John Kringler,
Chair & Cropping Systems

• Several Statewide/Regional meeting were held: Northwest Farm Managers, Soybean Expo, Convention, Advanced Crop Advisors, Best of the Best in Wheat/Soybean Research, Mid Valley Sugarbeet Growers.

• These meetings were well attended. Topics included crop production when commodity prices are at the present level. Growers need to consider the mix of crops planted, inputs for those crops and the possible rotation on their farm. Herbicide resistant weeds is a concern and producers need to consider what the best options for weed management in their cropping system might look like this year and in the future.

• The Election for a representative from Cass County to the North Dakota Soybean Council was held. This nomination and election is conducted by the Extension Service as outlined in the ND Century Code. Joe Morken, Casselton, was elected as the Cass County/ District representative to the North Dakota Soybean Council.

Maxine J. Nordick,
4-H Youth Development

• Horace Stars 4-H Club Officer Training—Prior to the 4-H club meeting, I met with the President, Vice-President, Secretary and Treasurer to train them on what they needed to do in their club officer role during a 4-H club meeting. My observation of them conducting the 4-H club meeting and carrying out their officer roles indicated that they understood their roles and with more practice the club meetings will be more youth led.

• The Youth Archery beginning four class series held in February was attended by 26 participants with the classes conducted by Certified Volunteer 4-H Archery Instructors

• Several spring workshops were organized for the spring: .22 Youth Rifle Training, Pottery Wheel Workshop and Wood Turning.

Monique Snelgrove
4-H Youth After School Program

• 4-H Science Club teaches youth about the wise use of resources through a water pollution model. Youth build a watershed diorama, place common pollutants in their representative locations (like motor oil in a parking lot, carwash soap in a driveway, and fertilizer on an agricultural field) and then flood the diorama. The model visually demonstrates how water moves through a watershed, carrying contaminants with it.

Kelcey Hoffmann
Agriculture

• The end of February was the deadline for the first decision that needed to be made in regarding to the farm bill. We squeezed as many producers as we could into the month to help them make more educated decisions. USDA ended up extending this deadline another month. I was able to speak at the annual Embden Grain meeting and bring the new Veterinary Directive guideline to the attention of many livestock producers around the area. A great conversation was had on how the NDSU Extension can be beneficial to these producers.
Michelle Strang,
EFNEP/FNP Adult Nutrition Program

• I started a new cooking skills group at the YWCA shelter this month and these ladies were my first participants. We had a blast discussing food safety concepts that they should be applying and sharing with others who use their shared kitchen. I will also be working with staff members at the YWCA to ensure that their staff is also following USDA recommendations.

Sue Quamme, Parenting Resources

• The Parent Resource Center wrapped up several winter session classes including Nurtured Heart Approach, Parenting the Love and Logic Way, Parents Forever, Building Strong Families. Presentations were made to JOBS at Job Service, teen parenting classes, Youthworks, and at several Lunch and Learns. Nearly 100 parents were in attendance at these classes. The Cass County Child Abuse committee was awarded a grant to promote Child Abuse Prevention in April and work began on this project.

Nikki Johnson
EFNEP/FNP Youth Nutrition Program

• In February I started a new pilot program called “On the Move to Better Health Junior” with some area second graders. Two classrooms from Kennedy at Eagles Center began their 5 lesson series to improve their nutrition knowledge and to promote healthy lifestyle behaviors.

Todd Weinmann,
Horticulture

• Gardening programs benefit youth by improving their diets and health, stimulating their skills in science, increasing their awareness and care of the environment, and serving their community. 92% of children in ND do not eat enough vegetables for a healthy diet. 78% of children in ND do not get enough physical activity. (CDC) I am one of 3 Board Members on the Jr. Master Gardener Grant that reviews the grants submitted by youth in our state and decides who will receive funds and how much. We had an overwhelming amount of applications and not enough funds to cover all of the grants that were submitted. 13 Cass County youth projects were approved and awarded funds for their horticulture projects. The decisions were hard this year. As our program becomes even more popular in the future, our decisions will become harder and our funded projects will become more impactful. There are several pictures from past Jr. Master Garden projects. If you would like to see them please, let me know.

Rita Ussatis,
Food and Nutrition

• Powerful Tools for Caregivers completed the six weeks series. The Powerful Tools for Caregivers program provides tools and strategies to caregivers to better care for themselves in the caregiver role. One Participant wrote “Thanks to this class, I understand the importance of taking better care of myself and received the tools I need. Thank you for a wonderful program.”

• On the Move to Better Health began the five weeks series in Central class with 62 5th grade students participating. This program focused on healthy lifestyles.