

# Breakout Session Descriptions

Wednesday, March 30

9:00

## **Understanding and Addressing Animal Welfare – Part 1:**

**David Newman, Carl Dahlen, Reid Redden, JW Schroeder, Charlie Stoltenow, Lisa Pederson**

What are the Issues with Animal Welfare? This session will address the critical issues surrounding animal welfare in the beef, dairy, sheep, and swine industry. Specialists will each present for 5-10 minutes in a panel style setting on the critical issues surrounding animal welfare within their respective species and field of expertise.

## **Crop and Pest Inputs – Key Updates for 2011- Part 1**

**Janet Knodel, Rich Zollinger, Jeff Stachler, Marcia McMullen, Dave Franzen, Joel Ransom, Hans Kandel**

This session will provide an update on important pests and pesticide issues affecting agricultural cropping systems in ND. Pertinent and new research will be included.

## **Does 4-H Make a Difference? – You Bet! Sharon Query**

Results of the first six years of the 4-H Study of Positive Youth Development shows that 4-H helps young people excel beyond their peers. Results of the study will be shared and ideas on how you can share with stakeholders.

## **Building Your Small Business Community: Glenn Muske**

“Cashing in on Business Opportunities” has over 20 lessons to help you better serve small business owners and entrepreneurs on how to start and operate a business. It provides technical knowledge and an understanding of the skills needed to be successful.

## **FNP Response to Child Nutrition Reauthorization (CNR) Part 1:**

**Megan Ness, Susan Finneseth**

This session will communicate the latest on the identified and anticipated impacts on FNP programming of the Healthy, Hunger-Free Kids Act of 2010 (CNR). FNP educators are encouraged to attend to learn about the changes and provide feedback on implementation strategies.

## **Parenting the Second Time Around – Grandparents and Other Relatives as Parents Curriculum: Sean Brotherson**

There are millions of relatives, particularly grandparents, who become “parents the second time around” when parents experience difficulties. They are the “unsung heroes” of parenting and have needs for insight and support. Parenting the Second Time Around (PASTA) offers a research-based, specialized curriculum for grandparents and other relatives involved in such caregiving.

## **Outlook Email - beginners: Lorna Olsen**

BPOSitive and exChange your Outlook! Learn how to use Outlook to manage your email more effectively. We’ll take a look at time-saving tips for searching and managing your Inbox using the “Four D’s” of email management.

## **Outlook Calendar – beginners: Cj Johnson**

The new NDSU Outlook allows you to take full advantage of Outlook’s calendar. Outlook provides one common calendar solution for NDSU and NDUS. We will explore the many options - simple and advanced.

## **Using Ask an Expert to Serve Your Customers: Bob Bertsch**

This session will explain how you can use the eXtension Ask an Expert system to get your customers the answers they need, when they need them.

## **Working Differently: Online Publishing in Blogs: Julie Kuehl**

To effectively communicate online, NDSU Extension Service needs to publish online content that can be found and shared. This session will show you how to use blogging to publish content that can be easily found, used and shared by our customers. (Related Session: Working Differently: Online Publishing in Ag CMS)

## **Putting Our Best Foot Forward – Introducing the Marketing Toolbox: Rich Mattern, Ellen Crawford**

An introduction to a marketing toolbox to use as a road map to communicating the value of our services to the public.

**10:00**

**Understanding and Addressing Animal Welfare – Part 2:**

**David Newman, Carl Dahlen, Reid Redden, JW Schroeder, Charlie Stoltenow, Lisa Pederson**

Media training to address animal welfare correctly. Specialists will go through media training for handling “hot topic” issues such as animal welfare.

**Crop & Pest Inputs – Key Updates for 2011 - Part 2:**

**Janet Knodel, Rich Zollinger, Jeff Stachler, Marcia McMullen, Dave Franzen, Joel Ransom, Hans Kandel, Andrew Thostenson**

This session will provide an update on important pests and pesticide issues affecting agricultural cropping systems in North Dakota. Pertinent and new research will be included.

**Effects of Cover Crops on Soil Health – What is the Truth?**

**Kevin Sedivec**

Cover crops/annual forages have become “the popular answer” to enhancing soil health, reduce input costs, and provide late season grazing. If this is true, what are the do's and don'ts to using cover crop plants species for enhancing soil health and improving soil chemical properties. Determine how and when to use cover crops for late season grazing and discuss the species of forages that are economical for this type of use.

**Recovery after Disaster: The Family Financial Toolkit:**

**Lori Scharmer, Samantha Roth, Debra Pankow**

Financial recovery after a disaster is often a frustrating, complex, and long journey. This session will introduce agents to Recovery After Disaster: The Family Financial Toolkit. The toolkit provides disaster survivors key strategies that will help them in the financial recovery process. It provides hands on tools, worksheets and decision-making guides to help survivors find resources and make difficult financial decisions. Each participant will receive a hard copy of the toolkit in a binder The tool kit will also be available online.

**Emerald Ash Borer: Joe Zeleznik, Lance Brower, Julie Kramlich**

As emerald ash borer (EAB) gets closer to North Dakota, the public is clamoring for information on the insect, its management and potential replacement tree species. This session will provide an overview of the latest

in education resources, including the ND Tree Selector website, the ND EAB video and a listing of ND tree-care contractors.

### **Finding Partnership Opportunities on Nutrition, Health and Food Safety Issues for Youth and Adults at ND Tribal Colleges:**

**Frank Kutka & Bob Pieri**

In this interactive workshop, several faculty and staff, representing each ND tribal college, will give a presentation on educational and other efforts being considered to systemically improve the nutrition and health of college stakeholders. Factors such as food safety, hereditary seeds and “traditional ways” will be considered toward the goal of nutritional sovereignty for adults and youth. Possible connections with resources throughout the state, at Research Centers and at the main campus will be discussed with an expectation of later follow-through towards cooperative partnerships and funding opportunities to find sustainable alternatives.

### **Lost Your Evaluation Way? Use a Map!**

**Lynette Flage, Jodi Bruns, Gayle Gette**

Are you looking for a creative way to do follow-up evaluations and gather information on how participants are using their newfound knowledge? Please join us for a demonstration of an evaluation process that incorporates computer mapping using X-Mind software based on participant focus group feedback.

### **Working Differently: Building Community With a Facebook Fan Page: Bob Bertsch**

Building community is one of the key activities NDSU Extension Service must practice to communicate effectively online. This session shows you how to use the popular social media tool Facebook to build community around your county extension office, subject matter, project or department.

### **“Excel-erate” Your Worksheets – More Excel Shortcuts and Power Tips: Lorna Olsen**

Like many other Excel users, you probably learned what you needed to know the hard way - using whatever techniques you could find! There are many different ways to accomplish your goals using Excel - the trick is to find the quickest, most efficient way to do it! In this session we’ll cover many powerful shortcuts and tips you can use to make your worksheets really “Excel”-lent

## **Ka-Jing – Instant Screenshots and Screencasts: Cj Johnson**

Jing is a simple and FREE way to take a video or a picture of what you see on your computer monitor and share the results instantly by Web, email, IM, and more! In this session you'll register for an account and start making and sharing 'Jings' right away. Bring your computer and a microphone-headset for a hands-on experience.

**11:15**

### **Don't Let the Bed Bugs Bite! Part 1**

**Janet Knodel, Lance Brower**

This session will focus on the recent concern about the increasing number of bed bugs in homes, hotel rooms, schools, university dorms and other public places and how to identify the bug, find their hiding places and how to manage bed bugs.

### **The Use of Cover Crops/Annual Forages for Late Season Grazing – Is it Economical? Kevin Sedivec**

Cover crops/annual forages have become "the popular answer" to enhancing soil health, reduce input costs, and provide late season grazing. If this is true, what are the does and don'ts to using cover crop plants species for enhancing soil health and improving soil chemical properties. Determine how and when to use cover crops for late season grazing and discuss the species of forages that are economical for this type of use.

### **Public Issues: Making Ideas Reality: Lynette Flage**

North Dakota has many people working together to improve their communities and quality of life but are these individuals are often confronted with complex public issues and no easy solutions. Learn more about a four-module training guide developed for extension professionals to use with their clientele to help them better understand public issues, public deliberation, methods to research tough community issues, and suggested ways to advocate to public decision-makers.

### **The New Food Safety Modernization Act – Possible Implications for North Dakota and North Dakota State University:**

**Deland Myers Sr., Julie Garden- Robinson, David Saxowsky**

The Food Safety Modernization Act recently enacted by Congress contains some key changes for U.S. food laws including expansion of mandatory HACCP plans, FDA oversight of high-risk, raw agricultural produce, greater

authority for FDA to recall food products, greater access to company records and additional requirements for companies to certify the safety of the foods they produce. This presentation will discuss possible implications of this law on food processors in North Dakota and how North Dakota State University should prepare meet the needs of our clients in the state who may be affected by this new law.

**Nutrition: Then and Now: Abby Gold**

This session examines WWI US Food Administration's guidelines in comparison to present day USDA guidelines. The more things change, the more they stay the same.

**Raised Bed / Square Foot Garden: Steve Sagaser, Todd Weinmann**

With a 22% rise in the price of vegetable seeds people are gardening to save money. They want a small workable area with the least amount of inputs and labor as possible.

**State 4-H Livestock Judging Contest Discussion:**

**Dean Aakre, Ben Williams, Brad Cogdill**

FFA is moving their state livestock, crops and ag sales to Minot 2012. Should 4-H consider a change or stick with state contests at the ND Winter Show in Valley City? Come, share your ideas.

**Awareness of Social Networking and Sexting:**

**Sharon Query and Rachelle Vetter**

Experience the new curriculum for teens to help them become aware of the benefits and risks of online social networking. Share with other agents how you might offer this program to youth in your county.

**Working Differently Toward a fully engaged Extension Service:**

**Bob Bertsch, Julie Kuehl**

This session will explain why we need to change the way we communicate with our customers. We will outline a strategy for how NDSU Extension Service can adapt to and succeed in the new informative environment.

**MS Excel: Database Functions Without all the Hassles!**

**Lorna Olsen**

Use Excel to analyze data in many of the same ways you use more full-featured database applications. Find out how to use the software you are

more familiar with to sort, filter, and reorganize data ‘on –the-fly’ with less effort!

### **Using Wimba to Save Time and Money: Scott Swanson**

Use live video and audio from your computer to communicate. This method of communication reduces phone bills and travel time/expenses. This is a great tool for presentations and collaborative projects.

### **Narrating and Animating PowerPoint Presentations: Cj Johnson**

In this session, you will learn how to do audio narrations and timings to enhance a web-based or self-running slide show. Animations can add interest and impact your message for your audience.

**2:15**

### **Don’t Let the Bed Bugs Bite! Part 2**

**Janet Knodel, Lance Brower**

This session will focus on the recent concern about the increasing number of bed bugs in homes, hotel rooms, schools, university dorms and other public places and how to identify the bug, find their hiding places and how to manage bed bugs.

### **Teen Relationship Curriculum Review – Part 1:**

**Rachelle Vetter, Sharon Query**

Teens across ND have been requesting a curriculum that helps them navigate relationships with significant others. Look at this new curriculum in its pilot stage and share your ideas for the final revision.

### **The “Low-Down” on Subsurface (tile) Drainage Part 1:**

**Tom Scherer, Roxanne Johnson, Hans Kandel**

Many farmers are investing in subsurface drainage – often called “tile drainage” to control excess water, reduce soil salinity problems and maintain consistent yields. We will cover basics of tile drainage and ongoing research on subsurface drainage topics to help your clients with excess water issues.

### **Can Animals Eat \$8 Corn?**

**Reid Redden, JW Schroeder, Carl Dahlen, David Newman**

Beef, dairy, sheep and swine specialists will each present a 5-minute discussion how animal agriculture can sustain production with rising feed costs. Presentations will be followed by a 25-minutes open forum.

**ND Food and Culture: Julie-Garden-Robinson, Stacy Halvorson**

Learn about the various cultures and their associated foods in ND throughout the history of the state. Educational tools, which integrate nutrition and food safety information.

**Putting Our Best Foot Forward – Introducing the Marketing Toolbox:  
Rich Mattern, Ellen Crawford**

An introduction to a marketing toolbox to use as a road map to communicating the value of our services to the public.

**Finding and Using Free Images – Legally: Bob Bertsch**

This session will explain Creative Commons, a new approach to the copywriting of images and other media. It will also cover where you can find and how to legally use images, music and video for FREE

**MS Word Tips and Tricks: Lorna Olsen**

In this session discover many different ways of using Word 2010's features, best keystrokes and shortcuts.

**♪ E-I,E-I,E-iPad ♪: Cj Johnson**

iPads, Droids, Apples, Blackberrys. Yikes! With so many mobile devices we will concentrate on iPads and Droids. How do you find apps to be more productive and/or have fun? *Bring your iPad and/or Droid.*

**Working Differently: Listening to the Online Conversation with  
Twitter: Julie Kuehl**

This session you will learn how to use Twitter to tap into online conversations about topics important to you and your work.

**3:15**

**Teen Relationship Curriculum Review - Part 2:**

**Rachelle Vettern, Sharon Query**

Teens across ND have been requesting a curriculum that helps them navigate relationships with significant others. Look at this new curriculum in its pilot stage and share your ideas for the final revision.

## **The “Low-Down” on Subsurface (tile) Drainage Part 2:**

**Tom Scherer, Roxanne Johnson, Hans Kandel**

Many farmers are investing in subsurface drainage – often called “tile drainage” to control excess water, reduce soil salinity problems and maintain consistent yields. We will cover basics of tile drainage and ongoing research on subsurface drainage topics to help your clients with excess water issues

## **What is World Class? A Look at the New Beef Cattle Research Complex Part 1: Carl Dahlen, Greg Lardy**

This session reviews the funding history, the research capabilities, and the importance of feed intake and feed efficiency in the beef industry.

## **Horticulture, Forestry and other Crop Opportunity Workshops with ND Tribal Colleges: Frank Kutka, Bob Pieri**

A presentation on particular situations at each of the tribal colleges with respects to their efforts on horticulture education and ties to commercial production of non-traditional crops. This includes efforts to pursue grants for greenhouses and other sheltered spaces to support culturally important plants.

## **4-H Enrollment with 4honline.com: Dean Aakre**

Explore 4honline.com, the new 4-H enrollment program for ND.

## **Parents Forever – Revision and Other Adventures in Divorce Education: Sean Brotherson**

The Parent Forever divorce education program used in ND has been revised significantly. Learn about the updated educational materials, evaluation procedures, and other developments in understanding divorce education in ND.

## **EFNEP Mid-year Update and Moving Forward with the 5-year Plan: Megan Ness, Susan Finneseth**

This session will focus on mid-year EFNEP programming successes and challenges and discuss implementation of the 5-year plan. EFNEP educators are encouraged to attend to provide feedback on current programming and input into future program plans.

**ND Parent Education Network:**

**Angela Berge, Holly Arnold, Debra Theuer,**

Learn about Parent Education programs available thru ND PEN (Parent Education Network). Hear about programs consistent to all 8 regions including Bright Beginnings, Common Sense Parenting, Parents Forever, Gearing Up for Kindergarten and more! Gain ideas on how to partner with the parenting resource coordinator in your region.

**Working Differently: Online Publishing in Ag CMS: Bob Bertsch**

This session will illustrate how to use the “article” type in Ag CMS to publish content that can be easily found, used and shared by our customers. The Ag CMS article allows images, links and documents to be attached directly to the article providing depth to your content. *(Must have previous Ag CMS training/experience).*

**Capturing Quality Video: Bruce Sundeen, Scott Swanson**

Prepare for a hands-on training in the basics of getting the most effective video from your camera. This session will cover camera operation, shooting style and obtaining quality video. *PLEASE BRING YOUR OWN VIDEO CAMERA (AND TRIPOD) if possible.*

**Outlook Email - advanced: Lorna Olsen**

BPOSitive and exChange your Outlook! Learn how to use Outlook to manage your email more effectively. We’ll take a look at time-saving tips for searching and managing your Inbox using the “Four D’s” of email management.

**Outlook Calendar - advanced: Cj Johnson**

The new NDSU Outlook allows you to take full advantage of Outlook’s calendar. Outlook provides one common calendar solution for NDSU and NDUS. We will explore the many options - simple and advanced.

**4:30**

**What is World Class? Part 2 (Tour) : Carl Dahlen, Greg Lardy**

*Tour* the research facility. Meet in the hotel lobby to car pool in personal vehicles. The facility is located on the southwest corner of I-29 and 19<sup>th</sup> Ave North.

**Animal and Range Partnership Opportunity Workshop with ND Tribal Colleges: Frank Kutka, Bob Pieri**

This session will be on the particular animal science and natural resource management situations at each of the tribal colleges. Discuss cooperative partnerships and funding opportunities to find sustainable alternatives.

**4-H Robotics: Engineering for Today and Tomorrow:**

**Linda Hauge, Sharon Smith**

Discover the Three Tracks of the New 4-H Robotics Curriculum – virtual robotics, junk drawer robotics, and robotics platforms.

**Creating a Will, Planning an Estate:**

**Lori Scharmer, Rita Ussatis, Gayle Gette, Crystal Schaunaman, Mary Froelich, Samantha Roth, Ellen Bjelland, Julie Zikmund, Debra Pankow**

This session has two purposes, to show you the steps and tools used in creating a basic Estate plan for yourself and introduce you to an Extension program you can take back to use in teaching basic Estate planning. Participants will become familiar with the tools used in planning an estate including a will, power of attorney, a variety of trusts, beneficiary designations, types of property ownership, healthcare directives and living wills.

**Identifying and Connecting with Hidden Audiences:**

**Sue Isbell, Mike Hanson**

Hidden audiences exist in every ND county. This session will describe ways to identify and connect with hidden audiences with your Extension programming.

### **Advisory Boards: Rachelle Vetter and District Directors**

County Extension advisory boards are forming across ND. With the creation of advisory boards, Extension agents have gained additional insight to the needs of the public. Join this discussion to learn tips and techniques to strengthen your county advisory board.

### **FNP / CNR Part 2: Megan Ness, Susan Finneseth**

#### **Working Differently in Extension: Bob Bertsch, Julie Kuehl**

This session is intended to be an open discussion on how we might work differently to communicate effectively in the changing information environment.

#### **Narrating and Animating PowerPoint Presentations: Cj Johnson**

In this session, you will learn how to do audio narrations and timings to enhance a web-based or self-running slide show. Animations can add interest and impact your message for your audience.

#### **How to Change Things When Change is Hard! Charlie Stoltenow**

It takes more than a few techniques to change behavior. It requires understanding how people think. To change behavior, you have to direct the Rider, motivate the Elephant, and shape the Path.

**Thursday, March 31**

**9:00**

#### **Crop Insurance-Prevented Planting Economics and Regulations:**

##### **Dwight Aakre, Mike Rose**

In 2010, there were nearly 2 million acres of prevented planting in ND and the potential for similar conditions appear likely for 2011. This session will cover the changes in prevented planting regulations as well as comparing the economics of late planting vs. prevented planting.

#### **Livestock Industry and Environmental Issues: Shafiqur Rahman**

Livestock industry is contributing to odor, air pollution and greenhouse gas emission that are environmental and global warming concerns. This presentation will provide a brief synopsis of environmental concern from livestock industries.

**Extension Gears Up for Gearing Up! Deb Gebeke, Sean Brotherson**

The Governor's budget provides funding to expand the Gearing Up program in ND. NDSU is asked to provide the leadership to bring it to schools in ND. Learn about this new programming emphasis and how it will impact you.

**Putting Our Best Foot Forward – Introducing the Marketing Toolbox:  
Rich Mattern, Ellen Crawford**

An introduction to a marketing toolbox to use as a road map to communicating the value of our services to the public.

**Working Differently: Tools for Listening to the Online Conversation:  
Bob Bertsch**

This session will show you how to tap into online conversations about topics important to you and your work using tools like Google Alerts, SocialMention, and RSS feeds.

**Outlook Calendar: Cj Johnson**

The new NDSU Outlook allows you to take full advantage of Outlook's calendar. Outlook provides one common calendar solution for NDSU and NDUS. We will explore the many options - simple and advanced.

**MS OneNote: Lorna Olsen**

OneNote is a digital notebook included with Office 2007/2010 – a searchable information organizer, a quick and easy way to store notes and more!