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Colorado State University
Extension



Where We've Been...

CSU Extension– Pueblo County Brings Sewing to the Pueblo Academy of Art



A student tries a sewing machine for the first time.

For the last several months students at the Pueblo Academy of Art have been exploring the geometry of 2D and 3D figures through the lost art of sewing. This class grew from 12 girls and one boy in its first offering during the second grading period to a more balanced 8 girls and 7 boys in its second offering this quarter. Projects have ranged from the practical, such as learning how to reattach a lost button, to the artistic, as showcased in the creative stitch sampler pieces they made to practice five different hand-sewing stitches.

Five sewing machines were purchased from funds received through a grant from the 4-H National Mentoring Program. For most of the students, this was their first experience with sewing machines. Reactions included delight with their ease and speed, fear of punctured fingers and frustration with jammed machines, something any experienced maker can relate to. Everyone was able to complete a draw-string backpack, though, with each other's help and encouragement. Most of the fabric used in this class came from upcycled t-shirts found in the back of drawers at home and a generous contribution of fabric scraps from Janska, a Colorado Springs fleece-ware company. Students also made hats and mittens. Their final project will be to create the pattern pieces for a design of their own.

Anne Casey, Extension Agent/4-H Youth Development, is responsible for STEM enrichment programming in Pueblo County. Anne has been partnering with PAA for the last two years to bring different workshops to their Friday Enrichment classes, including Robotics, GPS/GIS, Food Science, Solar Studies and Wildscaping. These classes focus not only on content, but also on character building. Students create social contracts at the beginning of each quarter to develop a set of rules for behavior and share stories of success at the beginning of each class during "Tell Me Something Good" time. The students are exhibiting great progress towards developing into responsible citizens and it is always a pleasure to be invited to lead a class at the Pueblo Academy of Art.



A PAA Student models a backpack made in sewing class.

CSU Extension Working With Local Cattle Producers



CSU Assistant Vice President for Engagement, James Pritchett, speaks to Pueblo County Stockman's Association members about market forecasts for commodities with local impacts.

Pueblo County Agriculture & Natural Resource Extension Agent, Tom Laca, and Pueblo County Extension Director, MJ Fisher, work with a variety of groups in Pueblo County. One of these groups is the Pueblo County Stockman's Association. Pueblo County Extension personnel act as ex officio members and advise the Executive Board when needed. They also assist with the PCSA annual meeting in early February, providing sound and audio visual equipment.

During the 2015 annual meeting Tom Laca led a discussion about marketing local beef. He shared information on regulations, how to provide customer service, and thinking about your business strategies. The local Extension office also arranged to have James Pritchett, CSU Assistant Vice President for Engagement, visit with the PCSA membership. He presented about livestock and feed commodity markets and the future market forecast, including discussing what the indicators are that have guided these market forecast predictions.

Honey, Nature's Sweetener

We all know bees produce honey, but they also play an important role in agriculture production. Their contribution to agriculture by way of pollination increases the yields and quality of products. Bees from all over the country are taken to California to pollinate the state's almond crop which depends 100% on Honey Bees. It takes one million hives of bees to accomplish this task. In recent years, a disorder has hit the bee world called 'colony collapse', killing on average a third of the colonies a year. As this die off continues and the importance of bees is better understood, many people would like to do their part to help.

This fact was recognized in Pueblo County where Ag Agent, Tom Laca and Horticulture Assistant, Liz Catt, put together an "A to Z of Bees" class to teach the basics of beekeeping to those interested in getting started. Local beekeeper Stan Dromey as well as Rebecca Sunderlin from Fountain taught the class. The class was held on two evenings with the first concentrating on the equipment needed to successfully keep bees. The next class involved getting bees and management of the bees once you have them. Due to overwhelming popularity, this class almost immediately filled up and we scheduled a second bee class which also filled quickly. In all, we had over 40 in attendance. The excitement created from these classes has led to the possible organization of a Bee Keeping Club in the county, even drawing the attention of the President of the Colorado State Beekeepers Association, who attended the final class to provide those interested with information and support in the future.



Local Beekeeper Stan Dromey teaches how to extract honey from the comb.

Where We're Going...

World Cultures Through Food

Members of some of Lois Illick's Family and Consumer Classes are 'going' to Morocco!

In May, we will be learning about the influence of the culture of Morocco on their foods while we prepare – and eat - some of the dishes. Previous 'food trips' have been to China, Germany and India. The itinerary for the fall hasn't been set yet, but it might include Brazil, or Russia, or Sweden or Ghana or ??? Do you have suggestions??



Class members prepare wontons during the Chinese World Culture Class.

The summer we'll be off from 'traveling' so we can all harvest our gardens and preserve the foods to enjoy in the winter. Lois will present a "Preserving the Harvest" series including classes on jams and jellies, water bath, pressure canning, pickling and fermentation.

Don't miss the 'Cooking Your Dinner with Smoke' class on May 2nd. Lois will cover equipment, the methods, and how to keep the food safe. There will be recipes and tasting of some of the foods made from the recipes.



Zootastic

The Colorado Master Gardeners in Pueblo County partner with the Pueblo Zoo to hold the annual Zootastic Plant Sale the first Saturday in May. The plant sale is held in the Mandari shelter house at the zoo from 8 a.m. to 1 p.m. The 2015 sale will take place on May 2. All proceeds are split evenly between the Colorado Master Gardeners and the Pueblo Zoo.



CMGs help unload consignment plants from Campbell's Flowers at the 2014 Zootastic Plant Sale

This fundraiser is a great opportunity for Colorado Master Gardeners to work closely with local growers, discussing which plants to feature, choosing water-wise landscape plants and vegetable varieties that perform well in Pueblo's climate. They also get a taste of what spring in a garden center is like, with set up, selling, and clean up taking most of 2 days. The proceeds of this exciting project fuel outreach efforts in the community and a tuition reimbursement fund that helps Colorado Master Gardeners pay for their required continuing education.

Upcoming Events

Call 583-6566 or visit <http://pueblo.colostate.edu> for details.

Family and Consumer Programs

- World Cultures Through Food
April 17 or 20, 5:30-8:30 p.m. \$20.00
- Food Safety for Cottage Foods
April 4, 9:00-11:30 a.m., \$20.00
April 22, 3:00-5:30 p.m., \$20.00
- Cooking Meats with Smoke
May 2, 10:00 a.m. -12:00 p.m.,
- World Cultures Through Food
May 15 or 19, 5:30-8:30 p.m. \$20.00

Horticulture Programs

- Growing Vegetables, April 11, 9:00 a.m.-2:00 p.m., \$15/person or \$25/couple sharing materials
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4-H/Youth Development

Ongoing Club and County Programs Including:

- International Four-H Youth Exchange in Pueblo County April 14-16
- Contest Day
- Ag Fest
- Spring and Summer Open Horse Shows
- Spring and Summer Dog Shows
- Globetrotters Trip to Washington Focus, Washington D.C.
- Shooting Sports Camp – Victor, CO
- State 4-H Conference

EFNEP/SNAP-ed

- Nutrition classes– Ongoing-call for schedule

Ag/Range/Natural Recourses

- Site visits and consultations– Ongoing, upon request
- Horse 102– April date TBD

Pueblo Youth Naturally

- 2014-2015 School Year Activities Scheduled. \$25.00
 - April—Volcanoes & Coal Mines
- 2015 Summer Activities– To be announced soon.
Call for actual dates and detailed information

Congratulations!

Local Extension Efforts Recognized



PUEBLO COUNTY YOUTH COMPETE AT 2015 NATIONAL 4-H/FFA ROUNDUP

More than 900 youth from more than 30 states along with Alberta, Canada attended the Western National Roundup January 8-11, 2015 in Denver, CO. The Conference, now in its 95th year, is held annually in early January, coinciding with the National Western Stock Show. The contests were held at the Denver Renaissance Hotel, Colorado State University, and National Western Stock Show.

Six Pueblo County 4-H members qualified this past summer to participate on Team Colorado at National Roundup. Clara McClure (18, Beulah), Rebecca Lane (17, Beulah), Garrett Brown (16, Pueblo), Abigail Russ (16, Pueblo), Colton Cude (17, Pueblo West) and Kaitlyn Lane (15, Beulah) made up the Parliamentary Procedure team and were Reserve Champions at Nationals. In addition, Clara McClure competed in Fashion Revue and placed fourth. Rebecca Lane competed in Individual Horse Demonstration and placed fourth as well.

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