

IASCOE June 2019 Newsletter





2018/2019 IASCOE OFFICERS

President Jesse Wegner CED - Fayette County Vice-President Angie Christian CED - Kossuth County Secretary Wendi Denham CED - Mahaska County Treasurer Judy Dameron PT - Louisa County









IASCOE DISTRICTS





2018/2019 IASCOE DIRECTORS

District	P.T. Director	C.E.D Director
1	Brittney Green - Dickinson Alt - Teresa Van Sloten	Paul Berte - Pocahontas Alt- Samantha Erie - O'Brien
2	Sioux Amie Johansen - Floyd Alt - Michelle Uthe -	Angie Christian - Kossuth Alt - Rosalie Carlson - Worth
3	Mitchell Candace Fette- Clayton Alt - BreAnn Hemesath -	Jesse Wegner - Fayette Alt - Andrea Carroll -
4	Winneshiek Cathleen "Skip" Simons - Carroll	Winneshiek Mary Roberts-Calhoun Alt - Pat Warmbier -
5	Alt - Donita Kenkel - Shelby Gabriela Thompson - Jasper Alt - Jane McCulley -	Harrison Brandon Jazz - Dallas/Polk Alt - Savanah Jungman - Poweshiek
6	Poweshiek Angie Reynolds - Muscatine Alt - Jessica Yuska - Scott	Matt Berg - Johnson Alt - Jennifer Ness - Iowa
7	Jennifer Comer - Page Alt - Nancy Gress - E	Todd Perdew – Adams/Union
8	Pottawattamie Deanna Rood - Marion Alt -Ronda Harrison-Lucas	Alt - Max Dirks - Cass Kathy Henely - Wayne Alt - Jayne Ruble - Warren
9	Judy Dameron - Louisa Alt - Vacant	Wendi Denham - Mahaska Alt - Elizabeth Benjamin – Davis

At Large Directors:

Odd Districts: District 1 Vacant District 3 Krystal Schatz-Howard

Even Districts: District 4 Tammy Eibey- Jones District 8 Jane Ruble-Warren

2018/2019 COMMITTEE MEMBERS

BENEFITS & LEGISLATIVE

Mary Roberts

District	Member	County
1	Jeff Davis	Plymouth
2	David Stromer	Hancock
3	Ron Pethoud	Chickasaw
4	Pat Warmbier	Harrison
5	Jane McCulley	Poweshiek
6	Jessica Yuska	Scott
7	Todd Perdew	Adams/Union
8	Kelly Cain	Madison
9	Katie Cordray	Wapello



AWARDS CHAIR – JENNIFER COMER SCHOLARSHIP CHAIR – KATHY HENELY

District	Member	County
1	Kristin Pedley	Osceola
2	Tammy Pruin	Wright
3	Candace Fette	Clayton
4	Donita Kenkel	Shelby
5	Kathy Baker	Marshall
6	Kari Barker	Muscatine
7	Lynette Gruchow	East/West Pottawattamie
8	Dorothy Allen	Warren
9	Lanie Benjamin	Davis/Wapello

PUBLICITY CHAIR – Tammy Eibey

District	Member	County
1	Jaclynn Schlesser	Plymouth
2	Megan Ruby-Friedow	Kossuth
3	Heidi Nickol	Delaware
4	Heather Muenchrath	Shelby
5	Brandon Jazz	Dallas/Polk
6	Cassy Portz	Jackson
7	VACANT	
8	Jayne Ruble	Warren
9	Deb Rurup	Mahaska

MEMBERSHIP – Michelle Uthe/Susan Lange

District	Member	County
1	Lisa Forburger	Palo Alto
2	Rosalie Carlson	Worth
3	Breann Hemesath	Winneshiek
4	Cathleen "Skip" Simons	Carroll
5	Katie Kramer	Jasper
6	Joni Birkhofer	Cedar
7	Jennifer Comer	Page
8	Merilee Hamilton	Lucas
9	Lisa White	Washington

CONVENTION COMMITTEE- Angie Christian, Kossuth CONVENTION REGISTRATION – Mary Roberts, Calhoun SILENT AUCTION – Paul Berte, Pocahontas / Gabriela Thompson, Jasper LIVE AUCTION ORGANIZATION- Wendi Denham, Mahaska / Mary Roberts, Calhoun OTHER Duties

EMBLEMS CO-CHAIR'S – Kathy Baker, Marshall / Andrea Carroll, Winneshiek PROGRAMS CHAIR – Angie Christian, Kossuth NAFEC CHAIR – Mary Roberts, Calhoun IASCOE WEB MANAGER – Brian Beach, Sac and Amie Johansen - Floyd

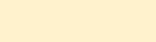


PAST IASCOE PRESIDENTS

1959-61 Kenneth Hatcher 1961-62 Raymond D Vanderhorst 1962-63 Luther Stock 1963-64 William H Holiday 1964-65 Charles Bacon 1965-66 Gaylor A Thayer 1966-67 V. Deane Thornton 1967-68 Marguerite Liddle 1969-70 Warner C Walrath 1970-71 Janet Hemm 1971-72 Carl Lantz 1972-74 James A Riekens 1974-76 Cecil F Zollars 1977-79 Garnita Ewart 1979-80 John Ace Parker/Gary Brewer 1980-82 Gary Brewer 1982-84 Larry Niles 1984-86 Joe McLaughlin 1986-87 Pat Drew / Ronald Parker

1987-88 Mike Houston 1988-90 Ronald Reuvers 1990-92 Steve Abbas **1992-94 Kevin Fitzpatrick** 1994-95 Jerry Frank 1995-97 Kevin McClure 1997-99 Jolene Fechter 1999-01 Trice Smith 2001-03 John Landgraf 2003-05 Tom Lane/Alan Donaldson 2005-07 Dee Lehn 2007-09 Steve Kennedy 2009-11 Cindy Mensen 2011-13 Jeff Davis 2013-15 Curt Houk 2015 Curt Goettsch 2015-17 Jennifer Comer 2018-19 Jesse Wegner





Greetings IASCOE members,

As I sat down to write this letter to you all, I struggled to call this last week of May either spring or summer. It's after Memorial Day, but the terribly cool and wet and weather our farmers have struggled through this month of May has challenged us all.

What does this mean for us? We already know that producers are struggling through various options that may come to fruition on prevent plant, disaster aid, and a second round of the Market Facilitation Program. Producers and crop insurance agents may be frustrated that we don't have all the answers. All I can ask, is that you do your best to provide our customers with the information *we do have*. Also 2019 certification may be a time when producers need to vent off some frustrations related to the markets, trade, or weather. Do your best to listen to their concerns and keep the conversation positive but know that should situations get out of your control, that your CED, DD, and the state office are here to help.

The time for rest is over and our county offices will be very busy the remainder of the year with certification, CRP, Dairy, MFP 2.0, ARC/PLC enrollment, and eligibility. While a busy time, its also an exciting time as our people and programs are on display. A spirit of customer service, financial integrity, and efficiency will be key to getting through the coming months. I remain confident that Iowa FSA is up to the task. Thank you in advance for your tireless efforts that are no doubt forthcoming.

We are working with our national office and the FPAC Business Center to increase our on the ground resources as the budget allows. Requests for TO assistance, and additional hiring actions have already been submitted. While we do not believe our entire ask will be granted, we will do our best to place the resources we receive in the most critical places to help plug the gaps that occur with retirements.

When you read this, Memorial Day will have passed, but I'd remiss if I didn't mention the sacrifices of the service members who have given all, for the freedoms the rest of us often take for granted. Those heroes have given each of us the ability to work in our chosen career path, think and speak freely, and exercise the liberties that make America the greatest nation in the world.

Amanda De Jong

SED







As I am writing this message it is cold and overcast outside and we have more than a few wet and soggy fields in Northeast Iowa. I know we are not alone up here, as a lot of you are dealing with the same or worst conditions in your part of the state. But I am confident that the sun will eventually come out, maybe even tomorrow, and spring will give way to summer and another harvest to reap. As we kick off a Farm Bill implementation year, our FSA plates will probably be overflowing at times with a lot of things to do and not enough hours in the day, but this too will change just like the weather. When it clears I know that our customers will get the top-notch customer service that they come to expect from our Iowa FSA offices we will get the satisfaction of a job well done.

I probably sound like a broken record that's playing a good tune, but I would like to welcome the new employees reading this message to the Iowa FSA family and I wish you the best on the career ahead of you. I would ask that you considering joining IASCOE before the **June 14 annual membership deadline**. Take advantage of the Free Membership Benefit for County office employees! You only have to meet the following quailifications to be eligible: You must be a county office employee, you must be a first-time member and you must submit the easy to complete FSA-444 payroll deduction to Tammy Zanoni and Judy Dameron. Membership dues will be compensated, no earlier than one full year after transmittals are due on July 1st. Information is available under the "Reference Center" tab on sharepoint. Click on Employee Association Websites- IASCOE.

As the calendar moves along, I am optimistic we will continue to welcome more new employees into the lowa FSA family and also provide advancement opportunities for others. I appreciate the collaboration with SED, Amanda De Jong, and Department Chiefs putting together an outstanding orientation training for our new employees. I think this is a great benchmark and I believe more training opportunities will come available for employees. The employee association will continue to be a sounding board for the needs of our members, to not only help better serve our customers but to also help prepare and educate employees along their career path.

As we are implementing this new Farm Bill please know that NASCOE has exclusive rights to represent all county employees in consultations and negotiation with FSA management. What this means, is that members can submit suggestions and recommendations through the NASCOE website on how FSA's programs could be made more effective and efficient for our employees and our producers. This is a very big deal and an awesome benefit of NASCOE. Your actions have the potential to make meaningful impacts to all employees throughout FSA! I think it is pretty incredible to be part of an organization that has a direct line of communication with FSA leadership to listen to YOUR ideas that can ultimately help an employee do their job better, thus giving the employee a huge VOICE. We have a lot of talent and experience in Iowa, I encourage you to use your voice to make a difference for all in FSA.

As this year rolls on, there will probably be a few challenges along the way, but rest assure that IASCOE will be there to voice your needs and keep you informed, because that's what we do.

Happy Farm Bill implementing!



-Jesse IASCOE President





Greetings from soggy Southeast Iowa!! At this year's convention, I was once again elected to serve as your Treasurer.

The Raffle brought in \$347 and winners were:

Alicia Smith, Clayton - \$25 Molly Leman, Palo Alto - \$25 Lisa Forburger, Palo Alto - \$25 Kari Barker, Muscatine - \$25 Rebecca Bell, Mills - \$100 Lyn Berg, Clayton - \$100 Steve Abbas, Franklin - \$200

The Spirit Pull brought in \$285; registrations brought in \$4485 and the auctions brought in \$2422. Dillard's graciously donated \$1000 towards our convention.

We are now in FY20 for our membership drive. Hopefully by now, all county offices have received their Membership Transmittals. Please get those filled out and returned to your district committee person as soon as possible so they can get them returned to myself **and** Michelle or Susan. The sooner those are returned, the easier it makes my job to reconcile the dues withholding reports I receive from NFC. I am happy to report we have 398 regular members and 50 associate members. Thank you all for your continued support of IASCOE/NASCOE!

I want to encourage members to visit with your newly hired employees to spread the word about what NASCOE is and what it has accomplished over the years.

The 2019 National Convention will be on July 31 to August 3 in Manhattan, Kansas. IASCOE will be sending two delegates and an alternate and I am sure many others from Iowa will be attending also.

If you ever have any questions, concerns or comments please reach out to any of your officers or board members. We are here for you.

Have a great summer!!

Judy L Dameron IASCOE Treasurer





Election Results

This year, IASCOE Districts 4, 6, 8 and 9 were up for election. IASCOE appreciates everyone who was willing to serve and congratulates all of the winners! The Directors elected to serve for the 2019-2021 term are as follows:

District 4:

PT Director: Skip Simons, Carroll County PT Alternate Director: Donita Kenkel, Shelby County CED Director: Mary Roberts, Calhoun County CED Alternate Director: Kaylan Sundermann, Woodbury and Monona Counties

District 6:

PT Director: Angie Reynolds, Muscatine County PT Alternate Director: Jessica Yuska, Scott County CED Director: Matthew Berg, Johnson County CED Alternate Director: Missy Olsen, Jackson County

District 8:

PT Director: Deanna Rood, Marion County PT Alternate Director: Ronda Harrison, Lucas County CED Director: Kathy Henely, Wayne County CED Alternate: Lois Munden, Clarke-Decatur County

District 9:

PT Director: Judy Dameron, Louisa County PT Alternate Director: Lisa White, Washington County CED Director: Wendi Denham, Mahaska County CED Alternate Director: Lanie Benjamin, Wapello and Davis Counties

District representation is so important for the association. IASCOE needs voices from all areas of the state. Be sure to pass along any concerns or ideas you have to your elected Directors so they can take them to their next meeting. Regularly scheduled conference calls are held the first Thursday of every other month.

Finally, Directors are an integral part of the communication process. They relay important updates and information along to the counties they represent timely and efficiently. Thank you again to all of the Directors who faithfully serve, or have served, IASCOE!

Wendi Denham, Secretary



2019 IASCOE Scholarship Recipients



IASCOE Scholarships were awarded to three applicants in 2019. Vanessa Vedder and Ty White each received a \$400 Traditional Scholarship. Isabel Derdzinski received a \$400 Continuing Education Scholarship.

Vanessa Vedder (daughter of Anne Vedder, Emmet County PT) attends Estherville Lincoln Central High School. In the fall, Vanessa will be attending Iowa State University to major in event management and business. Throughout high school, Vanessa has been involved with several extracurricular activities. They include: cross country, golf, student council, Key Club, National Honor Society, purple cord, National History Day, Fellowship of Christian Athletes, various theater productions, speech, band, and choir. Vanessa has held the secretary position for student council for the last two years, President of the Key Club, and runs the social media for Key Club, student council, and Fellowship of Christian Athletes. Vanessa works at Fareway and Sawmill Design. In her free time, Vanessa enjoys traveling, reading, and skiing. Congratulations, Vanessa!





Ty White (son of Lucas County PT Becky White) resides in Chariton. He is currently attending Chariton High School. He has one sister, Brittany who is attending Mercy College to become a medical lab scientist. After high school Ty's plans are to attend DMACC and major in diesel technology. He plans to work in the diesel field after college with aspirations to one day open up his own diesel repair shop. Throughout high school Ty has been involved in 4-H serving as president of my club, FFA vicepresident, and National Honor Society. Outside of school activities he works at a local diesel repair shop and helps his dad on the farm. Congratulations, Ty!



Isabel Derdzinski (daughter of Pat Derdzinski, Floyd County CED) is in her third year at Iowa State University. She is majoring in Kinesiology and Health with a pre-human medicine option, and a minor in psychology. At Iowa State she is active in Exercise is Medicine, a club that promotes physical activity and overall health; Catholic Daughters, an organization for women in the Catholic church; and a neuro-motor research lab, which is currently performing a study on how rhythmic movement affects cognitive functioning in children. Looking ahead her goals are to attend medical school and become a doctor. Congratulations, Isabel!



Annual scholarships accepted through IASCOE/NASCOE include:

- **Traditional Scholarship** (member's child) graduating high school senior or first year college freshman, full time student with a minimum of 12 hours
- **Open Continuing Education Scholarship** (member, spouse, child, or grandchild) 2nd, 3rd, or 4th year, or graduate student, with 6 or more credit hours per semester
- Member Continuing Education (NASCOE member) continuing their education
- **Continuing Education for Adult Children of Members** (member's adult child, or grandchild) 5 or less credit hours a semester
- **Grandchildren Scholarship** (member's grandchild) 12 or more credit hours per semester
- Associate Member Scholarship (associate member, spouse, child, or grandchild) minimum of 6 hours of enrollment

All scholarship applications are competitive, and all applicants are evaluated on the basis of ability, incentive, and personal characteristics. IASCOE scholarships can only be awarded one time in each scholarship category.

The Scholarship committee would like to thank the individuals and county offices that consistently donate items for the live and silent auctions which allow IASCOE to award scholarships each year.



Invitation to IASCOE/NASCOE





STAY INFORMED!! We have new leaders at USDA and with that comes new ideas on how to make our agency more efficient! Your IASCOE/NASCOE leadership team is committed at staying on top of all the happenings and announcements and passing that information along to you, the member, via email or newsletters. This is the most effective way to STAY INFORMED AND REDUCE YOUR STRESS LEVEL!!! Attached is a NASCOE brochure explaining what they are doing on your behalf. Important goals are to PROTECT & IMPROVE employee benefits, PT & CED upgrades, stress importance of the COC system, the need for training and proper staffing...just to name a few! JOIN IASCOE AND BE INVOLVED!!!

This year we have added a FREE 1-year membership to any first time members (CO employee) who complete an FSA-444 (payroll deduction)! IASCOE will compensate you for your membership dues, no earlier than one full year after transmittals are due on July 1st!

Easy payroll deduction is available with an (FSA-444) form. If you are already on payroll deduction and you received a grade increase, please don't forget to update your payroll deduction amount. For those not already utilizing payroll deduction, an authorization form (FSA-444) is attached which can be duplicated, filled out, and returned to:

TAMMY ZANONI @ Iowa FSA STO, via email & JUDY DAMERON either by email: jldameron@hotmail.com or by mail: Judy Dameron, 718 Mill St., Wapello, IA 52653. Checks would also be sent to Judy! Payroll deductions or check amount:

> CO-6 & below: \$2.70 per pay period - \$70 per year CO-7-9: \$3.47 per pay period - \$90 per year CO-10 & above: \$5.39 per pay period - \$140 per year



Website tip: Negotiations

Do you have an item that you would like to submit for consideration for negotiation with management? Submissions can be made at any time using NASCOE's simple to use online submission tool.

Visit http://nascoe.org/forms-downloads/negotiations-submission/



COT Training After Hours

There's no doubt, we are learning a lot as we travel around our beautiful state. We are meeting some fantastic people and having a blast while we do it. Building bonds, forging friendship and diving into our programs headfirst is just the tip of the iceberg of our COT training experiences. Sometimes, what happens outside of the office becomes noteworthy—whether we expect it to or not.

Courtney Apperson

The greatest thing about being a COT is the CEDs are always more than willing to get you involved or exposed to things happening in their county. Sometimes, you get a bit more than you expected. I was in Fremont County a few weeks ago, and Cindy offered to take me out to show me the flooding. We hopped in the truck and headed west out of town. Cindy and I were talking about the flooding, the ECP program, etc. We came upon a place in the road where there was water running over the road. Cindy stopped the truck. There was a truck coming from the other way getting ready to drive thru the water.

In all the years I have been driving, I've heard over and over again. Do not drive thru flood waters. So naturally, I said to Cindy "Look at the idiot going to drive thru the water." Without hesitation Cindy said, "That's where we are going." The initial look of panic and alarm on my face was pretty humorous to Cindy. Of course, we drove thru the water and around the countryside without an incident. Although, I did glance out the truck window and see a pair of catfish swim alongside the truck.

Julie Fitzpatrick

Hi, I'm Julie from Southeast Iowa. Thus far, my training has allowed me to experience the HEL ground of Marion County, a dairy in Jackson County, cover crop education in Jasper County, and the PT hiring process in Jefferson County! I have also enjoyed learning different management styles and more specifics about Price Support, Common Programs, Production Adjustment, and Conservation. I have enjoyed getting to know all of the PTs and CED's that I have been lucky enough to train with. I know I will be reaching out to all of them as I adjust to my new life as a CED!

During my first 3 training rotations, I got to experience what it's like to live alone or live out of a hotel. Let me tell you that it was quite the adjustment coming from my home-life of being a farmer's wife and mother to 2 little girls (ages 3 and 5)! I was not used to the peace and quiet and by night number 3 (each week) I found myself playing around with snapchat filters after a couple of drinks at the hotel bar. Once my friends and family found out that I would be able to stay at home during my 4th and 5th training rotations they were disappointed that they wouldn't be receiving my weekly snaps! I'm excited that I am on the downhill slide of my training but I'm not looking forward to going back to hotel living during my 6th rotation.

Tim Hoskins

I am a person that tries to enjoy the journey as much as the destination. I have not had any crazy experiences during my COT adventure.

I mostly appreciated the hospitality from each office that I have trained in.

I have also savored in the different scenery through the state as I am traveling. The scenes have ranged from the snow and ice glistening in the winter in Clinton County, the farmsteads in Poweshiek County, the blooming flowers in Marion County, the Redbuds in Lucas County, to the cattle grazing in the lush pasture on rolling hills in Jackson County. I look forward to the rest of the COT journey.



Amie Johansen

Hotel living won't ever be my favorite thing, but I can't say that I disliked it. Breakfast was made before I woke up. Somebody else washed my towels. I slept with a foot in each corner of the bed—not much different than home, but this time no one was trying to push me back to my own side.

Not all training cities have a lot of accommodation choices. No matter, small family run BnB's are quaint and fun too! I was pretty excited to find one of these sweet little BnB's for one of my recent overnight training locations. Once I checked in, I realized things are not always what they seem.

My sweet little BnB was only one B—no breakfast. Okay, there was a café around the corner. I'll just eat pastries for breakfast. I unlock the room, which used a regular house key, to discover things were not level. I grew up in an old farm house, I can handle walking up or down hill into different rooms. When it comes to sleeping, however, I generally prefer that my head be on the same plane as my feet or even slightly elevated. The bedspread was striped, so I assumed it was an optical illusion and the head of the bed wasn't really three inches lower than the foot. No such luck.

Things got more exciting when it came to tuck myself in at night. Teeth brushed, PJs adorned, door locked—hmm. Nope. Door not locked. There was no secondary lock on the door. The only way to test if the door was secured was to be standing on the outside of it. Poor Grandma Moses (because all BnBs-minus-one-B name their rooms) did not quite have all the comforts of home. She tried though, and despite it all, it was a cute little place to stay.

Angela Reynolds

Each training county has something memorable for sure. Jefferson County will always be remembered because of the brutally cold weather and our days off due to the furlough. That was unusual in itself. Aaron, the CED in Jefferson took me to a little place called Mt. Hamil Tap. The highway literally split the town in two. On one side of the highway was the grain elevator and on the other side of the highway was the tavern and maybe 6 houses. And I am quite certain that was all that was in Mt. Hamil. Their special was fried chicken and OH MY!! It was delicious! And the beverage that went with the chicken was delicious also.

Moving on to Clinton County I was reunited with a co-worker from my days in Muscatine county. She took me to a little bar called Buzzy's for taco night. The tacos were delicious! And the beverage that went with the taco was delicious also.

On to Delaware County. Stayed in a brand-new hotel! I was the first person to stay in the room assigned to me. That was interesting...... the bed was so high off the ground that I literally had to jump up onto it. No joke. Found a little sports bar to catch Opening Day game for the Cubs. They had a

delicious tenderloin. And the beverage that went with the tenderloin was delicious also. Say the Delhi Dam on the Maquoketa River then Pizza Place for supper!

Jones County.....temporary shared management with Linn Co. What can I say... I was scared for life when I was given this map of a CRP and HELC issue and asked..." what do you do now that NRCS just gave you this map!" 569, Good Faith, GPR, 493, Letters, CRP Violations, Letters and Appeals OH MY! The big



plus is I didn't cry or turn around and leave! I met fellow COT Amanda in Shueyville for the most amazing BLT sandwich ever! It was delicious! And the beverage that went with the BLT was delicious also! Then, had a friend drive up and we went to Edith and Lucille's Bait Shack and Wing Depot. Cute little dive with excellent food and a wonderful atmosphere! They really did sell bait. And guess what....the beverage was delicious also! So, the theme of my training...... I LIKE FOOD!!!! (and delicious beverages)



Brandon Scheuring

At this point in time, my COT training has taken me to Franklin, Butler, Madison, Sac, and Clayton Counties. In one county, my motel was an old 50's style drive-up. The rooms were very small, and the bathrooms were even smaller. Being a little long-limbed, I was constantly bashing elbows into walls and doors; I felt a little like Godzilla in a city. The shower was so little in fact, in preparation for exit, I looked for an eject button. In the same motel, the walls were so thin I could hear my neighbor clear his throat literally every minute or so, so I counted them like sheep until I fell asleep. One morning, I was coming in to work and had a full cup of Casey's coffee. Trying to do too much with two hands the coffee ended up jumping from my hands into the air, where I managed to juggle it temporarily, before it hit the ground. The Styrofoam cup landed perfectly on its base, but the lid blew off and shot coffee upward all over the inner glass door. The result would appear baffling to anyone who did not witness it happen, as it would seem the coffee was sitting on the floor and blew up. The entryway smelled like coffee for the duration of my training there.

To counter balance these now humorous experiences, I have had the good fortune to meet some really great people in the FSA who went out of their way to make me feel welcome. When training in Sac County I was close enough to where I grew up to meet my family one night per week in Denison to eat. It has been awhile since my mother has been able to ask me what I learned today over dinner. In every county, CED's and PT's have opened their homes, shared local items of interest, fed me, and shown me around their corner of the state. In addition to be an ongoing learning experience, COT training has also been an extended welcome.

Dave Waechter

The best part of this experience for me has been meeting all the great people who work for FSA. At one location I had the unfortunate situation of having car problems. Of course, this happened in the negative 20 plus degree temperatures we experienced this winter. My car would not start for a day and a half. During that time the CED and a PT were gracious enough to give me rides to and from work. Then, when the temperatures returned to a more normal 0 to negative 10 degrees, the PTs Husband helped to get my car started then changed the battery for me in his heated shop. I cannot say enough about the great people who work for this agency!

Amanda Weigel

COT training has introduced me to many new friends. Some of these friendships <u>MAY</u> include Dr. Pimple Popper and the Kardashian family, as I have been indulging in my unhealthy habit of binge-watching "reality" TV. When I look back on the "life lessons" learned in watching these shows, I consider my evenings a win! When I am not watching my new favorite television shows, I spend my evenings getting to know my fellow COTs'. I have enjoyed meeting up with and sharing training stories with several of my classmates. These relationships will serve us well as we transition into our new roles as future CED's.

Honestly, this experience has been a true testament to the generosity and kindness of the people of lowa. I have been to many local restaurants and establishments and have been welcomed with open arms and never lacked for engaging conversations. With my final two training counties located in Western Iowa, I look forward to seeing a new part of the state and utilizing the many opportunities ahead of me!

Mike Yegge

The entire FSA family has been the most welcoming group of people I've ever known-from teaching me all the ropes in the office to inviting me into their home for supper with their family. I've enjoyed everyone that I've worked with, including all the producers. It's been a bit overwhelming learning every FSA program at the same time, but all the travel has been very rewarding, seeing more of my home state than I ever have before and learning the best of the "corny" town mottos.





Caring for Our Producers Mental Well-Being By: Amie Johansen



Last month I had the fortune of attending a combined managers' meeting between Districts 4 and 6. District Director Karen Rawson invited guest speaker Mike Rosmann Ph. D to speak to us about mental distress among our producers.

Dr. Rosmann grew up on a farm in Shelby County Iowa. He went to college and began a career as a therapist in Virginia. In Virginia, Dr. Rosmann came to the realization his

calling in life was to be a farmer. When Dr. Rosmann moved back to Iowa, it was at the beginning of the 1980s Farm Crisis. He then came to believe his true calling was to help our farmers fighting to achieve behavioral and mental well-being.

Often when we work with our producers, conversation goes beyond the business at hand. Our producers open up to us, they share their stories of success and--more often lately—their worries and fears about the turn in weather and the economy. Dr. Rosmann explained to us, there is a reason why our producers so regularly confide in us. In part it's because we are a friendly face representing the office who has helped them continue to do what they love for the past several generations. More so, it's because of our unique position to understand their livelihood and yet we are not directly affected by the success of their operation. Producers feel as though we can truly sympathize and yet they don't feel as though they need to protect us—they don't have to sugar-coat how bad things look for their future.

Dr. Rosmann explained the average person's ability to handle stress. Most people can handle two major stressful events at a time. People begin to feel a loss of control and hope when a third stressor is added. Dr. Rosmann cited a study listing the six most stressful events related to agricultural occupations: 1) loss/death of child 2) loss of land 3) death of spouse integral in farming 4) loss of hired hand 5) divorce 6) crop failure. These stressors all threaten the continuation of a farming operation and are out of a producer's control. In my opinion, with how our programs are designed, we are some of the first people to become aware of these life changes outside of a producer's immediate family and close friends. Fairly often, a producer does not have to divulge very much, and we are able to become aware of their situation.

There are specific phrases Mike urged us to listen for when we are consoling a producer:

- Verbalization of hopelessness ("it's no use," "nothing I do works," "what is the use in trying," "I feel like giving up")
- Verbalization about loss of interests ("I don't care about anything anymore," "I haven't laughed in a long time," "nothing is fun")
- Dramatic statements and threats ("I feel like shooting all my cows," "I'm going to get that jerk")
- Lump in throat phenomenon (feel like they want to cry, but just can't)

Dr. Rosmann also cautioned us to watch out for changes in behavior:

- Avoiding public events
- Retreating or isolation
- Deterioration of livestock, machinery, farm facilities (normally well-kept items becoming neglected)
- Decline in personal appearance

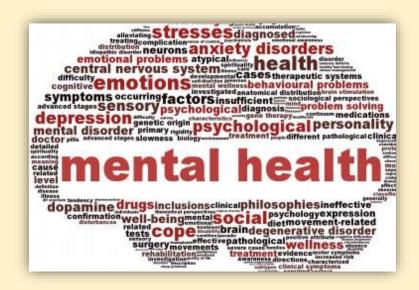
Dr. Rosmann reminded us, that talking about our sources of stress and anxiety are one way to help us cope with our problems. Other coping mechanisms include recreation, comforting touch, prayer and medication and positive interactions with animals we love. In our position as FSA employees doubling as a temporary confidant, we are restricted in the types of care or aid we can provide. We can of course serve as an active listener—letting them know we are concerned about their health and wellbeing—we can help them to diminish the problem, remind them someone always has it worse. If they appear suicidal, we can contact a family member or close friend and stay with them until others have arrived. However, when it comes suggesting professional help or behavioral or mental health resources, we cannot provide them with handouts or pamphlets. We can show them resources, but we cannot provide them with actual reading materials.

Some professional resources include:

- Iowa Concern Hotline 1-800-447-1985
 - Sponsored by ISU Extension—gives confidential, free and culturally appropriate online counseling and referral that includes counseling available to farm, ranch and rural residents needing a follow-up
- AgriSafe Clinic Network <u>www.agrisafe.org</u>
- Psychology Today <u>www.psychologytoday.com/us/therapists</u>
 - A website to find professional counselors who understand agriculture

Dr. Rosmann's presentation was very informative, albeit a heavy topic. As far as he was aware, this was the first forum of its type (presentation on producer depression and anxiety to FSA employees) in the United States. It is Dr. Rosmann's belief, the state of our economy combined with our recent weather patterns are setting producers up to experience situations that will match or even rival the 1980s Farm Crisis. I believe—whether we, as FSA employees, have asked for it or not—we have a responsibility to our producers to help provide the tools they need to be healthy.

In light of all that our producers might be experiencing, Dr. Rosmann cautioned we at the FSA remember to take care of our own mental health and well-being. We are at risk of becoming "empathy-fatigued" and need to remind ourselves to step away and give ourselves a chance to recover as we work with our producers during this very trying time. Director Karen Rawson videoed Dr. Rosmann's presentation to Districts 4 & 6. If you are interested in viewing the presentation, contact Karen.





NASCOE Details:

Hunter Moorhead, NASCOE Legislative Consultant May 17, 2019

The current work period has proven active for agricultural policy proposals and related oversight hearings. The below provides an update of certain activities that impact FSA programs and employees.

Disaster Assistance — The House of Representatives, on May 10, passed legislation providing assistance for 2018 and 2019 hurricanes, wildfires floods and related disasters. The Senate is currently negotiating with the House to finalize what will become the final legislation. The Senate is expected to debate disaster assistance next week. The House details are summarized below for your review.

House Passed Bill:

- \$3.005 billion for crop and livestock losses for 2018 and 2019
- \$480 million for Emergency Forest Restoration Program
- \$125 million for Watershed and Flood Prevention Operations
- \$500 million for Emergency Conservation Program
- \$600 million for Puerto Rico nutrition assistance
- \$25 million for Commonwealth of the Northern Mariana Islands nutrition assistance
- \$5 million for American Samoa nutrition assistance
- \$5 million to study Puerto Rico nutrition assistance provided during 2017
- Market Facilitation Program payment limitation language:
 - \$900,000 and 75% from agriculture AGI payment limitation
 - \$125,000 payment cap

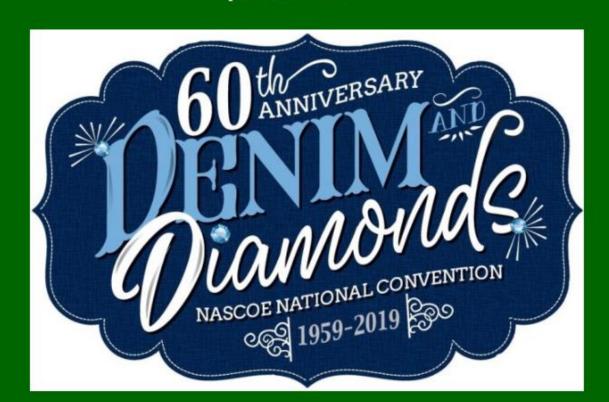
<u>Market Facilitation Program</u> — The Secretary of Agriculture recently commented that USDA will provide another round of trade assistance. Our contacts believe the total assistance will range between \$15 and 20 billion. It is likely that payment rates for specific commodities will be adjusted compared to 2018. Once available, we will provide additional details.

<u>Federal Appropriations</u> — The House Agriculture Appropriations Subcommittee is scheduled to consider the fiscal year 2020 bill on Thursday, May 23. Our meetings with Members and staff have been productive but didn't provide any details about funding levels. Currently, the Senate Agriculture Appropriations Subcommittee is scheduled to meet Tuesday, June 11.

H.R. 2478 Federal Retirement Fairness Act — Congressman Derek Kilmer (D-WA) has introduced legislation allowing former temporary employees, in a temporary position after December 31, 1988, to be credited for service under FERS. Unlike previous legislation, this proposal is more favorable by not requiring significant investment by individual employees while giving workers additional credit toward retirement. We will continue to monitor this legislation that could potentially impact many of our members.



NASCOE's 60th National Convention will take place in 2019!



Please join us in Manhattan, Kansas July 31 – August 3, 2019

NASCOE Emblems Store

Per the the USDA Office of Communications, the USDA logo is the official and sole identifying mark for the Department and all agency programs. Therefore, we are no longer able to offer the FSA logo on our merchandise. We have a full line of merchandise available with the USDA, NASCOE or RASCOE logos.

If you have any questions, please contact us.

Thanks, Emblems by Superior emblemsbysuperior@gmail.com







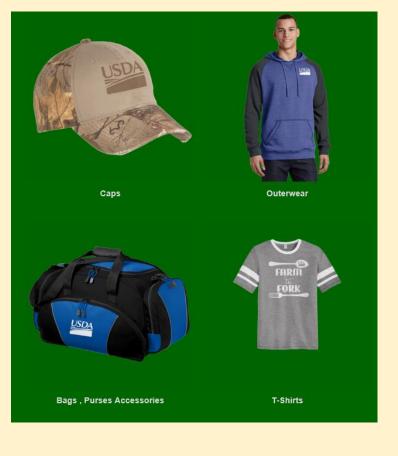
Electric Heather Polo's, Fleece, 1/4 Zip & Tee's













In the Midst of Tragedy, a Community Bands Together

The seed has been purchased, the machinery has been cleaned and tuned up, and 2019 Spring planting season is underway. This is the time of year producers all over the state have been planning for and looking forward to. However, for one Plymouth County family, this planting season is bittersweet as it marks the first after a tragic loss.

Friday, November 9, 2018 started out like any other day in Le Mars. Kids went to school, parents went to work, and farmers took to the fields to bring in the crop. That afternoon, Patrick Kellen (36), his step-daughter Samantha Clark (15) and cousin Tyler Douvia (28); boarded a small passenger plane piloted by veteran pilot, Ed Anderson (49). The three family members were flying to Osceola for a deer hunting trip. Sadly, they never reached their destination. The plane crashed outside of Guthrie Center after the pilot had suffered an apparent heart attack midflight, and a student pilot took over the controls. The State Medical Examiner's findings later concluded that a Carbon Monoxide leak had led to the pilot's unconsciousness.



Volunteers descend on Del Kellen's corn crop. Photos courtesy of Ben Sitzmann

"I believe in the future of Agriculture with a faith born not of words, but of deeds." - FFA Creed

Shocked and reeling from the tragedy, the furthest thing on Del Kellen's mind was finishing his harvest. He had lost a son, a granddaughter and a nephew all in one evening. On Monday, November 12th, Del and his family began working on the preparations for a joint funeral service to be held later in the week. During this time, phone calls were being made behind the scenes to producers in Plymouth County to do what they do best; help a fellow producer in need.

On Tuesday, November 13th the Kellen family woke up to a beautiful site of six combines, six grain carts, 16 trucks and 40 people who had joined together to finish harvesting the Kellen's remaining 450 acres of corn. 11 hours later the work was complete. More than 100,000 bushels of corn had been harvested and hauled to storage. Longtime Le Mars residents Marty Pippett and Del's cousin Chuck Kellen, were the main organizers of the Harvest Bee. With just under 10,000 residents, Le Mars is close-knit community filled with people always willing to lend a hand. "It's tragic and it's sad. You know the family and your friends with them and they mean a lot to you," Pippett said. "There was an outpouring of support from everyone to help them out."

Many local businesses also showed their support for the Kellen family by providing the Harvest Bee volunteers with provisions. Bellissimo's Coffee Works kept volunteers warm and caffeinated with carafes of coffee, while Mark Crop Insurance provided doughnuts and water throughout the morning. Nationwide Insurance also kept the volunteers hydrated by providing bottled water, as well as making sure everyone's heads were nice and warm from the morning's freezing temperatures with stocking caps. To keep their energy levels up, volunteers were treated to a lunch that was supplied by Central Valley Agriculture.

Then, to make sure no one went home hungry, Godfathers Pizza provided a variety of pizzas for supper while Adam Schmidt of Schmidt Farm and Seed Inc, rewarded volunteers for a job well done with "refreshments" to go with their pizza.

The local elevators also did their part by staying open late and designating one pit for the trucks hauling the grain from the Kellen's Farm. Lastly local videographer, Ben Sitzmann, memorialized the whole event with his drone and provided the Kellen Family a CD of pictures.



Continued on next page

In the Midst of Tragedy, a Community Bands Together, Continued



Harvest Bee for the Del Kellen Family Photos courtesy of Ben Sitzmann

Continued from previous page....

When asked about the support from the community, Pippett replied; "we are a strong community, and everyone came together to help them get through this." It was because of the selflessness of this group of people, many of whom had put their own harvest on hold to help out; that the Kellen's were able to grieve with their family and begin the healing process. "You realize that when a community steps in and helps out, it really helps get you through those hard times when you have that support." said Pippett.

American Researcher and Author, Steve Maraboli has a saying, "a kind gesture can reach a wound that only compassion can heal." We could all take a lesson from Mr. Maraboli, not just in times of tragedy; but in our everyday lives as well. Something as simple as saying "Hello" to someone at the grocery store, or even just smiling at the person next you at the gas station can brighten someone's day. You never know what someone is going through and by simply acknowledging them, it might make all the difference.

To those who still have fields to be planted, have a happy and safe rest of your planting season. To all of us in the office, have a great and stress-free certification period (ha ha) and to all, have a great Summer!

"No act of kindness, no matter how small, is ever wasted." - Aesop



Some of the volunteers of the Kellen's Harvest Bee including Del Kellen's two other sons. Derek (third from left in back) and Justin (last on right). Photo courtesy of Marty Pippett

Manchester- Good to Great! Something Cool in My Community! Submitted by: Tammy Eibey (resident of Delaware County!)









Enjoy the adventure at Iowa's largest whitewater park in Manchester. The whitewater park is a fun and free activity in Northeast Iowa for families and adventurers! It is open 24 hours a day, 7 days a week, all year round. Rentals are available. Check out our website for more details.

· Accessible to Persons with Disabilities

Hours of Operation:

Open Year-round		
Monday:	6:00 AM - 9:00 PM	
Tuesday:	6:00 AM - 9:00 PM	
Wednesday:	6:00 AM - 9:00 PM	
Thursday:	6:00 AM - 9:00 PM	
Friday:	6:00 AM - 9:00 PM	
Saturday:	6:00 AM - 9:00 PM	
Sunday:	6:00 AM - 9:00 PM	



EQUIPMENT & RENTAL INFORMATION

The Manchester Whitewater Park is open to the public and there is no cost or admission to utilize the park.

Bring your own kayak, paddle board, tube or contact the outfitters below for rental information

The Watershed

252 River Street, Manchester, IA 52057 Phone: (563) 920-5347 Website | Facebook

TO PURCHASE TUBES AND/OR EQUIPMENT:

Palmer Hardware 115 N Franklin Street, Manchester, IA 52057 Phone: (563) 927-2518

Norby's 1341 W Main Street, Manchester, IA 52057 Phone: (563) 927-4151

Walmart 1220 W Main Street, Manchester, IA 52057 Phone: (563) 927-3377

CONTACT INFORMATION

208 East Main Street, Manchester, IA 52057 Email us at <u>info@manchester-ia.org</u> Call us at (563) 927-3636 WHEN IS THE PARK OPEN? The Whitewater Park is open 24 hours a day, 7 days a week, all year round. The City of Manchester does not close the river. The Iowa Department of Natural Resources (IDNR) would be the only agency allowed to close the river, and it's not likely to happen.

HOW MUCH DOES IT COST? Zero. Because of gracious donors, the Whitewater Park is open to the public and there is no cost or admission to ride the river.

WHERE DO I GET IN? Anywhere you want.

HOW LONG IS THE RIDE? There are 6, 18 inch drops and spans over 800 feet in length.

HOW DO I GET BACK? There is a paved trail to walk back to the start of the course, or you can continue to float along the Maquoketa River as far as you'd like and make arrangements for pick-up with friends or the outfitters listed below.

HOW HIGH IS THE RIVER? Recreational users of the river need to use their judgement to determine when the river is too much for them. Click on the following link to check out the current flow rates and water level of the Maquoketa River. Current flow rates and water level of the Maquoketa River _____

River Forecasts

PARK DEVELOPMENT: Reconstruction of the river began upstream of Marion Street and extended downstream toward the CN railroad bridge. Construction of the whitewater course included: removal of the existing Marion Street dam, construction of 6 "drop" features, development of spectator locations, and shoreline restoration and beautification.

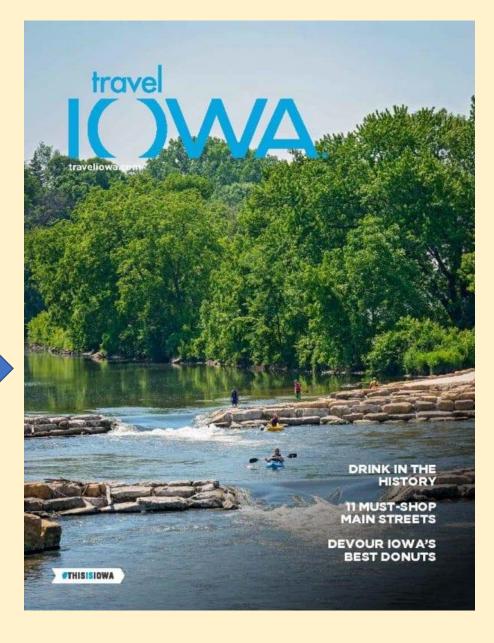
The primary whitewater features are called "U structures". These elements create waves or holes catering to recreational and freestyle kayakers and fishermen. Constructed using large, grouted rocks anchored into the bed and bank of the river, the structures have a gradual slope allowing for fish passage to the large pools located downstream of each feature. Construction of the course relied heavily on the addition of large rocks and anchor systems to channel the natural flow of the river so as to create rapid moving water in channels. The primary in-stream users are whitewater enthusiasts including kayakers, canoeists, rafters, tubers, swimmers and boogie board/surfers.

PARK ADDRESS: 300 West Main Street, Manchester, IA 52057

PARKING AND ACCESS: Public parking is available at 300 West Main Street. This is also adjacent to the Whitewater Park's access point and 1st feature.



Manchester!





TREE TOWN MUSIC FESTIVAL FOREST CITY, IOWA



Country Music Festivals are great fun, but usually are far away from home. About 6 years ago, we were fortunate to have "Tree Town Music Festival" come to Forest City, only about 15 miles from my house! Naturally, I signed up for tickets to see some of my favorites. Over the last 6 years I have seen Cole Swindell, Chris Young, Rascal Flats, Tim McGraw, Miranda Lambert, Keith Urban, Alabama, Jason Aldean, Charlie Daniels Band, Jake Owen, Tracy Lawrence, Trace Adkins, Blake Shelton, Brad Paisley, Scotty McCreery, Thomas Rhett, Dierks Bentley and Toby Keith to name just a few. Every Memorial Day weekend we spent three days/nights at an outside venue in the dust or in the mud. Some nights we sat in our lawn chairs with rain gear and rubber boots, just so we could see our favorite artists. When it was raining, we saw everything from full body mud sliding to people walking right out of their boots as the mud sucked them right off their feet! When it was dry, the dirt was so bad everyone looked like racoons when they took off their sun glasses. You know, some people think sun screen isn't necessary and you could spy them everywhere-OUCH. Here are just a few points of interest

- Miranda Lambert She expected Iowa to be a little more "rowdy" ... She just didn't know we hadn't started yet.
- Keith Urban He expected fresh fish for his food. REALLY, in Iowa? He also demanded the "pit" around him be full of concert goers and since the VIP tickets weren't sold out, they had to pass out free tickets! I did NOT get one.
- Charlie Daniels Band 82 years old and gave the best concert ever. Still amazing with "The Devil Went Down to Georgia"
- Brad Paisley The POTUS called him away for a concert overseas, duty calls and his concert time was changed (I missed that one)
- Blake Shelton He did not disappoint, pretty sure what was in his cup was not lemonade!
- Toby Keith He borrowed a truck from someone and drove around during the day to meet the people. After the concert he joined a random group of campers for beer and some BBQ. One of the campers said "You look like Toby Keith", his reply was that he hears that a lot. He spent some time with them drinking beer and exchanging stories. As he walked away from the group, he said BTW- I am Toby Keith!!
- Tim McGraw Humble and Kind is the best way to describe his concert

In 2020, this venue will be called "Country Thunder Iowa". It will still be in Forest City, but I'm sure changes are coming. The final two entertainers at Tree Town were Trace Adkins and Toby Keith. Both of these gentlemen are true patriots and gave our veterans the Memorial Day tributes they so deserve.

While in attendance of the concerts, I always imagined meeting one of the artists while walking around the grounds and it just never seemed to happen. This year we were walking around before the concert started and saw some friends come by who had just had a coveted Meet and Greet with Trace Adkins. As we chatted, a gentleman asked if we would like a Meet and Greet with Trace. I was finally going to meet one of my favorite country singers in person! We were escorted to a small tent, shook hands with him and had our photo taken. Mission accomplished! If you are looking to spend some time with friends, hear some great music and meet new people come to Forest City. You won't be disappointed.

Cindy Pistek

