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# Quarterly Report



## To: Board of County Commissioners

This quarterly report summarizes major educational programming in the first 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.

## 2015 Crop Production Clinic

On January 8, 2015, the Prowers County Extension Office offered the 2015 Crop Production Clinic. This program was sponsored by Colorado State University SEA Extension and Pioneer/DuPont. The workshop was attended by 45 producers and agricultural consultants from southeastern Colorado, Western Kansas and the Panhandle of Oklahoma and Texas. The objective of the training was to present research-based information on weed control, corn pests and diseases, nitrogen management for irrigated corn, and precision technology for nutrient management.

The speakers were Dr. Raj Khosla and Dr. Wilma Trujillo from Colorado State University, Russell French, Marty Bohl, and Mickey Huddelston from Pioneer/DuPont, and Zach Wall from Encirca.

## AgrAbility

On January 27<sup>th</sup>, Colorado State University Extension, Southeast Area, hosted an AgrAbility workshop in partnership with Goodwill Industries of Denver. AgrAbility is a grant funded program that works with agriculture producers with physical and or emotional limitations that prevent them from enjoying their occupation. Along with physical requirements, the workshops also include business and financial planning sessions to aid producers.

This year program included a demonstration of a wheel chair lift being utilized by an area producer. This lift is allowing him to continue his agriculture operation regardless of his disabilities.

The program has been offered in Southeast Colorado several times in Lamar. Tentative plans are to have a workshop in Rocky Ford in January 2016.

## Agriculture and Natural Resources



### 11th Annual Farm/Ranch/Water Symposium

The 11<sup>th</sup> Annual Farm/Ranch/Water Symposium was held Rocky Ford on February 5th. It was good to see a large number of students among the 147 attendees. Students were primarily from Otero Junior College and the Granada High School.

Topics presented in the morning session included a weather outlook, a presentation on the Pond Seepage in the Lower Arkansas River, to USDA and Risk Management programs. The afternoon sessions pertained to the Future of Farming in relation to precision agriculture technology and the interaction of animal management in relation to Grass Growth and Grazing.

Vendors presented their offerings with booth space set up for attendees to visit during breaks and over lunch. Vendors included: Colorado State Irrigation, LLC., Farm Credit of Southern Colorado, Lower Arkansas Valley Water Conservancy District, Netafim USA/Valley Irrigation, Palmer Land Trust, Pipeyard, USDA-Natural Resources Conservation Services, Otero Junior College, Colorado State Forest Service, and Arkansas Valley Seed. Christine Laurent, owner of Christine's in Rocky Ford catered a beef brisket lunch at noon.

Financial sponsors included: Otero Junior College, AgTech Consulting, Lower Arkansas Valley Water Conservancy District, 4-Rivers Equipment, Colorado State Irrigation, East Otero Conservation District, West Otero Conservation District, Olney/Boone Conservation District, Farm Credit of Southern Colorado, Rusler Equipment, Food Bank of the Rockies, and Colorado State University - Southeast Area. The symposium is available because of the support of the vendors and financial sponsors.

Sponsoring organizations on the planning committee include: the City of Rocky Ford, USDA Farm Service Agency and Natural Resource Conservation District, Lower Arkansas Valley Water Conservation District, Otero Junior College Agricultural Services, local Conservation Districts, Pipeyard, and Colorado State University SEA.

Planning has already begun for next year, with various topics being discussed. Also, because of some conflicts with other symposiums in the eastern part of Colorado, we are considering moving the 12<sup>th</sup> Annual Farm/Ranch/Water Symposium date to the second Thursday of February in 2016.

### 4-H



### Pesticide Applicator Continuing Education Credit Workshop

On March 24, Thia Walker, CSU Pesticide Education Specialist, Terry Randolph, CSU Research Scientist, and Dr. Wilma Trujillo, CSU Extension Agronomist, conducted a Pesticide Applicator Continuing Education Credit Workshop in Lamar. 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.

## Southeast Area Hosts Seven Meat Quality Assurance Trainings

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 helps 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 (38), Baca (60), Cheyenne (26), Crowley/Otero (68), Kiowa (28), Otero, and Prowers (53) were in attendance.

## Super Saturday

The SEA 4-H Extension Agents hosted a Super Saturday workshop in Lamar, Colorado on March 7<sup>th</sup>, 2015. Members were given the opportunity to explore one of two projects, leathercraft or cake decorating, as well as learn a little about Cowboy Ethics, character building, and teamwork. In each workshop, youth explored the ins and outs of the project as well as gained the skills and experiences needed to complete their projects at home.

Throughout the day in the leathercraft workshop, Unit 1 was covered. Members learned the necessary skill basics as well as got to practice on their own coin purse. This allowed members time with an experienced leather craftsman, access to the necessary tools, and the opportunity to completely finish one of the three leather pieces necessary for the completion of a leathercraft unit 1 project.

While attending the cake decorating workshop, members got to experience unit 5, cupcake decorating. Youth had a blast making and coloring their own frosting, practicing tip work, and decorating their planned and themed cupcakes with lots of candy. Unfortunately, the cupcakes won't last until county fair, but the skills and tips learned in this half day session will.

Members and adults from Bent County (1), Baca County (5), Cheyenne County (4), Crowley County (1), Otero County (5), and Prowers County (4) were in attendance of this great, fun filled day.

## 4-H



## 4-H



### Youth Fest

Seventeen 4-H members and three 4-H Agents attended the 2015 Youth Fest 4-H Camp held February 6<sup>th</sup> through 8<sup>th</sup> at the Ponderosa Retreat Center near Larkspur, Colorado. The counties of Baca, Bent, Cheyenne, Otero and Prowers were represented. Extension Agents, Mallory Sikes, Lacey Mann, and Amy Kelley attended.

The theme of the camp was “Cowboy Ethics.” This translated into workshops based on the principles of Cowboy Ethics. These workshops also helped campers to learn important life skills, such as leadership, teamwork, and critical thinking. The guest speaker was a retired professional bullfighter, who talked about courage and facing one’s fears. 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 guest speaker. She was amazed by his stories of facing fear head on. All the Southeast Area campers expressed how fun the camp was.



### IFYE Visit

4-H offers a unique program for 4-H’ers, the International 4-H Youth Exchange (IFYE). The IFYE program allows youth ages 19 to 30 to take an international trip to Western Europe, Eastern Europe, Latin America, Australia, Asia, and Africa. While there delegates have the opportunity to live with host families and participate in activities relative to the culture. Once they return the delegates are then asked to do presentations on their trip throughout the state. The Southeast Area hosted an IFYE delegate during the week of February 9<sup>th</sup> through 13<sup>th</sup>. This year’s IFYE delegate was Kara Harders, a former Boulder 4-H member. Kara had spent June through December of 2014 in Finland and Germany. Kara traveled to eleven schools in the Southeast Area. While there Kara discussed her experiences with students ranging in age from elementary to high school.



### Market Beef Traggings

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 scan. The number of market beef weighed in from each county for 2015 is:

- Baca County - 28 head
- Bent County - 27 head
- Cheyenne County - 14 head
- Crowley County - 7 head
- Kiowa County - 6 head
- Otero County - 10 head
- Prowers County - 13 head

## Show Ring Rookie to National Western Stock Show Fed Beef Champion

First year 4-H members typically enroll in one or two projects and focus their efforts on the county level with the hope of expanding to the state or national stage in the future. Angelina Rose Downing enrolled in her first year, 2013-2014, with an eye on the local and national stages. Within the first three months of becoming a 4-H member she had signed up for three projects, attended a regional camp, and had signed up to participate in the National Western Stock Show (NWSS) annual Catch a Calf Contest (CAC).

The NWSS CAC program is open to 4-H members from Colorado, Kansas, Nebraska, and Wyoming. Applicants apply to the program and if selected, travel to NWSS and attempt to catch a calf, halter it, and then lead it back to the starting line. Downing caught a calf on her second attempt.

Sponsors are a key support system during the CAC program as they provide the financial assistance for the purchase of the calves. Exhibitors send monthly reports to their sponsors detailing their calf, school, 4-H, and life activities with the intent of building a life-time relationship. Downing was sponsored by the Colorado Elks Association and her main contact was Tom McKibbon. The Elks have been a longstanding CAC supporter and sponsored Theresa and Trevor Butler in 2013.

“They all helped me learn a lot about showing and fitting. Theresa kept coming back and she has become like a big sister to me,” Downing said.

“I wanted to help her as much as possible because I did not have someone to look up to when I went through the CAC program. I wanted her to know where to go, when to be where, and what to do. Showing cattle grows and develops character, it is a lot of work, but the reward of working with the steer is worth all the time and energy,” Butler said. She also said that Prowers County market beef numbers are low and it is important to generate sustained enthusiasm and participation with younger members.

Before they could blink the Downing family was making the trek north to Denver for the 2015 CAC show. Angelina worked diligently to keep an updated record book which would be judged by a CAC committee. She also prepared a speech for the interview committee. All of these components would be scored to help compile an overall grand and reserve champion. Following the show’s conclusion exhibitors and families gathered to hear record keeping, interview, and sponsor relations placings. Downing successfully placed 13<sup>th</sup> in record keeping.

However, the story did not end there; in March the carcass phase of the contest results were announced. Downing had logged hours and miles working with Tank to put him in market ready shape, she calculated his daily feed ration, and monitored his health to ensure he was market ready. She was focused on producing a finished product that met industry standards, was humanely treated, and produced a high quality carcass to be graded. Downing won the carcass contest beating out 26 exhibitors from Colorado and Wyoming. She credits winning the best fed contest by feeding her family hay and Colorado Mills feed.



## Show Ring Rookie to National Western Stock Show Fed Beef Champion—Continued...

After long barn hours and building lifetime relationships, she was able to top a national contest. “I am excited for this next year; I have my new steer, Archie, tagged in for the Sand and Sage Round-Up,” Downing said.

Downing applied 4-H life skills including record keeping, public speaking, and citizenship to help her accomplish the goals she set at the beginning of the year. She completed her three 4-H projects, caught a calf, raised, fed, worked, and showed him at NWSS.

## South Central District Retreat

The 2015 South Central District Retreat was held at the Silver Cliff Ranch near Nathrop, CO from March 20 - 22, 2015 with this year’s theme being “Lighting Your Path.” 4-H members aged 13 to 18 and living in South Central and Southeastern Colorado were invited to attend this informative and educational camp that helps youth develop leadership skills, decision making skills, make new friends and reacquaint with old friends, plus enjoy some time relaxing and having fun in the mountains! The Southeast Area was well represented by sixteen 4-H youth from Baca (1), Bent (1), Cheyenne (1), Crowley (3), Kiowa (3), Otero (4), and Prowers (3), along with four Southeast Area 4-H agents. Moreover, the South Central District Retreat was completely planned by the 4-H youth officers of the South Central District and included activities such as hands-on workshops, fun games, a dance, lots of free time for activities in the gymnasium, game room, and hot springs pool, plus there was an ice cream social and other fun events!

Of course, everyone enjoyed the activities offered at the South Central District Retreat, but a brief respite from the fun activities was necessary to conduct the business of electing the 2015-16 District VI and South Central District Officers. The results of the District VI Officer elections were: President - Kylee Holden, Prowers County; Vice President - Miranda Morgan, Prowers County; Secretary - Lexi Mayo, Otero County; Treasurer - Sam Cox, Bent County; Reporter - Lakota Roberson, Kiowa County; Executive Officers - Timmy Foster, Otero County and Cameryn Martin, Kiowa County. Furthermore, the Southeast Area’s Lexi Mayo of Otero County was elected as the South Central District Secretary. Congratulations to these Southeast Area 4-H Youth Leaders!

## Head Start Resource Night

CSU Extension office participated in the Head Start Resource Night in Las Animas March 19. Head Start coordinates this event each year for community families to meet and interact with local agencies serving families in a wide variety of ways. Preschoolers enjoyed playing a games about money while parents learned the importance of and ways to teach children financial literacy. Head Start Resource Night gives valuable contacts with families and increases collaborations with other agencies.



## Family & Consumer Science

## 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. Kasza taught classes in Lamar and Springfield this quarter to 16 participants. A class will be held in Bent County in May.

## Colorado State University Extension Brings Estate Planning Workshop to Baca County

Sensitive issues, such as money, death, and family relations are difficult issues not only to bring up but also to talk about in any depth. It is hard to approach these issues calmly when there are strong feelings about what is important. Some people avoid discussing these subjects because they believe it to be disrespectful and uncomfortable.

For these reasons, among others, the Colorado State University Extension Office in Baca County hosted a day long workshop that walked participants through the four pillars of a Leaving a Lasting Legacy. Workshop participants enjoyed Jeff Tranel's, CSU Agricultural and Business Management Economist, use of stories, discussion, examples, and other educational tools to help farm and ranch families begin documenting their legacies. Tranel spoke on Thursday, March 19<sup>th</sup>, 2015 at the Minnick Building in Springfield, Colorado. The day began at 9:30 a.m. and concluded at approximately 4:00 p.m. Jeff was also available for one on one, personal discussion during the provided lunch and after the program. Twenty residents from Baca County took advantage of this great opportunity.

Passing on one's life work is important and critical to the success of the farm and ranch business. People should really discuss their wishes with family members, develop and document good succession and estate plans, and then consult with their attorney and accountant. The issue is so important that the USDA Risk Management Agency helped in funding CSU's efforts to help Colorado's families.

## Cooking Matters with Diabetes

The spring season brings another session of Cooking Matters with Diabetes. This spring the five week series is being offered in Otero County at the Extension office in Rocky Ford. Eleven individuals representing eight different families are attending the sessions. Participants learn good nutrition, cooking skills and have the opportunity to take groceries home to practice the recipe and skills during the week. This project has been a great community collaboration with Tri-County Family Care Center and Share Our Strength, a nationally recognized organization whose goal is to reduce hunger.



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The birds are chirping and everything is beginning to turn green. Spring is a sign of new hope and excitement in the agriculture and 4-H communities.

4-H youth in the southeast area have been participating in activities around the state. These activities develop leadership skills. They also allow youth to meet new people outside their counties and often develop lifelong friendships. The counties are reporting an increase or stable enrollment in the 4-H program.

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

Happy Spring,

Jennifer Wells  
Southeast Area Director



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