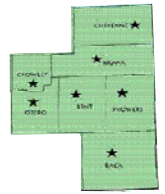




Extension



Quarterly Report

**Your front door
to research,
information,
and expertise of
your land-grant
university.**

To: Board of County Commissioners

This quarterly report summarizes major educational programming in the first quarter of 2010 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 offer educational programs through these program areas:

- 4-H Youth Development
- Family & Consumer Science
- Agriculture and Natural Resources
- Cropping Systems
- Livestock Management

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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Introducing the New Agent



Wilma Trujillo
Southeast Area
Agronomist

New Agronomist in Southeast Area

Wilma Trujillo joined the Southeast Area as the Area Agronomist on March 1, 2010. Trujillo was born and raised in Colombia, South America. In the early 90's, she moved to Gainesville, Florida, and attended the University of Florida where she received her Master of Science in Agronomy with emphasis on forage management and animal production. After working as a research assistant in the Botany Department and the Range and Cattle Research and Education Center in Ona, Florida, she moved to Columbus, Ohio to continue her education. In 2000, Wilma received her doctoral degree from the Ohio State University. During her time in Ohio, she worked evaluating the potential of carbon sequestration on agricultural lands in Michigan, Indiana, and Ohio. Before moving to Colorado, she was working for the horticulture industry planning and managing the daily activities of all aspects of crop growth to meet the production goals and improve plant health and quality.

Trujillo will serve as the Southeast Area agronomist for Baca, Cheyenne, Kiowa, and Prowers counties. Her office is located at the Prowers County Extension office. She is interested in working with farmers on different alternatives and management practices to convert CRP land to crop production. She is also planning to study the agronomic responses of a number of wheat varieties as a dual crop, as forage source in the winter months as well as a harvesting grain crop. She is also a member of the Wheat Improvement Work Team at Colorado State University and will be actively involved in the Cooperative On-Farm Wheat Trials across the Southeast Area. She is enthusiastic about the opportunity to provide the area producers with research-based and objective information to help them to achieve their profitable and sustainable goals.

Agriculture and Natural Resources

Tree Coalition Group Holds Meeting in Springfield

The Eastern Colorado Community Forestry Conference held its annual selection, planting, care and disease prevention workshop in Springfield in late February. "We had 48 people from all over Southeastern Colorado join us in this information packed program", said event chair, Shelly Simmons. "We had a fantastic group of speakers and an opportunity for city and town managers, as well as homeowners to learn from experts in the field."

State Forest Service experts were on hand to give proper planting and establishment techniques, pruning instruction, tree selection, long term tree care, sidewalks and tree planting, and insect and disease prevention of trees.

Participants were able to interact with the speakers, actually prune some tree branches, and enjoyed a good lunch. CSU Extension, Colorado Forest Service, Colorado Tree Coalition, Springfield Tree Board, Town of Springfield and the Springfield Chamber of Commerce were all sponsors and helped to organize the event.

Digging Holes for Conservation

Soil erosion control, wildlife enhancement, livestock shelter, and windbreak are just a few of the conservation uses of the Southeast Area Extension and State Forest Service seedling tree program.

The Southeast Area sold a total of 11,555 trees in 2010, which is down slightly from last year, but everyone has been busy getting their trees planted while the moisture is up and the days are longer.

Other partners in this program are the local Natural Resource Conservation Districts and their EQUIP program. “Cooperators can get rebates up to 50 percent for meeting all the requirements of planting seedlings for conservation” says Baca County Conservation District manager, Shandra Frazee. Conservation Districts work with landowners as to where to place these windbreaks and then tree or shrub selection help comes from Extension, Forest Service or the Conservation District.

The seedling tree program allows landowners who own more than two acres the opportunity to buy trees in lots of 30 or 50 at lower costs for purposes other than landscaping. In the last five years, nearly 60,000 new trees have been planted in Southeastern Colorado.

This program is another example of the collaboration of Extension with other local and state organizations. Tree sales occur in every Extension Office in the Southeast Area from November through the first days of March. Trees are typically delivered the middle of March. Johnny Appleseed would be proud.

Reforest Ordway Project Receives Prestigious Award; Assists More Landowners

The 2009 Reforest Ordway Project received the prestigious Gold Leaf Award from the International Society of Arboriculture for its work in helping victims of the 2008 Ordway Wildfire recover from the tragic event through the planting of new life: trees. The Gold Leaf Award is awarded to a State Arbor Day and/or community landscape beautification project that has had a substantial impact on a community. It is not surprising that the 2009 Reforest Ordway project was granted the Gold Leaf Award. So much effort went into this project, with over 350 trees planted, over 850 volunteer hours logged, and over 15 project sponsors. The project was organized by a committee of representatives from the following organizations: CSU Extension, Colorado State Forest Service, Crowley County Commissioners, and the Ordway Tree Board.

The work didn't stop in 2009. The committee received \$1500 from the Colorado Tree Coalition and Wal-Mart to assist more landowners during the spring of 2010. An additional eight landowners were provided three trees each along with weed barrier, and the county received seven trees. A Boy Scout troop from Cheraw helped plant trees at the Crowley County Fairgrounds. The planting event marked the Arbor Day celebration for the Town of Ordway.

Although the day of the fire was tragic, residents of Crowley County can now see new hope in the trees as they grow and provide beauty in the community. Thank you to all involved in making this project such a success and for the many volunteer hours provided by those in our community and from elsewhere.



“These workshops make pesticide application safer not only for the applicators but for everyone who may be in close proximity to an area that has been sprayed or may come in contact with agricultural products.”

Pesticide Applicators Continue to Receive Training

Pesticide application is regulated by a very strict set of guidelines and laws. Since 2007, these regulations are enforced by the United States Department of Agriculture (USDA). Some of the regulations include the licensing of private and commercial applicators. The purpose of the license is to ensure that the applicators have a good working knowledge of how the pesticides work as well as how to handle and apply them safely and correctly. To become licensed, an applicator must take and pass a test developed by the Colorado Department of Agriculture (CDA) which addresses State, Federal, and local laws and regulations; Pesticides and their families; Applicator safety; Public Safety; Environmental protection; and the use of pesticides. Also, private and commercial applicators are required to attend continuing education workshops every three years before they can renew their license. These workshops make pesticide application safer not only for the applicators but for everyone who may be in close proximity to an area that has been sprayed or may come in contact with agricultural products.

Colorado State University Extension and the USDA conducted two Private Applicator Continuing Education Credit Workshops in February. These workshops were attended by nearly 70 applicators in Baca and Prowers counties. Sandra McDonald, a former CSU employee who now has her own consulting business, Colorado Department of Agriculture Programs Specialist Mike Rigirozzi and CSU Soil and Crop Sciences instructor, Alan Helm were the featured speakers. Sponsors of the event in Baca County, that also provided a great lunch, were Baca Crop Care, United Plains Ag and United Suppliers.

Extension Agent, Deb Lester, and CSU Specialist, Thia Walker, organized the workshops in the Southeast Area. They continue to work with farmers and ranchers with licensure and safety issues. “Through the support of local businesses, we are able to bring quality programming to our Area at a reasonable cost,” says Deborah Lester, Southeast Area Extension. “Growers were able to get all of their required training in one setting, and that’s good for agriculture.”

Completion of the 36th Annual Southeast Colorado Bull Tests

High winds made outdoor activities very miserable on April 13, but it seemed to have an alternate affect on producers looking for replacement bulls for the next breeding season. The 36th Annual Southeast Colorado Bull Test sale was held on April 13 at Winter Livestock Commission Company in La Junta.

Twenty-seven bulls were offered at the sale. Twenty-one bulls now have new homes. Buyer interest was very good and bidding was very active. The average price for the 21 bulls that sold was \$1769.00, one of the highest averages we have had for a Bull Test Sale! By breed the average prices were as follows: 8 Angus - \$2125.00, 10 Polled Hereford - \$1610.00, 1 Saler - \$1600.00, 1 Horned Hereford - \$1550.00, and 1 British White - \$900.00.

A Sinclair Net Present Value son, offered by Colorado State University, Fort Collins, Colorado, and a DB Future Front 7172 son, offered by Taylor Livestock, Karval, Colorado, both Angus bulls topped the sale at \$2500.00 each. The high indexing bull, overall,



was a Polled Hereford bull out of Star Bright Future 533P ET, consigned by the Theo and Opal Roderick Trust, Lindon, Colorado.

Several producers have already expressed an interest in entering the 2011 bull test. I would also like to take this opportunity to thank Taran Walter, Kiowa Extension, for her assistance compiling data and reports. Also, thank you to Dr. John Wagner, Dusty Wallace, and the staff at the Southeast Colorado Research Center for hosting the test.

6th Annual Farm/Ranch/Water Symposium & Trade Show

The Sixth Annual Arkansas Valley Farm/Ranch/Water Symposium and Trade Show was held February 4, 2010, in Rocky Ford. Extension staff and the planning committee hosted another great program this year. Those in attendance provided very positive feedback regarding the relevance of topics chosen, the expertise of the speakers, and the trade show consisting of local businesses who serve our community.

The keynote topic was renewable energy opportunities for farms and ranches. Local farmers and ranchers who have already installed renewable energy projects on their operations discussed their experiences, both good and bad. The projects discussed included bio-diesel from oil seed crops presented by Hal Holder and Joel Lundquist, wind turbines to generate electricity to power irrigation sprinklers on the farm owned by Fred Hefley, solar panels to power water wells for livestock use as utilized by Doug Tecklenburg, and solar energy used to generate power for the home of Cody Ridennoure. The first-hand experience of these producers proved to be valuable to those in attendance. A panel discussion on financial incentives available through government programs and local companies followed the accounts of these projects. There are many incentives in place now to make renewable energy more feasible.

The Symposium also provided updates on the Arkansas Valley Drainage Assessment Project; a marketing outlook for corn, hay, and cattle in the next year; livestock health and proposed Trichomoniasis rules; Pueblo Reservoir operation; brand and livestock transport laws; and the finalized irrigation efficiency rules. The day was full of diverse information to assist producers in making sound decisions as they look towards the future.

Workshop on Crop Protection

Colorado State University Extension, BAFS, Bayer CropScience, DuPont, and Syngenta held a workshop on crop protection in Springfield March 31. The objective of the training was to present research-based information on new and existing herbicides and insecticides. The workshop was attended by farmers, private and commercial applicators as well as agricultural consultants. The participants had the chance to learn about the many products and choices they have for their crop protection and health from the different chemical companies in the area. The speakers were Karissa Jones, Burlington, Colo., Jake Walker, Fort Collins, Colo., Jack Lyon, Amarillo, Texas, and Josh Wyckoff, Garden City, Kan.



Renewable Energy Financial Incentives—Panel Discussion



Symposium Attendees, including Agent Bruce Fickenschner (on left)

4-H



Senator Ken Kester with LDC group at the State Capital



Agents from the Southeast Area and Golden Plains clustering during the 2010 Winter Muster



Assistant 4-H Director Dr. Jeff Goodwin rallying the troops

2010 Leadership Development Conference, Discovering Entrepreneurs

District VI sent over 25 4-H members, leaders and agents to the annual Colorado State 4-H Leadership Development Conference in Denver January 23-25. This year's theme taught attendees how to discover their entrepreneurship skills. Members broke into groups, designed a product and business marketing plan which they presented to over 150 people including a judge's panel. Designs included a "man couch," designer boots and nutrition plans.

"It was my favorite part; we designed products to sell and then presented them to the entire state. We had a lot of fun and everyone should go next year," Jordan Nolder, Prowers County, said.

On Monday the group ventured to the Capitol to meet their state senators and representatives. They met in each office and were also fortunate enough to have a round table discussion with representatives from around the state to gain a better understanding of rural and urban perspectives. Following the round table our delegation sat in the Senate gallery to hear the 4-H resolution recognizing members and their developing leadership.

2010 Winter Muster

On March 22-25, agents from the Southeast Area attended the Colorado 4-H Agents' Winter Muster at the Snow Mountain Ranch near Granby, Colo. For those confused by the term "muster", it means to gather or assemble. The first day began with a welcome, program overview, and discussion of work team structures by Assistant 4-H Director Jeff Goodwin. After the welcome, the agents went right to work with the new STEM specialist Willa Williams. She gave a quick overview of past accomplishments then used the Discover, Dream, Design, and Deliver method to develop plans for 2010. After a chili supper, various agents took on the role of assisting 4-H intern Adam Goss in building a planetarium.

The next day, agents spent time with specialist Connie Cecil in the Curriculum and Projects Work Team. After a statistical review of programming, agents broke into groups to come up with ideas for Livestock/Horse, FCS, General/Natural Resources, Leadership, and Global Citizenship. Mick Livingston from the Golden Plains Area followed with updates on retinal scanning and their MQA trailer. In the afternoon, agents worked with Jan Miller Heyl on the DARE to be You Work Team. That evening agents were treated to some amazing surf and turf prepared by Mick Livingston and Jeff Goodwin.

Thursday morning agents then met with Dale Leidheiser to engage in the Volunteer and Leadership Development Work Team. Dale discussed Essential Elements, Plans of Work, and the On-Line Volunteer Development Handbook. The rest of the morning was filled by Gary Small and a Colorado 4-H Foundation Update and closed with a final presentation from Dr. Goodwin. All in all, the Muster was very successful and proved once again to be one of the better conferences in Extension.

Bent's Bon-Appétit Six Week Class

Bent County hosted a six-week class focused on nutrition, wellness and fun through learning to cook. Each Friday 15 youth, aged 10-13, came to McClave for a two hour class led by Bent County Extension and senior 4-H members from Bent and Prowers counties. Paige Ridley, Bent County, wrote this excerpt about her experience.

“They learned to cook food that is healthy and most of the recipes were made with ingredients such as whole-wheat flour. Every week had a theme. Tastes of the World included Lamar Community College’s International Coordinator, Amy Thompson, and Ukrainian exchange student, Alex Trotsenko, who taught us to make borch, a well loved soup. We also had two International 4-H Youth Exchange participants Susan Kasza and Lana Weber, who told about their great adventures traveling to different countries through 4-H to learn about their culture and shared favorite foods from the countries. I, Paige Ridley, was lucky enough to be asked to help with this class; it was blast and if you ask the kids I think they would agree.”

The program was so successful we look to launch the program again next fall in Las Animas. We’d like to thank Bent County TANF for their support in making this class possible.

Eating Well for Less

Ten Bent County Colorado Works program participants learned to eat well for less at a program led by Agents Jean Justice and Kaye Kasza. The four hour program focused on nutrition, food safety, and getting the most for food dollars. Participants compared the cost and nutrition of prepackaged foods versus making them from scratch, and then prepared their own lunch from fresh ingredients to learn basic food preparation techniques. During a taste-test of store brand and name-brand peaches, most could identify the name-brand fruit, but decided the store brand was a suitable substitute at a lower price.

Dollar Works2

A state-wide Colorado State University Extension team led Train-The-Trainer workshops utilizing the Dollar Works2 curriculum. Developed by the University of Minnesota, Dollar Works2 is a comprehensive personal financial education program with a goal of strengthening people’s skills at managing their personal finances and making sound decisions with their money. Dollar Works2 activities are designed for use in one-on-one situations or in group settings. Materials are culturally adapted with English and Spanish versions available.

Kaye Kasza team-taught three sessions of the Dollar Works2 workshops. Participants from southeast Colorado included Lamar Community College and Otero Junior College financial aid departments, Las Animas Helping Hands and Tri-County Family Center. These agencies plan to use the curriculum with their clientele.



Learning proper measuring techniques



Making cookies



Making homemade icing

Family & Consumer Science



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A note from the Area Director—Jean E. Justice

As we begin the new year and a new decade in the 21st Century, the Southeast Area is once again fully staffed. It seems as if it has been a roller coaster the past several years trying to keep our staffing level.

We began the new year with interviews for the Area Agronomist. Wilma Trujillo joined our ranks March 1 and is being housed in the Prowers office. Trujillo will be working in the dry land areas of Baca, Cheyenne, Kiowa and Prowers Counties. She brings a wealth of experience with her and we look forward to some great programming in the future.

At our last Area Advisory Committee meeting we discussed the possibility of doing an area wide needs assessment. It is thought this could be very beneficial not only to Extension but to County governments, and other community agencies. We will soon begin looking into the appropriate process for making this happen and will keep you informed as to our progress.

We look forward to providing each of our communities with needed educational opportunities in the coming decade and especially in 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.



**Dining with
Diabetes**

Dining with Diabetes

Once again the Dining with Diabetes program was offered in January and February. This program consists of four weeks of two and one-half hours of classes. Participants learn to take personal control of their diabetes by learning appropriate nutrition and health care. The class encourages more nutritional eating, which includes eating more fruits and vegetables while decreasing the intake of fats and simple sugars. Physical activity is also discussed and encouraged for two reasons. First, it plays an important role in maintaining appropriate glucose levels and second, it helps with weight loss which is also important for the diabetic.

Extension Agent Jean Justice has been offering Dining With Diabetes classes for about six or seven years and will continue to do so on a regular basis as this is a very important program offering in the Valley due to the high incidence of diabetics in our population.