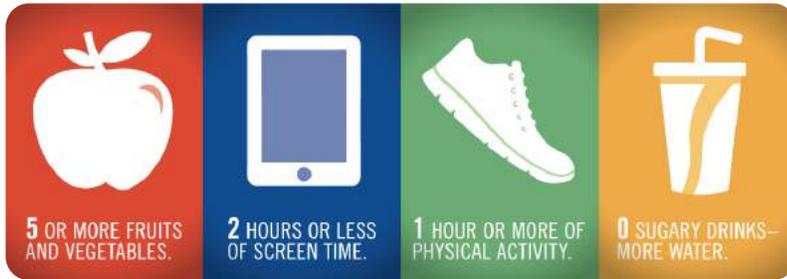


THE WINDMILL

How Do Iowa Kids Stay Healthy? 5-2-1-0



In the fall of 2018, the City of Mount Ayr was awarded a 5-2-1-0 Healthy Choices Count grant from the Iowa Council of Governments and the Iowa Department of Public Health. The grant amount was \$23,000 to help Mount Ayr implement systemic changes in their community to promote healthy living with smart daily choices. Since then, community stakeholders in Mount Ayr, with the assistance of a Wellmark representative, have been busy developing projects to improve the health of area youth under the 5-2-1-0 program as part of the Iowa Department of Public Health’s Healthiest State Initiative. 5-2-1-0 is a nationally recognized childhood obesity prevention program that uses evidence based tactics to focus on the importance of four simple daily habits: 5 or more servings of fruits and vegetables; 2 hours or less of screen time (television, computer, video games, smartphones, etc.); 1 hour or more of physical activity; and 0 sugar-sweetened beverages. Projects currently underway in Mount Ayr include expansion of the community garden, increasing donations of fresh produce to the local food pantry, increasing the number of places for physical activity, and increasing community-volunteering opportunities.

**FOUR LITTLE NUMBERS.
ONE AWESOME WAY TO STAY HEALTHY!**

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A View From the First Tee

February is full with special occasion days - Chinese New Year (this year is known as the year of the PIG) - Abraham Lincoln's Birthday - George Washington's Birthday - Valentine's Day and Presidents Day. Just so you will not miss out, there is also - National Weatherman's Day (4th) - Boy Scout Day (8th) - National Pizza Day (9th) - Susan B. Anthony Day (15th) - Polar Bear Day (27th) and National Tooth Fairy Day (28th).

On March 26th, the Board of Directors will hold SICOG's 45th annual meeting. The meeting will be the start of our 46th year. Yes, it was 45 years ago on September 12, 1973, that the Southern Iowa Regional Planning Agency incorporated.

We had a very good meeting with many legislators as I participated in the Iowa Association of Council of Governments "DAY ON THE HILL". This is a time where we meet and greet not only the legislator for our area, but from around the state. The intent is to educate them and promote the good work that COGs do for our member communities. This year Senator Lofgren extended a greeting to the association during the opening of the Senate.



As always, if there is anything I can do, please let me know.

Our phone number is 641.782.8491.

Remember, we are working for you.



Timothy Ostroski



In a unique partnership, the Iowa Prison Industries (IPI) and the Council of Governments are moving forward with a workforce housing project. IPI will be starting on the development of a program to actually build housing units on site at their facility near Newton. Based upon a program that has been operating in South Dakota for 20 years, the program has several goals: 1) provide communities with new workforce housing stock at price points the market cannot provide; 2) provide offenders with apprenticeships and job skills that are in-demand statewide; and 3) positively impact ex-offenders, their families, their communities, and the state budget with decreased recidivism (proven to be up to 40% in South Dakota for graduates of the program). Homes constructed through the program would only be sold to income-eligible families, but could be located anywhere in the state. Our state association has been working with Senator Mark Lofgren and officials from IPI to make the program a reality. If you would like additional information about this innovative program please give me a call.

We are preparing our year-end report for SICOG and SIDG. Also, planning for the annual board of director's meeting is well underway. The staff is preparing our interim report on the progress and condition of our revolving loan funds, as well as our regular activities for our members.

Speaking of available money! The SICOG Industrial Revolving Loan Program also has funds available. We have money to assist businesses expand and/or locate. If you are aware of a project, please contact your SICOG board member or myself.

SICOG Executive Board Meeting of January 8, 2019

Chairman, Karl McCarty called the meeting to order at 1:00 p.m. with the following members present: Christensen, Fitch, Lesan, McCann, McCarty, Minnick, Trickey, Tullberg, Twombly, Waddle and Zabel.

Staff present: Ostroski and Brimm. Guest Present: Tom Leners, Madison County Development Group.

Twombly made a motion to approve the agenda. Waddle seconded the motion, all ayes. Motion carried.

Lesan made a motion to approve the minutes of the December 4, 2018 meeting. Trickey seconded the motion, all ayes. Motion carried.

Waddle made a motion to approve the financial reports for the month of December. Tullberg seconded the motion, all ayes. Motion carried.

Other items discussed included: Conflict of Interest, Partnership Program, CEDS, Annual Dues, Annual Project Board Meetings, Annual Meeting, Grant Report, Grant Contracts, Empower Rural Iowa, State Legislature and Federal Legislature.

Twombly moved to adjourn the meeting at 1:50 p.m. Christensen seconded the motion, all ayes. Motion carried.

Minutes Submitted by Brimm

RPA14 / ATURA Updates

RPA14 / ATURA met January 15th in Mount Ayr at Jamie's Café and Deli. The policy board moved to approve two projects from Southern Iowa Trolley (SIT). One project is for Dispatching/Scheduling Software & Hardware. This will enable SIT to purchase secure and reliable scheduling and dispatching software and hardware, enabling SIT to assist more customers effectively. This software will be able to schedule rides to drivers to create the most efficient use of Southern Iowa Trolley's fleet of vehicles. It will also cut down on the time used to fill out paper work allowing more time for drivers to assist clients. The second project was for a van replacement that will be ADA accessible. The board also moved to shift the application due date for STBG Small Cities funding from December 31 to November 30. This change was made to provide small cities an easier deadline for submitting projects. This goes into effect this year. ATURA encourages all small cities to apply for these funds for transportation related needs. If you have any questions please contact Marcus Amman at amman@sicog.com



RPA 14/ATURA
Transportation Planning Affiliation



March 5
SICOG Executive Board Meeting, 1:00 p.m.
SIDG Executive Board Meeting to follow

March 12
RPA/14 ATURA Policy Board Meeting, Community Center, Corning, 1:30 p.m.

March 26
SICOG's 45th Annual Meeting, SICOG office, 1:00 p.m.

April 11-12
Iowa Rural Development Summit, Hotel Grinnell, Grinnell, event begins 9:00 a.m. on the 11th



Upcoming SICOG Annual Meeting



The Board of Directors will be holding SICOG's 45th Annual Meeting on Tuesday, March 26, at 1:00 p.m. The meeting will be held at the SICOG office in Creston. City and County Officials and project board members are welcome to attend.

Keep Iowa Beautiful Seeks New Community Partners

Keep Iowa Beautiful (KIB) is excited to announce that it will be expanding its Hometown Pride program in the next five years beginning in 2019. The program, developed in 2012, walks alongside qualifying Iowa communities and coaches them to a more vibrant future. This effort enhances the community and its cultural and economic vitality, strengthening the community and increasing its chance for not simply survival, but growth with increased pride.

The Hometown Pride program offers leadership training, skill development, planning guidance, youth service learning and a variety of educational components, tools, and solutions for community development. Qualifying communities receive five years of long-term technical and professional coaching assistance. During that time, trained coaches work to deliver a sense of stability and empowerment and provide the support and guidance that is required for the communities to succeed. When implemented, communities are rewarded with sustainable plans and programs through leadership and skill development as well as financial security.

KIB will provide up to \$40,000 per year for five years to employ the coach and will provide technical assistance to develop projects identified locally. Any dollars obtained much be matched and a local steering committee is required.

More information can be obtained by contacting SICOG or KIB at gshnepf@keepiowabeautiful.com. A letter of interest must be submitted by March 15, 2019.

Examples of current partnerships are provided at KIB's Hometown Pride webpage:

www.keepiowabeautiful.com/hometown-pride



SICOG PARTNERSHIPS

PLATINUM (\$2,500)

- John Wayne Birthplace Society, Ltd. of Winterset
- City of Osceola
- Clarke County Development Corporation

DIAMOND (\$1,500)

- Creston City Water Works
- First National Bank of Afton & Creston
- Iowa State Savings Bank of Corning, Creston, Diagonal, & Lenox
- Lenox Municipal Utilities

GOLD (\$1,000)

- Garden & Associates, Ltd. of Creston & Oskaloosa

SILVER (\$500)

- American State Bank of Lamoni, Osceola & Winterset
- First National Bank of Murray & Osceola
- Community Development Corporation of Greenfield
- Corning Municipal Utilities
- Greater Regional Medical Center of Creston
- JEO Consulting Group, Inc. of Ankeny
- Michael Foods of Lenox
- PCSB Bank in Clarinda, Corning, Creston, Lenox, & Mount Ayr
- Snyder & Associates, Inc. of Ankeny & Atlantic
- Southwest Iowa Rural Electric Cooperative of Corning, Mount Ayr, & Stanton
- Tyler Insurance Services of Creston & Mount Ayr
- Union County Development Association
- Veenstra & Kimm, Inc. of West Des Moines

BRONZE (\$250)

- Adams Community Economic Development Corporation
- Akin Building Centers of Corning & Creston
- Bradley Angus Farms of Lenox
- City State Bank of Mount Ayr
- Clarke County Hospital
- Clarke Electrical Cooperative of Osceola
- Farmers & Merchants State Bank of Orient, St. Charles, & Winterset
- FNB Bank of Fontanelle & Greenfield
- Gilbert True Value of Leon & Osceola
- Great Western State Bank of Creston
- Lenox Development Corporation
- Ringgold County Development Corporation
- Saylor Realty, LLC of Osceola
- Southwestern Community College
- State Bank of Brooks
- Union State Bank of Greenfield
- Union State Bank of Winterset

See next month's newsletter for a listing of our 2019 Partners!



Community of Mount Ayr

SICOG and Mount Ayr have recently partnered on multiple projects including: CDBG housing rehabilitation, CDBG water mains, fire truck funding, 5.2.1.0 healthy choices, and recreation improvements.

What unique characteristics are you proud of in Mount Ayr?

- ❖ Founded in 1875, the community was named in honor of poet Robert Burns’ birthplace in Ayr, Scotland and the “Mount” was added to indicate its location on the highest point of land in the area.
- ❖ We have a great school, hospital, and swimming pool with a welcoming city park, golf course and town square.
- ❖ Mount Ayr has an annual town celebration, Ayr Days, which includes family-friendly entertainment, barbeque contests, a parade, & kids’ activities. The 2019 festivities will be held on September 7th.

What is Mount Ayr’s claim to fame?

- ❖ Former Astronaut Peggy Whitson was a 1978 graduate of Mount Ayr High School. Whitson logged in 665 days in space through three missions on the International Space Station, more than any other American astronaut. To celebrate her record-breaking achievement in space, Whitson has been honored with a rock that has been painted by Freedom Rock artist Ray “Bubba” Sorensen.
- ❖ One of Mount Ayr’s most famous athletes is Dawn Huff Elliott. A 1990 graduate of Mount Ayr, Dawn was all state in softball, basketball, and track. She later ran track at Missouri, even though softball was her favorite sport. Today, she may be better known as the mother of Ezekiel Elliot, former Ohio State running back, who now plays for the Dallas Cowboys.



Tell us about a successful project/partnership in Mount Ayr.

- ❖ The community came together in several projects to restore and/or renovate the Princess Theater and Lucky Lanes Bowling Alley.
- ❖ Mount Ayr also recognized a need for a teen center, which is still in existence.
- ❖ The community also worked together in establishing a new hotel and a second grocery store that is owned by many local stockholders.
- ❖ Renovation projects to our town square include sidewalks and streetlights. The restored Skelly station is a great backdrop for many photographs. Historic brick streets surround the square.



What projects are you working on now in Mount Ayr?

- ❖ The city will begin working on replacing our sewer and water lines, which will be a great asset to Mount Ayr.

If you were asked to give a tour of your community to a visiting dignitary, what would you show them?

- ❖ The tour would include the Mount Ayr Community School, Ringgold County Hospital, Mount Ayr Community Health Clinic, Podium Ink, Heartland Energy, Woodlink, and the Dragoon Trace Nature Center.



Do you have a website or social media links for Mount Ayr that you would like for us to share?

- ❖ <http://www.mountayriowa.org/>
- ❖ Facebook – Mount Ayr Chamber of Commerce



Approaching Grant Opportunities

The following are deadlines for popular grants our members and associated organizations should consider. SICOG has the staff and experience to assist our communities in submitting the best possible applications for these funds. **There are many other sources, so if you have a project, please contact us.**

Source/Program	Funding Uses	Due Date
Paint Iowa Beautiful ¹	Keep Iowa Beautiful's donated paint program for community painting projects	February 15
Derelict Building Program ¹	Deconstruction or renovation of abandoned or other derelict buildings, and removal of environmental hazards, such as asbestos	February 21
Wellmark Large MATCH Grant ²	Matching grants up to \$100,000 for health and wellness projects	February 22
Alliant Energy Foundation ⁶	Community projects focused on environment, education, family needs and programs, and outdoor recreation	March 1
Land and Water Conservation Fund ¹	Outdoor recreational facilities, campgrounds, playgrounds, open spaces, and wildlife areas	March 15
Iowa West Foundation ^{2,4}	Community development, economic development, education, and human needs projects	March 15
FEMA SAFER Grant ³	Staffing, recruiting, and training for volunteer and paid fire departments and EMS agencies.	March 22
Greater Madison County Community Foundation ^{2,4}	Community, culture, arts, and related projects impacting quality of life in Madison County	March 29
Keep Iowa Beautiful Build With Bags program ²	Grants that award up to \$2,000 toward the purchase and installation of recycled material benches, containers, and the like for parks and school playgrounds.	March 31
CDBG Water and Sewer Program ¹	Water and wastewater capital improvements: plants, mains, lagoons, pumps, towers, etc.	March 31, June 30, Sept. 30, Dec. 31
Solid Waste Alternatives Program ¹	Programs to encourage landfill alternatives - recycling, diversion, new technologies, new manufacturing processes, etc.	April 1
USDA Rural Energy For America (REAP) ²	Renewable energy construction and energy efficiency improvements for business enterprises	April 1
Alliant Energy Hometown Safety Grants ^{3,6}	Grants up to \$2,000 to purchase emergency equipment, such as Jaws of Life, AEDs, thermal imaging cameras, etc.	April 1, August 1, December 1
Community Attraction and Tourism (CAT) ²	Tourism, recreation, and entertainment capital projects, such as museums, libraries, swimming pools, trails, large recreational areas, amphitheaters, etc.	April 15
CDBG Community Facilities and Services Fund ^{1,2}	Grants for storm water projects and public facilities serving LMI persons, such as childcare facilities, sheltered workshops, and quasi-medical and senior facilities	April 19
Iowa Historic Resource Development Program ²	Grants up to \$50,000 for various historic resource projects, such as museums, documentary collections, historic preservation projects, district nominations	April 19
CDBG Housing Sustainability Fund ¹	Grants for owner-occupied housing rehabilitation and weatherization	April 26
Iowa Cultural Heritage Project Grant ²	Grants up to \$10,000 to support a community project that creates jobs for Iowans and provides access to a cultural heritage experience	May 1
Iowa Cultural Affairs Capacity Building Grant ²	Up to \$2,500 to build organizational capacity of cultural organizations to operate and provide programs for the community	May 1
Iowa Great Places New Designations ²	Applications for new designations and for projects in those newly designated communities. These grants can be substantial.	May 1
Iowa Arts Project Grant ²	Grants up to \$10,000 to support the creation and presentation of new artwork, development of an arts experience or formation of an arts education program.	May 1
CDBG Downtown Revitalization Fund ¹	Grants for downtown building façade improvements	May 17
Wellmark Small MATCH Grant ²	Matching grants up to \$25,000 for health and wellness projects	June 7

1 - Cities and counties

2 - Local governments, certain private and non-profit entities

3 - Local governments, first response agencies

4 - Limited to certain geographic area of region

5 - Local governments, NGOs, conservation boards, soil and water conservation districts, public water supply utilities, watershed management organizations

6 - Limited to communities served by company/organization

As always, SICOG provides this un-exhaustive list of grants to generate ideas about possible projects and provide funding guidance. Grant funding sources are increasingly interested in creative solutions to problems and many are willing to support not only construction, but also operations. If your community has a problem that outside funding might address, please contact your SICOG office. We would be glad to help and can attend a local meeting at no cost to our members discuss the project or idea.

From the Planner's Desk...

When is it Okay to Annex Property?

A comment was made to SICOG that a City wanted to annex land because it needed a larger tax base. This article is not a direct response to this City's concern, but it raises some thoughts we want to share in general.

Increasing the tax base may not be a justifiable or viable reason for annexation. First, it may not work as well as one might think. If a City has too little tax base, the City needs to find a way to increase that tax base, cut spending, or collaborate with other entities to reduce costs of services. Certainly, annexation can increase the tax base, but the City is responsible for providing infrastructure and services to the area, particularly in an involuntary - property owners oppose - annexation. However, unless the area to be annexed has a very high taxable valuation versus the costs to serve it, annexation is very unlikely to notably help the City's revenues and may not meet the "rule of reason," as used in the courts.

According to the Iowa State University Extension Planning BLUZ: "The rule of reason is a judicially created doctrine that 'is applied by the courts to ascertain whether the power delegated to the cities and villages has been abused in a given case.' An annexation satisfies the rule of reason when three requirements are met: (1) exclusions and irregularities in boundary lines are not the result of arbitrariness; (2) there is a reasonable present or demonstrable future need for the annexed territory; and (3) no other factors exist that constitute an abuse of discretion on the part of the annexing municipality." Therefore, it is possible that the State of Iowa or courts may not allow annexation.

For cities that are currently considering annexing property, the strategic goal must be to improve the prosperity of existing residents. There may be good reasons to annex land that can help build the local tax base:

- Annexation is desired when rural services do not meet the capabilities of city services.
- Annexation is consistent with an adopted comprehensive plan and future land use map.
- Annexation can facilitate development that might reasonably occur in an area only if services are provided.
- The City is already providing "urban" services to the area and seeks to gain the tax revenue to help pay for them, although it is rare that the affected owners will consent to annexation.
- It can make the boundary lines consistent with current land uses.
- There is no room within the city to enable needed development.

Certainly, always feel free to discuss your desire for annexation and tax revenue issues. The ideas in this article are general and may or may not apply to your case.



Southern Iowa Council of Governments Executive Board

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Doug Davidson	Private Sector Representative	
William Trickey	Private Sector Representative	
Michelle Tullberg	Private Sector Representative	
Beth Waddle	Private Sector Representative	
Tom Lesan	Member - At - Large	



SICOG is a non-profit organization that provides and coordinates community and economic development services primarily through the delivery of planning services, technical program assistance, grant writing and administration to assist local governments and others in their efforts to improve the social and economic well-being of its eight county service area.

SOUTHERN IOWA COUNCIL OF GOVERNMENTS

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