

VOLUNTEERS

THE VALUE OF VOLUNTEERS TO COOPERATIVE EXTENSION AND TO ARIZONA

They Are Your Neighbors

Their enthusiasm is contagious. Working in their community, volunteers share recent breakthroughs in research that can be applied in Arizona to gardening, water conservation, nutrition, physical activity, health and food safety, and money management. Teaching young people and old, volunteers increase the outreach and educational programs of the University of Arizona and Arizona Cooperative Extension.

Specialized training from Cooperative Extension faculty and staff is the key to success. Other than their curiosity and zeal, they bring no prior experience or training in an area. They receive up to 50 hours of science-based education from University faculty.

In exchange for their training, most Cooperative Extension volunteer programs require volunteer hours, using a “train-the-trainer”

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91,171 hours =
\$1.8 million contribution
to Arizona

model. This method results in a multiplier effect, since volunteers are able reach a much wider audience than one-on-one efforts by University faculty could. Many commit to giving back up

to 200 hours of volunteer service to the public through phone consultations, workshops and demonstrations.

In 2007, Arizona Cooperative Extension had 9,135 volunteers logging 91,171 volunteer hours. Both Cooperative Extension and the community reap economic benefits from time donated. In Arizona the average hourly exchange rate is valued at \$19.51 (as reported by the U.S. Department of Labor’s Bureau of Labor Statistics). This translates to a contribution of over \$1.8 million by volunteers through Cooperative Extension statewide programs to the people of Arizona.

Guiding Arizona’s Youth



4-H is the largest youth-serving organization in the world. It is the youth education component of Cooperative Extension, which is

conducted jointly by the U.S. Department of Agriculture, the state land grant university (the University of Arizona), and county government. In Arizona, participation is open to all youth aged 5-19. Children between the ages of 5-8 participate in a non-competitive program called “CloverKids.” Youth aged 9-19 years can compete for various awards

in the 4-H Club Program. A volunteer leader is the backbone of the Arizona 4-H Youth Development programs. This partnership of Cooperative Extension professionals, working cooperatively with certified volunteer leaders, provides non-formal educational programs and experiences for more than 74,000 young Arizonans.

4-H Youth Development volunteers lead workshops to share knowledge with young people, chaperone field trips and leadership conferences, work in partnership (adults and youth) to lead 4-H clubs, activities and events, help plan and conduct events, recruit other volunteers, develop and evaluate 4-H

Youth Development programs, and contribute through promoting and supporting 4-H programs.

One example of adapting new technologies for youth is the Arizona 4-H GIS/GPS technology project. Volunteers, faculty and staff teach about the use of a variety of GPS (Global Positioning System) units and selected GIS (Geographical Information System) computer programs and employment opportunities. Local workshops include field trips to collect GPS data which were entered into the National 4-H Youth “Favorite Places” Web site.

<http://cals.arizona.edu/4-h/>

Caring for the Land

Master Gardeners



Arizona has long been a destination for newcomers unfamiliar with its challenging growing conditions. Throughout Arizona, master gardeners create and maintain demonstration gardens which showcase new plants, new planting methods, composting, and new irrigation methods.

In 13 Arizona counties, trained volunteers teach environmentally responsible gardening in a dry climate, whether it's in the desert or



at 7,000 feet. Master Gardeners answer literally thousands of questions, and a statewide Web

site is available for gardeners no matter where they live. In Maricopa County alone, about 400 well-organized and well-trained volunteers annually donated 28,000 hours fielding telephone calls coming into the main Cooperative Extension office and three satellite locations. In addition, 20 Master Gardeners volunteer in area schools, working directly with students.

In Cochise County, the Master Gardener Basic Training Course (a 14-week, 42 hour class) certifies volunteers who then contribute a minimum of 50 hours of service each year

in support of the program. Certified Master Gardeners answered clientele inquiries, completed projects and contributed 3,355 volunteer hours in 2007.

Master Gardeners are promoting the concept of an "earth-friendly backyard" that teaches about saving energy and water, using gray water while preserving water quality, and using integrated pest management techniques to control plant problems. And it works. About 75 percent of clients said they were willing to use alternatives to pesticides and 95 percent said they would contact Cooperative Extension again when they had a gardening question.

<http://cals.arizona.edu/extension/mastergardener/>

Master Watershed Stewards



To become certified Master Watershed Stewards, volunteers participate in over 40 hours of coursework learning the basics of watershed science. Once certified they work closely with Cooperative Extension and the Arizona Department

of Environmental Quality (ADEQ). These volunteers contribute in various ways to improve their local watersheds. In 2004, in Yavapai County alone, Master Watershed Stewards contributed over 550 hours of volunteer service.

<http://cals.arizona.edu/watershedsteward/>

Water Wise



Water Wise is an educational program on water conservation. For example, in Cochise

County, the residential program finished out the year with 114 on-site visits, 26 workshops, two Xeriscape landscape tours, a rainwater harvesting tour and staffed 17 information tables at community events. An estimated 1,566 direct contacts were made. The

commercial program conducted 30 Industrial, Commercial and Institutional (ICI) building audits saving an estimated 10.66 acre foot of water. Eleven Sierra Vista Sub-watershed schools were retrofitted through the Upper San Pedro Partnerships Water conservation Grant Program. A "Gray Water Plumbing Workshop for Plumbers" was attended by 40 professionals. Water Wise continues to make a big outreach splash with 70 plus articles in city and county papers, 3 radio interviews, a 1,455 member mailing list, 16,000 plus educational brochures given out, and 4 transit bus signs.

Project WET (Water Education for Teachers)



Promoting awareness, appreciation, knowledge and stewardship of water resources, the internationally-sponsored Project WET disseminates information in



Arizona through classroom-ready aids. Offered through the UA Water Resources Research Center (WRRC) and county Cooperative Extension offices, Project WET provides a consistent conservation strategy designed to encourage wise water use throughout the state. In 2007, eight Arizona Water Festivals were conducted across the state in Chandler, Deer Valley, Flagstaff, Gila River Indian Community, Safford, Sierra Vista, Tucson and Yuma. Over 7,500 students, teachers and parents, along with 477 volunteers participated. All volunteers participated in 8 hours of service

including a mandatory training they attend and the festival instruction that they lead for a total of 3,816 hours of volunteer service. Volunteers are integral to the success of AWF's. They generally are from federal, state, county and city agencies, private or public companies or industry. Meticulous teaching and modeling of AWF lessons, perfected through formative evaluation over the years, prepare volunteers to instruct students through a mandatory training session. This ensures that each student has a similar learning experience. The lesson objectives address 4th grade learning standards and the pre- and post-festival student questionnaire assess knowledge gain.

<http://cals.arizona.edu/arizonawet/>

Caring for the Individual

Arizona Cooperative Extension faculty, in partnership with our trained and certified volunteers, provides outreach education in family, consumer and health sciences. These education programs help strengthen families and, promote healthy lifestyles and responsible financial decisions.

Strengthening Families



The number of grandparent-headed households has increased significantly in many communities in Arizona and across the nation. The Cooperative Extension "Grandparents Raising Grandchildren" coalition helps create support networks and provide education programs for grandparents who are doing the important job of raising their grandchildren.

The "Kinship and Adoption Resource and Education" (KARE) Family Center is a "one stop center" where grandparents and other relatives caring for children under the age



of 18, as well as people who have adoptive children, receive support and services to help raise children successfully. The KARE Family Center is a program of the Arizona's Children Association and Casey Family Programs Arizona Field Office in collaboration with Pima Council on Aging, Cooperative Extension and the Arizona Department of Economic Security, Division of Developmental Disabilities, District II.

Volunteers provide critical support for these programs by helping answer phones, putting

together packets, organizing celebrations, helping people apply for guardianship, and assisting with the Center library.

By providing education and resources, programs such as "Grandparents Raising Grandchildren," Cooperative Extension volunteers are helping keep children out of foster care (which costs an average of \$26.50 per day based on State of Arizona Administration for Children, Youth & Families Family Foster Home Care Rates and Fees Schedule, July 1, 2006).

<http://cals.arizona.edu/grandparents/index.html>

<http://cals.arizona.edu/grandparents/northern/index.html>

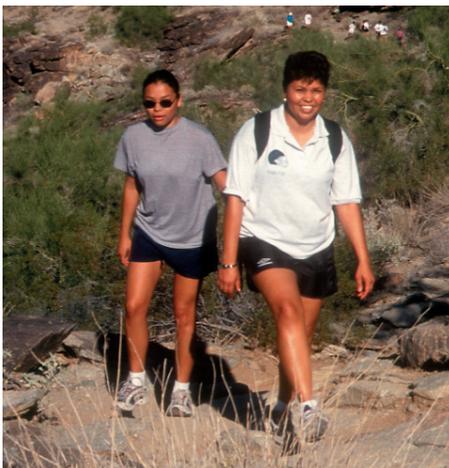
<http://cals.arizona.edu/grandparents/southern/kare/index.html>

Healthy Lifestyles

One of the keys to improving and maintaining health is choosing nutritious foods and engaging in regular physical activity. A major goal of the Cooperative Extension Healthy Lifestyles Program is to help individuals and communities attain optimal health and well-being through sound nutrition and physical activity practices.

To support these efforts Healthy Lifestyles projects are carried out by Cooperative Extension faculty, staff, students, and volunteers from the Mel and Enid Zuckerman College of Public Health.

Walk Across Arizona



The Cooperative Extension "Walk Across Arizona" (WAAZ) project uses social support networks to increase physical activity levels within communities by developing and maintaining walking clubs. The WAAZ campaign encourages individuals and families to increase their participation in activities that promote healthy lifestyles. The ultimate goal

is to increase satisfaction with the community and decrease social isolation of residents within communities.

In 2007 130 WAAZ teams were active at worksites, churches, schools and in neighborhoods. The top individuals walked 1,200-1,500 miles during the 16 week program and the top team of 10 people walked 3,840 miles. WAAZ volunteers are key to the success of the WAAZ project. In 2007, 284 volunteer teams provided 4,544 hours of time to the WAAZ program.

<http://cals.arizona.edu/walkacrossaz/>

Food Safety



The Safe Food 2010 program focuses on food safety education with the general public, school food service staffs, group home staffs,



food banks and other community groups. This program is a partnership with

Cooperative Extension, state and county health departments, local and state organizations and groups interested in improving the safety of food for Arizona families and consumers. This program includes workshops, classes, statewide Safe Food conferences, an 800-number hotline,

weekly news columns, and Safe Food Weeks, when food safety information packets are delivered to print and broadcast media for dissemination to the public. In Yavapai County, Cooperative Extension volunteers joined with the Environmental Health department to help teach food safety classes for small retail food managers, employees and consumers.

In 2007, 345 volunteers provided 2,286 hours of time to help support Cooperative Food Safety Education programs.

<http://cals.arizona.edu/maricopa/fcs/safefood.htm>

Bone Builders



Osteoporosis is a silent disease that weakens bones, eventually causing fractures, disabilities and even death. One out of two women over 50 years of age, and one in five men older than 75 years of age, will develop an osteoporosis-related fracture in their lifetime. This disease is the number two reason for admission into nursing homes.

Through a 10-week series of "Physical Activity for Inactive Seniors" classes, volunteers work with local senior centers to provide individual fitness assessments and teach activities to improve balance to prevent falls. Each exercise class, designed to get participants moving and build strength, endurance, agility and flexibility, includes a mini-lesson on reducing risks for osteoporosis through good nutrition and physical activity. One couple who have been married more than 50 years first participated in these

classes at their Senior Center. When they saw an improvement in their health and daily functioning, they believed that it would make a difference to others in their neighborhood. They became “Bone Builder” volunteers and now lead classes. Their leadership kept the sessions going and also led to a grassroots

movement to keep their Center open when it was threatened with closure.

Since the project began in 1997, “Bone Builder” volunteers have been trained in Maricopa, Apache, Gila, Pima, Pinal, Mohave, Santa Cruz, and Yuma counties. Through 400 classes and other outreach education, the

program has reached over 40,000 people. “Bone Builders” program participants report a more than 60 percent increase in knowledge regarding bone health.

<http://www.bonebuilders.org>

Master Consumer Advisors



Consumers are faced with making nutrition, food safety, financial, social and environmental decisions every day. The trained volunteers in the Cooperative Extension “Master Consumer Advisor” program help provide consumers with



research based information to help answer their questions. Master Consumer Advisors donate 40 hours of service to this program after completing their training.

The “Master Consumer Advisors” (MCA) never know what type of question will be their next challenge. MCA’s answer questions from such diverse callers as librarians, doctors, teachers, homemakers, students, authors, consumers, reporters and people who want

to start their own business. With the Internet, international queries mean that MCA’s are educating people throughout Arizona as well as from other countries, all without having to leave the office.

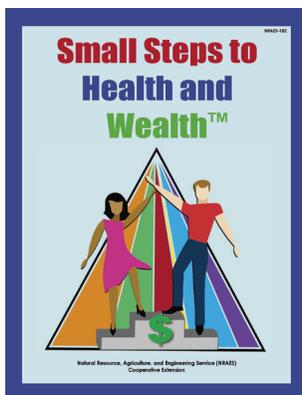
During 2007, 38 Phoenix-area MCA volunteers provided 786 hours of service, answering more than 1,400 phone and walk-in questions. Volunteers in Pima County contributed over 1,200 volunteer hours by answering and researching over 3,000 consumer calls from the public.

<http://cals.arizona.edu/maricopa/fcs/mca.html>

<http://cals.arizona.edu/pima/fchs/mca/index.html>

Financial Management

Small Steps to Health and Wealth



Volunteers in Cooperative Extension financial management education programs help consumers manage financial resources effectively and efficiently. In 2007, 33 volunteers provided 766 hours of time to support Cooperative Extension financial management education programs.

“Small Steps to Health and Wealth” is a Cooperative Extension financial management program designed to motivate consumers

to implement behavior change strategies that simultaneously improve their health and personal finances. Program participants learn effective financial management strategies and have the opportunity to practice applying these strategies with assistance from volunteer Master Consumer Advisors at Pima County Cooperative Extension.

<http://tcainstitute.org/sshw.html>

Money Management Advisors

Cooperative Extension “Money Management Advisors” volunteer training has helped participants identify their values and needs surrounding money and has also trained them to teach others to plan their spending, budget their income, and use

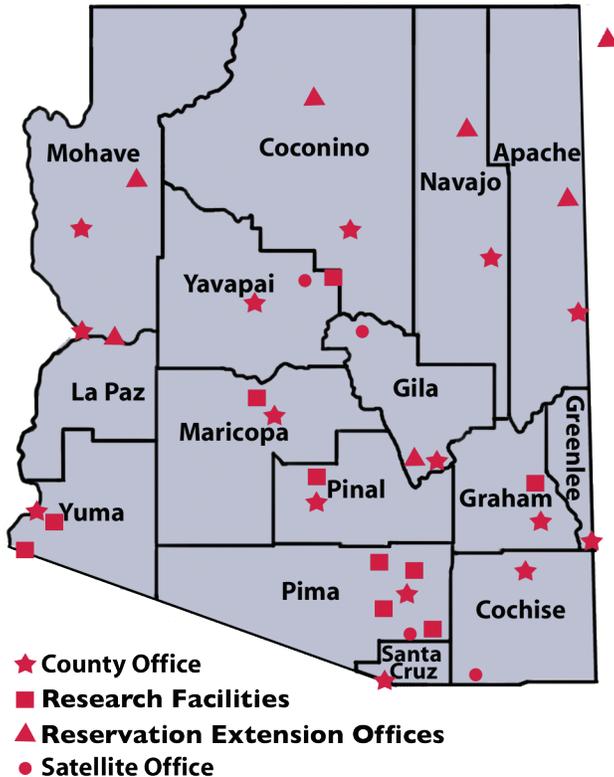
credit and banking wisely. During the past few years through coordination with Maricopa County Human Services, family agencies and City of Phoenix housing staff, 47 Money Management volunteers educated over 10,000 clients throughout Arizona, including

first-time home buyers, students, low income and homeless families, Air Force personnel and teen mothers.

<http://cals.arizona.edu/maricopa/fcs/mm.html>

Who We Are and What We Do:

Cooperative Extension is a statewide network of knowledgeable faculty, staff and trained volunteers providing lifelong educational programs throughout Arizona. Arizona Cooperative Extension is part of a nationwide network of scientists and educators helping people solve problems and put knowledge to use. We bring research-based information into communities to help people improve their lives.



We Are:

- 100 FACULTY delivering county programs
- 170 STAFF supporting county programs (most on grant funding)
- 9,135 VOLUNTEERS assisting county programs
- 100,500 YOUTH enrolled in 4-H Youth Development programs in 2007
- 254,525 PARTICIPANTS in Cooperative Extension programs

We teach through classes, seminars, and workshops; public presentations; with newspaper columns and stories; on radio; on the telephone; on the worldwide web; on video and through research-based publications. For over 80 years we have delivered educational programs to the people of Arizona.

We are located in the College of Agriculture and Life Sciences and develop partnerships with outreach in many other colleges, including the colleges of Mel and Enid Zuckerman Public Health, Engineering and Mines, Architecture, Planning and Landscape Architecture, Sciences, Education, and Medicine.

We are unique because our teaching efforts are made possible by a cooperative effort between the Federal Government, the University of Arizona's College of Agriculture and Life Sciences and each of the counties we serve. With offices in all 15 counties and on Indian reservations, we bring knowledge to people every day to enhance their work and enrich their lives. We are your window to the University.



Arizona Cooperative Extension
(cals.arizona.edu/extension)
(520) 621-7205

Statewide Locations

County	Community	Phone
Apache	St. Johns	(928) 337-2267
Cochise	Willcox	(520) 384-3594
(Satellite)	Sierra Vista	(520) 458-8278
Coconino	Flagstaff	(928) 774-1868
Gila	Payson	(928) 474-4160
(Satellite)	Globe	(928) 425-7179
Graham	Solomon	(928) 428-2611
Greenlee	Duncan	(928) 359-2261
La Paz	Parker	(928) 669-9843
Maricopa	Phoenix	(602) 827-8200
Mohave	Kingman	(928) 753-3788
Navajo	Holbrook	(928) 524-6271
(Satellite)	Pinetop	(928) 367-4588
Pima	Tucson	(520) 626-5161
(Satellite)	Green Valley	(520) 648-0808

Pinal	Casa Grande	(520) 836-5221
Santa Cruz	Nogales	(520) 281-2994
Yavapai	Prescott	(928) 445-6590
(Satellite)	Cottonwood	(928) 646-9113
Yuma	Yuma	(928) 726-3904

Reservation Extension Offices

Reservation	Location	Phone
Colorado River	Parker	(928) 669-9843
Indian Tribes		
Hopi Tribe	Kykotsmovi	(928) 734-3708
Hualapai Nation	Peach Springs	(928) 769-1284
Navajo Nation	Shiprock, NM	(505) 368-1028
	Tuba City	(928) 401-0925
	Window Rock	(928) 871-7406
San Carlos	San Carlos	(928) 475-2350
Apache Tribe		

Agricultural Centers and Research Sites

Location	Phone
Campus	(520) 621-3246
Citrus	(602) 255-3316
Maricopa	(520) 568-2273
Red Rock	(520) 621-3246
Safford	(928) 428-2432
Santa Rita	(520) 625-2121
Experimental Range	
V Bar V Ranch	(928) 646-9113
Water Resources	(520) 792-9591
Research Center	
West Campus	(520) 621-3246
Yuma (Mesa)	(928) 726-0458
Yuma (Valley)	(928) 782-3836