



PUEBLO COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Pueblo County PATHWAYS

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Volume 8 Issue 1

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Better with Beef Happy Hour

MJ Fisher, Pueblo County Extension Director

Winter time is the key season when Extension Agents try to get in front of livestock producers to provide educational updates on the most recent science, conditions, and management practices for livestock production. However, with the presence of the COVID-19 pandemic still hampering in-person meetings, new approaches for this had to be determined. MJ Fisher (Pueblo County Extension Director) & Travis Taylor (Golden Plains Area Livestock Extension Agent) partnered to develop a new approach to livestock meetings during the winter months of 2021.

A year previous to this, it would have been difficult to get ranchers to join a webinar seminar, to say nothing of a six-week series of seminars. Yet, with nearly a year of online programming having been conducted for all types of audiences, Travis and MJ felt that it was time to try this for the cattle producer. To add some novelty to the seminars, they approached the chefs of the Colorado Beef Council to determine a featured beef appetizer and a paired beverage for each meeting, creating a happy hour event for the educational seminars.

Six-weekly webinars were held across January & February with a nationally known presenter providing the latest in cattle knowledge at each of the webinars. Topics & presenters were:

- 2021 Beef Market Outlook with Dr. Stephen Koontz of Colorado State University
- Optimizing Production Efficiency with Dr. Rick Funston of the University of Nebraska
- Calving: Stages of Labor & Dystocia with Dr. Tim Holt of Colorado State University
- Sorting Through the Bull: Systems & Selection with Dr. Matt Spangler of the University of Nebraska
- Getting Ready for the Breeding Season with Dr. John Hall of the University of Idaho
- Heard Health: Focusing on the Calf with Dr. Frank Garry of Colorado State University



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Better with Beef Happy Hour

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All six webinars required pre-registration to be able to receive the links for the program. The pre-registrations ranged from 84 to 109 requests for the program link, depending on the week. Following the sessions, they were each posted on YouTube and one-month following the end of the webinars approximately another 240 hours of the recordings had been viewed after the webinars had been held. Most attendees reported being from Colorado and Nebraska. There were also participants from Arizona, Iowa, Kansas, New Mexico, Nevada, South Dakota, Texas, & Wyoming. Attendees were asked to rate the programs 1 (not very) to 5 (very much) for providing educational and timely information. The overall average rating was 4.55. Using the same scale, attendees gave the programs an average rating of 4.34 for the information assisting them in future management decisions; and a 4.22 for feeling that utilizing what they had learned in the webinars would positively impact their operation's bottom-line.

The program organizers want to express their appreciation to the following people & groups:

- Christine Pauletich (Pueblo County Extension Office) for helping with registrations.
- Lacey Taylor (Cheyenne County Extension 4-H Agent) for help in developing program promotions.
- Colorado Cattleman's Association for help in promoting the series of webinars.
- Colorado Livestock Association for help in promoting the series of webinars.
- Colorado Beef Council for help with beef appetizer recipes & paired beverage recommendations.
- Western SARE for an educational mini-grant to assist in covering the costs of conducting the program.

Mediterranean Diet Virtual Programs

Family and Consumer Science Agent Laura Griffin offered an educational program on the Mediterranean Diet in March 2021. This class was designed to be held in person but was adapted to a virtual program taught through Zoom. The response was overwhelmingly positive. During the month it was advertised, 138 people registered for this class, including locals from around Pueblo County and individuals from surrounding counties in Colorado. In addition, 64 people attended from all across the United States and 50 from other countries including Canada, England, Scotland and Ireland. This class was chosen to be featured in one of Eventbrite's promotional emails, and as a result, there was an influx of registrations from across the globe. Because of the success of this class, Laura is offering an additional class on April 28th at 6:00 p.m. MT with the goal of providing an opportunity for those who work full time to attend in the evening.



Staples of the Mediterranean Diet.

Youth to Youth Connection: The 4-H Way

Last year brought many challenges, and one of the key items that has been hard to replace virtually is the engagement and connection that happens between various aged 4-H members. In 2021, the Pueblo County 4-H program wanted to bring that spark of connection back in a safe manner, so Youth-to-Youth Livestock Connection nights were created. Happening in March & April of 2021, these events look to help new and younger livestock members understand key hands-on skills such as safe handling of their animals, knot tying, trailer loading and so much more.

Our first session took place in March when 4-H member Allyson Neal volunteered to share her experience and insight into how to best start your goat project. She brought a trailer full of brand new goat kids that our 4-H members used during the workshop. Under Allyson's guidance the youth practiced show bracing, following a show line, halter breaking goats, and much more. This was a great activity for all of those involved and you could really see the spark happening in the eyes of the 4-H members.

We are so excited to see 4-H members step up and teach others about what they have learned from being in the program for many years and the real hands-on engagement we can offer with live animals. We are excited to see what this new program avenue brings and look forward to offering great hands-on learning opportunities to all our 4-H'ers in Pueblo County.



Thank you to the Neal Family for providing and transporting the goat kids.



Allyson Neal demonstrated her showing experience.



Tails were wagging as youth learned new skills.



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Upcoming Events

For details, call 583-6566 or visit
<http://pueblo.extension.colostate.edu>

Family and Consumer Programs

- Foods Safety Training for Cottage Foods Producers, 3-year certification, fee \$40.00. Various online webinar dates are available. Register at Eventbrite.com
- Mediterranean Diet- A dietary pattern for healthy living—Free webinar, Wed., April 28, 2021, 6:00 p.m. Register at <https://meddietapril.eventbrite.com>
- Follow the FCS program on Facebook at: <https://www.facebook.com/PuebloFCS/> for weekly educational posts

Horticulture Programs

- All Pueblo Grows Seed Library, collecting and packaging seeds. Look for neighborhood seed boxes. Visit: allpueblogrows.org
- <https://www.facebook.com/PuebloCountyHorticulture>

4-H/Youth Development

- New member deadline February 1, 2021
- Ongoing Club and County Programs
- Follow us on Facebook and YouTube
<https://www.facebook.com/PuebloCounty4H/>

EFNEP (Expanded Food and Nutrition Program)

- Nutrition classes— Ongoing—call for schedule

Ag/Range/Natural Resources

- <https://www.facebook.com/PuebloAg>

Follow Pueblo County Extension on Social Media

Instagram page: <https://www.instagram.com/pueblountyextension/>

If you are using the app, you can find us at:

@PuebloCountyExtension

Follow us on Facebook at:

<https://www.facebook.com/CSUEExtensionPueblo>

Colorado State University Extension- Pueblo County
701 Court Street, Suite C
Pueblo, CO 81003
719-583-6566

<http://pueblo.extension.colostate.edu>

<https://www.facebook.com/CSUEExtensionPueblo>

Globetrotters

The Pueblo County Globetrotters had every intention of traveling to Washington, DC in summer of 2020 as the 2020 Delegation of Citizen Washington Focus. Unfortunately, a global pandemic made out-of-state travel impossible. While disappointed, the Globetrotter group were flexible, patient and determined to make a trip work in 2021. What resulted was the Pueblo County 4-H Globetrotter "In-State Excursion" Program in March 2021.

The Globetrotters "Call-to-Action" for their original CWF trip was a focus on Veterans and Veteran-focused care. The delegates conducted several Veteran-focused community service projects, including laying wreaths at the veteran's cemetery and the Pocket Flag program. The delegates will continue this focus upon their return.

Through the Democratic Process, the Globetrotter's debated, designed and decided on the different locations they would visit during their excursion, including the Wings Over the Rockies Air and Space Museum and other educational and veterans-based locations. The members also chose some really fun locations—including the Colorado Gators Reptile Park and a ride on the Durango Silverton. Now that they've returned, the Globetrotter's will present on their trip and all they have learned. We look forward to hearing more from them soon!

Members of the Globetrotters 4-H group enjoying their in-state trip.

