COMMUNITY VITALITY

Real Colors Lesson for Building Tomorrow’s Leaders Curriculum
– Harstad

Building Tomorrow’s Leaders is a curriculum that aims to empower students to get involved in school and civic organizations, build confidence, and strengthen the skills of students’ need to lead others, assist students in development of their personal and professional networks and help students complete a project to meet a school or community need by applying what they have learned. The curriculum was written by NDSU Extension and grant funding is available through the North Dakota Department of Public Instruction for schools to offer the curriculum. The Jamestown High School received the grant to offer the program and asked me to present the Real Colors lesson. Real Colors is a personality assessment to help explain your own and others’ personality preferences that can help explain different communication styles. I presented this lesson to 95 freshman at Jamestown High School.

LIVESTOCK MANAGEMENT

Cowbytes Training – Harstad

Cowbytes is a feed ration software program. Extension offered an in-depth one day training on the software on October 17 at the Central Grassland Research Extension Center near Streeter. During the training we learned the basics of how to create a feed ration for different types of cattle.

Backgrounding Cattle Seminar – Harstad

In October, NDSU Extension Livestock specialists hosted a series of backgrounding cattle seminars across the state. One of the seminars was in Spiritwood on October 16. Karl Hoppe from Carrington Research Extension Center talked about the cost of gain and calf-growing rations. John Dhuyvetter from North Central Research Extension Center talked about backgrounding calf management. Janna Kincheloe from Hettinger Research Extension Center talked about weaning management. I talked about managing and testing nitrates in feed. About 10 people attended the seminar.

CROP MANAGEMENT

Soil Testing Study – Harstad

Chris Augustin, NDSU Extension Soil Health Specialist, is the lead principal investigator on a soil nutrient testing study. The purpose of the study is to determine if soil nutrient testing kits that can be purchased at big box stores are as accurate as a soil nutrient analysis conducted at a soil testing lab. I collected Barnes, Seva and Buse soil series soil samples for this study.
Noxious Weeds Lesson for Montpelier – Harstad

The North Dakota Weed Control Association sponsors a poster contest for 5th and 6th graders. Mrs. Valenta’s class at Montpelier School participated in the poster making contest. She asked me to give a presentation to her class to explain what a noxious weed is and why they are important. There were 11 students who participated.

Soybean Disease In-Service – Harstad

I attended an in-service training about soybean cyst nematode and other soybean diseases that was hosted by Sam Markell, NDSU Extension Plant Pathologist. The training was held at the Carrington Research Extension Center on December 5. He provided us with teaching material we can use during the winter meeting season, including handout materials.

Central Dakota Ag Day – Harstad

Central Dakota Ag Day is a winter meeting hosted by Foster, Eddy, Wells, Sheridan, Griggs, and Stutsman County Extension offices in conjunction with the Carrington Research Extension Center. It was on December 13th at the Carrington Research Extension Center. There were several half-hour breakout sessions throughout the day on various topics ranging from livestock, agronomy, to marketing. This year we had two keynote speakers. Lynn Paulson from Bell Bank in Fargo spoke about An Ag Lender’s Secrets to Weathering the Economic Storm. Frayne Olson, NDSU Extension Crops Economist, talked about soybean trade and marketing. There were about 100 people who attended the event.

4-H YOUTH DEVELOPMENT

4-H Recognition Banquet – Barnes, Harstad, Rittenbach

4-H members and leaders were recognized at the annual recognition banquet held on October 6 at the Knights of Columbus. Over 150 were in attendance. In addition to a meal, entertainment was provided by world-renowned yo-yoist John Narum of Fargo, and select members and volunteers were presented with awards. There was also a raffle and silent auction to benefit the 4-H programs in the county.

Take 10 for Civic Engagement: Flag Etiquette – Rittenbach

As a part of the pilot testing for this new program series, I provided this lesson to a Stutsman County 4-H club at one of their monthly meetings. The 4-Hers learned how to fold a flag and what each fold means. We also discussed how to show respect to the flag and why we do that.

Are You Climbing the Ladder? – Harstad

During NDSU Extension Fall Conference, Sue Quamme, 4-H Youth Specialist, and I gave a presentation titled “Are you Climbing the Ladder?” The presentation was about Hart’s “Ladder of Participation” which explains how to give youth a voice and allow them to be more engaged. Meaningfully engaged youth tend to participate more. There were about 20 people who attended the session.

4-H 101 – Barnes, Harstad, Rittenbach

4-H 101 was an informational session geared towards new 4-H families that wanted to learn more about the opportunities available in the 4-H program. It was held at our office on November 15. Office intern Katie Osborne presented information about basic 4-H meeting requirements, 4-H dress code, and different events and contests 4-Hers can participate in. There were about 25 people who attended the training. It was also broadcast on Facebook live in the Stutsman County 4-H group so those who were not able to attend in person were able to view the information online.

State 4-H Ambassador Fall Retreat and Selections – Harstad

The State 4-H Ambassador Fall retreat is held in conjunction with 4-H Ambassador Selections event at ND 4-H camp the weekend before Thanksgiving. This year it was scheduled for November 16–18. Selections is the interview process that 4-H Ambassador candidates go through to become a State 4-H Ambassador. This year we had 16 4-Hers apply to become Ambassadors. Unfortunately, a blizzard warning caused us to cancel fall retreat and Ambassador Selections. Selections has been rescheduled to be conducted during winter retreat which will be January 25–27.
4-H Program Planning – Harstad, Barnes

4-H Program Planning was held at our office December 11-12. During 4-H program planning we plan for upcoming state 4-H events, make updates to the state fair book and decide what curriculum to provide for the next upcoming year.

HUMAN DEVELOPMENT & FAMILY SCIENCE

Homemakers Fall Council Meeting – Rittenbach

At the fall meeting, the Homemakers finalized their plans for a bus trip to educational and historical locations in Minnesota. They discussed their funds and cookbook promotion. After the meeting, we went on a tour of the Browning Honey facility to learn about local honey production.

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. It was exciting to have staff promote the Cooking 101 classes with SNAP participants who then attended the series.

Displays – Morehouse

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

Science and Our Food Supply – Rittenbach

This program teaches students the importance of food safety, from farm to table, through fun, scientific experiments and activities. I delivered this program to the 5th through 8th grade students at Hillcrest Christian School.

Little D Nutrition Expedition – Rittenbach

This program introduces students to healthy foods by focusing on the five food groups. Students learn about getting healthy food from all food groups daily and the importance of exercising daily. I delivered this program to the 1st through 4th grade students at Hillcrest Christian School.

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. This year’s theme is “Are You a Fruit & Vegetable Super Hero?”

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-nine 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.

Hand Washing Clinic at Roosevelt School – Morehouse

‘Germs are Everywhere’ is what the Roosevelt Elementary School K-2 students learned at the Hand Washing 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.

Student response, "So washing my hands will help me not to get sick. I need to do this more often."
Healthy Cents – Morehouse

Healthy Cents is a program that encourages limited resource individuals to make healthy choices on a limited budget. Participants at the Legacy Center/Senior Citizens were excited to learn about food shopping strategies to save them money. They also had an opportunity to sample simple, easy to make healthy recipes. Eleven lessons were presented in this series in 2018.

Here are some responses regarding what has been most helpful from these classes:

- Learning how to save money in the grocery stores.
- Food safety when shopping and storing food at home.
- All the various shopping hints and tools to save money on the grocery bill.
- I like the saving money tips and the easy-to-do recipes.
- This was a very interesting topic, especially when you think you know all the techniques that you can use to make your food dollars stretch.
- I learned about all the various community food assistance programs that are available in our area.

Favorite Quote: "You are never too old to learn something new... especially when you can save money!" - 85 years young participant

Busy Butterflies Country Critters 4-H Club: Exploring Grains – Morehouse

Busy Butterflies Country Critters 4-H Club received an Ag in the Classroom grant which focuses on grains. I was able to help them with the nutrition component of the grant. 4-H'ers gathered at the Stutsman County Extension Office and had an opportunity to get an introduction to programs that are used: CREATE Youth Curriculum, Kids Cooking School, and Little Red Hen Project (Utah Ag in the Classroom).

The 4-H'ers were able to learn about different grains; what one ounce of grain looks like to better understand how much grain they should consume each day (MyPlate); identify different grains in food (taste testing); read nutrition facts labels (to recognize whole grains); and participate in a hands-on cooking activity.

They were so excited to be able to grind up wheat and make whole-wheat flour. The excitement was building to get into the cooking labs and make 'Energy Bites' snacks.

Comments:

- "We do eat a lot of different foods that are whole-grains."
- "I learned how to use equipment to make yummy energy bites."
- "I learned how many ounces of grains I need daily (8 ounces)."
- "I learned how to measure dry and liquids properly."
- "I've been cooking for a while, I actually now understand how to read a recipe, sometimes you need to sift flour."
Alpha Opportunities Board – Morehouse

I am continuing 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 of how to teach participants with challenges.

HORTICULTURE & FORESTRY

Stutsman County Master Gardener Program – Harstad

The Stutsman County Master Gardeners have started up their monthly meetings again. During monthly winter meetings, Master Gardeners learn of upcoming workshops and grant opportunities, plan upcoming events, and share knowledge with each other about various garden topics for continuing education. October was the start of monthly meetings. The date for the Gardening Morning event has been set for May 4th. The Master Gardeners are working on planning this event.

OTHER

Stutsman County Advisory Council Meeting – Barnes, Gohner, Harstad, Morehouse, Rittenbach

The office held our second Advisory Council meeting on November 6. During this meeting, we asked the council members to provide us with ideas of how to address the top program needs that were identified during our first meeting. We received a several great ideas from the group. Our next advisory council meeting is scheduled for February 11.