Financial Literacy – DOLL

I wrapped up a five-week session of financial literacy with 2nd graders at Roosevelt Elementary. During our final lesson, youth made savings jars to help them save toward their goal. When asked if they have started saving their money, one youth replied, “Yes, I am saving money. So I can by football cards.”

The herd of pig savings jars made during the final lesson of financial literacy at Roosevelt.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
**Living Ag Classroom – Burdolski, Doll, Westby**

During the KFYR Agri-International Show, over 1,400 youth from the surrounding area came to participate in living ag classroom. Youth rotated to different stations each focusing on a different aspect or commodity of agriculture. The Extension booth focused on all of the different careers that are available through agriculture.

**LAW (Leadership Awareness Weekend) -- Doll**

Youth from across the state came together for LAW Feb. 16-18th. Activities throughout the three-day weekend focused on; parliamentary procedure, local government, the judicial system, state government, ethical leadership, and more. During the event, youth made blankets for the Burleigh County Sheriff’s Department to carry in their vehicles. Blankets will be distributed by the Sheriff’s department to kids who are involved in a traumatic incident. Youth spent the final day at the capital where they had the opportunity to meet with the governor and local legislators. Every youth in attendance sat on the floor during session as well.

In partnership is Bismarck/Burleigh Public health, Bismarck PD, Bismarck Fire, Burleigh County Emergency Management, ND Public Health, and Bismarck Parks and Rec we held a class for 80 youth from around the area. This class focuses on helping youth gain skills to be healthy and safe when staying home alone. Youth rotated through sessions, allowing us to offer the class for more youth.

dicamba violations, ergot, Palmer Amaranth and Houndstongue, and an update on issues and trends. We wanted to make this training more interactive, so we utilized the TurningPoint clicker system to teach attendees how to use the Weed Control Guide, read a label, and identify common weeds in North Dakota. This portion was well received! Alice Westby delivered a section on laundering pesticide-contaminated clothing.

**Crop Management**

**Pesticide Recertification Trainings – Burdolski, Miller, Westby**

Pesticide training season is in full swing! Burleigh County is hosting four trainings for the 2019 season: Feb 5, 12, 28, and Mar 5. Calla Edwards (the ANR Agent in McLean County) and I teamed up to deliver our trainings, focusing on topics like...
Planting the Seed: The Evolution of Agriculture through Technology Panel – Burdolski
The Bismarck Mandan Chamber EDC’s Agriculture Committee hosted an ag technology panel in conjunction with the KFYR Agri-International Show. This panel featured three panelists: Todd Nagel with AgCinect, Spence Koenig with Direct Ag. Supply, and Brent Horner with RDO Equipment. Panelists talked about how technology in agriculture is affecting their organization, workforce, and economy from their perspective.

Horticulture & Forestry

Master Gardener Training – Burdolski
In February, I continued to host a training site for our Master Gardener training. This month, students learned about topics like composting, seed starting, tree pruning, pesticide safety, pollinators, integrated pest management, and hydroponics. What I find value in taking this course in person over online is the conversations we have during the breaks. These Master Gardeners-in-training have a lot of great ideas and an eagerness to learn and share their expertise.

Farming and Ranching for the Bottom Line – Burdolski
Farming and Ranching for the Bottom Line was held on Feb 26 and 27 at the BSC National Energy Center for Excellence. This two-day conference was a sold out show, with keynote speakers like Temple Grandin, Greg Judy, and Mark Schatzker drawing in a 420+ attendance. The first day featured Grandin speaking on livestock handling systems and animal behavior, alongside presentations on cover crop integration, drought, and featured Kevin Sedivec and Michael Undi presenting on bale grazing. The conversation continued that evening with a social sponsored by the ND Stockman’s Association and table talks. Day two featured Judy speaking about his philosophy of farming soil microbes instead of cattle and utilizing grazing methods to improve the quality of your soil and livestock. Mark Schatzker spoke an interesting truth about the connection between food and flavor. We were given the banker’s perspective by Starion Bank’s CFO Don Morgan, and the couple’s perspective on farming.
together with a panel of farm couples. The event wrapped up with a Q&A panel with all the speakers. As a member of the planning committee, I was very pleased to see what a success this event turned out to be.

CREATES at Dacotah Foundation - Johnson
CREATES curriculum is designed to get participants in the kitchen where they can learn basic cooking skills, have opportunities to discuss basic concepts of eating healthy on a limited grocery budget, and practice new habits that will help them take control of their own nutrition and health. In February, eight people worked together to CREATE homemade soup. Nothing says comfort like soup! A steaming bowl of soup is a hearty, healthful meal. Creating your own soup at home is better for your wallet and your heart as you can cut the sodium and add a variety of whole grains, vegetables and lean proteins. Italian Potato Sausage Soup and Broccoli Cheese Soup were the two kinds of soup prepared during this CREATES session.

School-wide Nutrition Program – Dorothy Moses – Johnson
On the Move to Better Health and On the Move to Better Health Jr programs wrapped up in seven classrooms at Dorothy Moses Elementary School. The On the Move to Better Health program focused on increasing fruits, vegetables, whole grains and calcium rich foods in the diets of children while decreasing consumption of sugar-sweetened beverages and improving fitness habits. Student comments regarding the program include “It was fun and cool. Now I eat more vegetables and fruit. I liked the snacks that we got to try. (Thank you!)”, “I like it because it helped me make good choices and
eat healthier foods."., “I liked that we got to try new foods and play games. I like that we learned a lot of stuff!”, and “I liked how we did the chart tracker and how Ms. Johnson brought us games and snacks.”

The On the Move to Better Health Jr. program for second graders focused on making healthy choices from the MyPlate food groups. Students enthusiastically tracked what they ate and drank from one food group each week until they were familiar with the whole MyPlate at the end of the course. A teacher, commenting about what her students liked best about the lessons, wrote “They enjoyed listening to the books that were read to them and being able to try new foods.” Another teacher mentioned, “The snacks! Also the prizes and sorting food activities.”

**Heartview Foundation Canned Food Presentation – Johnson**

In honor of February being National Canned Food Month, I gave a presentation on “Canned Food Fills MyPlate” to a group of twelve people at Heartview Foundation. We discussed how canned foods provide needed nutrients to help meet USDA Dietary Guidelines by filling MyPlate. Canned foods are convenient, portable, quick and have a long shelf life. The group was encouraged to experiment with different recipes and meal ideas using canned foods during February, National Canned Food Month.

**On The Move to Better Health, Jr. – Grimsrud Elem. School: Westby**

Forty-two 2nd grade students completed this nutrition education series through this program. The grain and protein groups were the last to be studied and the students finished with post-surveys and bingo games along with certificates.

**2019 UTTC Wellness Fair – Johnson**

“Healthy Snacks” was the focus of the NDSU Extension booth at the UTTC Wellness Fair. Students, faculty, and community members had the opportunity to meander through 28 different booths, set up at the UTTC Wellness Center. Different vendors offered health screenings and provided informational booths promoting movement towards a healthier lifestyle. Participants were encouraged to plan for a healthy snack, as snacking can be a healthy part of any diet. The key is picking snacks that are nutritious and help to keep our body healthy and feeling full. Marie Gabel, Contracted Nutrition Educator and I inspired people to move away from the less healthy (candy, cookies, chips and cake) snacks to healthier snacks such as Vanilla Yogurt Berry Grahams and Alice with Mrs. Knutson’s students @ Grimsrud School. Mrs. Schroeder’s students and Alice.
Trail Mix Bars that were offered for sampling. A Wellness Fair participant commented, “Those healthy snacks are oh so tasty and relatively easy to make!”

March. Comments received from the last booster session, held at the Burleigh County Senior Center on February 14, included: “Excellent class – would recommend to others”; “Good workshop – many good points were stressed”; and “I have slipped since the initial workshop, but never fallen. Something must be working OK!”

Nourish Your Muscles – Charity Lutheran “Amazing Grays” – Westby
Alice presented this program to this group at their evening social meeting. Thirty-five attended and responded well to the information and the peach smoothie prepared by Alice and offered as a tasting dessert for all in attendance. Information included nutrients needed for muscle health, learning good food sources of protein and carbohydrates, and realizing the importance of physical activity and exercise in muscle health.

Stepping On Program – Westby
This 7-week workshop is underway at the Mandan Golden Age Senior Center and will continue through March. Comments received from the last booster session, held at the Burleigh County Senior Center on February 14, included: “Excellent class – would recommend to others”; “Good workshop – many good points were stressed”; and “I have slipped since the initial workshop, but never fallen. Something must be working OK!”