



BUILDING A #STRONGIOWA

2019 IN FAYETTE 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 Fayette County for a #STRONGIOWA.

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 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

Fundraising to replace the existing Clover Café, located on the fairgrounds, started this past summer. Volunteers hosted a Celebrity Showmanship Contest at the 2019 Fayette County Fair and a broasted chicken dinner was held mid-October. The Clover Café will be rebuilt and in working order by the 2020 Fayette County Fair.

Fayette County Extension and Outreach distributed 125 harvest bags to producers through the local co-ops this fall and each included resources to help deal with stress.



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.

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| Neil Lansing
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<i>Council Member</i> |
| Kraig Tweed
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| | Dennis Lueder
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<i>Council Member</i> |

Master Conservationist Program

Iowa State University Extension and Outreach Fayette County completed the Iowa Master Conservationist Program during the fall of 2019. The program took place at many locations around Clayton and Fayette county, providing participants with hands-on interaction surrounded by the diversity of the state's natural resources. The program taught the participants about Iowa's natural ecosystems and the multitude of conservation challenges and opportunities that exist in the region. Graduates learned to make informed choices for leading and educating others to improve conservation in Iowa.

The 16 participants viewed approximately twelve hours of online curriculum and gathered for seven face-to-face meetings. The online modules included lessons and resources by Iowa State University subject-matter experts to be reviewed at the participants' own pace at home. Module topics include conservation history and science, understanding Iowa ecosystems, implementing conservation practices in human dominated landscapes and developing skills to help educate others about conservation practices.

The face-to-face meetings built on the online lessons and were held at Osborne Nature Center, Jim and Jody Kerns Tree Farm and Big Spring Trout Hatchery in Clayton County, the Eric and Cindy Boehm Farm, Rush Farm prairie, Gilbertson Nature Center and a tour through the Otter Creek watershed in Fayette County. Each face-to-face meeting was led by local experts to demonstrate how the principles covered in the online curriculum play out locally.

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Master Conservationist participants at the Otter Creek Watershed Iowa Flood Center rain gauge in rural Elgin.



Left—Nature Explore outdoor classroom. Right—Local participants take part in the Healthy and Homemade series held at the Dance Pavilion.

Health and Well-Being

Time outdoors significantly reduces stress and, for children, increases creativity, collaboration and physical activity. In 2019, 10 early childhood professionals attended **Nature Explore®** training to enhance their skills in helping children and families engage more meaningfully with nature. Fayette County Conservation, in collaboration with Extension and Outreach, now has a Nature Explore® Outdoor Classroom for families to enjoy at Gilbertson Nature Center in Elgin.

A love of reading is at the heart of lifelong learning. Participation in several professional development events have staff in Fayette prepared to offer **Raising School Ready Readers**, a family centered literacy initiative, with community partners in 2020.

This past year Iowa State University Extension and Outreach placed a significant focus on farm related stress. Last December (2018) all Human Sciences Extension and Outreach staff, along with any interested county staff, completed a day-long training on farm stress, and in January family life specialists did co-presentations with ag specialists at 11 Crop Advantage events. Through these presentations they reached over 2,000 people. This winter as part of the farm bill meetings across the state, family life specialists tag-teamed with ag specialists for a Farm Bill presentation including a meeting in Fayette County with 103 participants.

County staff and state specialists attended training during the year to learn how to identify, understand and respond to those who may be experiencing a mental health related problem or crisis.

The Extension and Outreach Dairy Team in Northeast Iowa is especially passionate about the topic of farm related stress. Northeast Iowa has the highest concentration of dairy farms in Iowa and this population of our ag sector is being especially hard hit. The dairy specialists provided a comprehensive farm stress resource newsletter and also hosted farm couple getaways aimed at farmers wanting to take advantage of activities to improve farm family communication, work on farm or family goal-setting, farm transitioning, or just wanted a weekend away to discuss farm and family issues.

Iowa State Extension and Outreach has been managing a Concern Line for almost 35 years. Iowa Concern started with the farm crisis in the 80's but has remained an invaluable support across the years.



Jill Weber, Human Sciences Specialist—Nutrition & Wellness shares information with participants at a Teaching Kitchen workshop sponsored by Fayette County Extension and Gunderson Community Health.



Top—Teaching Kitchen showcase at the 2019 Fayette County Fair sponsored by Fayette County Extension and Outreach & Gunderson Community Health; Bottom Left—Apple Workshop; Bottom Right—Youth Jam Workshop held in June

Food and Environment

Healthy and Homemade, a series focused on strategies for using your time, money and skills wisely to save money and prepare nutritious safe foods was held in January. The series was co-sponsored by Fayette County Extension and Outreach, Gunderson Community Health and the Teaching Kitchen. 12 people attended the series and report that they learned new food safety skills, recipes and strategies for meal planning.

Youth Jam Workshop was held in June with 5 youth and 3 adults attending. 100% of the youth report they grew in understanding of kitchen safety, learned to use canning equipment correctly and safely, learned how altitude changes the recipe cooking time, will use USDA approved food preservation resources for questions in the future. A 4-H'er attended the workshop and then exhibited her jam at the county fair and earned a blue ribbon. The workshop was sponsored by Fayette County Extension and Outreach, Gunderson Community Health and the Teaching Kitchen.

Stay Independent, a four session program for individuals 60+ that helps adults remain healthy and independent as they age, was held in Oelwein in September. The series was sponsored by Fayette County Extension and Outreach, Gunderson Community Health and the Teaching Kitchen with 17 individuals attending the series. Evaluations indicate 100% are now familiar with health benefits discussed in class, 85% are likely to now eat 3 meals a day, 100% are likely to eat fruit, vegetables and protein daily, 78% are likely to be physically active daily.

Serv Safe class was held in Fayette County in November with 6 managers attending the class and testing to become Certified Food Protection Managers.

K-12 Youth Outreach

The Fayette County 4-H Program had 190 4th-12th graders and 61 K-3rd graders enrolled for the 2018-2019 4-H year. There are currently 14 community clubs, 5 project clubs, and 10 Clover Kid clubs.

Afterschool programming continues to grow, not only in participants, but also in enthusiasm at the county elementary schools. 4-H membership in both the Clover Kids and 4-H community clubs is continuously growing along with the involvement experienced during the afterschool program.

The focus of the afterschool program was STEM and Healthy Living with the implementation of the STEM Lit to GO and STEM Lit to GO Iowa kits. The youth loved learning more about STEM and participating with hands on activities. Eating healthier and making better food choices is shared with the youth as we talk and carry out activities. The importance of eating healthy by working on decreasing the number of sugary foods and drinks consumed on a daily basis, eating a minimum of 5 servings of fruits or vegetables, exercising more and eliminating the amount of time they spend in front of a screen daily was shared.

Fayette County Extension offered 17 day camps in the communities of Fayette, Clermont, West Union, Maynard, Elgin, Oelwein and Hawkeye with a total of 148 kindergarten thru 6th grade participants with many of the youth attending multiple camps and 22 youth and adult volunteers to help with the camps.



Top—2019 4-H Citizenship Trip to Iowa State Capitol;
 Bottom Left—Intermediate Trip to northwest Iowa;
 Bottom Right—Mindfulness program at Oelwein Middle School

Science Round Up held on the Iowa State University campus in late June. During the 3-day stay on campus, participants experienced campus life. During the Youth Conference participants learned about the importance of communication, leadership, and civic engagement. Animal Science Round-up participants visited farms, learned about biosecurity, the general health of the animal and visited the meat labs while learning more about their specific species. They also attended hands on workshops, as well as competing in quiz bowl contests and sharing their own experiences.

17 junior 4-H'ers participated in Region 4 Pine Bluff 4-H Camp and 8 senior age 4-H members served as camp counselors leading youth in cooking, team building and craft activities.

12 intermediate 4-H members took part in the Intermediate Trip to Northwest Iowa where they visited Blue Bunny Ice Cream Parlor, attended a dinner theater production and explored Arnold's Park. Two Fayette County adults chaperoned this trip.

65 4-H record books were turned in for county awards including 14 Clover Kid members. Two junior age youth were given full scholarships to attend Junior Camp next summer, two intermediate youth received full scholarships to attend Intermediate Trip and two senior youth received partial scholarships to Youth Conference or Animal Science Round-up.

Day camp topics included: Cooking 101, Mud, Muck and other Marvelous Things, Oopy Goopy Day, Picture Perfect Photography 101, A University of Possibilities, Wacky Water Fun, Wild Adventures with H2O and Rocket Camp. Also during the summer, three two-hour workshops were held for youth of all ages as they were able to create their own masterpieces using sharpie markers at the Fun with Sharpies Workshop and a No Sew Project Workshop using tube socks and items of their choice while learning more about 4-H.

A Mindfulness 4-H pilot program, was held in Oelwein in which six-lessons were shared with Oelwein 6th Grade Middle School classes. The lessons started out by establishing the concept of mindfulness and its connection with stress management, relationships and overall personal well-being. Students then deepened their understanding of the benefits of being mindful in their daily lives by practicing a variety of mindfulness strategies. Upon completing the pilot series students could identify areas in their own life they can apply mindfulness to improve personal well-being, relationships and their everyday performance.

Six youth and four adults from Fayette County attended the 2019 Youth Conference and Animal

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