**Stutsman County Narrative**

### COMMUNITY VITALITY

**Building Tomorrow’s Leaders - Real Colors Session** - *Harstad*

Jamestown High School was awarded a grant to offer NDSU Extension’s program, “Building Tomorrow’s Leaders”. I presented the Real Colors lesson as a part of this program to sixty-four 9th graders. Real Colors is a personality assessment to help youth understand different communication styles and different ways people process information.

### LIVESTOCK MANAGEMENT

**Dr. Dawn’s Dairy Day** - *Harstad*

Dr. Dawn’s Pet Stop hosted Dairy Day on June 20th from 1 pm to 5 pm. The general public was invited to come and learn about dairy production facts, how dairy products get to the grocery store and meet dairy calves. I presented dairy trivia questions with interactive TurningPoint clickers. About 100 people sat through my trivia questions session at Dr. Dawn’s Dairy Day.

### CROP MANAGEMENT

**Certified Crop Adviser (CCA) Certification and Board** - *Harstad*

I am a Certified Crop Adviser and serve on the ND CCA board. I am the board secretary and a member of the exam and continuing education committee. We are currently working on updating the North Dakota CCA exam.

**Ag Agent Agronomy Training** - *Harstad*

Greg Endres, Area Agronomist at the Carrington Research Extension Center, organizes an annual agronomy training for agents in our area. I attended the training and it was held at our office on April 25th.

**Wheat Stand Study** - *Harstad*

Ryan Buetow is the Area Extension Specialist from Dickinson Research Extension Center. He is lead researcher on a wheat stand establishment study that he asked county Extension agents to participate in. The purpose of the study is to quantify wheat stand establishment rates and determine factors that influence variability in producer’s fields. There were two producers from Stutsman County that participated. I interviewed them about their wheat production practices and took stand counts in one of their fields. Buetow will compile the data this fall. This is the second year I have participated in the study and the final year of the study.
NATURAL RESOURCES MANAGEMENT

Soil Health Prevent Plant Café Talk—Harstad

There was delayed planting conditions this year due to a cool, wet spring. Abbey Wick, Soil Health Extension Specialist decided to host a Café Talk in Jamestown focusing on soil health practices for prevent plant acres. The Soil Health Café Talk was held on June 20th at the IDK Bar and Grill. Abbey Wick, Joe Ikely, NDSU Extension Weed Science Specialist, and Marisol Berti, Professor for Forage Crops were available to help answer questions about potential cover crop and weed control options on prevent plant acres.

4-H YOUTH DEVELOPMENT

4-H District Communication Arts – Rittenbach, Barnes

The District Communication Arts contest was held in Fessenden this year, and six 4-Hers from Stutsman County attended this contest. Three 4-Hers are eligible to attend the state contest and one plans to attend.

Social Media Safety – Rittenbach

Middle school students at Jamestown Middle School participated in discussion and activities on how to keep themselves safe online and on social media. We discussed what is considered appropriate online use and what to do if they witness or get involved in inappropriate use.

State 4-H Ambassadors and Extension Youth Conference – Harstad

I have served as one of the advisors for the North Dakota State 4-H Ambassador program for the past five years. I have decided to step down as advisor at the end of 4-H Extension Youth Conference (EYC) which is also the end of the 4-H Ambassador program year. The State 4-H Ambassador program is a leadership development program for youth ages 16 to 22. 4-H Ambassador responsibilities include attending quarterly retreats, helping at 4-H events throughout the state, helping at the North Dakota State Fair and planning 4-H Extension Youth Conference.

4-H Extension Youth Conference is held the third week in June on NDSU’s campus in Fargo. The conference is for youth that have finished 7th grade through 12th grade and focuses on leadership development. This year’s theme was “Launch Into Leadership” and 83 youth from across the state attended. There were also two 4-Hers that became new 4-H Ambassadors through the election process at EYC: Lilly Bina, from Walsh County and Katelyn Sott from Pembina County.
4-H 101 Video Project – Rittenbach, Harstad

A team of Extension agents, including Rittenbach and Harstad, were awarded a grant from Extension Leadership to create 4-H 101 videos. The purpose of the videos are to promote 4-H and explain to those not familiar with 4-H the opportunities that are available. Information about the 4-H 101 videos was presented at the spring 4-H Extension agents training and the Central District Meeting.

Stutsman County 4-H Livestock Showmanship Clinic
– Barnes, Harstad

The Stutsman County 4-H Livestock Showmanship Clinic was held on May 29th at the Stutsman County Fairgrounds. Over 70 4-Hers attended. There were four sessions throughout the day in which youth were able to choose which animal species they wanted to learn more about. Animal species included in the clinic were dogs, horses, sheep, goats, dairy, beef, chickens, rabbits and swine. Youth Quality Care of Animals training was also offered and taught by Harstad.

Consumer Decision Making and Clothing Revue Contests – Barnes, Rittenbach and Harstad

Consumer Decision Making teaches youth how to make informed consumer decisions based on product information and facts. Clothing Revue had three participants with a total of eight exhibits. Our Consumer Decision Making had six participants: four in the junior division and two in the senior division. We are hoping to have at least three seniors to make a team for the state contest in July. These 4-H contests were held on April 7th.

There are three categories of the Clothing Revue contest: Buy & Show, Sew & Show and Decorate Your Duds. Buy & Show participants purchase or recycle a major item of clothing which relates to a wardrobe plan. Sew & Show participants construct half or more of clothing that is modeled. Decorate Your Duds participants create embellishments for a garment or accessory. These exhibitors did a wonderful job.
Stutsman County 4-H Fair Week
- Barnes, Rittenbach, Harstad, Goodrie

4-Her’s started the fair off with cleaning and setting up booths on Sunday June 23rd. We had 174 exhibitors that entered into over 1400 classes! The week was fun and busy. The horse show had to be rescheduled for July 2nd due to muddy arena conditions, but all the other animal shows went well. New champions in all divisions were named.

Equestrian Clinic - Barnes

Barnes & Stutsman counties hosted an Equestrian Clinic for youth and adult leaders. Kayla Krueger from the University of Minnesota Crookston was the clinician and helped out our 20 riders. She was very thorough and gave everyone many good tips. Thanks to our anonymous sponsor who paid the clinician fee so we did not have to charge much for participation.

HUMAN DEVELOPMENT & FAMILY SCIENCE

My First Job: Child Care – Rittenbach

I partnered with Jamestown Ambulance to put on a child care class for youth ages 11-17. Participants learned the basics of child care and how to set up their own babysitting business. They also became certified through the American Red Cross in CPR and First Aid. This class filled up quickly, and we currently have a waiting list for the next class.
NUTRITION, FOOD SAFETY & HEALTH

Coffee Time – Rittenbach
I provided a lesson to the Wildrose Homemakers group on coffee. Participants learned about the history, varieties, and health benefits of coffee.

Diabetes Prevention Program – Rittenbach
NDSU Extension-Stutsman County, Essentia Health, and Central Valley Health have partnered to offer the Diabetes Prevention Program in Jamestown. This quarter, we finished the 16 weekly core sessions and began the monthly post-core sessions. Participants have been focusing on making slow, sustainable changes to their eating and activity habits in order to reduce their risk of Type 2 diabetes.

On the Move to Food Adventures – Rittenbach
This new, six-session program was piloted with first graders at Gussner Elementary and St. John’s Academy. Students learned about the five food groups, healthy foods, and participated in making featured recipes each week.

On the Move to Better Health – Rittenbach
This five-session program was delivered to fifth grade students at Gussner Elementary. The students learned about healthy habits, including choosing and comparing healthy foods and getting enough physical activity.

Stutsman County Social Services (January-June) - Morehouse
Social Services continues to be a strong partner, and I continue to work with individuals either in a group or one-on-one setting regarding various topics on nutrition, food safety and food purchasing.

Displays (January-June) – Morehouse
Various displays are being setup monthly at the following agencies: Social Services and Central Valley Health District. These are sites that EFNEP/FNP target-audiences frequent, and it is a way to provide clientele with educational resources on nutrition, food safety and food purchasing.

Schools (January-June) – Morehouse
Twenty-nine elementary classrooms were eligible for the EFNEP/FNP program. I provided direct teaching sessions in the public school systems which included: Jamestown Public Schools (Roosevelt, Washington, Lincoln Kindergarten and Grades 2, and MOST Afterschool Program) and Montpelier Public School. Each series consisted of either five or six lessons. Direct curricula included Discover MyPlate: Food Fun Reading, CREATE Youth K-1, On the Move Junior, Go Wild with Fruits & Veggies, On the Move with Stronger Bodies, On the Move Kids Cooking School, and Kids in the Garden.

Pictured are students from Washington School Grade 2 observing corn popping into popcorn, part of the On the Move Junior grains lesson.
Pictured are students participating in the On the Move Stronger Bodies activity, which they are preparing a “string” of sugar packets on how much sugar is in their beverage (Mountain Dew 20 oz. bottle, 19 teaspoons).

**Fresh Fruit and Vegetable Program (FFVP) – Morehouse**

The Jamestown elementary classrooms that participated in the Fresh Fruit and Vegetable Program were given a Fruit & Vegetable Trivia BINGO card for the school year. When the fruit and vegetable trivia that was revealed for the week, students would look at the BINGO card for that produce and mark it off. Four classrooms received bingos, and their classroom was able to “Make Veggie Super Heroes with Lutrition” in May.

**Legacy Center/Senior Citizens (January-June) – Morehouse**

“Seniors and Food Safety” series is being provided on the fourth Wednesday at the Legacy Center. Each teaching session combines nutrition education, food safety and food resource management principles to encourage limited resource families/individuals in preparing and serving healthy foods safely.
On the Move Kids Cooking School – Morehouse

*On the Move to Better Health Kids Cooking School* is designed to teach children in upper elementary school about nutrition and health as they explore hands-on food preparation. This is an opportunity for them to learn how to create healthy foods with whole ingredients and gain life-skills in the kitchen. Starting in June through the month of July, the Kids Cooking School program is being offered to students who are in Grades 4-5 and attending the Washington School M.O.S.T. Summer Afterschool Program on Mondays. Also, participating on Tuesdays are students that signed up for cooking school who are in Grades 4-8. This year there are two Tuesday sessions being offered in June and July (four classes in a session).

*Stutsman County Kids Cooking Schools* participants began with the youth making ‘Blueberry and Oatmeal Power Muffins’. One of the student’s wrote this comment: "I like the cooking class. I already know it is going to teach me a lot!" Students enjoyed making ‘Decadent Dessert Dip’ as part of their Healthy Snacks lesson. Plus they gained some valuable life skills in the kitchen as they prepared the dip and fruits.

Horticulture & Forestry

**Kids in the Garden - Rittenbach**

I visited the Child in our Hands preschool classes this quarter to teach them about seeds and how seeds can grow into different plants—some of which we eat! The students were provided with a cup, potting mix, and bean seeds to plant their own bean plant and watch it grow. They were given clear cups so they could watch the root system grow with the plant and be able to see all parts of the plant.

**M.O.S.T 21st Century School Garden - Harstad, Morehouse**

Once again we are collaborating with the M.O.S.T 21st Century Afterschool Summer program to provide education on gardening and nutrition. Eighty students K-5 participate in this summer program (June-July) The garden provides hands on learning with a 45-60 minute lesson to each grade once a week.
Pictured are students planting vegetables in the raised garden beds. The produce will be used to make fresh salsa at a M.O.S.T. family event in the fall.

Master Gardener Meetings and Stutsman County Garden Morning Event
- Harstad

The Stutsman County Master Gardeners met monthly throughout the winter through May to keep informed of upcoming workshops and grant opportunities, plan upcoming events, and share ideas and learn from each other. In addition, Master Gardeners shared information and articles with each other for continuing education meetings. The Stutsman County Garden Morning event was held on May 4th at the Extension office which included keynote speakers, kids crafts and vendors. About 75 people attended.

Ypsilanti 50+ Club Meeting - Harstad

I was asked to present at the Ypsilanti 50+ Club meeting on April 9th about horticulture resources and events available through the Extension office. About ten people attended the meeting.

Spring Fever Garden Forums- Harstad

Spring Fever Garden Forums is a series of four workshops. Live presentations were broadcasted across the state at the Extension office. Participants had the option of either participating at the Extension office or at their home computer. The sessions were on Monday nights from 6:30 to 8:30 pm. The theme on March 25th was vegetables, on April 1st was fruits and soils, on April 8th was trees and shrubs and on April 15th was lawns and gardens. Participants that watch the webinars from the Extension office also go home with a free gardening give-a-way. This year 26 people attended the Spring Fever Garden Forums at the Stutsman County Extension office between the four different sessions.
Prairie Rose Garden Club Meeting - Harstad

On April 7th the Prairie Rose Garden Club asked me to present about composting and food waste as their keynote speaker for their meeting. About 20 people attended.

Marketplace for Kids - Morehouse, Harstad

Marketplace for Kids is for students in grades 3-8. Several area schools brought their students to the Marketplace for Kids event in Jamestown. The purpose of the event is to provide entrepreneurship education where students present projects they worked on and participate in breakout sessions. Morehouse was on the planning committee. Harstad taught a breakout session with Katie Osborne, a senior volunteer from Jamestown High School, about what crops are grown in North Dakota and what recipes can be made from those crops.

Other

Tractor Driving Safety Agent Training – Harstad

Rick Schmidt, Oliver County Extension Agent, hosted a tractor driving safety training on April 22nd, for Extension agents to learn how to teach the course. We learned the class material available to teach as well as how to instruct driving a tractor through a course. I hope to offer a tractor driving safety training in Stutsman County next spring.

Spring Professional Development – Morehouse, Rittenbach

The Spring Professional Development training in Fargo was held in May. The topic was on “Making Connections,” whether it is through the university and classroom connections, family connections, or community connections. We discussed how the connections that we make through programming can lead to a ripple effect and reach other individuals, families or communities.

Central District Extension Meeting – Morehouse, Rittenbach

The Central District Extension Meeting was held in Carrington on May 29. At this meeting we learned more about the 4-H Innovation Team working on promotional materials, unconscious bias training and reasonable accommodations. We received information on retirement planning, along with breakout sessions for IRB training or agent program sharing.