-solving and social skills.
- Read stories aloud instead of watching television.
- Teach telephone and door-greeting etiquette.
- Help your child organize his/her study schedule.
- Invite the child to plan and prepare menu items, using the time to teach good nutrition.
- Allow the child to earn, count, save, and spend money.
- Introduce a variety of recreational and skill activities (Scouts, music, sports, school projects) and resource people who work with children.
- Teach outdoor skills such as pitching a tent, making a campfire or using a compass.
- Help your child and peers/siblings brainstorm non-violent solutions to their conflicts.
- Create a family banner, which recognizes historical and personal experiences, values and interests.
- Visit museums, galleries, exhibits and natural wonders.

With teens...

- Help your adolescent find a volunteer activity helping others where he/she can enjoy, take leadership, be creative and get to know others.
- Role-play assertiveness skills to avert peer pressure, adult exploitation and abuse.
- Debate public and private issues from a variety of viewpoints.
- Support independent learning experiences such as a history fair, 4-H project, science camps or foreign exchange.
- Pass on a family heirloom to a teen with its history and meaning.
- Use a teen's critical thinking skills to gather information and make decisions on major purchases (car, house, computer) and activities (vacation destinations, recreational choices).
- Surf the Internet with your teen.
- Encourage mentoring relationships with caring/competent teachers, youth leaders and career leaders.
- Discuss characters, decisions, outcomes, etc. in television shows, popular films and songs.
- Work out a mutually agreeable schedule that balances school work, home time and friend and family priorities.

Forestry

October, November, December 2003



Treeman,
ended the Tree School SOUTH event
onth in Roseburg. You taught a Cruise,
Juck & Scale class. During your talk,
ed the term "Humboldt cut" when de-
ag some of the falling techniques. You
explained just what a "Humboldt cut"
is, so could you explain what the term
is?

Harlan

Harlan,
bet. The term "Humboldt cut" origi-
nally is what is currently known as Humboldt
ty in the northern California logging
s. Prior to the invention of the internal
ustion engine (chain saws), the giant
ods were hewn by double-bladed axes
and saws (affectionately called "mis-
hips"). The mechanics of using an axe
cutters to chop the face of the tree
ownward direction, resulting in face cut
ng upwards. To complete the falling
ss, the backcut was performed through
se of the handsaws and the tree was,
fully, on the ground.
e mechanics of falling changed when
ain saw entered the forest. First, the
cut was made in an upward direction,
ting in the face cut sloping downwards.
rs found it easier to cut, and just as im-
ntly, remove the large slab of wood
the face sloping towards the ground.

Second, by utilizing the newly created
"Humboldt cut," trees oftentimes "save-out"
(less breakage) better than those cut using the
conventional method. Ceteris paribus, the
force of impact of a tree cut using the con-
ventional method is greater than that when
employing the Humboldt. The downward
slope of the Humboldt results in the butt of
the tree resting on the ground sooner than the
other method, lessening the force of the tree
hitting the ground.

The "Humboldt cut" is utilized by nearly
every timber cutter in this region. In other
areas of the country the conventional face-
cut continues to be used, particularly in the
southeastern part of the United States. Some
contend an individual can achieve a lower
stump height using the conventional cut, thus
recovering more of the total stem of the tree.
In consideration of the regional scaling rules,
measuring the shortest points between ends
of the log, an individual will be hard-pressed
to claim more of the tree is recovered with
one face-cut technique versus another. Also,
merchandisers and log buyers prefer, and
sometimes demand, ends of the log be cut
straight, the result of a properly executed
Humboldt cut. So there you have it; prob-
ably more than you wanted.

Treeman

Dear Reader,
I was having a discussion with some of the
office staff the other day and asked if anyone
knew which state was the origin of Smokey
the Bear? No one got the correct answer, so
now you can take the test. Question: Where
was Smokey Bear's original home? But first,
a few things I bet you didn't know about how
"Only You...Can Prevent Forest Fires!"

The national campaign to reduce the number
of human caused fires began in 1937, fea-

turing Uncle Sam as a forest ranger. The
message was, "Your Forests—Your Fault—
Your Loss." In 1944, Walt Disney released
the movie "Bambi," and allowed the Forest
Service to use the deer on campaign posters
for one year. After the year expired, Disney
would not allow further use of Bambi. How-
ever, the Forest Service decided to continue
using an animal and chose a bear as their fire
safety mascot.

Smokey Bear was the chosen name, after
"Smokey" Joe Martin, Assistant Fire Chief
of the New York City Fire Department.
Smokey Bear became so popular he received
his own zip code because of the huge amount
of fan mail. But where's the bear we've come
to know and love?

In 1950, the Capitan Gap wildfire occurred
on the Lincoln National Forest in New
Mexico. A group of firefighters barely sur-
vived after being unable to extinguish the
raging fire. After the danger passed, there in
a burnt tree was an injured and scared black
bear cub. He was nicknamed "Hotfoot
Teddy" and gained nationwide attention and
renamed Smokey, after the symbol for fire
prevention.

Smokey's permanent home became the
National Zoo in Washington, D.C. Smokey II
was adopted to carry on for Smokey in his
old age. Smokey retired in 1975, after 25
years of service, and passed away later that
year. His adopted son continued service un-
til 1990, but the character of Smokey the Bear
is interminable. Just thought you'd like to
know.

Treeman

Dear Treeman,
I was reading a publication on fire-resist-
ant tree species and the western red cedar



STEVE BOWERS
Forestry Faculty

was listed as a "Fire-Wise Plant Material."
This doesn't seem right. Is it true?

Steve

Dear Steve,
No. If you're looking for a fire-resistant
tree, looks towards the pines and western larch.
Three elements are necessary to start and sus-
tain a fire: oxygen, heat and fuel. We can't do
anything about the former two, but we can
manage the fuel component. Select plant species
that accumulate small amounts of dead
material, with open-loose branching, contain
non-resinous material, a high moisture level
content and low volume of total vegetation.

Treeman

vacationing? There's No Place like Oregon

Keeping with our theme of surviving
living in hard times, here's an idea
of us who don't have the finances
isit Disneyland this year. How many
can recall a vacation that we felt
ssary to get back home so we could
up from our . Too often
ns as if we have some sort of obli-
to cram as much into the family
as time
ce or energy low
e's a silver lining
close to home
ting a local recreation
the Lane County
8 recreational sites
68 acres of
nty. These sites offer reservoir
: access, river access, ocean beaches
: swimming areas, boating and moor-

age sites, picnicking, recreational and
camping areas. There are many parks in
Lane County with many jurisdictions
maintaining them: A brief overview of
each of these parks can be obtained by
clicking on the park in question. <http://www.lane.gov/parks/allpkidx.htm>
Detailed information on each
tent and/or trailer
showers, water sports,
hunting, disabled access,
and the location of
each recreation area. So do yourself and
your family consider visiting one
of our county parks. It's close to
all the traffic and
traveling long distances, and
chances are you might even return re-
freshed and rested.

Guide for Using Willamette Valley Native Plants Along Your Stream

Since the arrival of settlers in the
10's, vegetation in the Willamette Val-
has undergone some extensive
nges. Many individuals ask what sort
trees and plants occupied this area be-
settlers arrived well over 150 years
. The journals of pioneers described
ad prairies bordered by wide and dis-
se forests along the meandering rivers
streams. The floodplains along these
nding waterways meant course changes
ring the wet season, creating sloughs,
ales, and marshes, some of them dry-
out by the end of the summer. Tree
cies along the riparian areas included
onwood, alder, willow, ash, maple, and
with these forested areas often being
to six miles wide.
On the benches within the riparian ar-
s were fir, oak and Ponderosa pine.

Once you got on the level prairie above
the floodplain, heavy/clay soils were vege-
tated with grasses and herbaceous plants,
which could survive the summers dry,
cracked soil. Once you got into the lower
hills around the valley floor one could find
stands of oak, madrone, and chinkapin
surrounded by grasslands.
Early journals also described large
clouds of smoke filling the valley during
the late summer. The smoke was a result
of extensive fires set by the Kalapuyan
Indians, who had occupied the area for thousands
of years. The Kalapuyans performed
these annual burns to control the growth
of underbrush and trees, making hunting
easier, and improving the growing con-
ditions for edible plants and herbs.

Firewood Savings

I know. You're looking at this article and
saying to yourself, "Is this guy crazy?
Have you looked in the paper at the price
of firewood lately?" Well, you're half
right: not sure which half, though. If an
individual does procure their firewood via
the advertisements in the local paper, then
you very well may be paying a lot of money
to heat your home.
If cost savings is an issue, and firewood
in a home do allow for wood heating, the first
the resident needs to consider are al-
ternative heating costs. Suppose one
month. Assume half of that goes to-
wards heating the home (the other half
water, lighting, appliances, etc.). If you
could heat your home with firewood, it
less than \$75/month, then you would be
good.

So we calculate we can save money by
ing wood and we want to get the most
possible. Each year the Bureau of Land
Management issues firewood permits
\$11/cord, but supplies are limited. If you
ited. (They can be as high as \$60/cord.)
If a person is lucky enough to get a permit,
the price is near impossible to beat. How
about plan B? If you happen to know any
landowners who could use some help, try
laboring for wood rather than dollars.
Some landowners are reluctant to pay
wages, but if there's some sort of barter
system, then they might be willing to make
a deal.
Plan C? Don't get hung-up on thinking
your stove requires seasoned oak or mad-
rone and Douglas-fir kindling. Any wood
will do. The quality may not be that of
oak or madrone, but if it's wood, it will
burn. Personally, I've tried most of them,
including poplar, cedar, elm, pear and wal-
nut. While not the quality of the better-
known firewood species, many lesser-
known kinds can be very inexpensive.
Each year I receive calls at the Extension
office from individuals asking whether
a particular type of tree can be utilized as

firewood. The answer to all of these ques-
ries is always the same: "If it is a tree or
wood fiber and you can cut it with a saw,
then you've got yourself some firewood."
The only time one should not adhere to this
rule is if an individual was considering
burning wood products that had been
treated with any chemicals or preservatives.
For those of you who have heated your
homes with wood, there's nothing like it.
Firewood can be a little messy clean-
ing the stove or fireplace, but
like wood heat. In closing,
electric, gas or oil heating costs \$150/
month. Assume half of that goes to-
wards heating the home (the other half
water, lighting, appliances, etc.). If you
could heat your home with firewood, it
less than \$75/month, then you would be
good.

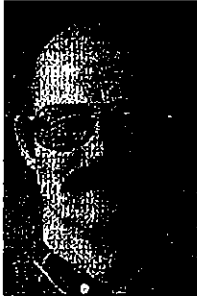
Why Wood Burns Best?
Wood is bright and clear,
in an hour.
they say,
away.
burn too fast,
do not last.
like a church yard mold,
like you choke.
wood will burn in your room,
like perfume.
and maple, if dry and old,
keep away the winter cold.
But ash wood wet and ash wood dry,
a king shall warm his slippers by.

— Anonymous

Thriving Tip: Explore
your own local forests for
great outings that cost little
or nothing. Pack a lunch,
wear proper clothing and
shoes and your family and
friends are on their way for a
great, inexpensive time of
fun and action.

Horticulture

October, November, December 2003



ROSS PENHALLEGON
Horticulture Faculty

Thriving Tip: Store winter squash and root crops (potatoes, beets, onions, etc.) in a clean container filled with straw or pine shavings. Keep out of sun in a cool, dry, spot. Storage time will triple.

PNW Pesticide Short Course Offered

A Pesticide Short Course is scheduled for February 2004 for those people needing public, commercial and consultant pesticide applicator credit hours. There will be an anticipated 10-12 hours of credit. The subject for 2004 is entomology and plant pathology.

HAZELNUT CROP EXPECTED TO BE???

Hazelnut production in Oregon is forecast to be BIG. Spring rains during April, May and June helped keep the nut size large and tree vigor high. However, even though the nut crop looks above average for yield, many people are worried that the lack of water and the very hot weather may reduce the nut fill. But as always, time will tell. With the nuts falling in late August/early September, most of them are usually blank and need to be flailed or destroyed before the good nuts fall. Word on the street is that yields will be between 2,000-2,500 pounds per acre this year.

BLUEBERRY PRUNING VIDEO AVAILABLE

Proper pruning makes a difference in yield and the quality of blueberries. "A Guide To Pruning Highbush Blueberries" video will help growers realize the reward of proper pruning and consistent production of quality fruit. Learn pruning techniques from Dave Brazelton, who guides the grower through a simple 4-step procedure for pruning blueberry bushes of different ages.

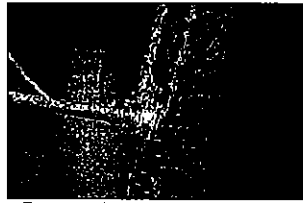
The video is designed for the homeowner and commercial grower. It illustrates the basics of plant growth, basic equipment, how to prune plants of different ages, ways to increase speed and pruning for machine harvest.

Check for this video at any local OSU Extension office. It is very popular, so call ahead.

INSECTS AND DISEASES TO BE AWARE OF!!

- Apples - any fruit left hanging on the tree may have codling moth and apple maggot infestations.
- Hazelnuts - the filbertworm is still active in September/October.

More EFB Found In Lane And Linn Counties



Eastern Filbert Blight (*Anisogramma anomala*), a fungus, has been found in north Albany, south Coburg, plus two more orchards in the Thurston area of Springfield. The latest find is even more disturbing since it was located in orchards that had been professionally cared for and the disease was located in an old orchard with "Barcelona" and "Daviana" cultivars. This brings the problem even closer to home. Eastern Filbert Blight (EFB) has been in the lower valley for 5 to 7 years judging by the age of the cankers. It is imperative that anyone with hazelnut/filbert trees (commercial and home owners) inspect them for this devastating disease. Once the tree gets this fungal disease, the tree is terminal.

In the past the general approach taken by the commercial growers and the general public has been to be pro active. Especially when different contorted filbert trees with the disease were located throughout the county, the public was great at looking for the trees and having them inspected.

If you are a commercial grower or have a hazelnut tree in your yard, PLEASE inspect it for EFB. The disease is easy to identify, especially with the large, black pustules (cankers) on the branches. At this time of year look for yellow leaves that are "flagging," drooping or are turning brown when they are NOT supposed to be. (Many of us had assumed that the weak, browning of leaves this time of year was due to the Western Blight.) The EFB showed up on weak trees, on gravelly areas. If the trees look weak, take a closer look. Look for the disease again from November to February. The disease usually starts near the top of the tree and is often found in the top half of the tree. Look for the black pustules. There are great pictures and samples of what the disease looks like in the local Extension offices. Ask

- Slugs/snails - are becoming more active. The wet weather brings adult slugs out.
- Walnut Husk fly - treat the walnuts.

BEST TIME TO PRUNE

The best time to prune berries or tree fruits is November through March. If you are concerned about winter freeze damage, wait until after February, so you can avoid some potential freeze damage. However, if you have 20 acres, you can't wait until February. In general, prune out any diseased, dead or dying limbs. Then prune out the root and water suckers. By this point you will be about 50-60% done. Next look at the shape you want the tree or bush to be. You need a mental picture of what you want.

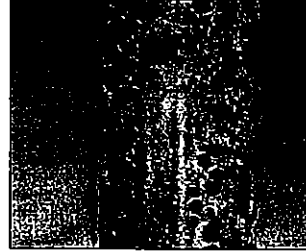
GROUNDWATER AND NITROGEN

As the summer continues, remember that if we over irrigate and/or use too much nitrogen, fertilizer, organic materials, compost, animal manure, etc., that these materials can leach into the local groundwater water source. Think what happens if we over irrigate or use too much nitrogen? If we ALL do a little to conserve nitrogen usage and reduce our use of irrigation water, the groundwater will remain a lot cleaner and we will all be beneficiaries. Since the groundwater and the Willamette River are the valley's main water sources, we can't ignore what is going on!!!! Everyone taking care and managing their irrigation water and nitrogen applications will help prevent groundwater contamination.

Studies by the Oregon Department of Environmental Quality have found that areas of

for "Detecting and Controlling Eastern Filbert Blight" (EC 1499). The black pustules mean that the disease has been around for a while. The branch may also have white raised pustules which means that the infection is more recent. Anyone is welcome to bring branch samples into the Extension office for inspection also. Visit the following web site for further information <http://oregonstate.edu/dept/botany/cff/EFB>.

The discovery of this devastating disease is a shock and a blow to the hazelnut growers in the south valley, who have been diligently trying for years to prevent the dis-



ease from moving south. In 1999, the disease was discovered in the north Keizer area and intensive control and monitoring efforts were implemented. For the last three years the disease seemed to have been thwarted, but with the new discoveries growers in the south valley will be taking a new approach to the disease - intensive monitoring, chemical control, tree removal and replacement.

The community has made a valiant effort in finding and destroying 21 infected contorted filbert trees since May 1990. Since then 326 contorted trees have been infected, 21 were infected and destroyed. According to Jay Pschedt, OSU/Botany and Plant Pathology, the disease found recently has been in the orchards for at least five years.

How did it get there? So far the transfer of the disease by birds, wind, rain, nursery stock and equipment have been dismissed. No good answer has been found. The newest find is in a very urban area so we will need to inspect all ornamental contorted filbert trees.

Effects to local growers: The grower in north Albany will be removing many

Lane, Linn and Benton counties have significant nitrate leak problems. To know the status of your own well water, take a sample to the local testing laboratory and for around \$25 per test, you can have your water tested for nitrates, bacteria and arsenic.

FRESH PRODUCE STILL AVAILABLE

Now is the time to get out and visit the local fresh produce stands in the area. Currently there are great strawberries (Tristar), raspberries, and possibly some late blueberries and blackberries, followed by pears and apples. Don't delay visiting the fresh produce growers. This is the year to get your fill of great fresh produce. The season may be shorter than usual.

Also, there is a new Lane County Food Directory that can be picked up at the OSU/Lane County Office or at the Farmers Market. It contains information about the Lane County Food Coalition, lots of growers and what they grow, agricultural resources, garden resources, food assistance programs, gleaner resources, a huge garden calendar plus community sponsored agriculture farms.

COLOR TREE FRUIT PEST GUIDE AVAILABLE

A color guide of tree fruit pests is available for \$1.00 to help growers and home gardeners identify the different critters that affect your fruit. It is called, "Common Tree Fruit Pests" (LC 469). The guide is a color sheet with seven common pests to help growers identify common pests. The sheet shows the orange tortrix, codling moth, oblique-banded leafroller, west-

"Ennis" trees. The grower in south Coburg will be removing "Ennis" trees after the current nut season.

An intensive monitoring program is being implemented by local growers and the general public, especially looking at "Ennis" and "Daviana" cultivars.

Two grower field tours were held August 20 and 21. Growers were taught about the disease, how to scout and identify the disease with up-close inspections, color fliers and information.

Control Strategies Available Are: Live with the disease, complete tree removal, partial tree removal, nut tree replacement, pollinizer replacement, chemical fungus applications, and pruning strategies.

Grower Impact if Trees are Infected: Cost of complete tree removal, cost of partial tree removal, fungicide costs, increased monitoring, and replanting to EFB resistant tree cultivars.

Grower Impact if Trees are NOT Infected: Inspect ALL "Ennis" orchards summer and winter, inspect all "Daviana" pollinizers summer and winter, inspect all hazelnuts in the south valley, remove non-resistant trees, plant resistant tree cultivars, and begin spraying fungicides 1-3 times per year.

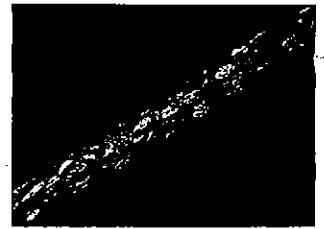
Effect on the Local Community: Backyard trees need to be inspected, and old "Daviana" and wild hazelnut seedlings need to be removed.

Susceptible varieties: Ennis, Daviana, Casina, Newburg

Intermediate: Barcelona, Butler, Hall's Giant, Willamette

Resistant: Clark, Lewis, Gem, TdG

Immune: Gasaway, VR series, Gamma, Delta, Epsilon, Zeta



ern cherry fruit fly, the filbertworm, the walnut husk fly, and the apple maggot. A copy of this flier can be obtained from the Lane, Linn or Benton County Extension offices.

TOMATO LATE BLIGHT SHOWING UP

Anyone who is growing tomatoes needs to be aware that Tomato Late Blight has already been found in the valley due to the weather. If the weather turns warm and wet, the blight will spread very quickly. Sprays for use by homeowners are: Bravo Ultrex or Kop-R-Spray. Commercial growers can use: Flint, Maneb, Kocide or copper. Controls will be needed if the weather continues to be wet and warm. If the tomato plants are unprotected, the blight will cause a lot of damage. Usually the blight stays at bay as long as the weather is warm and dry. Try to avoid injuring the plants as you walk between the rows. Provide good air drainage. If you prune the plants, sterilize the pruners each time you move to another plant.

Core Pesticide Short Course Offered

A "Core" pesticide short course is scheduled for December 3, 2003 from 8 a.m.-Noon at the OSU/Lane County Extension Service office, 950 West 13th Avenue, Eugene. The training will be for those people needing "Core" pesticide applicator hours and also general pesticide credit hours. There will be 4-hours of credit. Pre-registration is requested.

affiliated with the Northeast Organic Network (NEON) project, an innovative consortium of farmers, researchers, Extension educators and grassroots nonprofits working together to improve organic farmers' access to research and technical support.

The rationale behind crop choice varies widely among farms. Many mentioned crops that grew well on their farms (fit the farm's climate and land, or the farmer's skills), or that they enjoy growing. Others chose crops that fit well in their overall production schemes, or that were selected for specific traits (taste, disease resistance, etc.). Demand of either wholesale account buyers or Community Supported Agriculture (CSA) members greatly influences crop choice too. CSA farmers tend to grow a broad variety of staple vegetables that are familiar to members and easy to cook (potatoes, carrots, tomatoes, etc.).

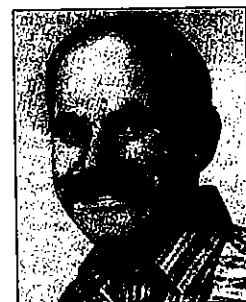
Quality of product and service are two commonly mentioned competitive advantages on these farms. Given the seasonal and economic limitations of northeast farms, they rely heavily on niche markets and personal relationships with their consumers or buyers. Many are focused on providing a higher level of service and quality to set them apart and keep their customers from buying from cheaper or more convenient mass channels. "The customer is always right," one grower states; "providing low quality or service even once may well lose the customer forever." Education is another key feature in consumer retention. One farm creates and distributes point-of-purchase materials on the

consumers by name are vital.

Many farmers see a growing opportunity in the increased popularity of consumer's desire to "know where food comes from." They felt that markets for organic grain farmers are currently fairly good, although the future is uncertain. Most of the vegetable farmers continue to operate on a small scale. While this poses a challenge when competing with larger growers, it also enables them to respond quickly and nimbly to changing demand and market conditions and grow a diversity of crops.

Despite their successes, these farmers see threats in current trends as well. Increased imports of food threaten farm prices; increased demand for organics has brought competition in the form of new or transitioning farmers. The National Organic Program brings greater scrutiny and a more rigorous inspection process, as well as uncertainty about rule changes. Grain farmers are also concerned about seed availability (finding seed that both meets the traits their buyers desire and grows well organically in their regions) and the impact of pollen drift from genetically modified crops. Finding an adequate labor supply is also an ongoing challenge for many farms.

Concerning the "Four P's" of marketing (product, place, price, promotion), there was consensus on the need for high quality but disagreement on price. Some farms, especially smaller ones, are more reliant on direct marketing, maintain a high price to reflect the premium quality of food and refuse to lower it. Other farms set prices lower than



GARY STEPHENSON
Small Farms Faculty

prices in grocery and health food stores and fear raising prices because of customer expectations.

Each farm is unique in its marketing strategies and view of the future, but it is clear that there is a place in the American agricultural landscape for high quality organic food from farms willing to create and nurture niche markets. Matching the market to the grower is more art than science, and depends greatly on the farmer's skills, interests and personality. Finding those opportunities is a challenge to growers, researchers and Extension educators.

From *Smart Marketing* materials by David Conner, Department of Applied Economics and Management, Cornell University.

Gifts from the Garden Workshop

Make beautiful, unique gifts from garden materials or for your garden. Wreaths, herbal based treats, plant markers/clay insects, flower & seed paper and much more!

Saturday, November 8, 2003

9:00 a.m. – Noon

\$10.00 per person

Limited Space • Call for a Registration Form

WIDE from page 9

Early settlers altered local plant communities by plowing the prairies to grow crops that were familiar food sources. They continued to alter vegetation and change the diversity of tree species by cutting forests to build and heat homes and altered the annual burning, allowing underbrush and woodlands to grow.

During the early part of the 20th century damming and channelization of streams and rivers occurred in many areas. Installation of drain tiles and ditches on the prairies reduced, and sometimes eliminated, the natural winter flooding, meandering and ponding of water. In many areas vegetation cover changed as a result of the loss of swales, sloughs and marshes.

Farming, ranching, roadbuilding, logging, flood control, and urbanization have all contributed to the extensive alteration of the Willamette Valley's vegetation. Although the area continues to be described as predominately broad plains with wood-

land borders, a large percentage of the original plant communities have been eliminated.

Native plant habitat is substantially reduced, and introduced exotics can quickly overtake any disturbed ground that is not farmed, logged, paved, or populated (ever heard of Himalayan blackberry or giant canary grass?). Ryegrass, a native species and today a key economic crop, was considered by early farmers a weed competing with their oat crop. Many places that appear to be natural have been altered, and many plants that look wild are actually introduced species.

If you are planning any landscaping or stream restoration and would like to utilize native plants, the Guide for Using Willamette Valley Native Plants Along Your Stream can provide you with a step-by-step guide. For more information on native plant propagation and identification contact the Natural Resources Conservation Service at (541) 465-6443 – ext. #3.

Handy Tree Pest ID Cards

A new, handy set of *Tree Fruit Pest Identification and Monitoring Cards* is a "take-it-to-the-orchard" reference for doing just what the title says. The full-color, laminated 32-card pack covers pest insects and mites, as well as several important diseases. While based on deciduous tree fruit and nut crops in California, the information presented by authors C. Pickel, and Associates can have far wider use. Each pest is identified by a description and close-up photos of important life stages. The information is applicable for both growing and dormant seasons. Management data are not included but references to the relevant management and control documents—stressing IPM—are. Each 5.25 x 3.5 inch card is printed on both sides. The pack was published in 2003 as ANR Publication #3426. ANR, Communication Services, University of California, 6701 San Pablo Ave., 2nd Floor, Oakland, CA 94608-1239, USA. Fax: 510-643-5470. Phone: 510-642-2431. Web: <http://ANRcatalog.ucdavis.edu>.

Hypertufa Workshop Artificial Stonescaping for the Garden

Thursday, October 23, 2003

4:00 – 6:00 p.m.
or 7:00 – 9:00 p.m.

\$10.00 per person

Limited Space
Call for a Registration Form

Extension Study Group Program Welcomes You

If you like learning about new places, new ways to do things, about immersing health issues, ways to improve your home and family, then the Family Community Development Study Group program may be of interest to you.

The Extension Study Group program involves over 300 homemakers across Lane County. Study Group members are involved in community service projects, social activities and practical educational programs that apply to everyday life.

Groups meet once a month except during the summer. A typical meeting involves the business meeting and an educational lesson as well as social time. The study groups also get involved with their community. You'll find study groups making comfort quilts for kids, hats for people supporting FOOD for Lane County, soup kitchens, scholarships for 4-H and OSU and baby books for new moms. There are eleven groups that meet throughout Lane County. To get involved contact the person from your area.

Area Contacts and Meeting Times

Clear Lake
Meets the second Thursday, 1:30 PM.
Contact: Dorothy Larkin, 935-1220.

Cottage Grove
Meets the third Tuesday, 10:00 AM.
Contact: Hazel Ware, 942-8257.

Crow
Meets the first Wednesday, 9:30 AM.
Contact: Diane Smith, 935-5448.

Hayden Bridge
Meets the second Friday, 10:00 AM.
Contact: Doris Allison, 746-4258.

Lancaster
Meets the second Monday, 11:00 AM.
Contact: June Larkin, 995-8232.

Long Tom
Meets the second Wednesday, 9:00 AM.
Contact: Kathleen Huston, 998-3114.

Lost Creek
Meets the second Wednesday, 10:00 AM.
Contact: Jutta Whitney, 937-2525.

River Road
Meets the third Wednesday, 10:00 AM.
Contact: Pearl Shorey, 607-6174.

Spencer Creek
Meets the second Thursday, 10:00 AM.
Contact: Jean Marcotte, 485-6269.

Thurston
Meets the second Tuesday, 10:00 AM.
Contact: Lorna Pope, 746-0847.

Willakenzie
Meets the second Tuesday, 9:30 AM.
Contact: Edna Scholten, 995-6045.

LANE COUNTY EXTENSION STUDY GROUP Program Calendar • 2003 - 2004

The general public is invited to participate in all educational programs, but pre-registration is requested. Call the OSU/Lane County Extension Service at 682-4243 or 800-872-8980 to register.

All trainings are from 9:30 - 11:30 a.m. and are held at the OSU/Lane County Extension Service Auditorium, 950 W. 13th Ave., Eugene.

Training Date	Program
September 18	Magic of Slow Cooker - One Pot Meals Learn how to use your slow cooker to prepare delicious meals, desserts and snacks for the whole family. Instructor: Susan Busler, OSU/Lane County Extension Faculty
October 16	Healthy Air for your Home Find out if your home has an indoor air quality problem and how to go about addressing the issue. Instructor: Janice Gregg, OSU/Linn/Benton County Extension Faculty
December 18	Preserving Old Photos Learn how to prepare old photos and other memorabilia for the next generation to enjoy. Instructor: Karen Whitney, Extension Homemaker
January 15	Study of a Country: Australia Learn about this fascinating country, its' customs, culture, foods, clothing and music. Instructor: Lorna Pope/Ella Lang, Extension Homemakers
February 19	Container Gardening Don't have a lot of space - but still would like to play in the dirt? Learn how to optimize the space you have to grow your own at home. Instructor: Pat Patterson, OSU/Lane County Extension Program Asst.
March 18	Renewed Hope: Choosing a Better Life With Diabetes Learn about your risk for the disease, symptoms causes, and consequences, as well as tips to control the disease. Instructor: Janice Gregg, OSU/Linn/Benton County Extension Faculty
April 15	Trauma Response We have the potential to be faced with a trauma every day. When it happens - will you be ready? Find out what you can do to be prepared for emergencies, traumas and other catastrophes. Instructor: Yolaine Adams, Extension Homemaker

Garden Hints

October

- Plant garlic for harvesting next summer.
- Prepare greenhouses and cold frames for plant storage and winter growth.
- Harvest sunflower heads; use seed for birdseed or roast for personal use.
- Dig and store potatoes; keep in darkness, moderate humidity, temperature about 40° F.
- Recycle disease-free plant material and kitchen vegetable scraps into compost.
- Control lawn weeds while they are small.
- Harvest squash and pumpkins; keep in dry area at 55 to 60° F.
- Harvest and immediately dry filberts and walnuts; dry at 95 to 100° F.
- Ripen green tomatoes indoors.
- Harvest and store apples; keep at about 40° F, moderate humidity.
- Spray stone fruit trees to prevent various fungus and bacterial diseases. Use copper fungicides.
- Place mulch around berries for winter protection.
- Save seeds from vegetable and flower gardens.
- Plant ground covers and shrubs.
- Place mulch around roses, azaleas, rhododendrons for winter protection.
- Dig and store geraniums, tuberous begonias, dahlias, gladiolas.
- Place fuchsias where they won't freeze.
- Propagate chrysanthemums, fuchsias, geraniums by stem-cuttings.
- Fertilize lawn for last time this year.
- Stake bushy herbaceous perennials to prevent wind damage.
- Bring houseplants indoors.
- Pot and store tulips and daffodils for early bloom in December and January.
- Early October: Begin manipulating light to force Christmas cactus to bloom in late December.
- Treat for moss on roofs during dry periods.
- Store garden supplies, fertilizers in safe, dry place out of reach of children.

- Dig and divide rhubarb. (Should be done about every 4 years.)
- If weather permits, spade organic material into garden soil.
- Place mulch of manure or compost on asparagus and rhubarb beds.
- Rake and destroy disease-infested leaves (apply, cherry, rose, etc.).
- Trap moles and gophers.
- Clean up annual flower beds and mulch with manure or compost.
- Remove windfall apples that may be harboring apple maggot or codling moth larvae.
- Fall tool cleanup.

November

- Put lime on lawns.
- Check potatoes in storage and remove any going bad.
- Bait garden, flower beds for slugs during rainy periods.
- Fruit tree sanitation: To prevent possible spread of leaf diseases, rake and destroy leaves from trees that were diseased this year.
- Place mulch around berries for winter protection.
- Tie red raspberry canes to wires; prune to 1 foot above the wire or wrap the canes around top wire. Check for holes made by crown borers at base of plant, treat with registered insecticides if seen.
- Good time to transplant landscape trees and shrubs.
- Prune roses to "knee-high" to prevent winter wind damage.
- Still time to plant spring-flowering bulbs, but don't delay.
- Renew mulch around perennial flower beds after removing weeds.
- Take cuttings of rhododendrons and camellias; propagate begonias from leaf cuttings.
- Place mulch of manure over dormant vegetable garden area. A 3- to 4-inch layer of leaves spread over the garden plot prevents soil compaction by rain.
- Cover rhubarb and asparagus beds with strawy manure.

- Plan erosion control; use mulches, fir boughs, etc., to prevent compaction from rain and from soil washing.
- Moss appearing in lawn means too much shade, poor drainage, low fertility, soil compaction or thin stand of grass.
- Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching are possible solutions.
- Rake and compost leaves.
- Provide winter protection to built-in sprinkler systems; drain system, insulate valve mechanism.
- Reduce fertilizer applications to houseplants.
- Prepare lawnmower, other garden equipment for winter storage. Drain and store hoses carefully to avoid damage from freezing.
- Tie limbs of upright evergreens to prevent breakage by snow.
- Plant window garden of lettuce, chives, parsley.
- Plant shrubs and trees that supply food and shelter to birds, such as sumac, barberry and holly.
- Clean and oil tools and equipment before storing for winter.
- Give winter shelter to tender evergreens; protect from wind and from desiccation.
- Place portable coldframe over rows of winter vegetables.

- Good time of year to plant trees, landscape shrubs.
- Protect new landscape plants from wind-staking, guy wires, windbreaks, site selection.
- Make sure that landscape plants in protected sites receive water regularly during winter.
- Yard sanitation: Rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Check for rodent damage around base of trees and large shrubs.
- Still time to plant spring-flowering bulbs, such as tulips, daffodils, hyacinths, crocuses. Don't delay.
- Avoid mounding mulching materials around base of trees and shrubs. They might provide cover for rodents.
- Apply lime to Kentucky bluegrass lawns to maintain a soil pH of 6 to 7. (Rate: 50 to 80 pounds per thousand square feet.)
- During heavy rains watch for draining problems in the yard. Tile drains and ditching are possible solutions.
- Poinsettia care: Protect from cold, place in sunlight, don't let leaves touch cold windows; fertilize after 3 weeks.
- Prepare potting mix for new houseplants. Standard mix: one-third soil, one-third sand, one-third peat moss.
- Monitor houseplants for adequate watering, fertilizer, humidity. Water and fertilizer requirements are generally less in winter.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Cut and dip holly for Christmas use.
- Make Christmas decorations from trees and shrubs in the yard.
- Consider garden-related Christmas gifts for the gardeners you know.
- Tie limbs of columnar evergreens to prevent snow breakage.
- If lawn is frozen, stay off it.
- Whitewash lower trunks of newly planted fruit and nut trees to avoid sunscald damage.

December

- Spread wood ashes evenly on garden plot. Don't use more than 1.5 pounds per 100 square feet a year. Do not use if soil pH is over 7.0 or if potassium levels are excessive.
- Turn compost pile.
- Mid-December: First spray of peach trees with lime sulfur or approved fungicides to protect against peach leaf curl.
- Dormant sprays of lime sulfur or copper fungicide on fruit trees and roses for general disease control.
- Spray spruce trees to control spruce aphids.



No Bad Bugs and Integrated Pest Management

Thursday, February 26, 2004
6:30 p.m. – 9:00 p.m.

Speaker: John Parrot
OSU Lifetime Master Gardener

Bedeveled by bugs? Learn how to identify the good from the bad, the beneficial from the destructive and what to do about them! Principles of Integrated Pest Management (IPM) will be discussed. Emphasis will be on the least toxic method of control.

Gardening for Life

Thursday, March 11, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Maggie Matoba
Exec. Director, Healing Harvest and
OSU Master Gardener

Learn how to "Garden Smarter, Not Harder!" Let gardening be a lifelong pleasure. Do you live in an apartment, do you have trouble bending or lifting, or have limited time and money? Learn how to make use of creative techniques to make your gardening easier and more productive no matter what your circumstances, age or interests!

Container Gardening / Making Hypertufa Containers

Thursday, March 25, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Loren Russell
OSU Benton County Master Gardener

Always wanted one of those beautiful imitation stone troughs? Learn how to make your own long lasting, beautiful hypertufa containers. Discover which plants are best suited to growing in containers. These make great gifts and are beautiful additions to a small patio or balcony garden.

The Perennial Garden: Herbaceous and Woody Ornamentals

Thursday, April 8, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Chris Donahue, Nursery Manager
Down to Earth Home and Garden

Perennials form the backbone of many gardens. Learn how to successfully grow both herbaceous and woody ornamentals, what types are best suited for what situation and how to select the best plants for your garden, methods of propagation, tips on maintenance of the perennial garden and much more!



Diagnosing Disease

Thursday, April 22, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Ross Penhallegon
OSU Extension Horticulture Agent

Learn to identify common diseases of the home garden and landscape. Identify the symptoms, possible causes and solutions to diseases that afflict our favorite plants, both ornamental and edible. A hands-on disease diagnostic clinic will be part of the class.

At the conclusion of the April 22nd evening program, OSU/Lane County Extension Service Community Gardener Certificates will be awarded to the qualified series program participants.

Make Up Classes

Participants who wish to receive a Community Gardener Certificate must attend six of the eight classes offered. The following programs, offered by the OSU/Lane County Extension Service, may be attended in place of two missed classes and applied toward the certificate.

Pruning Workshops: offered by OSU Pruning Specialists at selected locations in the Lane County area. ONE seminar may be substituted for a missed class.

Compost Demonstrations: offered at community garden compost sites in Eugene. ONE compost demonstration may be substituted for the **compost class only** for credit.

Schedules for the pruning workshops and compost demonstrations are available from the OSU/Lane County Extension Service office and will be available at each evening class.

We will endeavor to provide public accessibility to services, programs, and activities for people with disabilities. If accommodation is needed to participate at any meeting, please contact the ADA Coordinator at the Lane County office of OSU Extension Service at 682-4243 or 1-800-872-8980 at least 48-hours prior to the scheduled meeting time.

Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

2004 COMMUNITY GARDENER CERTIFICATE SERIES
SPONSORED BY OSU/LANE COUNTY EXTENSION SERVICE

Have you wanted to discover what the Master Gardener's learn but haven't had the time? The OSU/Lane County Extension Service has a program just for you! A series of eight classes taught by gardening experts will help you learn the fundamentals of successful gardening. **The cost of the full series is \$65.00 per person to be paid by the first day of class. Included in the price is the Master Gardener manual "Sustainable Gardening."** Participants attending a minimum of six classes will receive a Community Gardener Certificate at the conclusion of the program. **You may sign-up for individual classes at a cost of \$6.00 each without the manual. The manual is available for an additional price of \$29.00.** Pre-register and pre-pay at the OSU/Lane County Extension office by filling out and returning the form at the bottom of this page. For more information call 682-4243 or 800-872-8980 if out of the local Eugene/Springfield area. Sign up early! Each 2 1/2-hour seminar begins at 6:30 p.m. in the OSU/Lane County Extension Service Auditorium at 950 West 13th Avenue, Eugene, OR. No refunds are available for this program.



Seed Starting/Seed Saving

Thursday, January 15, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Luana Raasch
OSU Lifetime Master Gardener

Save money and create a unique and personal garden this year! Learn to successfully start your own flower and vegetable plants from seed. Experiment with new varieties and save old favorites. Bring seeds to share for a seed swap. Don't have enough space for a garden of your own? Find out how to become involved in a community garden or where you can become a garden volunteer.

The Wonderful World of Composting



Thursday, January 29, 2004
6:30 p.m. - 9:00 p.m.

Speakers – Anne Donahue
Compost Specialist, City of Eugene

Learn how to make gardeners "Black Gold" in your own backyard. Different methods of composting will be discussed to help you discover the method that works best for you! This year we will also be discussing compost tea, the newest way to spread the benefits of compost to your garden!

Sustainable Gardening

Thursday, February 12, 2004
6:30 p.m. – 9:00 p.m.

Speaker: Tom Bettman
OSU Master Gardener

Sustainable gardening is about achieving a balance between resources used and results gained. Discover how to minimize your efforts for maximum gain! Learn how to improve the soil, select the right plants and the difference between renewable and non-renewable gardening resources. Learn how to avoid time-consuming and wasteful gardening practices and how good gardening practices can make a difference in your garden and your community.

REGISTRATION FORM
 Make checks payable to:
ARF or
Agricultural Research Foundation

MAIL TO:
OSU/Lane County Extension Service
950 West 13th Avenue
Eugene, OR 97402-3913

Name _____
 Address _____
 City _____ State _____ Zip _____
 Telephone: Day _____ Evening _____
 Email _____

Individual class registration is \$6.00 per class. Complete series registration fee is \$65.00 (includes manual).

Seed Starting/Saving	_____	Gardening for Life	_____
Composting	_____	Container Gardening/Hypertufa	_____
Sustainable Gardening	_____	The Perennial Garden	_____
Bugs and IPM	_____	Diagnosing Disease	_____

Total enclosed \$ _____

Improving Our Community

...and Ourselves

Organizational Dynamics

Helping new, developing and struggling organizations find success through better understanding and utilization of proven group processes and techniques.

- * Mission Statements
- * Goal Setting
- * Conflict Management & Resolution
- * Problem Solving
- * Strategic Planning
- * Effective Communications
- * Productive Meetings

Volunteerism

Volunteerism is changing in America. Successful not-for-profit, public advocacy and other volunteer driven organizations must not only practice solid group dynamics, but must also learn how to better recruit, train, employ and retain volunteers.

- * Volunteer Management
- * "Building Bridges" - A special volunteer program for schools, developed in cooperation with the Oregon Department of Education
- * Risk Management
- * Membership Development

Leadership Development

As all elected officials and group leaders quickly learn, getting into office is only the beginning! Performing well and achieving success require the understanding of organizational dynamics and the utilization of positive leadership tools and techniques.

- * Team Building
- * Responsibilities of Leadership
- * Holding Effective Meetings
- * The Fine Art of Facilitation
- * Working with Difficult People

Making a Difference

We all get involved in community service for a reason...to make a difference. Unfortunately, the "you can't fight city hall" attitude often still prevails. You can have a positive impact upon government, make the system work better for you and make your voices heard!

- * Public Policy...How America Works
- * Effective Advocacy, Communications
- * Civil Rights, Civil Responsibilities
- * Cultural Diversity and Sensitivity
- * Teaching Others (Presentation Tools Techniques, Public Speaking)

Personal Development

Helping ourselves, and others in the community, to grow, to function better in our personal and business lives, to have greater control over our destinies...and to feel better about ourselves.

Members of the Lane County LEP Team participate in ongoing advanced training programs and continuously gain practical experience in the dynamics of group processes and personal development by offering to the community workshops and training in such additional subjects as:

- * Self-Esteem
- * Stress Management
- * Conflict Resolution
- * Time and Money Management
- * The Art of Professionalism (Appearance, Behavior, Performance)
- * Making Effective Presentations
- * Humor

Act Now!

How May We Be of Service?

To explore the benefits the Lane County LEP team might be able to offer your board or organization, please complete and return this form or call us at (541) 682-4243 or (800) 872-8980 if out of the Eugene/Springfield calling area.

Name _____

Organization _____

Address _____

Phone _____

We're interested in the following programs and/or services:

Join the TEAM!

I'm interested in becoming a member of the Lane County LEP Team. Please contact me.

Name _____

Address _____

Day Phone _____



WHAT IS LEP?

Leadership Education Program (LEP) is a partnership program involving the Oregon State University Extension Service and Extension Homemakers. County LEP teams offer workshops, educational programs and other leadership services that help Oregonians more effectively address their community and family needs. County teams focus on issues and concerns at the grass roots level.

LEP Programs

- * Enhance understanding of complex public issues.
- * Improve appreciation for the political processes and public policies which drive our community and our nation.
- * Increase public participation in decisionmaking processes and in the resolution of important issues affecting the quality of family life.. by teaching how the system works and how individuals and organizations can have a meaningful role in determining public policy.
- * Provide leadership development and skill building programs for individuals and groups involved resolving public issues and improving the quality of community and family life.

To explore the possible ways the Lane County LEP Team might help your organization's development and effectiveness, give us a call or mail back the attached card.

LEP TEAM MEMBERS

Membership in the Leadership Education Program team is open to persons without regard to sex, race, color, ethnic background or economic circumstance.

Prospective members are encouraged to first attend several of the team's monthly meetings and training sessions...and observe team members as they present programs in the community.

Each year, applicants who are accepted on the team attend a Leadership Training Institute - the affordable costs of which are share by the volunteer and the county Extension office. In return for the training, team volunteers contribute at least 200 hours of community service back to the program.

Over the years, the Lane County LEP Team has developed a close camaraderie and mutually supportive relationships. Both the ongoing training and the continuing community services are seen as team efforts.

If you would like to become an LEP Team member and help make a difference for your community and your community's families, mail back the attached pre-addressed card or give us a call.



**OREGON STATE UNIVERSITY
EXTENSION SERVICE
LANE COUNTY**

Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

V:\Doherty\CLLEP\FormalLEPBrochure

*Leadership Development
Organizational Dynamics
Community Involvement
Personal Growth
Making a Difference!*

Lane County Leadership Education Program Team



A community action program of
**Oregon State University
Lane County
Extension Service**

950 West 13th Avenue
Eugene, Oregon 97402-3913
(541) 682-4243
1(800) 872-8980
Fax (541) 682-2377

CORE Pesticide Training

Please note the correct time and date of the next CORE Pesticide Training to be held at the OSU/Lane County Extension Service. Several misprints concerning the CORE Pesticide training have been published.

Thank you.

Date: Wednesday, 12/3/03

Time: 8 a.m.- noon

**OSU/Lane County Extension
Service Auditorium**

**Pre-registration: 682-4243 or 800-
872-8980 if outside the Eugene/
Springfield calling area.**

**950 West 13th Avenue
Eugene, OR 97402**

We will endeavor to provide public accessibility to services, programs, and activities for people with disabilities. If accommodation is needed to participate at any meeting, please contact the ADA Coordinator at the Lane County office of OSU Extension Service at 682-4243 or 1-800-872-8980 at least two weeks prior to the scheduled meeting time.

Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age marital status, disability, or disabled veteran or Vietnam-era status. Oregon State University Extension Service is an Equal Opportunity Employer.

Oregon State University
 Lane County Extension Service
 950 West 13th Avenue
 Eugene, Oregon 97402-3913

Lane County Extension Service
950 West 13th Avenue
Eugene, OR 97402-3913

The OSU/Lane County Extension office is pleased to provide this information for you. The Extension Service offers educational programs and information to help Oregonians solve problems related to horticulture, agriculture, family living, home economics, livestock, forestry, nutrition, education, marine resources, and 4-H/youth development.

<p>Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.</p>	<p>OFFICE HOURS: Monday - Friday, 8:00 a.m.—5:00 p.m. TELEPHONE: (541) 682-4243 — General Information (9:00 a.m.—5:00 p.m.) (541) 682-4247 — Gardening Information (9:00 am - Noon/1:00 - 4:00 pm) (541) 682-4246 — Food Safety/Preservation Hotline (June - October, 9:00 a.m. - 4:00 p.m.) (541) 682-4281 - Nutrition Education Program (541) 682-2377 — Facsimile machine <i>Outside the Eugene/Springfield area call:</i> 1-800-872-8980</p>	<p>We will endeavor to provide public accessibility to services, programs and activities for people with disabilities. If accommodation is needed to participate at any meeting, please contact the ADA Coordinator at the Lane County office of OSU Extension Service at 682-4243 or 800-872-8980 at least two-weeks prior to the scheduled meeting time.</p>
--	---	--

Please send me more information about:

- | | |
|--|---|
| <input type="checkbox"/> Available publications | <input type="checkbox"/> 4-H Youth Development Programs |
| <input type="checkbox"/> Extension Homemaker Groups | <input type="checkbox"/> Extension Newspaper |
| <input type="checkbox"/> Becoming an Extension Volunteer | |

(circle all programs in which you are interested)

- 4-H Leader
- Leadership Education Program
- Master Food Preserver/Family Food Education
- Master Gardener
- Master Woodland Manager
- Nutrition Education Programs
- Youth/Families & Community Programs

Return to:
 OSU/Lane County Extension Service
 950 W. 13th Avenue
 Eugene, OR 97402-3913

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Day Phone: _____

Comments:

FALL WORKSHOPS

October

- 8 Wednesday Women: Secure Your Financial Future I, 6-8:30 p.m. Cost: \$25 for series.
14 Tuesday Basic Pasture Management for Small Farms 7-9 p.m. Cost: \$5.00.
Contact Benton County Extension for registration, 800-365-0201.
15 Wednesday Women: Secure Your Financial Future II, 6-8:30 p.m. Cost: \$25 for series
16 Thursday Healthy Air for Your Home, 9:30-11:30 a.m. Cost: Free.
22 Wednesday Women: Secure Your Financial Future III, 6-8:30 p.m. Cost: \$25 for series.
23 Thursday Hypertufa, 4-6 p.m. OR 7-9 p.m. Cost: \$10.00.
29 Wednesday Women: Secure Your Financial Future IV, 6-8:30 p.m. Cost: \$25 for series.

November

- 8 Saturday Gifts from the Garden, 9-Noon Cost: \$10.00.

December

- 2 Tuesday Holiday Breads, 10-Noon or 6:30-8:30 p.m. Cost: \$5.00.
3 Wednesday Core Pesticide Short Course, 8-Noon.
18 Thursday Preserving Old Photos, 9:30-11:30 a.m. Cost: Free

*All workshops are held at the OSU/Lane County Extension Service Auditorium.
Pre-registration is required.
Call 682-4243 or 800-872-8980 for more information unless otherwise noted*

2003 OSU/LANE COUNTY EXTENSION SERVICE FALL WORKSHOPS

Name _____ Day Phone _____

Address _____ City _____ Zip _____

Please checkmark the appropriate workshop(s) you would like to attend.

- Oct. 8 Women: Secure Your Financial Future I, \$25 for series.
 Oct. 15 Women: Secure Your Financial Future II, \$25 for series.
 Oct. 16 Healthy Air for Your Home, free
 Oct. 22 Women: Secure Your Financial Future III, \$25 for series.
 Oct. 23 Hypertufa, \$10.00, 4-6 p.m. OR
 Oct. 23 Hypertufa, \$10.00, 7-9 p.m.
 Oct. 29 Women: Secure Your Financial Future IV, \$25 for series.
 Nov. 8 Gifts from the Garden, \$10.00
 Dec. 2 Holiday Breads, \$5.00, 10-Noon OR
 Dec. 2 Holiday Breads, \$5.00, 6:30-9:30 p.m.
 Dec. 3 Core Pesticide Short Course, free
 Dec. 18 Preserving Old Photos, free

*Please make check payable to and mail to:
OSU/Lane County Extension Service
950 W. 13th Ave., Eugene OR 97402*

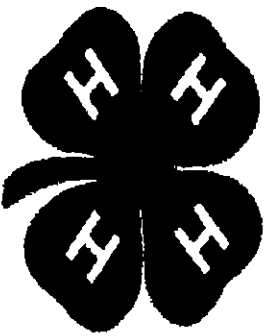
Total Amount Enclosed _____

How Can I Get Involved?

It's easy! Contact to the OSU/Lane County Extension Service office (our Address and telephone number are on the back of this brochure).

You can get involved in any of the following ways:

- ◆ Join an existing 4-H club; as a member if you're in 4th—12th grade, as an adult project, resource leader or as a parent.
- ◆ Start your own 4-H club—we'll provide you with training, materials and support.
- ◆ Sign up as a resource leader—assist a 4-H club or the county 4-H program on a short term basis, depending on your time and interests.
- ◆ Become a volunteer in the Extension Office and help the staff with mailings, workshops and/or other events. The possibilities are endless.



What is 4-H?

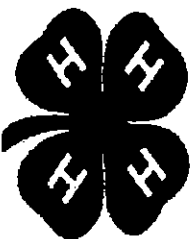
4-H is the youth development component of Oregon State University. There is a 4-H youth development program in every county in Oregon.

Lane County 4-H youth programs involve 5000 young people in clubs and school enrichment programs across the county. More than 10,000 youth are involved in special interest groups and community events sponsored by the OSU/Lane County Extension Service.

The 4-H program is designed to help youth in both urban and rural areas "learn by doing". The variety of 4-H projects offered are endless. If you don't see your favorite, a county OSU Extension 4-H staff member can help you find resources to start your own project area.

Adults and teen volunteer leaders use hands-on projects and activities to help youth develop important life skills, such as:

- ◆ Leadership
- ◆ Improved self-image
- ◆ Decision—making skills
- ◆ Communication and interpersonal skills



What Do the H's Stand For?

- Head - clearer thinking
- Heart - greater loyalty
- Hands - larger service
- Health - better living

How Does 4-H Operate?

4-H extend the educational resources of Oregon State University to Lane County through:

- ◆ 4-H Clubs
- ◆ School Programs
- ◆ Community Groups
- ◆ Programs throughout the county

How Much Does It Cost?

There is no cost to be a member but there is a project service fee that covers costs of materials and insurance. There may also be a small fee to participate in 4-H special events, or to use the OSU/Lane County Extension educational resources. The OSU/Lane County Extension office is funded by county, state and federal dollars. Some clubs may choose to have dues and most do fundraising.

4-H Project Areas

Animal Science • Plant Science
Food & Nutrition

Sewing • Knitting • Crocheting
Photography

Crafts • Woodworking
Modeling • Clowning

Natural Resources Conservation
Entomology
Vet Science

Outdoor Discovery • Teen Leadership
Dogs
Public Speaking
International Exchange Trips
Computers • Shooting Sports
And lots more!

County-Wide Special Activities

4-H is proud to sponsor or participate in many county-wide educational events, including:

- ◆ Youth Fair
- ◆ Teen Pac
- ◆ 4-H Camp
- ◆ Fashion Revue
- ◆ Animal Clinics & Shows
- ◆ School Enrichment
- ◆ After School Clubs



4-H Staff

Roxann Emmons, Extension Faculty
roxann.emmons@oregonstate.edu

Louie "Bo" Freeman, Extension Faculty, Staff Chair
louie.freeman@oregonstate.edu

Matt Henschen, Program Assistant
matt.henschen@oregonstate.edu

Kelly Makinson, Office Specialist
kelly.makinson@oregonstate.edu

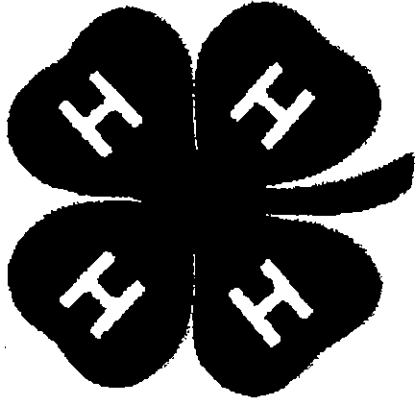
Jessica Shankle, Student Fair Coordinator
jessica4hfair@hotmail.com

OSU/Lane County Extension Service
4-H Youth Program

950 West 13th Avenue
Eugene, Oregon 97402-3913
Telephone (541) 682-4243
Fax (541) 682-2377

Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

Lane County



4-H

Join the Fun!

Oregon State University
Lane County Extension Service
950 West 13th Avenue
Eugene, OR 97402-3913

NONPROFIT ORG
US POSTAGE
PAID
EUGENE, OR
PERMIT NO. 426

This publication will be made available in accessible formats upon request. Please call 682-4243 or 800-872-8980 for information. If you have a physical disability that requires special considerations in order for you to attend the Forestry event, please notify the ADA coordinator at the OSU/Lane County Extension office at least two-weeks prior to the event.

Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

Winter Events at OSU/Lane County Extension

All events to be held at the OSU/Lane County Extension Service unless otherwise stated.

Pre-registration requested. Call 682-4243 or 800-872-8980 if out of the local Eugene/Springfield calling area.

Saturday, November 8 ~ *Gifts from the Garden*, 9 a.m.- noon (\$10.00)

Tuesday, December 2 ~ *Holiday Breads*, 10 a.m. - noon or
6:30 - 8:30 p.m. (\$5.00).

Wednesday, December 3 ~ *CORE Pesticide Short Course*,
8 a.m. - noon (Free)

Thursday, December 11 ~ *Filbert Growers (EFB Workshop)*,
9 a.m. - 2 p.m. (\$5.00), Irving Grange, Eugene

Forestry Workshops Presented by the OSU/Lane County Extension Service

What: **Hardwood Management (emphasis on red alder)**
Speaker: Glenn Ahrens, Clatsop County Forestry Agent
Date: Tuesday, November 11, 2003
Time: 6:30 p.m. – 8:30 p.m.
Where: OSU/Lane County Extension Service Auditorium
950 West 13th Avenue, Eugene, OR 97402



This session will cover basic principles of hardwood management including topics of regeneration, vegetation management, thinning, harvesting and marketing. The emphasis will be on red alder, but other species discussed will include bigleaf maple, poplars, oaks, ashes and some exotics. There will be plenty of time for a question and answer session after the presentation so we can focus on individual questions and species of interest.

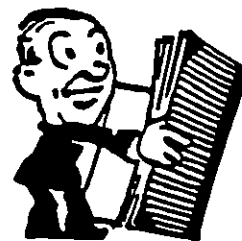
Pre-registration is requested.

What: **Oregon's Forestland Taxation is Changing**
Speaker: Steve Bowers, Lane/Linn Forestry Extension Agent and
selected Master Woodland Managers
Date: Thursday, December 11, 2003
Time: 6:30 p.m. - 8:30 p.m.
Where: OSU/Lane County Extension Service Auditorium
950 West 13th Avenue, Eugene, OR 97402

This is one you don't want to miss. The 2003 Legislature passed Oregon House Bill 2197, creating a new Small Tract Forestland (STF) tax option for small woodland owners who own at least 10 acres, but less than 5,000 acres of forestland. The discussion will cover topics including:

- When does it take effect?
- What do I have to do in order to be eligible?
- Why is the program needed?
- What happens to the old WOSTOT program?
- What should I do?

There will be plenty of time for a question and answer session. Hear what some of Lane County's Master Woodland Managers plan on doing with their property.



Pre-registration for either workshop is requested by calling the OSU/Lane County Extension office at 682-4243 or 1-800-872-8980 if out of the local Eugene/Springfield calling area. Workshop information is also on the web site: <http://extension.oregonstate.edu/lane/>



Teen Opportunities

Leadership Development



County Committee/Boards

Age/Grade Eligibility: Note specific information below.

- Lane County 4-H Leaders Council is open to grades 10th, 11th and 12th. Applications are due in November.
- Project/activity development committees open to 7th through 12th grade youth.
- Lane County Extension Advisory Council open to 10th, 11th and 12th grade youth.

State-wide Committees/Boards

Age/Grade Eligibility: 10th, 11th and 12th grade youth.

Be a part of the decision making process. Help to make 4-H a program all youth will want to join. Opportunities are available for older youth to serve on state-wide committees and boards. These opportunities may be different from year to year. Teen representatives serve on the State Fair 4-H Department Board of Trustees and 4-H Development Committees.

OSU/Lane County Extension Service
4-H Program
950 West 13th Ave., Eugene, OR
97402-3913

Revised

Fall 2004

Teen Opportunities:

- Learn about the government.
- Go camping or be a counselor.
- Have a great time with other teens.
- Learn new skills.
- Use the skills you have learned.
- Travel.

Teen Program and Activity Council

(Teen PAC)

Age/Grade Eligibility: 7th through 12th grade youth

Be involved, be a part of the fun, be the one making the decisions! Be a Teen PAC member. Teen PAC members are developing and organizing programs for Lane County older 4-H members. They are a teen-based council, similar to 4-H Leaders' Council. They are working to increase awareness of 4-H, be involved in community service and citizenship activities, as well as leadership development.

Different youth will lead different activities to promote leadership and ownership of the council and commitment of the 4-H program. Ideas for the coming year include: Leadership retreats, team building activities, community service projects, Big Sibling/Little Sibling activities, participation in leadership and activities trainings.

Teen PAC is self-supporting and will have fund-raisers throughout the year to cover the costs of programs and activities.

Join the fun and join Teen PAC. To find out more about Teen PAC contact the 4-H Office.

Inside this issue:

Leadership	1
Teen PAC	1
Recognition Programs	2
Scholarship	2-3
4-H National Congress	3
Oregon 4-H Ambassadors	4
Citizenship Trips and Opportunities	4-5
Camp Counselor	5
General Information	5

Recognition Programs



4-H County Medal Program

July, 2004

Age/Grade Eligibility: Completed the 7th through 12th grades during the 2003-2004 4-H year. Application packets available.

County medals are a recognition of the 4-H member's growth in the work they have done with leadership, citizenship and their 4-H project. County medals recognize "blue-ribbon" 4-H members, rather than blue-ribbon projects.

Pomona Grange Awards

March 31, 2004

Age/Grade Eligibility: Completed the 10th through 12th grades during the 2003-2004 4-H year.

Lane County Pomona Grange provides awards for two outstanding senior 4-H members. The award can be received only once. Selection is based on the applicants total 4-H record, an interview and the completed application. Presentation of the award will take place at the 4-H members school Spring Awards Assembly, as well as at the Lane County Youth Fair.

If you are interested in applying for the Pomona Grange Award, you will need your 4-H Permanent Records, Project Records and Advancement Records, 4-H Notes and photographs.

Scholarships

Age/Grade Eligibility: High School Senior - check individual scholarships for exceptions. Application packet available.

The Oregon 4-H Foundation and other groups offer college scholarships to current and former 4-H members. To be considered for the scholarships, members must be currently enrolled in 4-H - if they are being considered for scholarship designated for high school junior and/or senior and they must have been enrolled in 4-H for the previous 3 years. For scholarships designated for college students, the nominees must have been active in 4-H.

4-H members and former members must be selected at the county level and have the required forms and records submitted to the State 4-H office by the designated deadline, unless otherwise stated in the specific scholarship information.

If members apply for more than one scholarship,

Five Awards Available From Oregon State 4-H

The State has announced five awards for 4-H members and clubs:

All 4-H Senior Members (10th - 12th grades) are eligible for the following awards:

4-H Citizenship Award

4-H Leadership Award

4-H Communication Award

Nominees who are awarded a trip to National 4-H Congress are not eligible to receive this award in the same year.

4-H Academic All-Star Award

All 4-H Members who are high school seniors and have an accumulated GPA of 3.5 or better and/or a 1000 combined SAT score or ACT Composite score of 24 or higher, can apply for the 4-H Academic All-Star Award.

4-H Team Community Service Award

All current enrolled 4-H members of all ages, except Adventures, who have completed a community service project within the past 12 months. (March 1, 2003 to March 1, 2004). Winners will be selected on the overall impact of the project, understanding of how the project has made a difference in the lives of others, and an understanding of how the team has grown through the project.

For an application and a list of criteria, contact the 4-H office. Applications are due in the Lane County Extension Service Office Friday, February 13, 2004 by 5:00 pm.

members may submit one application with supplement materials as designated by each scholarship for which the member is applying.

Beginning in 2004, all 4-H Scholarship applicants must supply current ACT or SAT scores. Applications without these scores will not be considered.

"4-H scholarships open the doors of opportunities."



STATE SCHOLARSHIPS

There are several scholarships on the statewide level for seniors. Your materials are DUE Friday, February 13, 2004 and may include an interview at the county level, depending upon the number of applicants (some scholarships only allow us to submit one county application).

Scholarships include:

- *Babe Coe Memorial* (High School Senior)
- *Cenex Harvest States* (High School Senior)
- *Duane P. Johnson* (High School Senior)
- *Kate Thiess Memorial*
(High School Senior/attend OSU)
- *Leo G. Spitzbart*
(High School Senior/attend OSU/
State Fair participation)
- *Martha McGregor 4-H* (two will be awarded) (High School Senior/attend OSU)
- *O.M. Plummer* (High School Senior/Animal Science projects)
- *Oregon 4-H Foundation* (High School Senior/attend OSU)
- *Agricultural Honors* (E.R. Jackman Foundation)(High

School Senior) - **Deadline February 1, 2004**

- *Judith K. Hofer* (High School Senior) (Female/5 years 4-H experience/attend OSU in Merchandise Management)

Important Scholarship Dates:

<p>Fall, 2003</p> <p>Nov. 1, 2003</p> <p>Nov. 30, 2003</p> <p>Dec. 1, 2003</p> <p>Dec. 27, 2003</p> <p>January 2004</p> <p>February 2004</p> <p>February 13, 2004</p> <p>March 1, 2004</p>	<p>Take ACT/SAT test to have scores available for scholarship application.</p> <p>State leadership and citizenship page followed by communication. Have leadership and citizenship page to Enid Savage. Project activity pages. Have all above materials to Enid for review.</p> <p>Draft and polish story. Polish resume and story, do photo sheets and complete application.</p> <p>Turn in completed resume for Ambassador Program and state scholarship application by 5:00 pm.</p> <p>All materials due at state office.</p>
--	---

4-H National Congress

Delegates

Age/Grade Eligibility: 10th, 11th and 12th grade youth

The State 4-H Recognition Committee meets in March or April to select the 4-H Ambassador nominees who are also the finalists for the state and national award trips to National 4-H Youth Congress.

Oregon 4-H Ambassadors are outstanding 4-H members selected annually to represent the OSU Extension Service and it's 4-H program. Lane County 4-H Ambassadors work with the Lane County 4-H Faculty and the State 4-H staff to promote the 4-H program. Selection is based on a members project achievements, leadership, citizenship activities and participation at selection conference.

Selected nominees attending Oregon 4-H Ambassador program, which is part of 4-H Summer Days Conference, usually in June, are interviewed by the Recognition Committee and participate in personal improvement, cultural and social activities.

4-H members must be selected at the county level

and have the required forms and records submitted to the State 4-H office by the designated deadline. Interested applicants should ask for a Ambassador application packet.

Important Dates:

- Nov. 1, 2003 Start leadership and citizenship page followed by communication summary to Enid Savage for review the end of November.
- Dec., 2003 Work on projects and activities page; complete goals and summary. Have all material to Enid for review.
- Jan., 2004 Draft and polish story.
- Feb., 2004 Polish resume and story, do photo sheets and complete application.
- Feb. 13, 2004 Final materials into 4-H office by 5:00 p.m.
- March 1, 2004 All materials due at state office.
- June 27, 2004 National 4-H Congress Selection
- Nov., 2004 Travel Atlanta, GA.

Oregon 4-H Ambassadors

Oregon 4-H Ambassadors are outstanding 4-H members—10th, 11th, and 12th graders who are selected annually to represent the OSU/Lane County Extension Service and its 4-H program. Lane County 4-H Ambassadors work with the Lane County 4-H Faculty and the State 4-H staff to promote the 4-H program. Selection is based on a members project, achievements, leadership, citizenship activities and participation at the Summer Days Conference.

4-H members must be selected at the county level and have the required forms and records submitted to the State 4-H office by the designated deadline. Interested applicants should ask for an Ambassador application packet.

Important Dates:

- **Jan., 2004:** Oregon Ambassadors questionnaires available
- **May 1, 2004:** Ambassador applications due into the 4-H office by 5:00 p.m.

Please note: Applications for National Congress will be made separately from selection of Oregon Ambassador nominees. National Congress applicants must still submit an application resume. Applicants for the Ambassador program **only** need to complete the Ambassador questionnaire and application which is available after January, 2004.

Citizenship Trips and Opportunities

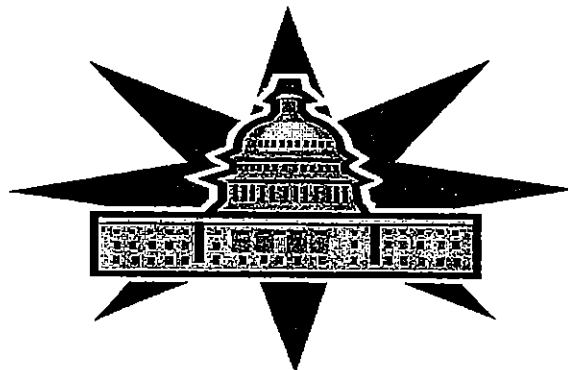
Know Your State Government (KYSG)

4-H Conference - April 22-24

Age/Grade Eligibility: 10th, 11th and 12th grade youth.

2004 Know Your State Government Conference will be in April. Since this will be a legislative "off-year," delegates will have the opportunity stage a mock legislative session during the Conference. The 2004 KYSG Conference information will be coming your way soon!

Learn more about state government through visits and observations of the legislature in session. Meet the people who are making the laws and running the state. Lane County will send a limited number of teens to the conference. Scholarship help is available through the Lane County 4-H Leaders' Council. All Lane County youth must attend an orientation before the conference.



**"4-H Summer Days participants
learn how to be part of the
solution to problems facing their
communities"**

4-H Summer Days Program June 23-26, 2004

Age/Grade Eligibility: 7th through 9th grades during the 2003-2004 4-H year. Registration packets available.

Spend three days on campus at Oregon State University. Stay in the dorms while meeting 4-H'ers from around the state. Learn leadership and citizenship skills and have a great time. A training session is held before the delegates attend 4-H Summer Days. Scholarships are available through the Lane County 4-H Leaders' Council.

There are also opportunities for older teens (who have completed grades 10-12) to be involved as counselors for this program. Youth interested in this opportunity need to contact the 4-H office for additional details.

4-H Camp Counselor

4-H Camp Lane Counselor Program

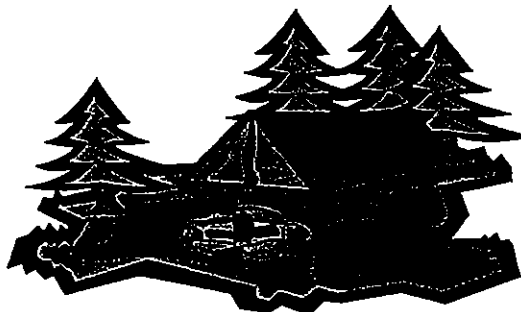
June, 2004

Age/Grade Eligibility: Counselors - must have completed the 9th grade during the 2003-2004 4-H year.

Students in the 9th grade or older are needed as counselors, during the week of June 2004. Selected counselors will earn over 100 volunteer hours and have a great time with campers. Potential counselors are required to attend a training and selection weekend. This years counselor selection weekend is March 13 and 14. Don't let this fun and exciting opportunity pass you by.

Important Dates for 2004:

- January 1, 2004 Applications available
- March 8, 2004 Application Deadline
- March 13-14, 2004 Counselor Training and Selection Weekend
- April TBA 2004 Counselor Training
- June 13, 2004 Counselor Training
- June, 2004 4-H Camp Lane



Additional Citizenship Trips

4-H/Japan Exchange Program

Age/Grade Eligibility: 7th through 12th grade youth. Registration packets available.



What a great way to learn about different cultures and explore the world outside of Lane County. This is a wonderful two way cultural exchange program between the United States and Japan. The outbound portion involves Oregon teens traveling to Japan and the inbound portion involves Japanese teens being hosted in homes of Oregon families. One or more adults accompany the teens who travel to Japan.

The exchange usually happens between mid-July and mid-August. The cost for the program is approximately \$2,000.00. Scholarship help may be available through the Lane County 4-H Leaders' Council.

General Information

Financial Assistance:

Several of the opportunities outlined in this brochure require registration fees and/or other funds. Youth interested in these events should contact the Lane County 4-H Leaders' Council through the 4-H office to check on potential financial assistance.

Additional Opportunities:

At many times throughout the year, the Lane County 4-H program forms ad hoc committees or advisory committees on special topics in which older youth are welcomed and encouraged to participate. County wide educational events are always in need of people willing to serve on planning committees and assist with events. Contact the 4-H office to find out what opportunities are available, to you and would fit into your schedule.

This publication may be photocopied or reprinted in its entirety for noncommercial purposes. Produced and distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials—without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

Cooperative Extension Service
U.S. DEPARTMENT OF AGRICULTURE
Oregon State University Extension Hall
Corvallis, Oregon 97331

OFFICIAL BUSINESS

NOVEMBER

2003

Garden hints from your OSU Extension Agent

- *Western Oregon:* Bait garden, flower beds for slugs during rainy periods. Use traps or iron phosphate baits that are pet-safe.
- Rake and destroy leaves from fruit trees that were diseased this year.
- Tie red raspberry canes to wires; prune to 1 foot above the top wire or wrap the canes around the top wire. Check for holes made by crown borers at base of plant, treat with registered insecticides if seen.
- *Western Oregon:* Good time to transplant landscape trees and shrubs.
- *Western Oregon:* Prune roses to "knee-high" to prevent winter wind damage.
- Renew mulch around perennial flower beds after removing weeds.
- *Western Oregon:* Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
- Place mulch of manure over dormant vegetable garden area. A 3- to 4-inch layer of leaves spread over the garden plot prevents soil compaction by rain.
- Cover rhubarb and asparagus beds with composted manure and straw.
- Use mulches to prevent erosion and compaction from rain.
- Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching, and French drains are possible solutions.
- Protect built-in sprinkler systems: drain the system, insulate the valve mechanisms.
- *Central/eastern Oregon:* Water your plants every 6 to 8 weeks with a deep soaking to prevent drying out.
- *Central/eastern Oregon:* Wrap the trunks of young, thin-barked trees with paper tree wrap late in the month to prevent sunscald.
- Monitor landscape plants for problems. Do not treat unless a problem is identified.
- Prepare lawnmower, other garden equipment for winter storage. Drain and store hoses carefully to avoid damage from freezing.
- Tie limbs of upright evergreens to prevent breakage by snow or ice.
- Plant shrubs and trees that supply food and shelter to birds, e.g., sumac, barberry, and holly.
- Protect tender evergreens from drying wind.
- Trim chrysanthemums to 4–6 inches after they finish blooming.
- Moss appearing in lawn means too much shade or poor drainage.
- *Central/eastern Oregon:* Apply a winter fertilizer to your lawn.
- Place a portable cold frame over rows of winter vegetables.
- Clean and oil tools and equipment before storing for the winter.
- Reduce fertilizer applications to houseplants.
- Still time to plant spring-flowering bulbs, but don't delay.
- *Western Oregon:* Apply lime to lawns if needed.
- Rake and compost leaves that are free of diseases or insects.
- Place mulch around berries for winter protection.
- Plant window garden of lettuce, chives, parsley.
- Check potatoes in storage and remove any going bad.
- *Western Oregon:* Plant garlic for harvest next summer.
- Force spring bulbs for indoor blooms in December.

Oregon State University Extension Service encourages sustainable gardening practices. Always identify and monitor problems before acting. First consider cultural controls; then physical, biological, and chemical controls (which include insecticidal soaps, horticultural oils, botanical insecticides, organic and synthetic pesticides). Always consider the least toxic approach first.

All recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your county office of the OSU Extension Service.

OREGON STATE UNIVERSITY
EXTENSION SERVICE

Extension publications on the Web—<http://eesc.oregonstate.edu>



OREGON
STATE
UNIVERSITY

950 West 13 Avenue
Eugene, Oregon
97402-3913

Agricultural,
Forestry, Home Economics,
Horticulture, 4-H
Telephone
541-682-4243
1-800-872-8980

Nutrition
Telephone
541-682-4281

Fax
541-682-2377

Date: November 17, 2003
To: Lane County Board of Commissioners
From: Nellie Oehler, Interim Co-Staff Chair
Ross Penhallegon, Interim Co-Staff Chair
Re: OSU Extension Service Updates

Program Updates:

▪ **EXTENSION PUBLIC OUTREACH**

- Thriving Through Hard Times with OSU/Lane County Extension was the theme used for our Lane County Fair booths, and also our October, November and December, 2003 newspaper. We have had a wonderful response from the community that appreciated the timely common theme.

▪ **EXTENSION STAFFING**

- FCD Faculty vacancy (Ellen Syversen), recruitment is on-hold from the state and will go at least to .5 FTE to the EFNEP grant.
- FCD/NEP Professional Faculty position has been filled by Anna Galas as of August 25th.

▪ **FAMILY AND COMMUNITY DEVELOPMENT**

Family and Community Development (FCD)

- "All About Food" presentation for Community Action Planning for Food for Lane County, September in Junction City- 12 participants.
- Volunteers Pene' Ballini and Dale Dow selected as OSUEA Cooperators representing Lane County for their contributions to the OSU/Lane County Extension Service in the Master Food Preserver and Extension Study Group programs.
- Nellie Oehler was selected as the Epsilon Sigma Phi Distinguished Service Award winner for Oregon.
- "The Magic of Slow Cooker- One Pot Meals," Extension Study Group program- 28 participants.
- Susan Busler and Nellie Oehler taught "Volunteers in Partnership Style", "Second Chance Renters Rehabilitation Program at 2003 Extension Galaxy Conference in Salt Lake City, Utah. "But...What About Adult Development?"- Susan Busler taught research report on 4-H New Leader Education.
- Susan Busler received the Western Regional Mid-career Award for Epsilon Sigma Phi.
- "All About Food" presentation for Community Action Planning for Food for Lane County, October in Springfield- 8 participants.
- "Women: Secure Your Financial Future" four session workshop series in October - 17 participants.



OREGON
STATE
UNIVERSITY

950 West 13 Avenue
Eugene, Oregon
97402-3913

Agricultural,
Forestry, Home Economics,
Horticulture, 4-H
Telephone
541-682-4243
1-800-872-8980

Nutrition
Telephone
541-682-4281

Fax
541-682-2377

- Attended United Way "Neighborhoods in Action" volunteer fair to provide update of Extension Information and volunteer opportunities.
- "Healthy Air in Your Home" presented in October by Janice Gregg to Extension Study Group- 16 participants.
- Held annual "Mansion Dinner" in October for volunteer recognition- 36 volunteers and guests.
- Nellie Oehler and Susan Busler assisted facilitation of Oasis Senior Education programs Yearly Goal Setting Meeting with the Executive Board in November- 16 participants.
- "Manage Your Money Before Your Debt Manages You" presentation in November to the Confederated Tribe of Siletz Job Training and Placement Program- 9 participants.
- "The Magic of Slow Cooker- One Pot Meals," Oasis Senior Education program. Two sessions of 30+ participants each session.
- Collaborated with Food for Lane County on their Food, Farms, Community "Let's Talk Food" project. Served on advisory committee and taught or facilitated four community meetings.
- Working with Food for Lane County on recipe development for unusual foods, such as bison and emus to be handed out with food boxes.

Leadership Education Program

- Leadership Education Program has been dropped statewide. Lane County volunteers and participants feel that there is still a strong need for the program. They are looking at ways they can help the community without the state support.
- Facilitated two goal setting meetings for OASIS
- Presented a staff development program on Learning Styles for the Montessori School as a follow up from last spring.

Family Food Education Volunteers (formerly Master Food Preservers):

- Master Food Preserver participants are working with Food for Lane County sites in Eugene and Springfield on using powdered milk. Demonstrations have been presented to over 300 food box recipients.
- Presented a program on food safety to food bank coordinators at their quarterly training. This will be an on going training and will be continuing to work with FFLC to have volunteers working with food box recipients on better utilizations of the foods.
- Annual Tuna Workshop attracted over 50 public and 24 Master Food Preserver participants.
- Lane County Master Food Preserver volunteers answered over 6,000 calls on the statewide food safety/preservation hotline this summer. Two-thirds of the calls had safety implications. The volunteers will be staffing a holiday hotline before Thanksgiving to answer turkey calls.
- 42 active Master Food Preserver volunteers have volunteered a total of 4200 hours for OSU/Lane County Extension Service this year.
- Master Food Preserver volunteers have tested over 300 pressure canner gauges this summer and fall. Free testing is offered twice a month through the preservation season.



OREGON
STATE
UNIVERSITY

950 West 13 Avenue
Eugene, Oregon
97402-3913

Agricultural,
Forestry, Home Economics,
Horticulture, 4-H
Telephone
541-682-4243
1-800-872-8980

Nutrition
Telephone
541-682-4281

Fax
541-682-2377

▪ FORESTRY

- Steve Bowers is now the Forestry Faculty for Lane and Linn Counties.
- Presented session on Maintenance in September for the Forest Roads Workshop in Medford.
- Presented courses at Forestry Workshop in La Grande in September. Courses on Log Scaling and Grading, Chainsaw Safety and Us, Felling Techniques, and Bucking for Value.
- October 23rd and 24th presented "How does YOUR Forest Measure Up?" at 2003 Master Woodland Manager Mini College at the OSU campus.
- November 11th presented "Managing Your Hardwoods" in Eugene- 27 attendees.
- November 12th, presented Train-the-Trainer Forestland Taxation session in Eugene. Three additional sessions have been scheduled starting December 11th.

▪ HORTICULTURE

- Eastern Filbert Blight now in eight orchards in Lane and Linn Counties.
- Held two orchard tours for the Eastern Filbert Blight.
- Will hold a regional EFB workshop to train growers about the disease, what can be done, chemical controls and potential solutions on December 11th.
- Cultivar testing is still going on in Lane County.
- Will make presentation at the International Vaccinium Conference in Portugal in May 2004.

Master Gardener Program

Master Composters

▪ NUTRITION EDUCATION PROGRAM

(Adult and Youth Limited Resource)

Oregon Family Nutrition Program (OFNP)

- As of 11/07 have eight newly enrolled in-home families for a total of 24 families.
- Groups and Single Events in Eugene; Living Hope Church MOPS, DHS, Catholic Community Services-Young Parents, Siletz Tribe Family Nights, Opportunity Center Teen Parents, Westmoreland Elementary BEST, Juvenile Justice Center Youth Court Program and Willamette Family Treatment Center- 95 newly enrolled for a total of 135 enrollees.
- Groups and Single Events in Springfield; Springfield High Teen Parents, Willamalane Seniors, Gateways Learning Center- 95 newly enrolled for a total of 119 enrollees.
- Groups and Single Events in Cottage Grove; Second Chance Renters Rehabilitation- 9 newly enrolled for a total of 9 enrollees.
- Groups and Single Events in Florence; Women's Empowerment Group, DHS, Peace Health #1, Peace Health #2- 11 newly enrolled for a total of 14 enrollees.
- Groups and Single Events in Reedsport; Head Start- 4 newly enrolled for a total of 4 enrollees.

Expanded Food & Nutrition Education Program (EFNEP)

- As of 11/07 have 20 newly enrolled in-home families for a total of 101 families.

Forestry

Extension's forestry program addresses stewardship of forest resources and options for sustaining their economic and environmental benefits. Practical education is provided for forest owners, managers and workers, wood products manufacturers, forestry and business professionals, youth, and the general public.

Energy

Extension Energy programs help individuals and businesses improve health and safety, reduce adverse environmental impact, and increase profitability. Programs are supported primarily through outside grants and contracts.

Family & Community Development

Extension's family and community development program offers educational opportunities to help Oregonians meet the practical challenges of daily life. Programs address critical issues that enable individuals and families to become healthy, financially secure, and responsible, caring members of society.

Extension Sea Grant

Extension's Sea Grant program provides coastal and marine education, training and technical assistance. Areas of major effort are fisheries, seafood science and technology, community development, business, resource management and conservation, and informal education (including the Public Wing of the Hatfield Marine Science Center). The primary program support is from the Oregon Sea Grant Program.

Agriculture

Extension's agricultural program provides leadership development, education, training, and technical assistance to people with agricultural and natural resource interests. Emphasis is on development and application of technology that promotes profitability and preserves environmental quality. Educational areas include food and fiber production, natural resource management, farm business management/marketing, value-added processing, and community/consumer horticulture.