



2009 Stakeholder Report

Winneshiek 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 Winneshiek County a better place to live. You'll be amazed at what we do.

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Healthy People



The **NE Iowa Food & Fitness Initiative** (FFI) has laid the groundwork to improve the policies, practices and systems that determine how food arrives on our tables and how our communities can grow opportunities for physical activity for all. Food & Fitness is a national initiative of the W.K. Kellogg Foundation. They have invested in collaborative efforts among Allamakee, Clayton, Fayette, Howard and Winneshiek counties to change the policies, practices and systems that prevent communities from being healthy.

When school districts learned it was possible to purchase local food for approximately 9 months out of the

year, administrators from 14 of the 18 local school districts agreed to send representatives to participate in a Regional School Planning Team last winter. They explored options for getting more local healthy foods and increased physical activity into the daily routines of youth and their families. Schools realized through collaboration, they may be able to purchase food jointly, share ideas that work, and connect with community resources through the NE Food and Fitness network.

Healthy Environments

Over 40 years of prior sulfur (S) fertilizer research in Iowa had rarely noted improved corn and alfalfa production. Since 2005 ISU Extension conducted over 40 local on-farm trials in 15 NE Iowa counties and identified numerous cases of



[Healthy Environments continued]

S deficiency and yield responses to S fertilization for these two crops. Clean coal, less land fertilized with manure and other related issues have greatly reduced the amount of S deposited onto cropland. Extrapolating the results of these 40+ trials shows potential for proper use of S in corn and alfalfa production in northeast Iowa to net over \$15 million a year.

Healthy Economies

Teachers Learn Techniques to Teach “Employability Skills”

Communication skills, problem solving skills, and ability to work with others are just some of the skills employers seek in employees, but are not always getting when they hire. These are called “soft skills.” ISU Extension teamed up with Northeast Iowa Community College to provide an in-service for high school and college teachers on how to teach these skills to students.

Seventeen teachers from throughout Northeast Iowa listened to a panel of employers about the skills they are looking for, learned about workforce trends, and participated in activities that taught soft skills.

Budgeting Basics Taught In Tough Times!

With jobs being cut or hours reduced, and people still suffering from natural disasters, along with increases in food prices, family budgets are being stretched. For families already living paycheck to paycheck, the additional costs are having serious consequences.

Twenty-three people attended the “Budgeting Basics” program, held 2 different times in Decorah. The class taught participants how to manage their personal finances including ways to manage credit, save money, and track their expenses. Fifty-two women also attended a similar

session at the Women, Faith, and Finance conference.

Twelve childcare providers from Howard, Allamakee Winneshiek and Clayton counties attended a regional training in Ossian that focused on basic budgeting skills they could use for their business, as well as their personal lives.

Fifteen Iowa Family Alliance Staff from throughout Northeast Iowa attended a regional staff training on “Budgeting Basics” in Oelwein. They plan to use the resources and skills gained in their own lives as well as with the clientele they serve.

4-H’ers Get Good Start on Growing Their Own . . .

Three Winneshiek County 4-H Clubs planted group gardens this year.



The Turkey Valley Clovers 4-H club (above) received a piece of land from a retired science teacher. He taught them how to get the garden ready, how to plant and harvest. Even though their garden was hit by hail they all learned a lot.



The second garden was at the Decorah community gardens site (above). This garden was managed by the Decorah Chiefs 4-H Club. The leaders and members got the plot ready, planted, and harvested the produce. The harvest from this

garden went to food pantries in Winneshiek County.



The third garden was planted at the North Winneshiek School grounds. The Hesper Helpers, with a Master Gardener and a grandparent, furnished the plants for the garden. Even though it was late when planted, the produce from the garden went to help the school and the food pantries.

Winneshiek 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. Winneshiek Council members are:

Duane Holthaus – Chair
Kathy Moen – Vice Chair
Nancy Kovarik – Secretary
Patricia Courtney – Treasurer
John Anderson
Linda Hemesath
Gary Lien
Norbert Lovstuen
Jessica Rediske



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