



Cooperative Extension in Tulsa County Annual Report

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The Oklahoma State University Cooperative Extension Service in Tulsa County contributes to the land-grant mission by extending reliable research-based information to the public for use in everyday life. As the doorway to the expertise of a multitude of specialist at Oklahoma State University and throughout the Land-grant system, extension educators engage people 24 hours a day with programs and up-to-date information. Base and *Special funded programs in Tulsa County include:

- 4-H Youth Development
- 4-H Urban Youth Development
- Agriculture and Horticulture
- Community Nutrition Education
- Family and Consumer Sciences
- Leadership and Community Development



2006

Horticulture

Extension Educators: Sue Gray and Brian Jervis

- 276 Tulsa County Master Gardeners volunteered
- 17,905 hours to OSU Tulsa County Educational programs and through this effort,
 - 97,908 contacts were made. Value of volunteer service: \$323,006

The Ninth Annual “Green Acres” County Living class. The goal of Green Acres is to introduce small farming and ranching practices to potential and new land owners. The most recent class had an enrollment of 80 attendees who learned about buying and living on rural property in Tulsa County. The course was featured in the October 2, 2006 issue of “The Wall Street Journal”. As a result, the Tulsa County Extension office was contacted by “Where To Retire” magazine which did an article about two people who retired to the farm in the Tulsa area to grow blueberries. The magazine named Tulsa one of the top eight places in the United States to retire to a rural farming lifestyle. This article will be published in the 2007 spring issue of “Where To Retire”. Also, The Ameriprise Financial Services Corporation will be featuring the “Green Acres” class in their online “Insights” newsletter this Spring.

Master Gardener Volunteer Program. Tulsa County OSU Extension Master Gardeners continues to be one of the premiere programs offered by the Tulsa County Extension office. In FY 06-07 thirty eight (38) new Master Gardeners completed Tulsa County Master Gardener training and joined the force of over 300 active Tulsa County Master Gardeners. The primary function of this group of volunteers is to conduct educational programs and activities that provide research based educational information to citizens of Tulsa County.

Telephone Hotline and Assisting Walk-in customers

5900 Volunteer hours worked
41,300 contacts

Educating Tulsa County School Children

2786 Volunteer hours worked
10,080 School Children contacted

Home and Garden Show

2802 Volunteer hours worked
40,205 contacts

Demonstration Garden

1500 volunteer hours worked
1200 contacts

Senior Living Program

1033 Volunteer Hours worked
354 Seniors contacted

Community Events

644 Volunteer hours worked
2076 Tulsa County residents contacted

Tulsa County Master Gardener Website

670 Volunteer hours
Over 100 “hits” a day

**Family and Consumer Sciences and
Community Nutrition Education Program**
Extension Educators: Charlotte Richert and Donna Pelkey

The family and consumer science program focuses on improving the quality of life for residents of Tulsa County by providing programs and resources in Health, Nutrition, and Wellness; Family Financial Management; Leadership and Community Development; and Building Family Strengths.

“Gather at the Table” educational program provided tips to families and individuals in Tulsa County on the research-based relationship of eating together as a family and substance abuse prevention. **463,575** people were taught through a comprehensive media campaign including TV, radio, newspaper, website, brochures, displays, and educational workshops.

“FUN for Life” focused on teaching skills to improve Fitness and Nutrition. 100% of the 50 participants reported learning ways to save time while providing nutritious meals. A **\$750 mini-grant enabled this program** to reach 800 limited income families. Additionally an employee-based lunch and learn series included 101 participants in a six-week program. Evaluation indicated lifestyle changes were made by increasing daily physical activity and consuming more fruits and vegetables each day.

Members of the Oklahoma Home and Community Education (OHCE) groups make a difference everyday. 40 quilts made with love were donated to the Laura Dester Shelter for Foster Children. Another 400 books were donated to the shelter from the 2nd Annual Tulsa County Free Fair Book Drive. Seven groups meet monthly to learn skills in leadership and community development; nutrition, health, and wellness; family finance; and family relations. Over \$1000 were presented in scholarships to college age youth who are children or grandchildren of Tulsa County Home and Community Education members.



Community Nutrition Education Program

CNEP served 781 Tulsa County families, **68% of which had children living in the home.** 57% of program families were minorities. Those who completed the program were enrolled an average of 4.5 months and received an average of 10 lessons during their enrollment. Approximately 90% of those completing the program made a positive change towards a healthier diet. 37% of program graduates reported that they less often ran out of food at the end of the month. In addition, 37% of program graduates reported their children ate breakfast more often.

In Tulsa County food stamp dollars **contribute approximately \$67,483,212.** annually to the local economy.

CNEP provided nutrition education to **3,840 youth** in Tulsa County. 8% of surveyed youth participants more often consumed low cost, healthy foods. 9% of surveyed youth participants increased their frequency of hand washing.

In Tulsa County, CNEP provides 15 job opportunities to local citizens, which contributed more **than \$356,000 to the local economy.**

4-H Youth Development and 4-H Urban Outreach

Extension Educators: Kim Arnold, Tracy Lane, Chrissy Whitten

19,370 Tulsa County youth participated in some form of youth educational program offered by the Tulsa County OSU Extension Service. This equates to approximately 20% of the school age youth in Tulsa County.

79 certified volunteers and 266 additional volunteers provided support and leadership to youth in the 4-H Youth Development Program: 266 volunteers attended trainings at the county level, 42 at the district and 15 at the state level. These certified volunteers serve 728 members in 18 clubs in the county. That equates to a ratio of 9.2 members per volunteers.

Currently 9 local communities in Tulsa County have one or more chartered 4-H clubs with club membership that mirrors the demographics of the community.

Tulsa County 4-H is a community of young people who are learning leadership, citizenship, and life skills through the research-base of Oklahoma State University, Tulsa County, and the United States Department of Agriculture.

Kids & Cows & More



- **To provide children an opportunity to learn and better understand agriculture.** Tulsa County OSU Extension planned and facilitated an educational event called “Kids & Cows & More”. Children attending this event observed live milking demonstration, live sheep shearing, a demonstration of a cotton gin and flour mill, and heard what it takes to raise crops and livestock from people that make their living in agriculture.

- **Over 550 Tulsa area 3rd & 4th grade students, parents and teachers** learned about agriculture production and business through the inaugural Kids & Cows & More event held at Tulsa State Fair grounds. This one-of-a-kind program in Oklahoma was designed to link urban children with the agricultural origins of common

groceries and textiles. Kids & Cows & More utilized university and industry experts, farmers, ranchers, and dairy producers to demonstrate and explain life on the farm and how everyday food and fiber is produced.

- **Students were also introduced to cattle, hogs, wheat, and soybean production** through displays manned by representatives from the Oklahoma Beef Council, Oklahoma Pork Council, Oklahoma Wheat Commission, and Oklahoma Soybean Association. In addition many local businesses and agri-business organizations helped fund the program, including: Southwest Dairy Farmers; Farm Credit Services of East Central Oklahoma; Hiland Dairy; Green Country Ag & Lawn Equipment Company; and East Tulsa/Broken Arrow Kiwanis Club. Additional supporters and resources include: Tulsa Expo; Texas Cooperative Extension Service; Tulsa County OSU Master Gardener’s; OSU Community Nutrition Education Program; OSU State Cotton Specialist; OSU Small Grain Specialist; Oklahoma Ag in the Classroom; and Tulsa County 4-H members and volunteers.

Agriculture

Educators: Bruce Peverley & Phil Pratt

The agriculture program provides research-based information to anyone who has an interest in aspects of agriculture production, horticulture and related topics. Programs and resources range from teaching the basics to hosting district and state programs. These provide in-depth information to producers and business men and women involved in agriculture and its related subjects.

2006 Master Cattleman Program (Annual enrollment limited to 40)

The objective of the Master Cattleman Program is to enhance profitability of beef operations and the quality of life of beef cattle producers by providing vital information on all aspects of beef production, business planning, risk management and marketing. This high quality programming was provided by students attending 13 class sessions (roughly 28 hours of college level instruction). The instruction was provided by Tulsa County Extension educators, Oklahoma State University professors and Extension Specialists. In 2006, thirty (30) cattle producers enrolled in the Master Cattleman course with 25 earning certification of achievement. Enrollees received training in beef cow reproduction, nutrition, health care, business management and marketing.

2007 Tulsa County Horse Short Course (Annual enrollment limited to 35)

Tulsa County has a large population of horse owners and is one of the states leading sites for horse activities such as showing, racing and other recreational events. Many of these horse owners are seeking information and education concerning the ownership and care of horses. In response to the need for educational information on horses and horse ownership, Tulsa County Extension office developed the Tulsa County Horse Course.

The Horse Short Course is a seven session program designed to provide non-biased current horse management practices to horse owners and managers in Tulsa County. It consists of seven two hour workshops instructed by Oklahoma State University professors, Extension area specialists and Tulsa County Extension agriculture educators. The course is taught by lecture, demonstration, and problem solving. The goal of the Tulsa County Horse Course is to provide concise usable information for improving horse ownership. Currently there are thirty four (34) horse owners participating in the 2007 Tulsa County Horse Course.

Agriculture Goals FY 07-08 State Comprehensive Water Plan

Tulsa County OSU Extension will work with Oklahoma Water Resources Research Institute facilitating Tulsa County listening sessions to obtain stakeholder input into the State Comprehensive Water Plan. The listening sessions will solicit public comment on water issues such as: safe water for human consumption; protection and utilization of water resources; water for industry; water quality; water rights; water distribution; drought responses, and other water issues.

Input obtained during the listening sessions will be summarized by Oklahoma Water Resources Research Institute and OSU Cooperative Extension Service and submitted to State Legislators who will develop the Oklahoma's ten year State Comprehensive Water Plan.

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