



BUILDING A #STRONGIOWA

2019 IN KEOKUK COUNTY

Since 1918, Iowa State University Extension and Outreach in Keokuk County has connected the needs of Iowans with Iowa State research and resources. Read about some of the ways Iowa State University Extension and Outreach meets local needs, improves quality of life, and helps make Keokuk County and Iowa a better place to live.

Keokuk 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:

- **Agriculture and Natural Resources**
- **Human Sciences**
- **K-12 Youth Outreach and 4-H**
- **Master Gardeners**



Agriculture and Natural Resources

Keokuk County Extension reached over **350 farmers** in 2019! In the spring and fall, our office provides farmers and co-ops with continuing education courses and private pesticide workshops. This year, we offered an Ag Advisory Group, Crop Field Tour, Farm Bill workshop, Ag Talks, IDALS testing, and a grain marketing workshop-Winning the Game! ANR offers many high-quality programs for farmers and producers with hands-on ISU specialists.



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.

Mike Bensmiller <i>Extension Council Chair</i>	Shirley Holm <i>Secretary</i>	Steve Menke <i>Council Member</i>
Janis Collins <i>Council Vice Chair</i>	Carla Dumont <i>Council Member</i>	Clint Mikesell <i>Council Member</i>
Brian Kitzman <i>Treasury</i>	Heather Bombei <i>Council Member</i>	Justin Abell <i>Council Member</i>



Human Sciences

Human Sciences reaches out to families across the lifespan sharing information about stress and relationships, personal finance, and nutrition and wellness. Classes in Keokuk County include:

ServSafe is a required food safety training for food establishments.

What About Me? My Wellbeing is a 4-week program designed to enhance adult individual wellbeing and quality of life. Topics include understanding wellbeing, building strong relationship, managing your money, enjoying good health and energy.

Powerful Tools for Caregivers empowers family caregivers of adults with chronic conditions to take better care of themselves. These “tools” help reduce stress, balance their lives, communicate needs, and help find local resources.

Family Storyteller gathers 3-6 year old children with their parents to learn literacy skills while having fun with one-on-one activities!

Master Gardeners

In 2019, Keokuk County Extension hosted a Master Gardener Training that was much different than years past. Instead of viewing

lecture videos at the Extension Office, trainees were able to watch and learn the materials from the comfort of their own homes. The group would then meet once a week to discuss the assigned chapters and lecture videos together before going on a field trip. These field trips aligned closely to the chapters we learned about that week. This year’s field trips included visits to Mertz Tomatoes, The Wooden Wheel Vineyard, The Garden Gate, Pleasant Valley Greenhouse, Riverside Casino Golf Course, James Family Greenhouse, and Belva Deer. Some of the topics included in the training were Vegetables and Herbs, Weed Science, Entomology, Houseplants, Composting, Landscaping, Turfgrass, and Pest Management.

K-12 Youth Outreach

Keokuk County youth programs continue to grow in 2019! This year, staff reached out to youth in the community in a number of different ways—reaching over **805 youth** with our programs.

These programs include 4-H, Clover Kids, summer and winter STEM camps, Ricochet, Pick a Better Snack, and Community Family Fun Nights. Although all of our kid camps are filled with fun, they also include a huge learning component. STEM stands for Science, Technology, Engineering, and Mathematics and our curriculum focuses on expanding youth’s education!

With out outreach expanding, we are very proud and lucky to have **145 volunteers!**



ISU Extension and Outreach Keokuk County

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