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. Rangelands 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.