

Sherry McGill
I.S.U. Regional Extension Education Director
mccgills@iastate.edu / 712-276-2157/cell 712-539-1059

Bullet Points from Sherry...

Training will be offered at Sioux County Extension, 400 Central Ave, NW Suite 700, Orange City from 5 - 6:30 p.m. on Monday, November 16 and a light snack will be provided. Dave Stender, an Iowa State University Extension program specialist, will share specifics on what to consider when buying livestock from a local farmer. Angela Jackson, a local food producer, will present about the following topics: working with small meat processors and marketing claims (grass-fed, natural, organic, corn-fed, certified humane, free-range, pasture raised). Sherry McGill will share an overview about how Northeast Iowa Food and Fitness is moving forward with promoting and organizing regional food production and how it has helped their local economy. Please RSVP to the Sioux County office by November 12. The phone number to call is (712) 737-4230. There is no charge for this event.

Watch for our 4-H TV commercial soon! Youth in 4-H clubs in Region 5 is 1,115. There are 6,773 youth being served in all programs. There will be a day camp at the Midtown Community Center at 525 Nebraska St. November 6 from 9 a.m.-5 p.m. The charge is \$15.

Woodbury County News...

Nancy Nicho, a program specialist for Iowa State University Extension, has a new column in the Spanish newspaper in South Sioux City, Nebraska. About 5,000 people read it in the region. Some examples of topics will include parenting, communication, working with schools and money management.

Extension is a partner in a worksite wellness project that is made possible through grant dollars made available by Senator Harkin. Through this project, there is a new group of business people who have wellness programs at their businesses who are meeting to share ideas and learn about worksite wellness.

The Nonprofit Management Alliance is sponsoring a Social Work Ethics conference on December 9 in the afternoon. The Alliance is also planning a second grant writing session for nonprofit agencies.

Extension is sponsoring an Agency Summit on January 22 for family and children serving non-profit agencies. Social work CEUs will be available for all three events.

The Expanded Food and Nutrition Education Program just celebrated its 40th anniversary with an open house appreciation breakfast, and it was well attended by participants, partners and current and retired staff.

The BASICS program has expanded into second grade this year, so approximately 1800 students in the Sioux City district (K, 1st and 2nd grade in 11 qualifying schools) receive eight hours of nutrition education during the school year. This is funded by a grant.

We have new videos that tell the Extension story, and you can find them on our website. Look for Garden Show video and the Farmers Market/Garden to Table video. Our Master Gardeners were very helpful at the Farmers Market this year. They did surveys, helped at the Master Gardener booth, and assisted people with carryout at the market. New ways for Master Gardeners to help!

We are in need of PARTICIPANTS! If you are 18 to 40 years old and have an interest in on-line nutrition education lessons, we would like you to take part in a 90-minute focus discussion on Thurs., Nov. 12, from 6 to 8 p.m. at Woodbury County Extension, Room 210. Participants will receive a \$25 gift card for their time. Light refreshments will be served. You must sign up in advance by calling Extension at (712) 276-2157 by November 10. Child care is not available.



Learn about earth-friendly gardening all year long with the 2010 ISU Extension Garden Calendar. Also get details on "green" topics like compost, rain collection, beekeeping and houseplants. Available to purchase at your local Extension office.

Plymouth County News...

We are very excited about the Plymouth County Extension office moving to the Le Mars Convention Center which will be in December of 2009.

The 4-H youth trip to Washington, D.C., is being coordinated by Carol Schneider and Carol Ehlers for the 20-county area. Ninety-six youth and 10 chaperones will be involved. To date, there are still 2 available seats on the buses.

4-H volunteers are working on organizing the Awards Recognition program set for November 16 which will be at our new office location.

The Girl Talk classes are just wrapping up in Plymouth County. An after school program kicked off at Remsen Union School in Plymouth as part of a \$150,000 grant which includes First Lego League.

Ag school tours were given to 350 elementary students with an Extension teaching segment on value added agriculture. There are Clover Kids 4-H clubs in four schools in Plymouth County.

Monona County News...

Ricochet: An Extreme Leadership Adventure

This program is becoming a strong vehicle in Monona County for driving youth leadership training. It is a long-term, interactive way of helping youth progress through the middle and high school years developing skills and attitudes that will make them contributing members of their communities. Since 2006, the ISU Extension program has worked with youth through three levels of training and community involvement. The fourth level one program in Monona County concluded with a community celebration in September. The fourth level two program, which is open to those who complete the level one program, is being provided now.

Strengthening Families

In just seven two-hour sessions, parents learn how to show love while setting limits, children develop skills in handling peer pressure and building a positive future, and families grow and have fun together. That's the focus of ISU Extension's Strengthening Families 10-14 program. Students who are in grades 5, 6, and 7 along with their parents or guardians are encouraged to participate. The program is free and will be offered this winter at the West Monona Middle School. Call the Monona County Extension office at (712) 423-2175 to sign up.

Boomerang

West Monona School has chosen ISU Extension's **Boomerang** program to offer a cross-age mentoring character education program for their students. **Boomerang** will provide a partnership support system between West Monona School, ISU Extension, families and communities. High school team teachers will be selected and train to deliver 15 weekly lessons in younger classrooms to instruct and model qualities of good character. This program will team with a county-wide **Circle of Support** comprehensive program where each segment of support, including peers, teachers, families and communities, will be trained to be watchful, caring, and helpful for others to create a strong network of support.

Regional Foods

There will be a Regional Foods meeting at 5:00 pm at the Monona County Extension office on December 22, 2009. Come and learn more about growing local foods!

Contact your County Extension office:

Monona: 712-423-2175 Email: xmonona@iastate.edu

Plymouth: 712-546-7835 Email: xplymouth@iastate.edu

Woodbury: 712-276-2157 E-mail: xwoodbury@iastate.edu

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University Extension

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Provided by: Sherry McGill

Iowa State University Extension Regional Extension Education Director

... and justice for all

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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