

## OSU Extension Classes in Josephine County

**Small Woodlands Program: Ties to the Land – A Facilitated Program on Succession Planning**  
October 27, 7-9 pm

OSU Extension Auditorium, 215 Ringuette Street, Grants Pass  
\$25 for first family member, \$5 per additional family member

Few challenges that family forestland owners, farmers, ranchers, and other land-based family businesses face are more important than the issue of passing the business and its land base on to the following generation. Many small landowners want to preserve their family lands but don't know how to involve family members in ownership and operation of their small land-based businesses. Succession Planning—the human side of Estate Planning—focuses on ways to maintain family ties to the land from generation to generation, building awareness of key challenges facing family businesses and motivating families to address those challenges. This workshop is a mix of presentations and practical exercises to help families develop techniques to address tough issues. Topics covered will also be relevant to professionals working with landowner families.

The class fee includes one copy per family of the workbook: *Ties to the Land: Your Family Forest Heritage* (\$45 value; additional copies will be available at the workshop or online at the website). Dates and times subject to change—please call ahead to confirm and to RSVP! 541-476-6613

**I Forgot to Take My Medication—Now What?**

October 26, 6-8:30 pm

OSU Extension Auditorium, 215 Ringuette Street, Grants Pass

Cost \$5

Join OSU faculty Sharon Johnson M.S. and pharmacist Korin Richardson, Pharm D. to learn about medication jeopardy—and good medication management. You will acquire practical, research-based ideas to help you purchase, store and wisely use your medications—both prescription and non-prescription. Information on taking supplements will be included. Dr Richardson will provide an individual brown bag review of medications if you ask for one when you register and are one of the first seven callers (Bring your medications to the class—or a list of your medications including dosage). Class time: 6:30 to 7:30 pm with brown bag reviews from 6-6:30 pm and 7:30 to 8:30 pm.

**Pasture Management**

October 25, 6:30-8 pm

OSU Extension Auditorium, 215 Ringuette Street, Grants Pass

Cost \$10.00

This class is for people with small acreage. Topics to be discussed are developing pastures; improving existing pastures, weed control and fertilization. Students will also learn a simple formula to determine how many animals their acreage will support.

Pre-registration required: Lorena at 541-476-6613 Questions or more information e-mail: [maud.powell@oregonstate.edu](mailto:maud.powell@oregonstate.edu)

**Gaining Ground on Arthritis:**

**Managing Arthritis in the Agricultural Workplace.**

November 22, 2 pm

Oregon Health Management Service, 128 SW "I" Street, Grants Pass

Cost \$5

Using recently available materials from Purdue University and [www.agrability.org](http://www.agrability.org), this class will provide practical tips on protecting joints, managing arthritis and modifying work practices with special tools and accommodations to prevent further injury. To register call 541-471-4208. The class will be held at Oregon Health Management Service. The classroom entrance is at the back of the building adjacent to the Public Parking Lot on 5th Street and H Street.

**Advance Care Planning 101**

October 27, 7-9 pm

OSU Extension Auditorium, 215 Ringuette Street, Grants Pass

Cost \$5 or \$7 per couple

Planning for future health care needs is a crucial part of assuring we receive the medical attention we desire at the end of life. There are two documents that hospitals and health providers need to have patients complete in order for this to happen. Those documents are the Advance Directive (Making Health Care Decisions) and the POLST (Physician's Orders for Life-Sustaining Treatment). Most people don't know much about either one. Sometimes even locating these documents is difficult—let alone understanding and completing the forms. OSU faculty Sharon Johnson M.S. and retired physician, Dr John Forsyth will present a very practical introduction to the Advance Directive and the POLST concepts. Call 541-476-6613 to reserve your spot or stop by OSU Extension Office at 215 Ringuette Street, Grants Pass.

**Mastery of Aging Well:**

**Memory Difficulties?**

OSU Extension Auditorium, 215 Ringuette Street, Grants Pass

November 30, 7-9 pm

Cost \$5

Have you placed a hot pad in the refrigerator lately? Are you worried because you don't remember what you forgot? This class will help you understand what's happening with your aging memory and offer practical, research-based ideas for managing memory difficulties. It is part of an innovative, online series of five "Mastery of Aging Well" modules <http://outreach.oregonstate.edu/aging-well> which is now also available on DVD. The five-pack DVD set will be given as a prize at the end of the workshop to one lucky person who remembers to come. It will also be available for purchase (it makes a great Christmas gift!). Call 541-476-6613 to reserve your spot or stop by OSU Extension Office at 215 Ringuette Street, Grants Pass.



### Jackson County Master Gardeners Special Classes and Activities

Thursday, October 7, 7-9 pm

**GROWING BLUEBERRIES IN THE ROGUE VALLEY**

George Tiger, retired OSU Extension Agent

Blueberries do well in Southern Oregon if their special needs are met. Soil amendments, fertilizer, irrigation, establishment and maintenance including plant spacing, cultivar selection, weed and pest control, pruning, and harvesting will be discussed. This class qualifies for Master Gardener re-certification.

Wednesday, October 27, 7-9 pm

**LOW-WATER & DEER-RESISTANT PLANTS**

Christie Mackison, Shooting Star Nursery

Two of the most common gardening problems in our area are deer and drought. Plant choices and soil amendments can help. Learn about some plant choices that you may not have previously known about but have been tested in the Rogue Valley by Shooting Star Nursery. This class qualifies for M. G. re-certification.

Thursday, November 11, 7-9 pm

**WREATH MAKING**

Cora Lee, Master Gardener

Get ready for the holidays! This class on making a wreath will contain information and a demonstration. It will cover materials needed, techniques for making a wreath, and a demonstration showing how using different materials.

Thursday, December 2, 7-9 pm

**RUTH STOUT: THE ORIGINAL ORGANIC GARDENER**

Judi Holdeman, Master Gardener

Tired of composting, weeding and fertilizing? Try gardening the Ruth Stout "No Dig/No Work" way! This woman was still gardening when she was over 90 years old. Watch a great 20-minute film and stay for a more detailed discussion of her methods. This class qualifies for Master Gardener re-certification.

*There is a fee of \$10.00 per Saturday class and a \$5.00 per Weekday class (unless indicated otherwise). Master Gardeners wearing their badges are admitted free (materials fees still apply). The classes are held at the OSU Extension Center located at 569 Hanley Road, Central Point, Oregon. For questions and/or registration please call 541-776-7371.*

*To learn more about Jackson county Master Gardener Association go to: <http://extension.orst.edu/sorec/mg/>*

*The Master Gardener Program educates local gardeners on the art and science of growing and caring for plants. Trained Master Gardener volunteers extend sustainable gardening information to their communities through educational outreach programs.*



### Jackson County Master Gardeners 12th Annual Winter Dreams/Summer Gardens Seminar

The Jackson County Master Gardener Association will hold its 12th annual Winter Dreams/Summer Gardens all day seminar at the Rogue Community College/Southern Oregon University Higher Education Center in Medford on **Saturday, November 6 starting at 9 am**. There will be 40 classes from which to choose: ten choices for each of the one and a half-hour sessions. Topics include: soil, plant pests and diseases; growing vegetables, planting seeds, rock gardens, peonies, roses, rain gardens, sustainability and weeds. Classes will range from those for beginning gardeners where instructors such as the well known garden guru, Carol O'Neal, will help you get started growing vegetables, to detailed classes on the cultivation of specific plants or more advanced information on soils. Master Gardeners will find that many classes qualify for recertification. New residents in the valley will find some of these classes invaluable in helping to acquaint them with the particular growing conditions specific to our area.

There is lots of free parking in the area, and lunch is included in the \$40.00 enrollment fee. So pick your classes, and come enjoy rubbing elbows with other gardeners while you add to your store of knowledge.

Registration forms are available on line after September 20 at <http://extension.oregonstate.edu/sorec/mg/> or you may call the Extension Center in Central Point at 541-776-7371.



### Josephine County Master Gardeners Become a Master Gardener Class Series

Beginning January 13, 2011 at the OSU Extension Auditorium  
215 Ringuette Street, Grants Pass

The class is every Thursday for 12 weeks from 9am to 4pm.

COST: \$ 100.00 and 70 Community Payback hours

Become a new type of gardener!

Learn the cutting edge of Gardening and Landscaping techniques, basic horticultural principles and environmentally sound gardening practices.

Pre-registration is required. Call 541-476-6613 541 or stop by 215 Ringuette Street, Grants Pass.