Stutsman County Narrative

FARM BUSINESS MANAGEMENT

Income Tax Management for Ag Producers Workshop – Harstad
Andy Swenson, Farm and Family Resource Management Specialist, coordinated the annual Income Tax Management for Ag Producers workshop. The program was broadcast over the Interactive Video Network system to several locations throughout the state. Jamestown was one of the locations. This year there were 15 people who participated at the Jamestown location. Some of the topics that were covered included federal income tax updates, IRS W-2’s and 1099’s update, changes in social security, depreciation, and managing taxable income.

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 average roughly 60 years of age and many are looking toward retirement and transitioning 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. We offered the training in Jamestown on November 29th and December 14th. Thirteen people from seven different families participated. Participant feedback included:

- “Very good seminar. Wish more could take advantage of the excellent info. Thanks a bunch to the presenters.”
- “All good info.”
- “Great job – love the materials easy to understand and comprehend.”

CROP MANAGEMENT

Weed Resistance Management Program Team – Harstad
Weed resistance management continues to be a challenge in North Dakota. I am a member of the Weed Resistance Management program team that provides teaching resources for Extension agents about weed resistance. This quarter we sent out weed identification packages to those agents who requested them. (continued on page 2)
The packages consist of all the materials needed to grow live weed samples for teaching weed identification. The team also hosted a weed resistance in-service training for Extension agents in December. The in-service covered material about how weed resistance happens, weed biology, systems approach control methods, herbicide site-of-action and an update from industry personnel about the new soybean herbicide traits. I taught the session about herbicide site-of-action.

**4-H YOUTH DEVELOPMENT**

**North Dakota 4-H Ambassador Program – Harstad**

The North Dakota 4-H Ambassador program consists of 4-H youth ages 16-22 from across the state. I am one of the program co-advisers with Sue Quamme, 4-H Youth State Specialist. Together we provide leadership development training for the Ambassadors. In November, the Ambassadors hosted the 4-H Ambassador Selections event in conjunction with winter weekend retreat. Ambassador Selections is one of two ways a 4-Her can become an Ambassador. 4-Hers are selected through an application and interview process. This year there were three new 4-Hers selected into the program. During retreat, the Ambassadors held their business meeting, planned for upcoming events and had fun socializing and getting to know each other.

**Civic U – Harstad**

I am a member of the 4-H Youth Leadership and Citizenship Development program team. NDSU Extension heard from the state-wide community forms in 2015 that there is a lack of civic engagement in communities. One key component of civic involvement is the basic understanding of parliamentary procedure. In response to the feedback received, the 4-H Youth Leadership and Citizenship Development program team decided to offer the first ever 4-H Civic U event.

Civic U is a contest that gives 4-Hers the opportunity to develop and display their parliamentary procedure skills. Thirty-eight 4-Hers in grades 6-8 participated in the first annual Civic U event. Prior to the contest, 4-Hers participated in a non-scored quiz bowl to review terms. For the contest, teams had 10 minutes to prepare for a predetermined parliamentary procedure demonstration consisting of two topic areas and eight parliamentary procedure motions. The teams presented their demonstration before a panel of three judges. Teams were scored on their ability to present the required motions, the discussion on those motions, teamwork and general effect of the demonstration.

Participants also took a 25-program test. The score from the test was averaged into the teams overall score.

Below are the survey results from the youth who participated:

**4-H Recognition Event – Barnes, Harstad**

October 15th was our annual member and leader recognition event. We tried something new and had a 4-H fundraiser carnival before the supper/awards, and it was a great success! It was a busy day, but ended on a great note of recognizing our leaders and members for all the hard work they did the past year. Thanks to all of our sponsors and to the Knights of Columbus for the room and supper.
4-H Getting a Good Start – Barnes
With the new 4-H year comes the committee meetings, executive meetings and leaders council meetings. There are a lot of events to plan for - Youth Activity Day, Stutsman County Fair, Communication Arts, Project Expo, Consumer Choices, and Clothing Revue, to name a few. There is so much available for 4-Hers to do, and we strive for as many to participate as possible. The committees were hard pressed to make decisions and organize workers! Livestock judges for the fair, as recommended by the committees, have been contracted and are in the books. Livestock judging and Hippology teams are practicing and getting organized as their events start in February.

Youth Activity Day – Barnes, Gohner, Harstad, Rittenbach
We held our annual event on December 28th. After surviving the Christmas blizzard and getting dug out, 32 of the 40 registered attended. It was a great day of projects, activities, and fun. All the presenters were wonderful. Preparing lunch was one of the projects and was delicious. We included Cloverbuds for the first time, and they loved it! We had about 5 that were not members of a 4-H club, so we did reach out some.

HUMAN DEVELOPMENT AND FAMILY SCIENCE

Babysitting Clinic – Rittenbach
I held my fifth babysitting clinic in the past two years for 11-17 year old students who wished to receive training in babysitting. Once again, I partnered with Jamestown Ambulance to offer this clinic. The participants were able to become certified in CPR/First Aid, and received a take-home kit with materials and information on child development, safety and developing a babysitting business. This program continues to be a need in our community.

Living Online – Rittenbach
Once again, Jamestown Middle School invited me to go in to talk to the students about online/social media safety. I used a program called Living Online to have discussions with the students about their online image, and how to use the internet and social media websites/apps responsibly. Through discussion and activities, the students were very receptive and enjoyed discussing this topic.

Homemakers Day – Rittenbach
The Stutsman County Homemakers had their annual fall meeting at the Stutsman County Extension office. Prior to the business meeting, I presented three lessons: Passing on Family Memories, Understanding Depression in Later Life, and Generational Diversity.

NUTRITION, FOOD SAFETY & HEALTH

Teens Serving Food Safely – Rittenbach
I completed this program for the Child Development high school class at the Career and Technology Center. This class requires the high schoolers to run an actual preschool, which involves providing food for the children. This program taught the high school students about food safety and how to reduce the risk of food borne illness.

Nourishing Boomers and Beyond – Nourish Your Immune System – Rittenbach
This was my final session of Nourishing Boomers and Beyond after two years of holding a monthly program on various nutrition and health topics. In this session, we focused on the role of the immune system in keeping us healthy, and what we can do to keep that system functioning properly. At the end, I gave participants a final survey to see if they have made any changes to their lifestyle after attending the monthly sessions. Participants reported increased exercise and fruit and vegetable consumption. One participant even reported having lower blood pressure since attending the program.

Prediabetes: Could You Have it and not Know it? – Rittenbach
After attending this session in September, a participant asked me to present this session to the TOPS (Taking Off Pounds Sensibly) group in Jamestown. I provided them with information on prediabetes and how it can be reversed. I also gave the group information on the upcoming Diabetes Prevention Program that will begin in January.

Stutsman County Social Services – Morehouse
Social Services continues to be a strong partner. 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.
**Alpha Opportunities Board – Morehouse**
I continue to serve as a board member of Alpha Opportunities. Their clients are my target audience and serving on this board has helped me have a better understanding on how to teach participants with challenges.

**Fresh Fruit and Vegetable Program – Morehouse**
The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. This past quarter I have been working very closely with the Jamestown School food service director, school staff, students and parents on providing the nutrition education piece which is critical to the program’s success. Once again, we have set up a website that would provide the parent connection materials, including the monthly *Food Wise* newsletter. Check out the website at: [www.jamestown.k12.nd.us/food/fresh-fruits-vegetable-program/](http://www.jamestown.k12.nd.us/food/fresh-fruits-vegetable-program/)

**Schools – Morehouse**
This quarter I contacted the schools in Stutsman County about FNP providing nutrition education in schools/classrooms that have 50% or greater eligible free/reduced meal counts. Twenty-six elementary classrooms are eligible for the EFNEP/FNP program. I will be starting in January to go to those qualifying schools/classrooms to provide a four- or five-week series on various nutrition topics.

**Cooking 101 with Alpha Opportunities – Morehouse**
Alpha Opportunities assists people with intellectual disabilities gain independence in all aspects of life. I had some of their clients come to the CREATES pilot program. Alpha staff and I discussed that the Cooking 101 series would be a great start for their group. The eight-week program was scheduled with their individuals, and Alpha staff members attended to assist them in the cooking program.

Staff members complimented that they liked that I would focus on one basic concept and we would all work with the individuals to help them gain that knowledge to be able to be successful at home.

**Feedback**
When asked what had been most helpful from the Cooking 101, series participants responded:

- "Eat better, more fruits and veggies in our meals. How to make good meals. We like this cooking class!"

- "I learned how to cook better and how to make healthy food. This was a good class. It helped me make good choice on cooking healthy food."

- "I love the exercises. The 5-minute videos were fun!"

**Cooking Programs Sustainability – Morehouse**
Stutsman County Homemakers learned that the EFNEP and FNP programs in the county focuses on nutrition/health, shopping strategies, menu planning, movement-physical activity and food preparation. When doing cooking programs our programs are able to demo the product and give a sample, but the reality is people learn best by actually having hands-on and doing the activity themselves (funding does not allow for participants to be able to eat what they prepare as a meal/hearty snack).

I was able to highlight the cooking programs with successes and the public value of these programs. The next day I received a call from the Secretary/Treasurer that they would be giving the Stutsman County EFNEP and FNP programs $1000 to be used for future cooking programs.

The funds are to help the programs provide the hands-on activities for participants to learn/practice basic cooking skills to create nutritious meals and snacks with whole-foods.

**Explore the World of Snacks/Mix It Up – Morehouse**
Twenty-two SNAP participants learned about making healthy snack options for the holidays at the Extension office. Included in the session was “Mix It Up to Expand Your Gift-Giving Dollar with Food Mixes in Jar” they made “Friendship Soup” which makes a great gift anytime of the year. (continued on page 5)
This soup mix was an excellent choice because it contains lentils and split peas. This was an opportunity to discuss with them about ‘Pulses, the perfect food’ and how to incorporate these foods into their menus.

**CREATEES: Essentials in Creating Family Meals – Morehouse**

Cooking from scratch is actually fun for many people. The CREATEES participants experienced how much fun it was to create a meal that tastes good and is good for them. They also learned how to bring family and friends together and to save money. Participants learned that having a pantry, refrigerator and freezer well-stocked with nutritious foods, it is easy to create simple, nutritious, and tasty foods. They used a whole food approach that follows the MyPlate meal plan. A new series of CREATEES program will start in January 2017.

A participant said the CREATEES program was valuable in “The education on food facts and many helpful hints. Especially the friendships made at this class and spending quality time with my granddaughter.”

**Legacy Center/Senior Citizens – Morehouse**

I started a new series of classes at the Legacy Center called “Now Serving.” The teaching sessions will consist of exploring each food group on MyPlate, a food sample from the EFNEP/FNP calendar, and incorporating daily physical activity no matter what age we are.

**EFNEP Statewide Meeting – Morehouse**

It was exciting to host the Expanded Food and Nutrition Education Program (EFNEP) statewide meeting at the Extension office on November 16-17. The meeting focus was EFNEP in North Dakota and National EFNEP model, strategic goals and 5-year plan, review of individual county results, EFNEP curriculum/evaluation, and the new EFNEP forms and reports.

**HORTICULTURE AND FORESTRY**

**Weed Identification Lesson for Master Gardener 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 the Extension Service. The training is conducted by live presentations broadcast 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 70 people from across the state that took part in the training this year.

**OTHER**

**National Nutrition Certification Program (NNCP) Completed – Morehouse**

I completed the National Nutrition Certification Program (NNCP) Tier 1 which was developed by Utah SNAP-ED. This is an online nutrition certification course to benefit nutrition educators across the country. The online certification program is free and progresses through 15 modules in nutrition and food safety. It was a great opportunity to review my knowledge about nutrition and remain current on nutrition and food safety education.