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Colorado State University  
Extension



## Where We've Been...

The 2017 South Central 4-H District Retreat, held in March at Golden Bell Camp and Conference Center in Divide, was a huge success this year! 128 youth and 30 adults attended from 24 counties in South Central Colorado. Pueblo County had the largest group in attendance with 31 youth and four adults present.

Two agents, Amy Henschen (San Luis Valley), and Devin Engle (Pueblo County), led the planning committee along with seven 4-H teens who were elected to serve as officers in their individual districts. When discussing a theme, the teen officers saw the need for youth to be better able to tell their own stories when writing cover letters, scholarship applications, or answering interview questions. To meet that need, the planning committee invited professional storytellers Les Steubing and Josh Ingram from Colorado Springs. The committee also decided that youth would be better at telling their own stories if they understood themselves better, so they invited Mark Platten, a CSU Extension Agent from Teller County with lots of expertise in behavior and personality assessment to present a "True Colors" workshop where youth learned their personality types. The experience was eye-opening for all of the youth and even the adults present! It was interesting to see how much more confident everyone felt once they had this new understanding of themselves and of their peers.



On Friday, our guest speakers, Les and Josh, drew the attendees in by telling their own stories. On Saturday, they worked with the youth during three separate sessions to help them learn how to structure their true personal stories and how to overcome nervousness. On Saturday evening a challenge was presented to the youth – they could put their name in a hat to tell the story they had been working on at the Sunday morning Story Slam. Having anticipated only about 20 volunteers, the planning committee was astounded to find the hat completely full on Sunday morning!

The stories the youth told were passionate, intriguing, and impressive! It was clear that the workshops presented at the camp had a huge impact on the youth – over 80 youth specifically commented on how much they had learned about public speaking and storytelling on their camp surveys! When asked what he/she learned, one participant summed up the comments of many others, writing, "I found so many people that actually like me as a person. I made so many new friends. I learned how to be confident in speaking to others. I asked people to dance instead of them asking me. I learned how to tell a really good story." Another wrote, "I learned you need to step out of your comfort zone and talk to people you may not know. By the end of this camp I was able to talk in front of my group. I also was willing to put my name in the box to go talk in front of everyone."



Additionally, the new facility turned out to be a big hit! The craft room space was used to tie-dye t-shirts to fit the "Color Your Story" theme and to make homemade chapstick. The gaga ball pits were filled with excited youth at every break time, the huge mini-golf course was the most popular of our recreation activities, and the outdoor climbing wall an adrenaline-inducing activity that will be remembered for a long time to come. Overall, the South Central 4-H District Retreat received outstanding reviews from youth, chaperones, and parents. One 4-H agent who was in attendance recently wrote about the positive changes she has observed in her youth who attended the camp, noting that "somehow it stuck with them better than the dozens of other things I've done with them."

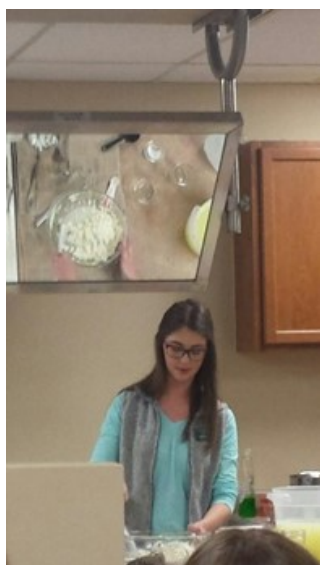
# Where We've Been...

## Say Cheese!

The Family and Consumer Sciences program has been receiving requests for cheese making classes since November of last year. It is not something that has been previously offered in Pueblo County, but since it is clearly something that is intriguing the community lately, Extension Agent, Laura Krause decided that it was something worth looking into. So, after much research and planning, an Intro to Soft Cheeses class was finally scheduled in January.



*Extension Agents Laura Krause and Brianna Rockler instruct participants on food safety when making cheese.*



The results were unbelievable! People were signing up over a month in advance. The class filled to capacity with ease, even accepting a few more than originally planned, and there was still a waitlist! The class was a great group and we had a lot of fun!

Some were just there to learn about the cheese making process, while others genuinely wanted to try it at home. This was a particularly important class for those interested in making cheese at home because we were able to discuss the impacts of food safety on this process. Any time we're dealing with a dairy product, there are some inherent risks. This class allowed us the opportunity to educate the public on the importance of pasteurization of milk, proper storage, and recommended expiration guidelines, along with some of the health and nutrition benefits. Overall, it was a fun class that will likely become an annual event based on the popularity.

*Students watch in the mirror as Laura prepares ricotta cheese.*

# Where We're Going...

## Food Preservation Series is Back!

After a nearly 2-year hiatus, we are finally gearing up for another summer of food preservation classes! Be on the lookout for upcoming sessions on: Jams & Jellies, Water-bath Canning, Pickling and more. The class schedule will be advertised through our Facebook page, website, and email list. To be added to the email list, please contact the CSU Extension Office at 719-583-6566.





# Where We're Going...

## CSU Extension's Role in Disaster Recovery



Disasters can occur at any time. Most of the time they catch us off guard and not prepared for what is to come. Pueblo County has seen its share of these disasters over the last several years. From flooding to fires, County residents are no strangers to the wrath that mother nature can bring. There are three parts to any emergency: preparation, response and recovery.

Response is typically handled by first responders and those trained to handle emergency operations. After the danger passes and the emergency responders have done their job to contain and control the threat, the recovery effort begins.

CSU Extension can play a large role in this recovery effort by providing knowledge and expert advice in a wide range of topics from food safety to revegetation of the land. Providing these services to residents and those assisting with recovery efforts aids in providing the affected community a quicker return to normalcy.

Response and recovery can determine how an area devastated by a disaster returns to a productive function, it is preparedness that can have the biggest effect on the outcome. It is for this reason that CSU Extension has identified both fire and flood mitigation education as one of its priorities in the coming years. We have all seen the results of natural disasters in this area. In the case of the two fires this past year, we are also now faced with a new disaster possibility of flash flooding. Through preparedness and mitigation, it is possible to minimize the extent of the damage when the next event occurs.

CSU Extension Ag and Natural Resources Agent, Tom Laca, will be working with area emergency responders, forestry and natural resources professionals to put together educational programs designed to help homeowners lessen the risk they face during disasters. The Firewise program is a nationally recognized program that provides a vast amount of information about defensible space around a home and home ignition zones. This program has been utilized in the past to encourage and educate citizens on the importance of mitigation with some success in those adopting its principles.

With the recent fires still fresh in resident's minds, now is a good time to reintroduce the program and begin the work of creating Firewise Communities. To supplement this effort, we will also use this opportunity to engage with those reluctant or unable to mitigate to gain insight into the reasons why. It would be our hope to then find opportunities and support to aid these people in incorporating the program on their land as well.

This will be an ongoing effort that will require the cooperation of many to be successful. We are looking forward to the challenge of making our communities safer and more resistant to natural disasters. Keep watching for updates as we kick off this program and start to see the results of our efforts.



## Upcoming Events

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

### Family and Consumer Programs

- The Mediterranean Diet: A dietary pattern for healthy living, May 24, 2:00 am-4:00 pm, fee \$10.00. Register at Eventbrite.com
- Home Beer Brewing, June 7, 6:00 pm-9:00 pm, fee \$20.00 includes dinner. Register at Eventbrite.com
- Food Preservation Series– Dates coming soon! For more information, call 719-583-6566.

### Horticulture Programs

- All Pueblo Grows Seed Library, collecting and packaging seeds, last Saturday of every month, Rawlings Library, Thurston Room, 1st Floor
- Make Your Own Rain Barrel Workshop, June 17, 10:00 am-2:00 pm. Fee: \$40.00 / \$50.00 per couple. Includes rain barrel materials.
- Pollination Maker Series: Native Bee Hotel, June 10, 10:00 am-2:00 pm. Fee: \$25.00. Build your own.

### 4-H/Youth Development

Ongoing Club and County Programs

### 4-H STEAM

- Growing STEAM Makers– at Pueblo area libraries. Call for details– 719-583-6566.
- Summer Camps for youth. See website for details
  - Radio Heads Camp, June 5-9, Pueblo House
  - BeeWise Summer Camp, June 5-9, July 17-22 or Aug. 7-11 at the Pueblo Zoo
  - Making the Future Camp, June 12-16 Rawlings Library, July 10-14, Lucero Library
  - Geocaching Camp, July 24-28, various locals
  - Adventure Day Camp, Aug 1-3 at CSU-P

### EFNEP (Expanded Food and Nutrition Program)

- Nutrition classes– Ongoing-call for schedule

### Ag/Range/Natural Resources

- Ag Tour of Southern Spain; November 26 thru December 8, 2017. Info at <http://worldwide.on.ca/pueblo2017/>
- Site visits and consultations– Ongoing, upon request

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*Congratulations!*

### Local Extension Efforts Recognized

The Pueblo County Extension Team continues to do great work for the County.



Colorado State University Extension Pueblo County is excited to announce that Extension Agent, Jane Crayton has received a \$25,000.00 grant from Cognizant on behalf of their Making the Future Grants program to provide after-school and summer Maker programs. The programs will be delivered by the STEAM Pueblo 4-H Youth



Development Program at Pueblo City and County Library District over the summer of 2017 & 2018 and Pueblo City Schools during the 2017-2018 school year. Projects include 30+ contact hours in science, technology, engineering and mathematics using project-based arts as the vehicle for Making. Two summer camp sessions are scheduled, one at Rawlings Library June 12th-16th and the other at, Lucero Library July 10th-14th. Making the Future program projects include electric cigar box guitars, LED hula hoop or light saber, electronic textiles, 3D technology (printing, VR games & photogrammetry). Ms. Crayton is working with the District 60 STEM coordinator Morganlee Kempf to schedule after-school programs for the next school year at specific schools with Title One status. The after-school and summer camp programs are \*free and include snacks, each session is limited to 16 participants. Registration begins May 1<sup>st</sup> for summer camps, for more information on STEAM Pueblo, Making the Future and the Pueblo Maker Movement please contact the Extension Office at 719-583-6566.

*\*Youth who receive free or reduced priced lunches can attend this camp or after-school program for FREE. Youth who do not qualify, may participate for a \$50.00 fee- limited 4 spaces per session for paid participants.*

Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify CSU Extension at 719-583-6566 at least five (5) business days in advance of the event. Colorado State University Extension, U.S. Department of Agriculture and Colorado counties cooperating.