

# IOWA STATE UNIVERSITY

## University Extension



### County Extension Staff

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*Summer Program Assistant*

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*Bookkeeper*

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*County Youth Coordinator*

Mary E. Ottmar  
*County Extension Education Director*

### Staff Serving Audubon County; based in other counties

Steve Adams  
*Community Development Specialist*

Pat Anderson  
*Nutrition and Health Specialist*

Clark Bredahl  
*External Relations*

Darrell Busby,  
*Livestock Specialist*

Eldon Everhart  
*Commercial Horticulture*

Mary Hughes  
*Families*

Kyle Jensen  
*Agronomist*

Mary Beth Kaufman  
*Families Resource Management*

Tom Olsen

*Farm Management Specialist*

David Seilstad

*Youth Development Specialist*

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*Swine Specialist*

### Audubon County Extension

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*Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Audubon County a better place to live. You'll be amazed at what we do.*

Abby VanAernam  
*Extension Council Chair*

Mary E. Ottmar  
*County Extension Education Director*

### Healthy People Afterschool Kids Cooking Club

After attending the Super Power Summit, six Audubon Middle School students wanted to share their new knowledge with others.



They started an afterschool cooking club for 5<sup>th</sup> and 6<sup>th</sup> graders, under the leadership of the 4-H County Youth Coordinator and funding from Communities 4 Children. Each week, lessons related to the food pyramid, were taught by community resource people. Students worked in teams to prepare food, which they took home to share with their families. Safety of food, equipment, and utensils was always stressed. Parents and students said the program introduced them to a variety of new foods; and helped develop a sense of self-esteem and confidence. Students took field trips and designed posters

to hang in the school hallway to further share their knowledge.

### Healthy Environments Infant Massage

Helping young parents feel good about their parenting experience is a goal of the Audubon County Stork's Nest and HOPES programs. In cooperation with ISU Extension, monthly classes are held on topics from appropriate discipline, proper nutrition, making ends meet financially, importance of play, the role of fathers and infant massage.



Seventeen participants discovered the value of gentle massage for both the parent and the baby. Creating a calm, nurturing environment, helped parents understand that when the infant becomes relaxed; there is less turmoil in the home and more effective communication.



Front: Abby VanAernam, Deanna Hansen, Sue Nymand, Paulette Hansen  
 Back: Randy Dreher, Sandy Irlmeier, Jim Heithoff, Bryan Svoboda

## Audubon County Extension Council

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We identified these issues as priority topics for current and future programming:

- Youth Development
- Parenting
- Healthy Families
- Leadership Development



**We connect you to Iowa State University.**

We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

## Healthy Economies

### Women Farmland Leasing

ISU Farm Management Specialist, Tom Olsen, discussed rules and regulations of leasing, establishing rental rates, rights/responsibilities, tenant/landlord relationships, custom rate guide, and current market prices to twenty one women landlords.



Participants expressed appreciation for sharing information in terms they could understand. They gained a sense of empowerment, prepared to make improved decisions about their farming operation; and discovered who to contact with more questions.

## Healthy Economies

### Cow Calf Workshop

Over 40 producers from 7 counties attended the cow calf meeting co-sponsored by ISU Extension, West Central Coop, and Dedham Coop.



ISU Extension Livestock Specialist, Darrell Busby, discussed economic impact of sire selection and things to consider in feedlot design. Other topics related to diseases and cattle handling facilities. Participants said it was the best program ever attended, because presenters shared up-to-date information addressing issues facing producers today, and changes in the beef industry.

## Healthy People - Mileage Club

Thirty eight fourth grade students joined the Audubon Mileage Club. Students kept track of their progress on classroom charts and logged over 3100 miles in just one semester. The Audubon County Youth Coordinator and school nurse presented weekly programs in the classroom on overall fitness, nutrition, hydration, proper attire and the importance of regular exercise. Teachers supported the effort by encouraging students to walk during recess, before and after school and as a family. Grant funding was received through Communities 4 Children to purchase incentives for miles completed. Parents often joined the group for afterschool walks. The elementary principal said this program was very worthwhile and helped students feel better about themselves; which ultimately leads to improved performance in school.

## Healthy Economies - Boots to Heels Women's Conference

Audubon, Cass and Shelby County Extension Education Directors, along with volunteers from each county, organized the third annual women's conference. The event was designed to celebrate and empower women involved in or affected by agriculture. Workshop topics included Contracts, Looking Good, Marketing, Nutrition through Ages and Stages, Healthy Meals in a Hurry, Universal Design, Heart Disease, Landscaping, Wills and Estates, Handling Depression, Entertaining and Table Top Designs.



... and justice for all

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