

Regional Extension News

Cherokee, Buena Vista, Pocahontas, Ida, Sac, Calhoun



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June 2018

Conversation with Councils – May 2018



Vice President for Extension and Outreach John Lawrence offers tips on recruiting candidates for this year's council elections. He and Bob Dodds, Assistant Vice President for County Services, also discuss upcoming visits around the state, the American Life Insurance policy, bookkeepers training, end-of-year budget responsibilities, county fair season, 4-H Day at the Iowa State Fair, and the ISU solar car Sun Run 2018. This can be found at:

<https://vimeo.com/266517421>

Rabbit Tattoo Workshop in Calhoun Co.



4-H members Alicia and Ashley Westering held a rabbit tattoo workshop and helped members get their rabbits tattooed for the Expo.

Welcome Stacie Hewett to Buena Vista Co.



Please join me in welcoming Stacie Hewett to Buena Vista Co. Extension and Outreach. Stacie grew up on a small farm outside of Keosauqua, in southeast Iowa. She was a 4-H member all through school

and helped at the Van Buren County Extension Office during high school. Stacie and her husband Jim, moved to Storm Lake 16 years ago. They have two daughters, Courtney and Jordan. She is an active member of the St. Mary's Athletic Boosters, St. Mary's Fine Arts Board, and an Elder at Lakeside Presbyterian Church. She enjoys spending time with friends and family, gardening, reading, crocheting, riding bikes, and watching her daughter at school events. She is excited to be working in Extension again! Her email is shewett@iastate.edu.

Data for Decision Makers – County Health Profile Available

Data for Decision Makers



Ida County Health Profile

report created: 06/03/2018

The ISU Extension and Outreach Indicators Program has released its latest publication in the Data for Decision Maker publication series. *County Health Profile* reports are now available at <http://indicators.extension.iastate.edu/county-health-data-decision-makers>. The reports provide a starting point for discussions on health issues, a guide for health needs, and may help shape future programming and policies.

Human Sciences-What About Me? My Wellbeing



What About Me? My Wellbeing was presented to staff members at Loring Hospital in Sac City. The research-based program covers taking time for oneself, relationships, finances and physical health. According to the evaluations, all attendees have already worked on

themselves either financially, physically or mentally because of their attendance at the program and have started to see changes!



The program was taught by David Brown, Family Life Human Sciences Specialist, Carol Ehlers, Family Finance Human Sciences Specialist, and Ann Heuer, Nutrition and Wellness Human Sciences Specialist.

Safety Day Camp in Sac Co.



Agronomy in the Field



ISU Extension and Outreach is partnering with the USDA-NRCS, the Buena Vista and Pocahontas County Farm Bureau and the Buena Vista and Pocahontas Soil and Water Conservation Districts to bring Agronomy in the Field to Buena Vista County. Agronomy in the Field is a multi-session, hands-on workshop being offered

to women landowners, farmers, conservationists and other women who are interested in learning more about agronomy. Angie Reick-Hinz, ISU Ext. and Outreach Field Agronomist is leading the program along with Holly Frerk, Pocahontas Co. Program Coordinator.



Cherokee Science Field Day



Sac Co.'s "Gardening with Youth"



Sac Co. Master Gardeners working with youth on community garden plot.

Fishing Clinic in Ida Co.



Buena Vista Co. After School & Clover Kids



Sac Co. Extension and Outreach Staff Service



Sac County staff, Lora Wright and Steph Erpelding took time to deliver meals on wheels in Sac City for Extension and Outreach week in April.

Provided by Terry Janssen
Region 6 Extension Education Director

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