



Regional Extension News Cerro Gordo, Floyd, Franklin, Mitchell, Worth

Interim for Bremer and Black Hawk

October 2011

Regional Director Darts

- **Executive Directors** of Region 3 met on October 12th to discuss various topics. Lesley Mehmen asked us, "What is on your plate." The exercise is designed to help us look at a bigger picture of our work and efforts for Extension.

Each Director highlighted a number of **future programs** they will be working on in the next three months. Some of the programs included Master Conservationists, Teen Leadership Program, Crop Challenge, The Rest of the Story about Farmland Sales and Rental Rates, Powerful Tools for Caregivers, and many more.

Stakeholder Reports were discussed. Each county is working on their own stakeholder report as well as supplying topics for the regional report.

Indirect cost calculation and how the University can assist was covered during the **Finance Issues** portion of the meeting. Also discussed was the cumulative carryover for each county and possible changes in the Iowa Department of Management templates for the next budget.

The **ISU Calendar Contest Results** for August and September were revealed. The most calendar entries for a county in August went to Floyd County and the most entries for September award was won by Cerro Gordo County.

- **Regional Extension Issues:** During upcoming Council meetings members will be prioritizing issues identified for their county as well as for the region. Regional issues include:
 - Aging population
 - Good paying jobs
 - Single parent households
 - Keeping up with technology for education
 - Declining population of young adults
 - Water quality (Arsenic)
 - Obesity-youth
 - Food insecurity-quality
 - Food availability
 - Cancer education
 - Overall wellness
 - Leadership
 - Empty businesses
 - Poverty
 - Credit management
- **Upcoming Council Meeting Topics** will include beginning the budgeting process with meetings of the Council committees, discussion of stakeholder's reports, prioritization of county and regional issues and information from the Leadership Summit.
- **Blue Zones Coming.** Many communities are submitting the Blue Zones Statement of Interest. The idea is to make healthy communities which is one of Extension's main focus. Extension in some of the counties has voiced support for the community effort and stand ready to help with making healthy people.
- **Region 3 Staff Changes:**
 - Jane Beranek** is the new office assistant for Floyd County and doing a good job of learning the job.
 - Michelle Sackville** is learning a lot as she prepares to move into the Bev's position whose last day is October 31.



County Connotations

Mitchell County Extension, local farm groups and area FFA Chapters worked hard to provide safety information to about 105 elementary students who were bused to a local farm where about 8 different safety topics were discussed. Grain bin explosions were set off, projectiles hurled, games played and faces awed. When a dummy was wrapped around a PTO shaft one youth could be heard to exclaim above all the ohhhs and ahhhs, "WICKED!!" You can check out the video on You Tube at



<http://www.youtube.com/watch?v=hM04ZJYZL5Q>



Floyd County is working to provide trees through the ReLeaf Program. Over 100 trees were distributed with more being used to beautify the fairgrounds for Floyd County. The Alliant Energy Program involved Extension, Vo Ag classes, DNR and volunteers like Bill Mead, Extension Council Member (pictured).

Franklin County helped organize, promote and participated in the "Start Somewhere Walk." Approximately 367 people participated with about 60 adults and 287 students!



Worth County Extension gave a presentation to both the Northwood and Manly Senior Citizens Centers recently. The "Food Assistance Program" is available to senior citizens that

may not otherwise be able to afford healthy food choices. More than 50 Senior Citizens from Northwood and Manly participated in the meetings.

Cerro Gordo County Over 20 people attended each of the two horticulture programs given at Central Gardens during Harvest Fest on October 1st. The topics were "All About Bulbs" and "Hydrangea Varieties For Iowa". Several Iowa Master Gardeners were also available to help answers any gardening questions that people had. I didn't get any pictures that day, but you could us the one attached. It's from a program I did this summer at Central Gardens.



Bremer County So far we have collected cornstalk samples for nitrate evaluation from 138 fields and 48 farms. This is from our watershed improvement program to help better manage our nutrient levels. This past year we sampled nine locations on three streams to determine their level of nitrates, phosphates, fecal e coli, and dissolved solids. The ultimate goal is to reduce our nutrient outputs into area streams and groundwater.



Black Hawk County area youth in three local schools in Waterloo will develop school and community gardens, with the support of Iowa State University Extension and its collaborating partners. The Healthy Gardens, Healthy Youth pilot explores the impact of school gardens on learning and on changing student consumption patterns so they make healthier choices.

For upcoming events and programs, visit our county web pages:

- www.extension.iastate.edu/cerrogordo
- www.extension.iastate.edu/franklin
- www.extension.iastate.edu/worth
- www.extension.iastate.edu/bremer

- www.extension.iastate.edu/floyd
- www.extension.iastate.edu/mitchell
- www.extension.iastate.edu/blackhawk
- www.extension.iastate.edu

Provided by Gary Hall, Region 3 Extension Education Director

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