



BUILDING A #STRONGIOWA

2019 IN POCAHONTAS 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 Pocahontas County for a #STRONGIOWA.

Pocahontas 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
- Food and the Environment
- Health and Well-being
- K12 Youth Outreach

Health and Well-Being

In 2018, Pocahontas was selected as a county for the **Wellness and Independence through Nutrition (WIN)** Program, a



statewide, grant-funded program. This is a nutrition education and food assistance outreach program for older adults. Twenty-two adults requested assistance in applying for food assistance and were referred to the Food Bank for the Heartland in 2018. Ann Parker, Human Sciences Specialist in Nutrition and Wellness, facilitated the program in Pocahontas County which included three monthly sessions for older adults. Lexi Seuntjens, Program coordinator for Pocahontas and Humboldt counties, provided training for this program. Pocahontas was selected again and will continue to provide this program in 2020.

During winter/spring 2019, ISU Extension and Outreach - Pocahontas County provided a series of classes called **Healthy & Homemade** to several clients. The series taught by ISU Human Sciences Specialist Ann Parker focused on how to make healthy meals at home when short on time and on a budget.



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.

Larry Movall
Extension Council Chair

Terry Janssen
Regional Director

Avery Aden
Council Member

Randy Bass
Council Member

Nancy Berte
Council Member

Karen Halder
Council Member

Judy Krips
Council Member

Bill Meyer
Council Member

Brent Svuba
Council Member

Robert Wagner
Council Member



Economic Development

A Farmland Leasing and Land Value meeting was presented by Gary Wright, ISU Extension and Outreach Farm Management Specialist. Property owners and producers and tenants received information on a variety of farm lease arrangements, flexible cash lease methodologies, and filing landlord liens.

Grant Writing 101

Grant Writing 101, taught by Jane Goeken, ISU Extension and Outreach Communities and Economic Development specialist, was held in November 2019 with ten individuals from different organizations participating in the program. Participants worked hands-on in this training exploring various public and private funding sources, and received instructions and tips on planning projects and writing successful grant applications.

Participants rated the program excellent, and a majority of the participants said, as a result of this program, they planned to utilize some of the information or materials provided in researching and/or writing grants.

Food and Environment

Commercial and Confinement Site Manure Applicator Training

Sessions were attended by 76 applicators. The initial certification or recertification training sessions were designed to help manure applicators comply with state law.

Manure applicator certification helps applicators use manure as a nutrient asset.

Pocahontas County Extension and the Pocahontas County Cattlemen's Association hosted a **Beef Quality Assurance (BQA)** certification workshop. In the workshop, Beth Doran - ISU Extension beef field specialist – discussed eight best management practices and presented emerging industry trends. This training certified 10 Pocahontas County cattlemen – proof that these producers are diligent in how they raise their cattle and in producing a quality product for the consumer.

BQA certification is an industry program designed to address consumer questions and assure the consumer that the beef they eat is safe, wholesome and nutritious.

K-12 Youth Outreach

Adult volunteers along with Bonnie Wood, owner of Quilting on Main, taught 4-Hers how to sew and stuff dog beds during their **4-H Service Learning Sewing Workshop**. 4-H'ers made 34 dog beds for a local dog shelter. Dog bed materials were donated by volunteers who made quilts for families who lost belongings in western Iowa's spring floods.

All children in kindergarten through third grade are encouraged to join **Pocahontas County Clover Kids**. Thirty-eight children participate in hands-on activities designed to build life skills. Currently 119 youth are enrolled in 4-H in Pocahontas County.

ISU Extension and Outreach Pocahontas County

305 North Main Street
Pocahontas, IA 50574
712-335-3103

www.extension.iastate.edu/pocahontas



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County Extension Staff

Dianne Dirks
Office Manager

Lisa Zeman
County Youth Coordinator

Lexi Seuntjens
County Program
Coordinator

