

FROM THE DESK OF DERRYL MCLAREN, SED



Harvest is drawing ever closer, and that signals the close of this fiscal year, as well. It seems that 2005 has given us a "mixed bag" on many fronts.

In looking forward to harvest, lowa is a state of haves and have-nots. The year of 2005 will be best forgotten by those ravaged by drought in eastern and southeastern lowa, while many farmers in central and northwest lowa are talking about yields rivaling last year. The very large carryover of 2004 corn has elevators bursting at the seams in the western $\frac{1}{2}$ of the state, with a bumper in the wings that will need to find a home. On the eastern shore

of lowa, however, grain handlers are chasing scarce supplies. Drought would normally bring higher prices, but not in the case of corn. Can you say LDP?

With LDPs looming, we would normally anticipate TOs, but not in the shadows of a budget squeeze. As I visit offices, you always ask if this is an '05 or '06 problem. The budget for Fiscal '06 presents more questions than answers at this point, but the appropriations mark-ups in Congress are not encouraging. We do know that buyouts have been offered to trim employment numbers nation-wide and save salary dollars. Most of these buyouts reflect actions taken last February; staff years were reduced on paper to demonstrate savings in '05, but the employees remained on the roles. Without salary reductions in '05, the budget had to be reduced in other areas in order to finish in the black. Loss of EQIP administrative workload (123 CO) and the Tobacco program (138 CO) added to the numbers for the buyouts, along with the elimination of additional employees that "gaining states" will never receive. The buyouts are both catch-up ('05) and pro-active ('06).

The new fiscal year will present us with some challenges, but I have always been one to improve my lot, if possible. I feel an urgent need to address permanent employee needs in under-staffed offices if we are to fend for ourselves without adequate TO assistance. I believe we can make major strides in this area; we have to. Our priority in '06 remains GIS. Many programs are already being developed to utilize GIS, and we are not even 20% certified. How many of you could follow the story-line of a Star Wars sequel without seeing the original movie, or buy a motorcycle without knowing how to ride a bike? Right! For something new, we will be implementing a new 5-tiered Performance Plan to become effective in December. You will be provided training and should have adequate time to initiate it. Oh, and I just heard "FSA Tomorrow" is alive, again. "I don't know", is the honest answer to that question. Together, we will face that challenge, as well, whatever it is.

I don't know about you, but I'm ready to harvest a crop, declare victory, and put 2005 in the file drawer. Some of you will want to retrieve the file from time to time, and others will want to leave it "buried". Personally, I only look to the past for memories and lessons learned. You have shown exceptional resilience, patience, and dedication over the past year, and I thank you for your service. You deserve to find comfort and self-satisfaction in a job well done.

Dary Marin

Dee-liberations

By Dee Ann Lehn IASCOE President & CED Keokuk County

The past couple of months have been interesting ones. I have had the opportunity to meet and speak with other employees from all over the United States. Several IASCOE members attended the NASCOE convention held in Rapid City, South Dakota the end of July and I was lucky enough to be one of them.

The South Dakota delegation did a fantastic job of hosting the convention. Their enthusiasm as members of NASCOE is overwhelming. There were over 230 South Dakota employees in attendance at the convention and all of them pitched in to make the



convention a success. I only hope we in lowa can build some of that enthusiasm here as we prepare for our next state convention.

There was a panel of Washington DC employees that answered questions during the general session on Friday morning. I cannot report that what they had to say was encouraging. The budget for 2006 looks to be as tight if not tighter than 2005. We have a big job cut out for us as employees. We need to promote ourselves and let our leaders in DC know that we are willing and able to take on any new programs that become effective with the new farm bill.

Several employees also attended the forum held by Secretary of Agriculture, Mike Johanns, at the Iowa State Fair on August 11, 2005. Secretary Johanns spent most of the forum listening to suggestions from the audience on what the new farm bill should try to accomplish for the farming community. Also present at the forum, were Senator Harkin, Senator Grassley, Congressman King, Governor Vilsack and Iowa Secretary of Agriculture, Patti Judge. I did get an opportunity to speak with Secretary Johanns for a few moments on a one-to-one basis and I took the opportunity to put in a "plug" for FSA and the dedicated employees we have.

We all need to make opportunities to speak with our legislative leaders about our agency and its capabilities. If you haven't signed up for CAPWIZ yet, please do so and please promote Bill HR2209 to your representatives.

Dee

-----<u>[ASCOE</u>-----

The cover photo was taken north of Schaller Iowa by Brian Beach - IASCOE Webmaster & PT Sac County

Hello IASCOE Members!

Tammy Eibey has graciously offered a space in the lowa newsletter for comments from the members of the NASCOE Executive Committee. Thank you Tammy!

I won't take much of your time or space in the newsletter, but I did want to tell you how much I appreciate being elected as Vice President of this great association. As you may know, I am the first female Program Technician to be elected to this office. My intention is to do my best to live up to the trust placed in me by the delegates who elected me. As a member of NASCOE you should accept no less. I invite you to let me know your opinion of whether or not I am meeting your expectations.

No man (or woman) is an island. The Executive Committee of NASCOE is made up of the five officers and five Area Execs. Each one brings something different and unique to the table, and it takes the input of each person to be the best leadership we can be. One of the most important aspects of NASCOE leadership is the ability to be a team player while striving to make decisions that will improve the working life of all members of NASCOE. Sometimes that is next to impossible, but over the years as I've sat on the Exec Committee, I've observed that each Committee has the same drive, determination, and desire to do the best they can possibly do for the membership.

We are now, and will continue to be, facing some very difficult times as employees of the Farm Service Agency. The NASCOE leadership is facing some very difficult decisions while trying to ease some of the difficulties, and we will need your assistance and advice to do what is best for the entire association. Communication is one of the keys to success of any organization but most assuredly a key to NASCOE. As a member you should never hesitate to contact your Area Exec Mark VanHoose or his Alternate Jon Williams with any questions, concerns, suggestions, etc. you may have. Mark and Jon are your first line representatives, and, of course, Area and National Committee Chairpersons are a great source of information to and for you.

Can NASCOE always do exactly what you think should be done, when you think it should be done? Can NASCOE solve every problem? The answer to these questions is "No", but together we can do our best to make a positive difference for all of us.

President Dan Root and I are committed to working together and with the other Exec Committee members over the next year in an effort to unify the team and provide the best service to you, the membership. I know that I speak for Dan when I say that "our door is always open". We want you to know we are only a phone call or an email away.

Sincerely,

Bonnie Heinzman NASCOE Vice President

2005 NASCOE Directors

PRESIDENT

VICE PRESIDENT

SECRETARY

TREASURER

PAST PRESIDENT



Daniel Root 1400 W Main Albert Lea, MN 56007 (507) 373-7960 (O) Daniel.Root@mn.usda.gov



Bonnie Heinzman #1 Ball Park Drive McMechen, WV 26040 (304)242-8703 (N) (304) 242-0576 (O)

bheinzman@charter.net



Darlene Schouten 1008 Lincoln Ave. Olivia, MN 56277 secretary@nascoe.org



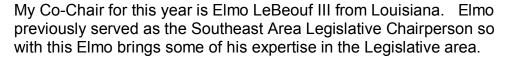
Larry Segars 1015 West Second Dewitt, AR 72042 (870)946-3815 (N) (870) 946-3331 (O) Larry Segars@ar usda.gov



David Vidrine
PO Box 312
Deridder, LA 70635
(337) 463-8338 (N)
(337) 463-7001 (O)
David.Vidrine@la.usda.gov



I have been honored to be asked by Dan Root, NASCOE President to be one of the National CO-Legislative Chairpersons. Dee has asked me to write a little about the position and the duties involved.





There are many duties assigned to this position. Basically we will formulate policy that will be used nationwide by NASCOE members that will not be detrimental or show favoritism to any area of the nation. The policy is then presented to the Executive board for approval before release to the members. We will be in charge of organizing meetings of the National Legislative Committee that is comprised of one person from each area. The Midwest Legislative person is our own Tammy Eibey. The Area Chairs work with the national chairs on policy and also with their respective states in their areas. They work with the states to form a list of "key" contact people that we can draw on when needed.

We work closely with our Washington Consultant in developing our policy and recommendations for any action that we may take.

Sometime early next year we will have a Legislative Conference in Washington, D.C. and during this conference we hope to have members from each state attend. For this conference we will plan the agenda and formulate position papers that will be used in visits with our congressmen.

The year will be a very busy one but I am up to the challenge. If I can be of help to you or answer any of your questions please give me a call.

Trice Smith - CPT Benton County & National Legislative Co-Chair

NASCOE FACES ADDITIONAL CHALLENGES IN 2006!

By Mark VanHoose, MWA Executive

I want to thank the Midwest Area for their confidence in electing me to the position of Midwest Area Executive. Iowa was very supportive of me as I sought this position and I appreciate your state very much! For those who do not know me, I have just recently reached the 20-year point as a CED in Southwest Ohio and recently finished my third year as national legislative committee chairperson. I am excited about this new challenge as I help guide NASCOE into the future. The NASCOE executive board just recently held their organizational meeting in Cleveland, Ohio. During this meeting I was asked to share concerns of NASCOE members in the Midwest Area. The following are some concerns expressed by the various state association presidents:

- 1. The fear of impending changes coming with the "FSA Tomorrow" Plan, position buyouts and job insecurity.
- 2. The centralization of administrative functions into two counties within districts within a state resulting in confusion and workload loss.
- 3. Denial of payroll deduction for purposes of funding the Political Action Committee.
- 4. Lack of time to adequately prepare for the Secretary's Farm Forums.
- 5. Concerns about the 5-tier performance plan and lack of concrete factors to make determinations.
- 6. Frustration with agency leadership in failing to promote the strengths of the agency and failure to work with NASCOE on initiatives like animal ID.
- 7. Continued frustration with the disparate treatment between GS employees and CO employees in areas such as workload. There are still problems with the 1165 plan that negatively impact CO employees.
- 8. Inconsistent interpretation of eligibility to serve as a county committee member.
- 9. Wisconsin and Missouri are concerned that CO buyouts are disproportionately higher than other states in the Midwest Area.
- 10. The e-auth process is chaos for counties to deal with when trying to get help.
- 11. No answers for GIS questions or programs with changes such as CRP. Lack of training is starting to show poor results.
- 12. Concern with SED's filling CED positions when office closures may be looming.

Continued...

These concerns were very consistent across the Midwest as I spoke with each president and I know they mirror concerns in the other national areas as well. It is a daunting list as your association leadership works to protect your interests. As I consider the challenges we are faced with, please remember that your support of NASCOE is needed more than ever. Also remember that in this battle your work as an individual member is needed to make sure we are able to accomplish our goals for a viable Farm Service Agency for the future of our producers and security as an employee. Take a few minutes to consider what you can do as a member of your employee association:

- Remember to be a member! Numbers are important when we go to represent you.
- Make a telephone call or visit your Congressman's local office to update them on what's going on at FSA. There are some good position papers on the web site at www.nascoe.org. Be sure to cover the local impact of your office. Remember, on your time and dime!
- Attend your state convention each year. Attend the area rally or national convention if you can.
- Sign up for Capwiz to receive updates on legislation affecting your agency and employee benefits. Use the Capwiz system to make Congressional contacts. Remember, do this from home on the NASCOE website.
- Serve in a voluntary position in your state association. This keeps your dues low and recognizes the work of those who served before you.

There will be some heated battles in the Halls of Congress and negotiations with the administration as we strive to protect your interest as a NASCOE member and I encourage you to get involved in the process! The FSA Tomorrow plan will very soon be the FSA today plan and we need to get ready. If you have any concerns please contact me by email at mark.vanhoose@oh.usda.gov or m vanhoose@yahoo.com. I want to thank the Iowa Association for this space in their newsletter and I look forward to seeing each of you this coming spring at your state convention!



Congratulations, Scholarship Winners

"Well, it's that time of year when our college students are off to new adventures!! Once again, the membership would like to wish our recent scholarship winners- Jon Larson, Sarah Christenson and Kelsey McQueen the best of luck at their school of choice. Hmmmm, it seems to me they were all going to ISU??? I would like to extend a hearty "good luck" to ALL of our students--these individuals are our future.



Cindy Pistek Scholarship Chairperson



Meet Jonathan Williams Midwest Area Alternate

Hi everyone, As your newly elected Area Alternate I have been asked to give you a little background about myself. First of all I go by Jon instead of Jonathan. Nothing wrong with Jonathan, it's just a little too formal for me. I have been a CED in Juneau County for almost 19 years. I have three PTs in my office and we have around 1000 DCP contracts, 400 CRP contracts, and 120 MILC contracts. We have a wide range of crops in my county including potatoes, cranberries,

vegetable crops, soybeans, barley, wheat, corn, oats, and alfalfa. We are located just north of Wisconsin Dells with the Wisconsin River making up the east boundary of the county.

I have been a WASCOE/NASCOE member since I came to Juneau County and have been WASCOE president for 5 years. I have attended many state conventions outside of Wisconsin as well as MWA Rallies and the NASCOE Conventions. I have also been to 3 legislative conferences for NASCOE.

As the MWA Alternate I hope to learn more about the way NASCOE operates and help keep this a strong association. We are going to face plenty of battles during the next couple of years and it will take strong leadership to hold our own in these battles. Strong leaders can only do so much. Your State, Area and National officers and Committee chairs will need your help to fight these battles. If you are asked please consider helping or if you wish to get more involved let one of your officers know. I'm sure they will appreciate it.

If you have any questions or concerns that you wish to bring to NASCOE, contact myself or Mark VanHoose the Area Executive and we'll do our best to pass it along.

Jon W. CED Juneau County Wisconsin



MW Area Executive

Mark VanHoose 5615 Camp Run Rd Georgetown OH 45121 Office (937) 378-6173 Home (937) 378-6029 Email - mark.vanhoose@oh.usda.gov

MW Alt. Area Executive

Jon Williams W4031 Pfaff Ln Lyndon Station WI 53944 Office (608) 847-7221 x105 Home (608) 666-2029 Email - jonathan.Williams@wi.usda.gov



MWA Legislative Report MWA Legislative Report

Submitted by Tammy Eibey, MWA Legislative Committee Member IASCOE Publicity Committee Chair – FLPO Delaware County

Mark Van Hoose - MWA Executive, Jon William - MWA Alternate Executive and Trice Smith - National Legislative Co-Chair, have all graciously written an article for this IASCOE Newsletter addition. All have mentioned that we are just entering a very testing time for FSA. Please read these articles carefully. They will let you know what the NASCOE leadership is doing and what the Legislative Committee is about and planning for the up coming year. Mark reported back from the National Organizational meeting the 12 issues that he brought before the NASCOE leadership from the MWA.

Everyone should take some time to consider what you as an employee can do. It is very important to be a member of your State organization. We need to continue to make our contacts with our local Congressman's office to update them concerning what is going on with FSA. Position papers regarding hot topics are periodically posted and updated to the NASCOE web site at www.nascoe.org. We need to cover the local impact of the decisions made by Congress or the USDA administrators. This action does require you do it on your own time. Personal contacts are very important and we need to continue that aspect of our grass roots approach. Please try to attend your state convention, surrounding state conventions, area rallies and National Conventions. This keeps you connected and informed on many issues. Even better is to serve as a director, district committee or in some other capacity in your state organization. A very good tool put in place is CAP WIZ. So far Iowa is leading the nation with 124 registered but we have a long way to go. This also is to be used by non-government computers. You can register by hitting the CAP WIZ link at our IASCOE website www.iascoe.org. It is very easy and it also keeps you very well informed as hot topics come up.

I want to thank Mark for asking me to serve in the position as the MWA Legislative Chairperson and Trice Smith for taking on the role as our National Legislative Co-Chair in this very trying time for FSA/NASCOE with the looming affects of budget cuts and the implementation of some type of the "FSA Tomorrow" plan.

If you have any questions or comments, please contact me. I have always believed that if every employee became more involved, the impacts we all feel as FSA employees would be minimized. We need to be proactive, not reactive!

Tammy Eibey
MWA Legislative Chairperson
Email - tammy.eibey@ia.usda.gov

PROGRAM COMMITTEE

This committee was formed to compile suggestions for negotiation items and/or program inefficiency's. The suggestions are taken at the State level and then on to the MWA level and National level for further review.

Is it a Negotiation Item or Program Inefficiency?

Do you have an item you would like to submit but just not sure where it should be submitted? Here are some things to consider to help you decide:

NEGOTIATION ITEMS

Your concern should be submitted as a Negotiation Item if any of the following apply. To help you decide ask yourself these questions:

Are you looking for a change in FSA policy?

Are you concerned that established FSA policy is not being followed?

Are you concerned about changes made in established policy? (COC Elections)

Does it involve individuals?

Does it involve a group of individuals?

Does it concern Position Classification or Grades?

Does it pertain to FSA policy on holidays, leave, travel, credit hours?

Is your concern about personnel issues such as:

Adequate training, Inaccurate position descriptions, Value of performance evaluations?

Concerns about staffing and budget?

Do you question if Workload is being credited for work that is being done, or have a concern that workload is not being credited where the work is being done?

PROGRAM INEFFICIENCES

Your concern should be submitted as Program Inefficiency to the Programs Committee if any of the following apply. To help you decide ask yourself these questions:

Do you have a specific question about a program or a suggestion for improving the processing of a program?

Is it concerning one of the FSA programs? Conservation - Price Support SCIMS - ADP/IRM - Etc.

Do you have a constructive suggestion to improve the efficiency of one of the new web-based applications for a program?

Are you offering a better way to process paperwork?

Have you exhausted all other avenues for information, but still need clarification of program rules or regulations?

Is it an issue with conflicting handbook policy? (2 handbooks/2policies/1 Issue)

Do you have a specific question about a program function that is not in the handbook, such as, "Where in Workload and/or Work Measurement do I count field visits for emergency programs?

NASCOE PROGRAM INEFFICIENCY SUBMISSION FORM

STATE	COUNTY	DATE
ISSUE (i.e. program	inefficiency/area of concerr	and procedure reference if applicable):
	tances of the concern):	
SOLUTION (i.e. you	r suggestion for correcting t	he inefficiency):
Submitted by:		Phone:
	(Name and address)	Email:

Mail or email to your Area NASCOE Executive Committeeperson and your Area Program Committeeperson

(A copy of this form should also be sent to the National Program Chairperson)

Items of concern may be submitted at anytime. Timing could be critical to program inefficiency. It is not necessary to wait for negotiation/consultation time. These items will be acted on upon receipt.

IASCOE Publicity Committee

Tammy Eibey, FLPO Delaware County Brian Beach, PT Sac County - Web Master

IASCOE District Committee Members

- 1:
- 2: Lisa Forburger, PT Kossuth County
- 3: Connie Straw, CED Howard County
- 4: Candy Hoyle, PT Greene County
- 5: Kitty Benda, PT Marshall County
- 6: Trice Smith, CPT Benton County
- 7: Carole Dawson, PT Taylor County
- 8: Rhonda Cooper, PT Union County
- 9: Sue Strobel, PT Keokuk County



IASCOE Benefits and Legislative Committee

Benefits- Kathy White, CED Iowa County Legislative- Cindy Mensen, CED Clayton County



IASCOE District Committee Members:

- 1 Jeff Davis CED Plymouth County
- 2 Steve Abbas CED Franklin County
- 3 Karen McNeil PT Winneshiek County
- 4 Pat Warbrier CED Harrison County
- 5 Teresa Simonton PT Poweshiek County
- 6 Randy Madsen CED Muscatine County
- 7 Cindy Bebout PT Fremont County
- 8 Linda Carson PT Clarke County
- 9 John Bartenhagen CED Louisa



Contribute To The Next IASCOE Newsletter

If you have any stories, photos, jokes, quotes, or information that you would like to include in the next IASCOE Newsletter, send them to Tammy Eibey at tammy.eibey@ia.usda.gov.

Sick Leave FERS-Style

Wednesday, August 10, 2005

By Reg Jones

My, how time flies. And the changes it brings with it. Federal Employees Retirement System (FERS) – a retirement system shunned by most Civil Service Retirement System (CSRS) employees and required by law of all new employees – now has more employees in it than CSRS. And, as more and more of those FERS employees approach retirement, they're beginning to ask an important question: "Why can't my unused sick leave be added to my earned service credit the way it can with CSRS employees?" Good guestion!

Decades ago, CSRS employees didn't get any credit for unused sick leave either. Congress granted them that privilege in exchange for an increase in their retirement contributions, which went from 6.5 to 7 percent. However, when the FERS law was enacted, Congress made a conscious decision not to allow employees in that new system to get credit for unused sick leave. There's nothing in the official record that says why.

In a recent study by the Congressional Research Service (CRS), it was noted that sick leave use for both CSRS and FERS employees has increased since the law was changed for CSRS employees in 1969. They suspected that part of the reason is that the number of situations in which sick leave can be used has grown to cover such things as caring for family members and adoption.

Nevertheless, CRS's review of the data revealed that when the sick leave use of CSRS and FERS-covered employees was compared, FERS employees used much more than CSRS employees; and FERS employees approaching retirement used more still. Also of interest was the fact that the sick leave balances of FERS employees were only about half as large as similarly situated CSRS employees.

Contrary to popular opinion, CRS discovered that the crediting of sick leave in the private sector and state and local governments is quite common. While many of these organizations limit the amount of sick leave that can be carried from one year to the next, they often allow their employees to get credit for their unused leave. Some do it by letting them cash it in, others by allowing them to covert it into some other benefit.

In conclusion, the CRS study offered two policy options. The first was the obvious one: strictly enforce sick leave rules. The second would be to create an incentive for FERS employees to conserve their sick leave, just as many non-federal organizations do. The study concludes with this statement: "A threshold question for Congress, however, is whether any change is needed in the current policy regarding FERS employees' unused sick leave. It could direct OPM to undertake a comprehensive study of the issue or take other steps short of initiating a new policy." Congress could do that, but will it?

DISTINGUISHED SERVICE AWARDS

It is time again to start thinking about recognizing someone that has made an outstanding contribution in areas of: NASCOE; FSA – Agriculture; or Community Service. This program encourages recognition of NASCOE members who make outstanding contributions in one of the three areas. Any member of the Association may make a nomination. Only members of the association who are in good standing, who are serving under a permanent appointment, or who have voluntarily retired during the current year are eligible to receive these awards. Nominations need to be mailed NO LATER than FEBRUARY 1st, 2006.

INFORMATION FOR EACH CATEGORY

SERVICE TO NASCOE: Years of NASCOE membership; committee activity; offices held; contributions to the organization; FSA background and any other pertinent information can also be included.

SERVICE TO FSA-AGRICULTURE: How long has nominee worked for FSA?; what program or special project have they worked with?; size of county and number of farmers; any outstanding contribution to FSA and /or Agriculture?; has nominee received any special awards or promotions?; NASCOE background and any other pertinent information can also be included.

COMMUNITY SERVICE: What organization(s) has nominee worked with?; do they hold an office or any special committee assignment?; their church affiliation, family status, children, ect.; what has nominee done to improve the community he/she lives in?; any special recognition received; FSA and NASCOE background and any other pertinent information can also be included.

LENGTH OF NOMINATION

A nomination should be brief, factual, and specific! It cannot exceed two (2) double-spaced typewritten 81/2" X 11" pages, plus the cover sheet. The pages must not be reduced by photocopier or other means to enable more print on the two pages. No attachments, and conclusions not backed by facts should be avoided. Specific examples and details should be given to support the nomination.

SUBMITTING NOMINATION

Mail the original and five (5) copies of the nomination to Attention – Connie Safley, Dallas County FSA, P.O. Box 70, Adel, Iowa 50003 before February 1^{st,} 2006. If you need a cover sheet or more information, contact Connie Safley at 515-993-4205 or you can go to the NASCOE website at www.nascoe.org.



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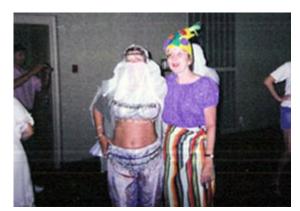
To receive notification of new IASCOE Newsletters and web page updates, go to our web site at iascoe.org and click on the subscription link.

NASCOENATIONAL CONVENTION

Rapid City, South Dakota July 27 to 30th, 2005

There will be a more detailed description of the 2005 National Convention in the fall NASCOE National News Mailing. A good time was had by all and in the evenings there were several events to attend. One night was the Costume part (See those crazy lowa and Wisconsin people in full costume), another night was Hot Harley night and Friday night included a BBQ and program at the Flying T Ranch. Our own lowa Retiree from Jones County, Pat Sorgenfry, was asked to come on stage! Saturday included the awards banquet and dance. South Dakota did a wonderful job keeping the 700 plus conference attendees entertained as well as informed on NASCOE business during the meetings and general sessions. Hope to see more from Iowa at he 2006 Convention in Cleveland, Ohio. 2007 will be in Myrtle Beach, South Carolina!

Tammy Eibey
IASCOE Publicity Chair
(Glad she missed being caught on film!)





Iowa Delegates at the Costume Party



Wisconsin Delegates



Pat Sorgenfry on stage at the Flying T Ranch

2006 IASCOE Convention

This is the site of the 2006 IASCOE Convention! More details to follow in the December 2005 and March 2006 IASCOE Newsletters! IASCOE will be receiving a discounted room rate as well! Room Rates will be \$70.00 plus tax for a standard or deluxe room. This is centrally located in the state and just off Interstate 80. Mark your calendars to join us at the convention March 31 and April 1, 2006.

Stoney Creek Inn And Conference Center

5291 Stoney Creek Court Johnston, IA 50131

This Northwoods themed hotel has a 3 star diamond rating. Guest rooms offer a variety of amenities including a complimentary deluxe continental breakfast. Their wilderness park features Iowa's only heated indoor/outdoor swim through pool, and the hotel is conveniently located off two major interstates and close to many area restaurants and attractions.



Amenities

AM/FM Alarm Clock
Bar/Lounge
Business Center
Coffee Maker in Room
24 Hour Front Desk
Handicapped Rooms/Facilities
Express Checkout
Free Parking
Free Local Telephone Calls

Laundry/Valet Services
Hairdryers Available
Modem Lines in Room
Meeting/Banquet Facilities
Pool
Parking
Fitness Center or Spa
Television with Cable

Room Information

_A1KN

Charming non-smoking room with one king bed, unique Northwoods decor, microwave, fridge, desk, coffee/tea, iron/ironing board, easy chair, dresser, private bathroom with bathtub and shower, AM/FM alarm clock, in-room movies, remote control cable television, and telephone with voicemail. Complimentary continental breakfast, hispeed internet access, outdoor parking, local telephone calls, and airport shuttle - 6:30am to 10:00pm - included in every room. Maximum 2 adults allowed in room and 5 guests including children.



_A1KS

Charming smoking room with one king bed, unique Northwoods decor, microwave, fridge, desk, coffee/tea, iron/ironing board, easy chair, dresser, private bathroom with bathtub and shower, AM/FM alarm clock, in-room movies, remote control cable television, and telephone with voicemail. Complimentary continental breakfast, hi-speed internet access, outdoor parking, local telephone calls, and airport shuttle - 6:30am to 10:00pm - included in every room. Maximum 2 adults allowed in room and 5 guests including children.

A2DN

Charming non-smoking room with two double beds, unique Northwoods decor, microwave, fridge, desk, coffee/tea, iron/ironing board, easy chair, dresser, private bathroom with bathtub and shower, AM/FM alarm clock, in-room movies, remote control cable television, and telephone with voicemail. Complimentary continental breakfast, hi-speed internet access, outdoor parking, local telephone calls, and airport shuttle -6:30am to 10:00pm - included in every room. Maximum 2 adults allowed in room and 5 guests including children.

Miscellaneous Information

Check in time is 3 PM Check out time is 11 AM Opened in December 2001. 141 rooms. 4 floors.

Directions

Turn south on Fleur Drive, follow until Hwy 5 North, turn west on Hwy 5 N, merge onto I35 North, follow to exit 129, turn north, turn east onto Birchwood Ct., turn North onto Stoney Creek Ct. Enter onto I80 West, follow to exit 129 turn east onto Birchwood Ct., turn North onto Stoney Creek Ct. Enter onto 35 South, merge onto I80 West/I35 South, exit 129, turn east onto Birchwood Ct, turn North onto Stoney Creek Ct. I235 North to I80 West, follow to exit 129, turn east onto Birchwood Ct., turn North onto Stoney Creek Ct. Exit 129, turn north, turn east onto Birchwood Ct, turn North onto Stoney Creek Ct. Exit 129, turn north, turn east onto Birchwood Ct, turn North onto Stoney Creek Ct. Stoney Creek Inn is located in Johnston, Iowa, a beautiful suburb just northwest of Des Moines. We are within walking distance to great dining and a movie complex.

Cancellation Policy

Through the Internet Site where your reservation was made, cancellations must be made prior to 3 PM, 1 day before arrival to avoid a one nights room and tax charge.

Restaurant Information Okoboji Bar And Grill

* Open from 10:30AM-1:00AM* A Sports Bar serving American cuisine* Located 0.25 miles from property

Legends American Grill

* Open from 10:30AM-2:00AM* A Sports Bar serving American cuisine* Located 0.5 miles from property



Foxboro Grill

* Open from 11:00AM-12:00AM* Serving a variety of savory homemade cuisine* Located 1 mile from property

Greenbriar Restaurant And Bar

* Open from 11:30AM-2:00PM, 5:00PM-10:30PM* Serving American and Italian cuisine* Located 4 miles from property

Jesse's Embers

* Open from 11:00AM-2:00PM, 5:00PM-11:00PM* Steakhouse and Seafood restaurant* Located 0.75 miles from property

Meeting Facility

Meeting and Conference Rooms

* 9 Meeting Room available* Approximate capacity is for 400 people* Contact Hotel for further details



"Powered by NASCOE" Tee Shirt

For all you NASCAR Race fans and for all others who just want a good-looking screen-printed tee shirt, we've come up with this FSA - Powered by NASCOE white 100% cotton tee shirt. NASCOE does power FSA! Think of where you, as an FSA employee, would be without NASCOE's power working for you.

Buy a shirt today; NASCOE gets a percentage of all sales. The shirt comes in sizes S through XXL. White only. The price is \$12.50. Order today at www.thenascoestore.com



IACS Officers for the coming year are:
David Hoaglund – President
Steve Showalter – Vice President
John Vote – Secretary
Rhonda Triggs – Treasurer

We are elected to serve everyone, member or not, by making FSA a more efficient and better place to work. It has been 10 years since the reorganization, but change still seems to be the only constant. It seems we have always been discussing right sizing or downsizing for the last 10 years, if not before. Recently, we have witnessed how fast the changes can occur. In July we were told that lowa would continue on course and there would be no buyouts offered. Now, we know that lowa must reduce 9 GS FTE's. This was a huge surprise to say the least! Iowa will be accepting 7 of the 10 targeted buyouts offered.

We always hope changes will affect some other place, but this doesn't always happen. Although this is more than enough change to us, it may be only the beginning, depending on what the future budgets contain. We all need to work together with management to achieve our goals, perform our best, and accomplish the agency's mission, as we deliver our programs to the producers of this great nation! I think that everyone must keep an open mind when it comes to possible realignment in the future even if we don't like it. It is apparent the workload and budget are the dominant factors in determining FSA staffing. We need to be certain that all work being done is captured in workload. Management needs to understand and allow for all work to be completed with adequate staffing.

A few years ago I believe there was discussion about what is more important for the delivery of FSA programs: Bricks and mortar or employees who are well trained and qualified to do the job. It is hoped that if we must endure more changes, bricks and mortar are a good trade for employee jobs. We will see more changes. Even those elected and appointed, don't relish these decisions, but as representatives of employees we need to provide input to management in these volatile times. The employee associations have not always agreed in the past, but we need to keep open minds and listen to everyone's viewpoint.

IACS will continue to be a voice and link to the SED that will allow employees to be involved in future discussions as they relate to change in FSA.

David Hoaglund IACS President



IASE Officers for 2005-2006

Sandralee Scott, President, Dubuque Co. Judy Rains, Vice President, Jackson Co. Barbara Reed, Secretary, Clinton Co. Sharon Moroney, Treasurer, Buchanan Co. Marla Crawford, Past President, Ringgold Co.

Message From President Sandralee:

Hello! Thanks for letting me share a little of our association with you. The National Association of County Office Assistants and Clerks (NACOAC) formed, and recognition was given in 1975 by the County Office Assistants and Clerks of the then USDA Farmers Home Administration. In 1996 the National Association of Support Personnel of RD formed along with the National Association of Support Employees of FSA (NASE). Iowa Association of Support Employees (IASE) is under the umbrella of NASE.

Some of the Objectives of NASE include:

- To promote the betterment of the Farm Service Agency
- Improving our programs
- Improving service to the public
- Improvement of support staff effectiveness
- Improve morale
- Promote self-motivation, self-education, and career enhancement
- Assist and be supportive of the mutual concerns of all other FSA employee associations

Some of the accomplishments of the Association start with our members serving on task forces and providing input in many areas; such as, revisions to forms and procedure, PT training, GLS, MAC, FLP streamlining, compressed work schedule, work measurement, position description, etc.

NASE web site is http://intranet.fsa.usda.gov/fsatraining/, go down the far left column and click on NASE.

NAFEC's Mission

National Association of Farmer Elected Committees

NAFEC was organized in 1965 and our mission has not changed from then to the present. "The primary purpose of our organization is, and will be, to promote and improve the farmer elected committee system for the local administration of farm programs. The coordinated effort will give us strength, and much more influence in Congress for the kind of farm legislation we feel we need."



NAFEC is dedicated to keeping the county committee system of program delivery intact. With all the different factions in Washington wanting to do away with the COC, it is becoming more difficult, but we will prevail. County Committees provide the spark and imagination as well as the judgment needed in locally adopting and running FSA farm programs. They have earned the confidence of their neighbors by doing a capable, vigorous and dedicated job. There have been numerous attempts to strip the committee of its authority, provided in statute, of supervision, selection of the CED's and virtually every aspect of their jurisdiction. NAFEC has lobbied to assure that the COC authority, written by Congress in the Code of Federal Regulations, is not diminished.

NAFEC has worked with Congress and the administration to provide a level playing field for county committees and the employees in the FSA offices. NAFEC has worked diligently this past year trying to keep the county offices open. If we foil at this, the county as well as the state will be the bog losers. Many employees will not have a job and the county committees will cease to exist. NAFEC has not always been successful in every attempt they have undertaken, however they have won the friendship of many within the Congress and the Administration through their continued efforts to promote the interests of the American farmers and ranchers. Our association has played a role in shaping several farm bills and expects to do the same in the future.

Membership is the key to making any association successful and NAFEC is no exception. NAFEC membership is vital to the future of both the Committee Association and the County Office Employees Association. NAFEC needs help to carry our messages. We urge all members of the County Committees, the advisors and county office employees to join NAFEC so we may continue to work for programs that will keep the American farmers and ranchers in business and help the entire county office system move forward. We dare not let down. Without members, the organization cannot carry our voice to policy makers. Membership dues are only \$35.00 per year for county committee members and \$20.00 for associate members. If NAFEC fails to survive, the county committee system may cease to exist also. Without the county committee doing the checks and balances, the Washington offices will make all the decisions for producers. NAFEC cannot let that happen.

Support NAFEC and encourage fellow COC members, office staff, and others to join us in our work to protect our industry, our community, and our life.

President Cole Sims P.O. Box 471 Mer Rouge, LA 71261 Tel: 318-647-5005

Fax: 318-647-3889

1st Vice President Roger Richardson 1947 Furnace Rd. Eden, MD 21822

Tel: 410-749-1022 Fax: 410-749-5470 2nd Vice President Leonard Hensgens 223 E. Hutchinson Crowley, LA 70526 Tel: 337-783-3283 Fax: 337-788-0900

Secretary – Treasurer
Paul Clark
751 Knox Hwy. 12
Gilson, IL 61436
Phone: 309-876-2278

Fax: 309-876-2514

Washington Consultant
David Senter
1730 M St. NW Suite 911
Washington, DC 20036
Phone: 202-331-4348
Fax: 202-331-1360

NATIONAL ASSOCIATION OF FARMER ELECTED COMMITTEE (NAFEC)

Membership Application/Renewal Form

NAME:
ADDRESS:
CITY/STATE/ZIP:
PHONE NUMBER
FAX NUMBER:
CELL PHONE:
E-MAIL:
Would you prefer to have the newsletter sent electronically? Yes No
Are you submitting an FSA-444 to your County FSA office for automatic dues withholding? Yes No
If yes, please remember to send your personal information to NAFEC or have your FSA office do so.
Committee members - \$35
FSA employee or Associate member =\$20
If paying by check, please make payable to NAFEC.
Mail to: Paul Clark NAFEC Secretary-Treasurer 751 Knox Highway 12 Gilson JL 61436

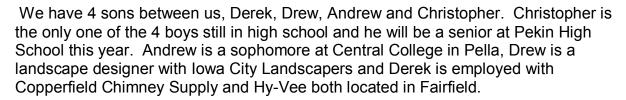
Meet Dee Ann Lehn

District 9 CED Director & IASCOE President

I am the IASCOE CED Director for District 9 and the current IASCOE president. I've been with FSA for almost 20 years now and have spent the last 3 years as the CED in Keokuk County. Before becoming a CED, I was a PT in Jefferson County.

My husband, Ray, is a DNR District Forester and we live on an acreage about 8 miles north of Fairfield in the same small community that was established by my

ancestors on my Dad's side of the family. In fact, my great-great-great grandfather was one of the first settlers in Jefferson County.



I enjoy my time at home working in the flower gardens and taking care of the house. I dapple in a little bit of art (painting and sketching) and enjoy interior decorating.





Meet Judy Dameron District 9 PT Director

Hello!! My name is Judy Dameron. I am the PT Director for District 9 and the chairperson for the IASCOE Programs Committee. I have worked in the Louisa County FSA office for the past 21 years. I have been responsible for the program areas of Payment Limitation, Price Support, Claims, FSFL, and Bankruptcies. I am also the District Trainer for Price Support in District 8.

I live in Wapello with my 2 daughters Kristy and Kelsey. Kristy is currently attending her 2nd year at Southeastern Community College in Burlington, majoring in Accounting. She plans on transferring to Western Illinois in Macomb next fall. Kelsey is a freshman in high school and active in basketball and softball.

I attended my first National Convention this year in South Dakota and I am ready to go to Cleveland next year.

My favorite past times include watching stock car racing, camping, dancing, and hanging out with Joni at the Corner Tap. My favorite food is liver. I love people and people love me!

Meet Bob Wegand

District 5 Alt. CED Director & CED Grundy County

Hi, my name is Bob Wegand. I am an alternate director for IASCOE and have been either an alternate or director for so long I don't even remember when I first accepted the challenge. From the very beginning I was directed in the way of Benefits & Legislation, mainly legislation, that road has been interesting, frustrating, rewarding, you can call it many things. The more years I am part of this agency and association and the more change we experience the more I realize most of our battles are usually very similar. We need to look out for each other because if we don't who will.



I've been with the Agency for nearly a quarter of a century (geese I must be old-NOT!). I started out in the COT training program in 1981 and was hired as a CED in Fayette County in late fall 1981. As any new CED will tell you their training really began when they went into a county office, so basically I trained in Fayette County. In September of 1983 I took the CED position in Grundy County and have been here since that time, and hope to be for quite a few years to come. Yes, I was with the agency before we had computers, and yes I've hired staff recently that had never used a typewriter. Enough about me and FSA, now just about me.

I grew up on the Family Century Farm just south of Greene in Butler County. We had row crops, cow/calf and fed cattle, also we were in the bulk fuels business so I got to see agriculture from both the production and supplier side. I went to school at Green Community Schools (now North Butler), and graduated from the University of Northern Iowa GO PANTHERS! Some of my fondest farm memories are of baling hay and shelling corn with neighbors, working together was good, not a lot different than FSA.

I am married to Nancy also a UNI person, both school and career wise. We have two adult children; Matt who is married to Jamie and they have a daughter Cortlynn, being a grandparent is pretty cool; Melissa will be married September 24th to Mike, you can imagine what we have been doing with most of our nonworking time. FAMILY IS GOOD, if there is one message I would like to get across it would be FAMILY IS GOOD. Make sure you make time for your Family, because at the end of the day, the year or career, your family may be your greatest treasure.

Meet Kathy White

My name is Kathy White, and I am the CED director for district 6. I have worked for FSA since 1983, in Keokuk and Iowa County. I have been the CED in Iowa County since February of 1991.

My husband, Jerry, and I live on an acreage in Keokuk Co. We have farmed for 36 years, and have a young person who started farming with us 50/50 three years ago.



I enjoy gardening and golfing in the summer months and we enjoy traveling to warmer climates in the winter. Last February we took an 11-night cruise to the Panama Canal. Jerry's pastimes are restoring old tractors (red of course) and his 1976 Corvette. We both enjoy going to the IASCOE and NASCOE conventions.



Meet Sharon Dunfee

District 8 PT Director



Hi, my name is Sharon Dunfee and I am an IASCOE Director for District 8. I have worked in the Clarke County FSA Office for the past 6 years. I work with GIS, Compliance, Payment Limitation, Sod-Swamp and Claims. I live on a farm South of Murray with my farmer husband, Randy. We raise corn, soybeans, hogs & cattle. We have two daughters. Our oldest daughter, Amber (26) is married and lives in Cedar Rapids with husband Dan, who graduated

from University of Iowa. Amber graduated from Iowa State and is a Chemical Engineer at Cedar River Paper. Our youngest daughter, Heather (22) works at MetLife in Des Moines. She is a 2005 graduate of University of Iowa with a degree in Economics. We do have heated family discussions in our family about the Universities.

During my off time, I enjoy shopping, traveling or just riding around in our '57 Chevy. It seems I spend a good portion of my summer mowing my huge yard. This summer we hosted a huge party at our house to celebrate graduation, anniversaries, birthdays, etc. complete with a live band. That was quite an experience! I'm not sure we'll try that again, but everything went great, including the weather!

Visit our website at www.iascoe.org

Meet Joni Birkhofer

District 6 PT Director

I have worked for the Farm Service Agency since August of 1986 mostly in Muscatine County, although I had one very fun, eventful year of working in Cedar County. Our office is shared management with Scott County. I currently am responsible for NAP, CRP, DCP, Payment Limitation and they say I am back-up for GIS, although I have hardly done any of the GIS. In January of 2005 we hired another permanent employee and she soon will be taking over some of my programs. (Today I want to get rid of CRP, but that changes daily).

I live in Moscow Iowa, which is approximately 12 miles North of Muscatine on a farm that is along the Cedar River. I have two sons, James and John, ages 27 & 28. My husband sells fruits and vegetables at a roadside stand during the summer that is located across from our house. It is a "self serve" stand, which means that when he is not there, you weigh your own produce and put the money in a box that is left on the counter.

My favorite activities include, but are not limited to:

- 1. Hanging with Judy at the Corner Tap on taco night
- 2. Going to dirt track races every Saturday night during the summer months
- 3. Spoiling my Grandson Marcus (currently in his terrible twos)
- 4. Watching NFL football
- 5. Tubing down the Iowa River with the Muscatine County FSA Office staff.



Meet Carma Reiss

District 6 Alt. PT Director – PT Benton County



Hello, I'm Carma Reiss your alternate Director from District 6. I have been a committee person on the membership committee for 7 years. I have worked in the Benton County FSA Office for 19 years this November. Like all of us I work a little with a lot of programs but I mainly work a lot with DCP and Disaster.

George and I own and live on his family's farm. He works in Cedar Rapids for the Pillsbury division of General Mills. Our daughter,

Sarah is a Junior and 1/2 at UNI on the 5-year plan. She is looking forward to a career in teaching and coaching. Our daughter, Heather will be graduating with a double major from Kirkwood Community College in December. She is sending resumes now to enter the field of Administrative Assistance. She and her fiancé' Shane plan to be married in October of 06.

George and I enjoy spending time with family and friends. We also enjoy supporting the Hawkeye's.

Carma S. Reiss Production Adjustment PT Benton County Farm Service Agency 1705 West D Street Vinton, IA 52349

319-472-5274 Ext:107 319-472-3581(Fax) Carma.Reiss @ia.usda.gov

Meet Sue Beemer

District 7 PT Director

Hi my name is Sue Beemer and I am the PT Director for District 7. I have worked in the Taylor County FSA Office for the past 22 years. There have been many changes in the "FSA" world since I first started in compliance. For the past 10 months I have been working with GIS and will be extremely glad when all of our maps are mailed out in September. Since I have started working on this, the girls in the office have a new definition of the acronym GIS.



I – irritable

S – slave-driver



I have been a member of IASCOE for all 22 years of employment and have served as the Secretary/Treasurer for the past 4 years. I wish everyone could have the opportunity to serve as a director, thus understanding all the benefits IASCOE tries to accomplish for FSA employees.

My husband, Paul, and I live just over the Iowa line in Maryville, MO. Please no Missouri jokes!!! Paul is a Master Sgt. in the Air National Guard in St Joseph and works there full time. Our daughter Deb, her husband James, and their two children live on our farm in Taylor County. They have off the farm jobs also but between the four of us we manage to keep the farm work done. Our son Jim, his wife Johnna, and their two children live here in Maryville. We are so blessed to have all our grandchildren close so we can be a part of and enjoy their lives.

The entire family enjoys camping and we try to plan two family camping trips a summer. I also enjoy walking, scrap booking and reading. The grandkids also seem to keep us busy, which I truly enjoy.





Meet Rosie Kahl District 1 PT Director

Hello everyone. I think most of you know who I am.

I have been the District #1 IASCOE PT Director for several years (it's time for a new one). I started work with ASCS in 1986. I live way up here in the northwest corner of the state, almost in South Dakota or Minnesota.

My husband, Lyle and I live on a small farm, and he works in town also. We have 5 married children who live in various parts of the country and Canada. Two of our grandchildren live in Connecticut and one lives in Kansas. Did you know that this grandma lives in the woods and hunts dinosaurs?

One of the more enjoyable things about being involved with IASCOE and NASCOE is attending state conventions and the national conventions. I have made good friends at these conventions and value those friendships.

I enjoy reading and music. I participate in the bell choir in our church.

Meet Cindy Mensen

District 3 CED Director



Here I am, Cindy Therese Mensen. I am currently serving as your IASCOE Director in District #3. My husband, Steve, and I have been married for 30 years and farm near Manchester, Iowa. We produce corn, soybeans and feed out some hogs. The older I get, the more I tire of sorting and loading fat hogs! We have four children and one granddaughter. Our oldest son, Brian, is an attorney living in Red Oak, Iowa, with his wife, Leah and daughter, Libby. It's about a five-hour trip to get a "grandma fix"! Next in line is Scott who is now working in

Boynton Beach, Florida. That's a fun vacation spot—but not in hurricane season. He gets lots of my prayers. Our only daughter, Ashley, is in her third year of college at lowa City. We're all looking forward to the Hawkeye's football season. (yes—we wear the black and gold at our house) Keeping us "thinking young" is our fourth child, Troy. He is currently a freshman at West Delaware High School. I began working for the Delaware County ASCS Office in December of 1985. In the spring of 2000, I was chosen for the COT program and began my duties as CED for Clayton County FSA in the spring of 2001. I have gone to many IASCOE conventions and had lots of fun at them I might add. (You should try it yourself sometime!) I also did a stint as the Membership Committee person for District 3. Right now I am excited to be a Legislative connection for IASCOE. Meeting other NASCOE members at the Legislative Conference in WDC last February was a valuable experience. Pushing things like Capwiz is also on my IASCOE job description. (Hint hint) My goal as an IASCOE Director is to keep you informed and sometimes prod you into action. If you want to talk about any issue, give me a call. I am ready to listen!



Look Who's Nifty Fifty!!!

Kevin FitzpatricK

CED Greene County



Hurricane Katrina Relief Efforts

NASCOE Members

By now, everyone is aware of the devastation and human misery associated with the aftermath of hurricane Katrina. The ongoing relief effort is massive and I'm sure that many have already given of themselves to the effort. We are all clearly sympathetic to all victims, our hearts and prayers go out to them all; but there is a special place for our brothers and sisters in the agency. The havoc that this disaster has wrought in their personal lives is unspeakable. This message is notifying you of a NASCOE effort to provide an extra helping hand to our own...our chapter members in Alabama, Mississippi, and Louisiana.

Please, consider the need, consider your ability to give, and forward a donation for the NASCOE Katrina Relief Fund to:

NASCOE Katrina Relief Fund C/o James Thomason, 2640 Sinks Road, Caneyville, Ky. 42721.

EVERY CENT RECEIVED WILL BE PASSED ON TO THE AL, MS, and LA STATE ASSOCIATIONS FOR DISTRIBUTION TO THEIR MEMBERSHIP AS THEY SEE FIT. The NASCOE Board will determine how the fund will be divided among the State Associations based on need. Please...cash donations in the form of a check only. We are not equipped to deal with other types of material support. Make your checks payable to the NASCOE Katrina Relief Fund. Give generously; the need is great.

I know that all of our members who have been affected by this tragedy will appreciate our help.

Thanks for all you do! Daniel L. Root NASCOE President

Delaware County Donations



The Delaware County FSA/NRCS Service Center Office responded on September 2, 2005 to the request for donations by the local Radio Station, KMCH and Econo Foods Store.

The Office staff donated over \$600 worth of products to help the Hurricane Katrina Victims.

Kossuth County Fair BBQ

Staff from Kossuth County NRCS and FSA committed this year to helping at the 2005 Kossuth County Fair. We volunteered to help with serving at the free BBQ that is held annually at the fair. We decided at the last minute that this would be just a little different than having a fair booth that we have done in the past. We had shirts made to color coordinate our team. The night was very warm and sticky but typical for the last week in July and the lemonade was very cold. This year was the Pork Producers turn, and they grilled pork loin and it was sliced for sandwiches, along with chips, condiments, ice cream, and cookies. We began serving at 5:00 and we were still serving at 7:00. I know that we had a major rainstorm late that night and I did not hear a thing!!!! We all decided that it was a good way to help our county fair.

FSA and NRCS workers included Jayne Olson, Ron Matz, Michele Bell, Lisa Forburger, Rob Frieden, Cindy Gaedke, Tom Kain, Shelly Kohlhaas, Sharon Lovstad, Lila Smith, Pat Schaeffers, Jon Matz, Shirley Pecoy, and Connie Zittritsch.





Sac City Sesquicentennial Parade







On July 2nd the Sac County FSA and the Lake View – Auburn FFA Chapter helped celebrate the Sac City Sesquicentennial with this Farm Safety 4 Just Kids parade entry.

This horse draw trolley car, pulled by the Glacier Ridge Clydesdales was decorated by the FFA Chapter and FSA staff. It was one of 200 parade entries and carried several of the communities children that benefit from the Farm Safety 4 Just Kids educational program.

Submitted By Sue Beemer - IASCOE Secretary/Treasurer PT - Taylor County

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

I got to thinking one day about all those women on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word "refrigeration" mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched 'Jeopardy' on television?

I cannot count the times I called my sister and said, "How about going to lunch in a half hour?" She would gas up and stammer, "I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast, it looks like rain." And my personal favorite: "It's Monday." She died a few years ago. We never did have lunch together.

Because Americans cram so much into their lives, we tend to schedule our headaches.. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to," "I plan on," and "Someday, when things are settled down a bit."

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with

her for five minutes, and you're ready to trade your bad feet for a pair of Rollerblades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The other day, I stopped the car and bought a triple-decker. If my car had hit an iceberg on the way home, I would have died happy.

Now...go on and have a nice day. Do something you WANT to.....not something on your SHOULD DO list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

Make sure you read this to the end; you will understand why I sent this to you.

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask "How are you?" Do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, "We'll do it tomorrow." And in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say "Hi"?

When you worry and hurry through your day, it is like an unopened gift....thrown away.... Life is not a race. Take it slower. Hear the music before the song is over.

It's National Friendship Week. Show your friends how much you care. Send this to everyone you consider a FRIEND. If it comes back to you, then you'll know you have a circle of friends.

"Life may not be the party we hoped for... but while we are here we might as well dance!"

Life is like a hot bath, the longer you stay in it, the more wrinkled you get!

HELPFUL HINTS and WEIRD THINGS TO KNOW

- 1. Budweiser beer conditions the hair
- 2. Pam cooking spray will dry finger nail polish
- 3. Cool Whip will condition your hair in 15 minutes
- 4. Mayonnaise will KILL LICE, it will also condition your hair
- 5. Elmer's Glue paint on your face, allow it to dry, peel off and see the dead skin and blackheads
- 6. Shiny Hair use brewed Lipton Tea
- 7. Sunburn empty a large jar of Nestea into your bath water
- 8. Minor burn Colgate or Crest toothpaste
- 9. Burn your tongue? Put sugar on it!
- 10. Arthritis? WD-40 Spray and rub in, kills insect stings too
- 11. Bee stings meat tenderizer
- 12. Chigger bite Preparation H
- 13. Puffy eyes Preparation H
- 14. Paper cut Crazy Glue or Chap Stick (glue is used instead of sutures at most hospitals)
- 15. Stinky feet Jello!
- 16. Athletes feet cornstarch
- 17. Fungus on toenails or fingernails Vicks Vapor Rub
- 18. Kool Aid to clean dishwasher pipes. Just put in the detergent section and run a cycle, it will also clean a toilet. (Wow, and we drink this stuff)
- 19. Kool Aid can be used as a dye in paint also Kool Aid in Dannon plain yogurt as a finger paint, your kids will love it and it won't hurt them if they eat it!
- 20. Peanut Butter will get scratches out of CD's! Wipe off with a coffee filter paper
- 21. Sticking bicycle chain Pam no-stick cooking spray
- 22. Pam will also remove paint, and grease from your hands! Keep a can in your garage for your hubby
- 23. Peanut Butter will remove ink from the face of dolls
- 24. When the doll clothes are hard to put on, sprinkle with corn starch and watch them slide on
- 25. Heavy dandruff pour on the vinegar!
- 26. Body paint Crisco mixed with food coloring. Heat the Crisco in the microwave, pour in to an empty film container and mix with the food color of your choice!
- 27 Tie Dye T-shirt mix a solution of Kool Aid in a container, tie a rubber band around a section of the T-shirt and soak
- 28. Preserving a newspaper clipping large bottle of club soda and cup of Milk Of Magnesia, soak for 20 min. and let dry, will last for many years!
- 29. A Slinky will hold toast and CD's!
- 30. To keep goggles and glasses from fogging, coat with Colgate toothpaste
- 31. Wine stains, pour on the Morton salt and watch it absorb into the salt.
- 32. To remove wax Take a paper towel and iron it over the wax stain, it will absorb into the towel.
- 33. Remove labels off glassware etc. rub with Peanut Butter!
- 34. Baked on food fill container with water, get a Bounce paper softener and the static from the Bounce towel will cause the baked on food to adhere to it. Soak overnight. Also; you can use 2 Efferdent tablets, soak overnight!
- 35. Crayon on the wall Colgate toothpaste and brush it!

continued on next page



- 36. Dirty grout Listerine
- 37. Stains on clothes Colgate
- 38. Grass stains Karo Syrup
- 39. Grease Stains Coca Cola, it will also remove grease stains from the driveway overnight. We know it will take corrosion from car batteries!
- 40. Fleas in your carpet? 20 Mule Team Borax- sprinkle and let stand for 24 hours. Maybe this will work if you get them back again.
- 41. To keep flowers fresh longer add a little Clorox, or 2 Bayer aspirin, or just use 7-up instead of water.
- 42. When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you "squeeze" for freshness or softness? Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are: Monday = Blue, Tuesday = Green, Thursday = Red Friday = White and Saturday = Yellow. So if today was Thursday, you would want red twist tie; not white which is Fridays (almost a week old)! The colors go alphabetically by color Blue- Green Red White Yellow, Monday through Saturday. Very easy to remember. I thought this was interesting. I looked in the grocery store and the bread wrappers DO have different twist ties, and even the ones with the plastic clips have different colors. You learn something new everyday! Enjoy fresh bread when you buy bread with the right color on the day you are shopping.



WILL YOU LIVE TO BE 100??? DO YOU WANT TO INCREASE YOUR CHANCES?

As a little wellness exercise, visit the following website and take the quiz. It doesn't take long and you may be surprised at the results.

www.agingresearch.org/calculator

The Living to 100 Life Expectancy Calculator® is brought to you by Dr. Thomas Perls in partnership with the Alliance for Aging Research, a not-for-profit organization based in Washington, D.C. The Living to 100 Quiz was designed to translate longevity research of centenarians into a practical and empowering tool for individuals to estimate their longevity potential.

This calculator is also one of three main tools featured through the American Public Health Association's National Public Health Week 2005. The Alliance for Aging Research is proud to be a sponsor of NPHW 2005 and hopes that the Living to 100 Quiz will help APHA realize the goal of raising awareness of the importance of healthy aging. This tool is meant to be both a longevity estimator and a teaching tool to help people realize what they can do to maximize their health and quality of life.

CORNARONI

Submitted By Connie Straw - CED Howard County

Here is an example of how to take some things that are good and put them together with a vegetable and make them all better.

1 can cream style corn

1 can regular style corn, do not drain

1 cup uncooked macaroni

1 cup velveeta cheese

1 stick oleo

Mix altogether, throw in a casserole and put in the oven. This is one of those recipes that cannot be goofed up. It is a favorite of everyone! What temp do you cook it at? Depends on what else is in oven. How long do you cook it? Depends on temp and your schedule. Minimum is about 45 minutes at 350 degrees. It can be started in the microwave and then put in the oven. It is very flexible. Most of the time, I double the recipe, sometimes triple the recipe, put it in a crock pot, add green chilies, put crushed potato chips on top. You can customize it to your family favorites.



Seafood Enchiladas

Submitted by Lisa Forburger – PT Kossuth County

Crab Mixture:

1 T. Margarine 3 c. mock crab 1/3 c. chopped onion 1 can green chilies

Melt margarine and saute' onion for 3 minutes. Stir in crab and chilies; set aside.

White Sauce:

1/4 c. margarine 1/4 tsp. pepper 1/4 c. flour 1/2 c. sour cream

2 1/2 c. milk 1/2 c. shredded Monterey Jack cheese

1 T. parsley 1/2 tsp salt

In a saucepan, melt margarine; stir in flour. Stir in milk all at once. Add salt, pepper and parsley. Cook over medium heat until thickened; remove from heat. Stir in cheese and sour cream.

2 c. shredded Monterey Jack cheese 8 (8") flour tortillas

Stir 1 c. of cheese and 1 c. white sauce into crab mixture. Spread 3 T. white sauce in the bottom of 9 X 13 baking dish. Fill tortillas and roll, place seam down in pan. Pour remaining sauce and cheese on top. Bake at 350 for 40 minutes.

Kid Recipes



Carrot Balls

1 (3 oz.) cream cheese, softened ½ cup finely shredded Cheddar cheese 1 tablespoon apple juice concentrate 1 cup finely grated carrots ½ cup finely chopped nuts or wheat germ Cream together first 3 ingredients. Stir in carrots. Roll into small balls. Roll in nuts or wheat germ.

One stick of butter equals 1/2 cup
One cup = 16 tablespoons
One cup = 8 fluid ounces

Monkey Bread

Bread:

3 (11 oz.) cans biscuits, quartered ½ cup sugar
3 teaspoon brown sugar
½ cup butter, melted
¾ cup sugar

Ants on a Log

5 stalks celery ½ cup peanut butter ¼ cup raisins

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins



Snack Boats

1 (6 inch) flour tortilla
2 tablespoons peanut butter
1 tablespoon honey
1 banana

Lay tortilla flat. Spread peanut butter and honey on tortilla. Place banana in the middle and sprinkle in the raisins. Wrap and serve.

Glaze:

1 cup powdered sugar 1 teaspoon vanilla milk (as needed)

Quarter biscuits and shake in a mixture of sugar, cinnamon and brown sugar. Distribute coated biscuits evenly around a buttered bundt pan. Melt butter, add sugar and any cinnamon and sugar mixture you have left. Stir until sugar is dissolved. Pour over and around biscuits in pan.

Bake at 350 degrees for 30 minutes or until browned. Combine in a small bowl, powdered sugar, vanilla and just enough milk to make the right consistency. Pour glaze over monkey bread when done.



Apple Dump Cake

1 can apple pie filling

1 box yellow cake mix

1 cup melted butter

1 cup shredded coconut

1 cup chopped nuts

1 (13 oz.) can crushed pineapple

Grease a 9 x 13 inch pan. Dump apple pie filling into the pan. Spread evenly. Dump pineapple on top of pie filling. Sprinkle cake mix on top of pineapple. Pour melted butter evenly over top of cake mix. Sprinkle coconut and chopped nuts on top. Bake at 325 degrees for 1 hour. Serve warm; top with vanilla ice cream or whipped topping.



- 1 Tbsp. oil
- 1 lb. boneless, skinless chicken breasts
- 2 cups frozen broccoli florets
- 4 oz. jar sliced mushrooms, drained
- 1-3/4 cups water
- 1 Tbsp. soy sauce
- 2 pkgs of chicken flavor ramen soup mix

Slice chicken into thin strips. Heat oil in a nonstick skillet over medium heat. Add chicken. Stir-fry until chicken is no longer pink in center. Add broccoli, mushrooms, water, soy sauce and 1 seasoning packet from ramen noodles. Stir to mix well and bring to a boil. Break noodles in half and add to chicken and vegetables. Stir and bring to a boil again. Reduce heat to low. Cover skillet and simmer 7 to 10 minutes or until broccoli is tender and chicken is thoroughly cooked, stirring frequently. Serves 4



Monkey Nut Rice

3 tbs Butter
1/4 tsp crushed, dried hot red peppers
1/3 cup chopped macadamia nuts
3 cups cooked long-grain white rice,
heated

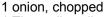
Melt the butter in a large skillet over medium heat. Stir in the dried red peppers according to taste and the macadamia nuts. Cook, stirring constantly, until the nuts begin to turn golden, 3-4 min. Reduce the heat and lightly toss in the cooked rice. Serve immediately or keep warm in a 225 degree oven.

Fruit Slushies

1 cup chunky or regular apple sauce 10 oz pkg frozen strawberries, thawed 11 oz can mandarin orange segments, drained 1 cup grapes, if desired 2 tbs orange juice concentrate

In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving. Makes 7 (1/2 cup) servings

One Pot Pasta



1 Tbsp. olive oil

10 oz. can ready to serve beef broth

1 cup uncooked orzo pasta

1 lb. frozen cooked meatballs

14 oz. can Italian flavored diced tomatoes, undrained

4 plum tomatoes, chopped

1 cup freshly grated Parmesan cheese

In large skillet, cook onion in olive oil under tender. Add beef broth and bring to a boil. Stir in orzo, meatballs and tomatoes. Mix together. Return to boil. Cover and reduce heat to medium-low. Simmer 7-8 minutes until liquid is reduced, stirring occasionally. Add plum tomatoes and cook 5-8 minutes until orzo is tender, stirring frequently. Sprinkle with cheese and serve. Serves 4-6

Baked Mac and Cheese

1 pound macaroni

1 can condensed tomato soup

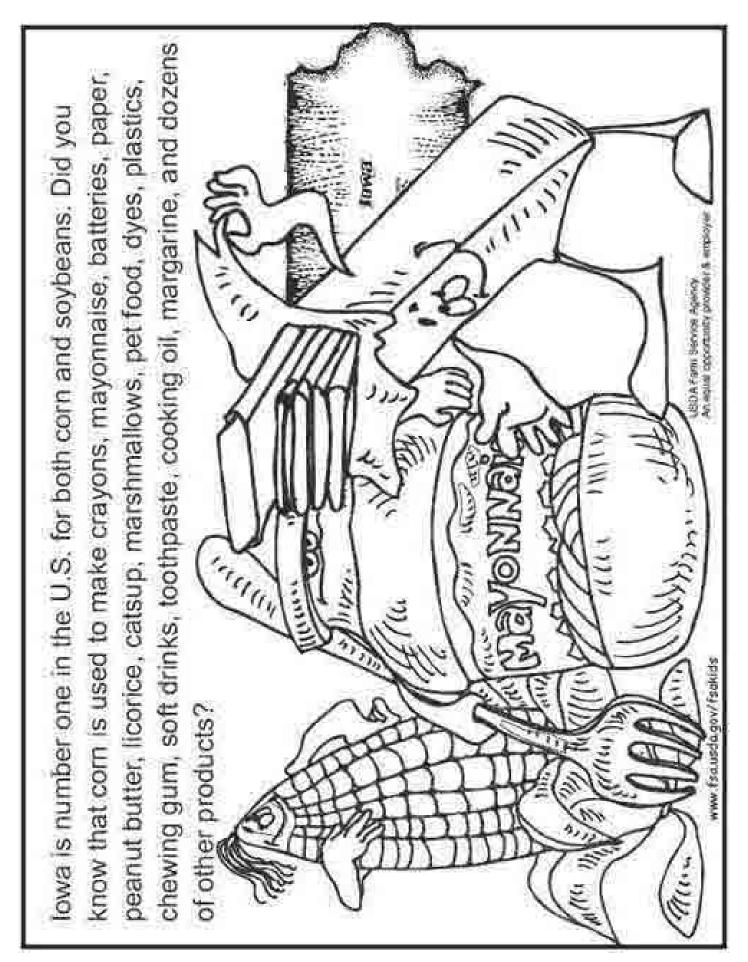
1 1/4 cups milk

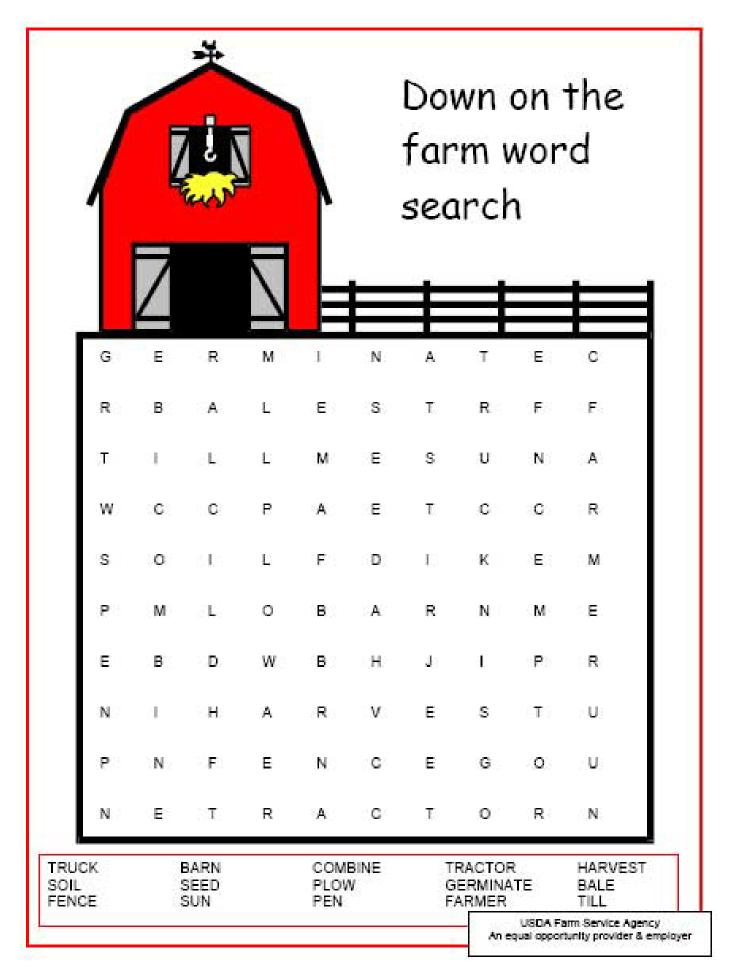
3 cups shredded cheddar cheese

8 tablespoons butter, cut up

1/4 cup dry bread crumbs

Preheat oven to 350 degrees. Bring a large pot of lightly salted water to a boil. Pour in pasta and cook for 8 to 10 minutes; drain. In large bowl, combine cooked macaroni, soup, milk, cheese and 6 tablespoons butter. Pour into 9x13 baking dish. Top with breadcrumbs and dot with remaining butter. Bake for 45 minutes or until golden brown and bubbly.





THE PERILS OF POLLY P.T.

PART FIFTEEN

Written By Lisa Forburger, PT Kossuth County Created by Dee Lehn, CED Keokuk County & Roseanne Woerner, COT Wapello County Visit our website at www.iascoe.org for the entire story of "The Perils of Polly PT"

"Where did the summer go Polly?" my boss asks me after my returning from a "cram in whatever you can week" and it makes me think. It makes me think of seasons, 4 seasons that we are so lucky to have. First I tell him that summer does not end officially until September 21st. Many people evidently did not learn this in their school. Summer does not end when the school bell rings.

Spring in the office ended in total chaos. Our farmers were able to start spring planting but it was quickly halted when the rains began the first week of May. In many parts of the state, the wheels did not turn again until Memorial Day Weekend. We also received some late frosts which caused replanting. I remember taking my brother lunch on the first Saturday in May, soup of course, and it was snowing so hard we just laughed. Thank goodness it ended within minutes.

Our office staff soon began to sweat bullets in June when only about 25% of counties had acres reported with the June 30th, deadline date fast approaching. There was also that fear of extending that deadline which causes grief for my office with vacation scheduling. In the mean time my knee went out big time and I even had the number of that good knee doctor on speed dial waiting for me to hit the button. But of course I waited until things slowed down. June went faster than most months and we did get everyone in by the 30th and were able to relax with a long 4th of July weekend.

Then my boss began the speech, "summer is almost over, the 4th of July is here and gone." Again, I questioned his education, if summer begins on June 21st and ends on September 22nd that would use 13 days of our summer and leave about 80. What part of this picture is missing?

July was very enjoyable with seasonal temperatures and humidity for most but not all. When the corn detasslers hit the fields, it would storm first, with rain and lightning, and then the sun would be out at it's fullest and totally drain every ounce of water out of anyone's body that was in that corn field. The corn plants were very uneven in height due to the cold wet spring which kept this job interesting and then to think that most of those kids never did sign any forms for employment, I think it was done by the parents. I still believe there is light at the end of that tunnel, think of LDP season!!!!!!

Now it is August and the weather is still very enjoyable. The lakes are still full of water and we get to enjoy that green, green lawn because we have had rain every week, sometimes even an inch or more. Even with the 90 degree temps in July, the grass is still very, very green and thick. Mowing weekly is almost unheard of in town, biweekly, is more like it! Not all counties have had this kind of summer.

Now as I fill out my timesheet, I realize that 40 hours a week is reality and it is time to get focused on "getter done" because the rush is near. We have lots to do before harvest in the county office.