



NDSU

EXTENSION
WILLIAMS COUNTY



October-December HIGHLIGHTS

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Agriculture and Natural Resources

Kelly Leo

Happy New Year! 2024 rounded out as busy as the rest of the year. Fall was very hot and dry and seemed to stay unseasonably warm well into late November. Harvest continued into October and November as in 2023. Livestock water was in short supply and low quality going into winter due to the dry conditions. Thankfully, hay was in good supply due to adequate precipitation early in summer. As always, wheat midge soil survey sampling kept me busy in October. Here are some additional activities and events that occurred during the final quarter of 2024:

October Started with the devastating fires that ravaged Williams County. With nearly 90,000 acres burned and 365 stakeholders affected, it was a challenging and emotional fall for many. October was spent making countless phone calls and gathering information and resources to assist with this devastating event. I was able to offer one fall general pesticide recertification in late October for 2025 expiries event though the fire event kept me pretty busy. Additionally, we held a Legislative Update with our local legislators to provide an overview of NDSU Extension in Districts 1, 2 and 23 along with other Extension colleagues from Mountrail, Divide, and Burke counties. I was able to attend the National 4-H Youth Development Conference in Boise, Idaho the second week of October which was a great education and networking event. North Dakota was fortunate to have a good size delegation attend to network with colleagues from around the nation. We held a new 4-H family orientation to assist new families with learning about the Williams County 4-H program as well as North Dakota 4-H.

NDSU Extension, Williams County Narrative, January 2025

November was a busy month with the annual Wheat Show planning, Bread Fair planning, as well as a variety of other activities. NDSU Extension Williams County took over planning and facilitating Special Assignment Pizza in coordination with North Dakota Farm Bureau. This event is very popular for local schools and we reached over 500 local 4th grade youth. I presented on meat as a main ingredient of pizza and the importance of the North Dakota livestock industry in providing meat on the first day and dairy products and the dairy industry on the second day. I offered another general pesticide recertification in McKenzie County during November as their Ag and Natural Agent was new in his position. One of the most important programs offered in November was the Western Beef Summit meeting for livestock producers affected by the October fires. This meeting had many excellent presenters available to address questions and concerns regarding livestock health following the fires. In the 4-H realm, 4-H archery season kicked off in November with a large number of 4-H youth taking part again this year. Archery is one of the most popular 4-H programs in Williams County with over 50 youth taking part every year as well as six volunteer archery leaders. Archers meet on Monday nights from November through the first part of April. The Fall 4-H awards banquet also occurred in November with record attendance at the event. 4-H youth received awards for all their hard work during the 2023-2024 4-H year.

December 4-H Livestock Judging kicked off again in December. There are double the amount of youth involved this year which is an exciting growth to this excellent program. I attended a Real Colors Temperament training class in early December to become a certified facilitator. This was a really great class and I enjoyed learning different procedures to train participants about temperament as it relates to communication. The remainder of December was attending various online meetings, archery practices,

livestock judging practices, Wheat Show planning and Bread Fair planning. Never a dull moment for sure!

As the New Year is upon us, so is the new programming season. The Post-Fire Crop Producer Meeting and Williams County Ag Improvement annual meeting will be held January 16 at the Williston Research Extension Center. The 72nd Annual Hard Spring Wheat Show will happen January 28, 2025 at the Grand Williston Hotel. Additionally, we will be kicking off Bread Fair activities in over 30 schools in February and March.

In cooperation with Divide County, we will be offering a Design Your Succession Plan program in March. Some other events planned include Spring Tree and Garden Workshop, multiple spring 4-H contests, archery, livestock judging, and other 4-H events too numerous to mention. Stay safe and warm and I look forward to working with you in the coming program year!

Parent Educator

Blanche Waggoner

Winter time is here! I hope everyone is staying warm. October, November and December were busy wrapping up programs and grants. We completed Parenting the Love and Logic Way with 5 participants and Powerful Tools for Caregivers with 9 participants. We received great feedback and the classes were very engaging. We had a great turnout for our October webinar, Parenting Children with Autism. Seventy-three people attended the Zoom and received beneficial information about autism and parenting strategies. In November, I attended the All Ag. Conference in Fargo. It was a great time to collaborate with colleagues from across the state and attend beneficial sessions. I had the opportunity to help with Special Assignment Pizza in Williston. 540 fourth graders from around the area participated in learning stations all about how pizza

is made and how all of the ingredients can be found in North Dakota. The students and teachers find this very informative and it ties in with the ND education standards.

I am co-facilitating **Keep Connected** for parent/caregivers and their middle school youth via Zoom in January. In January and February, I will be in the Watford, Williston, Crosby and Tioga areas to offer **Coffee Talks for Caregivers**. In February, we have Active Parenting Birth to Five that will be via Zoom and facilitated in Spanish.

Please watch for flyers and posts on our Parent & Family Resource Center- NDSU Extension-Region 1 Facebook page. As always, please check our website <https://www.ndsu.edu/agriculture/extension/extension-topics/family> for upcoming classes and events across the state.

Family and Community Wellness

Katelyn Jespersen

As we put a wrap on 2024, it's a great time to reflect on the past year and the hopes of what 2025 will bring. New year, new programs, and new goals to improve health and wellbeing! In reflection, the past few months have provided a chance for personal growth for myself and programming opportunities to a wide array of our community members.

The **Stepping On** program was completed in October. This seven-week workshop has been successfully finished four times in the last two years and is highly recommended by participants as a proven falls prevention program for the aging community. I am planning to provide another workshop this spring.

November was a busy time with annual conference, trainings, and two large youth events. The first week I attended the NDSU Fall Conference for All Ag in Fargo. There are a lot of good things happening in Extension throughout the state and it is exciting to learn new ideas to bring back to Williams County. After the

conference, I spent much of November prepping for and presenting at the youth events of Special Assignment Pizza and Marketplace for Kids. During **Special Assignment Pizza** I covered the "Nutrition Booth" for both days of the event. Through this, I had the opportunity to teach a total of 540 local area 4th graders about MyPlate, the food groups, serving sizes, and making healthy choices. Shortly after, I presented a 4-H lesson on Career Exploration at **Marketplace for Kids** in Williston. This was a full day where I taught 258 4th/5th/6th graders and their chaperones about all the different career clusters and helped them discover which type of career might best fit their interests through a game of "Would You Rather" career edition.

December was much quieter with the year winding down. I was able to do a short presentation on **Conflict Management and Communication** to a local business who wanted to provide training for their employees to help them de-escalate situations that may arise. The training was beneficial and I hope to be able to provide more of these types of informal trainings to various businesses through staff meetings.

4-H & Youth Development

Scott Dai

Happy New Year! Winter is upon us, but 4-H and youth programming must go on! This quarter, I've worked with our new teen 4-H ambassadors to plan out 2025 programming efforts, and met lots of families and 4-H members from our clubs – I still have a few more clubs to go before I've visited them all!

In addition to 4-H related programming, I got a taste of Extension-led programming by leading the sugar/honey station during Special Assignment Pizza, an educational program that taught 4th

graders from ten schools of the agricultural products that go into making a pizza. I also learned of what it takes to organize a program by recruiting volunteers and emailing schools to ensure the program operated smoothly.

In this 4th quarter, I also helped out in a variety of different educational programs:

- Made model greenhouses during the Bakken Area Skills Center's STEM Day at the Williston ARC.
- Taught a wildlife tracking class during Marketplace for Kids, held at Williston State College.
- Led lessons at Trenton's After School Program.

Five months into the job, I'm getting an idea of my responsibilities as the 4-H Youth Development Agent, and I'll be asking the community some big questions to inform me of my programming efforts. I'll also be planning out a new NDSU initiative known as Next Chapter, where middle school students begin their career exploration and preparedness journey towards a college education, trades involvement, or leadership after high school.



Fourth graders participating in Special Assignment Pizza

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Williams County Extension Calendar

January

- 8 - Nourish Series #2 (Winter enrollment)
- 9 - Keep Connected Class
- 11 - Coffee with Caregivers
- 14 - Commercial Pesticide Fumigation Training
- 15 - Aging Well Webinar—Exercise
- 16 - Keep Connected Class
- 16 - Crop-Fire Recovery Meeting
- 21 - Extension Advisory Council meeting
- 22 - Powerful Tools for Caregivers (6 weeks)
- 23 - Keep Connected Class
- 25 - Coffee with Caregivers
- 28 - Wheat Show
- 30 - Keep Connected

February

- 4 - Private Pesticide Fumigation Training
- 4 - Baby Signs
- 6 - Parent and Family Education Webinar
- 8 - Coffee with Caregivers
- 11 - Baby Signs
- 12 - Pesticide Training
- 12 - Powerful Tools for Caregivers (6 weeks)
- 12 - Field-to-Fork Webinar—Starting a Garden
- 18 - Baby Signs
- 19 - Aging Well Webinar—Mental Health
- 19 - Field-to-Fork Webinar—Food Recalls
- 22 - Coffee with Caregivers
- 23 - Virtual Baking School (5 weeks)
- 25 - Baby Signs
- 26 - Field-to-Fork Webinar—Growing squash

March

- 1 - Nourish Series #2 (Spring enrollment)
- 5 - Field-to-Fork Webinar—Preserve Salsa
- 12 - Pesticide Training
- 12 - Field-to-Fork Webinar—Plant Lighting
- 19 - Aging Well Webinar—Elder Law & Estate
- 19 - Field-to-Fork Webinar—Pickling Safety
- 26 - Pesticide Training
- 27 - Field-to-Fork Webinar—Veg. Production
- TBD - Spring Tree and Garden Workshop
- TBD -Design Your Succession Plan