



Welcome to Richland County

Named in an attempt to attract settlers, Richland County is Montana's twenty-first most populous county, with an estimated 10,810 residents as of the 2012 census. Sidney, the county seat, is the state's seventeenth-largest city, with a population estimated at 5,934 in 2012. Other towns in Richland County include Crane, Fairview, Lambert, and Savage.

Agriculture and oil production are widely recognized as two of the staples of Richland County's economy. Much of Richland County is located in the Bakken Oil Zone and cattle, wheat, sugar beets, pulse crops, and other small grains are the top agricultural commodities produced.



The Richland County MSU Extension office

Federal, State, and County research entities combine to highlight agricultural research conducted in MonDak Region

Agricultural producers in Richland County are fortunate to have three laboratories located within a 45-mile radius, all focused on agricultural research. The United States Department of Agriculture's Northern Plains Agricultural Research Laboratory (USDA-NPRL) located in Sidney, the North Dakota State University Williston Research Extension Center (NDSU-WREC) in Williston, North Dakota, and the Montana State University Eastern Agricultural Research Center (MSU-EARC) also in Sidney, are all facilities dedicated to solving problems and conducting research with the end goal of increasing agricultural profitability in the MonDak region.

In a show of solidarity for local agricultural producers, it was decided to host an event to showcase the facilities latest and greatest research. Bringing together scientists from each research center, Richland County MSU Extension Agent Tim Fine helped coordinate and host the first annual MonDak Ag Research Summit.

More than 100 producers from counties in northeastern Montana and Northwestern North Dakota attended the summit held at the Richland County Fair and Rodeo grounds. Producers received updates on the latest research, and were given opportunities to visit with research scientists from each laboratory and share concerns and ideas for needed research.

From a research scientist in attendance "the MonDak Ag Summit is as beneficial to me as a scientist as it is to the producers in attendance. I feel that the research that I am doing is validated and have new ideas for what types of research producers are most interested in."



Community & Family Health and Wellness Education

QPR: Ask a Question to Save Lives

According to data from the American Foundation for Suicide Prevention, 44,965 Americans die by suicide each year, an equivalent to 123 people per day. In the state of Montana, one person dies by suicide every 33 hours, placing Montana with the highest suicide rate per 100,000 people in the nation. A suicide prevention training called Question, Persuade, and Refer (QPR) invites everyone to develop skills to aid in a suicide crisis. QPR walks a person through three intervention steps: asking the question, persuading a person who is suicidal to stay alive and referring them to professional help, which will aid in saving a life from suicide. Training from a certified instructor is an hour long, and it provides people with tools to help in their own community. Since January of 2018, 122 adults and 79 youth across the state have been trained in QPR. One adult class participant stated “this training provides basic training that ensures that anyone can help prevent suicide and I plan to use it in my mentoring instances.” A youth participant stated “I came here to try to find out how I can help and I came out inspired to make a difference and knowing how to make a difference. The stuff we talked about was deep and hard but it was reality. I feel that everyone needs to hear and take this

course because it is a very real thing that is rarely talked about.” Through QPR training, Montana community members are learning important skills to help save lives.

StrongPeople is Back in Richland County

StrongPeople (StrongWomen) is a moderate strength training program for middle-age to aging individuals to help them improve their overall health and wellness. Benefits of strength training can include increased muscle mass, strength and balance, all of which help participants age with ease.

Upon request from members of Richland County, the StrongPeople program is back in action. Classes were offered in the spring with participation of nine individuals and classes currently have an enrollment of six. One Richland County resident from the spring classes said “The exercises made me feel stronger and more energetic-a good way to get back in shape after the long winter. Enjoyed exercising with the other women-fun!” Another Richland County resident said “I am so glad because now I am up to 4-pound upper body weights and 1-pound ankle weights, and can proceed to 2-pound ankle weights.”





Getting ready for classes! Photo by Carrie Krug

According to spring class participants, 94% felt their health was much better, 91% felt they had more energy and 85% felt much less joint pain at the completion of classes. From a mid-class check-up, a Richland County resident noted “I feel more sure of myself as far as balance goes.” The StrongPeople classes have been shown to help individuals in Richland County better their health and wellness.

Richland County Youth Participate in Experiential Learning through 4-H

“This year I learned that 4-H is not about the ribbons, but about making new friends, trying new things and doing your best no matter what.”

– Richland County 4-H Member

4-H provides opportunities for youth to participate in learn-by-doing projects that guide them in the experiential learning process. In Richland County, 202 youth are engaged in learning outside of the classroom through 4-H. Projects with the most participation are beef, swine, visual arts, woodworking, photography, sewing and textiles. Richland County 4-H added two new projects this year: market rabbit and market poultry, which allowed three new members to participate in educational livestock projects. Members also participate in club meetings, service learning projects and a variety of activities and events that aid in their growth and development. 4-H provides youth with positive experiences through relationships with caring adult volunteers in safe and inclusive environments. Youth in Richland County partner with 129 volunteers to find belonging, develop independence, secure opportunities for mastery and to practice generosity. Members and volunteers in 4-H practice generosity through service learning activities or community service projects. This year, Richland County 4-H clubs reported completing 65 service projects that benefitted Richland County and surrounding area residents. Overall, the 4-H program engages youth to help prepare them for their future.

4-H youth at the Richland County Fair



4-H Youth Working on a Community Service Activity



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