

2011 Points of Pride

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

Iowa County Extension Council

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:

- Expansion of youth program opportunity
- Service to agricultural commodity interests & production
- Provide support for environmental stewardship & education
- Support of family needs, parenting and resource management
- Nutrition, health and well-being education
- Community development

Council Members Serving Iowa County

Russell Collingwood, Chairperson

Matt Steinmetz, Vice Chairperson

Matt Brenneman, Secretary

Brent Ness, Treasurer

Joe Semler

Sean Wetjen

Brad Glandorf

Leo Rudolphi

Colleen Conrad

Russell Collingwood

Extension Council Chair

Gene Mohling

Regional Extension Education Director

Pick-A-Better Snack

Pick-A-Better Snack and ACT are providing a nine-session program that brings nutrition educators into kindergarten through fifth grade classrooms. They share nutrition and health lessons, lead a literacy activity and introduce students to one new fruit or vegetable each session and allow them to try it. The messages taught are centered on the food pyramid/MyPlate models. Emphasis is placed on understanding the importance of each of the food groups, recognizing the value of daily exercise and deciphering between daily required foods and sometimes foods. ISU Extension and Outreach then provides classroom teachers with various activities and ideas to reinforce what is being taught throughout other parts of the school day.



Re-Leaf Program

Iowa County Extension in partnership with the DNR, Alliant Energy and the Iowa County Conservation Board worked together to sponsor the "Operation Re-Leaf Residential Tree Program". Iowans looking for a cost-effective, yet eye-pleasing way to reduce home heating and cooling costs were encouraged to participate in Operation Re-Leaf. Operation Re-Leaf is a residential tree planting program promoting long-term energy and natural resource conservation. Operation Re-Leaf is a partnership initiative funded by Alliant Energy and administered by the Iowa Department of Natural Resources with assistance from local partners, which included county conservation boards and county extension offices. Through the program, approximately 2,380 high quality landscaping trees were offered

to Alliant Energy residential customers.

Smart Investing

Iowa State University Extension and Outreach partnered with the Marengo Public Library to offer the “Smart Investing @ Your Library” educational series. The six-week blended classes, offered in the fall of 2010 and spring of 2011, involved two face-to-face sessions taught by a family finance program specialist and an online course. The library marketed the classes and hosted the kick-off and wrap-up face-to-face sessions. Participants could select from three different tracks, Generation X, Baby Boomers or Retirees. Pre- and post-survey data show that participants increased knowledge and have greater confidence in investing. Participants also gained a better understanding of reliable, trustworthy sources of investment information. Participants indicated that they intend to continue to use the library as a source of investment information through checking out the finance/investment books purchased for the library, as well as links to online resources through the library website.

Summer Day Camp

During the month of June, Iowa County Extension offered a four-week, eight-session educational Day Camp for 130 Iowa County children. Those attending the camps ranged in age from first through fifth grade. Kelsey Weber, the joint Iowa/Keokuk counties program coordinator taught the hands-on arts and crafts style educational program to participants at locations in Marengo, Williamsburg, Amana and Victor.



Monsanto Health Fair

Iowa State University Extension and Outreach in Iowa County was invited by the Proteus Migrant Health Project to participate in their Family Health Fair, in

August, held for families working with Monsanto in Williamsburg. Extension and Outreach’s role was to provide information about the importance of fruits and vegetables in the diet. Through a special grant, Proteus was able to offer a variety of fresh fruits and vegetables for the participants to enjoy with their evening meal. Families had the opportunity to enjoy a delicious catered meal, receive information about healthy eating, discuss healthy habits with UIHC staff, and participate in physical activity in the form of dancing to music of their preference. It was an evening of fun, relaxation, and education for the families. ISU Extension and Outreach could partner with Proteus in the future to work with these migrant families, especially in the area of nutrition education. Many of the families contend with the challenges of diabetes and how best to manage their diet in a different culture.



Master Gardeners Summer Webinar Series

The second annual *Master Gardeners Summer Webinar Series: Garden Natives & Invasives 2011*, was held at the Iowa County Extension Office on the fourth Tuesday of the month May-August.



Members of the Iowa County Master Gardeners, as well as individuals from the community, were educated on topics that included: *Plant Communities of Iowa, Identification and Management of Invasive Woody Plants in Iowa, Tallgrass Prairies of Iowa and Native Friends and Invading Forces*. It is anticipated that the third annual webinar of this series will be offered next year.

Pasture Walk

The John Schulte pasture was the host location for the June 28, 2011, Pasture Walk sponsored by the Iowa Forage and Grassland Council, Southern Iowa Forage

and Livestock Committee, Iowa County Extension and Iowa Beef Center at Iowa State University. Featured topics were: Paddock Systems – Moving to the Next Level, Managing the Nutrient Balance, How Do We Start a Grazing System?, and Introduction to Legumes. The list of presenters included: John Schulte, producer; Byron Leu, ISU Extension beef program specialist; and Mark Carlton, ISU Extension forage field specialist.



ISU Extension Offers Food Preservation 101

Jan Temple, ISU Extension nutrition and food safety director, offered the Food Preservation 101 program in Iowa, Johnson, Keokuk and Washington counties, providing a brief overview of food preservation, the current methods to preserve food safely, and new recommendations to use while canning. Attendees learned reputable sources of home food preservation information, types of new canning equipment – advantages and disadvantages, as well as the impact of altitude on home food preservation and compensation techniques.

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