My work as an educator empowers citizens to improve their lives and communities through science-based education. This document highlights the Family and Community Wellness (FCW) educational programming I provided in direct face-to-face settings during this quarter. A total of 36 direct contact sessions were provided, in addition to in-direct education provided via news columns, website posts, social media posts, and news releases.

4-H Youth Development (4-H YD)
- Advised and facilitated leadership development activities for Sargent County 4-H Ambassadors
- Held county 4-H Awards Night on November 18; it included ambassador-led Family Make and Take activities
- Wrote and recorded radio ads for Healthy Sargent County Coalition with 4-H Ambassadors at KDDR studio
- Guided volunteers through process of evaluating county 4-H records and selecting individuals to receive awards
- Worked with county 4-H Ambassadors to coordinate 4-H Families and Friends Bowling Party
- Recruited and accompanied volunteers for Adult/Teen Leader Volunteer Training in Casselton

Nutrition, Food Safety and Health Education (NFSH)
- Handwashing Clinics - Held in conjunction with flu vaccine clinics in 3 locations
- Handwashing Clinics for Youth
- Nutrition, health and wellness education with “On the Move, Jr.” sessions for grade 2 students and their families conducted Oct.–Nov. (A series of 5 educational sessions in each of our three Sargent county public schools.)

Leadership and Civic Engagement (LCE)
- Officer training (parliamentary procedure and gavel use) with Student Council
- U.S. flag etiquette training with Student Council

Human Development/ Family Science Education (HDFS)
- Adult education “Passing On Family Memories” in Forman
- “My Best Self” lessons at HeadStart
- Adult education “Understanding Loneliness and Depression” in Cogswell and Milnor
- Hands-on training, “The How and Why of Writing Thank You Notes,” at RC Career Education Day

Personal and Family Finance Education (PFF)
- “Budget Basics” sessions for youth at Money $MARTZ event at FargoDome co-taught with Kayla Carlson, NDSU Extension FCW Agent in Richland county; involved 273 youth
- Teacher education session at Money $MARTZ event at FargoDome involved 12 teachers

Other: Community Involvement, Administrative, and Professional Development
- Participate in Governor’s Activate Main Street Meetings in Forman and Milnor
- Presented “What It Means When We Say the Pledge of Allegiance” for Veteran’s Day Program and NS School
- Led “Read & Reflect” activities for residents of Four Seasons Health Care Center
- Research and discussions regarding relocation of Sargent county’s NDSU Extension office
- Fall Conference - served on planning committee; member of 2 teams receiving Program Excellence awards
- Became certified as facilitator for Real Colors
- Participated in study groups: book study led by Bob Bertsch, and lesson study led by Sue Quamme

Upcoming Educational Programs and Activities
- On the Move to Better Health – lessons for fifth and sixth grade students (5 lessons in each grade in each school)
- Orientation and training for mentors in Sargent County True Direction Mentoring Program
- On the Move to Stronger Bodies – Series of 6 weekly lessons for fourth grade students in each of our 3 schools will be facilitated with help from recruited FCW volunteers Phyllis Wyum and Katie McLae
- Online course, “Achieving the Extension Mission Through Volunteers,” begins Jan. 28