In exchange for their training, most Cooperative Extension volunteer programs require volunteer hours, using a “train-the-trainer” model. This method results in a multiplier effect, since volunteers are able to 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 with 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.
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
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.

Statewide Locations

Apache St. Johns (928) 337-2267
Coconino Flagstaff (928) 774-1868
Cochise Willcox (520) 384-3594
Pinal Casa Grande (520) 836-5221
Santa Cruz Nogales (520) 281-2994
Yavapai Prescott (928) 445-6590
Yuma Yuma (928) 726-3904

Reservation Extension Offices

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

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 (928) 646-9113
V Bar V Ranch (520) 792-9591
Water Resources Research Center (520) 792-9591
West Campus (520) 621-3246
Yuma (Mesa) (928) 726-0458
Yuma (Valley) (928) 782-3836

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