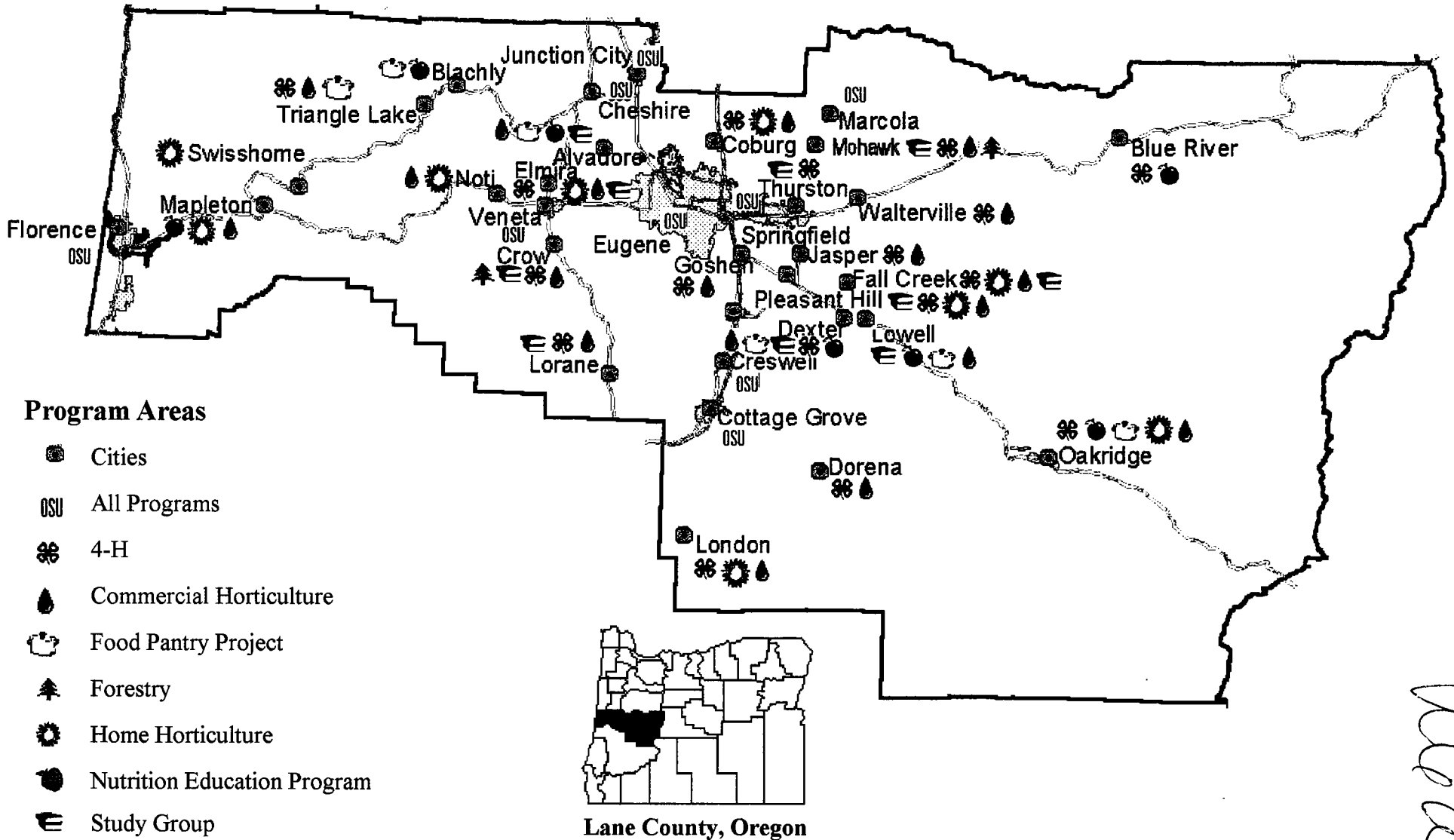


OSU/Lane County Extension Service From the Coast to the Cascades



Map prepared by OSU/Lane County Extension Service, 2005.

WMA

Lane County

People, Economy, Environment

OSU/Lane County Extension Mission

The Oregon State University Extension Service of Lane County engages the people of Lane County with research based knowledge and education that focus on strengthening communities and economies, sustaining natural resources, and promoting healthy families and individuals.

OSU Extension Service Vision

Extension leads Oregon State University's outreach mission by engaging with Oregon's people and communities to have positive impacts on community livability, economic vitality, natural resource sustainability, and the health and well-being of people. Based on these positive impacts, the OSU Extension Service is recognized as one of America's top-five Land-Grant University Extension systems.

OSU/Lane County Extension Service Base Programs

- Agriculture, commercial land and home gardening
- 4-H Youth Development
- Forestry
- Family and Community Development
- Nutrition Education
- Water Quality, Livestock, Small Farms and Seed Certification

OSU Extension Service Organization

- In Oregon since 1911 and in Lane County since 1914
- Offices and faculty in 36 counties
- About 323 faculty (264 FTE) and 200 support staff
- More than 1 million Oregonians use the OSU Extension Service each year
- Statewide, some 30,000 volunteers contribute more than 2 million hours each year—the equivalent of 1,100 full-time employees
- In Lane County, 896 volunteers work 47,310 hours each year—saving at least \$782,507 and making 75,357 consumer contacts.

OSU Extension Service Funding

Due to its broad base of support—funding is provided by federal, state, and county governments—Extension is in a unique position to address a variety of issues that affect Oregonians.

OSU/Lane County Extension Service Responds to Local Needs

- Citizen advisory committee for Lane County.
- Extension faculty work closely with local, state and federal agencies to identify problems and develop solutions.
- County staff works closely with campus based Extension subject matter specialists, who stay current in their academic fields and translate the conclusions of research into practical applications.



OSU/Lane County Extension Service Community Partnerships

- FOOD For Lane County
- WIC
- 4J Food Service
- Lane Coalition for Healthy Active Youth
- Meals on Wheels
- Relief Nursery
- City of Eugene Parks & Recreation
- Emerald Valley Boys and Girls Club
- YMCA
- Food Policy Council
- Willamalane Parks and Recreation District

Contact Extension Service in Lane County:
(541) 682-4243 or
800-872-8980.

Online <http://extension.oregonstate.edu/lane>

Oregon State UNIVERSITY OSU Extension Service Lane County

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Lane County

Extension 4-H Program

4-H Youth Development Teaches Life Skills

Nearly 5,500 Lane County youth participate in the Lane County 4-H Youth Development Program learning leadership, citizenship and life skills by participating in positive youth development. Over 50% of Lane County 4-H members live in urban areas.

4-H is open to all youth, grades 4-12, has over 200 projects and the 4-H Adventures program for youth grades K-3. As a result of participating in community based organizations like 4-H, youth are more likely to:

- * graduate from high school
- * attend college
- * feel good about themselves
- * have higher levels of self-efficacy sufficiency
- * view themselves as worthy and effective
- * find a job they enjoy
- * value community service

Examples of our School Enrichment Programs

Over 5,000 students participated in school enrichment for the 2004-05 year.

- Wildlife Stewards Program
- Quail Project
- Conflict Resolution Skills
- Leadership Development
- Natural Science
- Horticulture
- Teamwork & Exploring Citizenship

Horse Program

- A third of Lane County 4-H membership participate in the Horse Project
- Creates a learn-by-doing environment
- Nurtures confidence, self assurance, respectfulness, caring, and pride
- Provides opportunities to learn about the member's passion, curiosity and connection with horses.

Teen Leadership Program

Teen PAC provides older 4-H members (grades 7-12) an opportunity to participate in activities that develop leadership and citizenship skills. Some Teen PAC activities held in 2005 included:

- Oregon Beach Clean up
- Coordinate 4-H Youth Fair events
- Media promotion
- Summer Conference at OSU
- Ambassador Training (in 2005 three Lane County 4-H members were selected to interview for the 4-H National Congress Program)

4-H Camp

July 2005, Lane County youth, grades 3-6 participated in 4-H Camp. Campers spent five days of adventure exploring the 300 acres of mixed forests, meadows and ponds at the Oregon 4-H Conference and Education Center in Salem, OR.

4-H Youth Fair

The fair provides an opportunity for personal growth and development of life skills

such as public speaking, responsibility, and leadership skills.

The 2005 4-H/FFA Youth Fair had 700 youth and 250 volunteers participating in 1,000 projects.



"4-H is for everyone. 4-H teaches leadership that helps us in our future. It offers unique opportunities that you can't find anywhere else."

- Jen Mosier, Coburg Community Club



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4-H Wildlife Stewards

Students create habitat sites on school grounds which invite wildlife and hands-on science learning opportunities. Over 2,620 students, 20 volunteers and 5 county schools have participated in the Wildlife Stewards Program since it was launched in Lane County in October, 2004.

Lane County

Family & Community Development Program

Family & Community Development (FCD) Programs Improve Stability through Self-sufficiency and Well-being

Educational opportunities are made available to help Oregon families meet the practical challenges of daily life including family, food and financial stability. Programs address critical issues for individuals and families, helping Oregonians become healthy, financially secure and responsible members of society.

FCD focuses on increasing the capacity of individuals and families to maintain quality of life for all ages; create and manage resources; and partner with others to build caring productive communities.

Financial Stability

Many individuals and families are faced with daunting financial decisions. Extension educational programs have been developed to address the needs of financially challenged families, women planning for retirement and retired seniors determining whether or not they have the financial resources necessary to meet their needs for their lifespan.

Financially Challenged Families are Faced With...

- determining their wants vs. needs
- inadequate training in basic budgeting
- have limited consumer skills

Extension has partnered with the local Housing Authority and Pathways job training program to help families learn how to maximize their available dollars.

Women Planning for Retirement...

- have insurmountable challenges as they move closer to retirement age
- are traditionally paid less
- work in jobs with few pension benefits
- leave the workplace to care for children or family members
- take in 30% less in their retirement years

A four-week class series, "Women: Secure Your Financial Future" is offered each fall to educate women about planning for retirement and their financial needs for their future. Men are also welcome.

Seniors Who are Living Longer Have to...

- determine the best way to manage their finances to meet their needs for their lifespan
- make decisions for later life events
- devise strategies for living well

"Don't let Your Golden Years be Tarnished" is a six-week educational class series, offered in the spring, to help seniors develop a direction for their future.

Community Stability

Extension FCD programs are all the more effective due to the many partnerships and established collaborations, which have helped to extend the arm of Extension to all of Lane County.



"Extension is just like having 'Mom' on the phone - they have answers for everything." - Consumer Quote

Consumer Needs

Who is your most reliable resource when no one else has an answer? The OSU/Lane County Extension Service is what we hear from the public daily. The FCD program handles nearly 3,000 consumer calls annually. We help keep families healthy by addressing mold assessments, cleaning, food safety, and remediation to improve indoor air quality. We help individuals resolve home odor problems related to skunks, pet urine and mice infestations and much more.

Oregon State UNIVERSITY **OSU** Extension Service Lane County

Lane County

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

Quarter Century of Volunteerism helping Lane County Citizens Preserve Foods Safely

FFE/MFP volunteers have been helping Lane County Citizens learn the latest and safest methods of preserving foods for the past 25 years. The program focuses on:

- Preserving foods to maintain maximum quality and nutrition as well as saving money.
- Promote a safe and adequate food supply using local produce.
- Partnering with local produce stands, Lane County Fair, local gleaner groups, community gardens and FOOD For Lane County to help utilize the abundant produce grown in Lane County.

FFE/MFP Volunteers Staff Local and Statewide Food Safety/Preservation Hotline

For the past 7 years volunteers have answered over 6,000 calls annually between mid-June and mid-October.

Half of the calls are within Lane County. 65% received were food safety related. As a result of hotline evaluations 66% of the callers did something different as a result of the information received and 75% shared the information with others.

With two documented cases of botulism in Lane County this past year, both caused by improperly home canned foods, the hotline is a service that saves lives and prevents foodborne illness.

FFE/MFP Volunteers Work with Community Partners

Volunteers share their knowledge at local events and work with local produce stands around the county to help customers better utilize and preserve local produce.

- Lane County Farmer's Market and the Cottage Grove Farmer's Market.
- Hands on learning at "Back to the Farm" festival at Doris Ranch.

- Daily demonstrations at the Lane County Fair reaching over 5,000 fair goers.
- Work with local gleaner groups to help members better utilize abundant foods. Many gleaners are also trained FFE/MFP volunteers.
- GrassRoots Garden volunteers teach participants how to preserve the produce gleaned from the garden.

FFE/MFP Volunteers Reach Out to Food Pantry Sites

To help alleviate hunger in Lane County, volunteers work year around with FOOD For Lane County by making monthly visits to food pantry sites.



Each month volunteers share a recipe, give out samples and help food box shoppers better utilize the wide variety foods they might not be familiar with.

Quarterly recipe books have been developed with recipes utilizing pantry foods, along with food safety and nutrition tips.

FFE/MFP volunteers along with FOOD For Lane County are coordinating the first annual food pantry cook-off on October 11 at FOOD For Lane County. Food box recipients' recipes will receive awards.

"It is a great service to the community....." "I know I am getting accurate current information when I call the Extension Service food safety hotline."

- Caller quote



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Lane County

Forestry Extension Program

Sustainability of Lane County's Forests and Forest Landowners Proves to be a Significant Contribution to the Area's Economy and Standard of Living

For the past several years, a diversified economy has been a goal of Lane County planners. However, despite efforts to introduce new businesses into the region, agriculture and forestry remain significant contributors to the county's economy. Particularly, the forests of Lane County are a significant, and more importantly, a sustainable portion of the county's economy. In terms of private family forestlands, consider the following:

- Nearly 90% of Lane County is designated forestland
- Approximately 500 million board feet of timber were harvested from Lane County forests in 2004
- Over 15% came from small forestland owners
- Revenues from small forestland owners was nearly \$40,000,000

Lane County Forestry Extension Provides Information to Small Forestland Owners

According to the survey:

- Approximately half of the respondents rely on written materials for their forestry information. This information is provided primarily through Forestry Extension.
- Additionally, about half of the respondents attend workshops for their information. These programs are almost exclusively offered by Forestry Extension.
- OSU Forestry Extension is the only source of unbiased, research-based information available to small woodland owners.

Critical Issues for Small Forestland Owners

Despite the fact that nearly 90% of the county is forestland, small forestland ownership is in danger of losing much of this land.

Demographics, regulations and finances are causing issues that small forestland owners need to address, primarily active management and estate planning for generational transfer.

Without Forestry Extension programming, individuals will not have access to relevant and important information on these topics. Consider the following:

- Over half of small forestland ownership in Lane County is by people over the age of 55 resulting in a potential huge turnover of acreage in the near future.
- Many of the smaller tracts located within the urban/forestry interface is held by younger and newer owners. These individuals have little or no experience or knowledge of forestland management.



Call the Extension Service for more information. In Lane County call (541) 682-4243 or 800-872-8980 or go online : extension.oregonstate.edu/lane

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Lane County

Extension Horticulture Program

Builds Sustainable Environments and Safe Food Systems

OSU/Lane County Extension's Horticulture program provides leadership, education, training and technical assistance. Program components include:

- Commercial horticulture researched information for growers to maximize investments
- Coordination of the Master Gardener™ program which is part of the Statewide network of Master Gardeners
- Outreach to the community with educational programs to build sustainability
- Countywide research on Eastern Filbert Blight and lingonberries

Examples of our Programs

Eastern Filbert Blight (EFB)

Every August commercial filbert growers convene for a tour of filbert orchards to discuss ways to minimize the spread of EFB. Each year the disease spreads farther south in Oregon. The diligent eye of the Extension Service, growers and the public has dramatically slowed the spread. Extension Agents in conjunction with OSU faculty provide research based information on sprays and varieties so that growers can minimize their losses.

Master Gardener (MG) Program

The vibrant volunteers that join the MG program work tirelessly in the community to broaden the horizons of many people that look to the Extension Service for unbiased information. Over 9,000 phone questions are answered yearly and 20,000 walk-in's are served. Information on the least toxic methods to control plant diseases, insects and weeds are emphasized.

Compost Specialists educate the public on ways to eliminate tons of yard debris, kitchen scraps, coffee grounds and manures from the landfill.

Research Projects Support Oregon Farmers

Over the last six years, farmers in Oregon have provided test plots to study the possibility of growing lingonberries commercially in the Willamette valley. All commercially available varieties have been monitored for viability, fruit maturity/ripening date, brix (soluble solids), berry size and weight. Currently demand far outweighs the availability of this fruit. The OSU/Lane County Extension Service has earned the reputation for worldwide lingonberry information and research.

Partnerships Maximize Resources

The GrassRoots Garden in Eugene exemplifies a methodology of bringing together various resources in a community to stabilize a food system. St. Thomas Episcopal Church provides the land, Master Gardeners and various organizations provide the labor, and FOOD For Lane County oversees the program and distributes the food to the needy. Many benefit from this cooperative effort: food box recipients, volunteers who give of themselves to improve their community, and a land use ethic that allows farming to occur where people live with a minimum of pesticides. Over 30,000 lbs of food was grown and 30 tons of yard debris was converted to compost on site in one year.



When moving to the area first I called to find the library and then the Extension Service.

-Quote from a visitor to the OSU/Lane County Extension Service booth at the Lane County Fair, 2005.

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Lane County

Nutrition Education Program

Serving Limited Resource Audiences

The Vision

Working together to educate and equip Oregonians to live healthy, active lives through nutrition education.

The Mission

Teach youth and adults to develop skills and behaviors to eat healthfully and be more active.

The Situation

- In the U.S. poor nutrition and lack of physical activity accounts for 300,000 deaths per year.
- The economic cost of poor nutrition contributing to heart disease, cancer, stroke, and diabetes is now over \$70 billion per year.
- Consumption of a healthy diet during pregnancy and childhood is essential for normal growth and development.
- Research confirms that properly designed nutrition education programs, focusing on behavior change, can be effective at improving diets and nutrition related behaviors.

In Lane County progress is being made to address poor nutrition and lack of physical activity through the Nutrition Education Program (NEP) of OSU/ Lane County Extension Service.

NEP teaches families, adults and youth how to develop healthy eating, physical activity and wise shopping habits.

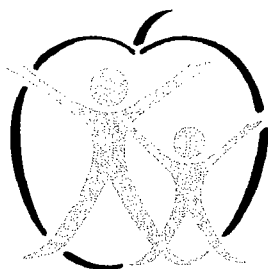
NEP's Response

- Community-based education programs teach limited-resource adults and families how to stretch their food dollars to provide healthy, low-cost meals.
- Youth learn to make healthy food choices and prepare healthy snacks.
- Trained nutrition staff educate adults, families and youth in basic nutrition, stretching their food dollars, food resource management, and food safety.
- In-home visits in which education lessons are provided to limited resource families since NEP's inception in 1969.

Through implementation of both the Expanded Food and Nutrition Education Program and the Oregon Family Nutrition Program, NEP is focusing its efforts to provide educational opportunities in collaboration with a variety of public and non-profit agencies, i.e. FOOD For Lane County and Bohemia Elementary School in Cottage Grove.

The goal of this effort is to serve a greater number of participants with the many benefits NEP has to offer.

Nutrition Education Program participant learns hands-on cooking emphasizing low-cost meals, meal planning and the USDA MyPyramid.



OREGON
Nutrition
Education
PROGRAM

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