



Family Life

Teaching caregivers, parents and everyone else strategies to strengthen relationships, parent children and early child hood development tools for the benefit of all.

Juntos graduated 13 participants in a pilot program with plans to offer again in early 2018. Participants learned of resources and programs in the Cedar Valley to succeed in school and plan for the future.

Dr. Tera Jordan led an Engaged Scholarship Research Project in Black Hawk County seeking out information from the African American community on building relationships with Human Sciences Extension & Outreach as well as other community partners. This effort, supported by the Extension Council, created study circles and action forums to gain perspectives to improve extension and outreach practices and programs.



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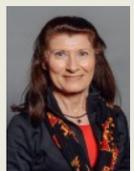
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BUILDING A #STRONGIOWA

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.

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.

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| Mike Pipho Extension Council Chair | Bruce Clark Council Member | Chris Lichty Council Member |
| Bill Arndorfer Regional Director | Lucy Evans Council Member | Don Moore Council Member |
| | Nora Kurtovic Council Member | Melissa Tate Council Member |
| | Kate Luensmann Council Member | Tajah Wright Council Member |

IN 2017

Extension Resources:

This past fall I had the opportunity to take the Master Gardener classes as a student. This is something I had always planned to do but didn't think I'd be able to make the commitment until retirement.

What appeared to be a huge commitment of pre testing, 50 hours of classwork, weekly homework, field trips and final testing turned out to be rewarding and worth every moment.

The Master Gardener coursework exposed me to the realities of growing food, houseplants, trees, landscapes and wildlife protection here in Iowa. Things I took for granted were taught to me through webinars and studying by the experts in the field! I had opportunities to ask questions, design my own landscape and make plans for next year's garden.

On top of that I am linked to many more resources to answer your questions, provide some education and share what I learned through volunteering in the community.

As with most anything I learned that ISU Extension & Outreach has the answers to questions any of us may have on any given day. Feel free to stop by your local Extension Office or give us a call to help guide you to expert, research based answers to your questions.

I hope you'll visit our website and stay connected to our Facebook page to learn of many more workshops, courses and trainings offered throughout the year for you and your family.

Shelly Smith
Executive Director

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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 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. This effort is in partnership with the Iowa Department of Agriculture and Land Stewardship.

Natural Resources

Urban Forrester Gabbi Edwards led a tree identification discussion at Katoski Park in Waterloo sharing resources on tree disease, pruning and care.

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

Partnerships with the USDA, Natural resources Conservation Service and the Soil and Water Conservation Commission supports efforts to protect our natural resources.

Yard and Garden

11 new participants received training and started their internships to become Master Gardeners. 55 Master Gardeners volunteered over 2400 hours in the community and led free seminars at the public libraries over six different workshops. A first time annual symposium was arranged by the Master Gardeners in November reaching 100 participants with education on growing and maintaining plants.

Insects were identified by Sheila Walitshek in our 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 Steven Eilers, 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, 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 350 youth enrolled in 4-H and over 4,000 participants in programs. Thank you to the nearly 250 volunteers who share their time and talent for workshops, program and club meetings.

For over 100 years Iowa 4-H has been delivering research based educational programs for K-12 Youth in Iowa. Using its experiential model of "DO", "REFLECT" and "APPLY" 4-H programs are designed to teach Healthy Living, STEM, Leadership, Civic Engagement and Communication and the Arts.

Membership is open to all youth between the ages of 4 and 18 regardless of if you are in town or on the farm for \$15.00 a year.

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

Strengthening Families

In Black Hawk County we see Strengthening Families as a priority. This effort is achieved by using the Human Sciences Extension & Outreach specialists and research based programming.

Human Sciences strives to build a **#STRONGIOWA** one person at a time. We provide research-based information and education to help Iowans make decisions that improve their lives.

Our specialists work with the College of Human Sciences at Iowa State University and in partnership



Local foods works to bring information to the producers and the consumers in an effort to strengthen the local food market. From learning Good Agricultural Practices, marketing reducing costs and increasing yields. AmeriCorps Members, Steven Eilers and Jodie Huegerich team up with the Farmers Market, local farmers and beginning producers to promote and market efforts.

with other organizations and agencies to meet the needs of Iowa.

Family Finance

Teaching money management, planning for retirement, investments and planning for the stage of life where more care is needed. Jeannette Mukayisire has led classes with high school youth, Pathways Behavioral Health Services, at the Landmark, with EMBARC, and in collaboration with Hawkeye Community College.

Nutrition & Wellness

FoodCorps 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 food at home.

Kids in the Kitchen programming is led by Emily Samuelson in before and afterschool programs. Five to Ten year olds are learning safe ways to prepare their own healthy snacks following the my plate guidelines.

ServSafe is offered monthly to food service managers to learn the food hazards and appropriate safe food practices.

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.