



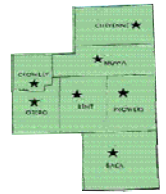
Extension

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Quarterly Report



To: Board of County Commissioners

This quarterly report summarizes major educational programming in the fourth quarter of 2010 from Southeast Area *Extension*. 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.

SCAP—Strengthening Community Agrosecurity Planning

In early November, Southeast Area, in cooperation with the National Extension Disaster Education Network (EDEN), hosted a workshop on Strengthening Community Agrosecurity Planning (SCAP). The workshop was offered to Emergency Managers, County Health personnel, Law Enforcement, other emergency responders, and Agriculture producers.

Many of the current emergency plans do a good job of covering events that concern the human side of emergency issues. Livestock and commodity crop issues have been placed on the back burner. This workshop covered topics related to crop and livestock disease and pest issues that may affect the national food supply as well as the protection and restoration of natural and cultural resources and historic properties.

Current management plans are designed to cover 15 Annexes or Emergency Support Functions (ESF). Agriculture and Natural Resources are contained in ESF 11. As a result of this program, Southeast Area Emergency Managers, producers, and CSU Extension personnel will be continuing discussion and development of a regional emergency plan concerning agriculture issues. Meetings are currently being scheduled for the first part of 2011.

A second result of the program is that Colorado currently has three individuals certified to teach the SCAP program to interested entities. Current instructors include Tom McBride – Adams County Extension Agent, Marvin Reynolds – Pueblo County Extension Agent, and Bruce Fickenschler – Southeast Area Extension Agent.

Instructors for this class included Tom McBride – Adams County Extension, Billy Dictson – Director of the Office of Biosecurity, Southwest Border Food Safety and Defense Center, New Mexico, and Scott Cotton – University of Nebraska Extension.

Agriculture and Natural Resources

On-Farm Research to Increase Wheat Grain Protein Content

Colorado State University Extension awarded a \$5000 grant to Wilma Trujillo, Southeast Area Agronomist. The grant will be used to develop fertilizer management practices to increase wheat grain protein content in a sustainable, cost-effective way. In recent months, protein premiums for high quality winter wheat have producers concerned with maximizing grain protein levels to capture higher prices, and in some cases, be able to market their wheat. Southeast Area wheat producers are seeking agronomic practices to grow a crop with high grain protein content.

Colorado State University's Southeast Area Extension and four wheat growers from Baca, Kiowa, and Prowers Counties established on-farm research plots to evaluate efficient and effective fertilization management practices to increase wheat grain protein content. This program will also establish a workgroup for discussion of future research needs and adoption of research findings related to wheat production. The workgroup will include one or more producers, an Extension educator, and other interested local people (i.e. agricultural consultants, FSA and NRCS agents.) It will serve as site-specific case study and as a nucleus for information and adoption of fertilizer management practices. The Extension educator will serve as facilitator, will provide technical expertise, and will have responsibility to extend the group learning to other audiences through educational activities (on-farm demonstration, field-days, farm tours and hands-on Extension workshops.)

Bon Appétit Taught Again in Bent County

Fifteen Las Animas elementary students learned basic cooking skills at the Bon Appétit class taught by CSU Extension in October and November. Evaluation following the classes showed that 91percent of the students increased their daily activity and 70 percent increased their consumption of fruits and vegetables following the class. Both are key steps to improving health. The four-week class focused on nutrition, wellness, and fun while the students learned to cook. Learning food preparation is a basic life skill that will allow students to eat foods that are more nutritious at a lower cost than prepared foods. Senior 4-H member Paige Ridley again helped Lacey Mann and Kaye Kasza with the class. Bon Appétit was taught in McClave in early 2010; another McClave session is scheduled this spring.

New Audiences for FCS

Southeast Area Extension is reaching families in new ways. Kaye Kasza is now authoring a monthly article for the Las Animas School newsletter focusing on nutrition and wellness. The Food Pyramid and Increasing Consumption of Fruits and Vegetables were covered in past issues. The February article will be on increasing activity as a family. While it would be hard to evaluate the impact of these news articles, it will raise the visibility and credibility of SE Area Extension.

"Organizing Papers for Taxes" was written for the Lamar Head Start family newsletter. The next newsletter will include "Belt Tightening Tips."

Family & Consumer Science

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 Service 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 Rocky Ford. 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.

4-H Achievement Banquets

District VI 4-H programs concluded the year by holding annual 4-H achievement banquets throughout 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 community supporters who have donated time, money, or labor. Their generosity has created the outstanding programs and achievements allowing us to celebrate 100 Years of 4-H in Colorado. The following people were honored by their county 4-H programs as outstanding supporters, friends of 4-H, or meritorious service:

- Baca –Lynn and Patricia Bitner
 - Bent–First National Bank of Las Animas and Garrett Godfrey
 - Cheyenne – Mark Ackerman, Joel Maxey
 - Crowley – Ordway Feedlot
 - Kiowa – Laura Negley
 - Otero – Joe Spitz
 - Prowers – Lynn Schwartz, Crop Risk Advisors
- The Southeast Area wants to thank these people for their time and commitment to 4-H. Our communities have benefited from their generosity.

Head Start Resource Night

For the second year in a row the Prowers County Extension office participated in the Head Start Resource Night at Lincoln Middle School in Lamar. This resource night serves as an opportunity for community families to meet and interact with local youth development agencies. Extension joined the Welcome Home Center, Prowers County Workforce, Lamar Public Library and many others to showcase their youth programs. This year the Prowers County 4-H Council officers helped with the Heads, Hearts, Hands and Health game which teaches the 4-H motto and what each piece represents. “This night allows 4-H and Extension to reach community members it previously has not met before, the crowd is diverse and eager to find positive youth programming for their children. We are excited and thankful Head Start has invited us back and we look forward to next year’s event,” Lacey Mann, CSU Extension agent said.



4-H





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A note from the Area Director—Jean E. Justice

It is hard to believe the first decade of the 21st Century is over. I for one do not know where the time went so fast. Perhaps that 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 2010, I'd like to take this opportunity to wish you all a happy and prosperous New Year for 2011. Although things are still a little unsettled, I am sure we are all looking forward to a better year economically, for our nation, state and local governments.

We look forward to providing each of our communities with needed educational opportunities in the coming decade and especially in 2011. If there are programs we are not providing that you think we should be, please let us know. We are here to provide educational programs for all constituents and want to know if we are missing any important topics or audiences.

Once again thank you for your continued support of Extension.

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Dare To Be You



This November the District VI 4-H sent 25 4-H members and volunteers to the 2010 Dare to Be You Camp (DTBY) in Pueblo, Colorado. This is a dramatic increase from the four participants last year. This year campers were introduced to robotics, team-building, communication, community service, rocketry and physics. DTBY is hosted by the South Central 4-H District and is open to the Southeast Area and San Luis Valley 4-H members. This year camp participation grew by 30 percent.

"DTBY is one of the best camps for our younger 4-H members to attend because it introduces them to many new faces, 4-H science curriculum, community service and it is close to home. Last year's four campers did a fantastic recruiting job and grew this year's numbers by leaps and bounds, I am anxious to see what this year's group will do in their community with the tools they have learned," Lacey Mann, CSU Extension agent said.

Campers arrived November 19 for get to know you games and pool time. Saturday was spent at the Colorado State Fairgrounds in five workshops which included leadership, community service, robotics, communication and rocketry. Campers also heard from two guest speakers about science and how it relates to their everyday lives as well as building strong leadership skills for any personality. Campers have returned to their county councils and clubs to give reports about their experience.