

E-Link

Connecting Southern Oregon's COG With Its Members

Jackson County Receives \$5 Million for Gold Ray Dam Removal

Inside...

BTA Bike Challenge	2
Gold Ray Public Meeting	2
RVPSA Training Update	3
STAR-C Program	4
Meals Milestone / H1N1	4
Block Grant Training	5

RVCOG MEMBERS

- Jackson County**
- Josephine County**
- City of Ashland**
- Town of Butte Falls**
- City of Cave Junction**
- City of Central Point**
- City of Eagle Point**
- City of Gold Hill**
- City of Grants Pass**
- City of Jacksonville**
- City of Medford**
- City of Phoenix**
- City of Rogue River**
- City of Shady Cove**
- City of Talent**
- Jackson Soil & Water Conservation District**
- Rogue Community College**
- Rogue Valley Sewer Services**
- Rogue Valley Transportation District**
- Southern Oregon Regional Communications**
- Southern Oregon Regional Economic Development, Inc.**
- Southern Oregon University**

Spanning the Rogue River five miles northwest of Central Point, Gold Ray Dam is a 38-foot high, 360-foot long, defunct hydroelectric facility. Constructed in 1904, the powerhouse closed permanently in 1972, and the dam and adjacent land was given to Jackson County. Not only is the dam a major liability concern for Jackson County and a maintenance burden for Jackson County taxpayers, it is also ranked as the 5th greatest impediment to fish passage in the State of Oregon. For these reasons, Jackson County has received a \$5 million federal stimulus grant for the removal of the dam.



The grant, funded under the American Recovery and Reinvestment Act, was awarded by the National Oceanic and Atmospheric Administration (NOAA). Through a recently completed competitive process, Slayden Construction Group, Inc. of Stayton, Oregon has been awarded a \$5.5 million dollar contract to complete all necessary environmental studies, permits, public involvement, demolition designs, and removal of Gold Ray Dam and its powerhouse structures. RVCOG is also assisting



Jackson County with the project, and will be in charge of public outreach, monitoring, permitting, environmental evaluations, regulatory compliance, and ecological and riparian restoration. Jackson County Director of Roads and Parks, John Vial, (pictured left) will manage the overall project and provide construction oversight. The county expects to receive additional grant funding to cover the full cost of the project.

Although the award to Jackson County is for the removal of the dam, the county's Board of Commissioners is the decision making authority, and will not make a final decision to remove the dam until required environmental studies, public input, and a final environmental assessment are completed by Spring 2010. If the County proceeds with removal, the project must be completed by October 31, 2010.

E-Link's Nature Photography by Dick Converse.

RVCOG Rides in Bike Commute Challenge

Quietly working away in his cubicle one day, an email arrived in Eric Heesacker's inbox from a cohort working at RVTD. It was a direct challenge for RVCOG staff to join the Bicycle Transportation Alliance's (BTA) Annual "Bike Commute Challenge" (BCC) held every September since 1995.

As a search of their website reveals, the BTA has been serving bicycle riders in Oregon and southwest Washington since 1990. The competition was started with hopes of introducing people who may not otherwise ride bikes to do so for one month of friendly competition with other groups of riders to lure more people away from their cars and congested roadways.

While this was not the first year RVCOG employees have entered this competition, this was the COG's best showing to date. Team members included Greg Stabach and Craig Harper from Natural Resources; Jeff Griffin, a state employee who works in the COG offices; Monica Sandgren, Outreach Coordinator; Sandi Morton and Brian Benton from Administration; and, of course, Eric Heesacker in Community Development, who organized this year's effort.

While our "Spinning Coggies" team did end up thrashing RVTD's challenge, we're not certain how we stood in relation to other teams in the local area. There were 1240 participating workplaces in this year's competition, comprised of 11,118 total riders, who biked an aggregate total of 1,244,718 miles. The COG's two most fierce competitors were Greg Stabach, who logged 349 total miles during September, and Monica Sandgren, who ended up commuting 91% of all commutable days during the month. The team's total miles: 715.

Overall competition winners are computed based on the RATE of commutes, not how many miles are logged. The winning team posted a commute rate of 100% for the month. That means that every member of the winning team commuted to work by bicycle every workday during the month of September. We're not sure where the winning team was from, but our hats are off to them. At the end of the competition, the COG's commute rate exceeded 5% while RVTD's commute rate was just over 2%. As for Eric, this challenge put him back on his bike—50% commute rate, 146 miles, and 17 pounds lighter—and won him not only the admiration of his fellow Coggies, but also the special gift pictured above.

To learn more about the Bicycle Transportation Alliance's annual Bike Commute Challenge, visit their website at <http://www.bta4bikes.org>, or contact Eric Heesacker at eheesacker@rvcog.org.

Gold Ray Dam Public Meeting—November 12th, 5:30 pm



Jackson County and RVCOG are hosting a **Public Meeting on the proposed Gold Ray Dam Removal project on Nov. 12th from 5:30-7:30 p.m. at the Jackson County Roads and Parks Public Works Auditorium, 7520 Table Rock Road, White City.** Jackson County and RVCOG are seeking input on the proposed dam removal, which is tentatively scheduled for Summer 2010.

For additional information, please contact Craig Harper at 541-423-1369, charper@rvcog.org, or visit the [Gold Ray Dam Web Page](#) created by RVCOG's Natural Resources Department.



RVPSA Brings Quality, Affordable Training to Our Region

On October 29, 2009, the Rogue Valley Public Service Academy held its second training of the year—*Successful Supervision: Leadership and Motivation for a Successful Work Environment*.

Attended by over 40 public managers, supervisors and leads throughout Jackson and Josephine counties, the training was designed to help those facing the difficult challenge of leading diverse work groups and motivating them to do more with less. Specifically, participants learned communication tools to ensure successful interactions; self-assessment techniques to help them better understand their own management style; and new skills to create an environment of trust.



David Rabiner, a leadership and personal effectiveness speaker based in Portland, was brought in by the Academy to present the training. As a former executive-level city and county employee, Mr. Rabiner's experience and dynamic style made quite an impression. As one participant put it, "I could listen [to David Rabiner] all day."

The Academy has already lined up several sessions for the remainder of the fiscal year. Watch your email inbox for an updated flyer or visit <http://www.rvcog.org/mn.asp?pg=rvpsa>.



January 27, 2009, 8:30 a.m.–4:00 p.m.

➤ *Painless Performance Evaluations*

This program, based on the award-winning *Painless Performance Evaluations: A Practical Approach to Managing Day to Day Employee Performance* by Marnie E. Green, offers the essential skills in managing day to day performance, how to establish and communicate clear expectations, and how to conduct performance-related discussions. Since performance management culminates in a regularly scheduled performance evaluation, tools for completing the performance evaluation documentation and conducting the discussion are offered in this practical, hands-on program.

March 9, 2009, 8:30 a.m.–4:30 p.m.

➤ *Passionate Leadership (Part I), 8:30–11:30 a.m.*

Attendees in this session will examine how to integrate the best use of executive intelligence, moral intelligence, servant leadership with the growth mindset to move their individual teams and their overall organization to the next levels of performance in spite of the economic constraints they are facing at this time.

➤ *Leading in a Crises (Part II), 1:00–4:00 p.m.*

The hallmark of leadership through a crises demands the embracing of immediate and long term change. During a crises, the shifting of power and the resulting war within an organization's internal silos of authority often propel the organization toward either implosion or rebirth. The mastery of the rebuilding of trust, ethical determinants and integrity will be applied using case studies provided by participants.

May 19, 2009 (sessions to be determined)

➤ *Lawful Hiring Practices*

Explore strategies to put the right people in the positions where you need them, obtain tools to avoid common hiring mistakes, consider potential issues related to background and reference checks—and learn how to do it all legally.

To find out more about the RVPSA or to register for a future training, please contact Academy Liaison, René Sjothun, at rsjothun@rvcog.org or (541) 423-1332.

STAR-C: Supportive Services for Alzheimer Caregivers

We are pleased to announce that SDS RVCOG in partnership with the Oregon State Unit on Aging, University of Washington School of Nursing Northwest Research Group, Multnomah County Aging and Disability Services, and the Oregon Chapter of the Alzheimer's Association has received Administration on Aging (AoA) funding to implement a three-year Alzheimer's Disease Supportive Services Program, the STAR-Caregivers (STAR-C) program. Jackson and Josephine Counties will receive a total of \$186,580 in AoA funds and will provide \$107,877 in Oregon Project Independence (OPI) and other local funds to support the program.

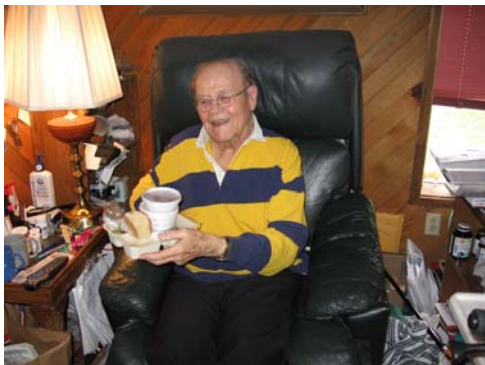
STAR-Caregivers (STAR-C) is a standardized, evidence-based intervention to help family caregivers identify, reduce, and manage difficult behavioral symptoms of their relative with Alzheimer's disease. Behavioral symptoms are a major cause of family caregiver stress, burden, and depression. STAR-C decreases both the symptoms and the caregivers' related feelings of stress, burden, and depression.

The STAR-C intervention will be delivered over a 6-month period by SDS RVCOG Case Managers who will be trained as "STAR-C consultants." The clinicians are called "consultants" to emphasize that they provide expert training about behavioral symptom management for family caregivers who are the true experts about caring for their relative with Alzheimer's disease.

For more information about the STAR-C Program, please contact Berta Varble at bvarble@rvcog.org.

Many, Many Meals

In preparing some information for an upcoming article on Food & Friends in the Medford Sneak Preview, it became apparent that Food & Friends has served, since RVCOG took the program over in 2001, more than 1.9 million meals to seniors in Jackson and Josephine counties. By year's end, we will have topped the 2 million mark.



That is a big number—you could provide a meal to half of Oregon with all that food, or even the entire State of New Mexico. If you laid all these meals end to end, the line would stretch from Medford to Seattle. If you stacked them one on top of another, they would climb nearly halfway to the international space station. Or, if you provided them one meal at a time to seniors in southern Oregon who really needed them, it would take hundreds of volunteers and about eight years to do it.

Food & Friends H1N1 Preparations

In response to the expected high H1N1 infection rate over the next several months, Food & Friends has taken some proactive steps to mitigate the possibility of service disruption due to staff and volunteer sickness. We will be sending an emergency box containing five shelf stable meals (which do not require refrigeration) to those clients who request them, ensuring they have a back up meal in the event that volunteers are unable to deliver. We have also distributed boxes of isolation masks to each of our meal sites for anyone who needs or chooses to use them. In the event that our kitchen is no longer functional due to staff sickness, we will be increasing production of frozen meals as a substitute for our hot meals. Although these measures have cost the program more than doing nothing, we felt that we could not afford to do anything less.

For more information, please contact Evelyn Kinsella at ekinsella@rvcog.org.

RVCOG

LOCATION

155 N. First St.
Central Point, OR 97502

MAILING ADDRESS

P.O. Box 3275
Central Point, OR 97502

PHONE

541-664-6674

VISIT US ON THE WEB

www.rvcog.org



Founded in 1968, RVCOG is a voluntary association of local governments and special districts in southern Oregon.

OUR MISSION

We shall act as a catalyst to promote quality of life, effective and efficient services, and leadership in regional communication, cooperation, planning, and action in southern Oregon.

MANAGEMENT TEAM

Michael Cavallaro
Executive Director

Don Bruland
Director of Senior and
Disability Services

Vicki Guarino
MPO Coordinator

Dan Moore
Planning Coordinator

Craig Harper
Natural Resources
Program Manager

Alan Hudson
Finance Manager

Evelyn Kinsella
Nutrition
Program Manager

Sandi Morton
Asst to Exec Dir /
Human Resources
Manager

RVCOG Hosts Block Grant Training

On November, 4, 2009, RVCOG hosted a training presented by Mary Baker from the Oregon Business Development Department's (OBDD) newly formed Infrastructure Finance Authority (IFA). The focus of the training was on municipal planning, design, and construction projects for water / wastewater systems that meet the criteria necessary to receive funding through the Community Development Block Grant Program.

As the department's long-time CDBG Program & Policy Coordinator, Mary Baker is the state's foremost expert on what many see as a standout in the world of especially arcane and demanding grant programs.

The materials provided to those in attendance were evidence enough that CDBG grants are not for the faint of heart. Elected officials, city and county staff, grant administrators, and project engineers from jurisdictions across southern Oregon were given copies of the 2009 CDBG Grant Management Handbook and the proposed 2010 Method of Distribution, which taken together, add up to several hundred pages. Mary also distributed to the group a printout of the 90+ PowerPoint slides referred to during the 4-hour meeting.



Interspersed among the slides were Mary's anecdotes about jurisdictions that failed to heed the CDBG program's guidelines and lost their grants entirely, often after signing contracts and committing public funds. Because CDBG has both state and federal requirements, the strings attached to the monies are more like a perfect bureaucratic spider web. Procurement, environmental review, URA/104(d), Davis Bacon, and change orders represent just a few of the requirements that can get unwary grant administrators stuck fast.

Yet eligible communities can benefit greatly from CDBG-supported infrastructure improvements if a grant recipient is able to build a strong project team that includes not only the project owner, but also the project engineer, IFA Regional Coordinator, and a fastidious, experienced grant administrator who knows every compliance pitfall.

To learn more about the CDBG Program and other community development activities administered by Oregon's IFA, please visit their website at www.orinfrastructure.org or contact Fumi Schaadt, IFA Regional Coordinator for Jackson, Josephine and Douglas Counties, at (503) 986-0027. You can also contact RVCOG's CDBG Grant Administrator, Pat Foley, at pfoley@rvcog.org or (541) 423-1372.

