

CSU EXTENSION ROUTT COUNTY

2007
Program Highlights

4-H and Youth Development

- This year, 214 local youth participated in the **4-H program**. They completed 491 projects, which was an increase from the previous year.



Junior Leadership training

- **Junior Leadership program** involved 20 youth, age 14-18. In addition to learning about leadership, the group hosted a training for club officers, put on 4-H Fun Day, and served as Junior Superintendents at the Routt County Fair.
- Fourteen 4-H youth visited the State Capitol as a part of their participation in the 2007 **Leadership Development Conference**. Senator Jack Taylor and Representative Al White welcomed our Routt County group and answered our questions.
- Completed the **2007 Platt Book** as a fund-raising project for the 4-H program. To date, over 500 copies have been sold.
- Awarded \$31,500 in scholarships to 14 Routt County youth through our **4-H Scholarship Committee**. Fund-raising, management and selection of the scholarship recipients is coordinated through the Extension office. Since 1994, they have awarded \$157,100 to 78 individual Routt County 4-H members.
- Organized **4-H Fun Day Camp** at the Kvol's Ranch. This one-day event is planned and organized by 4-H youth leaders for young members. Twenty youth participated.
- Coordinated a **4-H Exchange** program with a 4-H club in Santa Clara County, California. This year 17 of our members traveled to California and next year their club will travel to Routt County.
- Organized and participated in the **4-H District Conference** in Craig. Routt County sent 35 4-H youth to this three-day event.
- Sent two local youth to Washington, D.C. to participate in the 4-H opportunity, **Citizenship Washington Focus**.
- Jay served on the **Colorado 4-H Livestock Task Force**, which had the task of revising the Premise ID policy for the state.
- Hosted an informational meeting explaining the proposed **4-H Premise ID program**. The forum included both the pro's and con's of the program.
- Through **school enrichment programs**, we were able to reach 1025 kids throughout the county.
- Conducted a full-day **4-H leader training** for leaders in northwestern Colorado.
- Received training and certification in Opti-brad **retinal scanning**. Scanned over 1300 head of cattle for 4-H youth and local ranchers.

Colorado
State
University

Extension

Agriculture Program Highlights—2007

- Routt County Extension Director, C.J. Mucklow, was the **recipient of the 2007 Alton Scofield Distinguished Service Award**. This statewide award is given each year to one outstanding extension agent who is “dedicated to superior service.”
- Published the new and improved, “**Guide to Rural Living**,” an important resource for educating and informing new residents to the area as they transition to life in rural Routt County.
- Coordinated a **community forum** to inform the residents of Routt County about the pros and cons of the 4-H Premise Registration program.
- **Hosted the Vice Provost** for Outreach and Strategic Partnerships for Colorado State University, Lou Swanson, for a relationship-building workshop with local leaders.
- Identified the **caterpillar outbreak** in South Routt and assisted local landowners with strategies to deal with the pesky Linden Looper caterpillar.



C. J. Mucklow, receives CSU award



- Participated in the Economic Outlook for **Representative Ranches project**, an ongoing national evaluation of ranches conducted by Texas A & M.
- Conducted **invasive weed seminars** for Routt County Natural Resources Conservation Service and the Routt County Weed Supervisor.
- Hosted a **Green Building for a Sustainable Future** workshop, highlighting Brian Dunbar, director of the Institute for the Built Environment and CSU professor.
- Participated in a committee of local ranchers, state and city officials to draft a new **watershed ordinance** that addresses the concerns of the agricultural community.
- Conduct **Heritage Ranch Tours** for residents and visitors, in conjunction with the Community Agriculture Alliance.

Visitors enjoying a Heritage Ranch Tour

- Conducted a Colorado **Master Gardener training**. Nineteen new volunteers participated in this unique twelve-week course to train expert home gardeners via internet conferencing and experiential learning techniques with faculty from Colorado State University.
- Master Gardeners write a **weekly gardening column** in the Steamboat Pilot newspaper.
- Presented, “**The Value of the View** – Recreational value of Agriculture,” to local residents in Routt County and Club 20, in Grand Junction.
- Presented, “**Direct Marketing Beef**,” to the Southwest Marketing Network, an organization of small farm retailers (Flagstaff, AZ.)



Master Gardener at Humble Ranch

Family and Consumer Science Program Highlights—2007



- Recipient of the Epsilon Sigma Phi, **State Team Award for Reducing Radon Exposure** in Colorado Homes project.
- Distributed 105 low-cost **radon test kits** to Routt County residents. Funding was provided through an Environmental Protection Agency grant.
- Provide ongoing **nutrition presentations** to the following agencies: Newborn Network, Aging Well/VNA, Hayden Fitness Club, and Whitman Primary.
- Serve on the Steering Committee and Board of Directors for **First Impressions**.
- **Parent Education Chairman** for First Impressions. Coordinate a series of Parenting and Pizza nights introducing topics such as: Parenting with Love and Logic and Brain Development in Early Childhood.
- Hosted a two-day **Master Food Safety Advisor Training**. Ten “advisors” from three counties were training by expert from CSU. New advisors taught a Salsa Canning workshop for residents of Routt County.
- **Weight Management presentations** given to community groups in Hayden and Walden.
- Provided a series of **nutrition and health presentations for the Aging Well** project of Northwest Colorado Visiting Nurse Association.
- Provided **Understanding Nutrition and Digestion presentations** to Steamboat Springs Middle School 8th graders.
- Present **body image and nutrition workshops** for all 5th, 7th and 8th grade students in West Grand School District. An additional nutrition and health workshop for faculty was given.
- Present **nutrition and body image to health classes** at Steamboat Springs High School.
- Organized special **project workshops** for help with Photography and Clothing Construction. New sewing volunteers met with 4-Hers weekly throughout the summer.
- Initiated a 4-day **4-H Fiber Arts Camp** during Blues Break. The 30 participants were primarily new 4-H participants.



Master Food Safety Advisor training



Volunteers teaching at Fiber Arts Camp

- Initiated a monthly worksite wellness program for county employees called **Living Well**.
- Teach **Food Safety Works** classes. This 2-hour training teaches food service workers the basics of safe food handling.
- Provided written **articles and radio interviews** for local media.
- Partner with the **Food Bank of the Rockies** to teach agencies utilizing their service the basics of safe food handling. In two 3-hour workshops we were able to reach 20 people.