

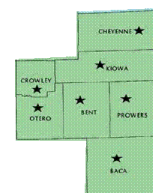


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Inside this issue:

Agriculture & Natural Resources	2 - 3
4-H Youth Development	3 - 6
Family & Consumer Science	6-7
Director's Note	8

Quarterly Report



To: Board of County Commissioners

This quarterly report summarizes major educational programming in the fourth quarter of 2015 from Southeast Area Extension. The mission of CSU Extension is to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado.

We are grateful for the continued support of the counties. If you have any questions, suggestions or would like more specific information about these or other Extension programs, feel free to meet with any member of our staff.

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**CSU Extension provides practical
education you can trust,
to help people, businesses, and
communities
solve problems, develop skills, and
build a better future.
We're here for you!**

Agriculture and Natural Resources

Southeast Area Range and Livestock

Where has 2015 gone, we just celebrated the new year about a month ago - right? This time of year is symposium, annual meeting, and workshop season for Southeast Area Extension Staff and Range and Livestock agents are no exception! Along with the "other duties as assigned", staff is serving on three selection committees. Two for the Southeast Area - Crowley/Otero 4-H and Agronomy; and one the search for a Peaks to Plains Regional Range Specialist to be housed in the Sterling Regional Engagement Center.

Along with these administrative duties, staff attended the Range Beef Cow Symposium. This symposium is held every two years and is a collaboration between Colorado State University, the University of Wyoming, South Dakota State University, and the University of Nebraska. The symposium is rotated through the four states and this year was hosted at the Ranch in Larimer county by CSU. Along with a very large trade show, the symposium covers current topics and issues related to the beef industry including: markets, generational transition, animal welfare, sustainability, genetics, forages, etc.

This year the symposium kicked off a day earlier than usual with a Beef Quality Assurance training, attended by Southeast Area Extension personnel. Planning is currently being done on the state level to get more CSU Extension personnel up to speed to be trainers of the program - more to follow at a later date.

In Other News:

Planning is underway for the 12th Annual Arkansas Valley Farm/Ranch/Water Symposium in Rocky Ford. This year the date has been moved to a week later to accommodate other large symposiums also occurring on the eastern plains of Colorado. Speakers and topics this year will cover Water, Livestock, and Crops as well as Market and Weather outlooks. Information on the symposium, registration forms, etc. are available on the website: www.farmranchwater.org or by calling the CSU Extension Office in Rocky Ford at: 719-254-7608.

Pesticide Applicator Continuing Education Credit Workshop

On November 19, Thia Walker, CSU Pesticide Education Specialist, conducted a Pesticide Applicator Continuing Education Credit Workshop in Lamar. The workshop was attended by 22 pesticide applicators. The educational program provided all 7 credits required for both private and commercial applicators to renew their license. The training was aimed to provide new information on pest control, health and environmental safety, pest management technology and changes in pesticide laws and regulations.

Colorado State University Extension's Southeast Area is committed to continue working with farmers and ranchers to make pesticide application safer, not only for the applicators, but for the general public and the environment.

Crop Production Meeting

Sixty-six area farmers, crop consultants and pesticide applicators attended a Crop Production Workshop co-sponsored by Colorado State University Extension, Pioneer DuPont, Colorado Corn, Golden Plains Insurance, Farm Credit of Southeastern Colorado, 4 Rivers Equipment, and Helena Chemical Company.

The meeting's agenda included a presentation by Dr. John Stulp on the newest release Colorado's Water Plan. Also, a number of Colorado State University Extension Specialists, Dr. Frank Peairs, Dr. Todd Gaines, and Joel Schneekloth, presented on wheat and corn insect pests, herbicide resistant weed management, soil salinity management, and crop residue effects on soil's physical and chemical properties, respectively. Dr. Merle Vigil, from the Central Great Plains Research Station in Akron, spoke on the economic optimum nitrogen rate for triticale production. New corn plant technology and weather patterns and irrigation were also among the topics discussed in the meeting. The program offered nine continuing education credit hours for certified crop advisors and Colorado commercial pesticide applicators.

Baca County 4-H Programs Celebrate Annual Achievements

On Sunday, October 11, 2015 in the Minnick Building at the Baca County Fairgrounds, the Baca County 4-H program held the annual achievement banquet. Approximately 200 people helped celebrate the members and all of their accolades. At this year's annual achievement banquet, a new slate of officers for the Baca County 4-H Council were installed. The county 4-H council is made up of representatives from each of Baca County's six 4-H clubs. This year's slate of officers includes Emily Sharpe (President), Morgan Crane (Vice President/President Elect), Sommer Roth (Secretary), Enrique Gutierrez (Treasurer), and Alan Cano (Reporter); as well as two District 6 Senate representatives from Baca County, Kylie Franklin and Zach Thompson. In addition, Hayli Mackey and Kallysa McGeary both from the Big Rock 4-H Club were recognized as Junior and Senior Outstanding 4-H members. Congratulations to all other award recipients! It was fun ending one year and kicking off what is sure to be a great 2015-2016 4-H year.



Colorado's Water Plan

4-H



4-H



District VI Senate Meeting

The District VI 4-H Senate met on Sunday, November 22nd at the Bent County Extension Office in Las Animas. There was representation from all seven counties at the meeting. Topics discussed included plans for senator participation in upcoming Southeast Area events and looking into offering camp scholarships to District VI 4-H members to attend 4-H events. The Senate will meet again in January at the Leadership Development Conference.

NAE4-HA Conference

Two Southeast Area Extension Agents, Lacey Mann and Amy Kelley, attended the 2015 National Association of Extension 4-H Agents Conference held October 24th through 30th in Portland, Oregon. Both Mann and Kelley serve on the NAE4-HA Professional Development Committee Diversity Task Force. As part of this task force they presented a workshop titled "Bridging the Digital Divide." Their presentation was well attended and received great evaluations. While attending the conference they also had the opportunity to attend other workshops, listen to keynote speakers, and network with agents from all over the United States.

Cheyenne County 4-H Participates in Light Parade

Cheyenne County 4-H participated in the 2015 ESA Tumbleweed Light Parade held December 19th in Cheyenne Wells. The theme of the float was "4-H Nativity" using live 4-H animals, including goats, sheep, chickens, heifers, and even a heifer doubling as a camel. The float not only received 1st place, but was also a hit with the local community. They are already working on ideas for next year's float.



Cheyenne County 4-H Museum Trip

To add something fun to winter break Cheyenne County 4-H traveled to the Denver Museum of Nature and Science on Tuesday, December 29th. Eight members and one leader, along with Extension Agent Amy Kelley and Support Staff Vickie Nestor made the trip. They were able to tour the museum and attend an IMAX movie about the ocean. All those that attended enjoyed the trip, especially the IMAX movie. Plans are underway for another out of town adventure in the spring.



Achievement Banquets

The conclusion of the 4-H year is highlighted by county 4-H programs holding their annual 4-H achievement banquets. By hosting achievement banquets it allows for members to be

recognized for their hard work and dedication to the 4-H program during the year. The banquets also provide an opportunity to recognize leaders, sponsors, and supporters. It is their generous donation of time, money, and labor that help make our programs such a success. The following people were honored by their county 4-H programs as outstanding supporters, friends of 4-H, or meritorious service:

Baca - the Lynette McGeary Family and Lex and Janice Thompson

Bent - Cody Downare and Charlie Bartholomew

Cheyenne - Kurt & Marcy Brossman

Crowley - Susan and Curt Russell

Kiowa - Carole Spady

Otero - Janet Golden

Prowers - Mary Jane Torres, Sand & Sage Fair Board, Holly Gateway Fair Board, and the Dwight Burns Family

The Southeast Area wants to thank these people for their time and commitment to 4-H and everyone who benefited from their generosity.



Dare to Be You

4-H members from Cheyenne, Otero, and Prowers counties participated in the November 20-22 Dare to Be You Camp in Pueblo, Colorado. The camp hosted by the South Central 4-H District (SCD) is designed for youth aged 11-13. Campers worked through workshops where they learned to improve, cooking in a can, survival, GPS skills, leadership, how to dance and community service. Workshops were designed by a youth leadership team with members from the San Luis Valley to Prowers County.

"These youth leaders have designed interactive and engaging workshops which has made the camp a positive learning experience each year," Lacey Mann, CSU Extension Agent said.

4-H





Family & Consumer Science

Otero County 4-H Movie Night

The Otero County 4-H Council officers have an aggressive plan of action for the 2015-2016 4-H year. They have planned a variety of activities to engage members from across the county.

The first activity was a movie night during the December holiday break. The officers provided cookies and hot chocolate as everyone enjoyed the movie “Annabelle’s Wish”.

Stem Made Fun

Hello, my name is Chelsea Lewis and I am the Otero County AmeriCorps Program member. I would like to share a little bit about the program and the topics I have taught. I started the program at the Rocky Ford Middle School in September as an after school program with a focus on STEM. The students completed a total of three lessons throughout the semester. The topics taught included: weather, human body systems, and robotics. The students really enjoyed the hands-on approach to learning and grew not only as individuals, but as a group as well.

This upcoming semester, starting January 11th, I am excited to continue the middle school program with a new group of students. I also have the opportunity to start another program within the elementary. Seeing students grow has been amazing and I can’t wait to start the second semester!

Family & Consumer Science News

Extension Agents Wells and Kasza continue to teach Cooking Matters in the Southeast Area. One series of classes were taught in Las Animas in October, with participants from Bent and Otero counties. Because of schedules, the series was shortened to four sessions focusing on planning and preparing healthy meals on a limited budget, with specialized information for adults living with diabetes. Sponsorship by Share Our Strength, through Tri-County Family Care Center, paid for all groceries for the hands-on cooking lessons. Evaluations from previous classes indicate participants highly value the practical information given in classes. Diabetes is a major health concern for Southeast Colorado residents as statistics show that our incidence is double the state rate. People with diabetes have a higher risk of heart, eye, kidney, and nerve disease than other people. Cooking Matters with Diabetes shows participants how to use healthy eating and physical activity to maintain blood sugar levels and prevent or delay the short- and long-term complications of diabetes.

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Bent County Financial Literacy Classes

The Las Animas-Bent County Library District was one of 13 Colorado libraries included in a grant from the Financial Industry Regulatory Authority (FINRA) that seeks to improve financial literacy among Colorado residents. CSU Extension was asked to serve as the facilitator for the grant and teach the classes. Tri-County Housing is joining the effort as a knowledge resource. Extension Agent Kasza attended a two-day planning and instruction summit in October; classes began in December. The partnership built by CSU Extension, the Library and Tri-County Housing will benefit and strengthen Bent County residents with increased financial knowledge.



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Bent County Harvest Show

Bent County Harvest Show is the final show of the fair season. This open-class fair is held the first week of October, allowing more food preservation and crops exhibits than earlier shows. A warm fall led to increased garden and floriculture exhibits in 2015. Exhibits were up in almost all categories this year for an outstanding display.



Gifts In A Jar

Last minute gift ideas were presented at the Otero County Extension office. Participants learned how they could share their talents with family and friends at a low cost. The presentation included gift ideas, decorating tips and recipes. All participants assembled six recipes into mason jars. The evening concluded with the decorating of the jars.



Fermented Vegetables

Natural fermentation is one of the oldest means of food preservation. Participants learned that beneficial bacteria, lactobacillus, is developed during the fermentation process. Lactobacillus is a probiotic that is believed to improve digestion and gastronomic health. Vegetables can be fermented safely with a proper ratio of vegetables to salt. Participants learned about the science of fermentation by creating a quart jar of sauerkraut. Following the class participants reported that the sauerkraut fermented properly at home and they were not only enjoying the flavors they created but also the health benefits.





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This past year saw personnel changes in the extension program in the southeast. Two colleagues moved on to other positions. This has left the area shorthanded. Agents from other counties in the area are covering those programs. We are currently conducting searches to fill the positions, hopefully 2016 finds us fully staffed.

Extension would not be possible without the continued support of the counties in southeast Colorado. I would like to thank the Baca, Bent, Cheyenne, Crowley, Kiowa, Prowers and Otero communities for their continued support of the extension program.

Best wishes for 2016!

Jennifer Wells
Southeast Area Director



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