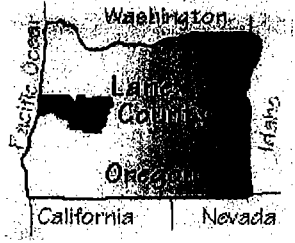


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Report to Lane County Board of Commissioners March 2006

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

Upcoming

OSU/Lane County Extension Service Programs/Events

Florence Home Show:
March 3, 4 and 5. Booth and food/gardening presentations.

Lane County Home Show:
March 9-12. Booth and gardening presentations daily. Kids day event on Sunday.

Free Public Pruning Events: March 2 at River Road Park, March 16 at Extension and March 30 on Hampshire Lane.

Community Gardener Certificate Series:
March 9, Beneficial Insects (2 pesticide credits available) and March 23, Lawns and Watering.

Free Compost Workshops:
March 4 at GrassRoots Garden and March 18 at the River House.

Worm Bin Class: March 7.

Managing Your Timber Sale: March 14 at Extension.

**Oregon State
UNIVERSITY**

**Extension Service
Lane County**

TRENDS AND ACCOMPLISHMENTS

NUTRITION EDUCATION PROGRAM (NEP)

Faculty: Charlotte Riersgard, Anna Galas and Dana Baxter

The OSU/Lane County Extension Service Nutrition Education Program offered a four week nutrition education cooking class at the Willamalane Parks and Recreation Swim Center on January 10, 17, 24 and 31. Twenty-one parents finished the free, first-of-a-kind nutrition course aimed at curbing rising levels of childhood obesity.



NEP participants learn budget tips and how to prepare healthy snacks for their children.

The Nutrition Education Program is partnering with Willamalane Parks and Recreation, The Boys and Girls Club of Emerald Valley and the City of Eugene Recreation Services using the WeCan! (Ways to Enhance Children's Activity & Nutrition) curricula. Kids swim free while parents participate in classes focusing on

great food budget tips for parents and caregivers, healthy snacks and meals, and promotion of family physical activities, as well as nutritional information.

Liz Canizales, NEP instructor states that "parents are approaching me saying that their children are more open to trying new fruits and vegetables after tasting them at the NEP cooking classes."

The class is free and offered to families who receive free and reduced school lunches or whose income meets the federal

guidelines for assistance, to participants of the Food Stamp Program, the Oregon Health Plan,



Women Infants and Children (WIC), Head Start and similar programs. Families attending all four classes will receive free recreation and activity passes, summer camp discounts and free kitchen tools.



4-H and SCHOOL ENRICHMENT

Faculty: Carolyn Ashton, Sara Miller, and Amy Rowe

Programming Accomplished

- ◆ **Community Programs** — An arts and crafts project was presented for the public on November 26 at the Lane County Holiday Market
- ◆ **Community Outreach** - The 4-H Older Youth Committee (grades 7-12) visited and sang holiday songs with the senior citizens at River Park nursing center in December.

We are having discussions with Metro Affordable Housing to set up 4-H clubs at their sites. This would assist in reaching underserved youth in Lane County.

We are in the process of creating a Mexican dance 4-H club to help reach latino youth populations in Lane County.

- ◆ **Community Recognition** — Contributor Award given to Shannon Nil and Guaranty Chevrolet for their generous support of the 4-H Horse Project Program.
- ◆ **Horse Events** — 4-H hosted a horse program celebration at a Lorane Ranch.
- ◆ **School Enrichment Materials** — Five lending library requests, impacting over 100 students.
- ◆ **Wildlife Stewards** — Five classroom visits to a 4/5 classroom at Cesar Chavez Elementary school pulling weeds and planting native plants in the school garden habitat.

After-school Programs

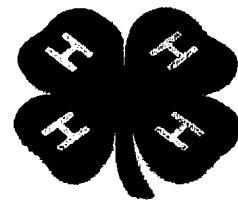
- ◆ Coburg Elementary, Cultural Connections, 16 youth, six visits.
- ◆ Meadowlark Elementary, Cultural Connections, 15 youth per session, 8-week series.
- ◆ Meadowlark/ Buena Vista, Entomology, 12 kids, two visits.
- ◆ River Road Elementary School program, Multicultural Foods, 6-week series, 20 youth per session.

Quail Egg Program

- ◆ Brochure development
- ◆ Coordination with OSU Poultry Department to prepare for Spring Quail Egg Hatching Projects in the schools.

School Presentations

- ◆ Jefferson Middle School, 6th grade, "The Incredible Journey" water cycle activity. One visit, 63 total students.
- ◆ Meadowview School visit presenting Lending Library materials at a staff meeting.
- ◆ Agnes Stewart Middle School visit presenting Lending Library materials at a staff meeting.
- ◆ Cesar Chavez Elementary visit presenting Lending Library materials at a staff meeting.
- ◆ Kelly Middle School visit presenting Lending Library materials to staff members.



Wildlife Stewards School Programs

- ◆ River Road Elementary – 20 students participate once a week.
- ◆ Dorena School - Classroom enrichment, 50 students participate every other week.

Agriculture in the Classroom Program

- ◆ Dorena School: Nutrition, Cooking and Gardening, 100 students, 6 sessions.
- ◆ Family School: 75 students, 6 sessions.
- ◆ Cesar Chavez Elementary: 25 students, 6 sessions.

Approximately 250 students reached at:

- ◆ Laurel Elementary in Junction City.
- ◆ Danebo schools – 4 programs.
- ◆ McKenzie School in Blue River – 5 programs.

Media

Radio

- ◆ November – KNND radio discussed "4-H Fall Fun"
- ◆ January – KNND "Community Partners" Radio Show, Dorena and OSU partnership: Nutrition Education and Wildlife Stewards at Dorena School.

Television

- ◆ November – Fox News highlight on Wildlife Stewards.

County 4-H Events

- ◆ Small Animal Show held on November 12, 2005. Approximately 40 youth participated in the show, where they were able to exhibit and be judged on their cavies, poultry, and rabbits.

COMMERCIAL HORTICULTURE, HOME GARDENING

Faculty: Ross Penhallegon and Assistant: Pat Patterson

December Activities

Over 40 small farm and woodland owners signed up to participate in the CORE pesticide training. The half-day session covered basic information that all private applicators are required to know when using pesticides:

- ◆ calibrate and tune-up different types of sprayers
- ◆ read a pesticide label for correct mixing
- ◆ applying and storing pesticides
- ◆ why the Pesticide Use Reporting System is important
- ◆ prevent groundwater and surface water from becoming contaminated with pesticides.

Ross Penhallegon coordinated this program to insure it met with the Oregon Department of Oregon guidelines and taught the session on label reading.

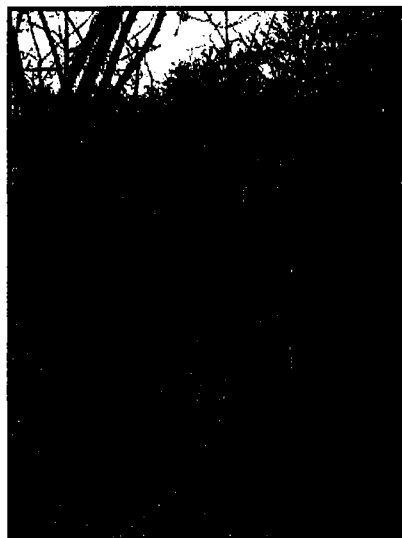
January Activities

The Master Gardener Class of 2006 started on January 11 with 45 new trainees. There are 12 veteran Master Gardeners serving as mentors to the new class who assist with class homework and room logistics. Each week two new topics are presented by various OSU educators or trained Master Gardeners. Veteran Master Gardeners are actively planning for the yearly Plant Sale fund raiser with the help of the new class, a great way for everyone to get to know each other.

With the cold spell in February, Ross, Pat and the Master Gardener hotline have been fielding many calls on how to protect plants from freezing temperatures. Radio and television stations have been calling to get the latest "scoop" on what to do in the garden. Many plants have been saved and gardeners minds put to ease with their expert advise.

The Community Gardener Certificate Series started on January 12 with a class on Sustainable Gardening. Twice a month interested gardeners come together on a Thursday evening to learn more about selected gardening topics. Over 30 people attend each session 21 of which have paid \$70 to attend the full series which includes the manual. Anyone is welcome to drop in on the sessions for \$6.00 per person.

Compost Specialists were at the Good Earth Home Show where compost tea was brewed and distributed to the public. The worm bin class is scheduled for February 18.



Pruning Specialists assist with teaching pruning techniques to the public in many locations throughout Lane County.

Due to the cold weather (worms are more active if it is warm) class size is limited to 20 people since each participant receives a worm bin complete with worms.

Free pruning classes are in full swing. Over 170 people attended the six public classes held so far this year. The pruning committee strives to accommodate as many people in the community as possible by holding demonstrations in various geographic locations throughout the county. Each year 10-20 new Master Gardeners train to become Pruning Specialists and then go on to assist with the pruning demonstrations.

February Activities

Each year the OSU/Lane County Extension Service sponsors a commercial pesticide applicator training. There were 130 participants at the February 7-8 "PNW Pesticide Chemistry, Toxicology & Policy Short Course" held at Lane Community College.

The Oregon Department of Agriculture (ODA) allowed 12 credit hours to be applied to pesticide license recertification.

FORESTRY

Faculty: Steve Bowers

Assisting Small Woodlot Owners

Need: Due to the continuing low supply of timber from public lands and the increasing dependence on wood fiber from industrial forests and small woodland owners, it is imperative OSU Forestry Extension assist woodland owners in learning how to manage their land so as to benefit themselves as well as society as a whole. The rapid change in harvesting systems, market opportunities, research and development of management practices, the Forest Practices Act and a continuing movement towards land and logger certification results in an increasing need for woodland owners to seek a source of scientific, unbiased, research-based information that can keep them advised of changes and advancements in woodland management techniques and certification issues.

The Lane County Forest Extension agent must provide leadership in the development, delivery, and evaluation of forestry education programs by interpreting and transferring forestry research to serve current and arising educational needs. In addition to woodland owners, Forestry Extension needs to include professional



The OSU/Lane County Forestry faculty offers various forest related workshops directed towards private woodland owners, and the development of new teaching material for future use.

resource managers, contractors, community leaders, agencies, industry representatives, community leaders, agencies, industry representatives, educators, youth, and the general public when designing applied research projects and delivering that information via program development through the usage of presentations, workshops, and field trips.

Events

The following is a listing of events the Lane County Extension Forester can be expected to perform during the first quarter of 2006. There are always unexpected commitments and new program development, but at the current time the following list represents the best possible review for Lane County programming, as well as statewide support of Forestry Extension agents.

January:

- ◆ Completion and delivery of the *Lane Woodland News* to reach respective audiences with intent of increasing public's understanding about forests, forest management, and regulation of forest practices in Oregon
- ◆ 1-hour appearance on KNND radio "The Beeper Show"
- ◆ Submit Tips From The Treeman for *Northwest Woodlands*
- ◆ Writing Retreat for Master Woodland Manager curriculum
- ◆ Stewardship Planning Workshop in Veneta

February:

- ◆ Attend Oregon Logging Conference as representative of OSU Forest Engineering and Lane County Extension
- ◆ Lane County Chapter of the Oregon Small Woodlands Association Annual Seedling Sale at the Extension Auditorium
- ◆ Tree ID presentation for Lane County MG training
- ◆ KNND & TV promotion sessions
- ◆ Forest Health workshop (Greg Filip and Dave Shaw speakers)
- ◆ Completion of *Managing Woodland Roads: A Field Handbook*

March:

- ◆ KNND & TV promotion sessions
- ◆ Write article for *Lane Woodland News* to increase public's understanding about forests, forest management, and regulation of forest practices in Oregon
- ◆ Write material for monthly Linn Update newsletter
- ◆ *Managing Your Timber Sale* workshop
- ◆ Tree School (Alternative Silviculture & Woodland Roads)

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

Programming Accomplished

- ⇒ **“Where to Go? What to do!?!,” Networking Senior Resources** — The workshop reviewed the variety of services and the role of information and referrals Senior and Disabled Services plays for Lane County seniors and the disabled. Also highlighted were the variety of choices seniors have for housing, what to look for, the kinds of questions to ask, and the kinds of features and services that are available.
- ⇒ **Exercise for the Non-Athlete** — Materials from the American Arthritis Association and the PACE program (People with Arthritis Can Exercise) were utilized.
The program featured low-impact standing or chair exercises which enhance flexibility and range of motion. It focuses on muscle groups that are needed for daily living activities. Participants reported seeing improvement in their flexibility within the first month of use.
- ⇒ **Heart Health for Women** - The video “It’s About Time: Acting Fast for Heart Attack Survival,” provided a tremendous overview for program participants. Women learned the signs to watch for and what to do in case of a heart attack. Also, highlighted were the risk factors and the advantages of maintaining a healthy weight and getting regular exercise.

Upcoming Programming

- ⇒ Lane Metro will be partnering with OSU/Lane County Extension, Family & Community Development program for residential clientele with the “Way Up as a Way Out” program. Educational classes will be offered in the area of family stability.
- ⇒ Currently Lane County Extension is recruiting for the Senior Finance program, *Don’t Let Your Golden Years be Tarnished: Financial Management for Seniors*. In its third year, this popular six-part series features classes on financial management, maximizing quality of life and planning for later life events. The program will be offered on Tuesday mornings from 10:00 a.m. to 12:30 p.m. at the Lane County Extension Service starting on April 18th and concluding on May 23.
- ⇒ A Mold Intervention Workshop will be offered in March at the Lane County Extension office.

“One of the current hot topics in the mid-Willamette Valley is mold. Presently, Lane County Extension receives 10 to 20 calls per day. Lane County residents are seeking information for what to do about the mold and/or mildew in their homes, apartments, RVs, and cars.”

The Family Food Education (MFP) volunteers completed a successful preservation year:

- ◆ **57 active volunteers worked 5,115 hours (June and November). Using the rate of \$17.55 established by the Independent Sector monetary value for volunteer service, the total contribution amounts to \$89,768.25.**
- ◆ **In 2005, the Food Preservation Safety Hotline answered 4,325 calls - 74% involved safety questions.**

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

Volunteers and staff staffed a Thanksgiving hotline to help consumers with their holiday food safety and preparation needs (265 calls were received. 62% were safety related calls).

The Food Pantry Project continued over the holidays. Volunteers visited various pantry sites in December and January distributing information on how to use unusual foods that are not being utilized (thickened milk, creamy soup, sliced frozen bananas, almond flavored drink mix, and Tazo tea base). In addition, several recipes were developed for using pinto bean flour (6,000 pounds) and flax seed meal.

An active communication program was presented at the Willamette Oaks Retirement Center, the goal was to teach the residents how to improve their communicate skills. Emergency preparedness classes were held for Vision Northwest Support Groups. The program was aimed at helping the disabled become more prepared in case of emergency. In addition, due to the recent flooding in Lane County, many questions were answered about water safety and storage.