



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%).

**OREGON STATE UNIVERSITY**

OPEN MINDS. OPEN DOORS.

# Lane County

## Extension 4-H Program

### September 2005

#### 4-H School Enrichment

The 4-H School Enrichment catalog was distributed to all Lane County schools. It features 4-H curricula available to teachers, as well as a NEW lending library with materials from 14 different project areas to use in classrooms free of charge. The curricula meet Oregon learning benchmarks.

#### School Open Houses

Staff attended 10 school open houses at various Lane County Elementary Schools to promote the opportunities available in 4-H, and recruit new members and volunteers for the program.

### October 2005

#### 4-H Fall Kick-Off

Over 100 members and volunteers attended the first annual 4-H Fall Kick-Off on October 3 at the Irving Grange Hall. This event recognized 4-H Lane County medal winners, volunteers and graduating seniors.

#### Fall Fun Show

Approximately 35 students participated in the 4-H Horse Fall Fun Show in Loraine on October 8. It was a great opportunity to introduce the 4-H Horse Project to new potential members.

#### 4-H Afterschool Programs

Three new 4-H afterschool programs are being held at River Road Elementary, Meadowlark/Buena Vista, and Coburg Elementary. The program that all sites are currently conducting is "Cultural Connections" an interactive, hands on curriculum which helps students learn about their own cultures, as well as, gain an appreciation for the cultures of others.

Approximately 50 youth, in grades 3-5 are participating in the program. We are planning to continue the afterschool program in the winter months with different project area interests such as entomology, and foods and nutrition.



*Make A Difference Day. Teen PAC made fleece blankets for kids at the Women's Space domestic shelter.*

#### Ag in the Classroom

The following Ag subjects will be offered to Lane County youth:

- Dairy Products/Dairy Industry
- Poultry/Egg Industry
- Berries (emphasis on cranberries & Marion berries)
- Oregon Products (emphasis on Christmas Trees, Timber, Grass Seed, and Hazelnut production).

Students are taught to prepare a healthy snack from products that they study and they are encouraged to explore where their food and fiber products come from.

One hundred youth in Junction City's Laurel Elementary school have been through the Ag in the Classroom program, with another 60 currently enrolled at Danebo Elementary school in Eugene. The entire student body (100 kids) at McKenzie Elementary school in Blue River will participate in January.

#### 1<sup>st</sup> Annual Pantry Cook Off

Several 4-H Teen PAC members helped at the FOOD for Lane County First Pantry Cook Off. The teens assisted with the ballot process, registration and greeting the guests.

#### Wildlife Stewards

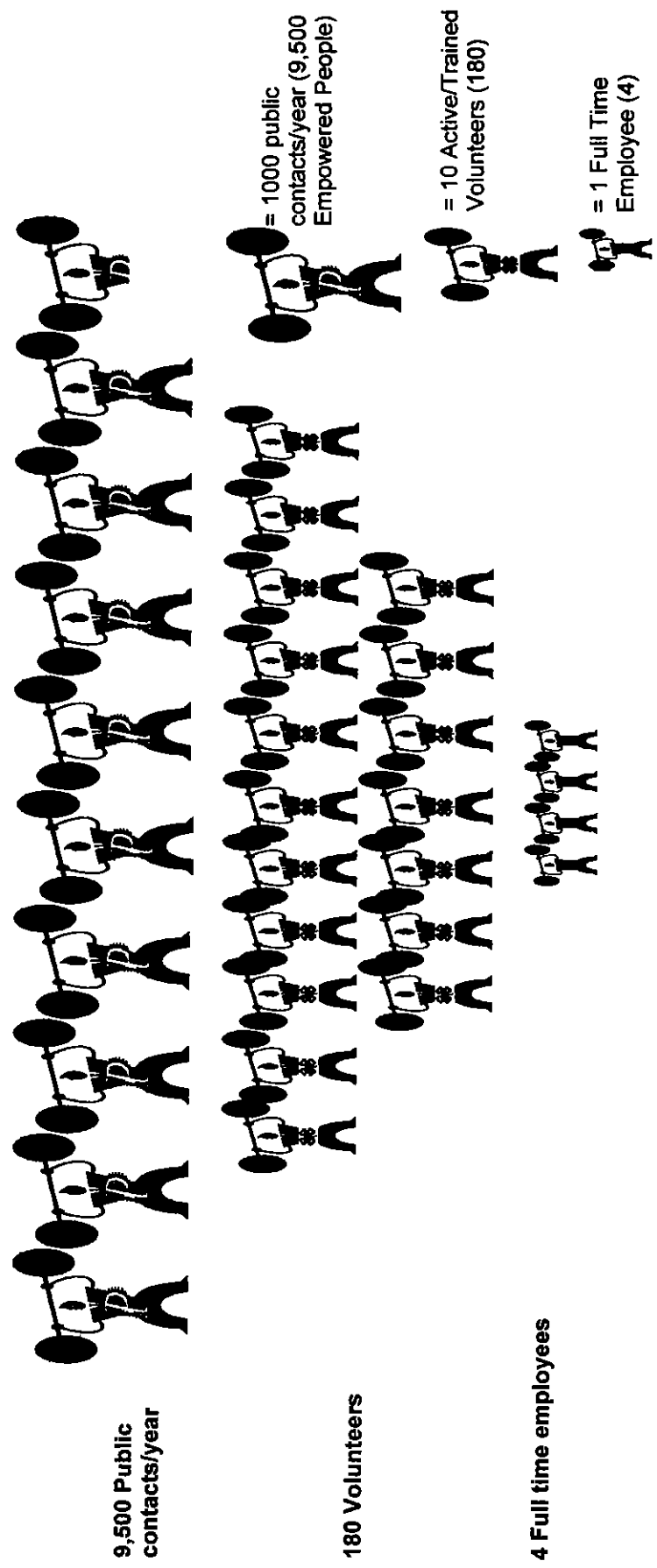
Six schools now participate in the Wildlife Stewards Program—Cesar Chavez, Family School, Ridgeline Montessori, Dorena School, Village School and River Road Elementary.



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.

**Leveraging**  
 OSU/Lane County Extension Service  
**4-H Program**

The 4 full time employees train 180 volunteers who ultimately empower 9,500 youth per year with research based information on large/small animal care, veterinary science, food preservation, cooking, wood working, photography, horticulture, sewing, leadership and many other projects.



# Lane County

## Extension Family & Community Development Program

### Women: Secure Your Financial Future Series

Fifteen participants attend the class series on ways to identify and budget dollars to save money for retirement. Individuals had the opportunity to develop a plan for retirement savings and investments, and to improve their understanding of financial choices available.

- 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

### Evaluation Summary

- 88% of the audience considered the program very worthwhile.
- 100% of the audience indicated they felt more confident making financial decisions as a result of this class.
- 100% of the audience indicated they felt more prepared to handle later life events as a result of this class.

Participants indicated the *most valuable information gained* from the workshop was:

- How to access my finances and plan long-term for retirement and financial goals.
- Things I need to do to plan for retirement.
- Helping me to make the decisions of how important it is to have bills paid off before retirement.
- A better understanding of what I need to retire and some ideas of how to achieve my goals.
- Using the "Ballpark" estimate to figure out how much I need in retirement.



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.



Participants indicated the *changes they plan to make* as a result of this program:

- Talk to my broker and make a will.
- I plan on putting more money aside to accomplish my goals.
- Be more proactive with my finances – save more and set up a deferred savings plan at work.
- Work on building my savings and reserve account by getting a 20-hour a week job.
- Review assets and investments yearly and rebalance my portfolio and continue to plan for retirement.
- Get my legal papers in a form usable by my family.
- Not make any new bills.

### Success Stories

"I recently refinanced my house at a lower interest rate. I'm going to put the difference into a retirement account. Before taking this class I may not have refinanced, but I now know about compound interest and how aggressively to invest."

\*\*\*\*\*

"I need to keep talking to my husband to get him to agree – big thing! I'm going to put away our credit cards so they are not tempting to use and use envelopes to budget."

\*\*\*\*\*

"I'm going to sign up for the retired senior class!"

# Lane County

## Extension Family Food Education/Master Food Preserver (FFE/MFP)

### Food Safety/Preservation Activities

#### Hotline

The Food Preservation Hotline closed the end of October. It was a rather slow year because of the lack of produce. The season totals were 4,325 calls state-wide with over half the calls coming from Lane County.

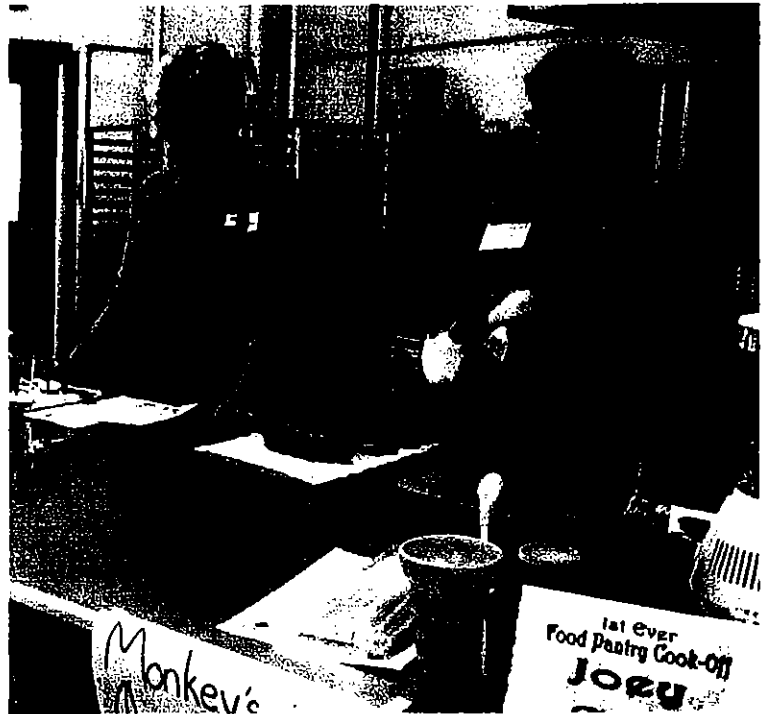
In November the hotline will be staffed to take Thanksgiving turkey and food safety questions. Many of the questions deal with Avian influenza and how this may affect the safety of holiday turkeys. This is also the time of the year for calls regarding the shipping of holiday foods.

#### FFE/MFP Outreach

The volunteers were busy this fall serving outlying communities and farmer's markets sharing food safety and food preservation information. The following events were attended:

- Lane County Farmer's Market visits: demos were given with local grown produce.
- Detering Orchard: volunteers attended apple day in October and taught how to use and preserve apples and pasteurize apple juice.
- Day in History at Doris Ranch: over 1,500 people visited the FFE/MFP hands-on display for this event. The volunteers dressed in costume and showed how to bake bread, churn butter, dry apples and make sourdough biscuits.
- Information booths on food safety/preservation will be in the holiday market at the Fairgrounds during November and December.
- Fall Food Faire: there were stations on canning fish, meat, sausage making, jerky making, tomato and salsa canning, freezing convenience foods, pickle making, jams and jellies and food dehydration.
- Pressure canner gauge testing: held in October.

- This Fall, 55 Lane County FFE/MFP volunteers worked 5,145 hours. At \$17.55 per hour the volunteers contributed \$90,295 to outreach programs in Lane County.



"Addressing Hunger One Recipe at a Time" Cook-off was held at FOOD for Lane County on October 11. This event was a huge success and attended by Lane County Commissioners Bobby Green, Faye Stewart and Anna Morrison. The winning recipes were published in the *From Pantry to Kitchen Cook book* and are on OSU/Lane County Extension Service website.

#### Queso Fresco Workshops

Two cheese making workshops for Hispanic homemakers were held. Another class was open to the general public and taught in "slow English." The mixed audience of Spanish and English speakers commented that this was the first opportunity to work side by side on a project. A tremendous amount of sharing occurred to assist with the language barriers.

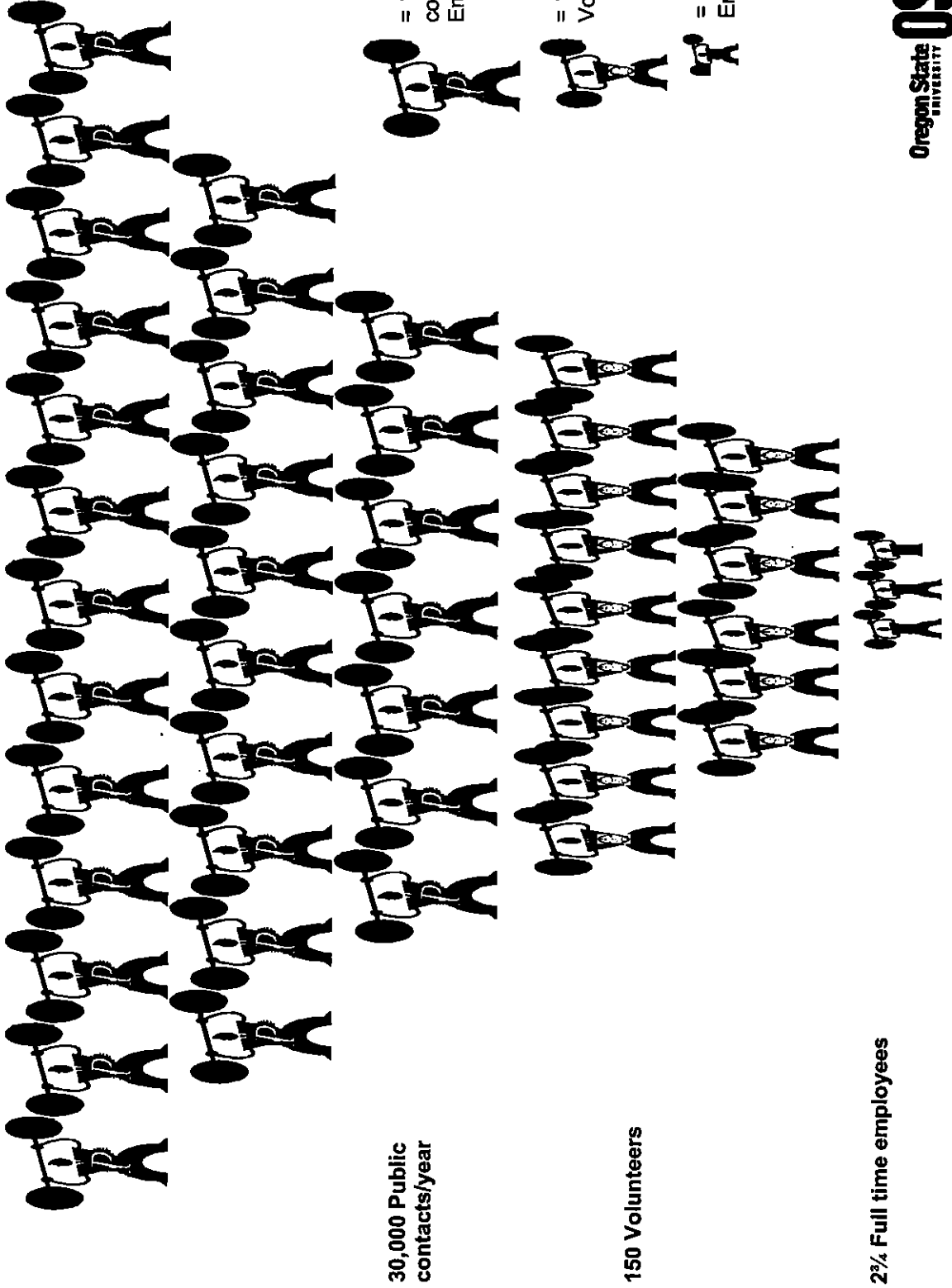
#### Recognition

The Food Pantry Project received the Western Regional Distinguished Team Award at the National Epsilon Sigma Phi national meeting in November. The Pantry Project involves volunteers who visit each pantry site to assist pantry shoppers to better utilize food available in the emergency food system.



**Leveraging**  
OSU/Lane County Extension Service  
**Family and Community Development Program**

The 2¾-full time employees train 150 volunteers who ultimately empower 30,000 clients per year with research based information on home food preservation, food safety, cooking, cleaning and general home economics.



2¾ Full time employees

150 Volunteers

30,000 Public contacts/year

= 1,000 public contacts/year (30,000 Empowered People)

= 10 Active/Trained Volunteers (150)

= 1 Full Time Employee (2¾)

# Lane County

## Extension Forestry Program

### Forestry Faculty Writes Handbook

Steve Bowers, OSU/Lane County Extension Forestry is the sole author of *MANAGING WOODLAND ROADS: A Field Handbook*. Through a \$25,000 grant from the Oregon Department of Forestry, this publication is in its second draft. This publication is scheduled for print and available to the public sometime in January 2006. It is approximately 100 pages (8.5" x 6") with tabs delineating the topics.

- Contributor: Lane County Extension Newspaper: a 12- page newspaper insert in the *Register Guard*. 2005 Spring Issue. 2005 Summer Issue. 2005 Fall Issue. Distribution: approx. 68,000.
- *Northwest Woodlands (NW)*. Tips From The Treeman. *NW* is a quarterly publication.

### Tree School WEST

Approximately 120 participants attended Tree School WEST held on Saturday, October 8, 2005 at the Florence Events Center in Florence, Oregon. This first ever mini-college featured 20 classes on a wide variety of topics of interest to family forestland owners, professional foresters, loggers, arborists, teachers and general public.

### Lane County Forestry Extension Provides Information

- Master Woodland Manager (MWM): Timber Harvesting & Marketing module held at Roseburg in September.
- *Alternative Species Silviculture: coast redwood*. Tree School WEST held at Florence in October.
- Junction City Garden Club. *Urban Tree Selection* held at Junction City in September.
- Editor/Designer/Writer of the *Lane Woodland News*: a 12-page newsletter dedicated to woodland owners in Lane County. 2005 Spring Issue. 2005 Summer Issue. 2005 Fall Issue. Distribution: approx. 900.



**Forest Field Day held at Springfield Middle School. Forty-three students participated in an October training on forest measurements.**



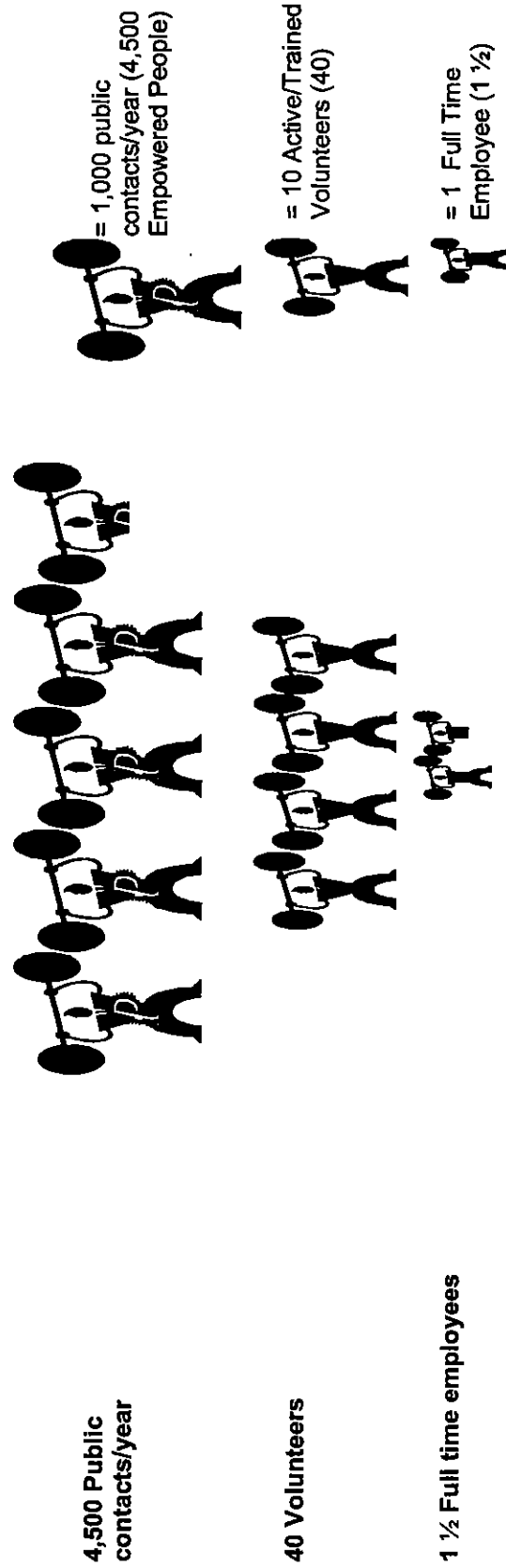
### Christmas Tree Facts

Lane County ranks 5<sup>th</sup> in the nation for Christmas tree sales: approx. 165,000 trees were sold in 2004 at \$14.50 per tree.



**Leveraging**  
 OSU/Lane County Extension Service  
**Forestry Program**

The 1½-full time employees train 40 volunteers who ultimately empower 4,500 clients per year. The Forester provides leadership in the development, delivery, and evaluation of an Extension forestry education program targeting non-industrial, private forest owners, professional resource managers, contractors, agencies, forest product industry representatives, educators, youth, and the general public.



**4,500 Public contacts/year**

**40 Volunteers**

**1 ½ Full time employees**

# Lane County

## Extension Horticulture Program

### Master Gardeners™

Forty-two new Master Gardeners (MGs) graduated in October after completing 66 hours of training and 66 hours of volunteer service answering questions:

- on the Master Gardener Hotline
- to walk in customers
- to participate in outreach projects.

So far this year, MGs have answered over 10,000 phone calls and assisted with 20,000 contacts.

### Lane County Water Quality Affiliate

For the 10th time, the Lane County Water Quality Affiliate was recognized in Nebraska City, Nebraska as a Groundwater Guardian community.

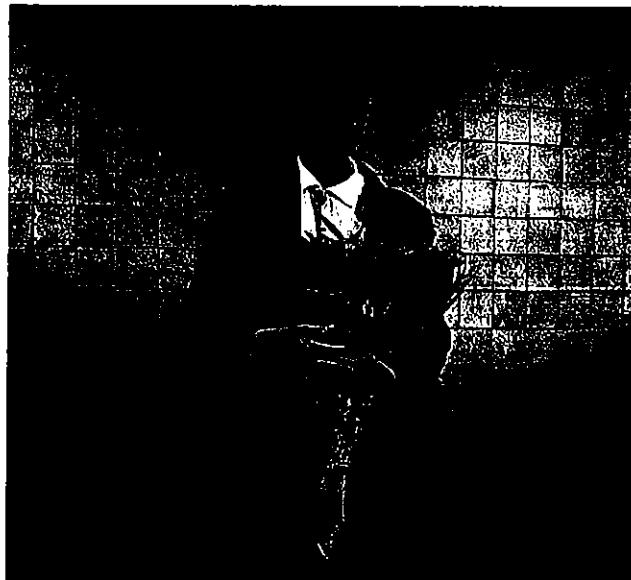
A Groundwater Guardian community has goals and objectives for protecting the precious ground and surface water and educates the community about the importance of protecting this valuable natural resource.

Ross Penhallegon, OSU/Lane County Extension Service represented the Affiliate in Nebraska. This year, he also serves on the national Groundwater Foundation Council to represent both the Affiliate and the Extension Service.

In addition, Penhallegon was awarded the Phil Peters Awards for his service to the national Groundwater Guardian program and the national Groundwater Foundation. There have only been six Phil Peter Awards given by the Groundwater Foundation.

### Compost Specialist Receives Award

Cindy Wise, OSU/Lane County Compost coordinator was awarded the Lane County Trashbuster award by Commissioner Sorenson on November 12, 2005.



Cindy has helped to keep over 89,000 pounds of coffee grounds out of the Lane county landfill and has taught people how to recycle the coffee grounds.

Wise and the compost specialists have taught over 20 classes reaching over 15,000 people teaching them about composting, vermiculture, and compost tea, in addition to the benefits of coffee grounds.

### Well Water Testing

The OSU/Lane County Extension held the last monthly well water clinic for the year on November 16. Jackie Fern, MG and Extension Water Quality Educator tested 177 Lane County well water samples in 2005.

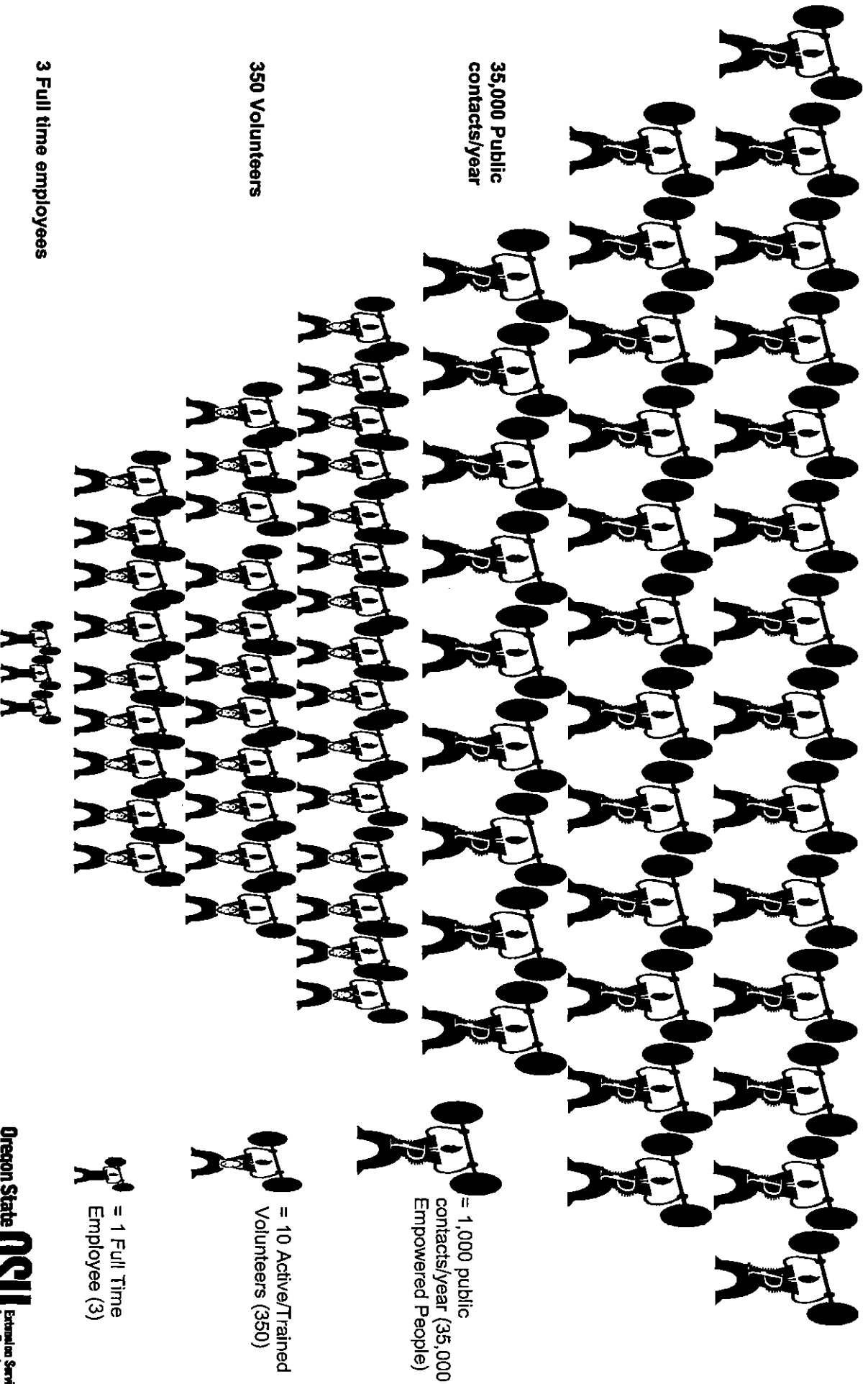
The Oregon Department of Environmental Quality designated a portion of the southern Willamette Valley as a Groundwater Management Area based on elevated nitrate levels.



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.

**Leveraging**  
OSU/Lane County Extension Service  
**Horticulture Program**

The 3-full time employees train 350 volunteers who ultimately empower 35,000 clients per year with research based information on home horticulture, composting, pruning or commercial applications.



# Lane County

## Extension Nutrition Education Program (NEP)

### USDA Hunger and Food Security Report

On October 18, 2005 the USDA released the 2002-04 hunger and food security data and Oregon had a statistically significant decrease in both hunger and food insecurity over the 2001-04 period. Oregon is the only state to experience a decrease. Oregon is now in a tie for 16<sup>th</sup> place in food insecurity with hunger, and 19<sup>th</sup> in food insecurity. At one point Oregon was ranked 2<sup>nd</sup> in the nation.

	2002-04	1999-01	1996-98
<b>Oregon</b>			
Food insecurity	11.9	13.7	14.2
Food insecurity w/hunger	3.8	5.8	6.0
<b>US</b>			
Food insecurity	11.4	10.4	11.3
Food insecurity w/hunger	3.6	3.1	3.7

### Nutrition Education Program's Response

OSU/LCE Nutrition Education Program (NEP) continues its nutrition education efforts to limited resource families, adults and youth. In addition, trained volunteers participating in the LCE Pantry Project provide specific nutrition education food demonstrations targeting food box recipients.



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.

Teaching to the USDA Dietary Guidelines and the new MyPyramid.com, NEP implements a variety of programming including in-homes, group series, single events, in-school, after-school, summer activities and local outreaches. Program goals focus on dietary quality (including the promotion of physical activity), food security, food resource management and food safety.



### NEP Accomplishments 2004-2005

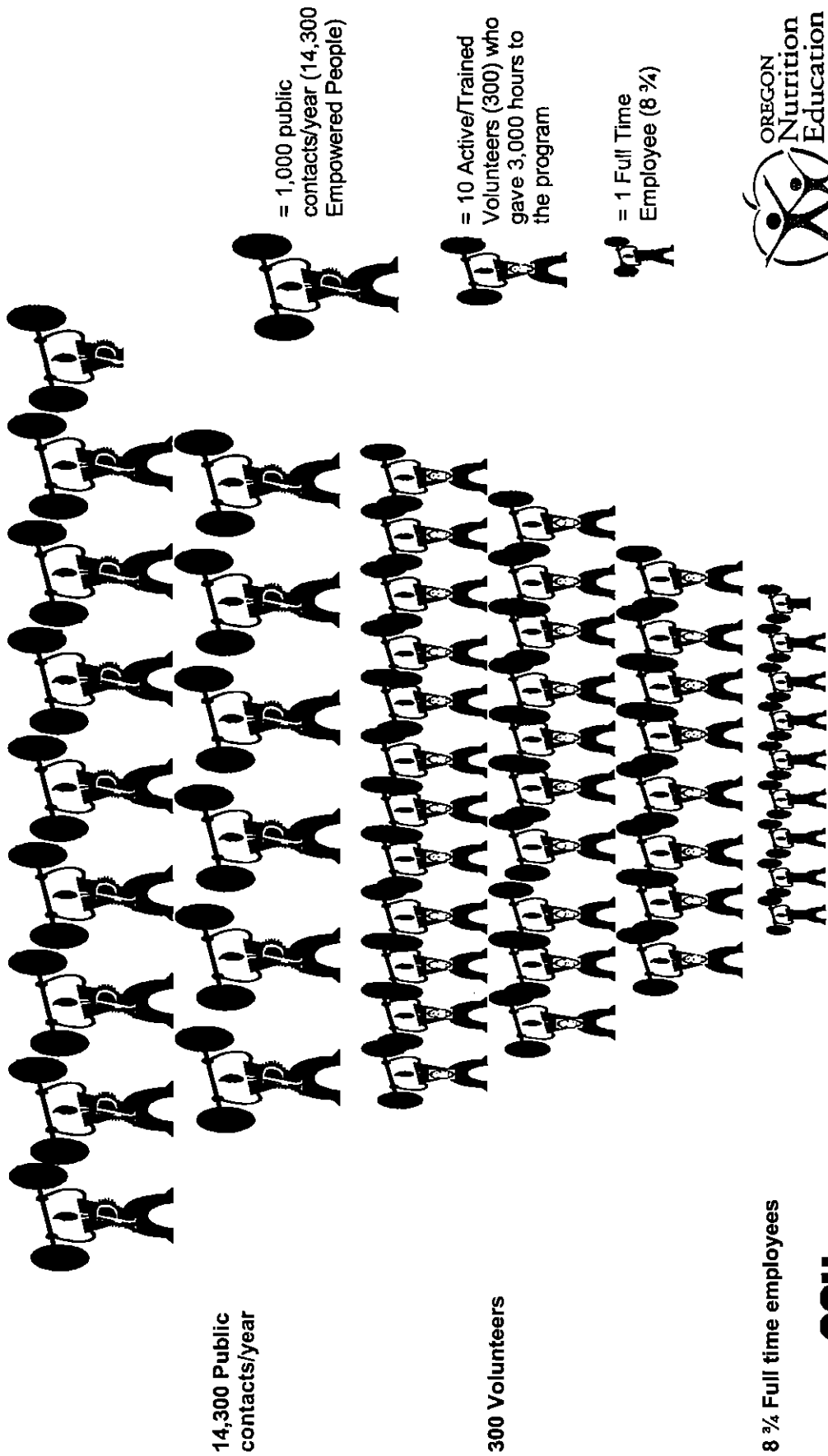
For the 2004 – 2005 program year (October 1 – September 30), NEP served adult and youth audiences in the following communities: Florence, Eugene, Springfield, Mapleton, Junction City, Oakridge and Cottage Grove.

Over 16 different Pantry sites were served monthly throughout Lane County all the way from Florence to Oakridge. WIC, DHS and other outreaches focused on Eugene, Springfield, and Florence areas.

Enrollment	Adult	Youth
OFNP	547	793
EFNEP	193	550
<b>Outreaches/ Single Events</b>		
WIC	592	70
Pantries	6,732	555
DHS Events	96	
Community Partners/Agencies	674	978
School Outreach Events	160	2,375

**Leveraging**  
 OSU/Lane County Extension Service  
**Nutrition Education Program**

The 8 ¾-full time employees train 300 volunteers who ultimately empower 14,300 clients per year with research based information on nutrition, cooking, meal planning, and budgeting.



14,300 Public contacts/year

300 Volunteers

8 ¾ Full time employees



## 4-H Youth Development

4-H is the youth development program of the Extension Service. The 4-H Youth Development program helps young people become self-directing, productive members of society by providing hands-on learning through more than 40 projects and activities.

## 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 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, 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. Education includes food and fiber production, natural resource management, farm business management/marketing, value-added processing, and community/consumer horticulture.