Ward County Quarterly Program Highlights for January, February, March 2018

Extension Agents: Holly Arnold, Ellen Bjelland, Paige Brummund, Emily Goff, Trisha Jessen

Ward County Ag Improvement Association (WCAIA)
Paige Brummund collaborates with WCAIA to provide educational events to area farmers regarding current and applicable agricultural topics. The February annual meeting included programming on agriculture water management. Last year’s seed production of the ND VitPro spring wheat and ND 17009GT soybean was distributed to Ward County growers for planting in 2018. Increase seed growers were selected to produce newly released NDSU varieties known as ND Grano durum, ND Eagle lentil, and another new variety of GT soybean. These new varieties will be available for general use in 2019.

Pesticide Certification
This year, Ward County had approximately 150 farmers and agriculturists renew their private pesticide applicators licenses. Producers wishing to purchase restricted use pesticide must attend these meetings every 3 years to keep their license current. Topics such as handling pesticides safely, regulatory issues, preventing pesticide drift, weed resistance management and new pesticide use recommendations were taught by Paige, North Dakota Department of Agriculture staff, and NDSU specialists at each meeting. In addition to the private pesticide applicators certification, Paige also facilitates the training for commercial pesticide certifications in the North central and north regions of the state.

Youth 4-H Livestock Judging, Horse Judging, Hipppology, and Quiz Bowl Teams
Livestock and horse judging contests require youth to organize their thoughts, think clearly on their feet, and speak from memory, while maintaining poise and confidence in front of a judge. Paige teaches the statewide judging skills workshops, assists in organizing local contests, and coaches the teams at statewide competitions to represent Ward County. This year, Paige coached the ND State Demonstration Team to a 2nd place finish at the national event in Denver, CO.

February 3rd, Ward County 4-H co-hosted with Mountrail County the Northwest Judging Contest held in Stanley; where Paige and Emily Goff helped run the hippology contest.

Beef Cattle Programming
A calving workshop was held in Minot in February. Paige collaborated with the local veterinary clinic to teach a workshop on calving. Knowing how to recognize calving difficulties and learning how to assist a cow with troubles are key skills for a livestock producer to learn and maintain. Additional topics included caring for the new calf, preventing and treating illness in the calf, and preferred animal husbandry techniques.

Crop Programming
Paige facilitates, teaches, participates in, and organizes a variety of crop production meetings geared towards producers during the winter season. Some of the programs this year included: Brine Spill Management, Best of the Best in Wheat Production, State Crop Improvement Meetings, Soil Testing Workshop, Soybean Production Meeting, KMOT Ag Expo, Corn Utilization Workshop, and Farm Stress Summit.

Horticulture Programming
Paige and Ken Eraas hosted the NDSU Spring Fever Garden Forums for horticulturists in Ward County. Agents and researchers shared information to help participants learn about timely issues on trees, shrubs, flowers, vegetables, fruits, and lawns. Question and answer opportunities followed each presentation. Horticulture programming continues to be a large portion of the utilization of the Extension office in the growing season months.

On the Move
Ellen Bjelland was out in the schools many days this quarter teaching the five-week 2nd and 5th grade On the Move to Better Health classes at Nedrose, Surrey, and Lewis and Clark (Berthold, Plaza) schools. She also began the 2nd grade program at Burlington.
Making a difference

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Real Colors
NCREC Director Shana Forster asked Ellen to lead Real Colors as well as some team building activities for staff in February. Ellen also facilitated a Real Colors class for the Minot Women’s Leadership Program.

Ag in the Classroom
Ellen, Emily Goff, Holly Arnold, Paige, and Trisha Jessen taught several sessions on agricultural careers for Ag in the Classroom at the Minot Ag Expo.

Renville County Ag Expo
Extension Agent Loayne Voigt asked Ellen to do a women’s programs for the Renville County Ag Expo. She presented a lesson on North Dakota Food and Culture.

Behavioral Health Program
Ellen and Holly coordinated the annual Behavioral Health Program via IVN on March 29. Thirty-eight professionals attended at the County Administration Building. Topics included Aging and Mental Health, Substance Abuse Disorders, and Rural Stress.

Go Wild with Fruits and Vegetables – 3rd Grade
Go Wild with Fruits & Veggies! is a 7-week program that encourages students in 3rd grade to eat more fruits and vegetables and to become more physically active. Trisha taught this curriculum to four classrooms. This curriculum is organized by fruit and vegetable colors. An animal character is associated with each lesson to make learning more enjoyable and to educate the students about area wildlife. Lessons include games, music, dance, tasting opportunities, and other activities to stimulate all five senses and keep students engaged throughout the whole lesson.

Cooking is a Snap for Adults
Cooking is a SNAP is a practice-based curriculum proven to increase fruit and vegetable consumption, increase confidence to shop for and purchase healthier foods, increase confidence to plan and prepare meals at home, and increase daily physical activity. Trisha taught the 2-hour sessions every other week to adults at Milton Young Towers, a public housing facility.

Health Fair at Sunnyside Elementary School
Trisha participated in a health fair at Sunnyside Elementary School. Two hundred ninety-seven students, grades K-5, visited her booth. The youth learned about how to eat healthy using MyPlate and food safety concepts.

Northwest District Archery Match
Ward County 4-H hosted this year’s largest 4-H district archery match in the state. With the help of many wonderful volunteers, over 200 youth from all over the state participated in the Northwest District Archery match in Minot on March 17th.

Ward County 4-H Junior Ambassadors
Emily met with the Ward County 4-H Junior Ambassadors on March 30th discussing leadership and further plans to promote the ambassador program in Ward County.

Parent Support
Holly facilitated 10 on-site parent support groups at New Hope, a residential addiction treatment center. 10 parents (unduplicated number-all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education
Holly taught one series (6 sessions) of Parenting the Love and Logic Way; and one series (5 sessions) of Active Parenting of Teens. A contracted PFRC facilitator taught one series (5 sessions) of Basic Beginnings. Thirty-three parents and other caregivers attended the classes. Other classes started this quarter and will complete next quarter.

Grant
Holly applied for and received grant from the St. Joseph’s Community Health Foundation. The funds will help sponsor a one day parenting workshop for professionals and an evening event for parents and other caregivers.

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4-H Youth Development

Emily Goff participated in State Horse and Livestock judging which took place in April as well as meats judging practices, horse practice and livestock practice days. Emily and Ellen Bjelland coordinated and/or judged in the County and District Communication Arts contests held in May.

Ellen taught a session on developing a spending plan for area 7th and 8th graders for the annual Real World Camp held in late April. Ellen also taught sessions at the You’re the Chef 4-H Camp.

Paige Brummund and Emily helped host YQCA training, a mandatory training for any child who wants to show livestock at the state fair.

Paige and Emily, along with the help of Burke county agent Dan Folske and Ali Sagsness coordinated a Tractor Safety Day in Kenmare in June. There were 18 youth ranging 8 to 16 years old in attendance.

Paige taught at the state 4-H Horsemanship camp in June. Youth from across the state came to the camp to enhance their showmanship, leadership and horsemanship skills.

Ward County Achievement Days

Achievement Days took place June 18-21st. The Ward County Extension office along with multiple 4-H parents and volunteers coordinated the four day event for the approximate 250 youth who participated.

Stepping On

As state trainers for the Stepping On program, Ellen and Dena Kemmet led a training for 10 new leaders from around the state. During May and June, a local Stepping On class was held with seven people completing the course.

Wellness Committee

As part of the Ward County Wellness Committee, Ellen and Trisha Jessen helped coordinate the annual Walk at Work, massages for employees, and the Salad in a Jar Luncheon. These events allow the county to save 1% on its health insurance premiums.

4th Grade Strong Bodies

In April and May Trisha taught a six-lesson Strong Bodies series to several 4th grade classrooms. This curriculum provides hands-on activities to increase knowledge and change behavior related to nutrition and fitness topics, with an emphasis on building strong bones and muscles through healthful food choices and physical activity. Families receive weekly newsletters and each week students track one of the following- calcium, protein, water, fruit/vegetable intake and physical activity.

On the Move to Better Health Kids Cooking School

On the Move to Better Health Cooking School is a curriculum to teach children about nutrition and health as they explore hands-on food preparation.

Trisha is teaching the classes at two schools this summer. At the first class, Trisha taught the 5th grade youth about MyPlate and how to read recipes. They practiced measuring skills and made blueberry muffins from scratch. The second class focused on food safety skills and they learned about various kitchen tools and equipment and practiced knife skills.

Adult Nutrition Education and Saving Food Dollars
Trisha presented MyPlate education and strategies to save money on food to adults at several locations in Minot each month. North Central Human Service Center recently requested this education. They have several adults who are in state-funded drug/alcohol treatment and expressed interest in nutrition education programming.

Parent Support

Holly Arnold facilitated eight on-site parent support groups at New Hope, a residential addiction treatment center. Eight parents benefited from the programming.

Parent Education

Holly taught one series/6 sessions of Parenting the Love and Logic Way; and two series/6 sessions of Active Parenting the First Five Years. Contracted PFRC facilitators taught two series/9 sessions of Basic Beginnings; one series/6 sessions of The Nurtured Heart Approach; and one series/8 sessions of Cooperative Parenting and Divorce. 33 parents and other caregivers attended the classes.

Holly promoted National Prevent Child Abuse Month through various activities and educational activities, which included the Mary Sheedy Kurcinka conference on April 19. 70 people attended. 25 parents, caregivers, foster parents, and professionals attended a free evening workshop. St. Joseph’s Community Health Foundation and Prevent Child Abuse ND helped sponsor the event.

Spring Equine Care Meeting

Paige and Emily hosted and taught a timely program focused on prevention of the spread of the EHV-1 virus that broke out across the state. Biosecurity, vaccinations, and how the immune response work in horses was discussed.

Field Surveys

Paige collaborates with producers to conduct a number of field surveys during the growing season. Some of the data collected includes swede midge, wheat midge, wheat establishment data, soybean yield factors and data, corn emergence data, and sunflower disease and pest data. Paige also works with livestock producers on forage sampling, grazing utilization, compost management, and silage production.

Drought Concerns and Assistance

Paige spent much of May focused on drought remediation education. Thankfully, June rain showers eased some crop production concern. However, much of Ward County is still abnormally dry. Range lands rely on early spring moisture to produce high yields and grass production is below average across the county. Water quality concerns are also becoming more widespread as summer temperatures rise. Extension resources are shared to manage risk and offer assistance for planning for the future.

Horticulture, Lawns, and Tree Programs

Springtime brings many questions involving health of crops, trees, lawns, and gardens. Paige and Ken Eraas host workshops and schedule farm and home visits throughout the season to offer treatment and prevention suggestions for those people unable to bring a sample of their damaged specimens into the office.

Paige and Ken hosted the NDSU Spring Fever Garden Forums. Agents and researchers shared information to help participants learn about timely issues on trees, shrubs, flowers, vegetables, fruits, and lawns.

The NDSU Master Gardeners in Ward County are maintaining a pollinator garden as part of the City of Minot Adopt-A-Lot program. The group is also focusing on low labor gardening educations with a potato garden planted above the ground in straw mulch. Produce from the gardens will be donated to local food pantries.
Kids Cooking Schools

Youth attending summer school at Washington Elementary and Perkett Elementary received hands-on food preparation and nutrition education. Trisha Jessen continued to teach the On the Move to Better Health Kids Cooking School. Upper elementary students practiced measuring and knife skills, food safety, balancing a plate, and prepared several recipes over the course of four visits at each site. A grant from the National 4-H Council/Walmart Foundation provided youth with several kitchen items allowing them to practice their new skills at home.

Food Pantry Visits

Trisha provided outreach to Minot area food pantries. Families were given strategies to stretch their food dollars. They received a booklet talking about programs in Ward County to help feed their families. Adults learned about healthy eating concepts and sampled nutritious recipes. Calendars were given out that includes a monthly low-cost, nutritious recipe. The pantries will continue to be visited each quarter.

Adult Nutrition Education

Trisha taught monthly nutrition education at five locations in Minot: Milton Young Towers and Henry Towers, public housing sites; Second Story, a center for people with developmental disabilities; Harmony Center, a center for people with mental disabilities; and North Central Human Service Center addiction unit. Participants learn nutrition education and food resource management principles to encourage healthy food choices on a limited budget.

Parent Support

Holly Arnold facilitated eight on-site parent support groups at New Hope, a residential addiction treatment center. Seven parents (unduplicated number-all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education

Holly taught one session of Parents Forever (for divorcing, separating or never married parents); 1 series/6 sessions of Parenting the Love and Logic Way; and 1 series/4 sessions of Active Parenting of 5-12 Year Olds. A contracted PFRC facilitator taught one session of Happiest Baby on the Block. 45 parents and/or other caregivers attended the classes.

Other

Emily Goff and Holly stationed an Extension booth and visited with area educators a Minot Area Education Consortium training in September. Holly had a booth at the Sunnyside School back to school event and visited with children and parents about related issues.

State Fair

July is always a busy time with 4-H activities and preparing for the State Fair. Ellen Bjelland coordinated the county’s Project Expo and Clothing Revue in cooperation with McHenry and Mountrail counties; and Holly judged projects. The top winners of these events go on to the State Fair. Ellen and Vanessa Hoines from Morton County serve as the co-coordinators of the state Clothing Revue at the State Fair. Ellen also was an interview judge at Mountrail, Mercer, and Ward counties; she also judged static exhibits at the State Fair. Ellen worked with 4-H member Connor Rudland to prepare for his first Consumer Decision Making Contest; he did well and will be back next year! Emily was the State Fair 4-H Goat Superintendent and assisted with other livestock shows throughout the fair. Holly assisted with the NDSU Extension Family Day Activity Booth.

Community Programs

Ellen facilitated eight community programs: Healthy Aging for Christian Women’s Club; Nourish Your Brain for Domestic Violence Crisis Center; Ageism, Pets and Your Health, and Positive Aging for the residents of Milton Young Towers; Two Real Colors™ workshops for local businesses; and Food Preservation classes at Minot Air Force Base.

Ward County Wellness Committee

Trish and Ellen serve on the county Wellness Committee. In August, the Committee, along with the Library staff, hosted an employee burger potluck and respite afternoon. It went over well!
National Extension Association of Family and Consumer Sciences (NEAFCS)
As Central Region Director for the National Extension Association of Family and Consumer Sciences (NEAFCS), Ellen prepared for her roles in the annual meeting held in San Antonio the end of September.

Field Visits and Crop Surveys
Paige Brummund conducted farmer field visits, tours, and sampling of a variety of crops for a multitude of surveys. Some of these included the National Sunflower Survey, the ND Wheat Midge Survey, the Soybean Cyst Nematode Program, Pulse Crop Survey, yield surveys, and forage and water sampling. Paige works with area crop and livestock producers to collect the samples and provide education on the topics once the results of the samples are analyzed.

Drought Management Assistance
The spring and summer of 2017 was the most severe drought since 2006 in the state of ND and 2018 provided little relief to the area. The eastern part of Ward County remained in severe drought conditions throughout most of the growing season. Paige assisted producers with developing drought management strategies to reduce the effects of drought on their operations. Some of the programs and services provided to crop and livestock producers included pasture management tours, water quality assessments, nitrate testing of annual forage crops, nutrient analysis of available feeds, and alternative feeds used in ration development. Additionally, crop inputs were analyzed for potential economic returns. Crop prices are low, and producers were relying on high yields in order to generate revenue.

Horticulture Programming
Ken Eraas joined the Ward County office for the summer months to assist with horticulture programming and related service requests. Ken made over 3000 direct contacts with stakeholders and had thousands of indirect contacts through his regular presence in the media with news columns and social media posts.

Master Gardeners
Paige and Ken collaborated with area Master Gardeners to plant a low maintenance demonstration garden in Ward County along with maintaining the existing pollinator garden. The goal for the low maintenance garden was to produce vegetables with minimal labor and inputs. The garden was used as a teaching tool to inform the public about food production techniques and to encourage avid gardeners to donate excess produce to local food pantries. When the garden project was finished, over 600 lbs of potatoes were donated to local shelters.

4-H Summer Camps
Emily co-hosted with Extension Agent Angie Johnson a 4-H Mystery Camp in Washburn. 24 youth used science and teamwork to solve mysteries. Emily held Secret Agent Clover Day Camps in Berthold, Sawyer, Makoti, and Minot. Central District Director Ron Weiderholt assisted with the Minot camp. 33 youth attended and several camp participants attended their first 4-H meeting after learning about 4-H at camp.

SCORE Conference
Emily presented at a SCORE conference in Minot on Sept. 18th with Extension Agent Maxine Lukach and 4-H Specialist Rachelle Vettern. The group talked about different generations and how to work with other generations. The group could not believe that NDSU had such resources available— for FREE!

4-H State Range Judging Contest
Emily and 4-H Leader AriAnna Wingenbach coached a team who competed at the State Range Judging Contest on Sept. 20th in Hebron.

National Youth Science Day
Emily presented the National Youth Science Day lessons called Code Your World in Ward County. Emily visited two schools and one 4-H club; reaching 228 youth in September. Several presentations are scheduled for October.
On the Move Junior

Trisha Jessen taught the On the Move Junior program to four 2nd grade classrooms. This is a five-week curriculum based on MyPlate, the icon for nutrition, and includes children’s storybooks and hands-on activities. The curriculum aims to improve the variety of healthy foods that children consume, especially the amount of fruits and vegetables. It also aims to improve fitness habits. Students track weekly nutrition and parents receive newsletters and other family-based activities.

Adult Nutrition Education

Many struggle to feed their families nutritious foods on a limited income. Trisha taught the Pinchin’ Pennies curriculum to low income adults at Harmony Center, Milton Young Towers, and Our Lady of Grace Food Pantry. Participants learned how to create a master mix to prepare a variety of other dishes. They also learned how to create a 30-minute soup from ingredients in their pantry, freezer, or leftovers in the fridge.

Parent Support

Holly Arnold facilitated seven on-site parent support groups at New Hope, a residential addiction treatment center. Six parents (unduplicated number—all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education

Holly taught Parents Forever (for divorcing, separating or never married parents) (1 session, 6 parents); Active Parenting of Teens (1 series, 6 sessions, 4 parents); and Bright Beginnings (1 series, 3 sessions, 5 parents). A contracted Parent and Family Resource Center (PFRC) facilitator taught Parenting the Love and Logic Way™ (1 series, 6 sessions, 10 parents); Signing (2 series, 12 sessions, 34 parents); and Active Parenting the First 5 Years (1 series, 3 sessions, 21 parents).

Holly provided training for 138 school bus drivers in Ward County when she taught Love and Logic on the Bus™ as requested by Jodi Johnson, Ward County Superintendent of Schools. Holly taught the five session series of Navigating Romantic Teen Relationships to 7 students at Minot High School.

Holly presented information about programs PFRC to the Minot Optimist Club and the Minot Kiwanis (2 sessions, 22 participants).

Ellen Bjlland and Holly taught five session of Manners/Etiquette to 77 students at Marketplace for Kids.

Community Programs

Ellen promoted the Stepping On and Powerful Tools for Caregivers programs at the Parkinson’s Symposium in October.

Ellen taught several classes this quarter: Two for the residents of Milton Young Towers; food safety and preparation at the 4-H annual Drift Prairie Day; a lesson on replacing salt with spices in cooking for area eligibility workers; and a lesson on ageism for colleagues at the Fall Extension Conference.

A Kids Cooking Class was held on the Friday of teachers’ convention. The seven youth who attended learned about nutrition, food safety and preparation, how to follow a recipe, and how to properly use a knife. They prepared the items for their lunch and also learned how to set a table. Oh, and they had fun!

In addition to regular work, Ellen also coordinated the interviews for our administrative assistant, organized the County Advisory Council meeting, chaired the 4-H Family and Consumer Sciences (FCS) program planning team meeting, and completed duties as the National Extension Association of Family and Consumer Sciences (NEAFCS) Central Region Director.

Master Gardener Program

Paige Brummund and Ken Eraas work cooperatively with the Extension Master Gardener Program in Minot. The program develops community volunteers with an interest in horticulture. In 2018, Ward County Area Master Gardener volunteers donated more than 520 hours to community service projects at a value of over $10,000!

Wheat Midge Soil Sampling

Ward County has had problems with damage from the wheat midge, an insect pest that can substantially impact quality wheat production and yields. Paige conducts soil samples across the county to be analyzed for economically significant levels of wheat midge. Farmers in areas of high wheat midge populations may need to consider treatment for this insect next growing season.
**Beef Winter Herd Management Program**

Paige met with area beef producers to discuss the low cost options for getting the cowherd through the winter. Producers were able to have one on one assistance with building a low cost ration that will meet the cows nutritional requirements and daily gain goals using the software program CowBytes. Program topics included local feed costs, mineral supplementation, low cost wintering options, and pre-calving cow management.

**Crop Marketing Decision Meeting**

Paige collaborates with other Extension offices in the northwest and north central region of the state to provide an annual program for farmer and ag industry professionals. This year’s program focused on agricultural budgeting to assist producers with staying profitable in times of low commodity prices and high input costs. Additional topics focused on the weed resistance concerns and marketing strategies in times of low prices. NDSU Extension also facilitates the North Central Marketing Club, a group of farmers who meet weekly to study the markets, learn from various commodity experts, and improve their crop marketing skills.

**Additional Agricultural Activities**

Additional Extension programs that were held in Ward County in collaboration with partnering agencies included the Ag Lender Outlook Conference, the International Durum Forum, a Ward County Ag Improvement Association Meeting, the North Dakota Crop Improvement Association Meeting, and the North Central Marketing Club Annual Meeting.

**National Association of Extension 4-H Agents**

In October, Paige and Emily Goff attended the National Association of Extension 4-H Agents conference in Columbus, Ohio where they attended many sessions and networked with other individuals within the 4-H organization.

**Drift Prairie Day**

The 5th Annual Drift Prairie Day was held at the Upper Souris National Wildlife Refuge (USNWR) north of Foxholm on Thursday, October 18th. Emily, Ellen, and seven Ward County youth, ages 11-14 attended. Their adventure included fishing, tracking geocaches, learning about wildlife refuges, cooking hobo lunches, and dissecting owl pellets.

**NDSU Extension Fall Conference**

At NDSU Extension Fall Conference Emily presented Generation X and Millennials in the Workforce with 4-H Specialist Rachelle Vettern.