Home Alone: Are you ready? -- Doll

In partnership with Bismarck-Burleigh Public health, Bismarck Fire, Bismarck Police, Bismarck Parks and Rec, and Burleigh County Emergency Management, we had three sessions (75 kids) of Home Alone this month. This class, for youth aged 9-13, prepares participants to be safe and healthy when they stay home alone. The class is very popular and often fills within the first few hours of registration opening. We have two more sessions scheduled in August, with a waiting list already.

Home Alone Participant cuts bananas to make the health snack Honey Lime Fruit Toss.
Youth Police Bureau -- Doll
Thirteen participants of the Bismarck Youth Police Bureau came to learn how to safely and effectively shoot archery. Participants started at the beginning and learned how to find their dominate eye and how to take a good shot. One participant said, “This was my favorite thing all summer.”

Mclean County Fair -- Doll
I judged Mclean county 4-H’ers on projects in the areas of; citizenship, communication, food, and painting. 4-H’ers presented projects they have been working on over the past year and discussed what they learned through the process.

Survivor and Create it camp -- Doll
Forty-two campers came to McDowell Dam for a day of adventure as part of two camps at North Dakota 4-H camp. Campers swam in the water, fished, went canoeing, and participated in a sandcastle competition.

Morton County 4-H Consumer Decision Making Contest – Westby
Alice was a reasons judge for the beginner and senior levels at the Morton County Contest.

Burleigh County 4-H Horse Show -- Doll, Halstengard
In partnership with the Bismarck Horse Club, 5 Burleigh County 4-H youth rode in horse events to qualify for the state fair.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Community Vitality

Real Colors -- Doll, Fischer
The employment division of Community Options had us present at their training conference. Real Colors works with groups to find their personality color. They then work through the process of presenting their needs, values, strengths, and joys.
**Nourishing Boomers and Beyond – Westby**
The June topic “Bone and Joint Health” was presented at the St. Gabriel’s Assisted Living facility, June 6, and at Burleigh County Senior Center on June 28. Information related to nutrients, exercise, supplements and implementing plans for eating and fitness to influence bone and joint health positively was the key message. The attendees were able to sample a topic featured strawberry dessert recipe as a final part of the presentation.

**Healthy Living for “Libraries Rock” – Westby, Johnson**
The annual kick-off event for summer reading program was held at the Capitol grounds and Extension was present with about 40 other community entities. Our theme focused on water and we gave samples of fruit infused water to over 425 children and adults along with the 2018-19 “Eat Smart” Magazine, North Dakota AgMag 2016, and 4-H camp information. As this was a library event, we found several children’s books with water as their theme or part of their story line for our display.

**Horticulture Contacts & Inquiries – Burdolski, Deckert**
The NDSU Extension office in Burleigh County has been busy this June! We fielded over 195 phone calls, emails, house visits, and walk-ins related to gardening, lawn maintenance, tree health, and weed management.

**2018 Wool Pool – Burdolski**
The Burleigh County 4-H Building was host to the annual Wool Pool again this year on June 7th. Roswell Wool, a buyer from New Mexico, was here to purchase wool from members of the Missouri Slope Wool Growers Association in North Dakota. Producers had the option to accept the bid price listed or allow the wool to be graded. Beth Burdolski, the Ag and Natural Resources Extension Agent, was present there to help weigh and load the wool.
Boys and Girls Ranch - Johnson
A seven-week Cooking Camp began at Dakota Boys and Girls Ranch. I meet with the boys on Monday and the girls on Tuesday to teach them about nutrition and health as they explore hands-on food preparation. Our challenge thus far has been cooking without the conventional means of a stove/oven due to renovations happening at the facility. Consequently, we have been practicing various food preparation techniques using different kitchen appliances like a blender and electric fry pan to make Green Monster Smoothies, Peanut Butter Banana Rollups and Hunter’s Feast. The youth are always ready for the next challenge presented.

Dan’s Supermarket Recipe
Demonstration – Johnson, Westby
The recipe of choice this month was Vanilla Yogurt Berry Grahams, made from graham cracker sheets, low-fat vanilla yogurt, sliced strawberries and blueberries. It is a super-simple snack that people of all ages can make without any special appliances. We heard many positive comments from customers and the simplicity provided the motivation for several people to return to the produce aisle and dairy case to purchase fresh ingredients to make the recipe.

On the Move Cooking Camps – Johnson, Gabel, Westby
Several Cooking Camps were offered this summer as a collaboration between NDSU Extension Burleigh and Morton Counties. The Cooking Camps, held at Bismarck High School, were for youth in 5th, 6th or 7th grade and spanned over three days. Forty-eight youth participated in the Cooking Camps. Students learned how to read and follow a recipe, measure ingredients, correctly name kitchen equipment and were able to practice various food preparation techniques using different kitchen appliances. Students also learned about food safety, knife skills, reading food labels, food preservation and yeast breads. Campers prepared muffins, green monster smoothies, fruit salsa and cinnamon chips, mini pizzas, strawberry jam and pretzels. On the final day of camp, they prepared a brunch that included an egg and sausage dish (Hunter’s Feast), cornjacks and baked apples. They were all very impressed with their accomplishments and eager to share the recipes with their families.

Your Brain and Body – Westby
To help people age well, the Alzheimer’s Association offered the Healthy Living class in a collaborative effort with NDSU Extension Agents. Alice provided the information on diet and nutrition that may affect the aging process. Other topics covered were cognitive activity, physical health and social engagement.
Capital Farmer’s Market – Westby
A display on Food Preservation of Jam and Jelly was set up at the Gateway Mall during the first Capital Farmer’s Market of the season. The Director of this Farmer’s Market and I created a video on making Strawberry Jam. The video will be released for viewing following editing.

Food and Fun at Dakota
CREATE at Dacotah Foundation - Johnson
The Creates Curriculum – Essentials in Creating Family Meals program made its initial debut at Dacotah Foundation. CREATE is a curriculum that discusses principles related to SNAP-Ed, USDA and MyPlate complete with lessons on meal preparation, food safety, shopping with a list, family mealtime, having a well-stocked pantry and being physically active. Nine people worked together to create a tasty Potluck Chicken Casserole during session 1: CREATE a Casserole. To create a tasty casserole from simple foods, choose an item from each of the following categories: (1) one starch, (2) one protein, (3) one to three vegetables, (4) one sauce, (5) one or more flavors and (6) one or more toppings. Use your imagination to combine the ingredients to make a satisfying and economical meal for your family.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- Horticulture Recommendations for Lincoln Boil Order
- Assessing Tree Damage

Burleigh County Extension
Events and Calendar
If you are interested in receiving notification of any programs, events or newsletters provided by NDSU Extension Service - Burleigh County please sign up at tinyurl.com/NDSUBurleigh

July 2018
- 4-H Static Night, July 10, 8-9 public viewing
- 4-H Small Animal Night, July 11, 5p
- 4-H Livestock Day, July 12, 9a
- ARS Friends and Neighbor’s Day—July 19, 2-6pm

September 2018
- Start of 4-H year, September 1
- Teddy Roosevelt Day, McDowell Dam, September 30, 1-4pm

NDSU Extension-Burleigh County
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www.ag.ndsu.edu/burleighcountyextension
www.facebook.com/BurleighCountyExtension
You’re Invited

You are cordially invited to attend the
Burleigh County 4-H Achievement Days
July 10-12th at the Joann Hetzel Memorial
4-H Building

Saturday, June 23
Times TBD
Horse Show at
Neuens Arena
Youth showcase their skills in showmanship, western, and speed events.

Tuesday, July 10
5:00 PM
Static Night
Youth showcase their photography, baked goods, drawing, engineering, and much more! Youth activities and games start at 6:30 pm.

Wednesday, July 11
5:00pm
Small Animal
Youth show their rabbits, poultry, cats, dogs, or other pets.

Thursday, July 12
10:30am
Livestock Day
Beef, swine, goat, dairy and sheep.
Kiddie Lead and Social at 4pm with Premium Sale starting at 5pm.

We look forward to having you spend some time with our 4-H members at any of these fun events.

Burleigh County Extension Staff:
Amelia Doll, Alice Westby, Beth Burdolski Jeri Fischer, Sara Fisher, Breanna Miller and Sam Halstengard