



Report to Lane County Board of Commissioners June 2007

Submitted by Charlotte Riersgard
OSU/Lane County Extension Service (LCE) Staff Chair

Upcoming OSU/Lane County Extension Service Programs/Events

Making Healthy Food Choices
June-August, English & Spanish,
Series held in various locations.

4-H Photography Workshop
June 16, Extension Service.

**Willamette Valley Tree Fruit
Growers Annual Summer Tour**
June 16, Salem area

Well Water Testing
June 18, drop off well water for ni-
trate testing by DEQ

Free Compost Demonstration
June 23, GrassRoots Garden

4-H Summer Conference
June 27-30, Oregon State University

Coastal Woodland Tour
July 6, Westlake

4-H/FFA Fair
July 16-21, Lane County Fairgrounds

**Kitchen Creations Workshop-
Fruit Spreads**
July 24, Extension Service

Annual Hazelnut Tour
August 1, North Valley

Master Gardener Mini-College
August 1-4, Oregon State University

4-H Camp
August 6-10, Salem, Oregon

Kitchen Creations-Tomatoes/Salsa
August 21, Extension Service

For questions about any of the OSU/
Lane County Extension events call us
at 682-4243 or visit our Web site at
<http://extension.oregonstate.edu/lane>

EXTENSION UNVEILS NEW WEB SITE

In 2006, OSU/Lane County Extension Service combined forces with OSU's Extension & Experiment Station Communications Department (EESC) in writing a grant to fund improved communication tools. The Innovative Grant was awarded to us from Oregon State University and has funded the revision of our tabloid, "Extension News" that is prepared by Extension staff and printed and distributed by the *Register Guard*. The paper is also available online. Additionally, the grant funded renovation of the Lane County Extension Web site that now can serve as a greatly enhanced vehicle for delivering educational material. As shown below, the website lists upcoming Extension activities, seasonal tips, programming information and more. This revised Web site is designed so that faculty members can easily and frequently add information to their program area pages. We are exploring ways to reach our audience without adding operational costs and keeping up with changes in how our clients access information.

The screenshot shows the OSU Extension Service Lane County website. The browser address bar displays <http://extension.oregonstate.edu/lane/>. The website has a header with navigation links: EXTENSION HOME, FIND ANSWERS, FIND PEOPLE, CAMPUS OFFICES, COUNTY OFFICES. The main content area includes a 'Welcome' message, a 'What We Offer' section with links to 4-H Youth, Home & Family, Nutrition, Food Preservation, Gardens, Farms, and Forestry. A 'Statewide Resources' section lists links for About Extension, Extension Administration, Agriculture, 4-H Youth, Family & Community Forestry, Sea Grant, and Donate to Extension. A 'New hours of operation' section states that the Lane County Office has reduced its hours of service to Monday to Thursday, 8 a.m. to noon and 1 to 5 p.m., closed on Friday. A 'Latest News' section highlights 'Gardener's Mini-College' and 'Food Pantry Training'. A 'Nutrition Classes' section mentions 'Kitchen Creations' and '4-H Summer Camp'. A 'Check out our newsletter' section promotes the 'Extension News' tabloid. The 'Upcoming Events' section lists several activities with dates and times, including 'Making Healthy Food Choices' on Thursday, June 7, 2007, and '4-H Summer Camp' on Tuesday, June 19, 2007.

4-H AND SCHOOL ENRICHMENT

Faculty: Carolyn Ashton



4-H Camp

There are 24 high school aged youth being trained to be camp counselors for the upcoming Lane County 4-H Camp, which will take place August 6-10 at the 4-H Center. Training includes developing their leadership and communication skills so they can be outstanding counselors to the expected 80 campers from 3rd-6th grade.

4-H/FFA Youth Fair Prep (Youth Fair, July 16-21) Beef, Swine, Sheep & Goat Weighed-In

- ◆ 80 head of cattle.
- ◆ 300 swine, up significantly this year.
- ◆ Approximately 140 sheep and goats.

Horse Shamrock Show, A Great Success

In addition to participating in a horse show event and practicing their horsemanship skills, 4-H'ers also raised approximately 250 pounds of food to be donated to FOOD For Lane County!

Horse Pre-Fair and Open Shows

Pre-Fair was May 19 for Juniors and Intermediates. Open Show performance was May 20, and Open Gaming Show was held on June 2. The Open Shows are also open to the general public.

Horse Showmanship Clinic May 5

Time to fine tune showmanship skills for those who have been in the 4-H program and for beginners of all ages to learn the "do's and don'ts." They are practicing their patterns for Youth Fair.

Horse Trail Clinic June 23, Jasper Hills Arena

4-H members will practice their patterns, ask questions and have fun meeting new people. Time to iron out any issues before the 4-H/FFA Youth Fair.

Older Youth Leadership

On March 17-18, the older youth leadership group, Teen PAC (Program Activity Committee), traveled to the coastal beaches and helped participate in a beach clean up! They also had a facilitated in-service on leadership.

Know Your State Government, April 19-21, Salem

Several of our older Lane County 4-H members participated in the "Know Your State Government" (KYSG) event. KYSG is designed to provide 4-H members in grades 9-12 the opportunity to learn about Oregon's legislative system.



4-H members hard at work cleaning up coastal beaches, just one of the many community service projects they do throughout the year.

Foods Prep Contest Workshop May 12

Open to 4-H members in grades K-12 (with restrictions for K-3). Topics: hands-on demonstrations preparing a food item or mini-meal; how to select a recipe; table setting; practice for judges questions. 4-H Members were judged on the quality of the finished product, preparation and food safety practices.

Horticulture Workshop June 13

4-H Members and Leaders received hands-on experience making container gardens in either Flowers and Ornamentals, or Vegetables and Herbs.

Photography Workshop June 16

Topics: changes in the fair book, choosing a photo (or series of photos) for entry at fair, and preparing photos for exhibiting at fair. While on campus they explored OSU, learned independence in a safe setting, examined career possibilities, make new friends, and have fun.

Upcoming Events

June 27-30	Summer Conference
July 16-21	4-H/FFA Youth Fair

COMMERCIAL HORTICULTURE, HOME GARDENING

Faculty: Ross Penhallegon and Assistant: Pat Patterson

Search for Excellence Award

Master Gardeners, Patty Driscoll and Jan Hurlow, represented the OSU/Lane County Extension Service and Master Gardener Pruning Specialists in Little Rock, Arkansas at the International Master Gardener conference in May. They submitted the Pruning Specialist training program to the Search for Excellence committee and were selected. Patty and Jan developed a poster and gave a PowerPoint presentation to over 234 conference attendees.

The Lane County Extension Pruning Specialists program began in 1989 by Extension agent Ross Penhallegon. Since that time over 361 pruning classes have been held, 114 training classes to train new pruning specialists, and over 9,875 Lane County residents have attended the pruning classes. The pruning classes teach people the proper way to prune fruit trees, berry bushes and ornamentals. Classes are held throughout the county from Florence to Oakridge.

Master Gardeners and GrassRoots Garden

Since April, the new Master Gardener class completed 66 hours of intensive training and are staffing our volunteer hotline. They answer an average of 50 phone calls per day and assist walk-in clientele.

In cooperation with the GrassRoots Garden, there have been six composting classes held, showing the general

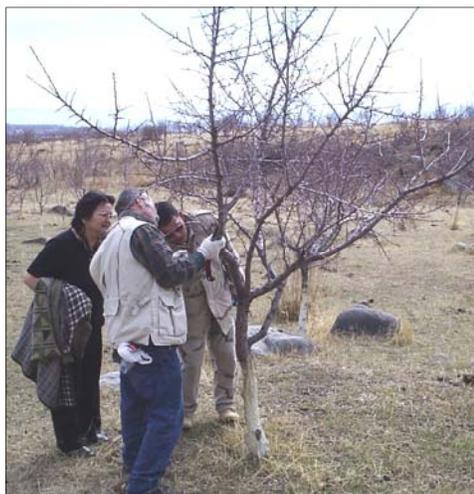


Jan Hurlow and Patty Driscoll receive International Master Gardener Search for Excellence award.

public how to properly compost garden materials and home waste. Last year, tons of garden waste and leaves were composted and kept out of Lane County's landfill. Three pruning classes were taught at GrassRoots Garden with one class of over 35 people. The classes teach proper pruning techniques and explain why pruning and thinning are important. Master Gardeners and volunteers assisted in the pruning and thinning of the fruit trees.

Local Kiwanis Award

On May 3, 2007, Ross Penhallegon made a presentation to the Emerald Empire Kiwanis Club about his recent trip to Kyrgyzstan. He talked about the effect that the pruners made on the farmers he had visited. The pruners were purchased with money donated by the Emerald Empire Kiwanis, local Master Gardeners, commercial growers and the general public. The pruning equipment changed the lives of tree fruit growers by allowing them to properly care for their trees.



Teaching pruning in Kyrgyzstan.

At the end of his presentation, Emerald Empire Kiwanis Club President Virginia Brooks gave Mr. Penhallegon the "Every Day Hero Award." Stating, "Ross Penhallegon is recognized for rendering service beyond what is ordinary or expected and for doing so without regard for attention or receiving in return, but rather because it was the right thing to do and needed to be done. This qualified the recipient as a true "Every Day Hero" and is so recognized by all in the Pacific Northwest District of Kiwanis International."

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.

FORESTRY

Faculty: Steve Bowers

Conferences, Workshops, Seminars

- ◆ Taught 25 Master Woodland Managers (MWM) about Timber Harvesting & Marketing.
- ◆ Led an introductory field tour for Women Owning Woodlands (WOW), 12 participants.

Annual Forest Field Day

- ◆ Hamilton Middle School - Forest Measurements.
- ◆ Siuslaw Middle School - Forest Measurements
- ◆ Cascade Middle School - Global Deforestation
- ◆ Cascade Middle School - Global Deforestation

May 25 coordinated the annual Forest Field Day (an outdoor program for 6th-7th grade students) held in the Florence area. Approximately 150 students received basic education about the importance of woodlands for all Oregonians.

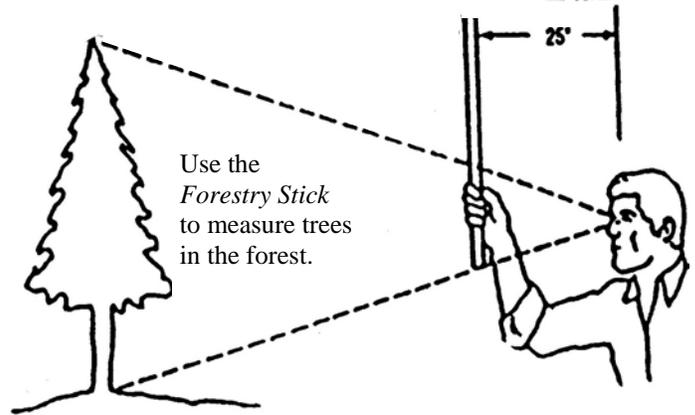
Publications

- ◆ **Peer Reviewed** - Bowers, Steve and John Punches. OSU Extension Service, Extension Circular 1587: "Selling Timber and Logs," 20 pg.
- ◆ "Comparing Forestry & Other Investments: How Does YOUR Forest Measure Up?" PowerPoint presentation (43 displays).

Grants

- ◆ Received a \$10,000 grant from the Oregon Department of Forestry (ODF) for the 3rd printing of "Managing Woodland Roads: A Field Handbook," totaling 4,500 books in distribution.

Private owners who follow the guidelines of the field handbook will reduce sedimentation into streams, provide better habitat for salmon, and increase market opportunities when merchandising logs and timber. This handbook is free to the public.



Use the
Forestry Stick
to measure trees
in the forest.

Service to the Public

- ◆ "Sick tree" calls continue to be the greatest time consumer in terms of service to the public. In the last 3-months, approximately 360 calls have come in to the office.

Newsletters

- ◆ *Lane Woodland News*, summer issue, mailed to 900 small woodland owners in Lane County.
- ◆ *Northwest Woodlands*, spring issue, "Tips from the Treeman" column. Questions answered concerning forestry topics. A publication of the Oregon Small Woodlands Association, Washington Farm Forestry, Idaho Forest Owners and Montana Forest Owners Association.

Log Buyers Directory

- ◆ There have been over 1,000 copies of the Log Buyers Directory (a compilation of processing facilities in Oregon, SW Washington and northern California) distributed to log buyers, forestry consultants, and private woodland owners. Many regard it as the most comprehensive listing of processing facilities available, as testified by the log buyers using it.

Timber: Yesterday & Today Tour

- ◆ May 15 the OSU Forestry Extension and the Lane Chapter of the Oregon Small woodlands Association sponsored a tour of two local mills: Starfire Lumber Company in Cottage Grove and Goshen Forest Products in Goshen. 60 participants.

Lane County continues to be the state's leader in timber production and will likely do so into the foreseeable future.

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.

FAMILY AND COMMUNITY DEVELOPMENT (FCD)

Faculty: Susan Busler and Nellie Oehler

Home & Family Programming

- ◆ Don't Let Your Golden Years Be Tarnished: Financial Management for Seniors – completed the six week financial series geared to retired seniors. Over a dozen seniors participated learning about finances, getting their legal house in order, covering risks in retirement and maximizing the quality of life in retirement years.
- ◆ Achievement Day – Nearly 60 Lane County Extension Study Group members participated in their annual Spring Achievement Day. In the '06-'07 program year, Lane County Extension Homemakers contributed 11,917 hours of community service. That equates to a value of \$223,682.09 (2006 equation dollar value of volunteer hours - \$18.77 per hour – Independent Sector.org)
- ◆ Adult Foster Care Providers – Provided a Food Safety workshop for Foster Care Providers. Nearly twenty participants increased their awareness of food safety issues for mature adults.
- ◆ Extension Study Group lessons – Provided lessons for the Extension Study Group program for April and May.
 - Elder Abuse: A Growing Problem - We reviewed the types of abuse, warning signs, causes and what makes one vulnerable.
 - Multicultural Miscommunication - Increasing our knowledge and being open to differences helps us to be more effective in today's diverse world.



Family Food Education/Master Food Program (FFEMFP)

Trained 22 new FFE/MFP volunteers and recertified 42 veteran volunteers to be active in the program this summer. Graduates of the FFE/MFP training indicated increased knowledge of food safety, kitchen cleanliness, and safe food preservation methods. They also stated they felt much more in control of the foods they are serving their families because they can utilize local produce and preserve it to use all year. This will result in dollars saved on food, as well as a more nutritious and safe food supply for their families.

MFP/FFE Summer activities will include:

- ◆ Volunteers will staff both the local and statewide food preservation and safety hotlines (assisted by volunteers from Douglas County).
- ◆ Summer food preservation workshop series called 'Kitchen Creations' will be offered on the 4th Tuesday of the month. Topics include: Making Jams, Jellies and Preserves (both regular, low and no sugar and freezer jams); Tomato, Salsa and More; What to do with all those Apples; Food Drying; and Gifts from the Kitchen. These workshops will help local citizens learn skills to become more self-sufficient by learning to preserve foods and utilize local produce.
- ◆ Volunteers and staff will have information booths and present up-to-date food preservation information at Down to Earth, the farmers market, Western Oregon Expo, Lane County Fair, Walterville Community Fair, Lowell Blackberry Festival and at Doris Ranch "A day in History" celebration.
- ◆ Volunteers will be testing pressure canner gauges for the public twice a month at the Extension Service.

The Food Pantry Project

The project continues to expand adding three new pantries this summer. New volunteers were trained in June to help with this expanding project which is in collaboration with FOOD for Lane County. This project has resulted in better utilization of donated foods by those accessing the emergency food supply. Pantry managers and shoppers have come to rely on our volunteers for valuable information on how to cook unusual foods as well as nutrition information to help them make better food choices.

NUTRITION EDUCATION PROGRAM (NEP)

Faculty: Charlotte Riersgard, Karren Cholewinski and Dana Baxter



Amy, a participant in the nutrition class series, at the Sheldon Community Center in February 2007 making smoothies.

Family Learning – Kids in the Pool and Parents in the Kitchen

For the second year, the Nutrition Education Program partnered with Eugene Recreation Services to provide family learning opportunities. Parents spent time learning about the importance of good nutrition and how to prepare inexpensive healthy dishes.

While the parents were in the kitchen, toddlers spent supervised time in the Sheldon Community Center childcare center and the older youth received a “great workout” in the swimming pool. All of the families had fun while actively learning.

Looking Ahead...Planning for Fiscal Year 2008

The OSU/Lane County Extension Service Nutrition Education Program (NEP) is in the midst of budget projections and preparations for federal fiscal year 2008. With over 50% of the program's funding coming from the Food Stamp Nutrition Education program, which requires in-kind matching of resources for matched funding. NEP concentrates on collaborating with sites where future in-kind match may be possible. Fiscal year 2007 has been no exception.

NEP will be providing additional nutrition education classes at new sites in with London School & Harrison Elementary School in Cottage Grove; Cèsar Chàvez, Adams, Harris and Howard Elementary Schools in Eugene; Springfield, Hamlin and Agnes Stewart Middle Schools in Springfield for a total of 24 schools in Lane County. The outstanding partnership with FOOD for Lane County will continue with educational outreach to seniors and Latino individuals and families. Family classes will continue with Eugene Recreation Services and Willamalane Parks and Recreation.

NEP is recognizing an increase in the number of youth and adult class participants. Year-to-date data reflects a 14% increase in the number of youth educated about the importance of good nutrition. Adult numbers have increased by 37% in part due to the requirement for WIC participants to attend nutrition classes in order to receive monthly vouchers. NEP continues it's contract with WIC to provide nutrition classes.



Chop-chop, student learning about knife safety.