COMMUNITY VITALITY

**Lead Local Train the Trainer – Harstad**

Lead Local is a program to help aspiring, elected or appointed leaders serve on boards, council or committees. The program provides information on the components of an effective meeting, basic parliamentary procedure, understanding different personality styles, how to effectively work with others, and effective tools when dealing with conflict. There was a train the trainer workshop on February 9th in Carrington that I attended to learn about the teaching material for this program.

FARM BUSINESS MANAGEMENT

**Design Your Succession Plan – Harstad and Rittenbach**

Farm and ranch transition planning is a critical need for North Dakota producers. Our state’s farmers and ranchers now average roughly 60 years of age and many are looking towards retirement and transition of their business. NDSU Extension has put together a state-wide program called Design Your Succession Plan. The program focuses on helping farmers and ranchers get started on their succession planning and start the communication between generations. Christina and Alicia offered the workshop in Jamestown, holding two evening sessions on January 18th and 25th. Nine people from six different farming operations participated.

CROP MANAGEMENT

**Weeds Resistance Management Team Train the Trainer – Harstad**

I am currently a co-chair of the Weed Resistance Management program planning team. The team traveled to Nebraska in August to learn Palmer amaranth identification and management in grower fields from University of Nebraska – Lincoln Extension staff, local agronomists and farmers. We do not have Palmer amaranth in North Dakota yet. However, it is a devastating weed that has caused significant yield loss in other states. Early identification of Palmer amaranth is vital to reduce economic losses in North Dakota. The program team developed teaching materials, including PowerPoint presentations, problem-based learning scenarios, and other activities and resources, based on their experiences gained on the Nebraska tour. *(Continued on page 2)*
A train-the-trainer workshop for NDSU Extension staff was held on January 3rd at the Carrington Research Extension Center to review and introduce the materials. Teaching materials are available for all NDSU Extension staff to use during educational events. The program goal is to teach farmers, agronomists and other stakeholders across North Dakota to identify and manage Palmer amaranth.

“Keep Palmer Amaranth Out of North Dakota” at Winter Ag Expo – Harstad

During the Winter Ag Expo in January, I gave a seminar talk about why Palmer amaranth is unlike any other weed we currently have in North Dakota and how to identify it. We currently do not have Palmer amaranth in North Dakota. Early identification of Palmer amaranth will be important to reduce the yield loss potential of this weed.

Certified Crop Adviser (CCA) Certification and Board – Harstad

I am a Certified Crop Adviser and in order to keep the certification I need to complete 40 hours of continuing education every two years. In January, I attended the Wild World of Weeds Workshop and Soil and Water Workshop to receive continuing education credits as well as to keep up to date on agronomic issues. I also serve on the North Dakota CCA board as the secretary and am a member of the exam and continuing education committee.

“Herbicide Weed Resistance Management” at Lisbon Farm Show – Harstad

I was asked to present at the Lisbon Farm show in February. I presented about weed resistance management. The main message of the presentation was to know what the herbicide sites-of-action are that are being used and to make sure to rotate them within the same growing season as well as from year to year.

Private Pesticide Applicator and Private Fumigation Applicator Training – Harstad, Rittenbach and Gohner

This was the big year for private pesticide applicator training with 191 attending the four trainings. We conducted two trainings in Jamestown, one in Medina, and one in Pingree. Jeremiah Lien from the Department of Ag spoke at three of the trainings about state rules and regulations, Christina talked about managing farm stress and Alicia presented information on several topics including temperature inversions, reading the label, weed identification, dicamba application and more. A private fumigation applicator training was conducted after one of the private pesticide applicator trainings in Jamestown. Shirley took care of all the registrations and prepared all applicator certificates.

Stutsman County Agronomy Meeting – Harstad

The Stutsman County Agronomy update was held on March 8th at the Extension office. Topics and presenters included: Greg Endres, the Area Agronomist from the Carrington Research Extension Center talked about the dicamba tolerance study; Jory Hansen, the Farm Business Management instructor from Carrington talked about the cost of crop production; Andrew Friskop, the NDSU Extension Plant Pathology specialist talked about Goss’s wilt and other corn diseases; and I talked about soybean aphid resistance and lessons learned about weed management from the Nebraska bus tour. Twelve people attended the meeting. The Soybean Council sponsored lunch after the meeting. There was good discussion and interaction between the participants and speakers during lunch.

NATURAL RESOURCES MANAGEMENT

Soil Health Café Talk – Harstad

Soil health café talks are informal discussions about soil health related topics. A soil health café talk was scheduled for January 11, but was canceled due to weather. A second soil health café talk was held in Jamestown on January 25th at the Knights of Columbus that 25 people attended. Kevin Sedivec, NDSU Range Extension Specialist, and Abbey Wick, NDSU Extension Soil Health Specialist, attended to provide information about incorporating cover crops with grazing livestock.

4-H YOUTH DEVELOPMENT

Equine Quiz Bowl – Barnes

We sponsored the first annual Equine Quiz Bowl contest January 20th at the office. Over 75 kids and coaches attended from five counties. Three senior teams and nine junior teams were entered. The Sargent County team 1 was the junior champion, and the senior team champion was Stutsman County. Individual high point award winners from Stutsman County included: Leah Peckham, first place, junior division; Kendra Ceghorn, second place, senior division; and Morgan Well, third place, senior division. We had wonderful volunteers that helped the contest flow smoothly. Thanks to Teresa Palmer-Visser and Kelli Connolly for moderating, Dr. Deb Trnovec and Shelly Sime-Fossen for being the reference judges, Candy Baldwin and Kris Wenzel for being the timers, Victoria Christensen, Sam Schmoker, Stacy Peckham, and Laurie Christensen for being the score keepers, and Megan Scott and Susan Scott for monitoring the waiting rooms. We plan to hold this event again next year!
Communication Arts and Project Expo Contests – Barnes

Our county contests for these events were held March 18th at the office. Twenty-one youth attended, 14 in Project Expo, and 19 in Communication Arts. Many took part in three or more events. There is a high point Communication Arts awarded in both the junior and senior division to the individual who scores the most points from their events. Evin Dick was the high point winner in the senior division and Louis Kjellberg was the high point winner in the junior division. Cloverbuds are welcome to participate (non-competitive division) and the entrants were Annabelle Rittenbach, Elizabeth Rittenbach, and Samuel Wilson. Any of the junior and senior grand and reserve winners are eligible to enter in the district contest that will be held here in Jamestown on May 31. First place at the district event will be eligible to compete at the state event. In the Project Expo contest, Annabelle and Elizabeth participated in the Cloverbud division. The junior grand champion was Charlotte Wilson and reserve champion was Kylee Hofmann. Victoria Christensen was the grand champion senior and Noah Weber was reserve champion. Any of the entries in the junior and senior divisions are eligible to go to the state fair.

Hippology Team – Barnes

We have a team that started meeting Monday nights in January and competed at several Hippology meets in February and March. The state event will be held in April. Team members are learning and having a very good time, while also gaining confidence in themselves and their horse knowledge.

Livestock Judging Team – Barnes

We had one 4-Her who competed at the state 4-H Livestock judging contest. Kelsey Vandebergh placed 5th individually in the very large junior division on March 3, 2018 in Fargo.

4-H Program Planning and Spring Training – Harstad

In March I attended the spring 4-H program planning and spring training in Bismarck. During program planning, we plan for upcoming 4-H events, make updates to the state fair book and decide what curriculum to provide. The spring 4-H training included team building exercises to use with youth, 4-H common measures evaluation tools, trauma-informed care, and 4-H camp chair training.

State 4-H Ambassadors – Harstad

I continue to serve as an adviser for the North Dakota State 4-H Ambassador program with Sue Quamme, 4-H Youth Development Specialist. The 4-H Ambassadors are comprised of youth ages 16 to 22. We had planned to hold the first ever Mini Extension Youth Conference event in Watford City on March 24th. However, due to poor weather conditions that weekend, we were forced to cancel the event. The idea was to have a one day workshop for older 4-H members with leadership development and team building sessions similar to topics that are typically at Extension Youth Conference held in Fargo in June.

Using Technology Wisely – Rittenbach

I visited all classes at the Jamestown Middle School to present this program. We discussed how youth can create a positive online self-image, as well as the dangers that the internet and social media can present and how we can keep ourselves safe while using this technology.

Incredible Wearables at Tech Savvy – Rittenbach, Harstad

The National 4-H Youth Science Day project “Incredible Wearables” was delivered to 7th and 8th grade girls who attended the Tech Savvy event at the University of Jamestown. Students learned the technology behind wearable fitness trackers and worked in groups to build and test their own device.

NUTRITION, FOOD SAFETY & HEALTH

Stutsman County Social Services – 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 on various topics on nutrition, food safety and food purchasing.

Displays – Morehouse

Various displays are being set up monthly at the following agencies: Social Services and Central Valley Health District. EFNEP/FNP target audiences frequent these sites, and it is a way to provide clientele with educational resources on nutrition, food safety and food purchasing.

Fresh Fruit and Vegetable Program – Morehouse

This past quarter I have been working very closely with the Jamestown School food service director, school staff, students, and parents to provide the nutrition education piece which is critical to the program’s success.
Legacy Center/Senior Citizens – Morehouse

“Healthy Cents” lessons are provided on the fourth Wednesday at the Legacy Center for senior citizens. Each teaching session combines nutrition education and food resource management principles to encourage limited resource families/individuals to make healthy food choices on a limited budget. The lessons for this quarter were on decreasing food expenses.

Diabetes Prevention Program – Rittenbach

This program is offered in collaboration with Central Valley Health and Essentia Health. It is a weekly to bi-monthly program that encourages participants who are at risk for developing type 2 diabetes to make steps toward healthy, sustainable, lifestyle changes. Participants are attending weekly sessions and keeping track of their weight, food intake and physical activity level.

On the Move to Stronger Bodies – Rittenbach

This 6-week pilot program teaches youth about healthy habits, such as eating the right foods and being physically active. Students keep track of different healthy activities each week for a chance to earn “fitness coins” that can be cashed in for prizes at the end. This program was delivered to the fourth grade classrooms at St. John’s Academy and Gussner, and also to the upper grades classroom at Hillcrest.

Teens Serving Food Safely – Rittenbach

This 5-week program was delivered to the two Child Development/Child Care classes at the Career and Technology Center. Students learned how to properly handle and prepare food using strategies from the Partnership for Food Safety Education’s Fight BAC campaign in order to ensure the food they serve to their preschool classes is safe from harmful bacteria.

On the Move to Better Health, Junior – Rittenbach

This 5-week program was delivered to the second grade students at Gussner and St. John’s Academy. Students learned about healthy foods from all five food groups on MyPlate. They also learned why healthy eating and physical activity is important for keeping us healthy.

On the Move to Better Health – Rittenbach

This 5-week program was delivered to fifth graders at St. John’s Academy and Gussner. Through a variety of activities, students learned why healthy habits, like healthy eating and physical activity, are good for our bodies and minds. Students kept track of their healthy activities for a chance to earn prizes.

The Little Red Hen Project – Morehouse

I was able to procure the Ag in the Classroom Mini-Grant for the Little Red Hen project. The purpose of this project is to promote Farm to Table awareness in the classroom through integration of language arts, math, and science lessons. The Roosevelt School students in Grades K-5 will learn about wheat production and bread making through four modules.

In January, modules 1 and 2 were completed. Students participated in the introduction and engagement session on how stalks of wheat, wheat seeds, and flour are related through the story of the Little Red Hen. In the Growing Wheat module students learned that North Dakota farmers grow the wheat that is ground into flour. They made wheat cups and were able to observe the germination and root growth. This activity was extended into the classroom in which their teachers were able to foster discussion about growing wheat and plants.
Go Wild for Fruits and Vegetables – Rittenbach

The lower grade students at Hillcrest Christian School participated in this 5-week program that teaches the importance of including plenty of colorful fruits and vegetables in our daily diets. Students learn about the different color groups of fruits and vegetables and why each color group is important for our health.

CREATE: Discover MyPlate with Food, Fun and Reading – Morehouse

I had the opportunity to present the Discover MyPlate program to Kindergarten students at Roosevelt and Washington schools. During the five-week lessons, students learned about the different food groups on MyPlate, why we eat foods to keep healthy, help create and taste some simple snacks that they can make, and the importance of physical activity.

CREATE: Youth Curriculum – Morehouse

I am piloting a new program called CREATE: Youth Curriculum with eligible first grade classrooms in Stutsman County. Roosevelt and Washington first graders participated in the CREATE: Youth Curriculum developed by the Utah State Extension Service. The curriculum includes research-based USDA MyPlate information, physical activities, visuals and take-home activities. The take-home activities will enable youth and their families to make healthy nutrition choices and develop healthy eating habits (encouraging more fruits and vegetables, whole grains, and protein), and ensure a better lifestyle now and in the future.

On the Move, Junior – Morehouse

On the Move, Junior is a five-lesson series designed to increase student knowledge of dairy foods, fruits, vegetables, whole grains and proteins through storybooks and activities. Because of this curriculum, the teachers noticed students making healthier eating choices at lunch, eating more fruits and vegetables at lunch, bringing healthier snacks, asking questions about food, and trying new foods. Second-graders at Roosevelt and Washington schools participated in this program.

Teacher’s response: “The students look forward to nutrition class and are excited when Ms. Lu comes to the classroom. They love trying the healthy snacks and are willing to try new foods.” She has noticed the students eating more fruits and vegetables at lunch. They are bringing healthier snacks, such as fruit, whole grains, and veggies. The students are asking more questions about food and talking about the colors of their food choices.
Go Wild with Fruits and Veggies – Morehouse

This is a curriculum designed to spark student’s knowledge and interest in fruits and vegetables. This program encourages children to eat more fruits and vegetables and increase their physical activity. However, buying different fruits and vegetables can be risky for families with limited money to spend on fruits and vegetables. Giving youth the opportunity to develop a taste for these different and unusual fruits and vegetables is vital to them asking for the produce at home.

Third graders at Roosevelt and Washington School participated in this educational opportunity by participating in five sessions, each session was 60 minutes.

Teacher’s response: "At the parent-teacher conferences, many parents shared that their students have enjoyed this school enrichment program. Many of them indicated that their children are encouraging them to purchase and try new fruits and vegetables. Some have shared that their child has joined them in the kitchen to make the recipes in the take-home activities."

On the Move to Better Health – Morehouse

Students in Grade 5 at Roosevelt and Washington schools had the opportunity to participate in “On the Move to Better Health.” This program is a five-week curriculum that promotes a variety of healthy lifestyle behaviors (fruits and vegetables consumption, calcium needs and physical activity) among youth and their parents through hands-on classroom lesson and take-home parent newsletters.

Student response to On the Move: “I liked how we all learned about how to get and stay healthier. I didn’t know that you can put fruits and veggies in water and it is really delicious!”

Professional Development: Southeast Education Cooperative (SEEC) Culinary Skills – Morehouse

I attended the Southeast Education Cooperative (SEEC) Culinary Skills – Cultural Cuisine Training held on March 27 at the Stutsman Extension Office. This was an opportunity to understand how students’ culture and faith tradition affects their school meal program experience. I learned how we can embrace cultures through food, create a plan to incorporate cultural recipes and activities through scratch cooking, and integrate Smarter Lunchroom concepts.

Horticulture & Forestry

Master Gardener Meetings – Harstad

The Master Gardeners have been meeting monthly throughout the winter to keep informed of upcoming workshops and grant opportunities, plan upcoming events and share ideas and learn from each other. The Stutsman County Gardening Saturday has been scheduled for May 19th. Details for this event are being planned during Master Gardener meetings. In addition, Master Gardeners have shared informational articles with each other for continuing education.

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 participating at either the Extension office or from their home computer. Each night consisted of a different theme. (Continued on page 7)
The sessions were on Monday nights from 6:30 to 8:30 pm. The theme on March 19th was fruits and vegetables, on March 26th was gardens, on April 2nd was trees, and on April 9th was special topics. Participants that watched the webinars from the Extension office also took home a free seed starting kit, herb seeds, gladiolus bulbs, and variety trial packet to compare two vegetable or flower varieties.

“Weed Identification” presentation for Master Gardener Core Course – Harstad

The Master Gardener Course is a 10-week intensive horticulture training for those interested in receiving in-depth training and/or becoming a horticulture volunteer with NDSU Extension Service. The training is conducted by live presentations broadcasted over the internet to different locations throughout the state. I was asked to present about weed identification of common lawn and garden weeds. There were 66 people from across the state that took part in the training this year.

Seed Starting Presentation for Opening of 2018 Seed Library – Harstad

The Jamestown Community Gardens, Stutsman County Master Gardeners, Alpha Opportunities and the Stutsman County Library teamed up again to offer the seed library located at the Stutsman County Library. The seed library comprises of donated carry-over seed from seed companies. The seeds were put into small packets to include enough seed for a 10 foot row. The goal of the seed library is to increase gardening in the community. The library sponsors adult classes. I presented information about seed starting as an adult class in conjunction with the kick-off event for opening of the 2018 seed library. There were 27 people who attended the event.

“Spring Gardening Checklist” presentation at Stutsman County Library – Harstad

The Stutsman County Library sponsors adult classes. I was asked to present a class on spring gardening. I presenting information about planning a garden and how to prepare a garden for spring. Twelve people attended the class.

OTHER

Joint Council of Extension Professionals (JCEP) Leadership Conference – Harstad

The Joint Council of Extension Professionals is a national organization comprised of all the Extension national associations across different disciplines. I am member of the National Association of County Agriculture Agents and the North Dakota Association of Agriculture Extension Agents. I was elected the president-elect of the North Dakota Association of Agriculture Extension Agents and represented North Dakota at the JCEP Leadership Conference in February.

Ag in the Classroom at Winter Ag Expo – Harstad, Rittenbach and Barnes

This year was the 6th annual Ag in the Classroom event. About 200 3rd graders from the Jamestown and rural Stutsman County schools participated in the event this year. Youth rotated through several different booths to hear about different aspects of agriculture from soybean production to honey bees to beef. This year the presenters were ND Soybean Council, ND Corn Council, ND Department of Ag, Browning Bees, Ag Country, Stutsman County Farm Bureau, Northern Plains Sustainable Agriculture and the Stutsman County Extension office.

Jamestown Area Chamber Ag and Energy Committee – Harstad

I continue to serve on the Ag and Energy Jamestown Chamber of Commerce committee. This quarter we hosted the Ag Appreciation Banquet on February 9th and the Ag Luncheon on March 20th. The Ag Appreciation banquet was at the Quality Inn where participants enjoyed supper and entertainment. We also awarded Kristine Ryun with the first annual Women in Ag Award. At the Ag Luncheon, Daryl Ritchison, Interim Director of the North Dakota Agriculture Weather Network, presented information about weather patterns and the effect it could have on spring planting and harvest this year.