

## 2011 Points of Pride

### County Extension Staff

#### Gene Mohling

County Extension Education Director

#### Marisue Hartung

Regional Youth Program Specialist

#### Shelly Koehn

County Youth Coordinator

#### Terry Steinhart

Swine Specialist

#### Donna Decker

Office Assistant

### Keokuk 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 have identified these local issues as priority topics for current and future programming:

- Expansion of youth program opportunity
- Service to agricultural commodity interests & production
- Provide support for environmental stewardship & education
- Support of family needs, parenting and resource management
- Nutrition, health and well-being education
- Community development

### Council Members Serving Keokuk County

Gina Smith, Chairperson

Doug Webster, Vice Chairperson

Kay Witte, Secretary

Janis Collins, Treasurer

Elayne Campbell

Jina Heisdorffer

Scott Swanson

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

#### Gina Smith

Extension Council Chair

#### Gene Mohling

Regional Extension Education Director

### Pick-A-Better Snack

The Pick a Better Snack nutrition education program is building and strengthening Iowa community support for nutrition and physical activity. A grant received through the Iowa Department of Public Health makes it possible to bring this program to the Tri-County Elementary School in grades K-5 reaching 90 students and 10 faculty members. The program started in October and ran through May during the 2010-2011 school year with lessons being taught once a month for 30 minutes.

Students learned the importance of healthy eating habits and how to prepare their own healthy snacks consisting of fruits and vegetables that students tried each month. As a result of this ongoing program, students will be better prepared to make good snack choices and live healthier lives.



### National Night Out

Keokuk County hosted their 2<sup>nd</sup> annual National Night Out celebration on Tuesday, August 2nd on the Sigourney Square.



National Night Out is considered America's night against crime and encourages interaction among neighbors. Youth and parents were invited to spend the night together doing fun activities, games, and crafts courtesy of local businesses and community organizations.

Grace Shemanski of Keota and the Liberty Leaders 4-H Club and Shae Oostra of Ollie and the Patriotic Panthers 4-H Club presented their Iowa State Fair Communications Working Exhibit projects during the event. Participants were able to make mint book greetings and rubber band bracelets.

## Team Explosion science club

Keokuk County 4-H started a new club called **Team Explosion** which is a science club open to all 4<sup>th</sup> – 6<sup>th</sup> grade students in the county. Club members meet once a month for an entire day of science at the Sigourney Public Library.

Science topics include: Junk drawer robotics, The power of wind energy, Rockets away, Antarctica adventure, Wildlife Exploration, Creepy crawling entomology, GPS lost and found, and Discover biotechnology.



The Team Explosion science club members had a special visit from the Birds of Prey program at the McBride Raptor Center in Solon, Iowa. The guest speaker, a volunteer with the program, spoke to the members about hawk and owls. She taught them about nocturnal or night time birds and diurnal or daytime birds, and how birds see, hear, and fly. Members also learned what to do if they see an injured raptor and how to prevent birds from leaving Iowa. She brought along two raptors, a Saw whet owl & Swainson's Hawk to share with the youth. To learn more about the Birds of Prey Program please contact the McBride Raptor Center.

After learning about birds of prey, members went to Lake Belva Deer to learn how conservation is at work in Keokuk County. They learned about watersheds, channels in the lake, and how the rangers at Lake Belva Deer are keeping the lake one of Iowa's cleanest lakes.

## ISU Extension Offers Food Preservation 101

Jan Temple, ISU Extension nutrition and food safety director, offered the Food Preservation 101 program in Iowa, Johnson, Keokuk and Washington counties, providing a brief overview of food preservation, the

current methods to preserve food safely, and new recommendations to use while canning. Attendees learned reputable sources of home food preservation information, types of new canning equipment – advantages and disadvantages, as well as the impact of altitude on home food preservation and compensation techniques.

## Summer Day Camp

During the month of June, Keokuk County Extension provided educational day camps youth in grades 1-6 at various locations throughout the county, sponsored by a grant from Alliant Energy.

Youth learned about Art by making sun catcher wind chimes, seed mosaics, rolled beeswax candles, kool-aid play dough, and sponge, marble, and sand painted. Youth participated in Grossology, the study of all things gross, and made plaster insects and home-made silly putty. Youth also visited Lake Belva Deer for fishing and nature detective camp where they were visited by Iowa State University Entomology Department's Insect Zoo.

## Master Gardeners Training

Keokuk County Extension welcomed four new members into the Master Gardener program this summer.



The program provides selected volunteers training on many aspects of gardening. In exchange for training, Master Gardeners share their time and knowledge on approved projects within their local communities. Training consists of 40 hours of Web-based broadcasting and face-to-face instruction at extension offices and on the ISU campus. After training, participants must complete a one-year Master Gardener internship consisting of 40 hours of volunteer service. Additional volunteer hours and ongoing training are required in subsequent years to maintain the Master Gardener status.

Since 1979, the Iowa Master Gardener program has trained over 10000 people. Master Gardeners are highly visible volunteers in their counties. Master Gardeners may work at local gardens, schools, nursing homes, or other community beautification or education projects. Master Gardeners answer questions on the radio, give presentations at gardening seminars, and discuss plants at local plant sales. You might talk with Master Gardeners on the phone or via email or at booths at a local farmer's market, county fairs, or home and garden shows. The Master Gardener program is unique both for its community emphasis and because it directly utilizes the broad research-based resources of Iowa State University.



## Pasture Walk

The John Schulte pasture was the host location for the June 28, 2011, Pasture Walk sponsored by the Iowa Forage and Grassland Council, Southern Iowa Forage and Livestock Committee, Iowa County Extension and Iowa Beef Center at Iowa State University. Featured topics were: Paddock Systems – Moving to the Next Level, Managing the Nutrient Balance, How Do We Start a Grazing System?, and Introduction to Legumes. The list of presenters included: John Schulte, producer; Byron Leu, ISU Extension beef program specialist; and Mark Carlton, ISU Extension forage field specialist.

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