

FY23 Highlights from Lincoln County Extension

<https://extension.oregonstate.edu/lincoln>



Oregon State University



Photo Credit: Emily Blume

Administrative Office | Emily Blume |
Celia August

- We purchased a new Ford passenger van for programming and transportation.
- We continue to provide the service of sharing our conference spaces with outside groups to use for meetings and classes.
- We are in our second year of collaborating with Lincoln County Facilities, who use our space weekly for CPR/First Aid classes.
- Emily and 2 Extension Specialists are working in partnership with Lincoln County on a septic and well grant program for fire survivors and limited income residents. This project will continue through 2026



Photo credit: Shelley Spangler

Lincoln County 4-H | Heather Tower |
Brittany Williams

- Reintroduction of the Cloverbud Program (youth ages 5-8) with 21 participants in 2021-2022.
- A very successful 2022 Fair with a record number of animal exhibitors.
- Lincoln County 4-H had two youth attend the 2022 National Shooting Sports Contest in Grand Island, NE in the archery discipline.
- One youth traveled internationally to Argentina in the summer of 2022.

Photo Credit: Brittany Williams



SNAP-Education | Beatriz Botello | Jennifer Pettit | Jazmin Aguilar Flores

- Engaged with older adults, families, teens, and children across the county to deliver nutrition education and physical activity opportunities at schools, summer camps, the Farmer's Market, low-income housing sites, recreation and community centers, and public gardens. Outreach strategies included in-person, virtual, and indirect programming efforts.
- Delivered (40) High School programming events, reaching 58 students.
- Offered (2) Newport Farmer's Market Tours and (2) Food Hero resource table events in partnership with WIC. These events included sharing new Policy, Systems and Environmental changes at the Market where SNAP shoppers can now use the Double Up Food Bucks Program to purchase (\$20) extra fruit and vegetables beyond basic SNAP benefits, reaching 141 participants.
- Delivered (15) Mesoamerican Indigenous and Spanish hands-on, nutrition cooking classes, reaching 132 participants. Classes included education on reading labels, food safety, and planning healthy meals with a limited budget.
- Offered (4) Walk with Ease programs to increase physical activity opportunity, reaching 38 participants. Each walking program consists of 18 sessions over the course of 6 weeks.
- Delivered (29) Food Hero recipe tasting and resource table events, reaching 5,558 individuals.
- Received (2) grant awards:
 1. Grantor: Danone. One Planet, One Health. Project Title: Juntos en el Jardín (Together in the Garden.) Main Objective: Promoting and engaging low-income families in community gardening.
 2. Submitted by and in partnership with the Newport Library Grantor: Oregon Humanities, together with many partnership sponsors. Project Title: Curiosity Cabinets. Main Objective: Promoting food access at the Library; sharing cultural cooking demonstrations and recipes with the use of microgreens via distribution of take-home Microgreen Grow Kits.



Photo credit: Evie Smith



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Small Farms & Master Gardeners | Evie Smith

- Completed needs assessment for small farmers in Lincoln County
- Published 5 extension articles about best practices for water management and weed control for coastal farmers
- Began monitoring for presence of *Ganaspis brasiliensis* as biocontrol for Spotted Wing *Drosophila* in berry crops
- Hosted networking potluck for small farmers and resource providers
- 3511 volunteer hours & reached 1693 community members
- Conducted educational programs on a range of topics at Oregon Coast Community College & in Demonstration Gardens
- Began collaboration with Lincoln Soil & Water Conservation District to educate the public about the threatened Oregon Silverspot Butterfly
- Supported community garden for members of historically underserved communities at the Newport fairgrounds/Lincoln City (SNAP-Ed)—cloche building and use workshops, vegetable transplant donations, and garden maintenance

Family & Community Health | Dusti Linnell

- Coast to Forest Mental Health Promotion is promoting mental health across Oregon. Funded by USDA and SAMHSA with over \$2M dedicated for Extension, adding resources and capacity to promote mental health. Since 2022, we trained 409 people in Oregon to recognize the signs and symptoms of distress in Mental Health First Aid and give assistance. 105 participants were Extension professionals and 21 were those serving the Coast Region. 43 participants were trained from the Tillamook & Lincoln Counties.
- In 2022, provided support to Lincoln County HHS at two symposiums as meeting facilitator at the Overdose Symposium (54 attendees) and Mental Health Symposium (103 attendees)
- *Juntos en Colaboracion* is a collaboration between Lincoln County HHS, Extension Service Family & Community Health, SNAP-Ed, Master Gardeners, Agriculture, OSU College of Health Innovation, Olalla Center, *Arcoiris* Cultural, and community members. Our mission is to improve access to programs and services related to health, food, and other areas for Latinx, Hispanic, and Mesoamerican Indigenous communities. In the past 2 years, we held 45 tailored vaccination clinics increasing access to vaccinations to 2,311 people. We built or renovated 6 community gardens with 58 garden beds, increasing food security and garden access for 39 families.



Photo Credit: Renee Johnson

Forestry & Fire | Dan Stark | Aaron Groth

- Upcoming new extension publications: *Disease prevention brochure and an OSU Extension publication on growing redwoods and giant sequoia in Oregon, both for small woodland owners*
 - Lincoln County Oregon Small Woodlands Association (OSWA) annual seedling sale; Partnership for Lincoln Lands and Waters (PLLW) annual farm to forest tour; Lincoln County Forestland Classification committee; Lincoln Extension Advisory Committee
 - Virtual Basic Forestry Short Course: Managing & Monitoring for Forest Health in Western Oregon
 - Forestry and natural resources supporting small woodland owners, including one-on-one landowner consultations and site visits
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- Following a September 9-10 Red Flag Warning and Air Quality Advisory from the National Weather Service (and lack of official or readily available Spanish translation), I responded to the concerns of Extension FCH Faculty and a local Lincoln County organization, Olalla Center, translating the warning and advisory. The translation was made available via social media, radio, and digital audio.
 - Groth, Aaron, Presenter. (August 2, 2022). Wildfire in Lincoln County, Cheri Brubaker (Host/Interviewer), Topic: Wildfires, KNPT 1310 AM's "Hotline"., Newport, OR, Duration: 1 hours, Adult Contacts: 100, With Hotline's Host, Cheri Brubaker, covered events of fire season and offered suggestions on what individuals could do on the Coast to prevent wildfires., Invited. Scope: Local.
 - Groth, Aaron, Presenter. (June 5, 2022). Yachats: Wildfire Preparedness: home, community, and landscape, City of Yachats, OR, Emergency Preparedness Committee, Community Prepare Fair, Yachats, OR, Duration: 5 hours, Face to Face, Youth Contacts: 10, Adult Contacts: 25, Provided materials related to wildfire preparedness at different scales., Invited. Scope: Local. DEI



Photo Credit: Dan Stark



Sea Grant & Coastal Hazards | Angee Doerr | Felicia Olmeta Shultz

- Shop at the Dock returned for a full six weeks in 2022. With three (or more! extra tours were added on popular mornings) tours offered on six consecutive Fridays from mid-July to mid-June. Approximately 300 people attended in 2022, with a mix of local and non-local participants.
 - Working with a team from Oregon and Washington, as well as local experts and community partners, to advance workforce development opportunities for both fishing and aquaculture.
 - Fishermen First Aid and Safety Training courses were held in Newport in 2022, and have been scheduled for April of 2023. These courses are based on Wilderness First Aid but are custom adapted for the fishing industry, providing prevention and care techniques for the types of injuries most often seen in the fishing fleet. Participants also receive a well-stocked first aid kit designed specifically for use on fishing vessels.
 - Eat Oregon Seafood (www.eatoregonseafood.com) continues to expand, and will soon be part of Discover West Coast Seafood, highlighting the types of seafood harvested and grown in California, Oregon, and Washington. The website features recipes and locations to purchase local seafood.
 - Participated in and supported the efforts of the Newport Wild Seafood Cook-Off, raising money for Newport Fisherman's Wives and the Newport Food Pantry. The Oregon Sea Grant team came in second in the Dungeness Crab category, and the recipe is featured on Eat Oregon Seafood.
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- Engaged with residents and visitors on earthquake/tsunami preparedness via an informational table display at the Community Prepare Fair in Yachats. This event was sponsored by Oregon Sea Grant.
 - Shared an informational display table with Aaron Groth (Fire Program) at the Get Ready Lincoln County 2022 - Readiness Fair. We had information on emergency, wildfire, and earthquake/tsunami preparedness and engaged with residents and visitors.
 - Co-organized with Jenny Engels and Amy Ehrhart (Oregon Sea Grant) the Oregon Sea Grant Scholars Day. Twenty-one OSG Scholars attended this one-day event focused on professional development and networking such as a panel of four professionals and an improv workshop