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**TIMBER-DEPENDENT
FAMILIES & COMMUNITIES**

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Oregon State University
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How to order publications

You can order most publications in this catalog from Agricultural Communications at Oregon State University by using the order form on page 14.

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For more information

See EM 8289, *Educational Materials List*, for a catalog of publications, videotapes, and computer software programs available from the OSU Extension Service and Oregon Agricultural Experiment Station. The catalog contains publications in the areas of livestock, crop and forest production and marketing.

Videotapes

If you're interested in videotapes, visit your local county office of the OSU Extension Service (locations listed on the inside back cover of this publication). They will be able to order them from WRDC or the Extension Stockroom.

Dislocated Worker Information Guide (DWIG)

Spearheaded by the Oregon Economic Development Department's Dislocated Worker Unit, this manual was put together in 1992. The DWIG provides information and resources to dislocated workers about federal, state, and local services available to them and their families.

OSU Timber-Dependent Families and Communities Project

As Oregon's Land Grant University, Oregon State University has the responsibility to make available its educational and creative talents to help Oregon's families and communities as they confront the obstacles affecting them. The OSU Timber-Dependent Families & Communities Project (TDFC) is a university-wide effort to draw on existing resources to design materials and deliver broad-based educational programs in the areas of:

- Family and Youth
- Community Development
- Local Government Management
- Public Issues Education
- Leadership

As the TDFC project coordinator, my goal is to create "bridges" between OSU's resources in these areas and the timber-dependent communities and their families. Bridges will be created by bringing in concerns and challenges of these communities and bringing out relevant assets of the university. Working through local county Extension offices (see list on inside back cover) and in cooperation with other state and federal agencies, the TDFC project will work with timber-dependent families and communities to determine and address their needs with timely, applicable programs.

I hope this list of carefully selected publications will be a helpful resource for timber-dependent families and communities.

—Flaxen D.L. Conway, TDFC project coordinator, 737-1418

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Timber-dependent families &

Publications that may interest you

Family and Youth

Family Finance

- EC 1059 What To Do If You Lose Your Job
- EC 1270 Your Saving/Spending Plan
- EC 1302 Organizing Your Family Records, 75¢
- EC 1381 Preparing and Using Financial Statements, 50¢
- EC 1391 Managing Between Jobs: Setting
 Spending Priorities
- EC 1392 Managing Between Jobs: Strategies for
 Spending Less
- EC 1393 Managing Between Jobs: Deciding Which
 Bills to Pay First
- EC 1394 Managing Between Jobs: Talking With Creditors
- EC 1395 Managing Between Jobs: Keeping a
 Roof Overhead
- EC 1396 Managing Between Jobs: Bartering
- EC 1397 Managing Between Jobs: Making the Most of
 What You Have
- PNW 237 A Guide to Budgeting For the Family, 50¢
- PNW 258 Budgeting For the Young Couple, 25¢
- Videos** Tracking Your Spending (Ext. Stockroom)
- Making Ends Meet (Ext. Stockroom)
- Home Works #1: Thinking About a Home
 Business
- Home Works #2: Financial and Legal Issues
- Home Works #3: Pricing For Profit
- Home Works #4: How to Market a Product
 or Service

Home Works #5: Managing Your Time
and Your Life

Home Works #6: Fact and Fantasy

Home Works #7: Taking Risks

("Home Works" available from Ext. Stockroom)

Families and Children

- EC 1289 Helping Children Grow: Using Discipline
Constructively
- EC 1290 Helping Children Grow: The Causes and
Prevention of Child Abuse
- EC 1291 Helping Children Grow: Listening To Your Child
- EC 1296 Helping Children Grow: Dealing With
Problem Behavior
- EC 1312 Helping Children Grow: Handling
Children's Fears
- EC 1313 Helping Children Grow: Finding
Community Support
- EC 1325 Helping Children Grow: Teaching
Children Values
- EC 1398 Managing Between Jobs: Accepting Your Feelings
- EC 1399 Managing Between Jobs: Living Better With Stress
- EC 1400 Managing Between Jobs: Identifying Sources of
Support and Friendship
- EC 1401 Managing Between Jobs: How You Can Help
When Your Mom or Dad is Unemployed
- EC 1402 Managing Between Jobs: Deciding if Teens
Should Work
- EC 1403 Managing Between Jobs: Helping Children Cope
- EM 8443 Money Sense For Your Children, \$2.00
- PNW 64 Child Guidance Techniques, 75¢
- PNW 242 Thriving on Stress, 25¢
- PNW 294 Moving With Kids, 50¢

Families and Children, continued

- Videos** Farm Families in Transition (Ext. Stockroom)
Farm Neighbors: A Guide to Self-Help Groups
 (Ext. Stockroom)
The Rural Crisis Comes to School
 (Ext. Stockroom)
Teens Dealing with Stress (Ext. Stockroom)

Foods and Nutrition

- EB 803 Compare Cost Per Serving to Stretch Your Food
 Dollars, 50¢
EB 828 Cooking for One in the Senior Years
EC 889 Drying Fruits and Vegetables at Home, 25¢
EC 911 We Want You to Know About Nutrition Labels
 on Food
PNW 172 Canning Vegetables, 25¢
PNW 199 Canning Fruits, 25¢
PNW 214 Freezing Fruits and Vegetables, 25¢
PNW 250 You Can Prevent Food Poisoning, 75¢
PNW 296 Freezing Prepared Foods, 25¢
PNW 300 Canning Tomatoes and Tomato Products, 25¢
WREP 112 Envasado de Tomates y Productos con Tomate
 (Canning Tomatoes and Tomato Products)
WREP 113 Envasado de Hortalizas (Canning Vegetables)
WREP 114 Envasado de Frutas (Canning Fruits)

Gardening

- EC 628 How to Take a Soil Sample ... And Why
EC 631 Controlling Diseases and Insects in Your
 Home Orchards
EC 824 Soil and Water Management for Home
 Gardens, 25¢

- EC 871 Planning a Home or Farm Vegetable Garden, 75¢
- EC 1247 Gardening with Composts, Mulches, and Row
 Covers, 50¢
- FS 220 Collecting and Storing Seeds From Your Garden
- FS 242 Discourage Plant Diseases in Your Home Garden
- FS 246 Constructing Coldframes and Hotbeds
- FS 270 Raised Bed Gardening
- FS 304 Cover Crops for Home Gardens

Clothing and Textiles

- EC 1160 Caring For Outerwear Garments
- EC 1161 Repairing Outerwear Garments, 50¢
- EC 1266 Sewing for Profit, \$1.25
- EC 1279 Today's Clothing Care: Garment Labels/The
 Consumer's Information Source, 50¢
- EC 1284 Selecting and Using Laundry Aids, 50¢
- PNW 166 Removing Stains From Fabrics, 25¢
- Videos** Sewing to Success (Ext. Stockroom)
- Sewing Today ... The Time Saving Way
 (Ext. Stockroom)
- Altering Ready-to-Wear Clothing, Parts 1 and 2
 (Ext. Stockroom)

Aging

- EC 1221 Families and Aging: A Guide to Legal
 Concerns, \$1.25
- PNW 246 Aging Parents: Helping When Health Fails, 50¢
- PNW 314 Helping Memory-Impaired Elders: A Guide for
 Caregivers, 50¢
- PNW 315 Coping With Caregiving: How to Manage Stress
 When Caring for Elderly Relatives, 75¢

Aging, continued

- PNW 318 Living Arrangements in Later Life, \$1.00
PNW 342 Alcohol Problems in Later Life, 75¢
PNW 344 Helping Your Older Family Member Handle
Finances, 50¢
PNW 345 Financing Health Care in Later Life, \$1.00
PNW 347 Depression in Later Life: Recognition and
Treatment, \$1.50

Housing, Home Furnishings, and Energy

- EC 1058 Energy Guide—A Tool for Appliance Shoppers
EC 1240 How to Build Storm Windows
EC 1286 Finding and Fixing Hidden Air Leaks
WRAES 79 Limited Space Living
Videos Stopping Home Air Leaks
Insulating Ceilings, Walls and Floors
Storm Windows & Insulating Window
Treatments
10 Quick Ways to Cut Energy Bills
(Ext. Stockroom)

Community Development

Community & Regional Economics

- SR 813+ An Economic Profile of Josephine County Oregon
SR 685+ Economic Development Tools for Oregon Ports
WRDC 29* Understanding Your Local Economy: Economic
Base Analysis and Local Development
Strategies, \$1.00
WRDC 36* The Aging Population, Retirement Income and
the Local Economy, \$1.15

- WRDC 37* Job Creation in Rural Areas: A Selected Annotated Bibliography, \$2.00
- WREP 24* Economic Multipliers: Can a Rural Community Use Them? 50¢
- WREP 44* Community Needs Assessment Techniques, \$1.00
- WREP 45* Population Change: Do You Know the Trends in Your Community? 25¢
- WREP 52* Helping Small Towns Grow, 50¢
- WREP 53* To Grow or Not to Grow: Questions About Economic Development, 50¢
- WREP 54* Hiring a Consultant, 50¢
- WREP 55* Identifying Problems and Establishing Objectives, 50¢
- WREP 56* Basic Grantsmanship, 50¢
- WREP 57* Marketing the Uniqueness of Small Towns, 50¢
- WREP 58* Socio-economic Indicators for Small Towns, 50¢
- WREP 59* Community Evaluation for Economic Development, 50¢
- WREP 89* Developing Local Businesses as Job Providers, 50¢
- WREP 90* Commercial Sector Development in Rural Communities: Trade Area Analysis, 50¢
- WREP 91* Assessing, Managing, and Mitigating the Impacts of Economic Decline: A Community Perspective, 75¢
- WREP 92* Revitalizing the Small Town Main Street, 75¢
- WREP 93* Population Change in Local Areas, \$1.00
- WREP 103* Our Children, Our Future, \$1.50
- WREP 105* Designing a Citizen Involvement Program: A Guidebook for Involving Citizens in the Resolution of Environmental Issues, \$5.00
- WREP 111* Community-Based Small Business Start-Up Funds, \$1.00

Small Business Management

- EC 1205 Your Business Decision to Buy a Microcomputer System, 75¢
- EC 1222 Managing a New Business: A Beginner's Guide to Financial Concepts and Tools, \$1.00
- EC 1223 Government Requirements for New and Existing Businesses in Oregon, \$1.00
- EM 8340 Identifying Farm/Ranch and Family Goals, \$2.00
- WRDC/GDB* Getting Down to Business, \$55.00
- Videos** How to Really Start Your Own Business (WRDC*)
- How to Succeed in a Home Business (WRDC*)
- Improving the Local Business Climate (Pat Corcoran, OSU)

Local Government Management

Government and Taxes

- EC 971 Oregon Port Commissioners—The Job and How to Seek It, 25¢
- EC 976 Oregon Port Commissioners—Suggestions for Effective Port Management, 25¢
- EC 979 Oregon's Smaller Ports—What They Do and How They Are Financed, 25¢
- EC 1329 Oregon School Funding: Assessing the Options, 75¢
- TB 145 Quantified Evaluation for Decisions
- WRDC 28* Community Services: Crime and Crime Prevention, 50¢
- WREP 30* Programming Capital Improvements, 50¢
- WREP 60* What Determines Bond Costs, 50¢

- WREP 61* How Municipal Capital Projects Are Financed, 50¢
- WREP 62* How a Community Decides to Issue Bonds, 50¢
- WREP 63* Where to Find Help If Your City is Issuing Bonds, 50¢
- WREP 96* Local Government Cutbacks in Hard Times, 50¢

Impact Analysis

- EC 1166 Sectoral Output Multipliers for Rural Counties, \$1.00
- WREP 16 Evaluating Fiscal Impact Studies: Community Guidelines, 50¢
- WREP 24* Economic Multipliers: Can a Rural Community Use Them? 50¢
- WREP 26 Growth Impacts on Public Service Expenditures: Some Questions For the Community, 50¢
- WREP 29 Assessing Fiscal Impact of Rural Growth, 50¢
- WREP 31 What Does the Impact Statement Say About Economic Impacts? 50¢

Public Issues Education

Policy Issues

- EC 808 The Social Action Process: How Change Takes Place
- EC 1200 Forestry Issues and Public Policy: An Action Guide for Woodland Owners, \$1.00
- EC 1329 Oregon School Funding: Assessing the Options, 75¢
- EC 1346 The State of Oregon Scenic Waterways Program: Questions and Answers, Map and Locator Descriptions

Policy Issues, continued

- EC 1347 Federally Designated Wild and Scenic Rivers
 in Oregon
- FCL WA* A Guide To Using Public Testimony, 25¢
- FCL 401* Issue Identification, 25¢
- FCL 411* Be Prepared for Change, 25¢
- FCL 412* Analyzing Public Issues From a Family
 Perspective, 25¢
- FCL 413* Take a Look at Public Policy Problems, 25¢
- FCL 501* Choices for Political Action at the Local Level, 25¢
- FCL 511* Influence Policy Through Better
 Presentations, 25¢
- FCL 512* Communicate With Local Officials, 25¢
- FCL 513* How To Use Power, 25¢
- FCL 514* Lobby? You? 25¢
- FCL 521* Running a Campaign, 25¢
- FCL 522* Public Policy: Get Involved, 25¢
- WREP 21* Citizen Involvement Strategies in Community
 Growth Issues, 25¢
- WREP 22* Interagency Coordination and Rapid Community
 Growth, 25¢
- WREP 23 The Public Policy Process: Its Role In Community
 Growth
- WREP 105* Designing a Citizen Involvement Program: A
 Guidebook For Involving Citizens in the
 Resolution of Environmental Issues, \$5.00

Leadership

Leadership

- CORN 99 Parliamentary Procedures—Teach Yourself, \$2.25
- FCL OR* Can You Lead? 25¢
- FCL WA* Leadership and Groups, 50¢
- FCL WA* Communication: Listening and Lobbying, 25¢
- FCL 201* The Art of Delegating, 25¢
- FCL 202* Competent Leaders, 25¢
- FCL 211* How to Run Better Business Meetings, 25¢
- FCL 212* Public Meetings—Handling Controversy, 25¢
- FCL 231* Let's Find a Solution: Problem Solving in
Groups, 25¢
- FCL 241* Values: Working With People, 25¢
- FCL 2220* Communication—Lesson Ideas, 25¢
- FCL 2221* Communications One: Listening and
Feedback, 25¢
- FCL 2222* Communications Two: Communication Model
and Types, 25¢

Group Process

- FCL OR* Managing Conflict Creatively, 25¢
- FCL WA* When People Don't Agree, 50¢
- FCL 301* Forming a Group, 25¢
- FCL 302* Creative Group Discussions, 25¢
- FCL 303* Effective Groups, 25¢
- FCL 311* Networking, 25¢
- FCL 321* Groups—How They Decide, 25¢
- FCL 331* This Is a Difficult Member—Handle With Care, 25¢
- FCL 411* Be Prepared For Change
- FCL 501* Choices For Political Action at the Local Level
- FCL 514* Lobby? You?

Volunteerism

- FCL 601* Board Effectiveness, 25¢
- FCL 602* Problems Encountered by Volunteer Groups, 25¢
- FCL 611* So You're a Volunteer! 25¢
- WREP 74-88* Managing Volunteer Programs
(14 publications), \$25.00

Teaching Others

- FCL WA* Teaching Others, 25¢
- FCL 701* Teaching and Training Volunteers, 25¢
- FCL 702* Teaching Methods and Techniques, 25¢
- FCL 711* P.R.: It's Important to Success, 25¢
- Videos** Be Prepared to Speak (Ext. Stockroom)

Family Community Leadership (FCL)

One of the best leadership resources may be right there in your county. The Family Community Leadership (FCL) program of the OSU Extension Service is an educational program. FCL was designed to help meet the growing need for leadership to represent families in public decision making and encourage citizen involvement.

Check the following county names to see those that are or have been involved in the FCL program:

Baker	Gilliam/Wheeler	Morrow
Benton	Jefferson/Warm Springs	Multnomah
Coos	Lake	Polk
Crook	Lane	Sherman/Wasco
Curry	Lincoln	Washington
Deschutes	Linn	Yamhill
Douglas	Marion	

The State office for the FCL program:

Family Community Leadership
Oregon State University
Ballard Extension Hall 307
Corvallis 97331-3607
Ph. 737-3621

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Oregon State University
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Oregon County Extension Offices

- BAKER—2610 Grove St., Baker City 97814, Ph. 523-6418
- BENTON—1849 NW Ninth, Suite 8, Corvallis 97330, Ph. 757-6750
- CLACKAMAS—200 Warner-Milne Rd., Oregon City 97045, Ph. 655-8631
- CLATSOP—2050 Marine Dr., P.O. Box 207, Astoria 97103, Ph. 325-8573
- COLUMBIA—Courthouse, St. Helens 97051, Ph. 397-3462
- COOS—Coos Co. Coquille Annex, 290 N. Central, Coquille 97423, Ph. 396-3121, Ext. 242
- CROOK—Courthouse, Prineville 97754, Ph. 447-6228
- CURRY—950 S. Ellensburg, P.O. Box 488, Gold Beach 97444, Ph. 247-6672
- DESCHUTES—1421 S. Hwy 97, P.O. Box 756, Redmond 97756, Ph. 548-6088
—Juvenile Justice Center, 1128 N.W. Harriman, Bend 97701, Ph. 385-1410
- DOUGLAS—1134 S.E. Douglas Ave, P.O. Box 1165, Roseburg 97470, Ph. 672-4461
- GILLIAM—Courthouse, P.O. Box 707, Condon 97823, Ph. 384-2271
- GRANT—Courthouse, P.O. Box 69, Canyon City 97820, Ph. 575-1911
- HARNEY—Courthouse, 450 North Buena Vista, Burns 97720, Ph. 573-2506
- HOOD RIVER—2990 Exp. Station Dr., Hood River 97031, Ph. 386-3343
- JACKSON—1301 Maple Grove Drive, Medford 97501, Ph. 776-7371
- JEFFERSON—34 S.E. "D" St., Madras 97741, Ph. 475-3808
—Tribal Office Building, 1134 Paiute Street, P.O. Box 430, Warm Springs 97761, Ph. 553-3238
- JOSEPHINE—215 Ringuette St., Grants Pass 97527, Ph. 476-6613
- KLAMATH—3323 Vandenberg Rd., Klamath Falls 97603, Ph. 883-7131
- LAKE—Courthouse, Lakeview 97630, Ph. 947-6054
- LANE—950 W. 13th Ave., Eugene 97402, Ph. 687-4243
- LINCOLN—29 S.E. Second St., Newport 97365, Ph. 265-6611, Ext. 207
- LINN—4th & Lyons, P.O. Box 765, Albany 97321, Ph. 967-3871
- MALHEUR—710 S.W. 5th Ave., Ontario 97914, Ph. 881-1417
- MARION—3180 Center St. N.E. Room 160, Salem 97301, Ph. 588-5301
- MORROW—430 Heppner-Lex Hwy, P.O. Box 397, Heppner 97836, Ph. 676-9642
- MULTNOMAH—211 S.E. 80th, Portland 97215, Ph. 254-1500
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- SHERMAN—Courthouse, P.O. Box 385, Moro 97039, Ph. 565-3230
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- UMATILLA—721 S.E. Third St., Suite 3, Pendleton 97801-3056, Ph. 276-7111, Ext. 235
- UNION—10507 N. McAlister Rd., LaGrande 97850, Ph. 963-8980
- WALLOWA—309 W. Garfield St., Enterprise 97828, Ph. 426-3143
- WASCO—207 Courthouse Annex A, 400 E. 5th, The Dalles 97058, Ph. 296-5494
- WASHINGTON—2448 S.E. Tualatin Valley Hwy., Courthouse, Hillsboro 97124, Ph. 681-7007
- WHEELER—Courthouse, P.O. Box 407, Fossil 97830-0407, Ph. 763-4115
- YAMHILL—2050 Lafayette Ave., McMinnville 97128-9333, Ph. 434-7517



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