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

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

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**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, Hippology, 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.

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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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