



2021 IN LYON 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 Lyon County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**



The Lyon 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.

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Extension Council Chair

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Serving the People of Lyon 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 Lyon County.

During 2021 we focused on the following efforts.

Agriculture Programming Delivered in Multiple Ways

As COVID-19 continued to affect the area, we developed new ways to provide traditional pesticide, manure management and crop education trainings. Early in the year, hundreds of Lyon County pesticide and manure management applicators attended in-person trainings, with several others taking advantage of the option to complete the required training virtually or individually at our office.

As the year went on, Lyon County promoted ISU's online agronomy education series, CropsTV, and also hosted in-person Farmland Leasing and Management and Beef Quality Assurance Trainings in Rock Rapids.

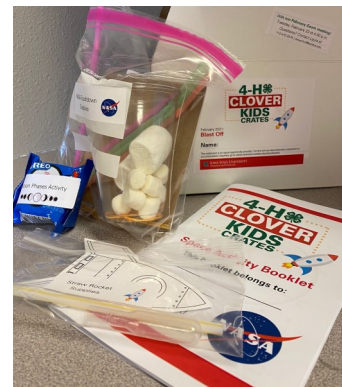
Overall, our main focus was and continues to be that farmers and agribusiness representatives have multiple options to complete their required trainings and gain continuing education, doing our part to help assure the consuming public of agriculture's commitment to providing a high-quality safe food supply and healthy environment.

Lyon County Demonstration & Donation Garden and Horticulture Education

For several years, Lyon County has utilized their garden as both a donation and demonstration garden. Again this year, produce was donated to local food pantries in an effort to combat food insecurity in Lyon County. Additionally, a horticulture intern, Dustin Kohn, was hired for the summer to care for the garden, provide garden learning opportunities and answer horticulture questions. Throughout the summer, Kohn provided 14 educational Facebook videos on topics such as deadheading, garden updates, pest control and more. He also led the Lyon County Power of Produce Club which had participants ages 4-12 learning about healthy eating and trying new foods.

Innovative Youth Programs

Although the pandemic limited school programs through the spring, K-12 Educator Laura Beyenhof continued to provide 72 Lyon County Clover Kids with hands-on educational Clover Kids Crates which youth picked up at school and completed at home, with the option to share their activities and learning virtually. As health restrictions lifted, Beyenhof worked with local libraries to provide programs. She was pleasantly surprised by how quickly the programs filled up, confirming families' interest in returning to in-person youth development events.



In early-June, ISU Extension and Outreach Lyon County partnered with the Central Lyon FFA chapter to host its annual Youth Farm and Home Safety Day, an event which provided 50 elementary-aged youth with real simulated safety learning experiences. Coordinated by ISU Extension and Outreach staff with sessions led by high school chapter FFA officers, the event's main goal is to decrease accidents and increase youth's knowledge of how to be safe at home, whether that be on the farm or in town. Topics included bicycle safety, lawn mower and ATV safety, household chemical safety, tractor and PTO safety, grain bin and grain movement safety, livestock safety and more.

Community Leadership Development

In October, Lyon County Office Assistant Carly Herum worked to launch the Leading Communities program in an effort to impact local communities and leaders through six weeks of leadership development training. Eighteen local leaders spent three hours each week maximizing their leadership strengths and skills. Topics included understanding community leadership in Lyon County, identifying local issues and opportunities, visioning and prioritizing issues, building social capital for community development, working together effectively, and mobilizing resources for community action. Our staff recognizes the importance of strong local leaders and hopes that the program will help to positively impact the county's future.

Providing Quality Youth Summer Programs and Showcasing 4-H at the County Fair

Summer camps and 4-H programs provided by ISU Extension and Outreach Lyon County have always been popular and well attended. This was no different in 2021. Throughout the summer, 314 youth attended 23 camps. These youth dove into hands-on, innovative adventures in the areas of science, technology, engineering, math (STEM), robotics, cooking and the arts. Youth participants developed new skills and knowledge, such as food safety, safe kitchen skills, coding, Origami, meat science, video filming and editing, drone piloting, gardening and sewing, to name a few.

One new program that County Youth Coordinator Jill Postma and K-12 Educator Laura Beyenhof are especially excited about is “READY, SET, GROW!” Garden Club. For a few years, they had pondered what the next step should be after youth age out of Beyenhof’s “Growing in the Garden” summer camp. This spring, Postma decided to dig into gardening with “READY, SET, GROW!” a project area specific 4-H club for those interested in gardening and horticulture.

The new garden club welcomed 8 members in 2021, with several more expected to join in 2022. The program, for 4th through 12th graders, focused not only on gardening and the environment, but also on healthy eating, physical exercise and mental and social health with the goal of giving participants a picture of all areas of health and wellness.

In addition to summer camps, the Lyon County Fair returned in 2021, providing the opportunity for youth to demonstrate what they have learned through their 4-H projects.

Lyon County is home to 327 4-H members with many of them participating at the Lyon County Fair, whether that be showing livestock, performing in a communications



Top Left: Brody Hartter plants a tomato at “READY, SET, GROW!” Garden Club.
Top Right: Youth create a food prep video during “Lights, Camera, Snacks” camp.
Bottom Left: Paisley Vogel of the United Clovers 4-H Club smiles with a newborn piglet as 4-H program Leader Debbie Nistler looks over the new litter born at the Lyon County Fair.
Bottom Right: Logan Knapp, Imena Metzger and Erica Knapp exhibit dairy heifers and Josie Metzger shows horse in the halter competition at the Lyon County Fair.

event or exhibiting non-livestock projects. Youth were excited for the opportunity to showcase their hard work and return to a more normal fair.

One highlight during the fair was a visit from State 4-H Program Leader Debbie Nistler. Nistler had the opportunity to watch several livestock shows, view the non-livestock exhibits, visit the Lyon County Demonstration and Donation Garden, visit with the United Clovers 4-H club members who were working at their club’s swine educational exhibit, and receive a tour of the fair from current Lyon County 4-H Youth Council members.

The fair rounded out with the Roger Baldwin 4-H Foundation Supper and Awards. 4-H members and volunteers were recognized for their project work, 4-H spirit, and service towards the local 4-H program and area communities.

Working toward Recovery

As our state works toward recovery, our staff has been engaging Iowans in addressing mental health and supporting efforts to increase access to quality child care.

All our staff members have completed suicide prevention training, and we work to provide Iowa Concern Hotline cards to all program participants, no matter the content.

In November, our staff hosted a Mental Health workshop for faith-based workers in Rock Rapids. Because we know that faith leaders are often the first to know if a person is struggling with mental health or thoughts of suicide, this training was designed to equip local church leaders with tools and resources to help their parishioners and members of the community.

Throughout 2021, we strived to promote online child care provider training resources and the “Science of Parenting” podcast, while frequently communicating with local child care providers. In May, during the week of Child Care Provider Appreciation Day, our office gifted donuts and care packets with helpful child care resources to all local providers to show appreciation and support.

Looking ahead to 2022, ISU Extension and Outreach Lyon County will continue to engage Iowans in addressing mental health and supporting efforts to increase access to quality child care.

Lyon County will be one of six launching pads in Iowa to utilize a new mental health wellness federal grant. The Iowa Department of Agriculture and Land Stewardship (IDALS) will partner with ISU Extension and Outreach to help raise awareness about mental health and wellness resources and make them more accessible to farmers and rural communities. Our staff will offer community outreach and programs to individuals and involved in agriculture and those who support them.

We will further promote programs focused on strengthening families, and farmer resource packets will be available with information on how to access stress assistance, wellness resources, and family finance programming.

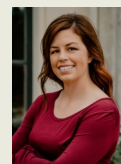
In addressing the need for increased access to quality child care, our staff will continue to promote online child care provider trainings and stay in contact with local child care centers. This communication enables us to know when a new training or additional resources are needed by child care providers and centers in Lyon County.

Also, a spring youth event using curriculum called “On Their Own and Ok,” is being planned. This curriculum is designed to help youth prepare to begin staying home alone for short periods of time. This project will help to ensure that local youth who are staying home alone are equipped with the proper tools and resources to stay safe while on their own.

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