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.

**Doug McMullin**
Extension Council Chair

**Sue Henderson**
Regional Director

**Paul Cartwright**
Council Member

**Elaine Heisdorffer**
Council Member

**Jolene McNabb**
Council Member

**Mary Kivlahan**
Council Member

**Glen Kesselring**
Council Member

**Martha McAntire**
Council Member

**Stan Thompson**
Council Member

**Joyce Kramer**
Council Member

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Wapello 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

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2019 IN WAPELLO 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 Wapello County for a #STRONGIOWA.
Economic Development

Iowa State University Extension and Outreach Community and Economic Development has been working on several projects this year in Wapello county and the region. The first exciting program that we have been working on is an effort to create a local investing group. The first step was to host the Strategies for Rural Angel Investing on October 10th in Ottumwa in which 20 investors participated. The concept was well-received and all attendees agreed to move forward in building the network in collaboration with Iowa Rural Equity Project, Ottumwa Legacy Foundation, Ottumwa Partners in Progress and Indian Hills Community College.

The second program is related to a $50,000 grant received from USDA to expand the Solidarity Microloan Program outside of Des Moines. Ottumwa was selected as the grantee and a position has been posted locally to manage the local microloans. As for the last 6 years, Himar Hernández keeps working with the Ottumwa Legacy Foundation on housing needs. Iowa State University Extension and Outreach will submit a proposal on January 1st 2020 to work with the new housing organization that is being created to re-develop homes and neighborhoods in Ottumwa.

Health and Well-Being

Small Change: Building Financial Security
Small Change: Building Financial Security is a personal finance course for educators, and other school personnel. The course focuses on making more informed decisions about financial management and understanding options for incorporation of financial literacy into classroom settings. A partnership with Iowa State Education Association (ISEA) enabled educators to receive continuing education credits upon completion of work in four online modules. (17 in Ottumwa and 12 in Chariton) educators completed the program held in (Ottumwa/Chariton) at the Public Library.

Contact: Joyce Lash at lash@iastate.edu

Food and Environment

Produce with a Purpose has identified 12 worksites in Wapello County that serve as delivery sites for food boxes. This is an increase of 400% since 2016. Employees at each worksite have the ability to order boxes in advance, which are delivered every other week throughout the growing season. The Local Food Coordinator and Food Box Assistant have developed
a network of producers to source items for the food boxes. This functions similar to a collaborative Community Supported Agriculture model, with several producers contributing items to each food box sold. Produce is picked up or delivered to the Wapello County Agricultural Extension office, where it is stored in commercial refrigerators. Volunteers and employees pack food boxes on delivery days, and boxes are transported in coolers with ice packs to maintain appropriate temperatures, as needed. Each delivery site has a designated spot for deliveries and a delivery site coordinator, who assists with communication to employees who have purchased boxes. This program makes it easier for consumers to purchase local produce, especially in areas of Wapello County that have been identified as food deserts, and expose them to a wide variety of seasonally available local produce. The number of boxes ordered has increased to 121 up from 74 in 2018 and up from 52 in 2017. Producers have been paid a total of $6,315 so far this year for produce from the box program. With the season less than half over, this number is already higher than the total of last season. In addition to the box program, $284.30 of local produce has been purchased by a restaurant and the Farm-to-School program. Produce with a Purpose provides an education program for consumers embedded in the food box delivery program. Newsletters and publications will be provided with each delivery, profiling local producers, farmers’ markets, local food events in the region, produce selection and purchasing tips, and seasonally appropriate recipes highlighting locally available items.

K-12 Youth Outreach

Fall Fun Fest – a family event themed this year to focus on sustainable agriculture – animals and feed, seed to harvest, and the framework along the way. Games and activities were provided to teach youth about the aspects of growing food to feed animals and growing food for human consumption. Youth were able to view, feel, and taste test seeds and fruits and vegetables, such as pumpkins, gourds, apples and sunflower seeds. There was also a chili cook-off contest where clubs and youth adapted vegetables from their gardens to make a tasty meal. Iowa State University Extension’s 4-H volunteers from Wapello County participated in a training titled “4-H Prepares Youth for the Future” where they explored how they play a role in preparing local youth for future careers. Volunteers developed opportunities for youth
to refine skills that will prepare them for
the future and identified ways to help
youth explore, learn, practice, and
experience possible careers. In addition,
leaders learned skills and gained
resources that be used to foster
independence in youth.

This training is part of ISU Extension and
Outreach’s 4-H Youth Development
annual training for volunteers.

4-H volunteers, as caring adults, are an
important element of ISU Extension and
Outreach's youth-serving organization.
Effective volunteers provide the
experiences and positive relationships
that enable 4-H youth to become
productive citizens, outstanding
communicators, effective leaders, and
successful learners now and in the
future.

Completing the training were Natalie
Kopsieker, Heather Burgess, Sue
Wasson, Annie Denner, Kristi Baskett,
Larry Valentine, Amy Van Maanen, Jeff
Emery, Joan Clubb, James Clubb,
Allison Angle, Lisa Duff, and Kayla
Emery.

To find out more about the ISU Extension
and Outreach 4-H program in Wapello
County, contact: Cindy Emery at 641-682
-5491.

The Wapello County 4-H held their
annual awards banquet on Sunday,
November 3rd with a potluck meal. Todd
Carroll auctioneered the dessert auction
items after the meal. Amazing desserts
and food for everyone. The 4-H Youth
Council conducted the awards
presentation by honoring 20 leaders, 17
superintendents, 23 – First year
members, 10 – Five year members, and
5 – 9 year members. There were 30
project awards presented to youth that
received a certificate and pin.

Outstanding Junior Record book was awarded to Cody
Vroegh, Outstanding Intermediate Record Book was
awarded to Jaylene Vroegh, and Outstanding Senior
Record book was awarded to Kaitlyn Emery. Judges
Choice Award for Exceptional overall record book was
awarded to Jaylene Vroegh. An officer induction
ceremony was held for 9 Presidents, 9 Vice Presidents,
9 Treasurers, 9 Secretaries, 11 Reporter/historian/
photographers, and 7 Sunshine Reporters. Poster
Award challenge was awarded to the Lucky Clovers 4-H
Club and the Club Registration Award was awarded to
the City Slickers 4-H Club.

County Extension Staff
Jessica Heisdorffer
Office Assistant
Cindy Emery
County Youth Coordinator
Kelli Anders
Local Foods Coordinator
Lisa Duff
Clover Kids & Pick A Better
Snack Coordinator

Cicely Lawrence
NEST Coordinator
Hilary Lanman
Produce with A Purpose Coordinator
Chris Shepard
FoodCorps Service Member
Addison Knapp
AmeriCorps Service Member
Toni Valdez
NEST Program Assistant

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