On The Move
Ellen Bjelland finished the On the Move classes by the end of the school year. This year she went to Berthold, Burlington, and Nedrose schools; she was in nine classrooms of 2nd and 5th graders. In addition, Renae Beeter, Ward County Advisory Council Member, volunteered to teach four 2nd grade classrooms at Lewis and Clark Elementary in Minot, reaching 79 youth.

Stepping On
A seven-week class of Stepping On was held this spring at Zion Lutheran Church. Ten people completed the course. The class was led by five different leaders, including Ellen.

Community
Ellen taught several community sessions this spring, including Edgewood Vista, Lund Homemakers, Minot Child Support, and Milton Young Towers. She also started a series on financial management for clients of Hope’s House. Finally, she had a booth on sun safety at the Verendrye Electric Annual Meeting.

As part of the Ward County Extension office, Ellen was in charge of concessions for the week of 4-H Achievement Days.

Emily Goff was able to squeeze in some other programs and trainings prior to delving into preparation for Achievement Days. Trainings included a 4-H training session in Bismarck and she attended and presented at the National Extension Conference on Volunteerism (NECV) in Billings, Montana.

Youth for the Quality Care of Animals (YQCA)
Emily and Paige Brummund finished up the YQCA certification for 4-H members. It is mandatory for youth to become certified before showing their animals at the North Dakota State Fair. In May, horse and livestock exhibitors got the chance to practice and polish their showmanship skills at the Minot Trail Riders arena. Paige and several Extension specialists were in attendance assisting with the demonstrations and lessons.

Generations in the Workplace
Emily, along with State Specialist Rachelle Vettern, presented on Generations in the Workplace. Emily also presented with Holly Arnold twice at the Minot Air Force Base later in May.

4-H
April started with the last 4-H Council Meeting prior to Achievement Days. April to June revolved around preparing for Achievement Days.

With June came the Ward County 4-H Achievement Days. There were approximately 240 youth in attendance with well over 1000 exhibits brought in for display. Many thanks to all of the Extension staff who devoted numerous hours in preparation and work during Achievement Days.

Communication Arts
Communication Arts was wrapped up this quarter. The Ward County contest was in April and the District contest was hosted in Towner, in May. Youth from Ward County did well at districts and the majority qualified for the state communication arts contest, to be held in July at the Ward County Administration Building.

On the Move Strong Bodies for 4th Graders
Trisha Jessen taught the final three lessons of the six-lesson Strong Bodies series to several 4th grade classrooms in April and May. 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.
Sunnyside School Smarter Lunchroom
Beginning in January, Trisha has worked with Sunnyside Elementary School to complete a Smarter Lunchroom assessment. This is a nationwide movement based on proven strategies for providing nutritious options in the school lunchroom and nudging students to eat the healthy options. After strategies were implemented, a post assessment was given in May. Scores increased from a bronze level of 23 to a silver level of 29.

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 this at two schools this summer, Perkett and Washington Elementary. At the first visit, Trisha taught 4th and 5th grade youth about MyPlate and how to read recipes. They practiced measuring skills and made blueberry muffins from scratch. At the second visit, they focused on food safety skills and learned about various kitchen tools and equipment. The students practiced knife skills and made ants on a log. They also prepared grilled peanut butter and jelly sandwiches. Each school will receive three more lessons this summer.

Walk Minot
As Minot Area Team Wellness members, Trisha and Ellen helped organize and facilitate Walk Minot. This is a series of family friendly walks held on Wednesday evenings. They are held at a variety of locations and have an education component. The spring/summer locations include: Oak Park, Minot State University, Scandinavian Park, Leach Park, Roosevelt Park, Woodland Trail, YMCA and Roosevelt Park Zoo. Wellness education is distributed to all participants.

Food Pantry Visits
Trisha held a booth at two area food pantries, Our Lady of Grace (4/25) and The Lord’s Cupboard (5/20). She promoted healthy, economical meals using MyPlate. She also provided a reference booklet that gives the information of programs to help feed families in the Minot area.

Parent Support
Holly Arnold facilitated three on-site parent support groups at New Hope, a residential addiction treatment center. One parent (unduplicated number—all numbers in remaining report are unduplicated) attended programming as the facility transitioned from serving mothers and their children to providing services to adults only (no minors may accompany those in treatment).

Parent Education
Holly taught Parenting the Love and Logic Way (1 series, 6 sessions, 20 parents). A contracted PFRC facilitator taught Conscious Discipline (1 series, 6 sessions, 25 parents), and Signing (1 series, 8 sessions, 6 parents). Childcare providers attended Conscious Discipline and Love and Logic and received training hours that are required for licensing.

Other
Holly submitted a grant proposal to the St. Joseph’s Community Health Foundation in January. The grant was approved and funds were received to offer a full day workshop, Childhood Stress: How a Relational Perspective
Empowers Our Understanding and Promotes Well-being for regional child and family professionals on April 11. A free evening session, Understanding My Child’s Behavior: What’s Going On? and How Can I Help? was offered for parents and other caregivers. The daytime program had 68 attendees and the evening program had 19. The programs coincided with Prevent Child Abuse Month. Other activities, displays, interviews, etc. were offered throughout April to promote positive parenting.

Holly is participating in a multi-state Opioid prevention grant which involves some coordination of programming, presenting and training. In June, she presented the program “The Opioid Public Health Crisis” for 30 adults. Numerous professionals attended the program and received continuing education credits.

Holly assisted the 4-H program by judging the Communication Arts contest and static exhibits at the Ward County Achievement Days.

Horticulture, Lawns, and Tree Programs
Paige Brummund 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. Additional April and May workshops focusing on tree care, common plant diseases and pests, pruning, and perennial plant selection were well attended.

The NDSU Master Gardeners in Ward County are maintaining a pollinator garden as part of the City of Minot Adopt-A-Lot program. The garden is used to educate the public on the importance of pollinating insects and is a featured stop at various summer garden tours. The Master Gardeners have also volunteered their time planning and developing sensory and raised bed gardens at area assisted living centers. The group also provides their expertise with their “Let’s Talk Plants” booth at area farmer’s markets and garden shows.

Horticulture programming continues to be a significant portion of the utilization of the Extension office in the growing season months. Workshops and individual consultation are provided by Ken and Paige.

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

Drought Concerns and Assistance
Paige spent much of the spring focused on drought remediation education for livestock and crop producers.

Ward County is experiencing its third consecutive year of drought conditions. The absence of May moisture set back many early seeded crops and has reduced the forage availability. 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 risks and offer assistance for planning for the future.
ND 4-H Camps
Paige taught at the state 4-H Horsemanship camp in June. Youth from across the state came to the camp to enhance their showmanship and horsemanship skills. Along with learning new techniques with their horses, they were able to make new friends and enhance their leadership skills at the weeklong camp.

Extension Featured at Inaugural ND Horse Expo
In June, Paige presented at the ND Horse Expo, held in Minot. Over 1500 people visited the expo. Paige shared Extension resources on drought management, pasture care, ration balancing, composting animal manures, and emergency first aid for livestock. Horse owners make up a significant part of the livestock producers in the county and requests for programming remain high.