

2011 Points of Pride

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Webster County Extension Council

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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:

- Vitality of Small Communities
- Business & Industry Expansion
- Healthy Initiatives
- 4-H Youth Development

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

Steve Julius

Extension Council Chair

Jerry Chizek

Interim Regional Extension Education Director

Healthy People

The Food and Drug Administration (FDA) estimates the economic cost of foodborne illness in terms of pain and suffering, workplace medical expenses and other economic losses to be an estimated \$152 billion dollars per year. In August 2011, Holly VanHeel, Families Extension Nutrition and Health Program Specialist conducted a ServSafe™ program in Fort Dodge. ServSafe™ is a nationally recognized certification program that teaches safe food handling practices and helps prevent foodborne illness outbreaks. It targets employees in food-service establishments. As a result of this, \$37,240 were potentially saved from pain and suffering, workplace loss, medical expenses and other economic expenses if one case of foodborne illness in Webster County was prevented per food handler completing the course.

Carolyn Maschino, Family Nutrition Program Assistant, exceeded her goals of providing direct nutrition education

to over 36 families and 60 youth in the Webster Co. area. She continued to partner with the YWCA, Community Health Clinic, Proteus, Inc., Head Start, Linking Families, WIC Clinic, BLAST After-school Program, and Fort Dodge Senior High School Pregnant Teens/Teen Parents to provide nutrition education. Carolyn currently has 28 adults enrolled in the program and is providing food education to 68 kindergarten through second grade students at Butler elementary school in Fort Dodge.



Carolyn helping a participant set her nutrition and physical activity goals.

Healthy Environments

Region 7 (the counties of Webster, Wright, Hamilton & Humboldt), hosted the 2011 Master Conservationist Program in partnership with Webster Co. Conservation. During the ten sessions, participants learned more about Iowa's physical environment, sustainable agriculture, energy uses and methods to reduce waste. Participants were asked to contribute at least 32 hours of conservation and/or natural resource-related service to their local community using their new knowledge and experiences.

Healthy Economies

This past year saw significant volatility in grain prices. This resulted in a tremendous amount of interest in farmland rental rates. To address this issue, the Webster County Extension hosted a program on August 4, 2011 to 50 landlords and tenants. Information was provided on grain prices, land values and rental rates. Other topics included cost of production and flexible cash leases. In addition, individual follow up was provided to landlords and tenants throughout the year.

Americans' lack of financial preparedness for retirement is well-documented. Interest in preparing for retirement does increase as people come within 10-20 years of retirement, making that a prime target population for retirement education. For over ten years, ISU Extension has partnered with Elderbridge Agency on Aging and Iowa Central Community College to

conduct "Ready, Set, Retire," a free half-day retirement information seminar for those within 5-10 years of retirement. Each participant selected three workshops from a total 8 topics). One hundred and five participants attended the April 2, 2011 session. Of the submitted evaluation, one hundred percent agreed that the program helped them to be better-prepared for retirement; 100% also agreed that they will definitely use the information gained.

Farm Land Leasing Workshop.



Impact example

4-H members continued to be of service to their community as they donated many hours of volunteer time. Youth continued to partner with many organizations throughout Webster County. Many clubs volunteered at their local nursing home to provide activities and fellowship to the residents, assisted with putting up the flags on Memorial Day at the local cemeteries, collected food for food pantries, assisted with after-school programs, cleaned ditches or city streets or rung bells for the Salvation Army. Some members even volunteered at the Iowa State Fair with Little Hands on the Farm, collected donations or walked dogs for the local humane society, or

assisted with the Honor Flights by serving the meal or welcoming the veterans back home. As members work relentlessly helping fulfill the needs of their communities, 4-H members developed communication skills, leadership skills, and worked in partnership with other organizations. These skills are then used in their daily lives at school, home or church activities. Because of this high community service involvement, 4-H'ers helped improve their Webster County communities and will continue to do so in the future.

4-H'ers displaying flags for the Honor Flight participants.



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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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