



Region 5 Newsletter

Prepared by Sherry McGill
Region 5 Extension Education Director

June 3, 2011



Siouxland residents are searching for reputable flood preparation resources and Iowa State University (ISU) Extension has resources that can help.

eXtension

eXtension.org/floods

eXtension is an educational partnership of 74 universities in the United States that provides objective and research-based information and learning opportunities that help people improve their lives.

Examples of topics on the website include:

- what to take with you when you evacuate
- how to build a sand bag dike
- preparing to evacuate your farm
- items to include in a disaster supply kit

This website gives checklists and demonstration videos that will make it easier to know what to do during this uncertain time.

On the site, Extension professionals from across the nation share what has been learned from past flooding in communities like Fargo, N.D., Cedar Rapids, Iowa, and others.

Iowa Concern Line

[/iowaconcern/crisis.html](http://iowaconcern/crisis.html)

Iowa residents may also call the Iowa Concern line at (800) 447-1985 to ask specific questions regarding flood preparedness and other financial or legal questions. This hotline is open 24-hours a day. Many answers are also available on the website.

The Iowa Concern line suggests a few items to keep close track of while relocating from your home during a flood:

- documents like W2s and past tax refunds
- pictures
- winter clothes/coats
- computers with financial information

The documents are important when filing for financial assistance following the flood. Also, many people store their entire winter wardrobes in their basements and then end up with no clothing for the fall and winter months after a flood.

Another suggestion from the Iowa Concern line is to listen for FEMA disaster declarations for your area, and apply whether you think you need it or not. The deadline will pass and the opportunity to apply will expire.

Monona County Extension Office
119 Iowa Avenue
Onawa, Iowa 51040
(712) 423-2175
www.extension.iastate.edu/monona

Plymouth County Extension Office
251 12th Street S.E.
LeMars, Iowa 51031
(712) 546-7835
<http://extension.iastate.edu/plymouth>

Woodbury County Extension Office
4301 Sergeant Road, Ste. #213
Sioux City, Iowa 51106
(712) 276-2157
www.extension.iastate.edu/woodbury

Before Disaster Hits

Extension Disaster Education Network (EDEN) publications to help prepare for potential natural disasters

- [Flooding](#)
- [Tornado](#)
- [Child Emergency Preparedness](#)
- [Pet Preparedness](#)
- [First Aid Supplies](#)

Recovery from Disasters

[/topic/recovering-disasters](#)

Steps to Flood Recovery

<http://www.ces.purdue.edu/floodpub/>

Mapleton Recovery - We held an event recently to show appreciation to the volunteers who have worked hard in Mapleton in the recovery efforts after the tornado. We appreciate all that helped for the event. Great job to the Monona County staff who worked hard to coordinate the event! Thanks to the staff, volunteers and businesses that worked and donated for this event. We had 150 people who attended and had a number of people at the listening session we held after the appreciation meal and music. Harrison, Woodbury and Monona County 4-H youth, volunteers and staff were present. Staff and council members continue to serve on planning committees to work on the disaster recovery efforts.

4-H Foundation Night Hike Wednesday, June 15 6 pm, Little Sioux Park in Correctionville.

The cost is only \$10 per person and includes a glow in the dark T-Shirt, activities, hike and meal. Funds go to help the 4-H program and youth in Woodbury County.

County Fair Dates: Staff are busy working on the 2011 fair season. Dates for the 3 county fairs are:

Monona County: July 12-17

Plymouth County: July 27– July 31

Woodbury County: August 3-7

30project Dinner

On Wednesday, May 18, local food producers and regional food system supporters gathered at the St. Thomas Episcopal Church Community Gardens in Sioux City for a dinner party hosted by a unique non-profit organization called the 30Project based out of New York City. The 30Project's mission is to be the table that brings the best people together to work towards creating a truly healthy and sustainable global food system. 30Project gathers food system stakeholders to a locally produced, sustainable dinner to share in their region's bounty and talk about new strategies to reverse the growing statistics of 1 billion people hungry and 1 billion overweight globally. Gustafson was first approached by Laura Kuennen, an Iowa State University (ISU) Extension regional foods coordinator housed at the Woodbury County Extension office. Sioux City was just the fourth city in the United States to host a 30Project dinner – San Diego, San Francisco, Traverse City and Sioux City. Fruit and vegetable farmers, dieticians, bakers, meat producers and processors, local business owners, Sioux City non-profits, and gardeners were just a few of the attendees who enjoyed the five-course meal prepared by feature chefs Calvin and Paula Byrd of Raspberry's Bistro and Fine Pastry, Paul Seaman of Real Food, Inc., and 30Project's creative director and dinner guru, Michael ... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

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Hebb. Gathered fresh from the Sioux City Farmer's Market that morning, all ingredients were either organic or locally produced by farmers in the Siouxland area. In addition to connecting Siouxland's food visions with 30Project, the dinner helped launch the latest efforts of a new regional food network, Flavors of Northwest Iowa, to develop and sustain a regional food system that supports long-term connections between farmers and consumers while helping to meet the health, social, economic and environmental needs of communities within the region. We hope to continue to gather for meals in communities in NW IA. For more information on where to find locally grown food, upcoming regional foods events and the Flavors of Northwest Iowa regional foods network visit www.flavorsofnorthwestiowa.org or contact Kuennen at ISU Extension-Woodbury County at (712) 276-2157.

Awards: Joel Dejong, our Crops Program Specialist in Plymouth County is the 2011 recipient of the Iowa State University R. K. Bliss Award. Janelle Johnson, Office Assistant of the Plymouth County Extension office received the ISU Pride of Extension Award. Congratulations to both of them!

We are having Farmland Leasing training in July in all three counties in our region – see your county website for more information.

ISU Extension Offers Summer Camps at Midtown Family Community Center



Iowa State University Extension-Woodbury County is proud to announce the third year of summer camps being offered at Midtown Family Community Center. June and August camps will be provided for grades K-5. July camps are for grades 6-8. Camps will be held Monday-Friday from 9 a.m. - 5 p.m. Cost is \$50 per week which includes activities, snacks and lunch. See the Woodbury website for the schedule.



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... and justice for all

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