



PUEBLO COUNTY

COLORADO STATE UNIVERSITY
EXTENSION

Pueblo County PATHWAYS

2nd Quarter 2021
Volume 8 Issue 2

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Dining with Diabetes Program Coming to Pueblo County!

According to the Community Health Improvement Plan, implemented by Pueblo Dept. of Public Health and Environment, the percentage of adults in Pueblo County with diabetes is nearly 15%. Comparatively, the state of Colorado reports a diagnosis rate of 7% across all counties. In an effort to address this growing endemic, FCS Agent, Laura Griffin is offering the nationally accredited “Dining with Diabetes” program to Pueblo County residents.

“[Dining with Diabetes](#)” is a 4 week-long program. Each session consists of a presentation on various diabetes self-care topics, a short low-impact physical activity demonstration, and a cooking demonstration featuring tasty and healthy foods. Cooking demonstrations also provide information on cooking techniques using artificial sweeteners, reduced-fat foods and herbs and spices.

Presented by Extension Agents Nicole Clark and Laura Griffin, this program will be offered virtually on Zoom. Sessions will be held August 10, 17, 24, and 31, 2021 from 5:00 p.m.—7:00 p.m.

Participants can register online at <https://augdwd.eventbrite.com> and space is limited.

DINING WITH DIABETES
NATIONAL EXTENSION WORKING GROUP

Presented by Extension Agents Nicole Clark and Laura Griffin
Lifestyle Management Education
for Those Living with Diabetes

Dining with Diabetes Webinar Series

- What is diabetes?
- Carbohydrate counting
- Fat, sodium & fiber
- Meal planning

Dates: August 10, 17, 24, 31, 2021 (4 Tuesday evening sessions)
Time: 5:00 - 7:00 pm
Cost: \$10 for the series
Location: Online on the Zoom platform
Pre-register at: <https://augdwd.eventbrite.com>
Deadline to register: August 5, 2021
Space is limited.
To pay by cash/check or for questions: pauletic@pueblocounty.us or 719-583-6566.

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If you have a disability or special request for which you seek an accommodation, please call 583-6566 at least five (5) business days in advance of the event. Extension programs are available to all without discrimination. Colorado State University, US Dept. of Agriculture and Colorado Counties cooperating.

4-Hers Earn "CAPE" Award

In 2021, the Pueblo Child Advocacy Center (PCAC) awarded 21 Blue Capes to individuals and groups in the Pueblo Community who had made significant contributions to the Center. The Pueblo Child Advocacy Center is part of a multi-disciplinary team that works to provide safety, justice and healing for children who have experienced abuse. CAPE stands for "Children Advocacy Protection Effort." The Pueblo County 4-H Leadership Society were the grateful recipients of this award.

Since 2014, Pueblo County 4-H youth have been raising money for the Center through the annual Art 4-Heart Project. The project began as a way for youth involved in the Pueblo 4-H Leadership Society, a program designed to cultivate leadership skills, to use their creative skills to raise funds to benefit local, charitable, youth-based organizations. Local club members aged 5-18 create art (sketches, paintings, sculptures, mixed media and photography) culminating in an opening reception and art show in which the art was displayed in local shops around Pueblo County. These art shows were always live events and well-attended by 4-Hers and community members alike.

In 2020, with a global pandemic looming large and all manner of shops closed, the 4-H Leadership society pivoted—successfully producing their very first Virtual Art Show; raising over \$200 for the Pueblo Child Advocacy Center. The presentation of funds happened virtually, and current members of the 4-H Leadership Society presented the check to several members of the PCAC, including Keith Madkins, Director of Services, Jordan Everhart, Forensic Interviewer and Family Advocate, and Luann Martinez, the Resource Development Coordinator.

This year, the Pueblo County Leadership Society is working with Love Mug, a local coffee shop, to once again show, share, and sell art created in the Pueblo County 4-H program. The art will be available for purchase during the month of July, and the Leadership Society members look forward to raising additional funds for the Pueblo Child Advocacy Center to further their goal of helping Pueblo County's youngest and most vulnerable citizens find justice and healing.

You can find the full list of award winners at <https://krdo.com/news/2021/04/30/pueblo-children-advocacy-center-honors-21-people-with-blue-capes/>



Members of the Pueblo County 4-H Leadership Society model capes as they accept their CAPE award.

Calling All Gardeners! Recruiting CMGs

CSU Extension-Pueblo County is very excited to start recruiting new Master Gardener volunteers for the 2022 training season. The Master Gardener program is great for gardeners of all levels who want to get involved in the community and help people be better gardeners. Participants go through a 15-week training course where they learn everything about gardening in Colorado, including soils, vegetables, trees diseases, and much more. Master Gardeners then volunteer to spread the knowledge they have gained to the community. This occurs through many outlets including participating in community events, hosting classes, and writing articles. There is an activity for everyone, plus volunteers meet like minded people who also love to spread their love of gardening. Applications will be released in the fall for the training class starting in January. Anyone interested in being kept up to date on when applications are available should contact the Extension office at 719-583-6566 or email shaffers@pueblounty.us.



Horsing Around: The 4-H Way

Youth in the 4-H horse project came back together to compete in a live, in-person event this summer. Our Pueblo County 4-H summer horse show ran from Friday, June 18th – Sunday, June 20th and was a huge success for all the youth involved. Moments of compassion, leadership, public service, and friendship were observed as the 4-H youth enjoyed the ability to once again meet in person after the 2020 COVID-19 pandemic.

Our horse show kicked off with a Friday Gymkhana division where youth competed in barrel racing, pole bending, goat tying, egg races and more. The “need for speed” coupled with some great music and cheers helped these youth reach their full potential during these events.

This was followed by our English, Western, and Miniature classes on Saturday. Youth showed their skills in professional attire and helped their horses navigate precarious situations such as walking over a bridge or having a rope tossed over their head. One main highlight for this show was the amazing comeback of one youth who at our previous show had been unable to finish her competition due to her horse rearing. At the summer show, she was able to complete the competition and actually ended up receiving a champion award. The increased confidence that came from that youth was amazing to see.

We wrapped up the show with our Sunday Foal, Green, and Ranch Horse divisions. Our foal and green horse projects are for horses that are 3 years old or younger. Our youth spend an enormous amount of time with these young animals and their hard-work truly shines through. In the ranch classes we bump the speed back up and the youth had the opportunity to cut, sort, rope and daub locally provided cattle. Those classes always get the adrenaline pumping and the spectators cheering as these movements require a high level of precision and skill from all of our riders.

The 4-H horse program teaches youth how to become better riders but also the importance of being humble, kind, and compassionate to animals and each other. Many times after a rider would have a bad class another youth would run up to them and tell them they did a great job. The adults in this group make everyone feel like family and everyone is welcome to come and be a part of this program. Education, safety, and laughter are our main priorities in the 4-H horse program which are easily captured in the photos you see here of our wonderful Pueblo 4-H riders. We are so happy to be back riding and laughing once again.



Highlights from the Pueblo 4-H Summer Horse Show.



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Upcoming Events

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

Family and Consumer Programs

- Dining with Diabetes Webinar Series, Tuesdays, August 10, 17, 24, 31, 2021, 5:00-7:00 p.m., Cost \$10.00, Limited space. Register by August 5th at <https://augdwd.eventbrite.com>
- 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—Tuesday, July 27, 2021, 2:00 p.m., Union Plaza community room. Call Richard at 719-543-6415 to register.
- 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

- Pueblo County Fair, July 16-25, 2021. Visit pueblountyfair.com for information
- Ongoing Club and County Programs
- Follow us on Facebook and YouTube

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 at: <https://www.instagram.com/pueblountyextension/> If you are using the app, you can find us at: @PuebloCountyExtension

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Welcome



Join us as we welcome the newest member of our team, Kristi Bartolo, Extension Agent - Agronomy. Kristi started with us on Monday, May 17, 2021.

Hello, I am Kristi Bartolo. I am the new Agronomy Extension Agent for Pueblo County and am excited to be working in this position.

I was born and raised in Pueblo to a farming family and I have a great passion for cultivating and preserving the land. I enjoy many outdoor activities including hiking, kayaking and gardening. Spending time with my family and faith community is very important to me.

In this position, I intend to work with farmers and producers to aid and support their efforts in agriculture. I will be able to conduct research independently and collaboratively to test and integrate new technologies. I hope to promote the importance of farming and being stewards of the land in the community.

Let me know how I can help you.
Please contact me any time:
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Cell Phone: (719) 252-0489
Email: bartolok@pueblounty.us