



# BUILDING A **#STRONGIOWA**

## 2019 IN POWESHIEK 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 Poweshiek County for a **#STRONGIOWA**.

### Poweshiek 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



### Economic Development

The **Poweshiek Leadership Program** has been annually coordinated by Poweshiek County Extension since 1995. Over 600 people have participated throughout the years. Participants meet once monthly from September to May. This year's topics included leadership, the local agriculture economy, education, community health resources and local governments. The program concluded with participants conducting a community project, which this year was a Poweshiek County Golf Tournament. The funds raised were used to provide \$500 scholarships to graduating seniors in the communities of Poweshiek County, grant support to local



### 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.

**Gina McKeag-Hall**  
Council Chair

**Melissa Doty**  
Council Vice President

**J.O. Parker**  
Council Secretary

**Mike Geiger**  
Council Treasurer

**Liz Roberts**  
Council Co-Treasurer

**Dan Doty**  
Council Member

**Dane Lang**  
Council Member

**Corey Latcham**  
Council Member

**Jason Meyer**  
Council Member

### Program Spotlight: Poweshiek County Fair Youth Entertainment Committee

In its 2<sup>nd</sup> year, the Youth Entertainment Committee planned activities for all ages at the Poweshiek County Fair. Members of this committee are from all over the county. Throughout the year, they meet and brainstorm many fun events, for the fair, such as Barnyard Games, a Car Show, Celebrity Bottle Calf Show, Carnival Games, and Mini-Golf.

In 2019, this group received a grant from Poweshiek County Alliance to support the purchase of supplies needed to make a basketball hoop shooting and skeeball game and livestock chalk boards.



### Program Spotlight: Master Gardeners

This past year, there were 11 new interns that completed the Master Gardener training program to learn more about gardening. After the training, they were asked to volunteer in their community, making significant contributions such as giving vegetables to food pantries, providing educational programs to community members and maintaining demonstration gardens.



non-profits and projects, and provide scholarships for future participants of the Poweshiek Leadership program.

The **Poweshiek County VITA (Volunteer Income Tax Assistance) Program** is in its third successful year. Twelve community volunteers provided over 300 hours of time becoming certified, preparing taxes and providing educational services for over 85 individuals in Poweshiek County. This program is supported with the funds from the IRS and DHS.

Poweshiek County Extension, in partnership with Poweshiek County Conservation, facilitated **leadership and team building activities** for 150 employees of Brownell at the request of their CEO, Pete Brownell. Staff from both organizations, and the Brownell Leadership Team, led this 2-day training at Diamond Lake in Montezuma.

## Health and Well-Being

**A Journey Through Parkinson's Disease** was a new educational series presented in Poweshiek County for free in 2019. It consisted of three, 45-minute sessions over the course of 3 weeks. Participants learned to recognize the signs of Parkinson's disease, causes of the disease, how to seek medical care, and how specific treatments work. This series was taught by Joyce Lash, Sara Sprouse and Joy Rouse, *ISU Human Sciences Specialists*. It was made possible by the collaboration of ISU's Department of Kinesiology, ISU Human Science Extension and Outreach, ISU Extension and Outreach of Poweshiek County and Mayflower Community Homes.

Sara Sprouse, *ISU Human Sciences Specialist*, provided nutrition training for area childcare providers titled **"Don't Give Kids a Tummyache!"**. Participants learned the basics of preventing foodborne illnesses. A participant from this particular workshop stated: "I will be ordering gloves and purchasing extra thermometers after taking this training."

The **Powerful Tools for Caregivers** program was made possible in 2019 by an Instant Impact Grant from the Poweshiek County Alliance and Greater Poweshiek Community Foundation. This program is designed for caregivers of adults with chronic conditions. Participants



learn skills of self-care, including ways to reduce stress, establish balance in their lives, communicate needs and make tough decisions. This program was done in collaboration with Northeast Iowa Area Agency on Aging and Brooklyn Community Estate.

**Healthy Living Day** was held this spring at the Montezuma School District for youth in grades K-8. The goal was to bring awareness to students that by eating right and remaining physically active during the day they can limit their screen time. 7<sup>th</sup> graders helped plan and facilitate the day with ISU students. They especially enjoyed creating an obstacle course that included several physical activities for students to complete. Other collaborative partners included Hy-Vee Kid Fit, Poweshiek County Conservation, Jung's Taekwondo, ISU Human Science Extension and Outreach, Poweshiek Public Health, Unity Point Hospital, and the Grinnell Hy-Vee.

## Food and Environment

The **Lynnvile Ag Marketing Team** has continued to provide programming for local and area producers designed to help them improve economically by developing their marketing, risk management and agronomic skills. They host monthly meetings November-April. Topics addressed at this year's meetings included the new Farm Bill, farm stress, soil and tillage, impact of wind turbines on crop production and a crop marketing outlook. In 2019, there was increased attendance from women and land-owners, creating a more diverse audience.

A **Poweshiek County Tall Corn Contest** was hosted in cooperation with the Poweshiek Corn Growers and Poweshiek County Farm Bureau this summer at the



This spring we hosted an **Ag Safety Day** at the BGM Community School for grades K-6. Students rotated through 11 stations with the intent of bringing awareness to the many farm dangers. The partners for this day were Bayer Production, Lowry Equipment, USS Polaris, Poweshiek County Conservation, Manatt's, Bayer Foundation, DNR, Poweshiek Farm Bureau, BGM Director of Transportation, and Great Plains Center for Agriculture Health.

Poweshiek County Fair. Two divisions were created: Tallest Corn Stalk with Tassel and Tallest Corn Stalk without a Tassel.

Poweshiek County Extension partnered with ISU Extension and Outreach Region 14 (Marion, Mahaska, Jasper, and Poweshiek Counties) to implement a **Master Conservationist Program**. 22 people from the region successfully attended all 7 sessions and completed the 12 hours of online curriculum. This program was designed for individuals interested in the stability of Iowa's natural resources, and in becoming better stewards of those resources. This year's topics included conservation history & science, understanding Iowa ecosystems, implementing conservation practices in human dominated landscapes & helping educate others about conservation practices.

New in 2019 was our **Tractor Safety Course** for youth who want to learn basic safety for tractor and machinery operation. Students completed classroom time, instructed driving, behind the wheel logs, and final testing. Staff from Glen's Tractor Repair taught the kids about tractor parts, maintenance, PTO shafts, 3-Point hitch and ROP's. Lowry Equipment presented on lawnmower, ATV, and skid loader safety. The DOT talked about bridge and power line clearance, the importance on lights, knowing what a road sign means, and the move over law. This course was



offered in collaboration with County Bank, Poweshiek Corn Growers, Napa Auto Parts, Poweshiek County Extension, and local volunteers.

## K-12 Youth Outreach



The **Poweshiek County 4-H** program enrollments grew in the 2018-2019 school year for the first time in many years! We had 205 active youth in 10 community clubs and 6 special interest clubs. Our program is made possible by the over 30 adult volunteers!

In 2019, 4-H members enjoyed learning and developing skills at many different workshops. Topics included the elements of design, show lambs, pizza making, record keeping, babysitting, and maple syrup making.

The Poweshiek County 4-H Youth Council organized a county-wide **Healthy Living Challenge**. Clubs were encouraged to participate by eating a healthy snack, doing physical activity, and providing water at their meetings. Clubs earned points for doing these things and the top clubs received prizes at the fair. Half of our clubs chose to participate in 2019.

The 2019 **Poweshiek County Clover Kids Program** served over 180 Kindergarten -3<sup>rd</sup>

grade youth in after school programs or community clubs. After school sessions were held monthly throughout the school year in Grinnell, Montezuma, and Brooklyn. These sessions were led by numerous community partners. In June, the Clover Kids year ended with a day camp at Neal Smith Wildlife Refuge.

**Pick a Better Snack** is a curriculum we brought to Montezuma and Grinnell students in 2019. It encourages students to choose healthy snacks and active lifestyles.

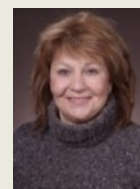
Poweshiek County Extension facilitated a **First Lego League Team** this past fall. Volunteer leaders guided a group of homeschool students to compete at the regional qualifiers. Their presentation looked at different options for improving Grinnell's empty city lots. They were extremely successful and qualified for the state competition in January 2020.

Poweshiek County Extension held numerous **summer day camps** throughout the county this past year. Camp themes included an overnight Nature Club Campout, Bowhunting Camp, and Drone Discovery Camp.

## Extension Staff



**Sherry Ford**  
*Regional Extension  
Education Director*



**Cathy Lents**  
*Executive  
Director*



**Samantha Asper**  
*County Youth  
Coordinator*



**Vickie Beyer**  
*Office  
Assistant*



**Tammy Sutfin**  
*Program  
Assistant*

## ISU Extension and Outreach Poweshiek County

PO Box 70  
Montezuma, IA 50171  
641.623.5188  
[www.extension.iastate.edu/poweshiek](http://www.extension.iastate.edu/poweshiek)

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](mailto:extdiversity@iastate.edu). ADV.19.04L September 2019