Sioux 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:

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

### Extension Council Members

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<tr>
<th>Name</th>
<th>Position</th>
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<tr>
<td>Kevin Rehder</td>
<td>Extension Council Chair</td>
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<tr>
<td>Cheryl Heronemus</td>
<td>Regional Director</td>
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<td>Calvin Bomgaars</td>
<td>Council Member</td>
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<td>Jared Bomgaars</td>
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<td>Cheryl Buntsma</td>
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<td>Koni Kooima</td>
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<td>Bertha Lammers</td>
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<td>Bruce Schafer</td>
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<td>John Slegers</td>
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### Health and Well-Being

**Human Sciences Programs Lead to Real Results**

Three programs offered during 2018 in Sioux County led to notable results. The first program, “Stay Independent: A Healthy Aging Series” was led by Renee Sweers who collaborated with Landsmeer Independent Living in Orange City to host a five-session program for adults 60+ living on their own. Landsmeer staff and tenants implemented several healthy changes, including: increasing the amount of fruits and vegetables offered, decreasing sweets during coffee break, increasing protein options at the continental breakfast, and increasing physical activity with stretching exercises.

The two other programs include *LifeSkills® Training* (for 6th and 7th graders) and *Strengthening Families Program* (for Parents and Youth 10-14). In year five, the West Sioux PROSPER Team implements both programs in Hawarden along with other resources to help prevent substance abuse, strengthen families and build community. Hawarden Table Talks foster community discussions open to all and center around substance abuse prevention, particularly in youth. Moving forward, the West Sioux PROSPER Team hopes to strengthen and build membership and participation in events, increase available resources and encourage community development and engagement.

### Community & Economic Development

**Programs Build Community and Develop Economies**

Two programs were offered during 2018 which stressed the importance of strong communities and economic development.

In the spring, forty local business employers and employees attended the “How to Turn Travelers into Customers” workshop where participants were provided innovative ideas to help attract new customers, retain current customers and better promote utilizing local businesses and organizations while staying and shopping local.

Last fall, Hawarden residents and businesses worked with ISU to develop a Community Visioning project. Committees are focusing on: businesses/job recruitment; creating/improving housing; public safety; beautifying downtown; improving parks and recreation; investing in local youth; and community involvement. Each group has set goals and all are working towards a stronger community.
Youth Development

Clover Kid Enrollment Doubles

What was once called “Discover 4-H” in Sioux County evolved into “Clover Kids” this past year. Clover Kids is a once-a-month after-school program for youth in first through third grade. During the 2017-18 school year, Clover Kids had 43 participants in Sioux County. Now thanks to the efforts of County Youth Coordinator Katie Leusink, we doubled that number to 86 youth.

Clover Kids introduces science, technology, engineering and mathematics (STEM) through a fun, hands-on approach. Youth may be building roller coasters at one session and listening to their hearts beats at the next. Clover Kids explore healthy living, caring for the environment, social skills, plants and animals, computer science, robots and technology, personality development, expressive arts, and more.

With five different Clover Kids clubs throughout Sioux County, youth are presented with an opportunity to participate, have fun and learn while also growing their knowledge, leadership, teamwork and communication skills.

ISU Extension and Outreach

Sioux County

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Food and the Environment:

Dairy Beef Tour Provides Market Insight

Extension has always been about collaboration and partnerships. The I-29 Moo University Dairy Beef Tour featured partnerships between Iowa, Nebraska, Minnesota, South Dakota and North Dakota extension services, as well as local collaborations between Northwest Iowa Beef Specialist Beth Ellen Doran and Dairy Specialist Fred Hall.

Eighty beef and dairy producers, as well as allied industry professionals from nine states and Canada traveled on the tour which included stops in Minnesota, Tristate Livestock Auction in Sioux Center and Rock River Feeders north of Sioux Center.

The topic at all three stops: dairy beef steer production and the unique characteristics of raising and marketing them to meet the demands of the market and of consumers. The tour demonstrated the influences on profitability at each step in the pipeline.

A post-event survey found that the 80 attendees influence more than 100,500 cattle each day. Attendees valued the information learned from zero to over $3 per head with the aggregate value for the producers who attended calculated to $185,925.