

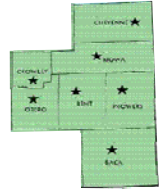


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# Quarterly Report



**To: Board of County Commissioners**

This quarterly report summarizes major educational programming in the fourth quarter of 2009 from Southeast Area Extension. We are grateful for the continued support of each county. 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.

**Corn Silage Study**

In February of 2009, in cooperation with Michael Fisher, Extension Livestock Agent in the Golden Plains Area; John Deering, Extension Agriculture and Business Economist in the Northern Region; Dr. John Wagner, manager of the Southeast Colorado Research Center in Lamar; and Bruce Fickenscher, Southeast Area Livestock/Range, participated in a study of silage supplies in Eastern Colorado. Officially titled “Mid-Winter Comparison of Nutritional and Economic Losses to Corn Silage Supplies in Eastern Colorado,” the project looked at the nutritional value of stored silage and the economics of various treatments to that silage. Samples were obtained from the surface and again at the three and six foot levels. Nutritional tests on all the samples were obtained and compared. A total of eleven individual locations were sampled. Other documentation included if the silage was covered or uncovered, if a kernel processor had been used on harvest, if an inoculants or preservative had been used, the age of the silage, and how often the silage is “defaced” (a freshness issue). Statistical data has been analyzed by Dr. Wagner and a report will be published in the near future. This report, along with a survey, will be sent to livestock producers in the region. The study was funded with a grant from the Colorado SARE (Sustainable Agriculture and Research Education) program.

**36th Annual Bull Test Underway**

The Southeast Colorado Bull Test has begun its 36<sup>th</sup> Annual test. There are 39 bulls on test, representing seven breeds including: British Whites, Polled and Horned Herefords, Angus, Salers, Simmental, and Red Poll. Calendars of events and reports for the test are available on the internet at: <http://kiowacounty.colostate.edu>, click on Agriculture Programs. The test will conclude with the annual sale on April 13, 2010, at Winter Livestock in La Junta.

## Agriculture and Natural Resources



*Transects to monitor  
grasses in Crowley County*



### Rangeland Monitoring Workshop

The Olney Boone Conservation District, in cooperation with CSU Extension and NRCS, hosted a workshop in Crowley on November 5 to address the importance of rangeland monitoring for local ranchers. This classroom training was a follow-up to the on-the-ground training last year north of Olney Springs. Participants responded favorably to the information presented and were very engaged asking questions pertinent to their own operations.

The day was full of knowledgeable speakers. John Valentine, Colorado State Land Board, opened the morning by discussing state land stewardship and what is expected of those leasing state land. The State Land Board is expecting more monitoring data from producers. Natalie Edmundson, CSU Range and Livestock Extension Agent, discussed how plants grow and respond to grazing and economic reasons for prescribed grazing. She stressed the importance of monitoring to know if goals are being met. Deanna Russell, NRCS, taught identification of plants in our area as well as what the NRCS expects from cooperators. To close the day, Ben Berlinger, retired NRCS, discussed different monitoring techniques and showed examples of when to use each.

Rangeland monitoring can be an effective tool for making grazing decisions and to determine if those decisions are improving rangeland health. Without the data obtained from monitoring, a rancher has less information on which to base a claim. Although many ranchers know how to monitor their cows' body condition scores, they do not know how to monitor their rangelands. This workshop provided attendees with valuable information to start their own rangeland monitoring programs and improve land stewardship.

### Sixth Annual Farm/Ranch/Water Symposium & Trade Show

The Sixth Annual Arkansas Valley Farm/Ranch/Water Symposium and Trade Show will be held Thursday, February 4, 2010, in Rocky Ford. Extension staff has been busy planning another great program this year. The keynote topic is renewable energy opportunities for farms and ranches with a panel discussion on financial incentives available through government programs and local companies. The Symposium will also provide updates on the Arkansas Valley Drainage Assessment Project; a marketing outlook for corn, hay, and cattle; livestock health and proposed Trichomoniasis rules; Pueblo Reservoir operation; brand and livestock transport laws; and the finalized irrigation efficiency rules. The day is packed with information to help producers make sound decisions and look towards the future.



## 4-H Members Dare to Learn and Succeed

Prowers and Bent Counties sent four members to the 2009 Dare to Be You Camp in Pueblo, Colo. November 20-22. This is the first time the Southeast Area has sent 4-H members, ages 9-11, to the camp hosted by the South Central 4-H District (SCD). There were over 90 participants from CSU's Southern Region. Workshops were designed by SCD 4-H members, leaders and agents. They focused on community service; rocketry; READY, SET (Science, Engineering and Technology) and Dare to Be You, building confidence while having fun around friends. Between workshops and community service the attendees heard two motivational speakers and launched rockets at the Colorado State Fairgrounds.

The first motivational speaker, Perry Cabot, CSU Extension Regional Water Specialist, discussed opportunities within SET careers. He highlighted his experiences in Africa and introduced youth to the advantages of water knowledge and conservation. Cabot concluded with the importance of SET programming available to 4-H members and how easy it is to find science and math in every project or task we complete. The job market continues to grow within this field.

Miss Rodeo Colorado, Kasia Pigg, wrapped up the camp with an interactive presentation about achieving goals and dreams. She had each camper fill out a road map of their dreams and told them to work through their goals with the support of their fellow members, leaders and parents and with their help the dreams could be a reality.

Bent and Prowers members are already looking forward to next year and are working on finding more campers. We also have some older members anxious to become counselors for next year's camp. It was a very successful trip and we are revving up our demonstration skills to show other members just what they missed from camp.

## Making the Best Leaders Better

The 2009 Leaders Forum featured 65 top leaders in eastern Colorado learning from "How did you?" sessions in mid-October in Burlington.

Small group sessions on The Power of Wind, Horse First Aid and Safety, Heritage Arts, and GPS projects were all featured in a hands-on format for leaders. Leaders were able to get information about the specific project or activity and then interact with each other to find ways that would work with them and their group of 4-Hers.

The leaders also were able to see the new Meat Quality Assurance trailer that is being funded by several grants awarded to the Golden Plains Area. This trailer will travel to the Southeast Area in March and April as we also put on workshops which teach our 4-Hers the importance of producing quality meat, proper animal handling techniques, proper facilities and production ethics in and out of the ring.

## 4-H



*"She had each camper fill out a road map of their dreams and told them to work through their goals with the support of their fellow members, leaders and parents and with their help the dreams could be a reality."*

## Daniels Fund Scholarship Opportunity

What is so special about the Daniels Fund Scholarship? This is not a full-ride scholarship, but covers the unmet needs of the student. The scholarship covers all or part of the student's required college expenses (i.e. tuition and fees, room and board, books and supplies, and miscellaneous education expenses). The Daniels Fund Scholarship may be used at any two or four year not-for-profit accredited college or university in the United States. It is also annually renewable.

Colorado 4-H is once again a nominating agency for the Daniels Fund Scholarship. This means that each region in the state is allowed to nominate a certain number of 4-H members that are High School Seniors. Our Area is broke into two regions, the first being the Southeast Region (Baca, Bent, Crowley, Custer, Fremont, Huerfano, Kiowa, Las Animas, Otero, Prowers, and Pueblo Counties); the second being the Northeast Region (Cheyenne, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma Counties). Each of these regions is allowed to nominate/refer eight 4-H High School Seniors. Area seniors were notified about the opportunity to apply for the scholarship by letters and a notice in the area October 4-H newsletter. Because some seniors were nominated by their high school while others did not meet the minimum requirements, we had only three students apply and be nominated through 4-H. These gentlemen, all from Baca County, have met the qualifications, turned in the required paperwork and are just waiting for an interview. Congratulations to them for making it this far and we hope they continue through the process and are selected.

## District VI 4-H Meeting

Representatives from the seven counties that make up the District VI 4-H Council met in Lamar on December 6, 2009. The meeting began with get acquainted games to help the new officers and senators get to know each other. Following the games, official business began with senators reporting on their individual county activities. Announcements were then made concerning LDC, Youth Fest, and State Conference dates. In new business, members discussed what activities they would like to see the district conduct for the upcoming year. Bringing back Night Owl was the hot topic and it was voted to approve bringing it back, only having it this spring instead of in the fall. It was decided the Night Owl planning will take place during LDC. It was also decided that the spring meeting would be conducted during Night Owl. Meeting was then adjourned.

The district officers this year are: President Larry Fritzler, Two Buttes; Vice-President Garrett Grasmick, La Junta; Secretary Katlyn Smith, Ordway; Treasurer Preston Fritzler, Two Buttes; Reporter Jessica Harris, Manzanola; and Executive Committee Erin Rehfeld, Arapahoe.



*Representatives from the seven-county area meet in Lamar for the District VI meeting.*

## Ag Fest 2010—Exploring the Science of Food Production

In a speech launching National Institute of Food and Agriculture, Agriculture Secretary, Tom Vilsack said, “*The opportunity to truly transform a field of science happens at best once a generation. The United Nations' Food and Agriculture Organization predicts that food production will need to double by 2050 to meet demand.*” American Agriculture’s role in meeting this need depends on the decisions made now and in the next several years. Policies and regulations will critically effect agriculture and food production as we know it. **AgFest 2010** is a new venture by Colorado State University Extension Agents in Eastern Colorado to bring a positive message about food production to our youth. Focused on the science of producing food for the consumer, the program will have interactive stations for youth to experience. Educational stations will include activities with livestock and milk production, embryology, biosecurity, biotechnology, crop production, seed germination and development, plant pollination, beneficial insects, biofuels and others. This educational and scientific program will bring science to students in a practical applicable format by involving them in the program’s activities. The AgFest 2010 program will be hosted at three central locations in April. All fifth and sixth grade teachers in Southeast Colorado are encouraged to bring their class to the program.

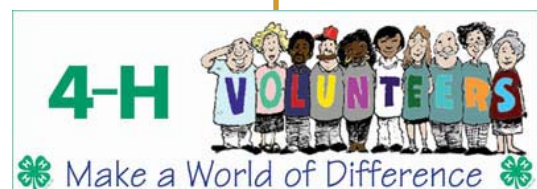


Exploring the Science of Food Production

## 4-H Achievement Banquets

County 4-H programs closed the end of the year by holding their annual 4-H achievement banquets in October and November. These banquets are held annually to recognize the excellence individual 4-H members and their clubs demonstrate throughout the year. The banquets also provide an opportunity to recognize leaders, sponsors, and supporters. Whether they have donated time, money, or labor, without their generosity we could not have the outstanding programs and achievements that allow us to strive for our motto “Making the Best Better.” The following people were honored by their county 4-H programs as outstanding supporters, friends of 4-H, or meritorious service:

Baca - Harold & Peg Unwin  
 Bent - Mike & Jean Nichols, Bent County Correctional Facility  
 Cheyenne - United Plains Ag  
 Crowley - Kim Baltazar  
 Kiowa - Linly & Sherell Stum  
 Otero - Steve Ptolemy  
 Prowers - Scott Brase, Heath and Turpin Trucking



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

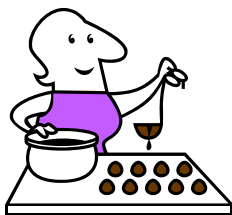
## Family & Consumer Science

### Prowers County Health Fair

Healthy aging was the focus of the Fall Health Fair in Lamar sponsored by the Senior Resource Center. Kaye Kasza provided nutrition and wellness information to about 100 people at the fair. Materials focused on health issues impacting older persons because most participants are senior citizens. Most questions and discussions with Kasza were relative to improving nutrition for heart health and diabetes prevention.

### FCS Skills Taught to Plainview Students

High School students at Plainview School requested out-of-school classes in Family and Consumer Science topics. In October, they enjoyed learning basic nutrition and cooking principles from Kaye Kasza. Then, in December, Kasza taught mending and beginning clothing construction. Classes are coordinated through the Plainview Science teacher. Plans for future class topics include financial management taught by Kasza and global issues with a Lamar Community College student from Ukraine.



### Holiday Fun and Learning

“Holiday Cooking on a Budget” was the focus of program present by Jean Justice to parents at the Rocky Ford Child Development Services Center. She emphasized how to make a traditional holiday meal when economic times are hard on the budget. There was discussion of comparison shopping, buying store brands rather than name brands and making things from “scratch” rather than pre-packaged foods. Emphasis was also placed on good nutrition and food safety to promote a healthy holiday for families.

“Christmas Gifts from the Kitchen” is the title of the annual microwave candy workshop given by Jean Justice. This year it was presented in Springfield to 12 ladies and one teenager. Homemade candies are always a popular item for the holiday gift giving season. The workshop is a hands-on activity to demonstrate the use of a microwave to save resources such as time and energy. Nutrition and food safety are also part of the presentation. This has been a fun learning experience for many years and continues to be relevant education.

## Better Kid Care

In October one class of Better Kid Care was presented by Jean Justice in Otero County. The topic for this class was “Art Appreciation 101 for Young Children”. While Art appreciation is not a typical subject that one would consider for young children, research shows that preschoolers are ready for the foundation for art appreciation to be laid in place.

Unfortunately many adults are reluctant to work on art appreciation with young children. They feel inadequate in this area and think that art appreciation should be taught by artists and museum curators, who have a deeper knowledge on the subject.

This professional development program attempted to simplify art appreciation, making it easy for all early childhood professionals to offer these experiences with the young children in their care. The program was divided into three areas: 1) What is art? 2) Talking with children about art and 3) Appreciating other’s artwork.

Day Care Providers once again enjoyed enhancing their skills and earning needed continuing education hours in order to keep their license current.

## Dining with Diabetes Class Reunions

Dining with Diabetes class participants are encouraged to have a reunion three to six months after the classes are completed. The purpose is to share positive changes made in regards to their nutritional intake and health status due to having completed the course. It also gives support and encouragement to those who are having a more difficult time making those changes. Two classes had reunions in November. Participants reported significant behavior changes since taking the course. Most all of them increased their fruit and vegetable intake. All but two said they are using the 9-inch plate method of eating. Those two said that they “sometimes” still use it. The weight loss was very commendable. Over half of the participants had lost weight – as much as 10, 15, 20 and 25 pounds. Most of the participants had increased their activity level, thus contributing to the weight loss.

All of the changes made can help get their diabetes under control and can therefore make significant changes in their overall health and hopefully lower health costs as a result of fewer doctor visits.

Dining With Diabetes will continue to be a very important program offering in the Valley due to the high number of diabetics.





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## A note from the Area Director—Jean E. Justice

It is hard to believe the first decade of the 21<sup>st</sup> Century is over. I, for one, do not know where the time has gone. Perhaps this shows that Extension in the Southeast Area is so busy doing valuable programming for our communities that we don't have time to worry about time passing us by.

As we share our final report for 2009, I'd like to take this opportunity to wish you all a happy and prosperous New Year for 2010. Extension in the Southeast Area is beginning the New Year in a positive manner with the news that we will be interviewing for the Area Agronomist position at the end of January in Lamar. Anyone wishing to join us for the interviews is welcome to do so.

We are also adding a part-time temporary position in Lamar with the addition of Kipp Nye, former County Extension Director from Elbert County. Nye and his wife have returned to Lamar where they both grew up. Nye has agreed to assist the Southeast Area as a resource consultant and plans to do some work with small acreage, community development, and marketing for Extension. We look forward to his 17 plus years of Extension expertise.

We look forward to providing each of our communities with needed educational opportunities in the coming decade and especially in the 2010. Once again thank you for your continued support of Extension.

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Colorado State University is implied.

## Visit from Colorado State University President Tony Frank



Photo courtesy of CSU

Dr. Anthony A. Frank, President  
Colorado State University

In October the SE Area Extension Staff had the pleasure of hosting a visit from Dr. Tony Frank, new President of Colorado State University. Along with visiting with Extension Staff, County Commissioners and Area Advisory Committee members, he visited with the Presidents of Lamar Community College and Otero Junior College. He also participated in several school assemblies, had media visits with radio and newspapers as well as visited with Commissioner of Agriculture, John Stulp at the Stulp Farms near Lamar. The Colorado Alumni hosted two successful Alumni Events in both Lamar and La Junta to coordinate with Dr. Frank's visit.

From Extension's viewpoint it was a great visit and we look forward to another visit in the future.