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.