John Kringler,
Chair & Cropping Systems

- Cass County leads the nation in Soybean acres planted with over 500,000. Soybean Cyst Nematode is an increasing problem for producers-impacting yield. A field day was held Sept. 4 at the NDSU Extension demonstration plot between Ayr and Absaraka. Discussion on managing for SCN included; Crop rotation, use of Resistant Varieties and Nematicide Seed Treatments. Soil sample bags were distributed to growers, so they could sample fields to determine the level of SCN present. The goal is to keep egg levels low and better manage the situation.

Kelcey Hoffmann
Agriculture

- Time Management presentations were presented to the Arthur Companies employees during the month of September. Employees were able to select their “Big Rocks” in life, prioritize their work schedule, and learn some different ways to say “no”. Workers stated that they are excited to put some of these new tools to work in their everyday hustle! National Health and Farm Safety Week was September 20th-25th and I was able to spend a day at the Central Cass High School showing students the importance of watching out for hazards on the farm, making sure equipment is running properly, and wearing appropriate equipment when working on a farm. 75 students participated in the Farm Safety activities and stated that they will slow down during this busy harvest season!

Maxine J. Nordick, 4-H Youth Development

- The annual Cass County 4-H Awards Celebration was held the end of September with approximately 160 attending the event. The Jerry & Pennie Hatlestad family was recognized as a ND 4-H Century Family with 138 years of involvement in the 4-H program through family membership and volunteer service. The event is sponsored by the Cass County Financial Institutions and the 4-H Council. Many 4-H youth were recognized for their efforts and accomplishments.

Sue Quamme,
Parenting Resources

- September was all about parenting classes. The Nurturing Parent Class which began in August, continued through the month with 23 registered adults and 20 children. Parenting with Love and Logic began at Fargo Public Lewis and Clark Elementary School with 25 adults eager to learn how to set limits without anger, lectures, threats or repeated warnings. I presented at Red River Montessori for parents and staff. Nurtured Heart Approach classes are offered through the end of October at the NDSU Wallman Wellness Center and at the Richland Elementary School in Abercrombie. Parenting classes also began at the Woodrow Wilson for teen parents involved with the Evenstart Family Room. Men at Centre, Inc. also learned about parenting styles.

- I participated in County Office Leadership training in Bismarck, Cass County Advisory Board and Extension Community Forum in Hillsboro. Each offered inspiration, ideas for new programming and new connections.
Nikki Johnson
EFNEP/FNP Youth Nutrition Program

• Now that school is back in session, my classroom lessons have started up too. In September, English Language Learners from West Fargo High School began the first of a series of nutrition and healthy living classes. We went over the importance of food safety as well as an introduction of MyPlate. In addition to classes, I also attended the annual EFNEP/FNP Conference and Creating a Hunger Free North Dakota Summit in Bismarck.

Michelle Strang,
EFNEP/FNP Adult Nutrition Program

• I attended our annual FNP/EFNEP conference in Bismarck last month. Although there were two full days of great and informative sessions, two were especially memorable for me. We learned about how our birth order may influence personality and how we interact with others. We also learned about how Extension (as a whole) is evolving from a direct education focus to a more broad effort to improve health-related policies, systems and environmental aspects. This was wonderful to hear, as I am very passionate about changing our larger environment to make it easier for people to make healthy choices every day in every situation.

Rita Ussatis,
Food and Nutrition

• The Cass Clay Food Systems Advisory Commission held its second meeting. I am on the steering committee of this group and help research the topics and make recommendations to the Commission. The commission is working on Urban Agriculture issues such as community gardens, urban bees, etc. The Commission was formed through a Joint Power Agreement between the City of Fargo and Clay County in the fall of 2014. Each jurisdiction has a member of the Commission to assure the residents have access to safe, nutritious, and affordable foods.

• A 6th class of the Diabetes Prevention program began with seventeen participants. Two class groups are in various stages of the post-core sessions. One participated stated “I no longer have to take cholesterol or blood pressure medications, thanks for helping me”.

Todd Weinmann,
Horticulture

• I am on the board of the NDSU Extension Diversity Council. We met and discussed our plans for diversity this year. Morning interview with Andrea Larson of KVLY on Growing Garlic. Went to Charism and taught kids about gardening at a community garden I had helped Andrea Jang with when she was looking to get one started. I taught prairie ecology to 148 Cass county 5th graders at The Brewer Lake Eco-ED Day by the Soil Conservation District. Horticulture questions were answered by me at Big Iron in the “Plant Doctor” booth. Worked the Career Fair for NDSU Extension. Interview with Mick Kjar on tulips. Our office had an Advisory Board update meeting.

Monique Stelzer
4-H Youth After School Program

• 4-H Youth Development is growing new leaders in Cass County Youth Commission. CCYC members are developing managing and thinking life skills through monthly leadership workshops. CCYC meets monthly from September to May, and with the help of Extension professionals, youth learn through hands-on activities like: parliamentary procedure, youth commission business meetings, leadership styles training, motivating groups training, Real Colors training, and Working Across Generations training. September was a fun packed month in which team building activities brought the group together, and broke the ice, leading up to their officer nominations and selections to happen in October. Crash courses in parliamentary procedure, leadership styles, and group motivations rounded out their leadership activities in September.