



THE COAST RANGER

OREGON STATE UNIVERSITY EXTENSION SERVICE LINCOLN COUNTY

November 2008

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4-H Forest Stewards help to coordinate successful Olalla Creek Camp

Olalla Creek Day Camp

**Matthew Sennewald, Intern,
MidCoast Watershed Council**

Early this summer, I applied for a surveying position with an environmental group, and I was ecstatic. With three summers' experience and a successful interview behind me, I was a shoe in. That is, until they realized that I was not going to be able to make it to training. With school ending the 12th of June, I would not be able to work at all until the 15th at the very earliest. This fact quickly slammed the door of opportunity in my face.

Panicking for a job, I stumbled upon an advertisement on the internet: MidCoast Watersheds Council Internship located in Newport, Oregon. I was elated to find that they needed me to work right away, though I was not sure what exactly my newfound responsibilities would require. I had just one: Olalla Creek Day Camp

A two week long summer getaway was to provide middle school students a natural environment in which to learn and have fun. For a full month I juggled that very event: Olalla Creek Day Camp. I lived, breathed, ate, and feared this camp, for I had only one month to prepare. Public relations, scheduling, budgeting, liability, and renting had to be in order. And miraculously, they were.

With the much needed aid and flexibility of activity leaders and others involved, everything came together at the very last minute. The first week we rounded up about 20 different students, not to mention the Newport after-school program that came Tuesday to add another twenty or so more students to our list. The second week was even more successful, gathering momentum after the first week's good fortune, and the Camp held consistent 25-30 members daily for four days. The Newport after-school program again visited on Tuesday, while the Ridge Apartments from Community Development Corporation (CDC) Housing brought a bus load of ten or so kids to join our event.

Poi and drumming, mountaineering, kayaking, fly tying, fishing, birds, paper-making, jam-making, hiking, stealth and awareness games were the activities that the kids participated in. They built fires, identified invasive species, and played large group teamwork games during lunch. I did my best to make sure that each student was involved in every different activity at least once, while also catering to the whims of the young learners by letting them choose where they wanted to go for their activity. Day after day I received positive feedback from parents and children alike. Though arduous and trying, it was a very rewarding experience.



However, it was only after the Day Camp that I understood the motives that brought this idea to life in the first place. While I was told that it was to celebrate the end of the environmental restoration project on Olalla Creek (which has substantially improved the water quality, I might add), the true driving forces behind the camp's existence and realization were the passionate educators (from Lincoln County Extension 4-H and the MidCoast Watersheds Council) concerned about kids' health and understanding in relation to nature. Providing many students with waivers and scholarships to avoid the \$10 dollar/day cost for the camp, these educators were generous in order to share in their belief: that students can gain a lot from being outside, and that they are likely missing out on a lot of outdoor activities because of our increasing dependence on technology.

You would only have to witness a single day of Olalla Creek Day Camp to see the effect of playing outdoors. The screams of laughter are still ringing in my head as proof.

**More 4-H Forest Stewards
event photos on page 12**

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FAMILY CARE CONNECTION



Family Care Connection is a free service, making the *CONNECTION* for families in Lincoln County with the child care and respite care they need. As Lincoln County's **CHILD CARE RESOURCE & REFERRAL (CCR&R)** Agency, we provide a critical link for parents – to child care providers in their communities and consumer education on the importance of choosing a high quality child care environment. To promote the success of child care providers we provide training, scholarships, consultations and technical assistance. As the CCR&R, Family Care Connection is the primary organization that works with and relates to all parts of the child care system – families, child care providers, educators, businesses and policy makers. Our **LIFESPAN RESPITE CARE NETWORK** recognizes all caregivers need occasional breaks, whether caring for a child with a disability or a spouse with dementia. Respite is a wellness concept, restoring both the emotional and physical well-being of caregivers. We connect families to respite care providers, respite payment resources and information to help families navigate the process of hiring a respite care provider.

November is National Family Caregiver Month

Nina Roll, Family Care Connection Director

Family Care Connection, along with numerous national organizations, major corporations and community-based groups around the country, will celebrate National Family Caregivers Month (NFC Month) in November to thank and support our nation's family caregivers.

According to the National Family Caregivers Association (NFCA), in any given year over 50 million people provide some level of caregiving services. Those services are valued at more than \$306 billion dollars a year. Family caregivers provide more than 80% of all home care services. Of today's family caregivers, 40% provide some level of nursing support. American businesses can lose as much as \$34 billion each year due to employees' need to care for loved ones 50 years of age or older.

NFC Month is organized each year by the National Family Caregivers Association, a grass roots organization whose mission is to improve the overall quality of life of family caregivers and their loved ones.

According to Suzanne Mintz, NFCA president and co-founder, the theme for NFC Month in 2008 is to encourage people to speak up: "One of the most important attributes in being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal: protecting not only the health and safety of your loved ones but for yourself as well."

To learn more about NFC Month, call NFCA at (800) 896-3650 or visit www.thefamilycaregiver.org.



Balancing Work and Family

Nina Roll, Family Care Connection Director

The demographic and economic changes of the past few decades have had a great impact in the workplace and in the lives of families. More women are working outside the home than ever before, and single parent families also are increasing. Both men and women are seeking the right balance between work and their personal lives.

In addition, many of us have high expectations of ourselves and our families which can lead to feelings of guilt, frustration, and just exhaustion. We may want to eliminate some of our roles but for many of us we enjoy all the hats we wear – we just need some help to balance them better.

Balance is not a static state. It is a moving target. Visualize balancing on a surf board, or a skate board or a balance beam. You are constantly vigilant and your body automatically shifts positions to maintain an upright state; to keep your balance.

When your life is out of balance it can lead to turmoil, conflict and **STRESS!**

Stress is cumulative and adds up over time. Think of the little hassles that often seem to overwhelm us and push over the edge.

- A spilled cup of coffee on a clean shirt or blouse.
- A low gas tank when you are in a hurry.
- An unexpected no-school day for your child.
- A computer glitch in the middle of an already busy work day.

Stress is often the result of conflict between what you expect of yourself, what others expect of you and what you actually want to do. It is important for you to clearly define who you want to be in your personal life, in your family life and in your work life.

- Clarify and prioritize your values to guide your actions. Eliminate the unimportant things that clutter your life.
 - Set realistic goals and expectations. Change those expectations that don't really support what you want.
 - Manage your time. We may "do things right" but we may not do the right things. Do you spend your leisure time doing what you should do or what you want to do?
 - Set limits, delegate and let go. Learn to say NO, delegate and then let go of things that don't give added value to your life.
 - Exercise regularly, eat nutritiously and get enough sleep!
- Taking care of yourself is essential to taking care of your family, your work and your life.

Finally, stop and ask yourself – in five years what will I wish I had done the same and what will I wish I had done differently? Your answer is the key to how you should live today.

Ways to Celebrate National Family Caregivers Month 2008

There are many ways to celebrate family caregivers and to take action and communicate the important messages of NFC Month. The following are some ideas for you to help celebrate National Family Caregivers Month:

1. Offer a few hours of respite time to a family caregiver so they spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
5. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
6. Find 12 different family photos and have a copy center create a monthly calendar that the family caregiver can use to keep track of appointments and events.
7. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
8. Help a family caregiver find information and resources on the internet or to locate a local support group.



SEA GRANT

SEA GRANT



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Oregon State UNIVERSITY **OSU** Extension Service

FISHERIES & SEAFOOD SPECIALIST



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Oregon State UNIVERSITY **OSU** Extension Service

Oregon Sea Grant provides programs to promote and enhance a better understanding of fisheries management, working towards creating vibrant and sustainable coastal communities. **Sea Grant** is often a bridge between commercial fishermen and researchers, and includes projects such as Scientists and Fishermen Exchange, The Fishermen Involved in Natural Energy, Cooperative Research on Oregon Ocean Salmon, and Sea Safety Training. We act as a consultant on many educational programs relating to commercial fisheries, and answer a variety of marine-related questions that come to the Extension Office.

Ocean Energy Abroad

Kaety Hildenbrand, Marine fisheries Extension Faculty

Within the last 24 months, there has been increasing interest in ocean energy development off the Coast of Oregon. In fact there have been 8 preliminary permits filed with the Federal Energy Regulatory Commission for wave energy projects in Oregon within the last 18 months. Some of these project applications have been denied, some developers lost interest, but some remain and are moving forward with their projects.

This emerging ocean use, coupled with the potential for marine reserves, offshore aquaculture, and oil & mineral extraction, is creating anxiety and stress for coastal communities and fishermen. Using ocean space to produce energy is not a new concept. There have been many commercial scale offshore wind projects created throughout the world (Denmark, Ireland, and the UK to name a few). While these projects do have different issues than wave energy projects, there are lessons learned from those projects that are applicable to wave energy. Furthermore, the Pacific Northwest is not the only place that is going through the process of creating wave energy sites. Both research sites and commercial sites are being used, developed or planned for in England, Scotland, Portugal, and Ireland to name a few. Many of these places are also home to traditional ocean uses like fishing or marine shipping. Some of these places are a few steps ahead of Oregon and others are at relatively the same step.

We felt it was important to look at ocean energy development on a global scale and ask ourselves what lessons have already been learned by these projects. Also, what are other places doing with wave energy that we should be doing, could be doing, or shouldn't be doing? Learning this information would come not just from ocean energy developers and researchers abroad, but also from fishermen and other ocean users abroad.

In the name of research myself, colleague Flaxen Conway, and Newport based fisherman Bob Eder, took off for a ten day whirlwind trip to learn about offshore renewable energy in Ireland, Scotland, and Denmark and how the fishing industry was engaging in it. We learned four overall lessons:

1. In all three countries the renewable energy process (wind and/or wave) is a government-supported and government-driven process; not a developer-driven process.

2. All three countries are ahead of the US with regard to renewable energy (wind, wind-on-water, wave, and steam-from-garbage) technology and planning, but they (except in Denmark) are behind us in stakeholder/community engagement.



Flying into Copenhagen, Denmark and going over the mid-delgrunden offshore wind farm.

3. Because it (the desire/decision to move to renewables) is a big government effort, they have paid for and done a lot of baseline research and planning:
 - Test site
 - Maps
 - R&D
 - Protocols
 - Plans that connect to plans
4. The fishing community in all three countries (especially Ireland and Scotland) is facing some other BIG and pressing issues:
 - Cost of fuel and other survival issues (quota [amounts, EU decides, enforcement], crew, gear conflicts and relatively low gear innovation, community gentrification)
 - A fleet in flux (decommissioning and fleet build-out)
 - Quality and export markets



Bob Eder and the quarter scale model of WaveBob in Killybegs, Ireland.



(left to right) Bob Eder, Flaxen Conway, and Kaety Hildenbrand on the 150m long Pelamis wave energy device in Edinburgh Scotland. This type of device is the first full-scale grid connected wave energy device. Three of them were recently installed off the coast of Portugal.

COMMUNITY NEWS

November & December COMMUNITY DISCUSSION TOPICS

- **FRIDAY, NOVEMBER 21, 3-4PM: RISK MANAGEMENT FOR YOUR FARM**
- **THURSDAY, DECEMBER 18TH, 6-7PM: UNDERSTANDING TAX DEFERRAL**

REGISTRATION IS FREE, AND THE PUBLIC IS INVITED TO ATTEND. Please call 574-6534 to register, and for information on this and future topics.

ALL MEETINGS ARE AT THE EXTENSION OFFICE CONFERENCE ROOM which is located at 29 SE 2nd Street, in Newport.

Compact Florescent Light Bulbs

Replacing incandescent light bulbs with the energy efficient compact fluorescent light bulbs will save energy and reduce your electric bill. When we are faced with a planetary crisis from CO2 emissions, changing light bulbs sounds like a useless exercise. But if every American home replaced just one light bulb with an energy star qualified bulb, we would save enough energy to light more than 3 million homes for a year, save more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

ENERGY STAR qualified bulbs assure that they have met very strict quality standards, regardless of their country of origin. Compact fluorescent bulbs use about 75 percent less energy than standard incandescent bulbs and last up to 10 times longer. However, the length of time they are lit has a bearing on the lifetime of the bulbs. If placed where they are continually switched on and off, can reduce the life span of the bulb. Each switch cycle costs about 6 minutes in lamp life. Compact fluorescent bulbs can save up to \$30 or more in electricity costs over each bulb's lifetime.

Compact florescent light bulbs contain small amounts of mercury. If one breaks, air out the room for 15 minutes. Carefully scoop up glass fragments and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag. Use sticky tape, such as duct tape, to pick up any remaining small glass pieces and powder. Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag. Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Although they contain trace amounts of mercury, compared to the amount that is released by coal burning power plants and the extra electricity that incandescent light use, the amount released into the environment is less. Contact your local municipal solid waste agency for proper disposal and recycling of burned out CF bulbs.

[This energy conservation tip has been prepared by the Lincoln County Sustainability Committee]

Showerheads and Clotheslines

Hot water heaters are one of the largest users of electricity in your home. To save money, first make sure your water heater thermostat is set to the proper temperature. The recommended temperature is 125°F. If it's not hot enough, inch it up 5 degrees at a time. Most dishwashers now come with a booster that increases dishwasher water to 140°F or higher, so you don't need to use your hot water heater to do that. Timers can also be installed on the water heater that turns down the heat during the night when hot water is not needed.

The daily shower is a big user of hot water. The average shower of four minutes with an old showerhead uses 20 gallons of water. Modern low flow showerheads use 2.5 gallons of water per minute, totaling up to 10 gallons for that four-minute shower, a 50% reduction in water use. That amount of hot water can be reduced even further with the super efficient showerheads, (1.5 gal/min) which are now available through Real Goods and can be found on the web. Also installing aerating faucet heads on kitchen and bathroom faucets saves hot water.

Other ways to cut back on hot water use when doing laundry is to change the setting to warm wash and cold rinse. Another big energy guzzler in your home is the clothes dryer. On those sunny days in western Oregon, hang your clothes out on the clothesline and use Mother Nature's clothes dryer. A quick tumble in the dryer will remove the stiffness from line-dried clothes. You save money, less carbon dioxide is emitted and the demand for electricity is reduced.

If you are ready to purchase a new water heater, conventional tank-type water heaters are not efficient enough to qualify for a tax credit. Tankless heaters, those that use gas to heat water on demand, do qualify for state tax credits. Solar hot water heaters are discussed in another column.

The Oregon Department of Energy offers water heater tax credits on qualifying equipment or 25 percent of the net purchase price of the equipment.

<http://www.oregon.gov/ENERGY/CONS/RES/tax/waterheaters.shtml> Also check with your local utility company. Many utility companies also provide rebates for high efficiency water heaters.

[This energy conservation tip was prepared by the Lincoln County Sustainability Committee]

Heating Your Home – Weatherization

Heating your home is your biggest energy user. Keeping out the cold during winter is one of the best things you can do to reduce your energy costs. The cheapest way to lower bills is to insulate and caulk to stop leaks. These and other steps to weatherize your home can save money on your heating bill. Oregon's SHOW Program (State Home Oil Weatherization) serves Oregon households that heat with oil, propane, kerosene, butane, or wood. SHOW-eligible homes can schedule a SHOW auditor for a free home energy audit and can apply for cash rebates for installed weatherization and heating measures. These include adding insulation to attics, walls and floors, weather stripping and caulking. Water heater insulation and programmable thermostats etc also qualify for credits. Programmable thermostats automatically control your central heating systems. Setting your thermostat at 68 degrees during the day and 60 degrees at night is recommended. Each degree Fahrenheit reduction for 8-10 hours can save about 2 percent on your annual heating bill.

Many utility companies offer incentives to weatherize you home. Before you begin your project check with your local utility company to establish if they offer incentives. Also check with the Oregon Department of Energy's who administers the SHOW program. DOE's website <http://www.oregon.gov/ENERGY/CONS/RES/weather/weahome.shtml>

If your home is heated with electricity or gas, many local electric companies offer their heating customers home energy reviews and rebates on some weatherization measures. Call the utility that provides your electricity.

Stay warm and save on your energy bills and reduce CO2 emissions.

[This energy conservation tip was produced by the Lincoln County Sustainability Committee]

4-H CLOVER CONNECTION



Vanessa Klingensmith,
4-H Agent



Lorraine Rich,
4-H Program Assistant

Important Dates to Remember

All events are subject to change, please verify times and locations with the Extension Office, just in case.

LCEO = Lincoln County Extension Office

LCFG = Lincoln County Fair Grounds

November

3rd Continuing Leader Education 5:30pm - LCEO
3rd Leaders Association Meeting 6:30pm - LCEO
8th Regional Horse Judging Day 9am – Benton County
Fairgrounds
18th Animal Science Meeting 6:30pm – LCEO
18th Auction Committee Meeting 7:30pm – LCEO
24th Continuing Leader Education 5:30pm -LCEO
24th Horse Committee Meeting 6:30pm- LCEO
25th Continuing Leader Education 6:00pm – Umpqua
Bank Waldport
27th & 28th Extension Office Closed

December

6th Youth In Action 9:30am – LCFG Main Hall
8th Leaders Association Meeting 6:30pm – LCEO
13th Toledo Christmas Parade 5:30pm
24th-26th Extension Office Closed

New Educational Materials - Babysitting

There is new Babysitting Curriculum available at the extension office including an interactive DVD. This learning aid will help youth understand what it takes to be a good babysitter, safety, first aid and CPR, child development, nutrition, and entertaining children. If you are interested in is material than all you need to do is to stop by the office and check it out.

Santa Dog Night –

PLEASE NOTE
NEW LOCATION
THIS YEAR

Come and get your dog's picture taken with Santa (you can be in the picture too) from 7pm-9pm on Wednesday, November 12th at the Main Hall on the Fairgrounds in Newport.

This is a great way to remember the holiday season with your best friend! You will get two 4x6 photos (same pose) for \$10.00 and you can buy more than one pose. If you can, please bring 2 cans of food or either pets or people and you will get \$1.00 of the cost of the photo. All proceeds will benefit the K-9 Crusaders Dog Club.

Please remember to bring all dogs on leashes and if you have any questions contact Sue Giles Green at 444-9247



January

1st Extension Office Closed
5th Leaders Association 6:30pm – LCEO
10th Horse Bowl 12:30pm-2:30pm
19th Extension Office Closed
20th Animal Science Committee Meeting 6:30pm – LCEO
20th Auction Committee Meeting 7:30pm – LCEO
24th Bowl – For – Fun 11am-3pm Harmony Lanes, Toledo
26th Horse Committee Meeting 6:30pm - LCEO

Informational Clinic Opportunities

November 15, 2008 – Lane County Small Animal Show 9am
January 24, 2009 - Mid Willamette Valley 4-H Critter Campus
9:30am-3:00pm

More information on these clinics is available at the extension office.

Continuing Leader Education

All Leaders and Resource Leaders need to complete Continuing Leader Education by November, 25 2008. It is very important to stay up to date with changes in our county's program. These meetings will only take about an hour and there are three opportunities to attend a session. Please contact the person running the session you would like to attend so they are prepared with the right amount of materials.

November 3rd – 5:30-6:30pm LCEO - Becky Goulet 336-2204
November 24th – 5:30-6:30pm LCEO – Becky Goulet 336-2204
November 25th – 6:00pm-7:00pm Waldport, Umpqua Bank
– Yvonne Erickson 563-3325

Youth in Action: Holiday Centerpiece Making

It is nearly that time of year again! Time for 4-H'ers and families to get together and create beautiful, fanciful, fragrant centerpieces for Meals-On Wheels recipients throughout the county. In the past, 4-H'ers and Girl Scouts have created about 130 of these gifts for the home-bound population. This year, our "Youth-in-Action" event will be held on Saturday, December 6 from 9:30 am- approximately noon at the fairgrounds 4-H Building. Please bring your own clippers and gloves, if you have them. Donations of fresh greenery and small ornaments suitable for a centerpiece are also encouraged. Please call 574-6534 closer to the event and we can tell you where these donations should be dropped off. Holiday treats will be offered, so come and get into the holiday mood!

4-H CLOVER CONNECTION

4-H involved in SOLV Beach Clean-up event



Rachenda Goulet & Melissa Goetz participated in SOLV's Fall Beach Cleanup on September 20th, on behalf of 4-H. Other 4-H members, leaders and staff who attended were: Becky Goulet, Hilary Leslie, Elliott Leslie, Vanessa Klingensmith, and Lorraine Rich. The 4-H organization hopes to make this a fall kick-off community service event every year.

New Leaders Wanted!

Think back to your childhood. You probably remember at least one adult who took the time to mentor and teach you valuable skills—whether it involved using pinkening shears, gardening shears or sheep shears! Would you like to give that back to a child of today's generation? You may be thinking that you don't have any skills to teach, or don't have the time, the place, or how to get the materials you need. But if you have the interest to work with a child and know you are having a beneficial impact on a life, 4-H can help you fulfill that dream. 4-H is not just about the animals that you see at the county fair... There are all kinds of projects that can be done within 4-H: photography, robotics, leadership, sewing, cooking, surfing, arts and crafts... the list goes on and on.

The wonderful aspect about 4-H is that it allows the leaders and members to design a program to fit their interest and schedules. A club is not required to meet a certain number of times per month, year-round, or even have a single leader. If you would like to job-share, that is possible. Members of the 4-H office at Extension will help you find curriculum to help and train you to be an effective leader. Give Vanessa or Lorraine a call at 574-6534.

Records Workshop

There will be a 4-H record book workshop on Saturday, November 15th from 10am-1pm at the fairgrounds in the Harney Street Building (static building during fair). Lunch will be provided. This event will help all 4-Hers get their records done right, ask important questions about records, and the correct format of your records, and placement of your activities, and how to make sure everything is where it should be. Things to bring: records and your fun loving 4-H attitude. *Please confirm your attendance by November 11th to Melissa Goetz at 961-1881, or mgcat989@hotmail.com or Vanessa at 574-6534 or vanessa.klingensmith@oregonstate.edu*

Leadership Development Scholarships

In years past, the 4-H organization has named winners of an "I Dare You Award." This award included a certificate, a book called I Dare You, by William Danforth, and a chance to win a scholarship to the American Youth Foundation's Leadership Conference in Michigan. Since this is an expensive conference and competition for the scholarships is pretty intense, the Records Review Committee decided to encourage more youth to attend an out-of-area event that would be more affordable, as well as keeping the option open for those who want to go to the camp in Michigan. The 4-H Leader's Association again approved a plan to give \$200 scholarships to intermediates and seniors chosen by the Records Review Committee to attend a choice of either the OSU Summer Conference in Corvallis, or the camp in Michigan. These scholarships will be called the "Leadership Development Scholarships." Recipients of these awards will be notified at a later date.

However, any youth who is between the ages of 15-18 may attend the Michigan conference if they can pay the full tuition of (approximately) \$525 and airfare. If you are interested, please visit the website at www.ayf.com. Likewise, any 4-H'er in grades 7-12 can attend the OSU Summer Conference

for a fee of \$200. If you would like to talk to a 4-H'er who has attended either event in the past, please call the Extension office and we can give you a name and phone number.

Your new 4-H Leader's Association Board Members

The new 2008-2009 board members for the Leader's Association are: Becky Goulet, President, Melissa Goetz, Vice President, Kathy Neal, Secretary, Yvonne Erickson and Samantha Jones, Co-Treasurers. General Members are Sandy Patterson, Debbie Jones, Rachenda Goulet and Sara Shields. Marian Brown is a Member at Large. If you would like contact information for any of these people, please call Extension. They would be happy to have your input on the 4-H program in Lincoln County. When you see these volunteers, please take the time to thank them for their service to 4-H. They attend monthly meetings, help plan and execute 4-H events, carry out fundraising and make difficult and complicated decisions. Thank you Board Members!

Holiday Gift Ideas

4-H'ers will be selling calendars, "Taste of Home" cookbooks, scented candles, gift wrap and more this fall as a fundraiser. If you are interested in purchasing, please drop by the OSU Extension Office for an order blank. Payment will be due upon delivery.

A Chance to See and Maybe Meet the Portland Trailblazers

The Oregon 4-H program is working with the Portland Trailblazers organization to put on a 4-H day. This event is a way of getting exposure for the 4-H program and also a really fun activity for clubs to participate in.

The game takes place Thursday, March 26th at 7:30pm and is against the Phoenix Suns. Ticket prices are \$21.00 per person. Tickets can also be purchased online if you desire to sit in a different section of the stadium. A flyer about the night can be emailed to you upon request.

This year there are two fun options for 4-H families besides the game. First 20 lucky kids get to high five the blazers as they come on to the court. This year, in order to qualify kids need to be 13 or under (cloverbuds are more than welcome) and must email their name, age, and county before March 1st to Vanessa so she can forward it to the state office. Then names will randomly be drawn to determine who gets the opportunity. In addition at the end of the game 4-H families and their friends will be allowed on the court to shoot hoops and take pictures. This is open to anyone young or old.

Please contact Vanessa if you are interested. If you have any questions let me know Sara Miller (sara.miller@oregonstate.edu) or Vanessa know. This was a lot of fun last year and should be great spring break fun this year!

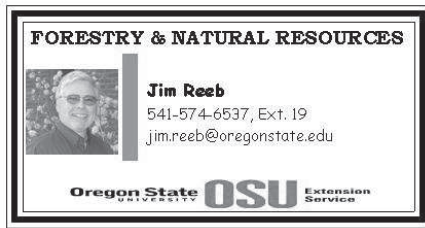
4-H Club involved in Food Share donations

Members of Barclay's Bunch, a 4-H sewing club in Waldport and their leader, Yvonne Erickson have been collecting food and donations for the Waldport Food Share collection site since October 2007. The group has collected about \$1,400 in cash and approximately 1,500 pounds of food in the twelve monthly events. Last year the Waldport pantry served 3,294 people or 1,497 households. The group meets the second Saturday of every month at Ray's Market in Waldport and collected nearly \$350 in September. The 4-H organization encourages community action and we applaud their efforts!



Pictured from left to right: Debbie Jones, Samantha Jones, Courtney Kittel, Yvonne Erickson, Melissa Goetz, and Tiffany Saturen.

FORESTRY



Carbon in Your Forest

Jim Reeb
Forestry and Natural Resources Agent

I spent several days at an OSU workshop on Carbon. We learned how C is sequestered in the forest, flux, and some of the economics of carbon trading. Let me tell you that even the experts are somewhat baffled at this stage – not with the science part but with the economic/financial part. I'll try and give a really simple explanation (because that is all I can do at this stage) of some of the highlights from the workshop.

We spent a half day in the woods measuring C – we missed the rain by one day and it was a great day to be out in the woods. In the classroom, we input and analyzed our data. For the 9 plots in the old growth and the 9 plots in the younger stand (this was not set up to be a scientific study although we were told that our results were pretty close to what would be expected for these two forests): average values for the old growth were 662 tons of C per hectare (2.47 acres) stored and losing C at the rate of 4.3 tons per hectare per year. The young stand was storing an average 213 tons of C per hectare and gaining C at a rate of 3.4 tons per hectare per year. If there is enough interest, we could arrange a day long workshop and measure C on someone's tree farm – let me know if you are interested and we'll set something up.

Probably the most important topic for the small landowners who want to sell carbon credits is the idea of "additionality". For those with internet access, you can search "additionality" and find lots of information. Here's a simple example for forest owners. Let's say you grow your trees for 45 years and then harvest them – we know this because you have a written plan for your forest, correct? To have C to sell, you must do something additional, something different, something you wouldn't normally do. So, you get no credit for the C that is being sequestered in your forest for 45 years because you are not going to get paid for something you would normally do anyway. What can you do? Well, you can postpone harvest for 5 years and harvest at 50 years. You can sell C for that part that is

additionally being sequestered over the 5 years. But at 50 years you harvest and the C is no longer sequestered – you have to pay back for giving that C up. Penciling this out just doesn't look financially beneficial for the small landowner with C credits trading for less than \$2.00/ton on the Chicago Carbon Exchange at this time. I'm not sure it would even work out if C credits were substantially greater.

When does it work? It seems that afforestation projects can work. The land was not used for forests so when you start a forest, that can be seen as additionality. You can sell C credits for the C that is being sequestered throughout the life of the forest. If you harvest the forest after 50 years, it is the same as above; you must pay back because you have released that C. Based on the interest rate used, the time value of money, the price of C credits, time of contract (doesn't necessarily have to be for the entire 50 years), how you take your payments, and probably lots of other things, it can work. But, not many afforestation projects (maybe zero) occur in Lincoln County, in Oregon, or in the Pacific Northwest. Probably of greater interest to some of you and your heirs, is that when you take a carbon contract it in essence places a lien on your property that may cloud selling of that property. Taking a contract implies you will not harvest your forest. When you or your heirs do harvest, the carbon contract needs to be paid back.

This was really a simple explanation. I didn't mention things such as getting some credit for the forest products that are made from your logs – you get some credit because not all the C is given up to the atmosphere. Some of that C from your forest is stored in wood products and may be sequestered in them for quite a long time (centuries considering use in houses and their eventual end-of-service life into landfills), but even they are eventually given up. I said the science was pretty cut and dried but that isn't exactly correct either. Some of the forest scientists and some of the wood scientists disagree on ideas such as how long C is sequestered in wood products and how to use "substitution". Substitution deals with the fact that wood can be substituted for other materials or fuels that are less greenhouse gas friendly. For example, cement, steel and aluminum materials consume large amounts of fossil fuel in their manufacture, and therefore, emit large amounts of carbon dioxide to the atmosphere. The growing and harvesting of trees for use as wood products are far more favorable to the environment than these substitute materials. As a result of using wood, less fossil fuel is used and less carbon is released to the atmosphere. The methods of getting credit for substitution are being discussed. I am not sure what the final results will be or if there will be any benefit to the small family forestland owner.

I am baffled but at least I came away from the workshop knowing that I'm not the only one. I'll continue to monitor this issue and report on it from time to time.

If you have any thoughts on this issue or comments, feel free to contact me.

Community Seminar

Local Self-Reliance - Part 1

Community, Energy and the Economy

Thursday, November 20, 2008, at the Yachats Commons

Cost: \$10

OSU Extension Lincoln County and Oregon Coast Community College Small Business Development Center in conjunction with the South County Issues Forum, are partnering to promote the buy local concept while at the same time addressing issues that will help us become locally self-reliant. This 5-hour seminar will address three cornerstones for local self-reliance: Energy, Community, and Economy. Individual topics will introduce participants to a variety of resources such as community gardens, small wind turbines, capturing solar energy, selling local products at Farmer's markets, capturing and utilizing water, high efficiency electric bulbs, modern recycling, and much more.

The program begins at 10:00 a.m. with a panel discussion of 8-10 presenters discussing specific topics on local

self reliance (e.g. capturing and recycling water, selling organic garden produce to local restaurants, joining the Buy Local Lincoln County campaign, current energy issues and solutions, etc.). A noon lunch break will be followed by three break-out sessions. Each 2-hour session will go into more detail around individual topics related to Community, Energy, and Economy.

The cost for this seminar is \$10 (includes lunch) and you can register at the OSU Extension Office at 29 SE 2nd Street, Newport, OR 97365. Call (541) 574-6534 for more information. The seminar will be held at the Yachats Commons, 441 Highway 101 North, Yachats, Oregon.

NATURAL RESOURCES

Farm News

Dan Sundseth, USDA Farm Service Agency

County Committee elections underway

Each year, the Farm Service Agency's County Committee holds elections to fill vacancies that occur on the 5-member committee that makes decisions and provides direction for the Farm Service Agency in Linn, Benton, and Lincoln counties. This year, the position representing Lincoln County will be voted. One Nomination Petition was received for Sterling Grant. As always, you will have the opportunity to cast a write in vote.

To be a member of the FSA County Committee, the candidate must reside in the area they will be representing and be eligible to participate in USDA programs administered by the Farm Service Agency. Ballots will be mailed by November 3, 2008. All ballots need to be postmarked or hand delivered to the FSA office in Tangent by 4:30 p.m. on Monday, December 1, 2008. Ballots will be counted at 10:30 a.m. on Thursday, December 4, in the USDA Service Center in Tangent.

FSA Program appeals process

FSA policy requires the office to notify you of adverse determinations in regards to your business with FSA and provide you with the criteria to appeal the adverse determination. The process to appeal adverse determinations is user friendly and provides you with the opportunity to freely describe your rationale for the outcome of a different decision.

If you are ever subject to a decision made by FSA which you feel is not the correct decision in regards to your participation with FSA programs, please contact Dan Sundseth at 541-967-5925 extension 107 or by E-mail dan.sundseth@or.usda.gov to further explain the process to you.

Crops insure deadlines for fruit crops

If you are interested in purchasing Multi-Peril Crop Insurance (MPCI) for the 2009 crop year of the following final sales closing dates:

Apple, Blueberry, Cherry, Cranberry, Fresh Apricots, Fresh Freestone Peaches, Fresh Nectarines, Grape, and Pear – November 20, 2008 (continued in column at right)

Raising and Caring for Sheep

By Sam Angima

The climatic conditions that make beef production a good enterprise for Lincoln County also favor sheep production. Sheep are one of the oldest domesticated farm animals. Wool has been used for clothing since the days of the earlier settlers, and flocks of sheep have supplied both food and fiber throughout the development of our country. Raising sheep is less expensive than cattle and is easier for the beginner to care for and learn about livestock. Sheep produce meat in six to 12 months, compared with 12 to 18 months for beef. Before undertaking a sheep production project and deciding upon a breed, you must decide on your primary objective e.g. the production of market lambs, a purebred breeder, or wool production.

Housing and Equipment

Proper feeding, water, and handling facilities are needed as well as proper housing to insure protection from predators and inclement weather. Example plans for facility construction can be found in the 4-H Sheep Handbook available for purchase from our office. In addition, you should have the equipment to dock, castrate, identify, and provide essential health care needs such as de-worming and vaccination. For example if you are planning on showing sheep or participating in county fair programs, equipment such as clippers and blocking stands will be needed. If you live more than 5 miles inland, shade is extremely important in the hot summer months as lambs will not properly gain weight without protection from the heat. A cover, such as a tarp will aid in maximum ventilation. The shade can serve a dual

purpose by also providing shelter. When it is constructed so that two or three sides can be closed, it will provide adequate protection from sudden rain or windstorms. Feed bunks should be sturdy and easy to clean. Build and place them so lambs cannot stand inside of them. Do not place them on the ground. Design water facilities for frequent cleaning. They should be small enough so they can be replenished with fresh water daily or used with an automatic waterer.

Producers should contact a local MPC agent to learn additional program details. If there are no actuarial documents filed (in your county) for a crop under the traditional MPC program, please ask your agent whether you would be eligible for coverage under a written agreement. A list of crop insurance agents is available at all USDA Service Centers throughout the U.S. or at the website address: <http://www3.rma.usda.gov/tools/agents/>

USDA Program payments issued

During the month of October, final payments were issued to those farmers and landowners participating in the 2008 Direct and Counter Cyclical Program (DCP) and the Conservation Reserve Enhancement Program (CREP). If you have not received your payment or believe the payment you received may be wrong, please contact the Farm Service Agency as soon as possible.

Wool, Mohair, and Unshorn Pelt Payments Available

Producers have until January 31, 2009 to apply to receive payments through the Farm Service Agency's Wool, Mohair, and Unshorn Pelt program. The payments are available to any producer who applies for payment prior to selling their 2008-crop wool, mohair, and/or unshorn lambs.

Dates to Remember	
November 11	Office Closed, Veteran's Day
November 20	Last Day to Apply for NAP for Berries, Fruit, Honey
November 27	Office Closed, Thanksgiving Day



Breed Selection, Feeding, Care, and Management

Purchase lambs from a reputable breeder or feedlot. For meat purposes, buy a newly weaned lamb at 50-60 days of age and always select the healthiest ones. A lamb with an excellent combination of muscle, style, balance, alertness, and desirable breed characteristics is best. Try to find a lamb that is structurally correct with adequate bone and body length.

Forage, such as grass hay, is the basis of a sound sheep production program. It may be necessary, at certain times during the production cycle, to provide supplemental feeds such as grains. Low quality forage will usually need to be supplemented with energy and protein feeds. Water is always important in all body functions. Water helps the body digest food, carry nutrients to

(continued on page 9)

NATURAL RESOURCES



Raising and Caring for Beef Cattle

By Sam Angima

Lincoln County is blessed with year-round climate that allows for good growth of forages and mild temperatures that favor beef production. The beef enterprise requires annual re-evaluation of your enterprise to make sure you are providing the best possible conditions that increases average daily gains for the animals. Operating a successful beef operation lies in the fact that beef can maximally utilize pasture and roughages more effectively than trying to mow them yourself. Also there are relatively low labor costs and low incidences of diseases and parasites. Beef do not need much shelter,



however, during winter months, weaned calves and cows calving need at least an open shed.

Depending on how large or small your operation is, you may need chutes for deworming, dehorning, or vaccinating. The size and style depends on how much you are willing to spend, size of operation, and how often you will utilize them. Feed troughs may be used when supplementing with concentrates. Be sure that

your cattle have access to water and salt at all times.

Selection

Any leading beef breed is satisfactory for farm beef production if adapted to local situations. If unsure about raising purebreds, crossbred calves is an option since they combine traits to produce a more desirable animal overall called hybrid vigor. When buying cattle, always choose the healthiest ones. Choices should be made based on an excellent combination of muscle, style, balance, alertness, and desirable breed characteristics. Along with deciding upon a breed, you must also decide on what type of beef production to become involved in. Different types of beef production include raising replacement heifers, feeder cattle, small cow herds and feedlot production. When raising a limited number of cattle on a small plot of land, it may be more economically feasible to consider artificial insemination as a means to breed your cows instead of housing a bull on your land. By taking advantage of this, it is possible to use a high quality bull without having to maintain a bull.

Feeding

Cattle need an adequate supply of protein, energy, water, minerals, and vitamins to obtain optimal levels of production. Cattle utilize these nutrients through a balanced diet (ration). The feed used can be separated into two classes, roughages and concentrates. Roughages are feeds high in fiber and low in total digestible nutrients. This includes grazable pasture, alfalfa, grass hay, and straws. Roughages are the cheapest part of the ration and necessary for the bulk of vitamins and minerals they contain. Concentrates are feeds low in fiber and high in digestible nutrients, which provides more net energy than roughages. This includes grains, cottonseed meal, wheat bran, and soybean meal to name a few. Some tips when feeding cattle at pastures include: Locate feeders near water and next to shade and shelter, and supplement pastures as needed with hay and concentrates. Also remember to:

- Begin feeding cows before they lose weight.
- Feed herds in groups according to nutritional needs.
- Feed the best roughages to calves, first calf heifers and lactating cows.
- When roughages are scarce, concentrates or grains may provide required energy levels and nutrition
- Provide plenty of clean water at all times.
- A good ration should supply protein, energy, water, minerals, and vitamins.

Care and Management

Good maintenance and prevention of disease is the easiest and cheapest method of disease and parasite control. Tips to consider:

- Dehorn calves of horned breeds. This will be safer for you and the animal.
- Castrate male calves. This is necessary to produce beef that meets the American market requirements.
- Wean calves by separating them from their mothers into another pen.
- Once the calf is weaned from its mother, the cow will gradually stop producing milk. This is accomplished once pressure is built in the udder. Future secretions will then cease.
- Vaccinations should be considered for the prevention of IBR, Black Leg and Brucellosis. Check with your veterinarian for these and other vaccinations that your cattle need in order to maintain good health.
- Always remember that nature's tonics such as exercise, sunshine, fresh air, an abundance of fresh water and a variety of feeds will provide little need for medical attention.

Some Common Cattle Terms: *Bovine:* Of or pertaining to the Subfamily including cattle; *Bull:* Male bovine; *Calf:* The young of the domestic cow; *Steer:* A male bovine that is castrated before sexual maturity; *Heat:* Sexual receptiveness in animals; *Bovine spongiform encephalopathy:* Mad-cow disease.

Raising and Caring for Sheep

By Sam Angima (continued from page 6)

the tissues, get rid of waste materials, and cool the body. Ensure that fresh water is always available at all times. A nursing lamb, market lamb, mature ewe, and pregnant ewes all require different feeding structures to remain healthy and productive.

Sheep require vaccinations against serious disease problems and protection from insect pests that are found everywhere. With all diseases, prevention provides the earliest and cheapest method of disease and parasite control. Clean sheds, feed and water troughs leave disease or parasites little chance to get started. Good nutrition is essential for health. Observation can help detect signs of sickness. Call your veterinarian when the problem is beyond your control.

Some Common Sheep Terms: *Ewes:* Female sheep; *Rams:* Male sheep; *Wethers:* Castrated male sheep; *Lamb:* Young sheep; *Gestation Period for Sheep:* 148 days.

OSU Extension Staff honored



Four staff members of OSU Extension Lincoln County were recently honored for their years of service. (left to right) Patty Mann, 15 years; Amy Wechter, 5 years; Parker Ogburn, 5 years. Not pictured: Kaety Hildenbrand, with 5 years.

Over
30 years of
service.
THANK
YOU!

MASTER GARDENER™

Master Gardeners: An exciting local tradition

Michael Noack, OSU Lincoln County Master Gardener

Do you want to learn more about growing plants and local gardening techniques? Are you eager to participate in a practical and intensive training program? Do you look forward to sharing your knowledge with people in your area? Do you have time to attend training and to complete volunteer work? If you answered yes to these questions, check out the Oregon Master Gardener Program.

The Master Gardener Program is an Oregon State University (OSU) Extension Service program that helps Oregon gardeners learn more about the art and science of growing and caring for plants. It also enables these trained volunteers to extend sustainable gardening information to their communities through educational out-reach programs. For the past 28 years, hundreds of Lincoln County residents have participated in the program. These volunteers have answered thousands of questions concerning all aspects of gardening. Currently, more than 25 Oregon counties have active Master Gardener programs.

Space is available, but filling up fast, for those interested in participating in the 2009 class. The class will begin on Tuesday, January 6, and continue

for the next nine Tuesdays.

The training offers a comprehensive course in plant science and horticulture. Classes include:

- Cultural methods for gardens, lawns, fruit trees, and landscape plants.
- Pest identification and control methods.
- Sustainable gardening practices.
- Soil management and plant nutrition.
- Diagnosis of plant problems.

As a Master Gardener volunteer, you will work with the local OSU Extension agent to maximize your volunteer time. What you do, will vary according to the Extension's needs and your desire and availability. Examples of activities may include:

- Answering gardening questions.
- Staffing plant clinics within the community.
- Working on community beautification projects.
- Working with local schools to enhance horticulture education.
- Speaking to local groups about home gardening.

For information about the training, and applications, please contact OSU Extension Office at 29 SE Second Street, in Newport, or call 574-6534. **NOTE: The deadline for applications is 12 noon, Friday, December 5, 2008.**



Oregon State University Extension Service
Master Gardener™ Program

Sign Up NOW for

2009 Master Gardener™ Program

- Do you want to learn more about plants, growing things, and gardening?
- Are you eager to participate in a practical and intensive training program?
- Do you look forward to sharing your knowledge with people in your area?
- Do you have time to attend training and complete volunteer work?

If you answered yes to these questions, check out the Oregon Master Gardener program!

→ **Master Gardener™ training in a LOCAL CLASSROOM SETTING will be held on Tuesdays, from January 6, 2009 - March 11, 2009.**

FOR MORE INFORMATION, PLEASE CONTACT OSU EXTENSION LINCOLN COUNTY OFFICE,
574-6537, EXT. 10.

Or check out the OSU Master Gardener™ Program ~ Web site at
<http://extension.oregonstate.edu/lincoln/mg/mg.php> and scroll down the page &
click on **MASTER GARDENER TRAINING & PROGRAM DETAILS**

GET YOUR NAME ON THE LIST NOW! CLASS SIZE IS LIMITED!

Master Gardener™ Classes are also available online

→ **Master Gardener™ January 2009:** Participants can earn a Master Gardener badge with continued training in their local or county Master Gardener Program, with 40-70 hours of on-site volunteer practicum required.

For more information about the **MASTER GARDENER ONLINE** program, please check out the Web site at <http://ecampus.oregonstate.edu/mastergardener>

WESTERN OREGON GARDEN CALENDAR

Oregon State University Extension Service encourages sustainable gardening practices. Always identify and monitor problems before acting. First consider cultural controls; then physical, biological, and chemical controls (which include insecticidal soaps, horticultural oils, botanical insecticides, organic and synthetic pesticides). Always consider the least toxic approach first. All recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your local office of the OSU Extension Service.

November

- Bait garden, flower beds for slugs during rainy periods. Use traps or new phosphate baits, which are pet-safe.
- Rake and destroy leaves from fruit trees that were diseased this year. Remove mummified fruit.
- Tie red raspberry canes to wires; prune to 1 foot above the top wire or wrap the canes around the top wire. Check for holes made by crown borers at base of plant, treat with registered insecticides if seen.
- Good time to transplant landscape trees and shrubs.
- Prune roses to “knee-high” to prevent winter wind damage.
- Renew mulch around perennial flower beds after removing weeds.
- Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
- Place mulch of manure over dormant vegetable garden area. A 3- to 4-inch layer of leaves spread over the garden plot prevents soil compaction by rain.
- Cover rhubarb and asparagus beds with composted manure and straw.
- Use mulches to prevent erosion and compaction from rain.
- Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching, and French drains are possible solutions.
- Protect built-in sprinkler systems: drain the system, insulate the valve mechanisms.
- Monitor landscape plants for problems. Do not treat unless a problem is identified.
- Clean and oil lawnmower, other garden equipment and tools before storing for winter. Drain and store hoses carefully to avoid damage from freezing.
- Tie limbs of upright evergreens to prevent breakage by snow or ice.
- Plant shrubs and trees that supply food and shelter to birds; e.g., sumac, barberry, elderberry, and holly.
- Protect tender evergreens from drying wind.
- Trim chrysanthemums to 4 to 6 inches after they finish blooming.
- Moss appearing in lawn means too much shade or poor drainage.
- Place a portable cold frame over rows of winter vegetables.
- Reduce fertilizer applications to houseplants.
- Still time to plant spring-flowering bulbs, but don't delay.
- Apply lime to lawns.
- Rake and compost leaves that are free of diseases and insects.
- Place mulch around berries for winter protection.
- Plant window garden of lettuce, chives, parsley.
- Check potatoes in storage and remove any going bad.
- Plant garlic for harvest next summer.
- Force spring bulbs for indoor blooms in December.
- Good time to plant trees and shrubs.
- Check firewood for insect infestations. Burn affected wood first and do not store inside.

December

- Spread wood ashes evenly on vegetable garden. Use no more than 1.5 lb/100 sq ft/year. Do not use if the soil pH is greater than 7.0 or if potassium levels are excessive.
- Use dormant sprays of lime sulfur or copper fungicide on fruit trees and roses for general disease control.
- Protect new landscape plants from wind: staking, guy wires, windbreaks, site selection.
- Make sure that landscape plants in protected sites receive water regularly during the winter.
- Monitor landscape plants for problems. Do not treat unless a problem is identified.
- Yard sanitation: rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Check for rodent damage around bases of trees and large shrubs.
- Mid-December: Spray peach trees with lime sulfur or approved fungicides to protect against peach leaf curl. Choose resistant varieties if possible.
- Still time to plant spring-flowering bulbs such as tulips, daffodils, hyacinths, crocuses. Don't delay.
- Avoid mounding mulching materials around the bases of trees and shrubs. The mulch might provide cover for rodents.
- During heavy rains, watch for drainage problems in the yard. Tiling, ditching, and French drains are possible solutions.
- Protect poinsettias from cold, place in sunlight, don't let leaves touch cold windows; fertilize with houseplant fertilizers to maintain leaf color.
- Monitor houseplants for adequate water, fertilizer, humidity. Water and fertilizer requirements generally are less in winter.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Make holiday decorations from trees and shrubs in the yard.
- Monitor spruce trees for spruce aphids. Treat if present in large numbers. Read and follow pesticide label directions.
- Tie limbs of columnar evergreens to prevent snow or ice breakage.
- If the lawn is frozen, stay off it.
- Use paper tree wraps on lower trunks of newly planted fruit and nut trees to avoid sun damage.
- Turn the compost pile.
- Good time of year to plant trees, landscape shrubs.

**For more information about gardening,
visit the OSU Extension Service Web site at
<http://extension.oregonstate.edu/gardening/>**

Oregon State
UNIVERSITY

Extension
Service

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Lincoln County Extension Office
29 SE 2nd Street, Newport, OR 97365

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Office Hours: 8 a.m.-12 Noon & 1-5 p.m., Monday-Thursday
8 a.m.-12 noon Friday (closed Friday afternoon)

Support Staff:

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Judy Pelletier
& Kathy Buisman

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4-H FOREST STEWARDS



4-H Forest Stewards Mission

To foster natural resource and science knowledge throughout Lincoln County. The focus is on developing four middle school after-school programs, continuing in the development of our Summer Natural Resource Crews and a transition from our *Blast to the Past* Camp to providing Outdoor School in Lincoln County.

A Crew's Reward: Crater Lake

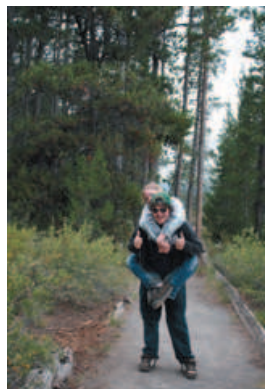
**Matthew Sennewald, Intern,
MidCoast Watershed Council**



In late July, McKenzie Reeves, a volunteer from AmeriCorps, walked into the OSU Extension service office. It was there and then that she proposed that an educational outing could be offered for Lincoln County resource crews. Intended as a reward for a summer of hard work, we have been working with this idea for about two years, and immediately realized the opportunity to make the trip happen when McKenzie walked through our door.

Though we were in the midst of hammering out the last few days of the Olalla Creek Day Camp, we managed to organize a trip to Southern Oregon where students from the natural resource crews would have the opportunity to visit gorgeous scenery, and

learn through educational speakers and personal experience. Sponsored by 4H/OSU Extension Service, Community Services Consortium, and MidCoast Watersheds Council, we gathered enough supplies to make the event happen. After opening up an invitation to all Lincoln County crew members, myself, Reeves, and four available students departed on our journey August 19th.



The road South was long and windy, as Hwy 101 is well known for being. Our first stop was Dunes City, where we met up with a park ranger, who generously handed out Smokey Bear stickers and informational packets, and an overnight pass to stay at Diamond Lake. She also gave a brief lecture on how the dunes that we were sitting on were the largest coastal dunes in North America, and that they were in danger of disappearing due to the oceanic winds and deep rooting grasses.

Our next stop was at Simpson Reef, just South of Coos Bay. California Sea Lions and harbor seals littered the reef, while a single elephant seal slept motionlessly behind the massive crowd. While I was convinced the object was merely a rock, the informational ranger insisted that the creature

was simply in a transitional molting period where it would not move; to my chagrin, a nearby student who peered through our spotting scope exclaimed assuredly: "I see it!"

Just as the group reached the final stretch, we parked the van and made our way up a short slope for an invigorating and healthy (5 minute) hike up to see Watson Falls. My legs were grateful. Soon thereafter, we arrived at our semi-secret and very quiet Diamond Lake campsite, and set up our tents mere minutes before the rain. Of course, no camping trip comes without its difficulties, and as such, we were graced with drizzle and plenty of it: the sky was overcast with scattered showers over the course of the next two days.

However, the students didn't seem to mind too much. Although we were wet, the campfire was warm and the days eventful.

Early Wednesday the 20th the students enjoyed their second presentation about the invasive Tui Chub in Diamond Lake and the recent poisoning of the Lake. The Tui Chub predate on



productive algae that help to keep the lake healthy. With a lack of these algae, the lake becomes filled with blue/green algae which are dangerously toxic. To reverse this process, the lake has to be completely restocked every 50 years or so. Using rotenone, all life is deprived of oxygen in the lake to make way for a fresh start.

Immediately following the lecture and questionnaire, we proceeded to Crater Lake and spent the whole day hiking and admiring the natural beauty of the area, noting natural phenomena like the Pinnacles, Phantom Ship, and the lake itself. Some even dared to jump into Crater Lake's freezing water, thereby encouraging others to jump into Diamond Lake early the next day.

The trip ended Thursday with a long drive up I-5, including periodic visits to the restrooms and one last goodbye to Mother Nature at Salt Creek Falls. When we rounded Hwy 20 near Toledo, it was encouraging to hear that some of the students weren't yet ready to go home. Despite the grayed climate, I am certain the trip was successful.