LIVESTOCK MANAGEMENT

Livestock Workshop – Harstad
The Stutsman County Livestock Workshop was on November 29th at the Woodworth Fire Hall. Mary Berg, Livestock Environmental Management Area Specialist, presented on manure management. Karl Hoppe, Livestock Systems Area Extension Specialist, presented on stretching hay supplies. Kevin Sedivec, Rangeland Management Specialist, presented on stocking rates and pasture management after a dry year. Penny Nester, Kidder County Extension Agent, presented on the silage sampling program, and I presented information about nitrate testing. There were about 15 people who attended.

FARM BUSINESS MANAGEMENT

Income Tax Management for Ag Producers Workshop – Harstad
Andy Swenson, Farm and Family Resource Management Specialist, once again coordinated the annual Income Tax Management for Ag Producers workshop. The program is broadcasted over the Interactive Video Network system to several locations throughout the state. Jamestown was one of the locations. This year there were about 15 people who participated at the Jamestown location. Some of the topics that were covered included federal income tax updates, IRS update, drought forces livestock sales, transition strategies from a C Corp to an S Corp, and much more.

CROP MANAGEMENT

Central Dakota Ag Day – Harstad
Central Dakota Ag Day is a coordinated effort between Sheridan, Wells, Eddy, Foster, Griggs and Stutsman Counties and the Carrington Research Extension Center. This year it was on December 19th at the Carrington Research Extension Center. There are several half hour breakout sessions throughout the day that cover a wide range of Ag related topics including livestock, agronomy, marketing, and horticulture. The workshop ended with an hour long keynote presentation about dicamba lessons learned from 2017 and new dicamba regulations for 2018. This year I presented a breakout session on keeping Palmer amaranth out of North Dakota. There were about 100 people who attended the workshop.
NATURAL RESOURCES MANAGEMENT

Jamestown Ag and Energy Committee Energy Luncheon – Harstad
I serve as a committee member on the Jamestown Area Ag and Energy Committee. In October, the committee hosted an Energy Luncheon for the public to learn more about hot topics relating to the energy industry. This year Tony Spilde from WBI Energy and Gary Speidel from MDU gave updates on what is currently happening in the natural gas industry.

4-H YOUTH DEVELOPMENT

4-H Recognition Banquet and Fundraiser – Barnes, Harstad
October 7th was lefse making day at the office for 4-Hers. Over 70 packages of lefse and MANY dozens of goodies were made for the bake sale held on October 8th at Tractor Supply Company. This coincided with TSC’s 4-H Paper Clover drive. These fundraising efforts were for the Youth Skills Development committee that coordinates the Communication Arts, Clothing Revue, Consumer Choices, Project Expo and Recognition events. The funds are used for awards and amenities for those events. The committee made $700 from the bake sale. The recognition banquet was held on October 8th at the Bunker and hosted over 160 people with a great comedy and magic show to end the evening.

Civic U – Harstad
Civic U is a contest that gives 4-Hers the opportunity to develop and display their parliamentary procedure skills. It takes place on Veterans Day at 4-H Camp near Washburn. Twenty-five 4-Hers in grades 6–8 participated in the second annual Civic U event. Prior to the contest, 4-Hers participated in a non-scored quiz bowl to review terms. They also participated in a flag raising ceremony to learn about the American flag. For the contest, teams had ten 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. Each participant also took a 25-question test. The participant’s score from the test was averaged into the team’s overall score. I am a member of the Civic U planning committee. This year, I led leadership/team-building fillers while teams were waiting for their turn to present.

North Dakota 4-H Ambassador Selections/Winter Retreat – Harstad
The North Dakota 4-H Ambassador program consists of 4-H youth across the state ages 16-22. 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 the winter weekend retreat at 4-H Camp near Washburn. 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 eight new 4-Hers selected into the program. Victoria Christensen and Eva Lahlum were two of the newly selected Ambassadors that participate in Stutsman County 4-H. During retreat, the Ambassadors held their business meeting, planned for upcoming events, learned about emotional intelligence, and of course had fun building relationships with each other.

Youth Activity Day – Barnes, Harstad
December 28th was the annual Youth Activity Day. Forty-seven kids registered and attended up to four activity sessions. Some of the options were sewing, painting, leathercraft, felting, and cooking. In one session, lunch was made for the group. Volunteers and teachers lead the sessions. Gate City Bank donated tote bags for each of the kids so they had something in which to carry home the projects they made. (continued on page three)
We shared a great 4-H day with 17 youth who were not Stutsman County 4-H members and hope we made a positive impact on them.

**NUTRITION, FOOD SAFETY & HEALTH**

**Stutsman County Social Services – Morehouse**
Social Services continues to be a strong partner, and I work with individuals one-on-one on various topics of nutrition, food safety and food purchasing.

**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.

**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 better understand how to teach participants with challenges.

**Fresh Fruit and Vegetable Program (FFVP) – 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 worked 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.

**Schools – Morehouse**
This past 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-five 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 five- or six-week series on various nutrition topics.

**Food Exploration at Head Start – Morehouse**
I presented the ‘Mouse Mess’ lesson from iGrow Readers to Head Start students in which they learned about the importance of including milk with their snacks. Through food exploration, the young students learned how to make dessert hummus which looks like cookie dough, but is actually chickpeas. The students were so excited to try this snack because they made it. Many students shared they were going to ask their parents to buy the ingredients for making hummus at home.
Handwashing Clinic at Washington School – Morehouse

‘Germs are Everywhere’ is what the Washington Elementary School students learned at the Handwashing Clinic held in December. The objective was for students to understand that part of a healthy lifestyle is protecting yourself against illness. Washing your hands is one of the most important ways to keep yourself well.

Community Action Region VI Food Pantry – Morehouse

The Great Plains Food Bank engaged several pantries/communities across the state to participate in a produce donation pilot where they agreed to accept more produce. Fresh produce outreach was a great way to introduce the FNP programs to the food pantry and their clientele. I held two outreach events. When participants received their baskets, the Field to Fork produce publication was provided with information on storage, preservation, nutrition and recipes. I held a food demo/taste testing to encourage participants to use the produce that was given.

Food Pantry Success… Client was very reluctant to try the Creamy Squash Soup. “I do not like squash, but I am willing to try the sample.” Her expression said it all, her eyes got big and you could see her senses were responding to the soup. “I like this, I actually do like this soup. I’m actually going to cook this.”

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. Through hands-on practice, participants acquire cooking, food preparation, and food safety skills. They also share money-saving smart shopping strategies and practice ways to increase daily physical activity. The six-week program was held in October through November at the Stutsman County Extension Office, with hands-on learning in the cooking labs.

A participant said the Cooking is a SNAP program was valuable to her, stating “Since taking this class I have tried different foods and choose more salads throughout the week.”

Legacy Center/Senior Citizens – Morehouse

“Healthy Cents” curriculum began in October at the Legacy Center. The monthly lesson is provided on the fourth Wednesday 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.
Stutsman County Homemakers – Morehouse
The Homemakers learned about the EFNEP and FNP programs in Stutsman County which focus on nutrition/health, shopping strategies, menu planning, movement/physical activity and food preparation. They received an update on the 2017 program year successes and the public value these programs provide to the community.

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 14-15. The meeting focused on the new Eating Smart, Being Active adult curriculum for EFNEP. We also reviewed individual county results, EFNEP youth curricula/evaluations, and the new EFNEP forms and reports that will be reported in the Program Evaluation and Reporting System (PEARS).

HORTICULTURE & FORESTRY

Master Gardener Meetings – Harstad
Stutsman County is lucky to have active Master Gardeners. In 2017 alone, the Stutsman County Master Gardeners reported a total 722 volunteer hours, which is a value of $18,338.80 contributed to our communities (www.independentsector.org). Monthly meetings during the winter began in November to inform Master Gardeners of upcoming workshops and grant opportunities, to plan upcoming events, share ideas, and learn from each other. The Master Gardeners set the date for the Stutsman County Gardening Saturday for May 19, 2018. Details for this event will be discussed and planned at upcoming meetings. In December, the Master Gardeners had a holiday gift exchange and planned an article exchange where Master Gardeners will share and discuss educational horticulture articles with each other at future meetings. This will help Master Gardeners fulfill their continuing education requirements.

Stutsman County Library Adult Program – Keep Palmer Amaranth out of North Dakota – Harstad
Palmer Amaranth is a very prolific weed that will be detrimental for agriculture, as well as horticulture, in North Dakota. I presented information during a library’s adult class on why Palmer is a weed we want to keep out of North Dakota, along with general identification characteristics of the weed. It is important that both the horticulture and agriculture communities are aware of the threat.

OTHER

Extension Fall Conference – Morehouse, Harstad
Lu presented at the NDSU Extension Fall Conference Ignite Session – On the Move Kids Cooking School.

During the Ignite Session, we had five minutes to present a program or idea to the group.

Tom Peters, Sugarbeet Agronomist Extension Specialist, Bill Hodous, Ramsey County Extension Agent, and Alicia presented a session about the Nebraska Short Course Bus Tour we organized in August. The tour was sponsored by the North Dakota Soybean Council. We shared the information that we learned on the tour and information about the teaching material that Extension staff are assembling. The material will be ready for all Extension staff to use during the winter meeting season in January.

Newest Member of the Extension Family
Extension agent, Christina Rittenbach, and family welcomed their fourth daughter into the world on September 29, 2017. Nora Lee was 7 lbs, 14 oz and 21.5 inches. She is the perfect little addition to the Rittenbach family and to the Extension family!