



Empowering Communities Through Education

2010 Program Highlights

UAF Cooperative Extension Service





**Fred Schlutt, Director
UAF Cooperative Extension
Service**

From the Director's Office

The vastness of Alaska is reflected in the diversity of Extension programming and faculty. This annual report reflects the challenges and successes of our outstanding faculty and staff, who are dedicated to serving the citizens of Alaska.

I have always been amazed at the depth, breadth and quality of Extension work in our rural communities as highlighted by Kari van Delden in the Nome region. This type of work is also repeated in our Natural Resources and Community Development program, which, historically, has been imbedded in rural Alaska communities.

This report also highlights the emphasis that 4-H is placing on science education in a variety of programs that incorporate research-based information from the University of Alaska Fairbanks. Cutting edge science education is also exhibited by our agriculture and horticulture faculty as they work in areas of food security and high tunnel research or give leadership to the newly formed Alaska Food Policy Council.

Visit our offices across the state and you realize what a creative and dedicated staff of Extension professionals we have in Alaska. This professionalism and dedication to Extension programming are exemplified by our two retirees, Kristy Long and Rich Seifert, who has agreed to stay on as our community sustainability coordinator. We wish them both the best.

Fred Schlutt



**Samantha Kirstein, Chair
State Advisory Council**

Challenges magnify need for Extension

I am so excited about the future of Alaska Cooperative Extension Service. Yes, the funding landscape is changing, and we are not sure how that will affect us, but I assume it will be positive. Yes, we have a new emphasis on "engagement" from the leadership at UAF, as well as a new director of Extension who has a great nationwide network already established. I see these things as constructive and as new opportunities.

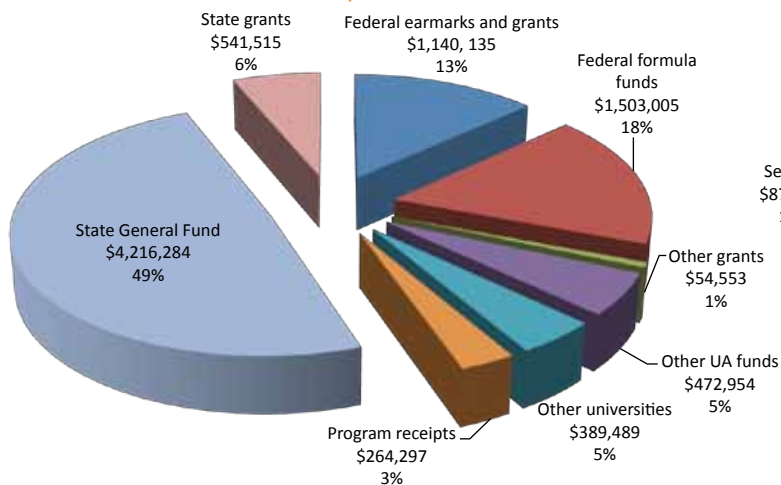
The new economic situation has made our work more relevant than it was even a few years ago. We all want to be more sustainable, diversified and competent in our use of local resources. This means Extension has lots of good work to do, and it is well positioned to march into the next few years.

Samantha Kirstein

July 1, 2009 - June 30, 2010 (State FY10)

Extension Expenditures by Revenue Source

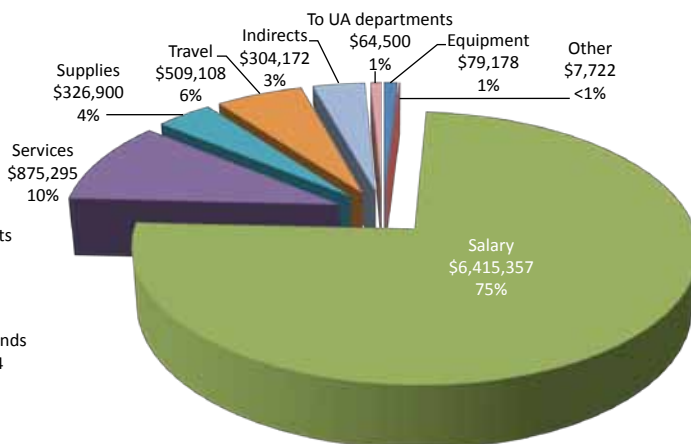
Total \$8,582,232



July 1, 2009 - June 30, 2010 (State FY10)

Extension Expenditures by Category

Total \$8,582,232



The Cooperative Extension Service relies on a variety of federal, state and local sources of funding. These charts show Extension expenditures as a percentage of the total budget and by category.

Spotlight

Extension agent enjoys job in region as 'work worth doing'

As the sole agent in the Northwest District office, Kari van Delden coordinates Extension work in an area that encompasses Nome, Kotzebue and 26 villages.

Her role, she believes, is connecting people to the resources they need — whether it's through other agencies in the region, the university or Extension.

A request for a meat cutting/butchering class during her first year with Extension had her stumped — until she discovered that the University of Alaska Fairbanks researches butchering practices. She connected with Greg Finstad of the Reindeer Research Program, who arranged for instructors to teach three classes in Nome and in Stebbins the following year. The workshop, which drew capacity audiences, spread to three other communities the third year.

To help determine the region's needs, van Delden reinstituted monthly meetings with representatives from many agencies shortly after becoming the Nome agent six years ago.

Running a single-agent Extension office has been a challenge, but van Delden says her secret weapon is long-time assistant Kathi Tweet, a 30-year resident of Nome. Van Delden herself moved to the community 17 years ago from Washington State to direct an infant learning program for Norton Sound Health Corp. The job required more than 200 village visits to work with families with special needs children.

"I just really fell in love with the region," she says.

Much of her current work relates to her background in childhood development because of a need for training in that area. During the past year, she adapted a training developed by the state to deal with childhood obesity



Kari van Delden talks about the sugar content in breakfast foods at the Nome Health Fair. Listening, from left, are Isaac Jessup and Kenneth Hafner. Dane Robinson looks on from behind. Photo courtesy of Norton Sound Health Corp.

and worked with dietitians in Nome and Kotzebue to jointly teach it to foster parents and day care providers. She developed and taught an early childhood education program at a Nome high school that requires students to practice skills in a work setting.

Van Delden also offers diverse programs in the health, home and family development area. During the past year, she has taught canning meat in glass jars, making baby food from scratch, and sessions on leading pre-school story times and the importance of vitamin D in the North. She also teaches a yoga class that combines elements of nutrition, stress relief and fitness.

Additionally, she fields questions on everything from gardening to energy efficiency. She and Tweet are Master Gardeners. If they are not sure about an answer, they forward questions to other agents or invite them to teach in the region. Extension's energy and housing specialist regularly travels to Nome, and another agent recently taught gardening, composting and using a GPS in Kotzebue and Unalakleet.

Van Delden enjoys meeting the needs of people in her region. She carries a card in her wallet with a quote from Theodore Roosevelt: "Far and away the best prize that life offers is the chance to work hard at work worth doing."

"This is a job worth doing," she says.

Strategic plan

Extension's work evolves as the needs of Alaskans change. Work began a year ago on developing a strategic plan to help guide our efforts for the next five years.

The plan started with ideas from Extension faculty and staff from all over the state and involved members of our state advisory council. We reached out to all Alaskans with an online survey and solicited information from our current constituents during programs and activities. We also polled Alaskans who are not our traditional clientele.

A couple of messages came loud and clear — the desire for programs in many different areas of Alaska and the

need for diverse delivery modes to do that. Feedback from many sources resulted in a revised mission and overall vision, and focused our work in six major theme areas — food safety and security; health; climate change; energy; youth, family and community; and economic development.

This is our updated mission: Cooperative Extension educates, engages and supports the people and communities of Alaska, connecting them with their university. We provide factual and practical information while bringing Alaskans' issues and challenges to the university.

The goals, objectives and strategies listed in our strategic plan provide a road map for meeting our mission. Check out our new plan online at www.uaf.edu/ces/about/strategic/.

4-H in Alaska

Engaging youth in active science

The Bang Up Club believes in putting science into action. The Soldotna 4-H club launches model rockets, deploys catapults and ignites smoke bomb fireworks.

Eight or so club members and their parents meet monthly at the Soldotna Extension office. Trace said a favorite recent project involved creating a 3-by-6-foot geodesic dome

in the Extension parking lot, the bombs smoked vigorously for 20 seconds.

Trace, a 4-H'er who plans to study engineering in college, always explains the science behind the projects, but says the kids are most interested in the hands-on activities. His mother confirms, "They want to see something happen."

Sparking an early interest in science is an important focus of 4-H. To address an increased demand for

Trace Braxling, a Soldotna high school sophomore, runs the club with his mother, Beth. They look for projects, he says, that combine science with entertainment value.

out of rolled-up newspapers. Another popular event was "chemical reactions day" in which members built simple smoke bombs with potassium nitrate and sugar. Ignited

www.alaska4h.org



Forrest Nelson, left, helps Emilee Cragg experiment with color during a Cloverbud class at Rally Day 2010 in Kenai.

science and technology professionals, 4-H across the nation hopes to engage 1 million new young people in science programs by 2013. The 2010 4-H National Youth Science Day involved Alaska youth as scientists exploring water quality and climate change through the effects of carbon dioxide levels in water.

An additional boost in funds from the University of Alaska Fairbanks in 2010 helped support 4-H science activities. Some 3,000 Alaska youth benefited from the science programming. In the Matanuska Valley, "Sourdough Camp" combined environmental science with outdoor living skills. The Fairbanks district conducted a GPS training event for adult volunteers and involved rural youth and their families in clubs active in GPS, geocaching, solar-powered cars, robotics and wood science.

On the Kenai, 4-H'ers blasted off to Challenger Learning Center for a moon mission trip, learned how to use a GPS and studied with a dragonfly expert. The ROV After-



Members of the Bang Up 4-H club created a geodesic dome out of newspapers. Clockwise, from center, are Nicolaus, Sarah and Jacob McConnell, leader Trace Braxling and Coen Braxling. Photo by Beth Braxling



Henry Heft, left, and William Lynch get acquainted with their GPS unit during a meeting of the North Kenai 4-H GPS Club. Photo by Nancy Veal

school 4-H Club built remote oceanic vehicles (ROVs) that members operated underwater. Bethel hosted a day camp with gardening, rocketry and super science activities.

For the second year, Anchorage 4-H is partnering with the Bureau of Land Management's Campbell Creek Science Center for monthly "Science Saturday" programs for 9- to 13-year-olds. Marianne Kerr, the Anchorage 4-H and Youth Development agent, coordinates the programs, which combine outdoor and indoor activities and use the 4-H model of hands-on learning. Participants in a recent program navigated using a GPS outdoors and played games that required reading topographical maps indoors.

One of the Science Saturday regulars is Karen Biondich, a freshman at East High School who wants to study wildlife or marine biology in college. She participates with her

mother and her 12-year-old brother.

Karen particularly liked studying the ecology of a stream near the science center and the program in which they took core samples of soil. She enjoys the programs because they involve activities and learning about science.

"It's very hands-on and it's taught at a level you can understand," she said.

The push to incorporate science has led to a slightly different focus on traditional 4-H activities, said Deb Jones, the 4-H state program leader. She notes that food safety, cooking and gardening all involve science. Leaders are encouraged to emphasize science activities as well as the science in everyday activities.

"Science is a part of everything we do," she said. "It's not limited to launching a rocket or observing something through a microscope."

Extension reaches rural youth

Extension brings youth and families together in rural Alaska. A few highlights of 2010 include:

- Youth from Holy Cross, Shageluk and Anvik enjoyed outdoor games and an Easter egg hunt on skis.
- Students in Eagle learned how to use a GPS and had fun geocaching during their weekly "4-H Fridays."
- Kodiak 4-H experienced a revitalization with five new adult club leaders and 56 new members.
- The Bethel 4-H Youth Center continues to provide a community hub for children ages 6 to 18.



Morgan Demoski and Korrina Kruger take a break while hunting for Easter eggs on skis in Anvik. Photo by Heidi Rader

National 4-H recognizes Alaskans



Nancy Graff

Nancy Graff received one of two national awards given to 4-H leaders in the country. Graff, the leader of the North Pole Ptarmigans 4-H Club, received the 2010 National 4-H Salute to Excellence Volunteer of the Year award. She also leads two after-school clubs. Graff says she loves it when participants get excited about doing something new, such as volunteering in their community or giving presentations on snakes. "That's what keeps me going," she says.

Jim Douglas, a longtime 4-H and resource development agent from Juneau, was inducted into the 2010 National 4-H Hall of Fame. Douglas retired in 2004 after 30 years in the Cooperative Extension Service, and has been actively volunteering with 4-H in his new home in Virginia.

4-H'ers earn college scholarships

Participating in 4-H prepares youth for success as they seek college scholarships. Three 4-H'ers received Senior 4-H University of Alaska Scholarships. Receiving one-year tuition waivers were Christa Von Bergen of Wasilla, University of Alaska Southeast; Megan Hansen of Nikiski, University of Alaska Fairbanks; and Angelica Baalam of Sitka, University of Alaska Anchorage. Cody Warfield of Kenai also won a \$3,000 JCPenney Facebook Challenge scholarship after writing about his volunteer experiences.

Food security

Promoting local food production

How long would grocery stores remain stocked if Alaska's food supply lines were interrupted for any reason?

The answer to that question and the exact percentage of food that Alaska imports are difficult to pin down, the state's agricultural experts agree.

"We do know that a very high percentage of food is brought in by truck, by barge or by airplane," said Milan Shipka, Extension's livestock specialist and chair of Extension's

agriculture and horticulture program.

Alaskans' dependence on imported food, the distance from the source of groceries and limited supply lines have many in Alaska, including Extension, concerned about the state's food security.

Shipka said a greater interest in eating local foods has, as elsewhere, led to the increasing popularity of farmers markets, community supported agriculture (CSAs), and community and private vegetable

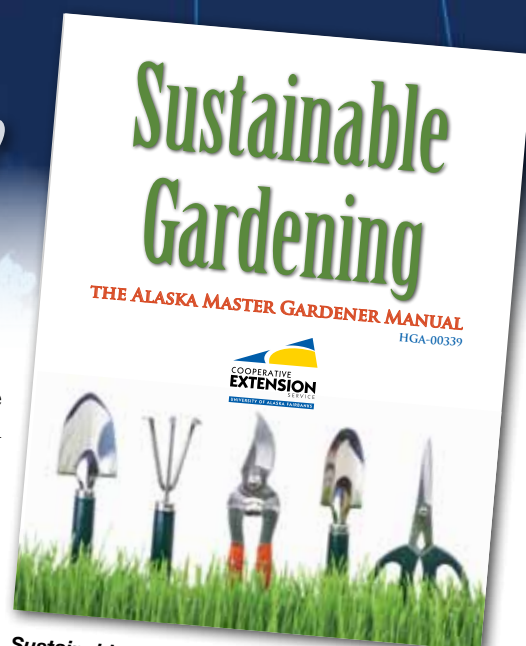
gardens. "People are interested in knowing where their food came from and maybe talking to the farmer," he said.

Extension offers a variety of programs that promote local food production and food security. Agents across the state teach gardening classes, including Extension's popular Master Gardener programs. Gardeners as far-flung as Yakutat,

"People are interested in knowing where their food came from and maybe talking to the farmer." — Milan Shipka



Master Gardener Curt Mueller has a bountiful garden in Palmer. Photo by Julie Riley



Sustainable Gardening: The Alaska Master Gardener Manual is the first comprehensive guide to gardening in Alaska.

Shageluk and Edna Bay have enrolled in the online version of the program during the past year, and 220 gardeners participated in Master Gardener programs in Sitka, Talkeetna, Kodiak, Cooper Landing, Fairbanks, Healy and Anchorage.

This past summer, Extension published the first comprehensive guide to gardening in Alaska, *Sustainable Gardening: The Alaska Master Gardener Manual*. Eleven current and former Alaska agents adapted an Oregon State University publication with information specific to Alaska gardeners. Michele Hébert, the agriculture and horticulture agent in Fairbanks, coordinated work on the 482-page guide.

Hébert said gardeners need additional information to capitalize on the benefits of and overcome the challenges involved with growing vegetables in the North. The manual focuses on sustainable

gardening practices, which build the soil into a healthy living system. It provides detailed information on soils and fertilizers, plant propagation, berry crops, pruning, weed management, composting, lawns and gardens, and integrated pest management.

Extension also hosts the annual Sustainable Gardening Conference and Organic Growers School, which brings together producers, agencies and researchers concerned about sustainable agriculture. Other conferences support greenhouse and nursery production, and vegetable, fruit and livestock producers.

Additional work has focused on food policy development. Southeast Alaska Extension and Marine Advisory Program agents worked together to gauge



Linda Jeschke digs up peat in Kotzebue for an Extension arctic gardening class on how to make garden soil out of local materials. The peat is mixed with rinsed beach sand. Photo by Stephen Brown

More than a half dozen Extension agents joined about 80 other attendees of the first Alaska Food Policy Council meeting in May. The long-term goals of the council are to identify barriers to building a viable Alaska food system, create a strategic plan to address these barriers and make

The desire of Alaskans to eat local is also reflected in other Extension programming.

food security concerns in the region late last year. Sitka Extension agent Bob Gorman, who helped develop a survey, believes it is important to develop a food policy for the region that considers food availability and distribution during severe weather and other disruptions. "I think we feel fairly vulnerable to the vagaries of the weather, climate and natural disasters," he said.

the necessary recommendations to decision makers to implement this plan.

In addition to policy development, Extension continues to improve food security through the work of its Health, Home and Family Development agents, who have developed DVDs, publications and online resources that demonstrate how to safely preserve foods.

Working together on invasives

Extension collaborates with a host of agencies and individuals concerned about the spread of invasive species that could be costly to the state. It brings citizens, scientists and experts together annually for two conferences — the Committee for Noxious and Invasive Plants Management Workshop and the Alaska Invasive Species Working Group Workshop. Participants coordinate research, education and prevention efforts.

Our Delta agent trains inspectors for Alaska's Weed Free Forage Program, which has allowed farmers the option to produce and market certified weed-free forage and straw to local markets, decreasing the spread of noxious/invasive weeds.

Delta heirloom gardens flourish



Kathy Trim, left, and Lou Ann Fett plant vegetables in the Sullivan Roadhouse gardens. Photo by Carol Dufendach

Every summer, gardens at the historic Sullivan Roadhouse in Delta Junction showcase plants specific to the roadhouse era. Extension, with the help of local master gardeners and community volunteers, continues to reno-

vate and tend the heirloom roadhouse garden. The roadhouse, which is the oldest original roadhouse in the Interior, is a museum and popular tourist attraction behind the Delta Visitors Center.

Extension aids high tunnel work

Extension is working with Alaska vegetable producers participating in a three-year high tunnel pilot program. During the first year of the program, the Soldotna agent provided nutrient recommendations to more than 60 vegetable producers on the Kenai and in Kodiak who use the unheated greenhouses.



Brian Olson raises cucumbers, raspberries and tomatoes in his high tunnels near Kenai. Photo by Thomas R. Jahns

The U.S. Department of Agriculture program through the Natural Resources Conservation Service provides funding for producers who want to extend the growing season by using high tunnels. To qualify, applicants must raise or sell \$1,000 worth of agricultural products annually. The project will evaluate whether high tunnels are effective in extending the growing season and will assess environmental benefits.

Rural Extension

Reaching out to smaller communities

Eddie Frank runs a firewood business at Venetie, in the foothills of the Brooks Range. He signed up for a basic computer skills class offered by Extension to help advertise his business and to learn more about computers.

Frank, who is 61, bought his first computer after the class. He says he still has a lot to learn, but he uses the computer for business and for e-mailing.

“She kind of opened some doors for me,” he says of Mara Bacsujlaky, who taught the class. Another participant started order-

ing his groceries and shopping for his family online.

Bacsujlaky, the community development agent for Extension, is one of several agents whose work extends to rural Alaska. Programs vary depending on the knowledge and interests of the agent, specific funding and requests from residents.

Bacsujlaky provides technical and administrative assistance to village council staff in the Tanana Chiefs Conference region. Her work ranges from helping villages develop solid waste management plans to teaching basic

spreadsheets, organizing digital files and improving grant reporting. She is also helping villages apply for community food project grants under a U.S. Department of Agriculture program. Stevens Village developed a proposal last year for a tribal bison cooperative.

Bethel agent Leif Albertson, an expert in indoor air quality and ventilation, offered workshops on the subject this past year in Bethel and Dillingham to representatives of many villages. He also taught mitten making, yogurt making, soil basics, potato cultivation and basic gar-



Gracie Thomas holds her prize-winning turnip at the Fort Yukon agriculture fair. Photo by Heidi Rader

dening, and he coordinated the Bethel community garden. Other projects included developing a how-to DVD on game meat processing and helping organize an energy fair.

Heidi Rader serves the Tanana Chiefs Conference region as part of the Federally Recognized Tribes Extension Program, which supports Extension agents on American Indian reservations and tribal jurisdictions.

Rader's work includes seed starting, gardening and food preservation workshops, programs with youth and overseeing a seed distribution project to 36 villages. During 2010, she also helped more than a dozen villages purchase agricultural supplies with federal funding, including rototillers, plants, fertilizer, seed potatoes, soil and greenhouses.

Many of Rader's programs target village youth. Nearly 400 youth participated in programs last

Programs vary depending on the knowledge and interests of the agent, specific funding and requests from residents.



Bethel agent Leif Albertson gives a tour of the Bethel community garden to high school youth from the region participating in a camp. Photo by Leah Walsh



From left, Rob Hoehn, Lorraine Jones and Colleen Osterhaus make salmonberry rhubarb jam during a Bethel berry preservation workshop. Photo by Leah Walsh



Judy Peter of Fort Yukon poses with the salmon she canned during an Extension workshop. Photo by Heidi Rader

year, including composting with worms (a favorite), tapping birch trees, identifying native plants, gardening, cooking over the campfire, making jam, canning salmon and cross-country skiing.

The ski program started several years ago, after Rader brought her skis to Stevens Village for exercise and the kids wanted to learn how to ski, she said. Since then, she and others have skied with youth from 14 Interior villages. Most of the youth use skis donated to the program or to the schools. The program is pretty basic, she said. "You go out with the kids and have fun."

Rader is the project director for a U.S. Department of Agriculture grant Extension

sion received in October to develop the Alaskan Growers School, which will help Alaska Natives in remote communities grow food to complement traditional subsistence activities. Part of the curriculum will be adapted from the existing Master Gardener online course, and a 40-hour apprenticeship will be offered to participants through Calypso Farm and Ecology Center in Fairbanks.

Bacsujlaky, Albertson and Rader are just three examples of innovative agents who work in rural Alaska. Extension agents live and deliver programs in Nome, Delta and Sitka districts and agents in more "urban" Alaska travel to rural communities with 4-H, energy, gardening and other programs, as requested. Extension is also reaching out to rural residents with greater resources online and through distance education opportunities. Check out the Extension website at www.uaf.edu/ces.

ANREP conference meets at UAF

Alaska Extension hosted the Association of Natural Resource Extension Professionals national conference June 27–30 at the University of Alaska Fairbanks. More than 225 participants included active and retired Extension professionals working in environmental education, fisheries, forestry, recreation, water and related disciplines. Sessions covered climate change education, consumer choices for sustainability, working with diverse cultures, and watersheds. Many participants learned more about Alaska in optional three-day study tours hosted by Extension.



John Jangala, an archaeologist with the Bureau of Land Management, talks about 10,000-year-old tools found near Tangle Lakes. His audience was participating in a study tour following in the ANREP national conference. Photo by Peter Stortz

The conference honored the late Bob Wheeler, who worked enthusiastically to bring the conference to Alaska. After the forester's death, Peter Stortz, Extension's natural resource and youth development specialist, served on the national and local organizing committees.

Wood heating resources offered



As fuel oil prices rise, Alaskans consider other options for heat. Extension continues to provide information on safe and efficient wood heating through its www.alaska-woodheating.com website. During the past year, faculty and staff developed wood-heating fact sheets and posters used in renewable energy displays in Anchorage, Fairbanks, Chena Hot Springs, Juneau and Bethel. Agents hope to increase the use of properly installed, EPA-certified stoves that burn seasoned wood and to reduce dependence on heating oil.

Teaching winter outdoor safety

Some residents of Bethel move to the community for professional work but lack experience with the harsh winters of Southwest Alaska. Our Bethel agent identified the need for an outdoor safety and winter survival workshop, and he and another agent hosted a workshop for 25 participants in February. Instructors included the agents, an Alaska State Trooper and members of Bethel Search and Rescue. Participants discussed outdoor survival scenarios and became familiar with survival gear and techniques.

EFNEP

A hands-on approach to nutrition



After taking an eight-session nutrition class with his fiancé, Ryan Sparks is more savvy about choosing good food for his family at the grocery store.

"Instead of running in there and picking stuff off the shelf, I actually read the labels," he says.

In addition to learning more about nutrition and budgeting, Sparks practiced making soups and casseroles and acquired new recipes that his family likes. Before the class,

Nutrition educators with EFNEP have worked with Alaskans since 1968. The program reaches out to adults who are responsible for planning and preparing the family's food, especially expecting mothers and those with young children. It also provides basic nutrition education to youths, ages kindergarten to high school, in classrooms and through special activities.

EFNEP nutrition educators in Fairbanks, Palmer and Anchorage work with adult clients in group and individual settings. The

special collaboration involved the preschool, Fairbanks Community Food Bank, the Fairbanks Regional Public Health Center and EFNEP.

Participants in EFNEP classes generally don't receive free kitchen implements, but the food bank secured grants to purchase supplies and cooking implements for the participants, including pots

and pans, whisks, spoons, cookie sheets, blenders and even a slow cooker. In addition to the nutrition and shopping lessons, participants prepared several dishes a night and went home with enough ingredients to make one of the dishes again. Marsha Munsell, who has served as the EFNEP nutrition educator in Fairbanks for 19 years, taught the class.

Hopefully, the program helps individuals make better food choices, said Munsell. "It's buying the bag of carrots for \$3.98 instead of that bag of chips for \$5.98."

his repertoire consisted of what he could microwave or grill, he said.

A nutrition educator taught the class in North Pole this past spring as part of the Expanded Food and Nutrition Education Program (EFNEP). The U.S. Department of Agriculture program, which is offered by Extension in all 50 states and six U.S. territories, helps lower income families and youth acquire the knowledge and skills to select nutritionally sound diets.

series of classes combine lessons with hands-on food preparation. Topics include nutrition, menu planning, budgeting, shopping and food safety.

Clients are recruited and referred by word of mouth, flyers and other agencies, such as women's centers, health centers and food banks. The class Sparks participated in was offered to the parents of children in the Play N Learn Community Head Start preschool program. The special



Nutrition educator Marsha Munsell demonstrates how to make twice-baked potatoes. Photo by Erica Eilenberg



A participant in an EFNEP class cuts up vegetables for a stew.
Photo by Erica Eilenberg

Another participant in the class, Jamie Bridges, appreciated Munsell's suggestions about how to get kids to eat nutritious foods. Normally, her children won't eat beans, she said, but they like hummus made out of chickpeas, a new recipe from the class. "My kids absolutely love it," she says. They also now eat broccoli because of a tasty broccoli salad recipe.

She and her husband, who serves in the Alaska Air National Guard, have children ages 6, 4, 2 and 1.

In addition to meeting with groups or individuals on request, Munsell teaches weekly classes to participants in the Options Teen Parenting pro-

gram, for pregnant teens and teen-aged parents who attend high school in Fairbanks, and to residents of an addiction recovery program.

During the past year, 156 families participated in EFNEP programs in Alaska and an additional 1,852 youth attended youth programs, mostly at schools. Elementary school students get basic nutrition lessons, but middle schoolers learn more about nutritious foods and high-calorie junk foods to avoid.

Hopefully, the program helps individuals make better food choices, said Munsell. "It's buying the bag of carrots for \$3.98 instead of that bag of chips for \$5.98."

Test kitchen opened to public

Extension has opened its test kitchen at the University of Alaska Fairbanks for public use. For an hourly fee, the Department of Environmental Conservation-certified facility is available for small, food-based businesses, caterers and onetime event food preparation.

The idea is to aid entrepreneurs who are trying to get their businesses going but do not have access to a certified facility. Assistance with product development and generating nutrition fact labels is also available. The kitchen is located in the Extension state office and will continue to be used for research.

Preserving native Alaska foods

Two new DVDs developed by Extension agents and staff show how to best preserve foods native to Alaska. The latest DVDs in our Preserving Alaska's Bounty series are *Collecting and Using Alaska's Wild Berries* and *Cold Storage*. Other DVDs provide instruction on canning, picking and drying foods, and making sausage and jerky and jams and jellies. DVDs may be ordered by calling 1-877-520-5211 or through local Extension offices. Interactive online lessons on many of the same topics may be viewed at www.uaf.edu/ces/preservingalaskasbounty.

Two Extension specialists retire

Veteran Extension specialists Kristy Long and Rich Seifert retired in 2010.

Long joined Alaska Extension in January 1977 and served as district home economist in Nome and Ketchikan before becoming the home economics program leader and foods specialist in Fairbanks. She guided research at Extension's Food Product Development Kitchen. Seifert, the energy and housing specialist, created materials and delivered energy-efficiency programs across the state for 28 years. Seifert returned to Extension in September as its community sustainability agent, to help Alaska communities become as self sufficient as possible.



Energy and Housing Specialist Rich Seifert retired in June but has returned to work as Extension's community sustainability agent.



Extension Foods Specialist Kristy Long retired in June.



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UAF Cooperative Extension Service
PO Box 756180
Fairbanks, AK 99775-6180

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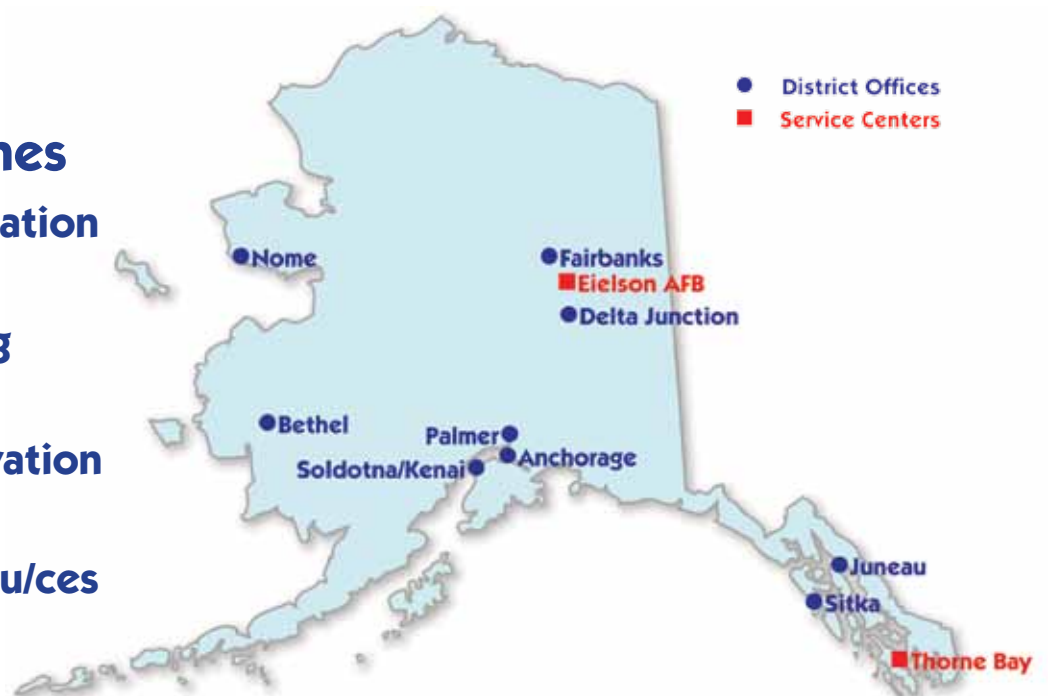
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