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

**Horticulture Contacts – Burdolski, Deckert**
In September, we had 116 horticulture contacts and 13 agriculture contacts.

**Soil Testing and Amendments Presentation to Bis-Man Garden Club – Burdolski**
On September 17th, Kidder County Agent Penny Nester and I delivered a presentation on soil testing and amendments to the Bismarck-Mandan Garden Club. This is a particularly important topic, as a simple soil test can provide us information on how to best apply (or not apply) nutrients. We also discussed how to calculate how much product to put down, based on an example soil test results which is a common question our office receives. There were many questions from the 59 attendees!

**Pesticide Testing - Miller**
In the month of September there were 2 tests administered. One commercial tester in the areas of Ground Core and Right of Way.
Suicide Prevention Summit – Ziemann-Bolinske
Suicide in North Dakota is above the national average & statistics are alarming. I was one of nine panelists presenting on suicide awareness and prevention, and I spoke on the increased risk in farmers and ranchers due to the unpredictable stressors their profession presents. Other partners were special guest Haley Wolfe, Miss North Dakota, sharing her platform #The1ToTeen Suicide Prevention, Department of Human Services - The Suicide Prevention Program Administrator, North Dakota State University Extension Agency - Farm Crisis, Century High School, Bismarck - Students Against Destructive Decisions, Native American Development Center - Native American Youth Suicide Summit, FirstLink & 211 - Suicide Resources and Contact Information, Eastgate Funeral Home, Bismarck, ND - Survivors Support Group, ND American Foundation Suicide Prevention - Prevention and Support, Veteran’s Services - Suicide Prevention, and ND Chaplains Advocacy Group - Trained in Suicide Crisis Intervention.

Loneliness Prevention – Ziemann-Bolinske
In a partnership with Bismarck Senior Center and presenting with Bismarck-Burleigh Public Health, we offered this month’s topic to about fifteen attendees. We shared a presentation on preventing loneliness through socialization. We shared several loneliness or conversation starter boxes with nostalgic items within to get people to start conversing about memories. We heard that Dick & Jane books are what two of the ladies used in first grade to learn to read.

Loneliness & Conversation Starter Boxes

Nutrition, Food Safety, & Health

Dan’s SuperMarket Recipe Demonstration – Johnson, Ziemann-Bolinske
With apple season upon us we elected to demo a recipe featuring apples this month. Apple sandwiches was our recipe of choice. A quick and easy recipe utilizing sliced apple rounds, peanut butter and granola. We served our sandwiches open-faced instead of placing a second apple round on top. 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.
Livestock In-Service – Burdolski
I attended the Extension Livestock In-Service that was held the first week of September. This was a great training, with the first day geared towards newer Agents. We discussed how to be an effective Agent and how to use problem-based learning at meetings like pesticide trainings. On the second day, we covered feed, forage and water testing and cattle nutrition, as well as touring the ARS facility in Mandan.

NACAA AM/PIC – Burdolski
I had the opportunity to attend the National Association of County Agricultural Agents (NACAA) annual meeting and professional improvement conference that was held in Fort Wayne, IN, on Sept 8-12. This was a great way to network with other Ag Agents from around the country, learn how these Agents address the programming needs within their own counties, and how I could utilize these strategies here in Burleigh County. The last day of the conference was a tour day, where I had the chance to visit a greenhouse facility and gladiolus farm in Michigan. My favorite was touring a minimum security correctional facility, where the Indiana Master Gardeners have a garden and educational program that they do alongside the inmates.

I also submitted a photo to their Communications Awards, where my photo was selected as a state and regional winner and received a National Finalist designation in the “Published Photo” category. This award was recognized at a special luncheon for winners at the conference.

Go! Bismarck-Mandan Lunch n’ Learn– Ziemann-Bolinske
September was Hunger Action Month and one founding member of Go! put together an action panel to share what their efforts are in combating food insecurity. We heard from presenters from Creating a Hunger Free ND (celebrating 10 years), Great Plains Food Bank, Banquet and Trinity Lutheran and United Way. This is also an opportunity to share upcoming program opportunities I’m planning to provide to the community.
North Dakota Board of Dietetic Practices – Ziemann-Bolinske
As a ND governor appointee, I hold the consumer position on the NDBODP board and we had a business meeting this month. I was voted in chair of the board.

National Extension Association of Family and Consumer Sciences – Ziemann-Bolinske
This association is so critical to maintain a networking relationship with colleagues doing Extension work in their states at their respective land grant universities. Annual conference is Sept. 29-Oct. 3 this year. We learned about impactful programs offered nationally.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- Preventing Fire in Baled Hay
- Frost Potential
- Showcasing Three Opportunities for Youth

KFYR Noon Show – Burdolski, Ziemann-Bolinske
Tune in Tuesdays noon to 12:30pm. This month Agent Burdolski and Agent Ziemann-Bolinske covered the following topics on the weekly Extension Report:
- September 17 – Fall Garden Checklist
- September 24 – Falls Prevention Awareness in celebration of the start of fall season.
Stepping On – a falls prevention evidence-based program starts Oct. 10th ask our office for more details.

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.

October 2019
- Stepping On at Touchmark starting Oct. 10 for seven weeks
- 4-H Fun Night - Oct. 14, 4-7p
- Burleigh County Extension Advisory Council Meeting, Oct. 16, 12-1p
- Home Alone - Oct. 17
- Mindful Eating & Sustainable Ag Youth Day Camp – Oct. 17
- From Field to Farmhouse - Farm Financial Outlook and Stress in Rural Youth – Oct. 18
- NDSU Extension Fall Conference Oct. 22-24
- Know the Truth, Oct. 23
- Corpus Christi Healthy Fair, Oct. 24

November 2019
- Bath Bomb Project Day - Nov. 1, 10a-12p
- Diabetes Awareness Month – Lifestyle is Medicine at Natural Grocers on Nov .13 at noon
- Legislators invited for lunch – Nov. 19

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