

# WHAT WE WANT

# #STRONGIOWA

## 2019 IN BLACK HAWK COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Black Hawk County for what we all want: a strong Iowa.

### Black Hawk 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:

- Competitive Iowa Agriculture
- Preparing Youth Leaders and Learners
- Strengthening Families

### Competitive Iowa Agriculture

Agriculture and Natural Resource programming offered through ISU Extension & Outreach in



Black Hawk County is based on need, interest and opportunities. Programming and services offered are based on researched based methods and the expertise of practitioners in the field and at Iowa State University.

### Agriculture

Workshops were held in the winter, late summer and fall including the annual Crop Advantage in January, Annual Farm Show at UNI in February, Farmland Leasing in September and Pro Ag Outlook



### Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. And eventually we want to turn the world over to the next generation better than we found it.

**Bruce Clark**  
Council Member

**Jason Gates**  
Treasurer

**Jordan Hansen**  
Council Member

**Terrance Hollingsworth**  
Council Member

**Kate Luensmann**  
Council Member

**Terry Parson-Stevens**  
Council Member

**Mike Pipho**  
Extension Council  
Chair

**Melissa Tate**  
Secretary

**Tajah Wright**  
Council Member



in November.

Commercial and Private Pesticide Applicator trainings are offered throughout the year to meet continuing education requirements of our local farmers, ag & pest businesses and their employees.

Farmers market nutrition program vendor training is offered every year. This training allows local producers who wish to sell at any farmers market to accept WIC or SNAP benefits.

### **Natural Resources**

Wildlife questions were fielded through Call the Courier questions, visits into the office and calls inquiring how to identify, remove and deter infestations.

Black Hawk County partnered with Bremer County to offer the recently revamped Master Conservation course. 15 students from four different counties completed eight weeks of programming and field experiences with success.

Partnerships with the USDA, Natural resources Conservation Service and the Soil and Water Conservation Commission supports efforts to protect our natural resources. This resulted in a pollinator workshop attended by 101 participants.

### **Yard and Garden**

10 new participants received training and started their internships to become Master Gardeners. 64 Master Gardeners volunteered over 3957 hours in the community and led free seminars at the public libraries over six different workshops.

The Master Gardeners led free seminars at the public libraries in four communities over six different workshops. Volunteers answered hotline questions throughout the year with many published in the Courier.

The Annual Garden Symposium was arranged by the Master Gardeners in November reaching 90 participants with education on growing and maintaining plants.

Insects are identified in the office through drop offs, pictures and mailings. Call the Courier questions were fielded and resources shared on proper pest management practices.

Community Gardens receive support from staff, FoodCorps and the Master Gardeners to teach local gardening best practices, produce food for donations to the food bank and build sustainable efforts. The fruit orchard at the Cedar Valley Arboretum is a prime example of sustainability.

### **Preparing Youth Leaders and Learners**

Preparing Iowa's youth to be successful and contributing members of society. 4-H empowers youth to reach their full potential through youth-adult partnerships and research-based experiences. In Black Hawk County we have 323 youth enrolled in 4-H and over 4,984 participants in programs. Thank you to the nearly 200 volunteers who share their time and talent for workshops, events, program and club meetings.

Over the summer, a University of Northern Iowa student

completed 400 volunteer hours engaging in youth programming over the summer. They were involved in day camps, library programs, youth programming and fair.

Safety Day, Discovery Program, STEM Day Camps, National Science Day, parades, Stem Fairs, County Fair, Legislative Day, Day Camps and Youth Conferences are just a sampling of programs offered throughout the year to all Black Hawk County youth.

### Family Finance

Teaching money management, planning for retirement, investments and planning for the stage of life where more care is needed. Family Finance Specialists has led four classes reaching 45 participants with 34 hours of financial education.

### Nutrition & Wellness

Food Corps partners with the Black Hawk County Health Department to offer Pick a Better Snack in targeted at risk schools. Each month the AmeriCorps members take a new food into the school for tastings, programming and learning how to safely prepare at home.

Kids in the Kitchen taught five to ten year old children in before and after school programs. Learning safe ways to prepare their own healthy snacks following the my plate guidelines.

Servsafe offered nine classes and had 147 food service managers to learn the food hazards and appropriate safe food practices and become certified.

Buy Eat Live Healthy recently went through an in-depth review and came out with flying colors on teaching low income families how to budget for healthy foods, make healthier food selections and how to prepare foods for their families. This free program is facilitated by three wonderful part time para professionals from our community.

A childcare provider workshop was held in August, Gardening with Children, with 18 childcare providers attending. On the evaluation after the workshop, 100% report they are able to discuss factors to consider when selecting a container, growing media and plant cultivars for gardening.

Three series of Stay Independent, a four session program for individual 60+ that helps adults remain healthy and independent as they age, were held in Black Hawk county during 2019. A session was held in January at The Villages, at Walnut Court apartments in July and at the Jesse Cosby Center in August. 38 adults attended this series. Evaluations indicate 100% are now familiar with health benefits discussed in class, 85% are likely to now eat 3 meals a day, 100% are likely to eat fruit, vegetables and protein daily, 78% are likely to be physically active daily.

Fresh Conversations, a nutrition class for older adults attending congregate meals, was held monthly in Cedar Falls. An average of nine seniors attend each month and learn about nutrition, sample a new recipe, discuss food safety, learn a new physical activity and set an action step each month.

### Family Life

Nature Explore—Using your outdoor classroom & moving to learn was offered to 22 child care professionals with six education hours.

Moving Beyond Heroes and Holidays reached 22 participants with education on creating a rich antibias learning environment in early childhood.

OUCH! That Stereotype Hurts provides six communication



strategies for communication respectfully in a diverse world. In partnership with a variety of organization, OUCH! has been offered four times this year, reaching over 170 professionals and community members. Speaking up in the face of stereotypes and bias statements is often difficult due to fear and discomfort.

Juntos: Together for a Better Education served five families and their children. Families learned about graduation requirements, financial support resources, and scholarship opportunities. Research shows that by bringing parents, youth, community resources and the local school together, graduation rates and post-secondary opportunities increase for Latino youth.



## County Extension Staff



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