Quarterly Report

To: Board of County Commissioners

This quarterly report summarizes major educational programming in the first quarter of 2016 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!
Community Animal Disaster Plans

Over the last three years, thirteen CSU Extension agents have been involved with several departments on the Fort Collins campus in a USDA Smith Lever grant to include animal response components into local, county, and area Emergency Response Plans. As a result of these efforts, Bruce Fickenscher - Range and Livestock agent, has assisted local and area residents in setting up Community Animal Response Teams (CART). Coordinating through local and state Emergency Management and local and state Law Enforcement personnel, team members are called upon when emergency situations include animals that require special handling procedures and facilities.

A second part of this endeavor has been the establishment of a supply trailer housing additional kennels, cages, and other supplies needed at emergency centers. When an emergency occurs, many times local resources become over run very rapidly and additional resources can be called in on a very short notice.

The stimulus for these efforts have been disaster events such as the hurricanes in the south, floods along the Front Range, and various wildland fires. Emergency plans have always included the human component, but these disasters have also made apparent the need to consider animals, especially pets, companion animals, and service animals in these plans as well.

Emergency management personnel, County Commissioners, and others who reside in counties who do not currently have animal response components included in their Emergency Management Plans, are encouraged to contact me. We now have a step-by-step guide that can be used to develop and plan for animal emergency responses and writing them into your current Emergency Plan.

The 12th Annual Farm/Ranch/Water Symposium

The 12th Annual Farm/Ranch/Water Symposium was held in Rocky Ford on February 11, 2016. Speakers at the symposium this year included: Dr. Timothy Gates - CSU Professor of Civil and Environmental Engineering; Chuck Hanagan - USDA-FSA; Brian Bledsoe - KKTV Chief Meteorologist; James Robb - Director of the Livestock Marketing Information Center; Kathy Voth - Livestock and Landscapes Consultant; Dr. Troy Bauder - CSU Water Quality Specialist; and a local panel presenting issues related to Industrial Hemp.

Topics included: Water Quality of Return Flows to the Arkansas River; USDA Updates; Weather Trends and Forecasts for 2016; Cattle, Corn, and Hay Markets; Use of Alternative Forages for Livestock; Conservation Tillage Under Furrow Irrigation Conditions; and Opportunities in Growing Industrial Hemp.
Morning and afternoon break refreshments were sponsored by USDA in Crowley and Otero Counties and the noon meal was catered by the Frontier Diner in Cheraw. Approximately 140 people attended the symposium. We had 17 vendor displays and five of them were new and attending the symposium for the first time.

Planning Committee members include: Bruce Fickenscher - Planning committee chairman, CSU Extension/SEA; Jennifer Wells - CSU Extension/SEA Director; Vicki Harris and Darla Miller - CSU Extension/Otero County Support Staff; Mary Beth Tucker - CSU Extension/Crowley County Support Staff; Lana Pearson - USDA-NRCS; Nancy Aschermann - Conservation Districts; Chuck Hanagan - USDA-FSA; Ian Kaiser - Rocky Ford City Manager; and Jerry Sitton - Mayor of the City of Rocky Ford.

We would also like to thank all of the financial sponsors who contributed to the success of the Symposium: CSU Extension/Southeast Area, Otero Junior College Agriculture Sciences Program, Lower Arkansas Valley Water Conservancy District, 4Rivers Equipment, Agritech, local Conservation Districts (East Otero, West Otero-Timpas, and Olney-Boone), Rusler Implement Company, Farm Credit of Southern Colorado, Teeter Irrigation, Inc., and Palmer Land Trust. A special thank you to the Colorado Conservation Tillage Association for the use of the pipe and drape used in the vendor display area.

**Pesticide Applicator Continuing Education Credit Workshop**

On Tuesday, March 22, Thia Walker, CSU Pesticide Education Specialist, conducted a Pesticide Applicator Continuing Education Credit Workshop in Springfield. The workshop was attended by 21 pesticide applicators. The educational program provided all 7 credits required for both private and commercial applicators to be re-certified and renew their license. Also, the program provided the necessary credits for Agricultural Insect Control. The course will revisit Baca County in the Fall of 2017.

**Western National Round-up**

Denver, Colorado was the site of the 2016 Western National Roundup. This event was held January 7th through 10th. Youth from all over the United States and Canada gathered together to compete in a variety of national 4-H contests. The theme of the event was “Mission I’m Possible: License to Lead”.

The Southeast Area represented Colorado 4-H in the parliamentary procedure contest. Members of the team were Timmery Foster and Lexi Mayo, both of Cheraw, Sara Reyher from McClave, and Tori Gregory from Fowler. They were coached by Amy Kelley, Area Extension Agent. To qualify to participate in Roundup the team had to first win their state contest, which they did this past June at the Colorado 4-H State Conference. They worked very hard and practiced a lot before attending the national contest.

There were four other teams that competed in parliamentary procedure, Arkansas, Montana, New Mexico and Texas. After an agonizing 24 hours following their contest results
Western National Round-up (continued from pg. 3)

were presented at an award’s breakfast. The Southeast Area bunch received 3rd place!

Outside of the contests, 4-H members participated in workshops that focused on teambuilding, leadership, and personal development. Workshops included learning about social graces, identifying your leadership style, and identifying what’s going on in your mind. They also had the opportunity to meet fellow 4-H members from all over and exchange souvenir pins with them. A trip to the National Western Stock Show was also included in the schedule.

District 4-H Members Participate in 4-H Olympic Games

Twelve District VI 4-H members and two Extension Agents participated in Leadership Development Conference in Denver with members from across the state. Using the theme “4-H Olympics 2016”, the games taught leadership skills while the members had fun. All members attended the state 4-H Senate meeting, with two delegates from each county having voting privileges. A trip to the State Capitol on Monday concluded the weekend. Members heard from legislators about the legislative process, and then observed it in action in both the House and Senate Chambers. 4-H was recognized as a premier youth organization in both houses while we were there. Extension Agent Kaye Kasza stated “4-H aims to develop each youth into a positive, competent leader. I see this happening with each member we take to LDC.”

Youth Work Together to Build Leadership Skills

Inspired by the desire to be better leaders, ninety-five 4-H youth, ages eight to eighteen, from ten southern and central Colorado counties (Baca, Bent, Chaffee, Cheyenne, Custer, Fremont, Huerfano, Las Animas, Prowers, and Pueblo) came together at the Colorado State Fairgrounds on Saturday, January 30 for a Club Officer Training.

The day began with activities, some silly and some serious, designed to build confidence and excitement. As one member reflected, “The 4-Hers started the meeting with a banana song and a rain dance. After the song and dances, we got into small groups and learned about our positions as officers.”

Breakout sessions were organized by the specific officer positions members hold in their local 4-H clubs: President, Vice President, Secretary, Treasurer and Reporter. At the end of the training, all members worked together to learn the basics of running a formal meeting using parliamentary procedure.

When asked what she learned during the workshops, Kathleen Furguson (age 11) of Fremont County exclaimed, “How to write a check!” Kaylynn Rice and Grace Corcoran, both 13 of Pueblo County, concurred. Corcoran added, “I’ve seen my mom do it, but I’ve
never done it myself.”

Emmalie Byrne (age 13) of Baca County participated in the secretary workshop. She said that what she learned went beyond just the duties of her office and included learning “how to get up and talk to people and make sure they understand.” Communication skills are a main focus of 4-H.

Older members, such as Jacob Torres (age 18) of Las Animas County, said the breakout session for presidents helped him learn “how to involve other members more.”

Colorado State University Extension 4-H youth development agents taught all of the workshops. Lorri Arnhold, an agent in Las Animas County, explained that “being a leader is a huge responsibility. Today the kids learned about their specific duties, but they also learned that a good leader is one that makes others feel welcome.”

“Events like these help youth build a sense of independence and community,” said Amy Kelley, a 4-H agent in Cheyenne County. “They learn how to meet new people and how to encourage one another.”

Following workshops, members were treated to two games of bowling at Big Daddy’s Sunset Bowl where the focus was on making new friends and having fun.

4-H agent from Baca County, Mallory Sikes commented, “It was an amazing day! The kids accomplished so much!

4-H is a program of CSU Extension for youth ages 5 to 18 that builds like-skills such as leadership, public speaking, resiliency, character, empathy and decision-making. To find out more about 4-H visit colorado4h.org.

Youth Fest

Twenty-four 4-H members attended the 2016 Youth Fest 4-H Camp held February 5th through 7th at the Ponderosa Retreat Center near Larkspur, Colorado. The counties of Baca, Bent, Cheyenne, Kiowa & Otero were represented. Extension Agents Amy Kelley, Mallory Sikes and Brittany Bowman also attended.

The theme of the camp was “Making the Climb: Every Journey Starts with the First Step”. Members participated in a variety of workshops related to the theme including tower building, an obstacle course, writing Valentine’s as a community service, and a dance workshop. The guest speaker was a 4-H alumni who talked about setting goals. Youth also had the opportunity to tackle the tubing hill at the camp. Of course no 4-H camp is complete without a dance, and the youth got an opportunity to use the dance skills they learned in the dance workshop the last evening.

One attendee from Cheyenne County said his favorite part of the camp was the obstacle course. Another camper from Cheyenne County stated her favorite part was the dance workshop. All the Southeast Area campers expressed how fun the camp was and how much they enjoyed the tubing hill.
“Find Your Voice”

In March, 23 members and agents trekked to Nathrop to attend the South Central (SCD) District Retreat. The SCD covers the Southeast Area, San Luis Valley, Chaffee, Custer, Elbert, El Paso, Golden Plains, Huerfano, Lake, Las Animas, Lincoln, Park, Pueblo and Teller counties. This year’s theme, “Find Your Voice”, taught youth how to find their voice and was modeled after the popular movie series Pitch Perfect.

This year the SCD officer team hosted the first ever Lip Sync Battle with over 13 teams competing. Teams worked through four workshops including a sneak peek at the new Skillathon contest, lip sync, dance, and creating your own sound wave. Over 160 4-H members and chaperones participated this year including military 4-H members.

“It is so rewarding seeing our 4-H members take on leadership roles to help design, deliver, and teach fellow 4-H members about finding their voice. This is a perfect mixture of learning and fun,” Lacey Mann said.

Steer Weigh-In

Each year 4-H and FFA members wanting to exhibit market beef at their county fair participate in their county’s beef weigh-in. In addition to the weigh-in, any member interested in exhibiting their steer or market heifer at the Colorado State Fair has their animal retinal scanned. Each county had a very good turnout, with large numbers of animals being weighed. The number of market beef weighed in from each county for 2016 is: Baca County, 20 head; Bent County, 31 head; Cheyenne County, 15 head, 4 were retinal scanned for State Fair; Crowley & Otero Counties, 14 head, 4 were retinal scanned for State Fair; Kiowa County, 11 head; and Prowers County, 26 head.

Southeast Area Youth Complete Meat Quality Assurance Training

All seven counties in the Southeast area hosted a Meat Quality Assurance Training in their respective counties, open to the public and any other member from adjoining counties. All 4-H members in the Southeast area enrolled in breeding and market beef, sheep, swine, goats, poultry, rabbits, dairy animals, and horse projects must complete Meat Quality Assurance training the first two years they show livestock, and then again when they change age divisions. The training provides members with hands on activities and lessons that increase their understanding about producing animals for food production.

The experience is staged as a come and learn-by-doing training that takes approximately an hour to complete. Members visit various stations on a myriad of food production topics covering the lifespan of their animal to post harvest. Stations include content areas of ear notching, animal welfare and ethics, medication and label reading, feeds, injections, among many more important topics pertinent to animal production agriculture.
In addition, the 4-H youth gain valuable industry-related information that helped them learn the best practices for raising meat products, which ultimately helps to maximize consumer confidence and acceptance of the food products such as meat, milk, and eggs that are produced by 4-H youth livestock projects. Parents, leaders, and older/more experienced members were strongly encouraged to attend and help teach at each station.

The area had a great turn out with members from all animal disciplines being represented. A great number of members from each county, Bent (44), Baca (55), Cheyenne (18), Crowley/Otero (57), Kiowa (28), and Prowers (71) were in attendance.

**Baca County 4-H Club Wins the Come Alive Outside Community Challenge**

Congratulations to the Walsh Busy Bees 4-H Club on their recent win in the 2015 Come Alive Outside Community Challenge. The Walsh Busy Bees partnered with the Walsh Healthcare Center to present the 2015 Walsh Block Party. With the help of the local community and the Vilas Livestock 4-H Club, the Busy Bee’s provided food, fun, and entertainment for the families and community of Walsh, Colorado as well as residents of the Walsh Healthcare Center on Friday, July 17th, 2015. Activities included a BBQ dinner, homemade ice cream, chicken bingo, pie eating contests, cow pie toss, and many more fun games and prizes.

Multiple states including Colorado, North Carolina, Wisconsin, and Iowa were invited to participate in the community challenge. The program inspired teens in FFA, 4-H, Boys and Girls Clubs of America, and other youth organizations to identify, plan, collaborate, and complete a community initiative that created the awareness, intention, and opportunity for people to live healthier lives outside. The challenge provided a special opportunity for young people to develop leadership, communication, and organizational skills as they lead a collaborative effort to execute a Come Alive Outside Community Project or Event.

Upon completing the challenge, the Walsh Busy Bees were asked to submit an application as well as a video depicting their efforts and the event. Videos were then posted to the challenge’s website for the public to vote for their favorite project. Walsh’s video received the most votes for all Colorado submissions and therefore was awarded first prize of $1,000. The contribution will go to provide additional support for the growth and continued youth education of the Walsh Busy Bees 4-H members. Please congratulate these ambitious youth on their great accomplishment! Cheyenne County 4-H placed second, they were awarded $500. The 4-H members organized a beautification project for the fairgrounds.

**Baca County Hosts 4-H Exploration Days**

Baca County 4-H Extension had a fun day of 4-H general projects on Tuesday, March 15th at the Minnick Building on the Baca County Fairgrounds. 4-H members were given the
Exploration Days (continued from page 7)

opportunity to explore a variety of projects through several mini workshops and activities as well as get to know other members throughout the county. Twelve Baca County members ages 8-13 learned the ins and outs of the project as well as gained the skills and experiences needed to complete their projects at home. Explorers had a great time making leather coin purses, crafting home decorations, slurping smoothies, identifying animals, building teamwork skills, and navigating a scavenger hunt using a GPS.

New Family Orientation Offered for the First Time in Baca County

New 4-H families were invited to learn the basic ins and outs of Baca County 4-H at the New 4-H Family Orientation and Open House on Wednesday, March 30th at the Minnick Building starting at 6:00 p.m. 4-H general information and important dates as well as a welcome to new members were the main topics of discussion. Ten families and 31 family members were in attendance. All 4-H families were invited, however, information was best suited for members and/or families who have been in 4-H for less than two years.

Elderly Residents Enjoy Visits from Bent County 4-H

Bent County 4-H shared Easter treats and their time with elderly residents in March. Members donated Easter treats, decorated treat bags, and then delivered them to community members. On the east end of the county, treats were taken to elderly neighbors. On the west end of the county, treats were delivered to the nursing home, assisted living, and senior housing. Members took time to visit with the recipients. This long-standing community service of Bent County 4-H meets many parts of the 4-H pledge as members use their hands to serve others and their hearts to care.

Cheyenne County Project Workdays

With the introduction of a four day school week in Cheyenne Wells, Cheyenne County Extension has started hosting monthly 4-H project workdays. In January a Home Environment workday was held. Four members learned about primary, secondary and tertiary colors then made color wheels. They also decorated clip boards and then made covered cans that could be entered into the fair. In February a Cooking 101 workday was held. Eight members learned about food safety, kitchen safety, the appropriate ways to measure ingredients, and about nutrition. They also made smoothies and no-bake cookies. Plans are underway for both April and May workdays.

Cheyenne County Field Trip

Cheyenne County 4-H traveled to Colby, Kansas on Friday, March 11th for a 4-H Field Trip. Eleven 4-H members, two 4-H leaders, and Amy Kelley, Cheyenne County Extension
Agent, attended the trip. The first stop on the field trip was the Prairie Museum. This included a tour of the outdoor historical buildings, a visit through their interactive indoor exhibit, and a stop in the gift shop. Afterwards the group traveled to Pizza Hut and a local park. The last stop was for an afternoon of bowling.

**4-H Fun Shoot**

A year ago the Otero and Crowley County 4-H programs received an NRA grant to purchase equipment for the 4-H program. The equipment arrived in late summer of 2015. This past winter shooting sports leaders organized a fun shoot, not only for current 4-H members but all youth in the community. Over twenty-five youth attended the Otero County 4-H Fun Shoot that was hosted by the La Junta Rifle Club in February.

This was an opportunity for youth to try a variety of shooting sports disciplines and decide if they would like to enroll. Opportunities included shotgun, .22 rifle, .22 air rifle and archery. In addition, youth enrolled in 4-H shooting sports will be able to participate in black powder and pistol. Following the fun shoot six youth enrolled in 4-H and four current 4-H members added the shooting sports project. The leaders felt the activity was a success.

**Picking the Ideal Market Animal**

Spring is the season for baby animals and weighing in of 4-H market animals. The Otero County 4-H Council Officers have chosen to be very active for the 2015-2016 4-H year. They have taken on a variety of projects, one area is leadership toward younger 4-H members.

Several of the officers have excelled in market animal projects. They volunteered to conduct a class in February for younger 4-H members with instructions of what to look for when picking market animals. They described in great detail ideal confirmation characteristics for lamb, goats, hogs and beef. They also provided information for poultry and rabbit members. 4-H promotes leadership skills, these members are serving as mentors to the younger members and sharing the skills they have learned as a 4-H member.

**Girls in the Middle**

Southeast Area Extension was asked to present at the Girls in the Middle Conference held Saturday, March 5th at the Lamar Community College campus. The event was designed to encourage middle school age girls to be involved in science and pursue science based careers. Amy Kelley, Cheyenne County Extension Agent, presented about careers in agriculture, specifically in relation to Extension. The presentation also included Cowboy Ethics activities.
AmeriCorps Visit to Cheyenne County

Along with project workdays Cheyenne County Extension has started offering monthly STEM classes open to all youth in the community. The first of these was held in February with the Prowers County AmeriCorps member Brianna Crump. She taught them about a variety of things, including making sundials, the dangers of energy drinks, and about space. Seven youth attended the session. Plans are underway for both April and May STEM classes.

Robotics Camp at Crowley County

March 21 - 24 AmeriCorps member Chelsea Lewis provided the 5th and 6th grade students at Crowley County Middle School with an after school robotics camp. Students worked in teams to build and program robots from 4 p.m. - 5:30 p.m. after school. The program was a great success with a total of 13 students who participated. Each group finished their robot and had a great time making them do different movements across the gym floor. All of the students who participated would like to participate in another CSU Extension 4-H STEM AmeriCorps Program sometime in the future.

Food Safety Works

CSU Extension continues to collaborate with Prowers County Public Health and Environment to provide food safety classes for food service establishments in Baca, Bent, Kiowa and Prowers Counties. The 2-hour Food Safety Works classes teach the basics of food safety to decrease the risk of food borne illness. The average cost to a Retail Food Establishment of a food borne illness is $75,000; this cost would be devastating to any local business. Classes were held in Baca, Bent and Prowers Counties in January and February 2016, reaching 38 persons.

Workplace Wellness Education

Skyland Grain asked CSU Extension, SE Area to provide wellness education for their employees. This wellness training will met two objectives: lower insurance premiums for Skyland Grain and improved health for employees. Two trainings were held already in 2016, with another planned in November 2016. Both trainings already held focused on nutrition, with an emphasis on practical tips to follow the MyPlate eating plan. Choosing appropriate portion sizes and choosing fewer sweetened drinks were emphasized. At each training, there were several questions related to current nutrition trends, giving opportunity for education on identifying reliable sources of information.
**Common Cents for Colorado/Bent County**

Financial Capability continues to be a focus in Bent County through the Common Cents for Colorado grant given to the Las Animas/Bent County Public Library. CSU Extension, Tri-County Housing and the LA/BC Library have formed a strong team to increase financial capability. Five presentations were held January-March, with more scheduled in April. Each presentation is tailored to the audience and their interests. Recognizing and avoiding scams is a common thread through all requests.

**Cooking Matters for Kids**

Learning, cooking and eating were all the favorite parts of the Cooking Matters for Kids afterschool program. Sixteen fourth graders at Swink School participated and several high school students assisted each week. Jennifer Wells, CSU Extension Agent and Beth Miller, Swink School Nurse partnered to offer the six week course. Materials and supplies were provided by Share Our Strength and Tri-County Family Care Center.

The students experienced a variety of fruits, vegetables and whole grains. They not only tasted new foods but learned to cook with those foods each week. Students also learned how to make healthy choices at the grocery store, how to follow a recipe, choosing drinks that are lower in sugar and making healthy choices when eating out. A pre-post survey measuring what students learned showed a 100 percent gain in knowledge by all students.

Students were asked - what was their favorite part of class, some responses included: trying new foods and cooking new foods with my friends; eating; learning to cook; and learning to use the knife correctly. When asked if they liked coming to class, 100 percent stated "yes".

**Leaving a Lasting Legacy II**

Estate planning can be difficult. Lasting Legacy I is a program that has participants examine their values, personal possessions, final instructions and wishes and financial assets. The first session has been offered across southeast Colorado. Lasting Legacy II is a continuation and has individuals examining their succession, retirement and estate plans.

Twenty-eight individuals gathered in Rocky Ford to learn more from Jeff Tranel and Norm Dalsted of Colorado State University; Jenna Keller, Keller Law and Larry Henderson, Allied Wealth Advisors. Following the class participants had an opportunity to speak one-on-one with the speakers about their personal situation and to learn what their next steps may be.
Spring, a sign of hope, new life and new beginnings. As I write this it is raining, a sign of hope for our agriculture community. As I am out and about I enjoy seeing the new baby animals running and playing in the pastures. Each year is a new beginning for 4-H members. In March members need to finalize projects. Some will try new projects and others continuing with in-depth learning in a project that they have enrolled in for several years. Enrollment continues to be consistent across the southeast area of Colorado.

CSU Extension in the southeast area will be a new career for two individuals. Kelly Roesch has accepted the agronomist position. He will be located in Lamar with the majority of work in Baca, Prowers, Kiowa and Cheyenne Counties. Marlena Griesse will serve as the Crowley and Otero County 4-H agent. Both Kelly and Marlena start on May 1. I welcome them to CSU Extension.

As always, call your local extension agent or myself if CSU Extension can be of service to your community.

Jennifer Wells
Southeast Area Director