

*Richland County Extension*  
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## **CROPPING SYSTEMS**

*Dale L. Siebert, Extension Agent*

### **AG DAY January 5**

The annual Richland County Ag Day was held on January 5, 2007 in Mantador ND. The Ag Day program included Corn Marketing Update by Pat Pithey, Grain Merchandiser from Cargill; Corn Rootworm Update by Jan Knodle, NDSU Extension Entomologist; Herbicide Resistance Issues by Richard Zollinger, NDSU Extension Weed Control Specialist; and an Update on Bio-diesel by the North Dakota Soybean Council. Elections were also held for county representatives on the ND Soybean Council and the ND Corn Council with Scott Gauslow of Colfax elected as the Soybean Council Representative and Deb Podliska, Lidgerwood, elected as the Corn Council Representative from Richland County. The annual meetings of the Crop Improvement Association and Richland County Corn Growers were also held that day. There were 55 interested farmers in attendance at the program.

### **ANNIE'S PROJECT**

Annie's Project, a six-week farm financial program for farm women, got underway Thursday evening, January 25. This program is being offered at 14 different locations in North Dakota this winter. In Wahpeton the program is being offered at NDSCS through a partnership with the Adult Farm Management Program. Through this partnership we are able to use and access the facilities at NDSCS at no charge. Due to classroom space, limitations on class size was 20 people and we were able fill the program with an additional

eight people on a waiting list for next year! The January 25 program was presented by Colleen Svingen, Richland County Extension Agent, entitled *Real Colors*. This program determines your personality profile and helps you to understand the differences between different personality types and how to interact and work with them. This is an enthusiastic group and I look forward to working with them over the winter.

### **MARKET CLUBS**

The Lidgerwood and Mooreton Market Clubs each met twice during the month of January. I assisted them with developing market plans for 2007 based on the current economic and market information. The Lidgerwood Club has requested information on balance sheets and cash flows which will be presented to them in February. Attendance at both clubs continues to be very good.

### **HOME AND GARDEN SHOW PLANNING**

I met with the Garden Club volunteers and representatives of the Wahpeton-Breckenridge Chamber of Commerce to plan the program for our annual Home and Garden Show on March 24. We are currently securing speakers and programs for the day long event.

### **CONTINUING EDUCATION**

As a certified crop advisor it is necessary to obtain a certain number of continuing education credits each year. On January 16 I attended the Wide World of Weeds Program in Fargo. This program is sponsored by the Weed Science Department at NDSU and presents an update on the various weed control research projects currently conducted at NDSU. Some of the research is done in Richland County which makes it pertinent to the area.

On January 17 I attended the Soil and Water Workshop held in Fargo, again for continuing education credits with updates on soil and water research being conducted by the Soils Department at NDSU.

## NUTRITION, FOOD SAFETY & HEALTH/4-H

*Colleen M. Svingen, Extension Agent*

### Consumer Decision Making Contest Results:

#### Individual Awards:

Second Place in Individual Reasons:

*Megan Weber*

Fifth Place in Individual Placings:

*Lara Lekang*

#### Team Awards:

Fifth Place: Team Reasons

Fifth Place: Group Think



Team - Megan Weber, Lara Lekang, Nicholas Weber, Joe Lepp, Coach - Karen Weber

We were very happy to have our Richland County Consumer Choice Team qualify to attend the Western National Roundup in

Denver the first week in January! The pictures are witnesses to the fact that the team did an outstanding job representing our county and state. I would like to take this opportunity to thank everyone who supported the team with financial contributions and their best wishes.



### MARKETPLACE FOR ENTREPRENEURS

I attended *Marketplace for Entrepreneurs* in Fargo with a couple members of the whole white wheat group. Marketplace forces me to expand my thinking and provides opportunities for me to network with other professionals working to develop our state's economy and rise or maintain our standard of living.

### REAL COLORS

I had the privilege to teach *Real Colors* at the kick off session of Annie's Project. The *Real Colors* program is a three-hour temperament theory training that provides insight into human behavior. Participants learn to recognize, accept and value differences in others. The *Color's* theory is a fun and practical tool that is easy to apply to real-life situations.

### WEBEX UPDATES

Beginning in January, the Family Consumer Science campus specialists started to provide monthly subject matter updates via an interactive video network (IVN). Beginning in April, Extension administration and the Agriculture

Communications Department hope to provide the training by Webex and everyone will be able to attend right at their computer. This is an excellent way for field staff to get the latest and best research enabling us to disseminate the information to our county clients.

#### 4-H COUNTY CLUB

I am happy to report that our 4-H County Club continues to expand its membership and activities. This 4-H County Club was established for anyone in the county that wishes to participate in a 4-H club but hadn't found a club in their area or would like to start a club in their home area, but wanted to learn more about 4-H before starting their own club.

I was at their January meeting giving a demonstration on *how to and how not to do a demonstration or illustrated talk!* It was a fun presentation to deliver and it is always entertaining to interact with the members and the families of 4-H clubs.

#### SPRING CONFERENCE

I was chosen to be on the planning committee for the 2007 Extension Spring Conference. I have to admit I didn't feel like I had won a *small lottery* when I received the email from the Extension Director's office asking me to join the planning committee! (I know that serving on any committee is an *additional time* commitment.) It has already proven to be a fun and energizing experience. Serving on a state wide multi-discipline committee is an excellent opportunity to interact with staff that I wouldn't normally have the chance to and to have input in the conference agenda.

#### MOTHERS OF PRE-SCHOOLERS

I presented a second class, *What Color is your Food?*, to the Mothers of Pre-Schoolers (MOPS) group at Faith Evangelical Free Church. MOPS is a non-denominational group of young

women attending parenting enrichment classes. The self testimonies of the mothers indicated that they had made some changes in their families' food intake creating some behavior modifications for their families as a result of their attendance at the first class. They indicated that they implemented new food safety tips into their daily food preparation routine. It was fun to present to a group dedicated to enhancing family life.

#### BIRTHDAY

I was reminded once again of the great Extension support staff we enjoy and often take for granted on my milestone birthday. Deb and Brenda are outstanding in their abilities and talents, but they also enjoy a good laugh. They along with the help of coworkers and volunteers reminded me that I have a great job! Thanks to everyone for an unusually good day!

#### FNP

*Pamela Leino-Mills, Extension Agent*



#### AFTER SCHOOL PROGRAMS

During January, I conducted 14 classes for the After School Programs in Lidgerwood, Hankinson, and Fairmount schools. The children in these programs are active and eager to learn about food preparation. They have some good stories to tell about how they have surprised their families by preparing snacks, and even supper for them. I have set up classes for the Circle of Nations After School Program, called After School Kids (ASK), for February and March. These classes will be conducted in the three dorms on the CNS campus. Beginning in February, I will also be teaching two classes a month in the Lidgerwood 2<sup>nd</sup> grade class room.

#### MENU PLANNING, ETC.

Public Health and Social Services continue to refer customers to me for menu planning, food

budgeting, and/or food safety. I have had several sessions with people who wanted to work on one or all three of the above.

## COMMITTEES

I continue to be an active member, and minute's taker, of the Aging Coalition Committee of Richland/Wilkin County. We are in the midst of planning for the spring Senior Extravaganza. This year I am also part of the Go Red Committee, planning the Go Red event for women's heart health.

## 21<sup>st</sup> CENTURY COMMUNITY LEARNING CENTERS

Adrian Biewer, Extension Agent,  
Project Director



### SEWING COMPLETED!

The winter months have been busy in our afterschool program. Colleen Svingen, our Family Consumer Science Agent and Deb Evenson, our administrative assistant, have completed the fleece pillow sewing projects in all the sites. The project took three nights to complete. In all, 52 students and 4-Her's enjoyed the project. These ladies put in over 85 hours in site time not to mention the driving and prep time involved. I would like to thank them for that effort on behalf of the program.

## SHOOTING SPORTS

Shooting Sports heated up in January and February with tournament action in full swing. Fairmount has jumped out to a quick lead with all shooters on the team having excellent results. Alyssa Adams from Abercrombie has the highest score for one position with a record score of 90. Many shooters are close and chasing the individual champion trophy. In early March, we will crown the Richland County Champion team and individual shooter.

Current scores are available on our website [www.ag.ndsu.edu/county/richland](http://www.ag.ndsu.edu/county/richland) under 21st CCLC.

## ROBO GEEKS

Our Fairmount Robo Geeks traveled to Grand Forks for the First Lego League Tournament on January 27. Despite the cold and icy roads, our team made it up there in time for the tournament start. Mrs. Luick reported the team did very well, though experiencing some trouble with the robot. Our team got 1<sup>st</sup> in *Technical Completion* and Landon Luick was named *Mentor Volunteer of the Year*. Check out our website for additional information and pictures. We would like to thank Yolanda for another great year of Robotics Club.



## GRANTS, ETC.

My time was spent applying for grants and conducting the air-gun tournament. We have applied with 4 other partners to become an Americorp Program in Richland County. Wahpeton Parks and Recreation Department, Hankinson American Legion, Hankinson School, and Wyndmere School, along with the afterschool program applied for the grant. If successful, the grant will leverage funds for volunteers to help in areas of education and environment in the county.



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