

WHAT WE WANT

#STRONGIOWA

2018 IN VAN BUREN COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Van Buren County for what we all want: a strong Iowa.

Van Buren 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:

- Food and the Environment
- Agriculture & Natural Resources
- Health and Well-being
- K-12 Youth Outreach



Food and the Environment

Beekeeping can be a fascinating hobby, a profitable sideline, or a full-time occupation. Van Buren County Extension held bee classes that provided information on equipment, hive setup, bee life cycle, harvesting honey and additional information needed for raising of bees. There were 24 participants interested in starting a beehive as a hobby or for a small business.

The Master Gardeners program extends the mission of ISU Extension and Outreach through horticulture related programs and volunteer activity. This program was new for Van Buren County with 2 trainees.



Van Buren County Extension Council accepting the 100 Year plaque from Vice President John Lawrence.

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.

Steve Kisling
Extension Council Chair

Amy Eden
Council Member

Christine Westercamp
Council Member

Sue Henderson
Regional Director

Darrell Kruse
Council Member

Will Whitaker
Council Member

Sandra Coffman
Council Member

Kathy Noll
Council Member

Steve Duke
Council Member

Rachel Smith
Council Member

Agriculture and Natural Resources

A **Farmland Leasing Meeting** was held in August. Landowners, financial advisors and tenants gained a better understanding of rental rates and leasing agreements.

A **Drought Meeting** was hosted to address drought conditions that were a major concern for both crop and livestock producers in Van Buren County. Meeting topics included: crop growth and development under drought conditions, discussion on feeding drought damaged crops, including issues with drought silage, and crop insurance considerations. 37 producers attended this meeting. They learned the most effective practices to protect our environment and community.

Applicator Recertification Trainings

- 65 private pesticide applicators
- 15 commercial pesticide applicators
- 5 manure applicators

Health and Wellbeing

Human Sciences strives to build a "STRONGIOWA" one person at a time. We provide research-based information and education to help lowans make decisions that improve their lives. As a result of a partnership between Van Buren Parents As Teachers and Van Buren County Hospital, three programs were presented by Nutrition and Wellness Specialist, Sara Sprouse, to parents attending Nest parent group meetings. **MyPlate** was held in February, **Food Safety for Volunteers** was held in March, and **Gardening with Children** was held in May. A total of 25 parents attended the three programs. **WIN Program Volunteer Educator Training** was held in July to train three volunteer educators on how to conduct Wellness and Independence through Nutrition (WIN) program presentations at local venues serving adults age 50 and over with limited income to increase awareness of food assistance for older adults.

Stay Independent: A Healthy Aging Series was held at the Keosauqua Senior Center on the first Thursday of the month in July, August, September and October. Milestones Area Agency on Aging partnered with Van Buren County Extension and Outreach to offer this series to older adults in Van Buren County. Up to eight community members attended each session. The program teaches older adults how to stay healthy & be independent. Another series will be held at the Farmington Public Library on four Wednesdays in October.



K-12 Youth Outreach

4-H Youth Development empowers youth to reach their full potential through youth-adult partnerships and research-based experiences.

- 148 Youth were enrolled, including students K-12
- 20 Volunteers helped to "Make the Best Better"

Our 4-H family is strong and still growing. We have 2 new specialty 4-H clubs, a cooking club and a sewing club. Members are learning life-long skills and making friends to last a lifetime.

Summer Day Camps were presented in June. The participants had fun learning how to survive a zombie apocalypse, experience life as a monarch butterfly, and learn personal challenges through outdoor activities.

Each participant in the Monarch Butterfly day camp took home a milk weed plant to plant at home, they learned how difficult it is for monarch butterflies to survive.

The Zombie apocalypse day camp also taught survival skills and emergency planning. They learned where the basement was in the building for our day camp, a month later some participants were in that basement due to a tornado warning at the fair.

The **Youth Council** Hosted a first ever 2 county event with Davis County. Davis County 4-H and Van Buren County 4-H held a REC Night at the YMCA in Ottumwa. Participants were able to converse with friends, enjoy yummy food, swim, and even climb the rock wall. The Youth Council consists of 9th-12th grade 4-H'ers that plan fun events, help with fundraising and work closely with the County Youth Coordinator.



County Extension Staff

Nancy Carr
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Sara Sprouse
Human Sciences Specialist
Nutrition & Wellness

Jennifer Plowman
County Youth Coordinator



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