



BUILDING A #STRONGIOWA

2019 IN OSCEOLA 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 Osceola County for a #STRONGIOWA.

Osceola 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:

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



Economic Development

CyDay Friday Activities Promote Community

A high school football game between the Sibley Generals and the Hartley-Melvin-Sanborn Hawks spurred Osceola County Youth Coordinator Ashley Peters to team up with ISU Extension and Outreach staff in O'Brien County for some fun community-building CyDay Friday activities.

Iowa State University's mascot, Cy, visited the two counties on Friday, Sept. 13 and made a stop at all local elevators and cooperatives to wish them a happy and safe harvest and surprise them with a dozen donuts. Cy was accompanied by Ashley Peters, Kiley Biedenfeld, O'Brien County staff, Field Agronomist Joel DeJong, Farm Business Management Specialist Gary Wright and Iowa Corn's District 1 Field Manager Lowell Appleton. In the evening, Cy also made a surprise visit to the local football game at HMS where he took pictures with fans and represented ISU Extension and Outreach in a corn relay race at halftime.

In addition to Cy's visit, Osceola County and O'Brien County hosted an #IowaStrong contest where community businesses and individuals decorated their property in support of ISU's Cyclones or Iowa's Hawkeyes with the overwhelming theme being that we are #IowaStrong. The top two community winners received prizes sponsored by Iowa Corn.

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.

Taylor Hibbing
Extension Council Chair

Lindsey Helmers
Council Member

Cheryl Heronemus
Regional Director

Becky Krogman
Council Member

Thomas Croatt
Council Member

Kim McDougall
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Tim Ellerbroek
Council Member

Lindsay Watterson
Council Member

Andy Gacke
Council Member

County Extension Staff



Sandy Lamfers
Office Assistant/Ag Program Coordinator



Ashley Peters
County Youth Coordinator



Sue Boettcher
Human Sciences Program Coordinator



Dawn Henderson
Horticulture Program Coordinator



Kiley Biedenfeld
Marketing Coordinator

K-12 Youth Outreach

Ocheyedan Indians 4-H Club Raises Funds to Honor Local Historic Buildings

Osceola County is home to 48 Clover Kids and 133 4-H members.

A group of those 133 4-H members, the Ocheyedan Indians 4-H Club, chose to give back to their community, Ocheyedan, by honoring its history.

All club members worked together to raise money for and purchase 17 metal banner signs which now adorn the community's three-block Main Street. Signs recognize different historic buildings and things of note to the community. Ocheyedan was founded in 1891 and has a rich history that the Ocheyedan Indians 4-H Club sought to honor and make known to all who pass through the town.

Club members worked hard and felt a great sense of pride in being a part of bringing history back to life in Osceola County, Iowa.



Health and Well-Being

Healthy & Homemade Helps Participants Use Time, Money and Skills Wisely

Healthy & Homemade is a program focused on finding ways to use a person's time, money and skills wisely while still preparing nutritious and safe meals. The series benefits anyone, from the inexperienced cook to a long-time home cook, according to Human Sciences Specialist in Nutrition and Wellness, who led the program.

Healthy & Homemade was hosted three Thursdays in November in partnership with Heartwood Heights Community Center, where it was hosted. Eight participants took part in the series which highlighted "Slow Cooker Meals," "Cooking for One or Two" (ideas when cooking for only one or two people) and "Cook Now, Enjoy Later" (which focused on meal planning to reduce stress and save time later).

Participants enjoyed tasting sample recipes and learning skills to support their meal prep.

Food and Environment

Newly-Established Donation Garden Harvests Produce and Educational Experiences

Repeated flooding in 2018 caused ISU Extension and Outreach Osceola County to search for a new location for their community donation garden in 2019. The Osceola Regional Health Center offered the use of an open lot near Heartwood Heights Senior Living in Sibley, and from there, the new 289-square-foot garden took root.

Donations from Sibley Hardware and Schnepf Lumber led to the building of a garden shed to store tools and supplies, and Master Gardener volunteers and staff worked to plant, tend and harvest the garden. A total of 128.5 pounds of produce were harvested throughout the growing season, and plans are underway to increase the garden's harvest and community presence in 2020.

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