Women Secure Your Financial Future

Don’t put off planning for your retirement any longer. Retirement is a real challenge, particularly for women workers. National statistics show over two out of three working women earn less than $30,000 a year. Half of all women work in traditionally female, relatively low paying jobs without pensions. As a result, women retirees receive only half the average pension benefits men receive.

(Women’s Institute for a Secure Retirement, Washington, D.C.)

By planning now – you can retire well later. The Extension Service is offering a four-part class series that will help you anticipate life events; act now by making plan now for a secure retirement later.

Continued on Page 2

The OSU/Lane County Extension Family Food Education (FFE) Program has been offering food preservation classes for over 25 years. This summer volunteers will be sharing their skills at the GrassRoots Community Garden located off of Coburg Road, Eugene. This garden produced over 40,000 pounds of food last year. Most of the produce was donated to FOOD for Lane County, however volunteers also shared in the crop. This fall, FFE volunteers will be teaching classes on freezing corn, roasting and freezing peppers, making salsa, pickles, and canning tomatoes.

The valley has an abundant supply of freshly grown produce that can be preserved for year-round enjoyment. Up-to-date preserving methods are a must if the food is to be safe. For more information about food safety for preservation call the Food Preservation/Safety hotline, 682-4246. Or go to the web site http://extension.oregonstate.edu/lane/food-preservation/.
Volunteer Spotlight

Patty Driscoll has been a Lane County Master Gardener (MG) for over twelve years. Within the local chapter Patty has held the position of, assisted with or helped oversee most of the volunteer programs promoted by Lane County. She has been a Pruning Specialist and has assisted in helping with over 30 pruning classes since the Pruning Specialist classes began in 1990. She is a trained Compost Specialist and assists with a replicated compost tea demonstration to see if compost tea really works or not.

Patty has been a state MG representative and currently manages the state-wide database of all Oregon members. This year she received the 2006 Oregon State Master Gardener of the Year award from her peers.

County experience - Let’s see, what has she NOT done. She has been involved in almost every chapter position, has assisted with ALL chapter programs, displays, talks, speakers and programs. Patty has a quiet leadership that lets people do their jobs but knows when to step in to avoid any conflicts. In Extension we call these people, indispensable. When extra office help is needed, Patty comes to help staff the phones and answer questions. She assists the office with projects, mailings, displays, tours, office parties, and tours for local officials and governmental dignitaries. She understands the Extension programs, knows what needs to be done and very quietly gets the job done. During the current Lane County budget year, Patty is one of the strongest advocates for the OSU/Lane County Extension program to the Board of County Commissioners.

The Extension Service would like to thank Patty for all that she does for the Extension Service and the community.

All events are held at the OSU/Lane County Extension Service and are free, unless otherwise stated.

September
7 Well Water Testing for Nitrates, 10 a.m.-2 p.m.
13 4-H New Leader Training, 6-9 p.m.
16 Food Fair Workshop, 9:30 a.m. -3 p.m. $5/person. Pre-registration required.
21 Study of a Country: China, Homemaker Lesson, 9:30-11 a.m. Pre-registration requested.
23 Master Gardener Fall Bulb Sale and Workshop, 9 a.m.-4 p.m.
29 Master Gardener applications due.
30 Compost Demonstration, Matthews Garden, West 15th Ave. and Hayes St., Eugene.

October
3 Compost Demonstration, Matthews Garden, West 15th Ave. and Hayes St., Eugene.
4 (Every Wednesday in October beginning the 4th) Women Secure Your Financial Future, 6-8:30 p.m. $30/person for the series. Pre-registration required.
5 Well Water Testing for Nitrates, 10 a.m.-2 p.m.
14 Compost Demonstration, GrassRoots Garden, 1465 Coburg Rd., behind St. Thomas Episcopal Church.
19 Apples in Appealing Ways, Homemaker lesson, 9:30-11 a.m. Pre-registration requested.
28 Worm Bin Composting Workshop, 10 a.m.-noon. $25/bin. Pre-registration required. Call 747-1419.

November
1-3 National Groundwater Foundation annual meeting, Lansing, Michigan
9 Well Water Testing for Nitrates, 10 a.m.-2 p.m.
11 Compost Demonstration, GrassRoots Garden, 1465 Coburg Rd., behind St. Thomas Episcopal Church.
16 4-H New Leader Training, 6-9 p.m.

December
7 Private pesticide applicator training. 8 a.m.-noon. Pre-registration requested.
21 Reduce, Reuse, Recycle, Homemaker Lesson. 9:30-11 a.m. Pre-registration requested.

Women’s Finance Continued from Page 1

wise decisions and determine steps to achieve financial security and independence. Though the workshop is geared toward women, men and couples are welcome to participate.

The classes will be held on Wednesday evenings – October 4, 11, 18 and 25, 2006, in the OSU/Lane County Extension Service Auditorium, 6:00 to 8:30 p.m. with evening refreshments provided. The registration fee is $30.00 per person.

Through this workshop you will learn ways to identify and put away for retirement. You will have the opportunity to develop a plan for retirement savings and investments. You will also have a chance to improve your understanding of the financial choices available. Be sure to register early as space is limited. Contact the OSU/Lane County Extension Service for more information or the OSU/Lane County Extension service web site: http://extension.oregonstate.edu/lane/
Nourish Your Mind

Feeding your mind through continued education is one way to maintain a healthy and vital life. If you enjoy learning, the OSU/Lane County Extension Service Study Group program may be of interest. Members learn about new places, new ideas/methods for food preparation, current emerging health issues, ways to improve their homes and family relationships and more!

The nearly 150 OSU/Lane County Extension Study Group members are involved in community service projects, social activities and practical educational programs.

Extension Study Groups meet monthly, September through May. A typical meeting includes discussion of group business, an educational lesson and social time. Study groups are also involved in their communities. You will find study groups making comfort quilts for kids, hats for preemies, supporting FOOD for Lane County and other family dinner sites, and providing scholarships for 4-H and OSU. For more information or to become involved, contact the representative in your area.

Food Preservation Workshop

The OSU/Lane County Extension Service will be conducting a learning-by-doing workshop “Food Fair” on Saturday, September 16, 9:30 a.m. - 11:30 a.m. and are held in the OSU/Lane County Extension Service Auditorium.

The program schedule includes:

- September 21- Study of a Country: China: Come learn more about this exciting country, its customs, culture, food, clothing, and music.

Don’t Throw Those Pumpkin Seeds Away

Pumpkin, squash and sunflower seeds can all be roasted for a nutritious snack or used as a garnish for salads and baked potatoes. Learn to preserve them yourself by downloading publication SP58-534, Drying & Roasting Seeds from the food safety/preservation web site http://extension.oregonstate.edu/lane/food-preservation/publications.php or call and we can mail you a copy. Also available is information on preserving walnuts, filberts and chestnuts.

Holiday Hotline

The Family Food Education/Master Food Preserver Volunteers will be staffing a holiday hotline from November 15-22 to answer turkey and other related holiday cooking questions. Phone 682-4246 M-F from 9 a.m.-4 p.m.

Also, check out our web site for more information, recipes and turkey tips: http://extension.oregonstate.edu/lane/food-preservation/.

Hunter’s Help Available

The Extension office is a good place to come if you want information on field care, boning out your deer, cutting, wrapping and even canning the meat. Check out our web site at http://extension.oregonstate.edu/lane/food-preservation/ for summer sausage and jerky making tips, as well as recipes for big game.

Be Safe-Pasteurize

If you are planning to enjoy fresh squeezed cider this fall it is a good idea to pasteurize it first. Just heat to 160ºF, cool quickly and enjoy. This is especially important for people at risk for foodborne illness, which includes infants and children, pregnant women, the elderly and those with a compromised immune system.

October 19- Apples in Appealing Ways- We’ll learn about the varieties of apples available, their characteristics, nutritional value, storage and preservation.

December 21- Reduce, Reuse, Recycle- Have you always wondered what to do with all that plastic packaging and packing materials? We’ll have the answers as to what can be recycled and where.

Area Contacts

Crow Area- Joret Bridges, 485-1015
Hayden Bridge Area- Doris Allison, 746-4258
Long Tom Area- Tami Durbin, 998-2499
Lost Creek Area- Juna Whitney, 937-2525
River Road Area- Bonnie Norris, 688-1379
Spencer Creek Area- Jean Marcotte, 485-6269
Thurston Area- Lorna Pope, 746-0867
Wilkeson Area- Edna Scholten, 995-6045

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Become a Master Gardener

Now is the time to apply for the OSU/Lane County Extension Service Master Gardener Program. Applications must be returned to the OSU/Lane County Extension Service by 5:00 p.m., September 29, 2006. Volunteers receive 66 hours of intensive education in exchange for 66 hours of volunteer time. The curriculum provides the volunteer with information and references on a variety of gardening subjects. Upon completion of the course, the Master Gardener donates volunteer time as an Extension educator in coordination with plans developed by the Extension faculty or horticultural assistant. Year-round, Master Gardeners conduct garden clinics, teach basic gardening classes, work with 4-H and school groups and answer phone calls about all aspects of home gardening.

Commercial growers are invited to apply for the program this year. There will be an additional cost to growers should they choose not to complete the volunteer hours. Interested individuals can call the OSU/Lane County Extension Service, or stop by the office to pick up an application. Applications are also on the web site: http://extension.oregonstate.edu/lane/ and look under “Upcoming Events.”

Garden Hints

Complete Garden calendars can be found on the following web sites: http://extension.oregonstate.edu/lane/horticulture/ and http://extension.oregonstate.edu/gardening/enews/. Or if you do not have access to the internet call the Extension office to have a copy sent to you.

October
- Harvest vegetable seeds.
- Compost unwanted vegetable plants.
- Harvest and dry hazelnuts.
- Harvest green tomatoes.
- Harvest and store apples.
- Control lawn weeds.

November
- Bait for slugs.
- Prune raspberries.
- Compost garden and flower areas.
- Treat for moss.
- Mulch fragile plants.

December
- Use dormant sprays.
- Prevent ice and snow breakage.
- Cover compost pile.

- Watch for rodent damage.
- Water shrubs under eaves.
- Remember to always read and follow label directions for all pesticides.

Hot Topic

Marsha Halter, Pruning Specialist.

Twilight Gardening Classes

The “2007 Community Gardener Certificate Series” evening gardening classes will soon be open for registration. The general topic areas for the upcoming classes are:
- sustainable gardening principles of organic gardening
- growing your own – starting a garden from seed
- composting and compost tea
- natural disease management
- container gardens
- native gardens/low water use gardening
- building healthy soils
- disease diagnosis
- gardening year-round
- lawns and ground covers
- propagation

All seminars will meet from 6:30–9:00 p.m., in the OSU/Lane County Extension Service Auditorium. The cost of the full series is $70.00 per person (includes the manual “Sustainable Gardening”) or seminars can be attended individually for $6.00 each and participants may pay at the door.

To receive a registration form with the scheduled classes please call the OSU/Lane County Extension Service or print out the registration from the web site at: http://extension.oregonstate.edu/lane.
4-H - learning skills to last a lifetime

Do you know a child who always wanted to learn how to care for a small animal such as a rabbit or cavy (guinea pig)? Or a child who wants to learn about cooking, sewing, growing plants, or taking photos? Or maybe you know a child who wants to learn how to ride and care for her own horse, raise and show his cattle, or raise a sheep? Then point them in the direction of joining the OSU/Lane County Extension Service 4-H Program!

Today’s 4-H program is for all youth, both rural and urban. Youth who are in grades 4-12 are eligible to join 4-H.

In addition, the 4-H Adventures program is available for children in grades K-3.

4-H is a great way for children to participate in hands-on activities, making new friends, learning new skills, and having a lot of FUN!

Children pick at least one project area that they are interested in, which can also include many non-livestock projects, such as: home economics, engineering, expressive arts, natural science, and plant science, and small animals (rabbits, cavies, and poultry).

Some 4-H’ers raise dogs, horses, and other livestock such as goats, swine, beef, and sheep. There are projects suited for every child’s interest!

4-H helps children develop inquiring minds, learn practical skills, strengthen decision making abilities, and improve their communication abilities. The unique skills and experiences that make up 4-H are designed to help develop the leaders of tomorrow.

If you know of a child from kindergarten through 12th grade who enjoys learning, meeting new people and having FUN, call the 4-H office at the OSU/Lane County Extension Service and ask about joining 4-H. Check out our web site for more information at: http://extension.oregonstate.edu/lane/4H.

Another Success at the 4-H Youth Fair

The 2006 Lane County Extension 4-H Youth Fair was a sizzling success, and we do mean sizzling! Despite record breaking heat, the fair was fun for family, friends and 4-H’ers!

The 4-H Youth Fair is an opportunity for youth to showcase their projects that they have worked on throughout the year. Whether it is raising and caring for market animals, perfecting photography techniques, or refining public presentation skills, 4-H members share what they have learned from working on their project.

This year, there were nearly 4,000 youth fair entries on display for the public to view. One of the most unique exhibits, owned by 4-H’er, Brittany Leslie, was the Bourbon Red Turkey who turned out to be quite the cuddly pet. There was also Lily, the friendly Jersey cow, owned by 4-H’er, Kara Hansen. Besides giving her presentation on Lily, Kara was eager to share that Lily was expecting her first calf in January. There is always an interesting 4-H story to tell at the Youth Fair.

The Youth Fair concluded with the annual market auction, where members are given the opportunity to sell their project animal to the highest bidder. The community was extremely generous to 4-H’ers this year -- the market grossed over $482,000! Members use the proceeds to fund their college education, purchase school supplies and invest in next year’s project.

Thank you to all of our donors and community members! Without you, the 4-H Fair wouldn’t be possible!
Benefits of Grazing

Grazing of grasslands, whether private or public, can have wonderful benefits. Most grassland managers strive for a sustainable system where the pastures and rangelands continue to be valuable resources into the future. The better the land is cared for, the better the productivity, the least cost per unit of production of the grass, the better feed for livestock and wildlife, and the better maintained the native plant communities. It is in people’s best interest to care for the land.

Many farmers and ranchers have a great working knowledge of these concepts and continually strive to improve their land management practices. However, their viewpoints are misunderstood or contested by some in the non-agricultural community. Recently, a summary of a great article on grazing public lands came to me from Dr. Michael Borman, Oregon State University Extension Range Specialist (http://oregonstate.edu/dept/range/fac_staff/borman_michael). I see the article’s content as applicable to our private lands as well. Although there is not enough room for the article here, I wanted to alert you to its general contents and encourage you to check it out for yourself. Regardless of your viewpoint, I think the material is well worth the reading, contemplation, and discussion.

Dr. Borman’s summary is called “Why Continue to Graze Public Lands?” and is actually from a full-sized paper, “Livestock Grazing on the National Forests – why continue to do it?” by David Bradford, Floyd Reed, Robbie Baird LeValley, Calvin Campbell, and Steve Kossler (Rangelands 24(2):3-11, April 2002). Grazing on National Forests and Public Lands continues to be contentious and is strongly opposed by some. It is the contention of Bradford and his coauthors that grazing can provide ecological, economical, and social benefits. In the article, Bradford and co-authors describe five objectives of the range management program for the National Forests and National Grasslands. They also provide facts and viewpoints on the above benefits of grazing. Please find the summary at http://oregonstate.edu/dept/range/grazier/GRAZ327.pdf.

More Range Information

As a broad category of land, rangelands encompass more than 40% of the earth’s land area and are characterized by native plant communities. Sustaining the resources associated with this precious land is vital. The Society for Range Management (SRM) is a professional society dedicated to supporting professionals who work with rangelands and have a commitment to their sustainable use. SRM invites you to explore their official publications, Rangelands and Rangeland Ecology & Management. Please visit http://www.rangelands.org.

Fall Management for Small Acreage Pastures

Fall is a critical time for pasture management. Decisions that are made at this time of year will affect the amount and quality of grass that you’ll have in the spring. An important management technique is to avoid overgrazing and allow the grass to re-grow to at least 4-inches for winter. Stored energy, needed to survive the winter is stored in the lower stems and crown of the plant. The re-growth will also encourage new root production that will help take up water and nutrients.

The fall is also a perfect time to take soil samples to learn about the fertility of your pasture soil. Soil test results will help determine if your soil is lacking necessary nutrients for optimum grass production. Nutrients such as phosphorus and potassium and lime products are often applied in the fall to help promote spring growth and long-term pasture productivity.

For more information regarding pasture management and soil sampling, contact Melissa Fery at 800-365-0201 or email at Melissa.Fery@oregonstate.edu or online at the OSU Extension Small Farms website: http://smallfarms.oregonstate.edu.

Melissa Fery
Small Farms
800-365-0201

Shelby Filley
Livestock & Forages
800-883-7568

Mark Mellbye
Crops
888-883-0522

Goats are one species that can be utilized for grazing.
Forest Industry Directory

Marketing—it’s high on the priority list of many family forest owners. As we all know, the Northwest forest products industry has undergone dramatic changes in the last decade or so.

Many existing mills have retooled to process a narrower range of log diameters and species. The result has been that many landowners report difficulties in finding buyers for large-diameter, small-diameter or off-species logs, not to mention any of the host of non-timber forest products on their lands. To further complicate things, existing databases and directories are many years old. To address these challenges, the Oregon Small Woodlands Association (OSWA), Oregon State University Forestry Extension and the Northwest Wood Products Association received funding from the Oregon Forest Resources Institute to explore marketing opportunities.

One of the outcomes of this project is an online directory of the Oregon forest industry. The Oregon Forest Industry Directory (OFID) at www.orforestdirectory.com/

Landowners are using the directory to find log buyers; custom sawmillers are using the directory to find sources of logs; furniture makers are using the directory to find sources of lumber; consumers are using the directory to find finished goods; and the list goes on. The directory also includes a For Sale/Wanted function that companies and individuals are using to list products for sale or items wanted. Since early in 2005, the site has registered over 30,000 hits” each month.

The Good, The Bad, and The Ugly

Many people want to know if a particular tree species can be utilized as firewood. In the simplest terms: if you can cut it and split it, you can burn it. We’re not talking desirability here, I’m just saying you can make firewood from any tree found in this area. But not many of us will try burning cottonwood, elm, or maybe even willow, so let’s take a look at the typical species commonly found for sale in the local papers and the grocery store parking lot.

Douglas fir: This ubiquitous tree has medium heating values, doesn’t make too much ash, and is probably the best of the conifers for firewood…better than some of the hardwoods. Warning: 2nd growth Douglas fir can be extremely difficult to split.

Red alder: The “book” says alder has good coaling qualities, but I tend to disagree. Seasoned alder burns warm, but way too fast and wet alder puts out a lot of ash and very little heat. One thing about it, you can cut a lot of alder in a hurry: it cuts easy and splits even easier with only an axe.

Ash: You can burn ash wet or dry and it will produce a decent fire. However, they don’t call it ash for nothing. Most ash cuts don’t call it ash for nothing. Most ash cuts and splits relatively well, just be sure to do it when green.

Bigleaf maple: Maple is pretty close to the quality of ash and has similar cutting and splitting characteristics. It burns slightly cleaner, sparks a lot more, and doesn’t heat quite as well.

Oak: Properly seasoned oak is hard to beat. Holds a fire; doesn’t spark, and most oak can be split moderately easy with a maul. Remember, your oak may have originated from an area where oak…poison-oak…resides. And the resins won’t go away!

Madrone: This is the one. It has to be dry/seasoned wood, but when allowed to cure, madrone is the top of the line stuff. There is very little bark and excellent coaling properties.

The good: madrone. The bad: alder. The ugly: Paying upwards of $150/cord if one has no access to cut their own.
If your children are like most, they arrive home from school starving. The once peaceful kitchen turns into a National Geographic Nature Special feeding scene. Your ravenous young animals carelessly hurl their school bags on the sofa attacking their prey hiding in the fridge and cupboards. They ferociously pounce on the unsuspecting food packages without mercy and consume the contents until an empty pantry is all that remains.

How does a parent avoid this feeding frenzy? Guide your young hunters and huntresses in making better food choices. There isn’t one foolproof approach, but instead there are several steps you can take to make snack time a tad more harmonious.

Designate a rack in your refrigerator or go to a discount store and let your kids pick out their own personal snack tray to be stored in your refrigerator. The night before, have your kids select what they want on the next day’s tray. By planning ahead, they have helped to choose what they eat. You have veto power before they eat half the food in the refrigerator, plus they get some experience in meal planning to boot!

Provide healthy snacks that are easily accessible. Food that’s easier to get to has a better chance of being gobbled up. Stock the fruit bowl before they get home or if you get home together, stock it up the night before. Cut up fresh veggies and put them in clear containers in the refrigerator. When they open up the refrigerator the colorful bounty will be ready and waiting.

To involve your children in the process, have them make a fruit or veggie wish list for the coming school week. Try to include some of their wish list favorites in their snack options.

When they are making lunches, have your children also pack a separate snack bag they can bring along on their day’s adventures. This gives them snacks on-hand throughout the day so they are not famished and stalking food when they get home. Examples of nutritious favorites are low fat crackers, yogurt, fresh fruit and PB and B (peanut butter on a bagel).

One of the most important influences parents or guardians can provide is a variety of healthy food choices. If the kitchen is stocked with healthy food, that is what your children will eat. What they eat when they are young will give them a foundation for healthy food choices for life.

For more information about nutrition, see our web site at: http://extension.oregonstate.edu/lane/nep/.

Veggie Dip

16 oz. nonfat cottage cheese
16 oz. nonfat sour cream or yogurt
1/2 package ranch dressing or dry soup mix

Blend cottage cheese and sour cream in a blender. Add dry seasonings to dip. Chill for two hours. Serve with vegetables for a healthy snack.