



EXTENSION HIGHLIGHTS

Williams County Narrative - April, May, June (Published July, 2024)

NDSU Extension Williams County

The second quarter of 2024 was full of programming for Williams County Extension. Take a moment to discover all the great programs offered in Williams County in the following updates from the Extension staff. The Williams County Extension office has THREE full time Extension Agents and two administrative staff. Kelly Leo, Agriculture & Natural Resources Agent ~ Katelyn Jespersen, Family & Community Wellness Agent
Blanche Waggoner, Parent Educator Agent



Agriculture and Natural Resources

Kelly Leo, Extension Agent

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April Programs - I was able to offer a new program in April and May which was adopted by NDSU Extension from Purdue Extension; Beginner's Guide to Grant Writing program for local nonprofits. There was a great response for this event and the program trained 20 new grant writers for our area. This program was very well attended and we will be offering another session in the near future as we already have a waiting list for this event.

April 10 was the first session of a ten-week dog obedience/showmanship class with the assistance of two volunteer leaders and about 30 youth taking part. The sessions ended June 17 with youth prepared to show off their dogs at the Upper Missouri Valley Fair.

I was asked to assist with another Stop the Bleed training for the employees of the Williston Research Extension Center in late April. I was happy to assist as this program is so important for agriculture workers in rural areas to be able to respond to injuries and accidents with appropriate life-saving measures. We trained about 30 employees and summer workers for the Williston Research Extension Center.

I was fortunate to expand the 4-H Embryology in the Schools Enrichment program to five classrooms and 86 youth this year which is an increase of 25% from last year. This program took place in April with traveling to 4th grade classrooms in St. Josephs School, Tioga and Ray schools. This was a four-week program that taught students about the science of embryology of chickens. We were fortunate to hatch some chicks and send those home with youth. The program was successful and will continue next year with additional schools.

Also in April, I finished the final YQCA certification course for the 4-H year with around 20 youth in attendance for a total of over 100 youth trained in animal quality assurance this year. 4-H youth also worked with the First Lutheran Church sewing program during April and May to make a large quilt that was auctioned at the Fair sale to benefit the Williams County 4-H program. This wouldn't have been possible without all the assistance of the First Lutheran church sewing program volunteers. Towards the end of April, I was fortunate to chaperone four North Dakota youth to the National 4-H Conference in Washington, D.C. This was an incredible experience for the youth of North Dakota as well as myself to experience the amazing process at National 4-H Conference.

May Programs - May 16 I presented at Marketplace for Kids with a workshop about Seeds of North Dakota which is designed to teach youth about all the agriculture crops grown in North Dakota, especially in Williams County. Youth are able to learn about each crop and then touch and see all the different seeds. This is always a popular presentation and youth seem to really enjoy learning about all the important commodities grown in Williams County. This event reaches several hundred local youth.

4-H spring contests have been underway with Clothing Revue May 10 with 17 youth taking part in the three categories of Sew and Show, Buy and Show and Decorate Your Duds. We also hosted the District Communication Arts contest for our region with 31 youth and four judges assisting from McKenzie, Divide, Mountrail and Williams Counties.

I was able to assist with the West Farm/Tractor safety camp for youth in Minot this year May 22-25. This event was jam packed event that lasted three days. Youth were trained in all avenues of Farm/Ranch Safety by Extension personnel and volunteers from the community. The fourteen youth gained their ATV safety certification and their Hazardous Occupations Order in Agriculture certification to operate farm equipment. The program was a great success and will hopefully be hosted in Williston next year for the western side of the state. This is an annual training event for youth desiring to work on a farm/ranch.

June Programs - I was invited to present a booth at the Mountrail Williams Electric Cooperative Annual Meeting with the theme of Homegrown Energy. I displayed many of the crops grown locally that contribute to the energy industry as well as provided timely and relevant information to the public. There were over 300 people in attendance and I was able to connect with many local residents of Williams and surrounding counties at this event.

4-H Consumer Decision Making contest took place June 10 with 6 youth taking part in this contest activity. The winners from the spring contests are eligible to participate in the ND State Fair Contests where they will display their skills to compete with 4-H youth from across the state at the end of July.

I assisted with the Farm to Table event again June 19 as a member of the Williston Area Chamber of Commerce Ag Committee. Due to rain, this event was held in Williston at Horizon Resources as a last-minute change of venue. The event was still a great success with good attendance despite the changes. This event is valuable for highlighting the importance of agriculture to North Dakota residents. Great connections between community and agriculture were made by all!

Fair planning consumed much of May and June as there were lots of changes again this year that required extra planning. 4-H enrollment increased again this year, thus the fair participation was up as well with lots of new families participating in fair events and activities. The 4-H fair events kicked off with the Horse Show June 21 and indoor static exhibit judging Monday, June 24. There were about 42 judges and assistants from the community that volunteer to evaluate the 4-H youth and their 680 projects. This event certainly couldn't happen without the amazing support of the community. The remainder of 4-H Achievement days happened June 25-30 during the Upper Missouri Valley Fair. 4-H and open livestock shows happened Wednesday through Saturday with well over 100 youth participating in these events. The fair was a huge success again this year thanks to all the great volunteers and the support of the Upper Missouri Valley Fair Board to provide the venue for the 4-H achievement days.

Along with all these events, I attended multiple trainings in the months of April and May hosted by NDSU Extension for various aspects of my programming needs. There were trainings nearly every week of both months for agents.

Spring is an especially busy time for tree and horticulture calls and there have already been many calls and home visits to diagnose biotic and abiotic damage. Water testing has started again and will continue throughout the summer for producers upon request as the runoff after rain paired with hot days will be a concern for cyanobacteria blooms in stock ponds and reservoirs.

Upcoming programs include the Williston Research Extension Center Field Days July tenth and eleventh where I present an additional Stop the Bleed training with fellow agent, Dan Folske to agriculture producers. There is also a Regenerative Agriculture tour planned for July 18 in cooperation with the Williams County Soil Conservation District, NRCS, Williams County Ag Improvement Association, Mountrail County Agriculture program, and several other entities.

These are just the highlights as there certainly hasn't been a slow month. I hope to continue to bring great programs to Williams County!

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NDSU Extension—Williams County



Family and Community Wellness

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Wow, I can't believe the first half of 2024 is already in the books! Those spring days of second quarter seem so long ago, especially now that we are well into summer and different programming. This last quarter involved wrapping up school year programs, preparing for 4-H fair season, increasing the availability of quality programs for everyone, and continuing to provide weekly wellness tips.

As the school year wrapped up, so did the classroom programs of "On the Move" and "Bread Fair." In May, I presented a career exploration lesson from our 4-H curriculum at Marketplace for Kids. This lesson is a fun and creative way to introduce students to the importance of every type of job by discussing every single type of job that went into making a common object (iPhone, can of soup, and shoes).

Preparation for the fair started immediately upon the end of the school year. There was much to do in getting everything organized for our 4-H achievement days that take place during the Upper Missouri Valley Fair and it is always an "all hands on deck" kind of approach. Our fair proved successful as we had many 4-H exhibits that qualified for the State Fair. Much of July will be prepping the 4-H'ers and their exhibits so that they are able to do well at the ND State Fair at the end of July as this then rounds out the end of the 4-H year.

Much of April and May, I was able to take several trainings and attend professional developments, both online and in-person. Because of these opportunities provided much through grant funding and NDSU program leaders, I am able to improve both the quantity and quality of programs available to Williams County. New programs I am able to offer include: RealColors, QPR, and Aging Mastery Program. RealColors is a one time class that provides perspective into the way people think, act, and speak that is meant to provide better communication and understanding among groups of people. QPR, also known as Question Persuade Refer, is a 90-minute suicide prevention training that anyone can take as another version of mental health training, which highlights the steps of questioning a distressed person, persuading them not to act on it, and referring them to professional help. Aging Mastery Program is a new program developed by the National Council on Aging that NDSU will be piloting in our county. This program is meant to be a fun and engaging way to learn about topics related to aging and empower individuals to increase their own longevity. Along with these new certifications, there are several previous programs that have been updated and are ready to go through a trial process. I am very excited to bring these all into this next quarter!

I continue to provide weekly wellness tips through Wellness Wednesday articles and videos. I have had successful feedback from people in the community that very much enjoy watching or reading the topics every week and find them very informative. I have continued to gain a following through the media and plan to continue providing this timely, relevant tidbit of information as long as it is proving successful.

I am very excited to bring these all into this next quarter!



Parent Educator

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Hello! It is hard to believe that we are half way through the 2024 year. The spring was filled with classes, trainings and events. April –Gearing Up for Kindergarten Parenting Education kicked off in February and concluded in April. During this 10-week course, we had 60 parents signed up with about 25-30 attending each session. I received useful feedback from the parents and I am looking forward to continuing to partner with Williston Basin School District to keep this program going. Positive

Discipline 6-week class was held at the North Star Human Service Zone lobby conference room, with 3 parents attending weekly. The class went well with many interactive parenting tools being shared and parents feeling comfortable to share about their families. I co-facilitated Keep Connected on zoom. We had 3 caregivers and 2 teenagers join our 3-week class. We will be offering it again soon. I attended a 4-day zoom class to become certified to facilitate Baby Sensation also known as Infant Massage in other states. To facilitate this class, I need caregivers of babies ages 6 weeks to 8 months to attend 1 hour/week for 5/weeks of class. Baby Sensation is a tool that helps babies with colic, digestion, sleep patterns and attachment. April was a big month for Prevent Child Abuse North Dakota events. I attended some Community Events to share resources and information. Community Easter Egg Hunt held at the Williston Community Library and the Kids Day Out Community Event held at the Williams County Fair Grounds. For both events, I had a table set up with information for parents regarding Child Abuse Prevention, PCAND swag, parenting classes and resources in the area. Our big PCAND events were the Free Community Events- Prevention is Possible: Keeping Children Safe from Sexual Abuse with speaker Lindsey Burkhardt, Director of North Dakota Child Sexual Abuse Prevention Task Force. On April 16th, we held the event at the Lutheran Brotherhood Church Williston, ND 6:00-7:30pm- Go Wireline sponsored a BBQ dinner. We had twelve adults sign in for the event and three children for childcare services. Mrs. Burkhardt presentation was very informative. All the participants were entered into a drawing for an assortment of books that was on the book recommendation list from PCAND. All participants drawn got to choose the book of their choice. We received valuable feedback from the survey the participants took at the end of the presentation.

May- I attended a 3-day training in Fargo to be a facilitator for REAL COLORS. REAL COLORS is a tool used to open better communication and understanding by learning more about yourself and those you live and work with. The Parent Educators had our annual 2-day meeting in Fargo. During this time, we discussed many things, a few were our program plans, grant funding and our State Parent Advisory Council schedule.

June- All about the fairs. I judged for the McKenzie and Williams County Fairs. I also assisted where needed during the week of the Williams County Fair. Hooked on Fishing Not Drugs community event, I shared information about our programs that are available and resources for preventing child abuse.

I am planning for programming in the fall. As always, please go to <https://www.ndsu.edu/agriculture/extension/extension-topics/family> for upcoming classes and events.



Parent Family Resource Center Region