ISU Extension in Audubon County
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ISU Extension and Outreach provides educational opportunities for economic development, food and the environment, health and well-being, and K-12 youth outreach. We meet local needs, so Audubon County can be an even better place for the next generation.

Julie McVay
Extension Council Chair

Terry Torneten
Regional Director

Writing Your Retirement Paycheck

Ten people participated in this workshop that was held on November 12 and 19, 2014 at the ISU Extension and Outreach office in Audubon County. Write Your Retirement Paycheck is designed to provide information needed by those who recently retired and those approaching retirement within the next 10 years. The workshop outlined key factors to consider prior to or early in retirement and described two strategies to structuring your retirement income. The session on November 12 focused on picturing the future and assessing how much one would need during retirement. Participants also took part in a “Welcome to Retirement” simulation that helped them explore retirement possibilities. Topics for the November 19 session included inflation, health costs, Social Security, required minimum distributions, annuities and more. The workshop was led by Ruth Freeman, ISU Extension and Outreach Human Sciences Specialist.

Beginning Farmer Workshop

Farmers just starting out and those looking to expand were invited to a workshop on February 25 at the ISU Extension and Outreach office in Audubon County. It was hosted by ISU Extension, Farm Service

Audubon 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:

- K-12 Youth Outreach
- Food and the Environment
- Health and Well-being
- Economic Development
Audubon Third Graders Learn About the Three “R”s

The three “R”s: Reduce, Reuse, Recycle all help cut down on the waste we add to the environment. Audubon 3rd graders learned about the three “R”s through hands on activities. Students were taught ways to reduce waste and fertilizer by using red worms and a mixture of vegetable or food waste and bedding materials to break down and create compost. Students also learned about the importance of recycling and how to make our environment a healthier place to live by evaluating decomposing time on various common things found in the garbage and by making seed pots out of newspaper that can be planted into a flower pot or the ground.

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational series designed to provide tools you need to take care of yourself while taking care of a loved one. Participants learned how to reduce stress, improve self-confidence, better communicate their feelings, balance their life, increase ability to make tough decisions and locate helpful resources. This program was made possible by partnering with Guthrie County Extension and consisted of six sessions held at the Friendship Home in Audubon. Five participants completed the educational series.

4-H Project Workshops

Audubon County 4-Hers had the opportunity to participate in three different project workshops throughout the year. Those workshops included food and nutrition, photography and visual arts. Jeanne Nelson, owner of Simply Sweet catering, led the pie making workshop teaching 4-Hers the proper ways to measure ingredients and the correct steps to produce a prize winning pie. Ten 4-Hers baked pies to take home and enjoy. Jenifer Mosinski, local photographer, led the photography workshop that focused on using the rule of thirds, depth of field, and how to capture pictures from many angles. Nine 4-Hers practiced their skills at this workshop. The visual arts workshop was led by Kelsy Hipnar of KASK painting gave 4-Hers an opportunity to paint on canvas with colors of their choice to create their own original artwork. Eighteen 4-Hers and two adults enjoyed testing their creativity painting an owl.

Grassroots Grazing

Ten local cattle producers attended the Grassroots Grazing program in August. The workshop was a three part series that included pasture walks to enhance the educational experience. Pasture walks were used to facilitate practice with pasture condition scoring, species identification, and discussion of grazing management logistics such as fencing and watering systems. The program is designed to fit the busy schedules of young and beginning producers and involves a shorter time commitment than IBC’s Greenhorn Grazing or Certified Grazier programs. The series was sponsored by the Beginning and Young Livestock Producers Network (BLYPN) initiative of ISU Extension and Outreach and the Natural Resources Conservation Service, and sessions will be led by local ISU Extension and Outreach Beef Program Specialists with assistance from county Extension staff. The program started with an evening meeting on August 12, 2015 at the Audubon County Extension Office. The meeting included setting goals for your grazing plan, pros and cons of various grazing systems, and strategies to develop more diverse and productive pastures.