Stutsman County Narrative

COMMUNITY VITALITY

Careers in Ag Presentation – Harstad
Montpelier High School students participated in a career day in Jamestown. They had the opportunity to listen to different presenters about different career options available. I presented information to them about several different career options that are available in the Agriculture industry.

LIVESTOCK MANAGEMENT

Dr. Dawn’s Dairy Day – Harstad
Dr. Dawn’s Pet Stop hosts Dairy Day where the general public can come and learn about dairy production facts, how dairy products get to the grocery store, and pet dairy calves. I presented dairy trivia questions using interactive TurningPoint clickers.

CROP MANAGEMENT

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 stand establishment rates and determine factors that influence variability in producers’ 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. The data will be compiled this fall by Ryan.

PERSONAL AND FAMILY FINANCE

Piggy Bank Pageant – Rittenbach
I went to three preschool classrooms to do a short lesson on money and how to save. I then led an activity with the students in which they were able to decorate their own piggy bank and set a goal for something they want to save their money for. The decorated piggy banks were then displayed for a short time at one of the local banks.

4-H YOUTH DEVELOPMENT

Clothing Revue/and Consumer Decision Making Contests – Rittenbach, Harstad, Barnes
The Clothing Revue and Consumer Decision Making 4-H contests were held on May 6 at the Extension office. Three 4-Hers competed in Sew and Show, five in Buy and Show, and four in Decorate Your Duds.
(continued on page two)
Ten 4-Hers competed in the Consumer Decision Making Contest this year. All of the exhibitors in each of these events are eligible to compete at the event at the North Dakota State Fair.

**District Communication Arts Contest**  
*– Rittenbach, Harstad, Barnes*

Stutsman County hosted the District 4-H Communication Arts Contest on May 31 at the Extension office. We have five counties in our district: Eddy, Foster, Sheridan, Stutsman, and Wells. We had 33 4-Hers compete this year, with twelve from Stutsman County. The winners of each category at the district meet are eligible to compete at the state event in Minot.

**Annual Livestock Showmanship Clinic**  
*– Harstad, Barnes*

The annual Livestock Showmanship Clinic was held at the Stutsman County Fairgrounds on May 30th. Over 60 youth participated in the event that featured showmanship/fitting teachers in nine different animal species. Participants had the option to take the Youth Quality and Care Assurance certificate training. This training is required for participants who show animals at the North Dakota State Fair.

**Stutsman County 4-H Fair**  
*– Rittenbach, Harstad, Barnes, Gohner*

The county fair was held the last week of June. I do not have all the facts and figures from that tallied as of this printing, but will put it in the next report. It was a great week and only had to reschedule one event due to rain. The horse show was moved to the Friday following the fair.

**4-H Ambassador Spring Retreat**  
*– 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. In April, the 4-H Ambassadors had their spring retreat where they participated in leadership development activities, helped teach workshops at the Ramsey County 4-H Project Day and even had time to have a little fun trying to get out of a Harry Potter themed escape room!

**4-H Extension Youth Conference**  
*– Harstad*

The North Dakota 4-H Ambassadors have an important role at Extension Youth Conference (EYC). They help plan the conference, emcee the week and are group leaders. EYC is held the third week in June on NDSU’s campus in Fargo. (continued on page three)
The conference is for youth that have finished 7th grade through 12th grade and focuses on leadership development.

This year’s theme was “Dive Into Leadership”. Highlights from the week included Miss America as the keynote speaker, leadership development breakout sessions, a large community service project cleaning downtown Fargo, a variety show and an annual banquet. The five 4-Hers who became new 4-H Ambassadors through the election process at EYC were: Mitch Stuber from Slope County, Lucas Subart from Kidder County, Sophie Lind from Morton County, and Jacob Arnold from Benson County.

A group of delegates and 4-H Ambassadors during the community service project cleaning downtown Fargo. They got their hands dirty cleaning and also learned from the Fargo Downtown Association what makes a downtown attractive to people.

A group of delegates with Miss America

HUMAN DEVELOPMENT & FAMILY SCIENCE
Homemakers Spring Council Meeting – Rittenbach

The meeting this spring was held at the Buffalo Museum. The Homemakers discussed transferring their funds. I also obtained fair volunteers from this meeting and worked with the group to come up with a plan to advertise the Homemakers Cookbook at the fair.
This quarter, I finished up the nutrition programs in the schools that I had started last quarter. These include On the Move to Better Health, On the Move to Stronger Bodies, and Go Wild with Fruits and Veggies. These programs were held at Gussner Elementary, St. John’s Academy, and Hillcrest Christian School.

**Diabetes Prevention Program – Rittenbach**
This quarter, we finished up the core sessions and began the post-core portion of the program. Participants have continued to lose weight and make healthier lifestyle changes.

**Fresh Fruit and Vegetable Program – Morehouse**
The Fresh Fruit and Vegetable Program grant was completed in April in which I provided the nutrition education piece for the Jamestown School food service director, school staff, students and parents.

**Legacy Center/Senior Citizens – Morehouse**
“Healthy Cents” lessons are provided on the fourth Wednesday of each month 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.

**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 direct teaching sessions in the public school systems which includes: Jamestown Public Schools (Roosevelt, Washington, and MOST Afterschool Program) and Montpelier School. Direct curricula included Discover MyPlate, CREATE Youth K-1, On the Move Junior, Go Wild with Fruits & Veggies, Cooking 101, On the Move with Stronger Bodies, On the Move Kids Cooking School, and Kids in the Garden.

**Cooking 101 with Montpelier Grades Fifth & Sixth Graders – Morehouse**
Cooking 101 is a program that provides grocery shopping, menu planning, and basic cooking lessons with hands-on, applicable activities to practice the new knowledge. Since many of the rural schools do not have FACS program for their students, this series is an opportunity for those students to have an introduction to learning these life skills. Students were able to learn cooking skills by bringing a portable kitchen into the classroom.
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.

The Little Red Hen Project – Morehouse, Harstad, Rittenbach, Barnes, Gohner
The first week of May, activity 3 and 4 of the project was completed at the Stutsman County Extension Office with students from Roosevelt Grades K-5. From Wheat to Bread: students were able to view a video on Harvesting Wheat to show a combine harvester in action (cutting and threshing). Our local farmers in the office helped the students thresh a wheat stalk by hand, guess how many seeds were in the head, and place their seeds into the wheat grinder to make whole-wheat flour.

It Takes a Team: Students learned it takes a teamwork and cooperation to produce the food that we eat daily. All the classrooms made whole-wheat bread sticks; they enjoyed and tasted the food that they helped prepare.

Students were surveyed, with the following results:
- 100% know that wheat is grown by North Dakota farmers.
- 98% identify that a combine is used to harvest wheat.
- 92% were able to share that wheat is the #1 crop in North Dakota.
- 98% identify foods that are made from wheat (i.e., bread sticks, licorice, cereal)
- 96% were able to share that eating grain foods helps the body to think, gives energy, and keeps the digestive system healthy.
- 90% that half of the grains they eat each day are whole-grains.

Feedback:

5th Grade Teacher’s Response:
A lot of my student’s want to go into Agriculture as a career so I feel this project opened their eyes to how important farming is to our North Dakota economy.

Public Value Statement:
Understanding where food comes from strengthens ties between people and agriculture throughout life.

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 3-5 and attending the Washington School MOST Summer Afterschool Program on Mondays. Also, participating on Tuesdays and Wednesdays are students that signed up for cooking school who are in grades 4-8.

Students excited to try the breadsticks that they made in the Little Red Hen Project.

Students preparing pumpkin muffins. Part of the lesson is learning to use different kitchen equipment.
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 60-minute lesson to each grade once each week.

OTHER

Professional Development: NDNC
– Morehouse

I attended the North Dakota Nutrition Council Annual Conference in April. This 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.

Spring Professional Development
– Morehouse, Rittenbach

The Spring Professional Training in Fargo was held in May. The first day was spent learning about Effective Boards, Councils and Committees; and Managing Conflict. The following days, Morehouse attended the state training for the EFNEP/FNP educators on Stock Healthy, Shop Healthy developed by University of Missouri Extension. Rittenbach attended the FCW educators portion on the latest updates in nutrition/food safety and parenting/child development.

Central District Extension Meeting
– Morehouse, Rittenbach

The Central District Extension Meeting was held in Harvey on May 30. At this meeting we learned more about the SBARE Review and moving forward in Extension. The Transformational Education Model on how we capture and communicate the value and impact of all Extension activities was discussed. We reviewed NDSU and NDSU Extension Conflict of Interest Policies and Guidelines and record retention guidelines. Discussion was held about the online reporting system, PEARS, regarding what should be entered and general feedback.