

Food & Fitness E-News, Vol. 1, #9

August 22, 2007

This electronic newsletter about the NE IA Food & Fitness Initiative will be sent to team members and other interested parties. It is intended to provide current information to its readers. Let us know of topics you would like addressed. Items may be submitted to wiemer@iastate.edu.

Archived editions: www.extension.iastate.edu/allamakee/info/enews.htm

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Initiative Information

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 - Update your Adobe Reader to open F&F files
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- Upcoming Events

Technology Update – by Teresa Wiemerslage, wiemer@iastate.edu

Introduction to Food & Fitness Webcast

An introductory webcast for the Food & Fitness Initiative can be viewed at <http://connect.extension.iastate.edu/ffintro>. This webcast is intended to bring community members up to speed on the initiative and to give a brief overview of the process.

NE IA Food & Fitness Initiative Website – www.iowafoodandfitness.org

At long last, the Food & Fitness Initiative has its own website. Thanks to Iroc Web Design Services out of Calmar, we have a new look. We are still putting the finishing touches on all the links, but this will be the main page for initiative now on. The NE IA Food & Farm Coalition (NIFF Coalition) will continue to have its website at www.niffcoalition.org.

Tentative Schedule for Upcoming Meetings

August: Safe Routes to School

September: Walkable/Bikeable Communities, Barriers and Trail Counters

October: Workplace Wellness Policies

November: School Wellness Policies

December: What is a Local Food System?

Lots of Emails (aka Spam Flood):

Since I know some of you have probably gotten a bit of extra spam in your email box recently (spammers spend much of their time finding new techniques designed to get around spam filtering and blocking), this seems a timely moment to send the following update.

Spam accounts for over 60 billion emails a day and usually 90% of your email is spam. What this means to you is that you will always get (some) spam. There is always someone looking for a new way to send

it, for a new technique to get by spam filters, for a way to worm their way into your mailbox and make you look. If your mailbox on any given day contains less than 90% spam, someone, somewhere is helping you out.

We have taken action to reduce the amount of spam in your email boxes. If you have concerns, please call Teresa at 563-568-6345 or email wiemer@iastate.edu.

Acrobat Reader: Is your reader up to date? Most of the files posted to the Food & Fitness website are in pdf format. If you have an old version of this program, you may not be able to read the files. Visit this website to get the most recent version: <http://www.adobe.com/products/acrobat/readstep2.html>

Replying to lists. Be sure that you check the address in the To: box when you respond to a Food & Fitness email. Hitting "Reply" will automatically put the county list in the box (ie. winneshiekff@iastate.edu). This is great if your reply is meant for the whole group—but if not, you will need to manually enter a new address.

Upcoming Events: <http://www.extension.iastate.edu/allamakee/info/events.htm>

August

- August 25: Shaping America's Youth conference, Des Moines. [More info...](#)
- August 29: Regional Team meeting, noon-2 pm, Winn. Medical Center.
- August 30: NE IA Food & Farm Coalition meeting, noon-2pm, Winn. Co. Extension.

September

- Sept 1: Tomato Tasting, Seed Savers, Decorah, 1-5 pm. [More details...](#)
- Sept 6: High Tunnel Field Day, ISU Hort Research Farm, Gilbert, IA: 6-8 pm. [More details...](#)
- Sept 12: Allamakee County Food & Fitness Planning Team, 4-6 pm, Allamakee Extension office.
- Sept 13: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension office.
- Sept 19: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Winn. Medical Center
- Sept 20: Fayette Food & Fitness Planning Team, 4:00-5:30 pm, Fayette Extension office.
- Sept 20: Howard Food & Fitness Planning Team, 6:30-8:30 pm, Riceville location to be determined