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 Fayette County for what we all want: a STRONG IOWA.

Fayette 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 priority topics for current and future programming:

- Economic Development
- Food and the Environment
- Health and Well-being
- K12 Youth Outreach

Community & Economic Development

Research provides strong evidence that collaborative, community efforts have the strongest impact on long-term substance use and overall healthy choices.

TEEN Maze was held for all Fayette County 9th grade youth. During the half day event the youth walked through rooms in which they learned about different topics related to making healthy choices.

Fayette County Extension and Outreach 4-H staff provided information for the nutrition room in which youth were able to compare the amount of sugar in their favorite beverages.

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.

Neil Lansing
Extension Council Chair

Kraig Tweed
Regional Director

Dalene Gosse
Council Member

Dennis Lueder
Council Member

Justin Steffens
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David Turner
Council Member

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Peggy Sparrgrove
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Bill Thom
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Open
Council Member
Managing for Today & Tomorrow

Thirteen women in Fayette County recently wrapped up Managing for Today and Tomorrow, a five-week class led by Melissa O'Rourke, Farm Management Specialist with Iowa State University Extension and Outreach that teaches women about the importance of planning successful farm transition.

With this particular group of Managing for Today and Tomorrow participants, women are in all ages and all stages of life. “And in terms of stages, they are either transitioning into a farm business, or are transitioning to another generation and out of the farm business,” O’Rourke said.

Lisa Bahe is one of the younger women in the group and has an off-farm job as an ag lender in northeast Iowa. Bahe decided to take Managing for Today and Tomorrow because she and her husband also farm. “We rent farm ground,” Bahe said. But they would like to continue farming. “Hopefully, someday we’ll be able to own farm land, and we’re hoping that transition will be a smooth process.”

As of the January 1, Dalene Gosse and her husband started transitioning their farm operation to their two sons. “We’re thinking of retirement in a few years. We have adult sons who want to work together on the farm,” Gosse said. “They wanted to buy the market stock and they wanted to buy machinery,” she added. But for now, she and her husband still own the land and will rent the land to their sons.

The women in this class, like so many other women in agriculture, are faced with significant challenges when it comes to their farm businesses, and Managing for Today and Tomorrow is a class that can provide resources and tools to help guide them as they make tough farm management decisions. “You need to be smart about things,” Gosse said. “It’s smart to take advantage of information like this when it’s handed to you, in your own community not too far away.”

Contact:
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K-12 Youth Outreach

The Fayette County 4-H Program had 212 4th-12th graders and 84 K-3rd graders enrolled for the 2017-2018 4-H year. There are 14 community clubs, 5 project clubs, and 10 Clover Kid clubs.

Afterschool programming at the West Union Elementary TCLC program continues to increase 4-H membership in both the Clover Kids and 4-H community clubs. This year’s focus was on STEM and Healthy Living which introduced several of the new STEM Lit-to-go kit lessons. The youth were very eager to learn more about space, inventions, and popcorn. Youth explored key STEM concepts such as engineering design process and conducting investigations. Each lesson provides youth with a hands-on STEM experience and multiple opportunities to read, write, speak, and listen about that experience.

Fayette County Extension offered 14 day camps in the communities of Fayette, Clermont, West Union, Maynard and Hawkeye and the included the topics: Smart Art, Dig Those Dinosaurs, Art Explosion, Gizmos and Gadgets along with Critters and Crawlers. Everyone was thrilled that all 14 camps were held with a total of 235 youth kindergarten through 3rd grade attending and an additional 12 youth volunteers assisting. These camps offer a wonderful mix of topics throughout the summer for the youth and allow them to complete hands on opportunities along with making new friends.

12 Fayette County 8-12th grade youth completed their 2 year commitment as they traveled to Washington DC in the spring. Much preparation was held prior to departure as the youth learned about their local, state and national government.

11 junior 4-H’ers took part in Region 4 Pine Bluff 4-H Camp while 10 intermediate 4-H members took part in the Intermediate Trip to the Ames/Boone area.

Babysitting basics, first aid and CPR clinic was held at the RAMS Center in Oelwein with 19 youth participating. Once again the attendees walked away full of knowledge and ready to start babysitting throughout the county.

Clover Kids Day is held each winter in late February. This past year 35 youth enjoyed learning about several different project areas in which staff and adult volunteers showcased by explaining each project area and offering hands-on opportunities.

Achieving the County Senior Top Record Book award helped assist 2 individuals attend the yearly State 4-H Conference. This conference is attended by 900+ 8th-12th grade youth and is held each June on the Iowa State University campus. During the 3 day stay on campus, the participants get to experience life on campus and also learn more about the importance of community service, leadership and civic learning.
A highlight this year was packaging meals from the Heartland organization, located in West Des Moines. The youth worked together to package over 10,000 meals in just 2 hours. These meals are packaged and given to people within our own neighborhoods and throughout the nation being distributed through the Food Bank of Iowa, Backpack Buddies and several other organizations.

**Health and Well-Being**

Iowa’s population is aging, with 16% of the state over the age of 65. In Fayette County, the percentage of residents over 65 jumps to over 20%, which increases the need to focus on issues faced by this population, such as caregiving.

Six participants completed *Powerful Tools for Caregivers*, a 6-session series that helps build skills in caregivers so they can take good care of themselves while caring for someone else. Participants learned a variety of communication strategies, developed skills in positive thinking and self-talk, identified ways to manage stress and were connected to local resources to support their family. Making self-care a priority leads to better caregiving and stronger communication for families facing tough decisions.

A love of reading is at the heart of lifelong learning. The Oelwein library hosted *Family Storyteller*, a program that supports an understanding of and practice of reading in parents of preschoolers, for 11 participants this past spring.

Fayette is part of a 5 county and 9 agency collaboration to enhance outdoor learning opportunities for children and families through research-based and field tested programming called *Nature Explorer*. Representatives from three Fayette early childhood programs attended training this fall, with more training opportunities to come over the next several years.

17 participants attended a 4 session program at Gunderson Palmer Hospital. *What About Me? My Wellbeing*, focused on personal wellbeing, the impact of positive choices, and developing a personal plan for wellbeing.

The series lead to additional programming collaboration with Fayette Community Health including Four Nutrition and Wellness workshops including Cooking Matters Grocery Store Tour and A Healthy and Homemade series was held at the hospital with attendance ranging from 21-24 people each day. In addition to the nutritional programs, a two-part program - *Caregiving Relationships, Conversations on Age* – was also offered as a follow-up. The 12 participants were vocal about their new insights regarding caregiver roles and the impact of those roles.

*What About Me? My Wellbeing* and the follow-up programming included hospital employees as well as community members participating in the hospital wellness program.

**West Union Healthy Hometown** and the 5210 initiatives are underway with many activities being planned for both youth and adults throughout the county. Assisted by grant contributions, an enclosed trailer was purchased and detailed with the eye catching logo along with kitchen supplies for 8 kitchens allowing the group to have a “community teaching kitchen” on wheels. An ISU Extension and Outreach Human Science Specialist for Nutrition and Wellness and the Fayette County Youth Coordinator will be offering classes on preserving jams, salsa making, working with apples, easy crock pot cooking, candy making and pie baking. The Community Teaching Kitchen will be housed at the Gunderson Palmer Lutheran Community Health but will be utilized throughout the county.
Food and Environment

In Iowa, commercial and private pesticide applicators must obtain and maintain a pesticide applicator certification to handle and apply pesticides in the state. Extension staff develop and deliver the pesticide applicator educational materials for those needing to pass certification exams. Extension staff also develop and present educational materials for recertification workshops provided either as live meetings or webcast/video programs. The vast majority of the recertification programs are delivered by Extension staff within each county. Each winter, Fayette County conducts four live recertification meetings for about 200 private pesticide applicators in the county, and webcast/video programs at the Extension office for about 75 commercial pesticide applicators across 16 different pesticide certification categories.

15 participants completed Iowa State University Extension and Outreach Master Gardener training in Fayette County. Trainees learned about a wide variety of gardening topics and received instruction from both ISU Extension and Outreach specialists and trained Master Gardeners.

In Fayette County, Master Gardener trainees used a flipped classroom approach where they watched the training videos and completed the workbooks in the comfort of their own home and then met up for eight face to face tours to enhance the online learning.

The tours included visiting the Fayette Community Garden to learn about vegetables and herbs, touring a home garden to hear about sustainable home landscape design and herbaceous ornamentals, visiting a local greenhouse to discuss landscapes and trees, enjoying a visit to Upper Iowa University to hear about turf grass management, touring Volga River Vineyards to hear about fruit culture and future plans for the vineyard expansion, enjoying a presentation from NRCS at the Fayette Community Library about soils, touring Volga River State Recreation Area to learn about weed science, animal ecology and integrated pest management, and learning about house plants and propagation at the Extension Office from Fayette County Master Gardeners.

The class wrapped up with “Class on Campus” an all day event at Iowa State University where they covered the topics of composting, botany, plant pathology and entomology.

After completing the course, Master Gardeners volunteer 20 hours per year and build their gardening know-how by participating in 10 hours of continuing education.

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