



BUILDING A #STRONGIOWA

2019 IN CHEROKEE 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 Cherokee County for a #STRONGIOWA.

Cherokee 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 Cherokee County.

We have identified these local issues as priority topics for current and future programming:

- Health and Well-Being
- K-12 Youth Outreach
- Food and the Environment
- Community and Economic Development

Health and Well-Being

Successful Partnerships with Cherokee Regional Medical Center Promote Health and Well-Being

A partnership between Iowa State University Extension and Outreach Cherokee County and the Cherokee Regional Medical Center led to Parkinson's Disease and nutrition and wellness education for local residents.

Hosted by former Human Sciences Specialist in Family Life David Brown, the three-part *A Journey Through Parkinson's Disease* program helped 12 participants recognize the symptoms of Parkinson's Disease, its cause, and how treatments and therapies for the disease work.

Later in the Fall of the year, Human Sciences Specialist in Nutrition and Wellness Ann Parker led *Stay Independent: A Healthy Aging Series*. The four-part program is designed to promote healthy eating and continued exercise for older Iowans.



Back Row: Nancy Nelson, Tiffany Ebert, Donna Kohn, Jessica Kannegieter.
Front Row: Sue Perrin, David Whited, Cindra Goodburn

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.

David Whited
Extension Council Chair

Terry Janssen
Regional Director

Donna Amundson
Council Member

Chuck Clark
Council Member

Tiffany Ebert
Council Member

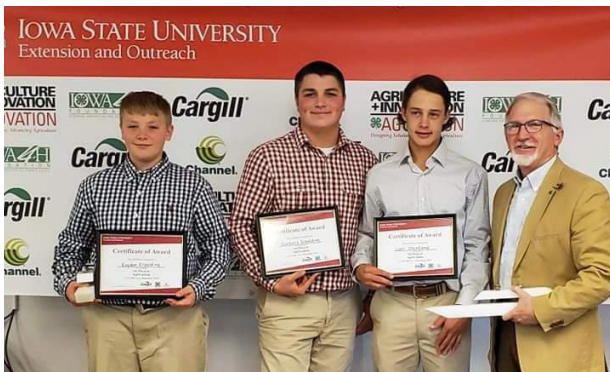
Cindra Goodburn
Council Member

Jessica Kannegieter
Council Member

Donna Kohn
Council Member

Nancy Nelson
Council Member

Sue Perrin
Council Member



Cherokee and Sac County 4-H Members Awarded First Place at Statewide AgOvation Competition

A local 4-H team composed of Cherokee County 4-H member Zach Erpelding and Sac County 4-H members Kaydon Erpelding and Levi Steinkamp brought home first prize from Iowa State University Extension and Outreach's first-ever AgOvation competition in 2019.

AgOvation is a research-based contest that challenges youth to explore and develop innovative science-based solutions to agricultural problems that they identify in their own communities.

"AgOvation helps develop our future workforce of agricultural scientists, engineers and technologists," said Debbie Erpelding, Cherokee County Youth Coordinator with ISU Extension and Outreach. "Participants gain important life skills which empower them to become productive citizens, outstanding communicators, effective leaders and successful learners."

The team developed Skid Shoes, which are designed to attach to the bucket of snow removal equipment and prevent the bucket from digging into rocks or grass, which would otherwise cause property damage and increased labor. The team presented their new product at the state competition in November, where they won first prize and received \$4,000 in scholarship to be split between the three teammates.

K-12 Youth Outreach

Inaugural Cherokee County "Kids and Pigs Project"

2019 was the inaugural year for the Cherokee County 4-H "Kids and Pigs Project." The project was initiated to allow Cherokee County 4-H members without access to swine or facilities to house hogs, the opportunity to learn about and show swine.

In the first year, 11 4-H members participated in the "Kids and Pigs Project," however, the project was so successful that Cherokee County Youth Coordinator Debbie Erpelding is anticipating numbers doubling, if not surpassing that, in 2020.

To participate 4-H members had to register with the "Kids and Pigs Project," and pay a nominal \$15 project fee. Members were encouraged to sign up early as the order of registration was also the order that youth got to pick their pig in.

Other important tasks that the "Kids and Pigs Project" youth participants were responsible for included:

- Attending two swine education, care and showmanship learning meetings throughout the summer.
- Showing their swine project in the "Kids and Pigs Project" class, as well as in the Showmanship class, if they chose to.
- Caring for and feeding their hog during the Cherokee County Fair.
- Participating and helping with the Cherokee County Fair Clean-Up Day, July 11.
- Assisting with loading out pigs after fair and helping to clean the swine barn.

Great swine volunteers and long-time swine project 4-Hers/showmen helped Erpelding to make the new project a success and teach youth all about the swine industry.



Matthew Kollbaum and his dad Jeff help to teach the "Kids and Pigs Project" novice members. Matthew is a senior Cherokee County 4-H member and a long-time swine showman.



A key part of the Master Gardener flipped classroom was guest speakers as shown above and to the right.

Food and Environment

Master Gardener Flipped-Classroom Provides Hands-On Learning

Although the Master Gardener Training has been hosted in Cherokee County for several years, 2019 was the first year that the county implemented the “flipped-classroom” approach to education. This method allowed participants to watch the lectures on their own time, which freed up class time for hands-on learning through speakers, field trips and activities.

Mary Tuttle, Master Gardener Program Coordinator for Cherokee County, led the program and teamed up with Buena Vista County to train five new Master Gardener interns for 2019-20, including:

- Stacie Hewett, Storm Lake
- Kirk Brown, Newell
- Tim Petty, Washta
- Nancy Putensen, Holstein
- Doug Davis, Aurelia

Having completed the Master Gardener training, these five individuals now have one year to complete 40 hours of internship volunteer service in their home communities. Once they complete those 40 hours, they will become official Master Gardeners. Master Gardeners are passionate about serving their communities and sharing gardening best practices. They volunteer in their local communities and share their time and expertise in community gardens, community beautification projects and more.



Agricultural Tiling and Drainage Educational Program for Beginners Hosted in Cherokee

Agricultural Engineering Specialist Kris Kohl and Farm Business Management Specialist Gary Wright collaborated with Cherokee County Program Coordinator Mary Tuttle to host a program all about tiling and drainage for beginners.

“An Introduction to Tiling and Drainage” offered hands-on learning and answered the following questions:

- Why is tile used in crop production and how should it be best utilized?
- Where should tile be placed and what size of tile is needed for certain projects?
- What are the economic impacts of tiling?
- How much does it cost to improve drainage with tile?
- What if we rent land and our landlord does not want to pay for drainage improvements?
- Are there apps or computer programs to help place and use agricultural drainage?

Attendees were given a primer in tiling and drainage, which are often considered confusing ag topics. They were given time to ask questions and learn from experts before 2019’s difficult, wet growing season.



Participants gained hands-on experience and knowledge while designing their own holiday wreath in November.



Summer Savory Hosted in Rural Cherokee County for Second Year

In partnership with the Cherokee County Agriculture Committee, ISU Extension and Outreach helped to host the second annual *Summer Savory at the Grainery* near Cherokee.

The evening featured hors d'oeuvres and a meal of local foods, agricultural education learning stations and a keynote message dedicated to Advocating for Agriculture from Iowa Farm Bureau's *Iowa Minute* Host Laurie Johns (pictured below).



Community and Economic Development

Wreath-Making Workshop Provides Arbor Education and Holiday Enjoyment

For the second year, Cherokee County Program Coordinator Mary Tuttle teamed up with Sam Schroder, local agriculture education instructor at MMCURU (Marcus, Meriden, Cleghorn, Remsen, Union) High School, to host a Holiday Wreath-Making Workshop one evening in November.

The program centered around tree education and hands-on wreath creation. Schroder taught participants about different varieties of spruce, fir, cedar, yew and other coniferous trees, followed by a demonstration of how to make small "bundles," which once duplicated multiple times, form the base of a holiday wreath. Participants then spent the next hour clipping, "bundling" and wiring to create the base of their own wreath. Once wreath bases were completed, Tuttle shared a variety of ribbons, pinecones, silk flowers and other holiday trinkets which could be used to finish each wreath.

At the end of the evening, participants left with a completed holiday wreath in-hand, which later adorned doors at local homes and businesses.

Iowa State University Extension and Outreach Cherokee County

209 Centennial Drive, Suite A

Cherokee, IA 51012

712-225-6196

www.extension.iastate.edu/cherokee



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.

Cherokee County Extension Staff



Mary Tuttle
County Program
Coordinator



Jen Gaydo
Office Assistant



Debbie Erpelding
County Youth
Coordinator



Kiley Biedenfeld
Marketing Coordinator