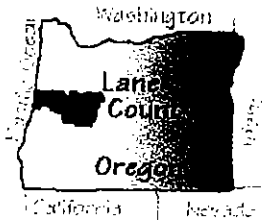


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Report to Lane County Board of Commissioners June 2006

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

Upcoming

OSU/Lane County
Extension Service
Programs/Events

**Free Public Pruning
Events:**
May 16, Hendricks Park;
May 18 GrassRoots Garden.

Free Compost Workshops:
June 10, GrassRoots Garden;
May 27, River House.

**Willamette Valley Tree
Fruit Growers Tour:**
June 10, Canby.

Pantry Training:
June 14.

4-H Summer Conference:
June 22-25.

4-H Youth Fair:
July 17-22.

August 2:
Hazelnut Tour

4-H Camp:
August 7-11.

Lane County Fair:
August 15-20.

**Oregon State
UNIVERSITY**

**Extension Service
Lane County**

TRENDS AND ACCOMPLISHMENTS

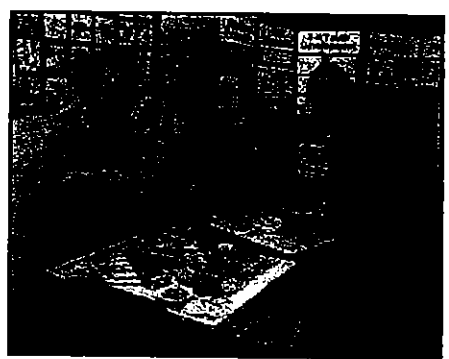
Extension Newspaper Gets a New Look

Faculty: Charlotte Riersgard, and Assistant: Robin White

The OSU/Lane County Extension Service Newspaper, *Extension News*, will come out June 29th with a new look. Distribution will continue through *The Register-Guard* (RG) as a *Lifestyle Magazine* rather than as an insert. The goal of reaching new audiences, especially 18-32 year olds, will finally be accomplished with the website component. On publication day, *Extension News* will be posted on the RG website:

<http://www.registerguard.com>

click on "Special Features" and will stay posted until the next *Extension News* comes out. Finding "Extension" and our many programs will be easier. Within the tabloid format will be interactive links to the OSU/Lane County Extension website and other important links for a wealth of detailed information on *Hot Topics* in all program areas.



The evolution to this publication has been in process for many months. On March 30th all staff members of OSU/Lane County Extension Service participated in a News & Marketing, Design & Layout, and Writing workshop. Everyone participates in getting the newspaper out. Designers from OSU and *The Register-Guard* have assisted us with the design process. Shirley McSilvers, NEP staff, organized and led this event, drawing on her journalism background.

In addition to the in-depth training and numerous planning and coordination meetings, we were able to secure an innovative grant from OSU to support our efforts. This money will help implement our new ideas into a concrete product.

The new schedule for the *Extension News* in *The Register-Guard* is on the third Thursday of June, September, January and May.

4-H and SCHOOL ENRICHMENT

Faculty: Carolyn Ashton, Sara Miller, and Amy Rowe

March-May Beef Weigh-in

Over 85 exhibitors and 100 hundred cattle weighed in. 4-Her's inoculated and wormed their animals and learned more about their project area. For example they learned about the rate of gain and what it will take to bring their animal to the Lane County Youth Fair in July at its peak physical condition.

Sheep & Swine Field Day

Over 100 youth and adults attended this Saturday, half day event held at Oregon State University. The day included a tour of the veterinary college, sheep center, and swine center.

SOLV Beach Clean Up

Cleaned up Heceta Beach in Florence as part of the annual spring beach clean up sponsored by SOLV, 20 youth and adults attended this event and many bags of debris were collected.



4-H Cleans the Beach

Afterschool Programming

Entomology at Meadowlark Elementary – 20 students. 4-H project finished its 6-week series.

Junior Leader Training

8 youth went through Junior/Teen Leader Training.

Home Show – Family Day

Teen PAC, older 4-H youth, hosted activity booths with arts & crafts, food, nutrition and science with over 100 public youth attending.

Camp Counselor Training

24 youth participated in a two part Camp Counselor Training to apply for 2006 4-H Camp. They learned leadership, communication, decision-making, and problem-solving skills that they

can use for a lifetime. This year we anticipate 80 youth in grades 3-6 will attend the camp. 20 youth volunteer camp counselors (grades 8-12) will be facilitating camp, along with adult faculty and staff supervision.



Horse Shaggy Show

25 riders came together at Jasper Hill Arena where they practiced gaming and performance classes. This was a community service event that raised 272 lbs. of canned and non-perishable food items for FOOD for Lane County.

Horse Showmanship Clinic

This clinic, also held at Jasper Hills, brought together 44 riders and leaders for a day of working with the judge on showmanship skills.

Small Animal "Get Ready for Fair" Workshop

Held in Dexter, this event was designed to help 4-H members at all different skills level get prepared for the Youth Fair. Classes were held to practice their showmanship, judging, and record keeping skills, 25 youth attended.

Know Youth State Government

Ten 4-H members in the 9-12 grade from Lane County participated in this event held in Salem. 4-H members learned how the state house and senate works through speakers and a mock government.

Quail In-Service for Teachers

An in-service program was conducted to assist teachers on using our incubators to hatch quail eggs. For 4 weeks, we are lending 10 incubators out per week, each hosting a dozen quail eggs.

- Somebunnies Small Animal Fun Show, 45 youth.
- Mudpuppies Dog Fun Show – 13 youth participated.
- Diess Feed & Seed 50th Birthday Party, Teen Pac, \$170
- Food Preparation Contest Workshop – May 13.

Wildlife Stewards

Dorena – once a week, 2 classes, 55 students.
River Road Elementary – once a week, 30 students.
Cesar Chavez/Family School – once a week, 120 students.

Ag in the Classroom

430 students have participated in 20 classes from Malebon, Fairfield, Laurel (Junction City), Dorena, and River Road Elementary schools, and Alternative Charter High School.

New Leader Training

To date – 50 people have participated.

FAMILY AND COMMUNITY DEVELOPMENT (FCD)

Faculty: Susan Busler and Nellie Oehler

Invited Community Presentations

- ◆ Willamette Oaks Retirement Community Presentation: A 2-hour workshop on effective communication "Can We Talk" was presented to the residents at the retirement community. The activity director said that they were having problems getting the residents to talk to one another and needed some help. This was especially true at meal times and community meetings. The program went well and the evaluation indicated the program gave them tools to improve communication.
- ◆ Emergency Preparedness Workshops: Presented 2-hour workshops to two different vision impaired support groups. One was in the Eugene area and the other in Springfield. Emphasized food and water storage and gave them tips on cooking without a stove; equipment they might consider having on hand including first aid kit, extra medication, wind up flashlight, etc. Brought a lot of examples that were passed around. This program helped the groups comply with their FEMA requirement on emergency preparedness. (42 attended the two trainings.)

Food Pantry Project and work with FFLC

The majority of time this period was spent working with the NEP staff and staff from FOOD from Lane County (FFLC) on the pantry project. There have been several unusual foods come through the system this winter for which recipes were needed. For example, a recipe sheet was developed for rice, including rice pudding and a rice crust for quiche. FFLC had a very high inventory of rice and people enjoyed new ideas for using it. Also developed recipes and ideas for using Flax seed meal, soy ice cream, and soy vanilla flavored milk. Noy Rathakette, NEP staff, assisted to develop posters that are given to the pantry managers to hang by foods that are not "moving" with ideas how to use them, nutrition information and recipe ideas. These have helped to move the food resulting in less waste. The Oregon Food Bank took photos to take back to Portland. This project has really helped the managers to use the foods and encourage their clientele to take the foods.

The list of foods was received from USDA that will be in the pantry system the next 6 months. The Spring/Summer edition of the "From Pantry to Kitchen" cookbook will feature the foods available.

The winter pantry volunteer training was held in February and veteran volunteers were invited. This way we could test the recipes in the cookbook and sign up for the next 3-months pantry visit. We are presently working on a volunteer handbook and training for new volunteers in June.

The monthly "Pantry Chatter" newsletter is sent to all food pantry volunteers and to the pantry managers and staff. In the newsletter are tips on utilizing foods as well as a featured recipe for the month.

Nellie Oehler worked with the FFLC GrassRoots Garden coordinator to set up guidelines for the outdoor kitchen. They are planning to teach food preservation classes at the gardens this summer.

Master Food Preserver/Family Food Education
Nellie is training two large classes of volunteers, 56 total. These volunteers will be staffing the local and statewide food safety/preservation hotlines this summer as well as testing pressure canner gauges, presenting workshops and programs for the community, and staffing information booths throughout the county.



We are anticipating a busy summer if the weather cooperates and the crops ripen on time. The volunteers are becoming aware of emerging issues such as the Avian Flu and what to do in case of emergency so they will be prepared to help the citizens of Lane County should we be faced with a crisis.

COMMERCIAL HORTICULTURE, HOME GARDENING

Faculty: Ross Penhallegon and Assistant: Pat Patterson

January - April Activities

There were 39 new Master Gardeners™ from all corners of the county and 4 transfer Master Gardeners (MG) that completed the training this year. Training continues on the MG hotline. Phone and walk-ins are increasing as we go into the growing season.

The Compost Specialist class involved 21 new trainees to help with outreach projects:

- ◆ Coffee ground collection program
- ◆ Educational booths at fairs
- ◆ Free compost demonstrations
- ◆ Worm bin composting classes
- ◆ Pick-up vegetable waste to save landfill space

Compost Tea Trial

Several Compost Specialists came together in May to build raised beds and plant roses for their indepth compost tea trial. Five test rose plots are being planted, each with three varieties of roses. Home brewed compost tea will be sprayed on selected plants at two week intervals to see if it effectively suppresses diseases such as black spot and powdery mildew. The trial will run for 3-years.

Horticulture Agent Teaches Pruning in Kyrgyzstan

April 4 - Ross Penhallegon, Horticulture Agent, returned from Kyrgyzstan. Over 185 people attended 10 seminars on apple pruning and grafting. Seminars were given to people living in small villages around the city of Karakol.



Local Market in Kyrgyzstan



Master Gardener Class of 2006 Graduates

Gifts of rootstock and scab resistant scion wood were graciously accepted along with the many long and short handled pruners donated by Lane County Master Gardeners and commercial growers. The next step is to work with USAID for a shipment of rootstock and scion wood to increase apple production for this country.

Public Issues Leadership Development Conference - April 21-28, 2006

For the second year in a row Ross attended the Public Issues Leadership Development Conference (PILD) in Washington D.C. He met with Oregon Legislators, Representatives and Senators to promote Secure Rural School money and support for Land Grant University Extension Services, and unique minor crops for Oregon such as lingonberries and hazelnuts.

Free Pruning Demonstrations

May 10 - The pruning of rhododendrons in Florence was a huge success. There were 34 attendees at the pruning demo and 12 attendees at the Plant Disease Diagnostic session that followed at the Florence library. Several rhododendron pruning sessions are scheduled at Hendricks Park in May.

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

Workshops

- ◆ Cruise, Fall, Buck & Scale. (Philomath)
- ◆ Tree School EAST. Managing Your Timber Sale. (LaGrande. April)
- ◆ Tree School EAST. Managing Woodland Roads: A Field Handbook. (LaGrande. April)
- ◆ Tree School. Alternative Species Silviculture; coast redwood. (Portland. March)
- ◆ Tree School. Managing Woodland Roads: A Field Handbook. (Portland. March)
- ◆ Tree Identification of Oregon's Native Species. Lane County Master Gardener training program. (Eugene. February)
- ◆ WSE 211: Wood Properties & Measurements Lab. Forest and Forest Products Measurements. (Corvallis. March)
- ◆ Managing Your Timber Sale. (Eugene. March)
- ◆ Forest Stewardship Planning: (Veneta. January) Roads Maintenance field trip.
- ◆ What's Killing My Trees workshop. Dave Shaw, Forest Health Specialist. (Eugene. March)



**Steve Bowers, Forestry Agent,
picks up Redwood seedlings in California**

Publications

- ◆ Editor/Designer/Writer of the *Lane Woodland News*: a 12-page newsletter dedicated to woodland owners in Lane County. 2006 Spring Issue. Distribution: 900.
- ◆ Bowers, Steve. OSU Extension Service. *Managing Woodland Roads: A Field Handbook*. 108 pages. Available to the public through the Oregon Department of Forestry (ODF) office in Salem. 2,000 copies of the publication were printed. The document has received favorable feedback from ODF personal and its unveiling at the 2006 Tree School. Discussion is already underway with ODF regarding how to procure additional funding beyond the initial \$25,000 for the first printing for future copies.

Media

- ◆ January: one appearance for KNND and FOX TV. Topics for the radio session included the new Forestland Taxation program, alternative species to Douglas-fir and the upcoming OSWA seedling sale.
- ◆ February: one appearance for KNND. Radio topics included marketing timber, reforestation and the controversy surrounding OSU research and the Biscuit Fire.
- ◆ March: one appearance for KNND. Radio topics included marketing timber, taxes, forest health and the new Extension Forest Health Specialist and the upcoming workshop in April.

Seedling Sale

February 4th was the date for the Lane Chapter of the Oregon Small Woodlands Association (OSWA) annual seedling sale. This event is a sellout each year and the 2006 event lasted about 4 hours. Approximately 16,000 seedlings were sold. Several Master Woodland Managers and OSWA members assisted with the event. I distributed several packets on reforestation information and also traveled to Hastings Nursery in Smith River, California to pickup 2,000, coast redwood seedlings. Next year I suggested we have a "coupon book" to monitor the type of seedlings people waiting in-line are seeking. Thus far, this was the most successful sale in terms of everyone getting the desired tree seedlings. This is the primary fund raising event for the Lane Chapter of OSWA.

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.

NUTRITION EDUCATION PROGRAM (NEP)

Faculty: Charlotte Riersgard, Anna Galas and Dana Baxter

February 2006 through April 2006

Working toward the Act to End Hunger

OSU/Lane County Extension Service Nutrition Education Program (NEP) provides nutrition education efforts to limited resource families, adults and youth. Teaching to the USDA Dietary Guidelines and 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. In addition, trained volunteers also provide nutrition education food demonstrations targeting food box recipients through the LCE Pantry Program, a collaborative effort with FOOD for Lane County.

Providing expertise to LCHAY

NEP staff have provided expertise to Lane Coalition for Healthy Active Youth (LCHAY) in the areas of both nutrition and physical activity. Not only have staff provided nutrition education series as a part of the We-Can! Curricula, but staff have also actively participated on the coalition itself, the steering committee and sub committees. NEP staff are instrumental in the development and review of nutrition and physical activity materials created by LCHAY. In addition, NEP has become the nutrition resource for the community and is called upon by LCHAY members when research and evidence based nutrition information and education materials are needed.



Growth of School Programming

During the 2005-06 school year NEP has expanded to serve South Lane School District on a weekly basis at both Dorena and Bohemia Elementary, serving over 500 youth. NEP continues to provide weekly programming at 4J Schools - River Road Elementary and Cesar Chavez, plus Springfield School Districts after-school programs in partnership with Willamalane.

Working with the Confederated Tribes

For several years NEP has worked to provide services to Confederated Tribes located in Lane County. NEP just completed a collaborative effort with Confederated Tribes

of the Siletz Indians. Tribal members desired information on how to create and eat healthy meals, plus



how to include this in their daily lifestyle. Also many members have type-2 diabetes, and need ideas on general nutrition to reduce sugar in their diets. NEP provided a successful four week adult nutrition education series to qualifying tribal members. The series addressed the tribal members health concerns and needs.

Serving Young Parent Programs

NEP teaches life skills at young parent programs throughout Lane County. Nutrition education curricula developed and correlated to Oregon state education standards in collaboration with Lane ESD has been taught at six young parent programs this school year. Over 79 parents learned about the updated USDA Dietary Guidelines, MyPyramid, meal planning, feeding toddlers and hands-on cooking skills, focusing on low-cost fast meals for families.

Programming

From February through April, NEP served adult and youth audiences in the following communities: Florence, Eugene, Springfield, Mapleton, Junction City, Oakridge and Cottage Grove. Over 20 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	211	819
EFNEP	72	118
Outreaches/Single Events		
WIC	94	
Pantries	2,298	137
DHS	51	
Community Partners/Agencies	34	
School Events		2,921