

IOWA STATE UNIVERSITY

University Extension



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

County Extension Staff

Bob Dodds
County Extension Education Director

Cathy Holtkamp
County Youth Coordinator

Liz Moore
Office Assistant

Julie Wellman
Food and Nutrition Coordinator
Storks Nest Coordinator

Staff Serving Southeast Iowa Counties including Lee;

Greg Brenneman Ag Engineering

Mark Carlton Agronomy Specialist

Mary Crooks Family Life Specialist

Dori Goble, Youth Specialist

Himar Hernandez Communities

Byron Leu Livestock Specialist

Tom Miller Swine Specialist

Patty Steiner Family Nutrition

Bob Wells Farm Management

Mary Weinand Family Resource

Lois Hunt Area Director

Mary Weisinger
Extension Council Chair

Bob Dodds
County Extension Education Director



Healthy Environments

For the past six years Lee County Extension has cooperated with Alliant Energy, Forestry Division of the IDNR to offer the environmental program, Operation ReLeaf. ReLeaf provides homeowners the opportunity to purchase trees which would normally cost \$75 for \$25. As a result over 2200 trees have been distributed and planted. Over 125 volunteers including Extension Council members, staff, 4-H, FFA members and Master Gardeners have volunteered with the distribution of the trees. Extension staff has provided technical information to the homeowner on selecting the right

tree for the correct place, how to plant, insect and disease prevention as well as tips on pruning and proper mulching. Research shows that two mature trees will produce enough oxygen for a family of four. Further a well placed tree reduces a home's air conditioning cost by 10-50% and heating by as much as 22%. The result is reduced use of energy, and cost savings to the family.

Healthy Economics



In 2009 many families returned to the home garden and orchard. Over 125 attended a fruit tree pruning demonstration presented at the Appleberry Orchard, Fort Madison.



Front row left to right; Ray Tull Treasurer, Mary Weisinger President, Judy Walrath Secretary, Rick Tebbs Vice President, back row left to right Tom Mohrfeld, Steve Newberry, Patty Koller, Tina Loges, Chris Lindner.

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. The council identified the local issues as priority topics for the 2008-09:

- Alternative Energy
- Promote Living and Building Green
- Healthy Lifestyles
- Assist small business starts/expansion
- Consumer Education



Lee County Extension expanded educational facilities. Ray Tull, Tom Mohrfeld review remodeling plans with Mike Schinstock.



4-H Members take time to make a difference in the lives of some very special people at the Fort Madison Rodeo each year. The 4-H County Council cooperates and works with other volunteer organizations from across the county to offer this event.

4-H Makes a Difference.

The theme for the upcoming National 4-H Week, Oct. 4-10, is "Meet the Future." However, 4-H'ers in Lee County prepare for their future all year long through afterschool programs and community club activities.

On September 5th, 2009 area 4-H county council members took part in the Special Kids' Rodeo at the Fort Madison Rodeo Arena, which was coordinated and sponsored by a Fort Madison Volunteer Group. The 4-Hers teamed up with attendees that had physical disabilities and helped them participate in a variety of activities such as horse rides and a petting zoo.



Healthy People

In 2009 over 75 mothers and teens graduated from the Food and Nutrition Program in Lee County.

*"My family is enjoying eating; we are eating more healthy and trying new fruits and vegetables. I'm working on adding more grain to our meals and less sweets. My dinner meals are quick, easy and less stressful."
Nutrition Program Participant*

93% made a positive change in one or more nutrition practices, (planned meals, improved diets, children ate breakfast read nutrition labels).
88% made a positive change in one or more food resource management practices (compared prices, developed grocery lists and did not run out of food in the home).
61% of the graduates made a positive change in one or more food safety practices.

The Food and Nutrition Program in

Lee County has resulted in two Storks Nests to become established in Lee County. The purpose of the Storks Nest is to provide parenting education to young mothers.

We connect you to Iowa State University.

We are your local link to make connections for campus enrollment, continuing education, campus visits, and campus exhibits, conferences, and cultural as well as sporting events.



Youth and Health

Healthy lifestyles are learned at a very early age. Each year over 300 elementary students from three public school systems, three private schools and home school students attend the Extension sponsored outdoor education days. Topics at these educational field days focus on agriculture and where our food comes from. The presentations allow students to learn about fresh fruits and vegetables, dairy and meat products as well as grain and oil



Special Note: In 2009 Extension reorganized into 20 Regions. Bob Dodds became the Regional Extension Education Director on August 1, 2009. Region 20 is Henry, Des Moines, Lee and Louisa.