Bugs, Bees, and Blooms – Doll

Myself, in partnership with TJ Prochaska, crop protection specialist, and Judy Ryan, master gardener, hosted the bugs, bees, and blooms project day. Youth got a tour of the pollinator garden and got to make their own bee hotel. Different types of flowers and bees were discussed with the youth.

Youth work on assembling bee houses. The houses were made out of a paper towel role and yellow straws.
See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Burleigh County 4-H fun night – Doll, Fisher, Fischer, Burdolski, Miller, Westby
At the 90th annual Rotary Fun Night, youth and adults assembled kindness kits. The kits have socks, toys, candy, etc. They will be donated to Carrie’s Kids.

New Family Meet and Greet – Doll
New this year, I had an open house for new members or people interested in joining 4-H. Several new families stopped in and asked questions about the 4-H program. We continue to grow our membership across the county.

Ag and Natural Resources Contacts – Burdolski
The month of October yielded 11 calls, walk-ins, emails, site visits, and contacts, on topics such as grazing corn stalks, pesticides, soil salinity, and land values.

Real Colors - Doll, Fischer
We presented the Real Colors workshop to 31 county employees. Attendees participated in the personality assessment and presented their needs, values, strengths, and joys for their personality color.

Stepping On – Westby
The 7-week workshop began on October 4 and has occurred each Thursday afternoon for these four weeks of October at the Burleigh County Senior Center. Participants have learned and practiced balance and strength training exercises and had information shared by guest experts from a variety of disciplines. In physical therapy, April Bergan, PT from Dakota Physical Therapy has taught the correct exercise methods; Dr. Brian Beattie, Eyes on Parkway, provided guidance regarding vision and falls; and Officer Clint Fuller, Bismarck Police Department discussed community and pedestrian safety. The program continues in the month of November.
Horticulture and Forestry Contacts – Burdolski
The month of October yielded 34 calls, walk-ins, emails, site visits, and contacts related to horticulture and forestry.

Commercial Pesticide Training – Burdolski
On October 29th, I hosted the Ornamental/Turfgrass and Greenhouse Commercial Pesticide Training at the Bismarck Public Schools’ Career Academy. The course was delivered in conjunction with Andrew Thostenson, NDSU Pesticide Program Specialist. We had 19 commercial applicators attend the October training. Attendees learned about topics like communicating pesticide issues to the public, cleaning spray equipment, pollinator protection, and interpreting labels. After these sessions, they received the renewal of their license.

Nutrition, Food Safety, & Health

Dan’s SuperMarket Recipe Demonstration - Johnson, Westby
In celebration of Apple Fest we elected to demo several recipes featuring apples including Apple Spice Hummus and Cinnamon Caramel Apple Energy Balls at Dan’s SuperMarket South. Did you know that a medium apple contains about 80 calories and that the average person eats 65 apples each year? On average, apples contain 4.5 grams of fiber with two-thirds of the fiber and lots of antioxidants being found in the peel.

City of Bismarck Employee Wellness & Benefits Fair – Westby
I developed a display to encourage the healthy aspect of including enough water in our daily diet. The display had two varieties of flavor infused water as samples and several materials on infused water as well as the current issue of the family table handout for participants.

Eating Smart, Being Active – Johnson
I started this eight-week program at First Choice Clinic. Eating Smart Being Active is an Expanded Food and Nutrition Education Program (EFNEP) curriculum designed to teach healthy lifestyle choices to low-income families with young children. It includes lessons that teach the main messages of the Dietary Guidelines for Americans, MyPlate and Physical Guidelines for Americans. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resource management.

CREATES at Dacotah Foundation – Johnson
CREATES teaches the concept of healthy eating on a limited grocery budget. In October nine people worked together to CREATE a Skillet Meal from foods already found in the pantry and fridge. Skillet meals can be served at any time of the day—breakfast, lunch or dinner. Spanish Macaroni and Hunter’s Feast were the two Skillet Meals prepared during this CREATES session.
Nothing says quick and easy like a one-pot meal! You just need some basic equipment and food in the pantry to create a healthy and warm skillet meal that your family will want to come home to!

3rd Grade Nutrition Education – Johnson
Go Wild with Fruits and Veggies is a seven-week program that encourages students in 3rd grade to eat more fruits and vegetables and to become more physically active. I started teaching this program in three classrooms at Dorothy Moses Elementary School. The curriculum is organized by fruit and vegetable colors and an animal character is associated with each lesson to make learning more enjoyable and to educate the students about area wildlife. Lessons include games, music, dance, tasting opportunities and other activities to stimulate all five senses and keep students engaged throughout the whole lesson.

Kindergarten Nutrition Education – Johnson
Discover MyPlate is an exciting educational journey through the world of nutrition and health. This series fosters the development of healthy foods choices and physically active lifestyles during a critical developmental and learning period for children—kindergarten. I started teaching this program in three classrooms at Dorothy Moses Elementary School. Fun characters and interactive activities engage children in exploring healthy choices from each of the MyPlate food groups, discovering the colorful variety of fruits and vegetables, identifying feelings of hunger and fullness, selecting balanced meals and healthy snacks and experiencing the fun and importance of being physically active.

NAE4-HA – Doll
I attended the national conference for that National Association of 4-H Agents in Columbus Ohio. My travel for this conference will be paid for by a grant received by North Dakota 4-H.

2018 ND Fall Extension Conference – Burdolski, Doll, Johnson, Westby
The purpose of the Conference is to bring together agents, specialists and REC staff annually for informal networking, program planning and formal educational opportunities. The Conference was held on October 22 – 25, here in Bismarck, at the Radisson Hotel. Topics of interest were:

- Policy, Systems and Environmental Change: What is it and What Does It Look Like?
- Women in Agriculture: Reclaiming Identity
- Taking Extension and Research Into the 21st Century
- North Dakota Farm Financial Stress
- Extension Master Gardener Therapeutic Horticulture Program
- The County Seed Increase Program and Its Benefits to Your County and Area Producers

Four NDSU Extension teams were honored during Conference for their work with a Program Excellence Award. The On the Move to Better Health Kids Cooking School received said award. Deb Johnson and Alice Westby were team members who implemented this program in Burleigh County.

Westby – I felt this conference was valuable, as I was able to meet so many of the Extension personnel and able to discuss programming in different counties. In addition, obtaining more information on many of the signature programs, such as On the Move, was a great benefit.

Burdolski – Thank you, NDSU Extension, for putting this conference on for us. The quality and content of the seminars that I attended were excellent, and helped me to learn more about the research and programs my colleagues are offering around the state, and how to address current issue topics in agriculture and extension. Not only that, but I made valuable connections with my fellow agents and our specialists. I came back home with many ideas for programs in our county!
Pesticide Training – Burdolski
I attended the Pesticide Training for New Staff in Fargo on October 2 and 3. This training helped me become more familiar with the Pesticide Program, current issues, and communicating science based information to the public, and better prepared me to host my own trainings this winter.

SWCS Technical Workshop – Burdolski
I attended the technical workshop put on by the North Dakota chapter of the Soil and Water Conservation Society, held this year at Lake Region State College in Devils Lake, ND. This year’s theme centered around “Soil Erosion”. As President-Elect of the society, I delivered the introduction and welcome speech. Attendees learned about topics such as the soil productivity index, calculating the impacts of erosion, precision agriculture, and using cover crops to improve soil health. The workshop was concluded with a speaker panel of landowners, researchers, and natural resource professionals, discussing the future of conservation.

Cowbytes Day – Burdolski
I attended the Cowbytes program training day at the Central Grasslands Research Extension Center on October 17. Attendees learned how to use the program and write a feed ration.

Burleigh County Extension Events and Calendar

Burleigh County Extension Events/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.

November 2018
November 7–8, Soil Health Summit, BSC National Energy Center for Excellence
November 8, 6–8pm, 4-H Project day, alcohol painting
November 1, 8 and 15 – Stepping On Continues
November 20, 21 – On The Move, Jr. begins @ Northridge and Lincoln Schools

December 2018
December 5 – Boardwalk to Better Health & Fitness Fair
December 12 – Women in Ag Connection Day, Bismarck Public Library

January 2019
January 22 & 24, 6p-8p, Youth Barn Quilt Project day

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From left to right: Doug Landblom (Dickinson REC), Wade Bott (USDA-NRCS), Darrell Oswald (Burleigh County SCD), Justin Zahradka (Farmer/Rancher), and Larry Cihacek (NDSU Professor) sit on the speaker panel.