Stutsman County Narrative

COMMUNITY VITALITY

Lead Local – Harstad
During the 2015 community forms, lack of leadership engagement was a common concern among locations. In April, I hosted the Lead Local program in Jamestown. Lead Local is a program designed to help train aspiring, elected and appointed leaders to feel more prepared in their leadership roles. The program is an activity-based leadership workshop that helps participants recognize the components of a meeting, learn basic parliamentary procedure, develop conflict resolution strategies, investigate ethical leadership, comprehend emotional intelligence, effectively utilize and understand different personality styles and how they can effectively work together. I am a certified Real Colors trainer and taught the Real Colors component of this training. Real Colors explains to participants their personality preferences and the personality preferences of others. Twenty-two people attended the training. Prior to the training, only 47% indicated they could run a meeting using parliamentary procedure whereas after the training 83% indicated they could run a meeting using parliamentary procedure. Overall, the percent of participants that felt comfortable serving in a leadership role increased to 83% after the training from 70% before the training.

4-H YOUTH DEVELOPMENT

Consumer Choices & Clothing Revue – Barnes, Harstad, Rittenbach
On April 9, we hosted the Stutsman County 4-H Consumer Choices and Clothing Revue contests. For Consumer Choices, we had three in the beginners division, five in the junior division, and one in the senior division. All participants did very well, and our one senior and some of the juniors will be participating in the state contest. For the Clothing Revue contest, two preteens participated in Sew & Show, six preteens and two teens participated in Buy & Show, and five preteens participated in Decorate Your Duds. Our Clothing Revue contest continues to grow!

Communication Arts & Project Expo – Barnes, Harstad, Rittenbach
On April 23, we hosted the Stutsman County 4-H Communication Arts contest. (Continued on page 2)
There are different speech and demonstration categories that a 4-Her can participate in for this contest. The winners in each category are eligible to compete at the district contest, which was held June 1 in Carrington. Twenty 4-Hers participated at the county level giving 40 different presentations. During the same time, the Project Expo contest was also taking place. Three Cloverbuds, five preteens, and two teens participated in this contest.

**Stutsman County Fair – Barnes, Harstad, Rittenbach, Gohner**
The last week of June was very busy with all of the 4-H activities happening at the Stutsman County Fair. Monday saw the judging of static exhibits, as well as the Outstanding Project competition for livestock. On Tuesday, we had the Horse and Dog shows. Wednesday was busy with livestock registration in the morning and the poultry, rabbit and llama shows later in the day. On Thursday, we held the sheep, goat and swine shows. Friday was the day for the beef and dairy shows, the round robin showmanship competition, the market premium sale, and the Old Timer’s Showmanship fundraiser. The last day of the fair was Saturday and wrapped up with a beef fitting contest, wiener dog races, the parade of champions, and a 4-H potluck. It was a successful weeklong event with a lot of fun had by all!

**4-H Extension Youth Conference – Harstad**
I continue to be an adviser for the North Dakota 4-H Ambassador program. The North Dakota 4-H Ambassadors play an important role at Extension Youth Conference (EYC). They help plan the conference, emcee the events and are group leaders. EYC is held the third week in June on NDSU’s campus in Fargo. *(Continued on page 3)*
The conference is for youth that have finished 7th grade through 12th grade and focuses on leadership development. This year’s theme was “Building a Foundation of Leadership”. The conference highlights included a concert from Tigirlily, keynote speaker Katie Pinke, and leadership development breakout sessions with NDSU staff and the North Dakota National Guard. Youth were also able to partake in career orientated tours, participate in service learning projects, attend the annual banquet and make new friends. EYC is also an opportunity for 4-Hers to go through the application process to become an Ambassador. This year there were three 4-H Ambassadors – Marit Wang from Ramsey County/Benson County, Astrid Axtman, Cass County and Avery Breiland, Cass County.

NUTRITION, FOOD SAFETY & HEALTH

Banking on Strong Bones/On the Move Junior – Rittenbach
I presented these two programs to the K-6 graders at Kensal School. These are 5-week programs that teach students about healthy eating and physical activity through a variety of activities, including take-home activities that they can complete for incentive prizes.

Kids in the Garden – Rittenbach
I finished this program with 1st through 3rd graders at Hillcrest School and completed part of this program with the students at Child in Our Hands Preschool. Students learned about the different parts of plants, gardens, and healthy foods during this program. They also did hands-on activities surrounding gardening and plants.

Displays – Morehouse
I set up various displays monthly at Social Services and Central Valley Health District. Expanded Food and Nutrition Education Program/Family Nutrition Program (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 (FFVP) – Morehouse
This past quarter I continued to work 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. I provide the parent connection materials for the FFVP website, including the monthly Food Wise newsletter.

Diabetes Prevention Program – Rittenbach
This quarter, the weekly sessions came to an end and the bi-monthly sessions began. Participants continued to track their food intake and physical activity levels, as well as learned and developed skills during the sessions that will help them lose weight, get healthy, and maintain a healthy lifestyle.

On the Move Kids Cooking School – Rittenbach
This quarter, I finished up the Kids Cooking School with the 5th through 8th grade students from Hillcrest School. They learned several kitchen skills and basic cooking skills, as well as food and nutrition information. Some of the recipes the students made include chicken pot pie, “Hunter's Feast” egg skillet, rice and bean burrito, spinach smoothie, and many more.

Parent comment: "They can't wait to cook supper! Thanks for teaching them to love to cook!"

Legacy Center/Senior Citizens – Morehouse
The “Now Serving” series is presented each month at Legacy Center/Senior Citizens. (Continued on page 4)
The teaching sessions for this past quarter included: Breakfast, Shopping for Family Meals and Rethink Your Drink. Each lesson consisted of exploring MyPlate, a food sample from EFNEP/FNP calendar, and incorporating physical activity daily no matter what age we are.

Participant comment: “These classes have given me techniques in which I can make changes to continue to have a healthy lifestyle. After the breakfast lesson, I have made changes in ways that I approach having breakfast every day. There are many times I skip breakfast, but realize it is important for me to fuel my body to get me going for the day.”

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.

CREATES: Essentials in Creating Family Meals – Morehouse
CREATES curriculum is designed to get participants in the kitchen where they can learn basic cooking skills, have opportunities to discuss basic concepts of eating healthy on a limited grocery budget, and practice new habits that will help them take control of their own nutrition and health. The classes are held on the first Tuesday of each month. Topics were Create an Omelet, Create a Wrap/Sandwich and Create a Smoothie.

Schools – Morehouse
This past quarter I have been in various schools in Stutsman County providing nutrition education in classrooms that have 50% or greater eligible free/reduced meal counts. I provided 73 teaching sessions in the public school systems which includes: Jamestown Public Schools (Roosevelt, Washington, and Maximizing Out-of-School-Time (M.O.S.T.) Afterschool Program) and Montpelier School. Direct curricula included On the Move Junior, Banking on Strong Bones, On the Move, Exploring MyPlate, iGrow Readers, and Go Wild with Fruits & Veggies.

Summer Food Service Program at Washington School – Morehouse
The United States Department of Agriculture (USDA) Summer Food Service Program helps provide free nutritious meals to children in low-income areas so they are better fueled with healthy food to learn and grow. The summer feeding site in Jamestown is located at Washington School. Open to all children 18 and younger, there is no enrollment required and meals are provided at no cost to children. Breakfast and lunch are served Monday through Friday June 5-July 28. I helped with promoting the program with the various agencies that I work with and I provide the nutrition education component.

On the Move (OTM) 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. (Continued on page 5)
This is an opportunity for students 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 3-5 and attending the Washington School M.O.S.T. Summer Afterschool Program on Mondays. Also, participating on Tuesdays are ten students who are in grades 4-8.

**Professional Development: NDNC – Morehouse**
I attended the North Dakota Nutrition Council Annual Conference in April. The conference was an opportunity to hear new speakers, get updated information on current recommendations, attend an event with local partners, and receive ideas that we can incorporate into our programs.

**Cooking is a SNAP – Morehouse**
Cooking is a SNAP is a culinary nutrition education program that teaches skills for adults to achieve healthier living on a budget. I attended the state training for the EFNEP/FNP educators in April. This program will be piloted this upcoming fall along with educators from the University of Minnesota Extension. We also attended the Smarter Lunchroom training to become a Technical Assistance Provider (TAP) for local schools in our areas.

**HORTICULTURE & FORESTRY**
Maximizing Out-of-School-Time (M.O.S.T.) 21st Century School Garden – Harstad, Morehouse
We are once again collaborating with the M.O.S.T. 21st Century Afterschool Summer program to provide education on gardening and nutrition. One hundred fifty students K-5 participate in this summer program (June -July). The garden provides hands on learning with a 60-minute lesson to each grade once each week.

*Students planting vegetables in the raised garden beds.*

*Students pulling weeds at the M.O.S.T. garden beds. The produce will be harvested in July and served during family night for program participants.*