



#STRONGIOWA

2021 IN MADISON COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Madison County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**

Madison County Extension

The Madison County Extension Council has been elected by the people of the county to guide local educational programming by partnering with extension staff. From needs assessment through program implementation and evaluation of outcomes, the council represents you and your issues. We are always serving Iowans and we are here for you. Now. Always.

Thank you for your support.

Amy Warnke

Extension Council Chair

Mark Beatty

Council Member

Samantha Allen

Council Member

Shannon Flickinger

Council Member

Jed Terhaar

Council Member

Lisa Jones

Council Member

Deena Hoeness

Council Member

Matt Deppe

Council Member

Janis Hochstetler

Council Member

Serving the People of Madison County

As Iowans adjusted to life during the COVID-19 pandemic, ISU Extension and Outreach continued to prioritize health and safety as we delivered research-based education to the people of Madison County. During 2021 we focused on the following efforts.

Healthy Living - The Winterset Public Library hosted Veg Out! from the Healthy and Homemade series as part of Wellness Wednesdays in June with eight participants in attendance. Iowa produce consumption is ranked 33rd in the nation and challenges to increasing intakes were addressed during the program.

Economic Development - Over 20 participants from a variety of non-profit and volunteer organizations were represented at Madison County's Fundraising lunch and learn workshop. The workshop offered practical application of strategies in the areas of identifying, prospecting, acquiring and retaining donors. Participants were excited at the opportunity to receive planning tools to map a sustainable path to manage their fund development plans.

Families - Two child care centers in Madison County have participated in Mental Health reflective consultation on the average of eight hours per month. 15 individual staff have participated with three of them being administrative. Eight staff have participated in a training class "Circle of Security" Classroom (COSP) Mental Health Consultant is Joyce Westphal, LISW. She also taught the COSP class in Madison county. All funding for this project is supported by the 4RKids Early Childhood Iowa Area, under the Quality Improvement Project (Myra Willms) contracted with Dallas County Extension.

SWITCH Program Now in Two School Districts in Madison County!

The SWITCH program in Madison County welcomed a new partner for the 2021-2022 school year. Interstate 35 joined Earlham as the second school in the county to implement the 4-H school wellness program that encourages students to SWITCH what they do, view, and chew. This partnership is indicative of an increasing presence of Extension within the public school system in our county.

Get In Contact:

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Master Gardeners - Master Gardener Training originated from campus in a self-paced virtual format from August to November. The 10-week course was taught by Iowa State University professors and horticulture specialists. It was similar to taking an online college course; and an opportunity for 2021 Master Gardener Trainees to complete their work from the comforts of home.

Madison County Master Gardeners and 2021 Interns remained active, despite the Covid-19 pandemic. Often implementing Zoom for business and educational meetings, the group met to complete grant applications, plan projects, activities, field trips and share other important information. In May, Master Gardeners returned to meeting in-person. They were thrilled to invite local high school seniors to Husky Help Day.

One popular Madison County project was ADA-accessible raised garden beds near Winterset's Public Library. Last summer, visitors followed *The Tale of Peter Rabbit* (by Beatrix Potter) and saw real flowers and vegetables growing in Peter's fictional garden. In August, Master Gardeners hosted Chamber Coffee at the grant-winning location to introduce community members to the sustainable community garden.

Applications for Master Gardener Training opened in March. Trainees and members of the public were encouraged to participate in activities to become familiar with our program and connect with volunteers and learn about local producers. Some field trips were to the following locations: Taylor Hazelnut Farm, Bochner Lily Farm, Rose Farm pollinator habitat, Allendan Seeds, Covered Bridges Winery's vineyard, and The Pumpkin Ranch.

2022 promises to be inspiring as well! Madison County Master Gardeners are looking forward to learning and volunteer opportunities with new partners, Adair County Extension and Outreach, The Wallace Center, and other local entities for innovative programming.



Showcasing 4-H at the County Fair

Madison County had one goal with the County Fair in 2021, give the kids the most “normal” fair that we could. Madison County Extension and Outreach worked with the fair board to make this happen. This year there were around 279 exhibitors with over 1300 projects. The fair was open to the public this year so many of the community members got to enjoy the projects of the 4-H Youth. The fair also included entertainment and all of the open shows that people are used to seeing. The fair board and Extension Staff worked very hard to make this fair seem as normal as possible for the 4-H Youth and community members. It was an exciting time for everyone to gather again and celebrate all of the hard work and accomplishments of our 4-H youth. The community showed a great amount of support to the youth through their premium contributions. There was a total of \$112,115 purchased on premiums during the 2021 county fair premium auction. This was a 38% increase in premiums. We can't thank the sponsors enough for investing in our youth and showing them how much they care.

Madison County 4-H 2021 Awards Banquet

The 2021 Awards Banquet served as a showcase for the hard-working youth of our county. This year's banquet featured awards and recognition for youth, adults and volunteers, and community partners. People were excited to attend this hallmark event after a year without being able to gather and celebrate. Youth who applied for project awards were given items meant to encourage their continued participation in the project area and were well received. Our Youth Council, Youth & 4-H Committee, and Fair Board, through the banquet and various efforts, continue to foster a positive relationship to offer youth the most vibrant opportunities possible.



Top Photo—4-H Clover Buds receiving clothing awards. Bottom Left—4-H Interns and County Youth Coordinator enjoying the premium auction. Bottom Right—Exhibitors showing their poultry projects.

Mental Health Reflective Consultation

As our state works towards recovery, ISU Extension and Outreach in Madison County has been engaging Iowans in addressing mental health and wellness through many of the following efforts:

- Offering presentations to the community that explain mental health resources and courses that Extension and Outreach have to support the community.
- Applying and receiving the USDA, NIFA, ISU Extension and Iowa Department of Land Stewardship Farm and Ranch Mental Health and Wellness Grant for \$17,810.
- Offering a Mindful Teen program to Madison County Youth.
- Staff received mental health training in programs such as Question, Persuade, Refer, Mental Health First Aide and Mindfulness.

Looking ahead to 2022, ISU Extension and Outreach Madison County will:

- Utilize the Farm and Ranch Mental Health and Wellness grant by offering relief to farmers and agricultural professionals through consultations and providing farm stress relief packets as well as continue to spread the word about courses and resources available to the public.



Madison County Welcomes New Programming Assistant

Madison County Extension and Outreach developed a new position on the team and welcomed Lindsey Young as the new Programming Assistant.

Lindsey is an alumni of Interstate 35 schools. She grew up on a farm in St. Charles where her family raised pigs, sheep, chickens, and cows. Lindsey was initially employed as the 2021 Fair Assistant with Madison County. She served as a valuable asset to the office as an intern and continues to offer her strong work ethic and “can do” attitude to make difference within Madison County Extension and Outreach.

Lindsey is currently partnering with the County Youth Coordinator, Ellen Lupkes, to develop new resources for 4-Hers to help stream line our county processes. Lindsey is also working in collaboration with Executive Director, Nicole Navin to bring the Master Conservationist program to Madison County. We are in the process of partnering with some amazing conservation experts including Amy Warnke of Madison County Conservation, Anna Golightly with the Iowa Department of Agriculture and Lands Stewardship and Madison County Soil & Water Conservation as well as

Nancy Forrest of For Lands Sake!. Our goal is to offer the program in 2022.

Lindsey also aspires to rebuild another robotics club within Madison County. She hopes to give youth the tools and education are able to be creative, solve problems and develop a passion for STEM. We are excited to have Lindsey on board and to see the awesome impact she will have within our community.

Extension Staff



Brooke Blessington
Regional Director



Nicole Navin
Executive Director



Ellen Lupkes
County Youth Coordinator



Lisa Chensvold
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