

# Report to Lane County Board of Commissioners September 15, 2004

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

Upcoming Programs/Events
9/17/04: Compost Booth at the Eugene Celebration
9/18/04: 4-H Day at Valley River Center
9/21/04: Master Gardener Seminar: Native Plants
9/24/04: Master Gardener Application Time
10/3/04: OYNP & SEVNE Fund and Renewed
10/7/04: Worm Workshop
10/10/04: Extension at the Home Show
10/13/04: Women: Secure Your Financial Future Session I
10/14/04: Advisory Council Reception for County Commissioners, Mayor, Legislators
10/18/04: Worm Workshop
10/20/04: Women: Secure Your Financial Future Session II
10/28/04: OYNP Second Chance Program at St. Vincent de Paul's
10/27/04: Women: Secure Your Financial Future Session III
11/3/04: Women: Secure Your Financial Future Session IV

## KEY ACCOMPLISHMENTS

- ▲ There were 3,995 entries in the Lane County 4-H/FFA Youth Fair, July 2004.
- ▲ Master Gardeners held their first garden tour fundraiser.
- ▲ Over 100 Lane County residents walk-in to the Extension office each day during the summer with questions about forestry, 4-H, household problems, preservation, food safety, gardening, insects and pests.
- ▲ Over 60 Lane County residents attended the family Food Safety/Preservation Faire.
- ▲ Thirty-four Cascade Middle School students gained forestry education.



Learning to make jam at the Food Faire.

## LANE COUNTY TRENDS

- ▲ Lane County Extension is thinking holistically, collaborating with other agencies and collaborating within Extension between program areas.
- ▲ Interest has renewed in preserving the foods grown in Lane County to help with the food budget and to assure a safe and nutritious food supply for families.
- ▲ Grand fir trees are dying at an alarming rate in Lane County due to the stress of heat and lack of water.
- ▲ Keeping the food supply local either by gardening, buying from Farmer's Markets, or supporting community supported agriculture (buying a farm share and receiving a food box each week or month) is popular.
- ▲ "Growing a row" to give to FOOD for Lane County or other food distribution points has gained community support.
- ▲ More urban youth have small pets. As a result, 4-H will initiate a "Pocket Pet Club."
- ▲ The Nutrition Education Program is addressing obesity in school children by providing nutrition and exercise education in schools and the community.

# FAMILY AND COMMUNITY DEVELOPMENT

## Faculty: Susan Busler and Nellie Oehler

**Leadership Education Program (formerly FCL):**  
Leadership Education Program volunteers and staff presented two public workshops this quarter: Facilitating Consensus Decision Making and Effective Presentations.

**Family and Community Development (FCD):**  
FCD continues collaboration with FOOD for Lane County on a proposal for a Food Policy Council. The proposal is a result of input from the countywide food forum held in March. The draft proposal, developed by FCD, is currently being distributed to community groups for support.

**Family Food Education Volunteers (formerly Master Food Preservers):**  
The Family Food Education Training Program (FFE) graduated 20 new volunteers in June. There are 44 certified volunteers this summer. The volunteers are staffing a statewide food safety/preservation hotline from July 15-October 15 and have been staffing the local hotline since mid-June. Calls are averaging between 50-70 a day since the statewide line opened up.

**Food Safety/Preservation Faire**  
Over 60 people (the largest turn out to date) participated in the Food Faire held on July 24. Participants learned from volunteers how to can fruits, make fruit pie fillings, create jams and jellies, pressure can green beans, freeze fruits and vegetables and dehydrate a variety of foods. Eight local farms provided all the produce needed so that the participants could actually preserve the food and take samples home. Over 30 pressure canners were tested for participants.

**Senior Financial Management Series**  
The 6-part workshop for seniors had 21 graduates. Significant lifestyle changes and improvements are predicted for this group. Already three participants are volunteering for the Trude Kaufman Center and ongoing socializations between participants are continuing. These are significant changes in the senior population where it's very easy to become isolated.

**Extension Study Group Program**  
The Extension Study Group Program concluded in May with the annual Alumnae Luncheon and joint meeting of County Council and the Alumnae Association. The meeting provides an opportunity to recognize achievements. Thirty women participated. Two received the Siebold and Houtchen Scholarships to OSU.

### How to Prevent and Treat Mold & Mildew for Property Owners

Sixty members of the Mid Oregon Chapter of the National Association of Residential Property Managers attended a workshop on mold and mildew in the home. Participants will distribute information in resident newsletters from the session in an attempt to educate their tenants on how they can prevent and treat mold in their apartments and homes.

### When Johnny Can't Sit Still

This curriculum was presented to Marion, Polk and Yamhill Hispanic 4-H Camp Counselor groups to help them handle challenging youth behaviors.

### Senior Retirement

Faculty recorded an hour-long radio talk show on senior retirement issues with KUGN's Sara Ferron. Topics included managing debt, getting finances in order, getting better organized, discussing intentions for later life events with your family, getting your legal house in order, benefits of diversified investments in retirement, and how to improve the quality of life in retirement.

### Young Fathers Program

Family and Community Development (FCD) presented workshops to 35 young fathers at Catholic Community Outreach. The young men are married or single fathers of young children. The workshops are designed to assist them in parenting and basic living skills. FCD presented the following workshops: Camping with Your Kids; Wants vs. Needs - Making Sound Financial Decisions; Basic Budgeting; and How to Repair Your Credit.

### Summer Week - Youth in Government

Faculty taught two workshops at this year's 4-H Summer Week: "Lobbying: You too Can Make a Difference - Introduction to Lobbying for Kids" and "Educational Games to Spark up Your Meeting." Both workshops were well attended.

### Pathways - Managing Between Jobs Series

Faculty continue to work with the Housing Authority on the Ross Grant and the Pathways program. This quarter included a three-part workshop series: Strengthening Families; Taking Care of You; and Managing Conflict. All of the workshops were highly rated by participants.

# NUTRITION EDUCATION PROGRAMS AND PARTNERS

**Faculty: Charlotte Riersgard and Anna Galas**

The Nutrition Education Programs offer free nutrition education opportunities for families, adults and youth with limited resources. These programs are funded primarily through federal dollars and by working with community partners.

## Healthy Futures

Healthy Futures is a partnership with FOOD for Lane County and Nutrition Education Programs (NEP) to teach food safety, meal planning, fruit and vegetables value, the food guide pyramid and healthy food choices. NEP has recently completed a Healthy Futures series with 10 HIV Alliance participants and will be starting another series with Florence Food Share this September.

## Teen Parent Curricula and the School Districts

Lane Education Services District and NEP co-hosted the Teen Parent Curricula workshop on June 22. The workshop gave participants an opportunity to explore an interactive hands-on nutrition education lesson; to examine the state educational standards in relation to the Teen Parent Curricula lessons; and to have instructors share expertise and provide feedback on materials.

## Summer Playground Programs

In collaboration with Willamalane Park and Recreation, NEP provides single nutrition education events at free summer programs that offer the USDA Free Summer Lunch Program.

## Oregon Family Nutrition Program (OFNP)

OFNP instructed 254 participants in healthy lifestyle habits that help to reduce risk factors for chronic disease. These classes in Eugene/Springfield were held in collaboration with St. Vincent dePaul's Second Chance Program, Springfield High School's Teen Parent Program, Willamette High School's Teen Parent Program, Churchill High School's Teen Parent Program, Boys and Girls Club of Emerald Valley, Serbu Center, St. Vincent dePaul's Boundries Group, Willamette Family Treatment Center, Siletz Wellness Wednesdays, and the Department of Human Services Return to Work Program.

In the Florence community, OFNP, in collaboration with the Department of Human Services, Peace Health Lifeskills Group, and Siuslaw Outreach Services, instructed 37 residents in healthy lifestyle habits that help reduce risk factors for chronic disease. Staff also reached Mapleton residents working with St. Vincent dePaul's Second Chance Program.

OFNP staff reached: 220 participants at 3 Department of Human Services offices located in Eugene and Springfield; 450 participants at the Willamalane Children's Celebration; 17 in-home series participants in Cottage Grove, Springfield, Eugene, Reedsport, and the Florence area; and 817 participants in a partnership with WIC Farmers Market Voucher distribution program.



NEP reaches limited income youth.

## Expanded Food & Nutrition Education Program (EFNEP)

EFNEP engaged 256 participants in the Eugene area with programs for WIC, Guy Lee BEST Afterschool Program, River Road Elementary BEST Afterschool Program, Moffit Elementary Afterschool Program, Centennial Afterschool Program, Gateway Learning Center, Juvenile Justice Center, SCAR Jasper Mountain, Safe Center, Greenleaf Village, and Wood Leaf Village.

EFNEP provided nutrition education to 14 youth at the Oakridge Family Resource Center.

EFNEP provided nutrition education to 15 WIC participants in Springfield; 52 Florence Food Share and WIC participants; 46 participants with in-home series in Springfield, Eugene, Cottage Grove, and Florence.

NEP provides monthly outreaches at local food pantries in Florence in partnership with Florence Food Share. Food pantry sessions emphasize utilization of commodities, nutrition education and distribution of recipes.

## Lane County Areas Served In This Quarter:

Bethel	Florence	Reedsport
Cheshire	Junction City	Santa Clara
Cottage Grove	Lowell	Springfield
Creswell	Marcola	Triangle Lake
Dexter	Oakridge	Veneta
Eugene	Springfield	

## FORESTRY

### Faculty: Steve Bowers

The Lane County Forestry agent serves Lane and Linn counties and teaches classes statewide. This past year he received more than 1,500 calls or walk-in contacts. His workshops on the Oregon Forest Tax Update generated particular interest. He plans to offer this workshop again after Lane County tax statements arrive in homes in November 2004.

#### Media

The Forestry agent participated in several media opportunities including:

**KNND Radio — "The Beeper Show."**

Topic: Forest health and Tree identification.

**Fox TV — Topic: Forest health.**

**KNND Radio — "The Beeper Show."**

Topic: Fire and forest health.

**Fox TV — Topic: Watering tips.**

#### Classes

The following classes were offered since May reaching over 100 people:

\* *Managing Your Timber Sale*

\* *Forest Roads Workshop: Assessment, Maintenance, and Improvements*

\* *The How's & Why's of Stand Measurements*

\* *Tree Identification of Oregon's Native Species.*

This last class was offered at the Fern Ridge Library with 27 participants.

#### Forest Field Day

In May, the Forestry agent instructed 34 Cascade Middle School students in a "Forest Measurements" workshop at the Hooker Tree farm in Veneta. The students were taught to measure trees to compute the inheritance tax on "inherited forestland." The students measured a fixed plot and then measured a tariff tree for height. A core sample was extracted with an incremental bore.

#### Publications

The Forestry agent is the writer, editor and designer of several publications including the *Lane Woodland News*, a 12-page newsletter dedicated to small woodland owners in Lane County. The publication reaches 900 Lane County woodland owners.

He also is responsible for editing, designing and contributing to the *Lane County Extension Newspaper*, an 8-page newspaper insert in the *Register Guard*. This publication reaches approximately 68,000 residents four times a year.

The Forestry agent produces *Tips From The Tree-man*, a 1-page educational and entertaining question & answer column based on topics derived from letters, emails, personal conversations, and/or editor's license on questions regarding various forestry topics. The column appears in the *Extension Newspaper*, the *Northwest Woodlands*, *Lane Woodland News*, and *Linn County Update* reaching over 80,000 readers.

## 4-H and SCHOOL ENRICHMENT

### Faculty: Nellie Oehler and Sara Miller

Lane County Extension 4-H faculty taught two classes at the statewide 4-H Summer Conference: bread making and leadership games. Fourteen Lane County youth participated in the conference.

Two Lane County 4-H members were selected as State Ambassadors and will represent Oregon at the National 4-H Club Congress in November.

The 4-H/FFA Youth Fair was held in July at the Lane County Event Center. Approximately 650 4-H and FFA members exhibited their projects. Over 200 volunteers contributed to the fair's success.

On June 14-18, 88 4-H campers (grades 3-6) participated in 4-H Camp at Camp Lane. Participants learned about wildlife and natural resources, swam and made new friends.

Over 3,000 school-aged children were able to witness the last three days of the incubation process of baby quail through the 4-H School Enrichment Program's Adopt-a-Quail curriculum.

The 4-H Youth Enrichment Program will initiate several new programs in the fall: 4-H Wildlife Steward Program, Ag in the Classroom and project WILD/Project Learning Tree.

# COMMERCIAL HORTICULTURE, HOME GARDENING

**Faculty: Ross Penhallegon; Program Assistant: Pat Patterson**

## Eastern Filbert Blight

Eastern Filbert Blight (EFB) continues to be a major concern requiring much outreach education.



The Eastern Filbert Blight stroma forms in

With 3,150 acres of hazelnuts in the tri-county area (Lane, Linn and Benton), there is an urgency to keep the

south valley as free as possible of this disease. Out of 29,233 state-wide acres of hazelnuts, 12,000 acres have the disease.

A recent press release from the Lane County Ex-

tension office was picked up by Portland T.V. and Homeland Security posted it on its web site.

The tri-county area has found 14 EFB

sites in 9 commercial orchards. Most findings have

been minor. Through sustained media coverage, growers and the public seem to be keeping the disease in check. Springfield Park district removed

many hazelnut trees in the Ruff Park area. Eugene Park district removed many abandoned hazelnut trees, especially along the northwest Expressway.

Thanks to the efforts of growers, public agencies, and county residents, the south valley is still a very productive hazelnut producing area.

## Lingonberry Production

Lane County has become one of the world centers for lingonberry production and information distribution. Lane County Extension has the latest information on commercial production because

the initial research was done in Oregon and Washington. Contacts with growers from around the world were made at the International Symposium on Vaccinium culture (blueberry, cranberry and lingonberry). A world wide research group centered in Lane County is being developed. As a result of the group, a web site will be developed dedicated to lingonberry information. Calls and emails received from all over the world from those interested in information on commercial lingonberry production will be inter-actively shared.

## Master Gardener Program

The Master Gardener Program serves a large segment of Lane County. In May and June, Master Gardener (MG) volunteers made contact with 5,207 residents, logging 1,067 hours of service. Monday through Friday, Master Gardener volunteers in the OSU/Lane County Extension Service office provide answers to phone callers and walk-in visitors looking for answers to wide ranging questions. Walk-in residents bring with them dead leaves, spiders, oddly shaped fruit and native plants looking for

the cause of their tree or plant problems or to identify a species. They leave better informed, armed with new knowledge and a renewed interest in tending their home gardens. Walk-ins have increased this summer with an average of 100 visits per day.

Master Gardeners do much more in Lane County than answer questions. The following is a sampling of the services provided in this last reporting period:

**Youth and Youth At-Risk**  
MG volunteers provided composting workshops in schools, helped with school gardens, made classroom presentations on insects, plant growth etc. MG volunteers worked side-by-side with youth groups of all ages and socio-economic backgrounds at the GrassRoots Garden. They also collaborated on 4-H projects to assist youth.

### Lower Income

MG's worked with the Nutrition Education Program on a container gardening project for their limited resource clients, giving them the skill and confidence to grow

salad makings for themselves. MG's volunteer at the GrassRoots Garden project to improve the nutritional value of food baskets distributed through FOOD for Lane County. MG's work on a one-on-one basis with families to improve their gardening skills and/or introduce them to growing food for themselves.

### Latino Community

The Huerto de la Familia garden project is headed by MG Sarah Cantril and has taken in several new families this year.

## PROGRAM HIGHLIGHTS

### THE FOOD PANTRY PROJECT

The Food Pantry Project, initiated just this year, is a collaboration with FOOD for Lane County and many of the Lane County Extension program staff and volunteers.

Extension volunteers are taught about the local food distribution system, how food pantries operate and how to give cooking demonstrations using underutilized commodities (like raisins and powdered milk). Emphasis is placed on improving dietary quality by providing recipe handouts

food safety and basic cooking skills.

Fifty-eight trained volunteers have contributed more than 100 hours towards the success of this project. To date, 16 sites have been served by volunteers during 50 outreach sessions making 1,681 client contacts. The program involves limited resource adults, as well as youth.

The Daily Bread Pantry hosted a group nutrition education series which

graduated six participants.

This project was presented at the OSU Family and Community Development In-Service Conference in May 2004.

After receiving NEP nutrition training, some limited resource volunteers then took the Family Food Education training and the Food Pantry training. Their success has increased their self-esteem and employability.

A Food Pantry cookbook has been developed and is being distributed at food pantry sites. It includes recipes, cooking tips, nutrition, and food safety information.



Recruiting a Food Pantry volunteer.

### MASTER GARDENERS RESEARCH COMPOST TEA

Lane County Master Gardeners are involved in cutting edge research centered on activated compost tea. The activation process increases the availability of nutrients, essential bacteria, fungi, and enzymes in the tea.

OSU professor Dr. Ingham is working with Lane County Extension Master Gardeners to test the activation process and its results. The research is quite positive. Roses treated with activated compost tea show a resistance to black spot and some plants, prone to root rot, are showing resistance to this disease. Research includes testing the shelf life of the tea. Some tested tea has proven to yield no life forms and after a period of time becomes merely brown water.



Master Gardner Compost Research Team

This testing has important economic outcomes since entrepreneurs are already marketing the product and it is important to ensure that consumers get what they pay for.

### EXTENSION STAFFING

- ▲ Two half-time professional faculty members were hired, as well as a student 4-H staff member to replace department resignations.
- ▲ Office staffing is being reviewed and the duties of the Office Manager may change to reflect current needs.
- ▲ Interviews for the permanent 4-H faculty position will take place in September.
- ▲ OSU has named Kelvin Koong, Interim Dean and Director of Extension.
- ▲ New Staff Chair, Charlotte Riersgard, started 7/1/04.

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