HORIZONS

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UNIVERSITY OF WYOMING EXTENSION

Livestock Management Strategies to Avoid Potential Poisonings

When it comes to plants and livestock there are some plants that are good, some that are bad, and some that are down right deadly. Poisonous plants affect many Wyoming Livestock Producers. Plants with deadly traits can be native or non-native in nature and grow in wet, dry, deep, or shallow soils. These toxic foes also affect livestock in a variety of fashions. The toxins contained within each plant may influence specific organs or body system of each livestock species. Below are some quick ideas and thoughts for ways to avoid and reduce the risk poisonous plants issues this grazing season.

General Range Quality

High quality range pastures are desired in any livestock production system. Rangelands in great condition offer a wide variety of desired plant species, adequate forage, and low numbers of undesired plant available to grazing livestock. With lots of good plant choices, the likelihood of a potential poisoning is reduced. It also helps when a poisonous plant is consumed, there are plenty of other plants available for animals to eat to reduce chance of poisoning. In general, acute poisoning occurs when a certain percent of the body weight is consumed of a poisonous plant by the grazing animal.

Time is Not of Essence

When moving animals to new pastures or through areas with poisonous plants do so with patience. Just like other proper livestock handling techniques, animals moved in or around areas with toxic plants should be given time to move to new areas with as little stress and resistance as possible. Moving animals quickly may often result in poisonings simply because livestock are looking for a snack on the go and do not take the time to select non-poisonous plants. Livestock should also not be rushed to new pastures that have poisonous plants. Hungry animals that are under potential stress and turned out to a new pasture are at a higher risk eating toxic plants and not selecting non-poisonous plants.

Livestock Management (continued)

Avoidance

Avoidance might seem like the obvious answer, right? However, there (continued pg. 2) are many factors that play into avoiding poisonous plants. Livestock production has many moving parts. Management decisions are not always black and white. Dealing with poisonous plants can often fall into that grey area of management decision. As stated earlier certain plants are poisonous to particular livestock species (i.e. cattle, sheep, equine, goats, and swine). These plants also grow at different times of the year and at different ecological range sites. Matching the livestock species to the range or pasture your animals will be grazing is critical. The timing of when animals are allowed to graze in order to avoid toxic windows of plants, fencing off potential problem areas (barb-wire, electric, etc.), moving animals away from pastures completely, or avoiding the movement of livestock through problem areas are all avoidance techniques.

Know What is Out There

Proper identification of poisonous plants is critical. Knowing what risks you are dealing with can save a lot of headache and money down the road. Improper identification may lead to grazing the wrong livestock with the wrong deadly plant. Identification is also must for selecting the proper herbicide or plant removal treatment if you are looking to eliminate a problem.

Water and Minerals

Proper allocation of minerals will aid in the decreased risk for poisoning. Adequate amounts of salt and other minerals such as phosphorus are important for maintaining animal health. A healthy animal is always desired, but the availability to minerals will help decrease the likely hood of livestock eating new or unknown plants seeking minerals they are deficient in. Good water quality and quantity will also help maintain healthy livestock populations and decrease the need for animals to eat increased forage amounts following water deprivation.

Final Thoughts

When making decisions regarding poisonous plants there are many economic, genetic, biologic, and feasibility factors. Proper planning prior to the growing season is a critical step to avoid poisonous plant issues. Your local University of Wyoming Extension office is a good place to start for questions regarding poisonous plant management.

Cent$ible Nutrition Goes To Market

It's just about time for farmers markets – woohoo! Do you ever see something at the market that you're not sure what to do with? Come by the Cent$ible Nutrition table and I will answer your questions! I'll have recipes and samples using ingredients found at the market, as well as the latest info about our FREE classes. In class you can get the hands-on experience of learning new recipes and eating better for less. Plus you get a free cookbook! Income restrictions apply.

There are two farmers markets in Laramie. Thursday markets are held at Undine Park (7th and Ord) from 3-7, June 16-September 29. Friday markets are held in downtown Laramie from 3-7, July 1-September 30. Both markets will accept SNAP this year, and the downtown market offers an additional 50% match for SNAP customers (use $10 in SNAP benefits, receive $15 in tokens to use at the market!).

IT'S BEEN A LOUSY YEAR FOR CATTLE– GOT LICE?

As I have gotten around the state for spring activities this year one common topic has come up with at least ten ranchers – lice on cattle. Across the central and southern parts of the state ranchers have indicated that this spring has been one of the worst years for lice that they can remember. Not only do lice make a cow and calf look physically bad due to the loss of hair, lice will also reduce weight gains, reduce milk production, reduce feed efficiency, slow the animal's ability to recover from other stresses like disease, cause anemia due to blood loss, and generally cause an animal to be unthrifty. Infestations may also lead to death losses as at least four Wyoming ranchers have indicated they lost heavy bred cows that ended up on their backs from trying to scratch themselves in ditches to relieve the irritation. When cows start dying from lice, treatment becomes very economical.

Lice problems generally become apparent in the late winter and early spring. This year, as folks were gathering cattle for branding, the infested animals were very noticeable. The reports of lice infestation have also come in from ranchers using a variety of different treatment options (both injectables and pour-

Cow in late May infested with cattle-biting lice *Bovicola bovis* in south-central Wyo-

ons) at single (fall) or multiple (spring and fall) times of the year.

To better understand lice infestations, and reduce potential losses, it is critical that we understand how the lice problem is an interaction between the parasite's biology, animal production, weather, and rangeland plant nutrition. First, lice spend their entire life cycle on the animal host. Female lice deposit up to 1 egg per day and the life cycle is completed in 3 to 4 weeks. Therefore, many lice generations can occur in a relatively short amount of time. Lice eggs can take up to two weeks to hatch, depending on species and environmental conditions. A parasite treatment with shorter residual activity than this will not kill those unhatched lice. Lice are transferred from infested animals to un-infested animals through direct contact. This can include nose-to-nose contact through a fence, particularly during the winter. Secondly, lice problems can accelerate during cold weather conditions when animals are under stress. This describes this past spring pretty accurately as we continued to have cold and wet weather through early May. Third, animals that are in lower than ideal body condition due to inadequate nutrition may be more susceptible or less resilient to infestations. Fourth, animals that are also under stress from internal parasites and that have a suppressed immune system may have higher than average infestations. Thus, an integrated approach to managing lice is needed because many factors contribute to infestations.

In Wyoming we have four species of lice. Three of these are sucking species and include the longnosed louse, the shortnosed louse, and the little blue louse. The other species is a biting or chewing species called the cattle biting louse or Bovicola bovis and is one of the most common species in the state. Sucking lice used to be very common

GOT LICE? (CONTINUED)

but it is thought that the use of injectable insecticides have generally taken care of those species. However, injectables are unlikely to (continued pg. 4)control the cattle biting louse and it appears that much of the outbreak this year is from that species. The most effective timing of treatment is in the fall before lice populations have built up. Four types of insecticide applications are available and include insecticide dusts (such as permethrin products, Python Dust, or Rabon), backrubber insecticides (such as permethrin products, CoRal, Ravap, Ectiban, or Prolate), Pour-ons (such as Ultra Boоss, Ectiban, Clean up, Ivermectin, Cydectin, etc.), or Injections (such as Ivomec, Dectomax, Cydectin, or other ivermectin products -- note this is only effective for sucking lice). Treating now in late spring/early summer is likely too late of an intervention and is unlikely to be profitable. This is because lice cannot persist when the animal's skin and hair coat temperatures rise much past 104 °F. Only a few individuals are able to survive the summer and likely persist in the folds of skin where it remains cooler.

The use of a fall chemical treatment should be effective but may not be a silver bullet. To truly manage the root of the lice problem, several other strategies should be considered and integrated with chemical treatment. First, maintaining ideal body condition of cows, especially in the fall and going into winter can improve their ability to deal with any parasite, including lice. This can be accomplished by paying attention to pasture and forage conditions, production cycles, and alternative feed resources. Second, during particularly severe winters, pay very close attention to the nutritional demands of animals and consider ways to optimize the quality of forage resources that are available to maintain condition. This period of time is very difficult on cows, especially those that are calving earlier in the year and are in the later gestational stage. Third, manage other parasites including internal parasites to minimize parasite stress and optimize the immune system. Treatments for internal parasites are typically applied in the spring. Fourth, consider that some individual cows are more resistant to parasites and some individual cows are more susceptible to parasites than others. This resistance can be heritable and conveyed to offspring that may become your replacement cows or future bulls. Anecdotally, this has been observed for lice infestations this spring where ranchers confirmed that an individual cow that was highly infested with lice had a heifer daughter that had been retained and also was highly infested. Observationally, both were more infested than the average cow in the herd. While I was unable to find any research documenting heritability of lice resistance in cattle, I did find a study that documented lice resistance heritability in sheep. Therefore, using lice infestation as another criteria for culling individual cows (and their offspring) may be important if lice are the primary parasite an operation is dealing with and could be considered as a longer term strategy to managing this problem.

A good resource is a publication from our retired Livestock Parasitologist Prof. John "Jack" Lloyd, 'Insect and Related Pests of Livestock in Wyoming' that can be found online at http://uwyoextension.org/psep/wp-content/uploads/2012/09/MP-23.pdf. For more information contact me at

SHOW SOME APPRECIATION FOR KIDS WHO SHOW

I've heard many ag teachers over the years say that the last day of state convention is the best day of the year. Now, I'd have to disagree and say Christmas, or my last day of finals, or really any day that UW doesn't have classes. That snow day this year might have been the greatest gift I've ever received. However, those ag teachers usually say that because they have put so much effort into their chapters over the past few months to prepare their students, and there has been so much stress leading up to that point, that it's nice for it to finally be over. Based off of this, the last day of fair is probably the best day of the year for FFA and 4-H members. For quite a few months, those members are doing their best to prepare their projects and livestock and there is quite a bit of stress involved with it. Let's not forget the early mornings and late nights that might lead to these exhibitors questioning it every step of the way. I know there were several times I thought about calling it quits, or at least ignoring my parent's wake-up calls for 20 minutes or so before I realized I probably shouldn't test their patience anymore.

But we still do it. Why though? Sometimes, it's because our parents make us, sometimes it's for the paycheck, and sometimes, it's because we love doing it. I think if a kid really loves to show livestock, you can see their true character. Showing livestock is hard work, especially if you've raised the animal. For a lot of exhibitors, their work begins when they buy their livestock, and I'm not trying to detract from that. They obviously work day in and day out to ensure their livestock are prepared and ready to go. However, for breeders, their work is year round. Chores are a part of everyday life, and if these kids do sports or other extracurricular activities, they might be doing chores after spending three hours in the gym running ladders and getting yelled at by coaches. Anyway, these kids have to put a lot of work in, and if they like showing, they are willing to work hard to achieve their goals. They understand the demands that go into winning and they don't shy away from it. If anything, they embrace those demands fully and even go beyond what is required. They are competitors and they will do everything they can to be the best. So when people question why these kids love showing, maybe instead they should just appreciate the fact that there are still some kids in this world who don't mind working hard to achieve their goals.

Now, even though these kids seem more responsible than many of their peers, we have to remember that they are still kids. They still require guidance from adults who need to point them in the right direction. Respectful adults encourage respectful kids, and that is what county fairs need. You are the adults. Remember that. It is up to you to put on a good example for your kids so that they understand how they should act in and out of the show ring. Now I understand the pressures of showing and I understand how the show ring can get someone heated, but no one wants to see a parent barking at their children to do better. Kids make mistakes, or they just haven't learned any better yet, and it's up to you as a parent to teach them in a way that they will want to continue showing. Encourage them and make sure they understand that you are proud of them no matter what ribbon they receive in the show ring. There are always disappointments in the show ring, but your kids have still worked extremely hard to get where they are at, and they deserve all the credit in the world for putting that much effort in.

And to the exhibitors, whether this is your first year or your last, please remember that you are representing two wonderful youth organizations. You represent 4-H and FFA, and these organizations deserve your respect. They have helped develop numerous agriculturalists, and you can show your respect by being a courteous exhibitor. Show bystanders that you deserve to be in these organizations. Show them that you understand what it means to be a part of something larger than yourself. Do this by helping your fellow exhibitors if they need it. Do this by being polite and considerate to everyone involved in fair, even if you disagree with them. Do this by putting your best foot forward and showing to the best of your ability. If nothing else, just remember that you yourself deserve to be a good person.

STATE 4-H YOUTH EVENTS

YOUTH DEER HUNT

The Wyoming 4-H Program offers a deer hunting experience for youth ages 14-18 who may not have hunted or may be in circumstances which make and opportunity difficult. The goal is to aid youth in having a positive first-time experience under the supervision of caring adults that share their knowledge and wisdom. Safety is paramount throughout the process and oversight is provided by UW 4-H volunteers and industry leaders.

The hunt takes place in Northeastern Wyoming on the Solitude Ranch located 5 miles east of Devils Tower and features spectacular scenery and plenty of wildlife. It typically occurs in early November and is primarily for whitetail doe deer. Since it's inception in 2011, the hunt has had a 98% success rate and 100% opportunity to harvest.

All 4-H members between 14 and 18 years of age are eligible. However, preference is given to first-time hunters that are involved in 4-H Shooting Sports projects for rifle, pistol, muzzleloading, archery, shotgun, wildlife, or hunting.

2016 Hunt application is available here!
https://wyoming4h.formstack.com/forms/deer_hunt_2016

Due by July 15, 2016.

UNIVERSITY OF WYOMING
SHOWCASE
Showdown

June 21-23, 2016
Laramie, WY

The dates for 2016 Showcase Showdown have been announced! Join us in Laramie this year June 21-23 for this spectacular event. You wont want to miss this opportunity for fun, competition, and educational opportunities!

For more information on 4-H Showcase Showdown
Click here to visit the website.

FUN & Educational Contests

- Cake Decorating Contest
- Dog Skill-A-Thon
- Film Fest
- Food Cook-Off
- Hippology
- Horse Judging
- Livestock Skill-A-Thon
- Presentations (Prepared)
- Presentations (Impromptu)
- Produce Evaluation
- Robotics Contest
- Rocket Launch
- Table Setting Contest

4-H Camp: Leadership Laboratory

In 4-H Youth Development, we believe true leaders aren't born – they are grown. As the state's largest positive youth development organization, Wyoming 4-H is growing 6,850 young leaders in partnership with 1,750 caring adult volunteers. Our primary purpose of youth development is accomplished through the formation of life skills. Through 4-H involvement, young people grow in life skills like resiliency, teamwork, confidence, communication, decision-making, planning, organizing, relating to change, service, learning to learn, curiosity and leadership.

While life skills are learned throughout our lives, the years between 9 and 12 are times for developing a sense of competency about performing simple and necessary tasks. 4-H develops these skills through a variety of experiential learning methods including that of attending a 4-H Camp. 4-H professionals and volunteers work in partnership with teen leaders to provide local 4-H Camp Programs that benefit both the campers and the teens who lead them.

A study by the American Camp Association found that as a result of participating in Camp, kids learned about themselves, developed self-esteem, tried new things and made friends. 4-H Camp also provides the opportunity for young people to experience the Essential Elements of Positive Youth Development of belonging, independence, generosity and mastery while developing leadership and other life skills in a unique setting.

Youth development research suggests that 4-H campers between the ages of 8 and 12 years old are eager to try new things, enjoy being active and have rapidly changing interests. The camp environment is an appropriate place for them to actively learn and practice new skills while practicing independence and other life skills. This age group also is also looking at older role models who influence their behavior and attitudes.

In order to provide this age group with superior role models, 4-H camps often utilize older 4-H members in the role of counselors. By creating this unique camp leadership structure, 4-H Camp is able to provide positive youth development opportunities to both campers and teen counselors. More often than not, 4-H teens are responsible for the planning and leading of the camping program which provides them with a new level of 4-H involvement and the chance to mentor younger 4-H members.

By the time many 4-H members transition to their teen years, they are seeking new challenges and leadership positions beyond their community club. We know from youth development research that this age group enjoys demonstrating their acquired knowledge and their desire for adult leadership positions. Involving these older 4-H teens as 4-H Camp counselors allows them to gain a higher level of 4-H involvement and new challenges while providing them developmentally appropriate leadership opportunities. Plus, teens learn and practice a variety of leadership and life skills through the process of being counselors.

A 2005 study by Virginia Tech Extension found

PARENTS SAY

- My child gained self-confidence at camp. (70%)
- My child continues to participate in activities learned at camp. (63%)
- My child remains in contact with friends made at camp. (69%)

Continue article on page 6...

4-H Camp: Leadership Laboratory

Continued article...

that 4-H Camp participation positively affected teen counselors by helping them develop leadership-related knowledge, skills and behaviors. The teen study participants also reported that acting as a counselor at 4-H Camp helped them:

CAMPERS SAY

- Camp helped me make new friends. (96%)
- Camp helped me get to know other campers who were different from me. (94%)
- Camp helped me feel good about myself. (92%)
- At camp, I did things I was afraid to do at first. (74%)

- Become more responsible for themselves and the youth under their supervision
- Overcome shyness and become more confident talking in front of large groups
- Communicate effectively to campers and to adults in camp
- Manage and problem-solve stressful situations

These life skills and experiences learned at camp will be used throughout their lives. Not only is their service as a teen counselor serving their immediate developmental needs, but they are also acquiring skills that will last a lifetime.

While older teens are ready for adult leadership positions, youth between the ages of 12 and 14 years old are developmentally ready for their first in-depth, long-term experiences and are prepared to practice and learn leadership capabilities. 4-H professionals often use these characteristics to help this age group "learn the ropes" of 4-H Camp planning and implementation.

Like their older counterparts, the 12 to 14 year old age group often seeks new and different challenges from 4-H. Utilizing them in a pre-leadership capacity allows these novice teen leaders the chance to learn how to commit to a long-term experience (like camp planning.) Serving in a pre-leadership position also allows this age group to smoothly transition from camper to counselor while practicing life skills, too.

For these reasons (and many, many more!) 4-H Camping Programs around the state are growing *true* leaders at every developmental stage!

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4-H MILITARY PARTNERSHIPS

4-H Military Partnerships: Making a Difference a For Military Youth

Wyoming is one of about 40 states that utilize military funds to support military youth of Army, Navy, Air Force, Coast Guard, Reserve and National Guard in the United States and at military installations throughout the world. 891 military 4-H clubs around the world support military youth, families and staff as they serve or support those who serve our country. This partnership has four major goals:

- Support 4-H clubs and programming for all military connected youth on installations and in communities.
- Professional development opportunities for military youth programs staff and Extension staff
- Curriculum Development: Develop, implement, and train staff through various curriculum, including 4-H 101, 4-H 201, Tech Discovery and Teen Babysitting Certifications.
- Youth and Family Camps: support and provide camp grants through state 4-H programs.

In Wyoming, Laramie County 4-H supports FE Warren Air Force Base Youth Programs and outreach of the 2500 youth on base. Two 4-H clubs on base, The Patriots and the Handy Helpers, average a total of 90 members. The Handy Helpers is mostly made of Cloverbud age members (5-8 years old) and explores a variety of 4-H projects. The Patriots have monthly club meetings and focus on STEAM, community service and College/Career Preparedness projects. Members of both clubs annually participate in county fair and summer day camps.

The Wyoming 4-H Military Partnership grant also supports outreach to geographically dispersed youth in Wyoming. By partnering with Wyoming National Guard, the roughly 3000 military youth that live throughout the state are supported and provided opportunities to connect with 4-H in their community. Teen resiliency camps, babysitting certifications, Yellow Ribbon events and much more are supported by 4-H.

For more information about 4-H military partnership program, www.4-hmilitarypartnerships.org or contact Brittany Johnson at

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Spring to Early Summer Gardening Tips

You should only work garden soil when it's dry, working it wet or damp causes compaction and loss of organic matter. Every time you work the soil you need to add compost back into the soil. Good organic matter to add back to the soil; tree leaves, pine needles (no they Do Not cause the soil to become acidic) grass clippings without herbicides (weed and feed products), kitchen scrapes, coffee grounds and filter. If you add manure based compost to your soil it should be ½ inch thick and rototilled in to a minimum depth of 4 inches, the more manure based compost you add the deeper it needs to be worked into the soil. Rule of thumb; less of this is better and a caution on manure based compost, it is the high concentration of salts not nitrogen that makes it "hot" and potentially hazardous to plants.

Fertilize your lawn when the outside temperature is around 65 degrees but not over 85 degrees, then lightly water the fertilizer in. According to the University of Wyoming and Colorado State University turf experts you only need to fertilize the lawn once during the growing season, like; Memorial weekend or Labor Day weekend. Use a slow release fertilizer to last the whole season. The more you fertilize your lawn the more water it needs along with frequent mowing. If your lawn soil has compaction problems try using a core-aerator which removes plugs of soil, you can rake in new top soil of just let the plugs break down over time.

Do plant perennial flowers around your property, planted in groupings they add beauty and value to your property, a good landscape design can add 10 to 15% to the value. Some fun flowers to plant: Western Prairie Clover (12-24"), Blue Hyssop (18-24"), Russian Sage (3 -5') Columbines (12-24"), Yarrow (12-24") all of these are drought tolerant and hardy to Laramie County. Some good tree choices: Little Leaf Linden, Green Spire Linden, Honey Locust, Big Tooth Maple, Tartarian Maple, Hot Wings Maple all these trees add shade and value to a home along with low care and are long lived.

Concerning the collection of rain water from your home or garage roof here's the answer from Laramie County Master Gardener Julie Huntington: "According to the Wyoming State Engineer's office; yes, you can collect rain water there is no permit needed; however, you must be aware of the mosquito problem that can occur in barrels and alleviate the problem by some means. From Cheyenne BOPU Water Conservation Specialist, Dena, yes you can collect rain water, so long as it's for personal garden use only. According to Cheyenne City Clerk, "there are no city ordinances against rain-barrel usage in the City of Cheyenne"."

Hope you all have a great bountiful garden, Catherine

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GIVING INSECTS A CLOSER LOOK

A couple years ago my husband enrolled in some entomology classes at the University of Wyoming. He would come home and say things such as, "All these years we've been calling ladybugs by the wrong name; they were actually ladybird beetles," and "All bugs are insects, but not all insects are bugs. At first, I thought he was a little loopy, but the more he talked, the more interested I became.

For class assignments, he was supposed to collect insects to aid in identification and classification. We started collecting insects on "little dates" walking around the block and took Sunday drives into the mountains. We even packed collections jars in our luggage for our international trips (to countries that allow you to collect without permits). Eventually we put together collections for our baby's nursery. Insects are so cool!

Grabbing a couple mason jars and hitting the hills is a great way to break-up an afternoon with kids or add a little variety to a summer camping trip. You don't have to be an entomology nerd to learn to appreciate insects. Giving insects a closer look, or collecting a gnarly-looking bug can aid in pest identification, identifying the "good guys", or even starting a 4-H project.

In the height of summer, more often than not, some invader has moved into the garden and has begun some undesirable munching. It isn't always obvious what the insect is, much less how to control the little booger. By staking out the point of interest, a gardener can collect the insect physically or get a focused, detailed photograph and bring it into the local extension office for identification. By identifying the pest, the gardener can better understand how, when, and at what rate to treat the pest.

It can be equally difficult to identify the "good guys" in the garden that eat the pests. Identifying these insects is especially important so that the gardener can make good management decisions. Some insecticides are non-discriminate; they control the pests, but also damage the desirable insects.

Through the 4-H entomology project, youth may learn

1. about insects and arthropods,
2. where insects live (soil, plants, homes, or pets),
3. insect parts, classification, and management,
4. how to collect, preserve, and label insects,
5. and about different types of flies.

If you know a youth who might be interested in an entomology project, there are many resources available to help ensure the youth's success and continued interest in entomology. Contact your local extension office about how to get started.

Beware, learning about insects may turn you into an entomology enthusiast! You may find yourself engaging in an entirely different dinner conversation. But learning more about insects is sure to help you become a more conscientious gardener and see the outdoors from a whole new view. If you are interested in learning more, check out some great University of Wyoming publications at **http://www.uwyo.edu/barnbackyard/resources/insects.html**.

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Hand-Pulling Weeds: Effective or Just work?

Hand-Pulling Weeds: Effective or just more work?

The ground is thawing, birds are chirping, and gardeners are hittin' the flower beds. Little green guys push through the dirt surface; some are keepers and some have to go, but how? Is pulling unwanted weeds really the way to go, or will pulling them be a waste of time and simply increase the infestation?

Understanding the weed's growth cycle is important to understand how the weeds will respond to hand-pulling pressure. Annual plants complete their growth cycle in one year. Biennials complete their growth cycle in two years. The first year, the biennial plant produces a rosette and grows a tap root for energy reserves. The second year, the plant bolts into a large plant with many seeds. Pulling annual and biennial weeds can be effective if they are pulled before the plants go to seed. It is best to pull biennial weeds in their first year of growth. Ratifying the plant in the first year means less plant to remove and a better chance at fully removing the long tap root.

Annual and biennial weeds can still be removed after they have gone to seed, but it is best to promptly put them in a garbage bag to reduce the chance of spreading seeds. If the weeds have been sprayed with herbicide, it's still a good idea to secure them in garbage bag before disposing of the "dead" weeds. Although herbicide is usually a very effective control method, some especially pesky weeds may still have viable seeds even after being treated with herbicide.

When it comes to hand-pulling, perennials respond best to a different control method or combination of methods. Perennials are plants that live more than two years. They store nutrients in their roots and re-grow each year from the roots or seed. Hand-pulling is not as successful because perennials are often stimulated from root or stem disturbances. By hand-pulling, perennial weeds may be encouraged to grow bigger and stronger than before.

The best time to control perennials is in the spring or early summer when they are actively growing, or in the fall right after the first hard freeze. Frost tells the perennials to start moving the nutrients from the plant parts into the root system to save up for next year. By timing treatment at this time, the plant will take the herbicide into the root zone where it is most effective at controlling the weed.

In addition to hand-pulling and chemical treatments, biological (insects and pathogens) and cultural (grazing, planting, inter-seeding) treatments can be effective control methods. Often times a combination of these methods, an integrated approach, is the most effective.

To help identify your weeds as annual, biennial, or perennial, or to create a management plan, contact Carbon County Weed and Pest. Remember to always read herbicide labels for the appropriate time of year for application and important safety information!

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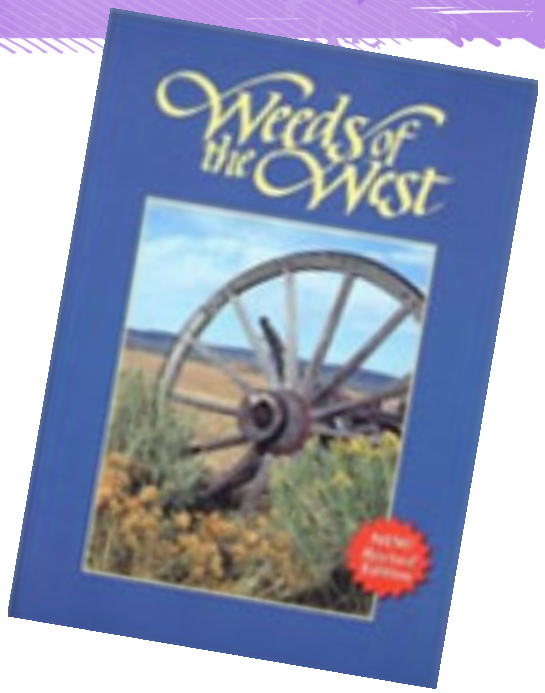
Excellent Resource!
WEEDS OF THE WEST



A hard copy for this book can be purchased for $22.00 at UW or your local Extension Office, please call to see if it is available.

Or

You can download the free ePub book at the following link below.

http://www.wyoextension.org/publications/epubs/wsws-1.epub

BE PATIENT!
the download may take awhile as it is 650 pages!

Publication # WSWS-1
Date Published: 2012

Description:
Learning to identify unwanted plants around the home, farm, or ranch will be much easier with a book published by the Western Society of Weed Science and cosponsored by Cooperative Extension of the Western States. Weeds of the West is an extensive publication which can help you identify plants that complete with native plants, horticultural and agricultural crops as well as those that can poison livestock and people. This extensive, easy-to-use guide contains more than 900 color photographs showing the early growth stages, mature plants and features for positive identification of each weed discussed. Description, habitats and characteristics of each plant are also in this 650 page book. Identification, habitats and characteristics of 350 species from western U.S., including Hawaii.
Softbound, 6" x 9"

Download for FREE!

SOIL TESTING

Welcome to the Soil, Water and Plant Testing Laboratory at Colorado State University!

The Soil-Water-Plant Laboratory analyzes soil, water, plant, sludge, manure and miscellaneous types of samples from farmers, homeowners, consultants, government agencies and CSU personnel, and provides fertilizer suggestions for improving crop growth.

THE LAB IS OPEN YEAR-ROUND
Our hours are 8-5 Monday-Friday
Except on and around major holidays.

The Soil-Water-Plant Testing Lab does not test for pesticides or herbicides.

Information and Forms: (Forms are in PDF format.)

- Analytical Services Provided: list of services provided by the lab
- Commercial Customer Information sheet: Customer Submittal Form with Chain of Custody
- Soil Sampling Instructions (farmers): Farmer Soil Sample Instructions
- Lab Submission forms: (Please submit with sample)
  - Horticultural Applications for Gardeners (PDF Format)
  - Agricultural Applications for Farmers
  - Water Analysis
  - Forage Analysis/price list

Further analysis is available please contact the lab for more information and prices.

The lab is certified with Manure Analysis Proficiency at Minnesota Dept. of Agriculture (MAP), National Forage Testing Association (NFTA), and participates in the National Association for Proficiency Testing (NAPT).

Hints for Homeowners:

The Soil, Water and Plant Testing Lab offers gift certificates for soil tests!

Trying to figure out what to give the gardener, farmer or rancher in your life? The Soil, Water and Plant Testing Lab offers gift certificates for soil testing at only $35.00 per sample.

The test includes an analysis of pH, soil salts and nutrient levels in the soil as well as an interpretation of the results. Soil testing is a great way to evaluate salts, nutrient availability and the effects of adding composts or other amendments to the soil.

Colorado State University

The University of Wyoming no longer provides soil testing services. However, we are in cooperation with Colorado State University , located in Ft. Collins, CO to help Wyoming residents test their soil.

Click the link below to access the Colorado State University Soil Testing Laboratory. You can also contact your local Wyoming Extension office to obtain canisters for soil testing. Testing starts at $35.00.

Click the link for more information.

http://www.soiltestinglab.colostate.edu/

PHYSICAL ACTIVITY TIPS - GET MOVING

Physical activity is good for adults and youth. Everyone needs to be physically active to be healthy.

Adults should be active for 2 hours and 30 minutes a week. That might seem like a lot. It might be easier to think of it as being active for 30 minutes, 5 days a week. That might still seem like a lot. If you are not active now or are not active that often, these tips can help you:

START WITH SMALL GOALS

Maybe your goal for this week is 60 minutes. Next week it could be 70. Work up to 150 minutes and do not worry if it takes a while. Any movement is a step in the right direction.

PICK ACTIVITIES YOU LIKE

Physical activity can be fun! If you like the activity, you will do it more often. Pick activities that make you happy and that make you feel good.

BE PATIENT

Encourage yourself to do as much as you can without hurting yourself. Practice positive self-talk and compliment yourself on all you can do.

For More Information, click here. http://www.uwyo.edu/cnp/move/physical%20activity%20tips.html

BE KIND TO YOUR BODY

If you are not active now, start walking and work up to other activities like running or biking. Starting slowly will help your body feel good and will help you avoid getting hurt.

FIND A FRIEND

Physical activity is more fun with a friend. The buddy system is also a great way to be active even when you do not want to. Help one another reach your goals.

PLAY

Play with your kids, kick a soccer ball, or shoot some hoops. Playing games is a fun way to be active and can make the minutes fly by.

FIND WAYS TO BE MORE ACTIVE

Walk to work or park further away and walk in. Take the stairs instead of the elevator. Take a short walking break. Adding physical activity to your day ten minutes at a time can help you reach your goals.

MAKE PHYSICAL ACTIVITY FAMILY TIME

Take a walk together, play at the park, or go on a bike ride. Doing activities together will make it more fun. It will also encourage you and your kids to be more active.

Cent$ible Nutrition Program

You're Invited!

EAT BETTER

FOR LESS!

FREE!

Wednesdays at 6:00 PM starting July 27
The Building at LaBonte Park (968 N 9th St)

Contact Sandra to sign up!
307-721-1874 | sbiller@uwyo.edu

Come to cook, try new recipes, and learn to save $$$ on food! Take a whole series and receive a FREE cookbook!

University of Wyoming Extension | Cent$ible Nutrition Program

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646.

SUMMER COOKING… TRY SOMETHING NEW!

Sloppy Joes with Veggies

Ingredients:

- 1 pound ground venison, lean beef, or poultry
- 2 cups shredded cabbage
- ½ cup onion, chopped
- 1 celery rib, chopped
- ⅓ cup green pepper, chopped
- 1 cup ketchup
- 3 Tablespoons brown sugar
- 2 Tablespoons lemon juice
- 1 Tablespoon vinegar
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon mustard
- Salt and pepper, to taste
- 8 whole-grain sandwich rolls

Directions

1. Wash hands in warm, soapy water.
2. Cook meat and vegetables over medium heat until meat is thoroughly cooked; drain.
3. Stir in remaining ingredients.
4. Cover and simmer for 10-15 minutes.
5. Serve on rolls.

Makes 8 servings.

You can add beans, carrots, and other vegetables to your families liking. You can also place the fixings in a tortilla.

Waldorf Salad

2 cups diced, unpeeled apples (2 medium)
1 cup diced celery
½ cup seedless grapes
⅓ cup chopped nuts (optional)
½ cup light mayonnaise or salad dressing, or lowfat yogurt

Nutrition Facts	
Serving Size: 3/4 cup (98.0g)	
Servings: 6	
Amount Per Serving	
Calories 130	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**15%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 0.5g	
Cholesterol 5mg	**2%**
Sodium 135mg	**6%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 1g	
Vitamin A 2% • Calcium 2%	Vitamin C 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet

1. Combine apples, celery, grapes, nuts, and mayonnaise or lowfat yogurt.
2. Toss gently. Can be served alone or in bread as a sandwich.
3. Store leftovers in the refrigerator within two hours of making; save up to one day. Serves 6.

LEARN HOW TO COOK TO SAVE MONEY

Cook

Cooking meals at home is one of the best ways you can save money and improve your health. Eating out is expensive, especially several times a week. Buying groceries to make a meal at home may seem more expensive, but they are usually less expensive than meals at restaurants for one week. When you cook at home, you have more control over your food. You can make better choices about what to eat and how much.

If cooking at home seems difficult or if you do not know how, do not worry! Learning and improving cooking skills is a big part of each Cent$ible Nutrition Program class. CNP educators can show you easy tips and tricks for planning, preparing, and cooking meals. Plus, when you take CNP classes, you will get a free cookbook. The cookbook is full of over 200 tasty and simple recipes. With these skills and the cookbook, you will be well on your way to feeling comfortable in the kitchen and making healthy, delicious meals.

Contact your local Cent$ible Nutrition Program educator for class information: http://www.uwyo.edu/cnp/counties/

The Keys to Effective Feedback - Give it Often, Give it Quickly, Give it Privately!

We've all been there. Our boss in passing tells us that they would like to talk to us and to come by their office this afternoon. We immediately start hearing the theme music from Jaws playing in our head and no matter how good our relationship with our boss we start to wonder and worry about what they need to talk to us about. If we are lucky, our boss gives us feedback that provides us with a clear understanding of our performance and we feel confident about ourselves and our abilities to meet the needs of our organization. Unfortunately, this is all too often not the case. Too many of us have a negative experience with feedback regardless of the type of feedback that we receive. We end up feeling discouraged about our jobs, our organizations, and even worse about ourselves.

As the individuals responsible for providing feedback and ensuring our organization functions optimally we are rightly concerned that feedback so often has the opposite effect of what we are trying to achieve. As supervisors we have a responsibility to ensure our subordinates are working positively to affect our organizations. We do this by giving them feedback. In turn, they have an obligation to receive and act on the feedback we give them. How then do we do this if the feedback we give results in negative outcomes?

The answer rests in giving feedback effectively. At the very least we need to give it in such a way that it does not become an earth shattering occasion that completely destroys our employees and their productivity. Part of the key to giving feedback effectively is to do it often, quickly, and privately. The other key is to focus on the employee's observable behaviors and the consequences of those behaviors.

Focus on Observable Behaviors

Giving feedback on only observable behaviors ensures that you are not making assumptions about your employees' intentions. Whether our assumptions are that they have negative or positive intentions, guessing wrong can have undesirable consequences. Consider the example of the employee who has a "bad attitude." Confronting this employee about their "bad attitude" opens the door to arguments and will only result in them asserting that they don't have a bad attitude and leave you both feeling frustrated by the encounter. Focusing on observable behaviors such as their comments about the organization, their body language, or their tone of voice lets the employee know exactly what they did that was inappropriate and gives them something specific to focus on for future improvements. The folks at Manager Tools (www.manager-tools.com) provide free management podcasts and have a very simple feedback model that helps you to focus on behaviors and get results from the feedback you give.

GIVE IT OFTEN

The annual performance review, without frequent feedback, epitomizes the problem of feedback that is not timely. It is given once at the end of the year, or even worse months later, and only focuses on what has already happened. Often, the review heavily focuses on behaviors that most recently occurred and completely disregards everything that happened towards the beginning of the year. This type of feedback is neither timely nor does it give the employee a reasonable chance at changing and improving their performance. No matter how laid back your style of management, the annual performance review is almost always felt to be a big deal. The fact that it is very often tied to salary increases only reinforces this perception. Because of the importance and potential impact of the annual performance review it is often demoralizing to employees instead of motivating.

The solution to this problem is to provide feedback regularly, almost immediately and on small everyday actions. Regularly providing feedback reduces the stigma associated with a big feedback event and allows the employee to relax and focus on the behaviors you want. Providing feedback within days or hours of a noted incident or behavior lets the employee know right away that their behavior needs to change or that it is appreciated. Whether they are doing the right thing or the wrong thing, letting them know right away gives them an opportunity to change poor behaviors before they have dug themselves into a hole and to feel good and continue to do the positive things that make your organization successful.

GIVE IT QUICKLY

Because we value our relationships with our employees we often try to soften the blow of giving corrective feedback by prefacing our conversations with a lot of assumptions and/or preamble. We might say things such as "I know you didn't mean to…" or "you probably don't realize…" in our efforts to ease into the conversation. This preamble just

Continued on page 17…

The Keys to Effective Feedback - Give it Often, Give it Quickly, Give it Privately!

serves to give the employee signals that what we are about to tell them is of great importance and raises their anxiety level. When we become anxious we enter flight or fight mode which makes it more difficult to listen and reflect on what is being told to us.

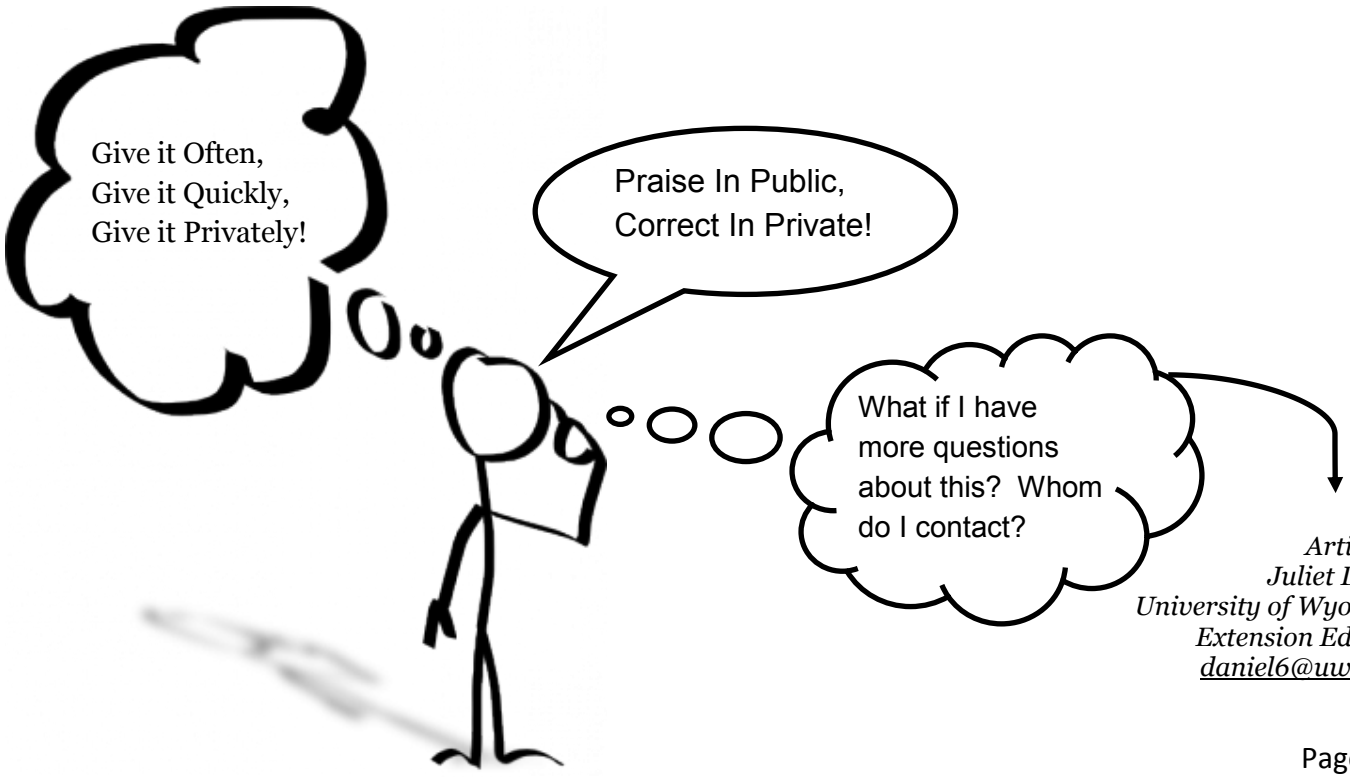
Instead of easing the employee into the feedback remember that you are now giving feedback regularly and on everyday behaviors. There is no need to ease them into it, just be direct. Being direct keeps the message short and helps to keep them focused on your core message. If done well the feedback session will be over before the anxiety sets in and your employee's reaction will be "Sure, I can do that differently. No big deal."

GIVE IT PRIVATELY

Although most of us don't mind receiving praise and recognition in public, receiving corrective feedback in public is a whole different story. Most people value doing a good job and derive satisfaction from being a good employee. When our expectations for ourselves don't match up with our supervisor's expectations, and even worse our own, we can be left with feelings of shame about our performance. Shame is an excellent motivator… if you want your employees to engage in nonproductive behaviors! Shame only motivates us to not get caught and results in employees who will expend a lot of time and effort to avoid getting caught. Unfortunately this time and effort is at the expense of doing what you actually want them to do. To help prevent this negative shame cycle, don't give feedback in front of others. This in combination with giving it regularly and quickly on everyday behaviors will help to reduce the shame associated with mistakes.

FUTURE BEHAVIOR IS THE GOAL

Remember, the purpose of giving feedback is to encourage e the behaviors that you want from your employees. Focusing on observable actions and giving feedback often, quickly, and privately will help you to get there. Don't make the mistake of only focusing on what they do wrong. Noting and providing feedback on what they are doing right is also encouraging effective behaviors from your staff and should make up the bulk of the feedback that you provide. Make giving feedback a positive habit with your employees.



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THE SPEED OF TRUST

Most of us will admit that trust is a great thing to have. It's adds a nice touch to our relationships, it is a desirable social virtue, maybe the "icing" on the cake of our interactions.

But, life can go on when trust is missing. Business deals can take place in its absence. People can survive without it – we do so every day.

Stephen M.R. Covey is credited with the saying, "Nothing is as fast as the speed of trust." Additionally, trust is identified as the "one thing that changes everything" when it comes to business and personal relationships.

So what is the big deal about TRUST?

When trust is absent, two things happen: speed goes down, and costs go up. The pace at which we are able to work, from making a business deal to addressing a community issue, slows down or even come to a halt in the absence of trust. We have to look over our shoulder, delay our decisions, double- and triple-check our facts, and hesitate about who we're sharing information with. Because of the slower pace, costs rise. Our work is more expensive, whether in actual dollar-and-cents costs, or the expense of wearing down our relationships, time, and energy. When trust is abundant, the opposite is true – speed goes up, and costs go down. Deals can be made quicker and the expense of over-doing "due diligence" declines. High trust can be a multiplier of the positives in a business or organization. Communication improves, transparency increases, execution quickens, and engagement is heightened. High trust can significantly improve your energy and passion for relationships in the workplace and in the community. Not only does speed go up and costs go down, but the sheer quality of life is also impacted.

So re-think what you believe about trust. It is not "just" a soft skill or intangible factor in our relationships. It is the foundation to every project or venture in which we are engaged. It is truly one thing that can change everything.

Article by:
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Showcase Wyoming Hay Across the State and Across the Country!

There is little debate that Wyoming growers produce some of the best hay in the country. Our low humidity, warm days and cooler nights make for a great climate to produce high quality hay. The challenge then can be marketing that high quality product.

That's a big reason why a group of hay producers from across Wyoming, with help from the Wyoming Business Council and The University of Wyoming Extension have been working together to organize the Wyoming Hay and Forage Association. They want to help open up markets and opportunities for hay producers, both big and small.

The organization will have a website where members will be able to list hay for sale and will also work to develop and maintain a directory of hay producers around the state. Both will be a resource for those in Wyoming looking to purchase hay, but will also be great way to market hay out-of-state. No prices will be listed on the site, to encourage direct contact with the producer.

Educational programs will also be a part of the organization's efforts. This will be an opportunity to bring in industry reps as well as Extension Educators to share updates and information on production practices, forage testing, research, etc. The plan is to host programs around the state, so as to reach producers in their local regions.

The organization is also be working with the Wyoming Business Council to host the 2016 Wyoming Hay Show at the Wyoming State Fair. The hay show regulations have been rewritten in order to make it a more market based hay show, in order to better represent Wyoming's hay production. The Divisions are alfalfa, mixed hay and grass hay, with classes divide by cutting. Informational meetings about the updates to the hay show are scheduled for June 15th and 16th across the Bighorn Basin, Freemont County and Southeast Wyoming. See Table 1 for the full schedule. Exact times have not yet been set.

Table 1. Schedule for Wyoming State Hay Show info meetings

Date	Location	Time
June 15	Powell	Morning
	Basin	Afternoon
	Riverton	Late afternoon/ evening
June 16	Casper	Morning
	Douglas	Mid-morning
	Wheatland	Afternoon
	Torrington	Evening

Another continuing effort is taking entries to the World Forage Super bowl, at the World Dairy Expo in Wisconsin in September. Entries are selected from the hay show winners. Wyoming hay producers have consistently made a very strong showing at the competition, often winning or placing very high. This is also a great opportunity to showcase Wyoming hay, as the Wyoming Business Council hosts a booth each year with samples of Wyoming hay for attendees and potential buyers to inspect.

Wyoming has many great organizations in support of Wyoming agriculture. As Wyoming's number one crop, it's great to see an association forming to support Wyoming hay producers as well, with the goal of promoting Wyoming hay within the state as well as across the country.

Bylaws are still in development for the association, but interest is increasing, both among producers as well as the industry. More information on the association and how to become a member will be coming soon. If you have questions or are interested in more information, contact Caleb Carter at the Goshen County Extension Office at (307) 532-2436 or ccarte13@uwyo.edu.

Caleb Carter
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Professional Development for Ranchers

Do you take your work as a rancher seriously or it is just a hobby? Is your ranch a business that is expected to support people, produce cash flow, improve the infrastructure of the place or does it just provide jobs for owners? Can you think of any serious business that doesn't invest in the professional development of their key people? I can't.

If your ranch is a business and the people that work in that business are professional business people, then each key person should be expected to seek out some type of professional development each year. In ranch businesses we often get too caught up in doing the day-to-day work that we sometimes overlook or fail to do the tasks that have the most value creating potential.

I recently had a call from a rancher who was looking for information on a management course. They expressed concern about the $50 tuition for the two-day class. They didn't outright say this, but implied that they were comfortable the class would be worth giving up the two days away and worth the travel expenses but just uncomfortable with the $50. I shook my head after hanging up that this person might have lost sight of the big picture. I'd argue that the two days away and the travel expenses was a much greater investment then the small tuition. What do you think most businesses budget per professional for professional improvement annually? I found some literature that suggests $2,000/year for each professional employee is a ball park average. Another benchmark would be one-month's salary should be set aside for professional improvement. My guess is that most ranches are well below this. To be successful in the ranching business generally requires the manger to be frugal. Here is one area where I think being overly frugal can be dangerous. It is certainly wise to critically evaluate educational opportunities and the cost of each, but not whether or not people should be attending something. In fact, I would suggest astute managers would insist each key employee must attend some meaningful professional development program each year or two, and no, I don't think the half-day meeting in town fits the bill. I would encourage the ranch team to examine the strengths and weaknesses of all persons involved in the ranch and identify areas needing improvement then finding appropriate trainings that will meet the need. For example, a ranch may have people who are very skilled at handling nutrition and reproduction management issues, and other people who are skilled at developing grazing plans and systems, but no one who is skilled at conducting economic and financial analysis on the ranch. Unless the ranch wants to hire this to be done outside, it would be wise to identify someone on the ranch team willing to get this training and be willing to invest a significant amount in making this happen.

I have been fortunate to work with many ranchers across several states and in my opinion the well-functioning, profitable ranches tend to be those who actively seek knowledge. Attending meetings and seminars is only part of it. Forming a network of with other progressive ranch managers is likely just as or perhaps more valuable than the information delivered at the meeting. Professional development and activism are separate activities. Often times industry organizations offer some professional development at their gatherings, but don't mistake one for the other.

There are several opportunities coming up in the next few months. I'm involved with offering the High Plains Ranch Practicum School – an eight-day course for ranchers on business management. We start with two days the end of June and the registration deadline is early June. Information can be found here: **http://HPRanchPracticum.com**

Also the Wyoming Grazing School – a hands on 4-day school with Jim Gerrish to learn Management-intensive Grazing will happen in Glenrock, WY June 6-9. Google "Wyoming Grazing School" for the website and more information.

I encourage your ranch management team to discuss professional development regularly and just like you budget for the fuel used on the ranch, budget for professional development for your most valuable asset on the ranch – the people.

Article by:
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May 11, 2016

Don't Get Complacent About Ag Safety!

I should have known better. I'm recovering from a severe concussion; one so bad that I couldn't drive, watch television, or do anything on the computer or smartphone for nine weeks. My recovery is still ongoing and while writing three months later, I'm only working part-time at my job in town and can't help on the farm.

The catalyst for my concussion was not a car accident, falling down the stairs, or even sports related. A 500-pound sow caused my concussion because I didn't follow safety procedures around livestock.

I should have known better. I know what to do to keep myself safe around livestock. I grew up on a beef feedlot where we fed out 1500 steers a year and had a 50-cow Angus herd. I helped move cattle, process them in the chute, and load trucks. I showed steers and heifers since I was nine-years-old, including the job of halter breaking 500-pound steers. My husband and I have been raising sows and feeder pigs for 13 years. Over the years, I've seen injuries that can result from not handling livestock properly—so I should have known better.

But, I had become complacent. I was only going to be in the field with the sows for a few seconds to pick up some buckets. I walked out into the field without a cane or stick. My second mistake was I turned my back on a sow in heat. She came up behind me and gave me a push, which threw me into the fence. I got up a little dazed and, with my back still to her, she hooked her nose under my behind and tossed me in the air. The last thing I remember was the sensation of flying in the air. Fortunately, my 16-year-old son, Chester, ran from a nearby barn and took control of the situation.

It was only a few seconds, but those seconds brought my life to a screeching halt and cost me a precious commodity—time. My Thanksgiving and Christmas were spent visiting with family in a dark room we created in our house. I lost contact with the outside world as I waited for my brain to heal. Unlike a broken leg, you can't put a cast on your brain to allow movement and interaction with the outside world. Concussions only allow you to sit and wait for the brain to overcome the trauma.

I'm thankful that my neck was not broken, which was an early concern. I've successfully begun to drive, work on the computer again and can at least handle the weather report on the television. My recovery continues and I'm hoping to be able to help on our farm by the time u-pick strawberry season starts. A few seconds of ignoring what I knew I should do cost months of recovery time.

As we enter into the season of 4-H and FFA members obtaining and working their projects, I encourage parents to really look at how everyone involved is exposed to the animals. The sow that attacked me had been shown. She had traveled to shows around Ohio, Indiana, and Illinois. Because we interact with them daily, we forget that they are still animals and therefore unpredictable. Don't cost yourself or other family members time. It's the one commodity that's not renewable.

Photo caption: Cindy Folck (right) and her son, Chester. It's over three months since the accident and Cindy still has to wear noise-reducing earphones in the farrowing barn.

Cindy Folck—Guest Writer

For more articles on Agricultural Health and Safety, click on the link: http://agsafety.osu.edu/newsletter/ag-safety-stat/march-2016/injury-prevention/should-have-known-better

WYOMING AgrAbility

Safety and health suggestions for working senior ranchers and farmers

Generally speaking, reducing or controlling injury risks and hazards is not any different for senior ranchers and farmers than for any other age group.

Making physical changes to the working environment to completely remove or lessen exposure to hazards is easier than relying on an individual's behavior around the hazard.

Following are suggestions that enhance senior producers' safety and health. Examples of agricultural safety and adaptive equipment can be found on the National AgrAbility Web page www.agrabilityproject.org/assistivetech/

- Increase lighting levels in barns and other buildings to accommodate vision needs of older farmers and ranchers.
- Ensure all steps, stairs, and handrails are of excellent quality and well-lighted. Light switches should be at both ends of stairs and by all entrances.
- Put non-slip surfaces on walkways and steps where possible.
- Have easily operated or maneuvered fence gates, building doors, and animal handling devices.
- Use properly fitted and easily accessible personal protection devices such as safety glasses or face masks.

In the agriculture industry, the 65-and-over age group had the greatest number of fatalities involving machinery-related incidents. Most often, the machinery was a tractor or piece of agricultural production equipment. Each year, the Centers for Disease Control and Prevention estimates tractor rollovers account for approximately 130 fatalities. It is important senior farmers and ranchers pay special attention to their ability to safely operate a tractor.

To reduce tractor operation risks, farmers and ranchers might:

- Consider trading in older, less-safe tractors for newer, safer models.
- Retro-fit older tractors, when possible, with roll bars (often called ROPS, rollover protection system) and a seat belt.
- Ensure all shields are in place and tractor lights, brakes, tires, etc., are functional and well maintained.
- Refrain from carrying passengers; consider limiting tractor operation to daylight hours and roads with little vehicular traffic.
- The safest tractor for a senior is a newer tractor with an enclosed cab and ROPS.
- Senior agriculturists should be aware of over-the- counter drugs and prescription medications that may reduce alertness, decrease the sense of balance, or interfere in some other way with expected work tasks.

Get adequate rest, eat nutritiously, and wear proper work clothes and footwear.

- Take work breaks. Get off the tractor and walk around. Always stop when tired.
- Know the symptoms of heart attack and stroke (American Heart Association www.americanheart.org).
- Don't perform farm or ranch work that may be risky for you. Wyoming AgrAbility has information on identifying high-risk work tasks for senior farmers and ranchers.
- Senior producers should obtain regular medical check-ups (at least once a year) for vision, hearing, balance, and muscular range and mobility.
- They should consult with a family physician about how physical limitations may affect safety and health at work and if any prescriptions can interfere with safe operation of machinery.

There are benefits that come with age. Older ranchers and farmers have the wisdom and experience many younger workers lack. Use enhanced judgment and skill to compensate for decreases in reaction time and muscle strength that are inevitable.

For more information, contact AgrAbility by calling toll-free (866) 395-4986, or e-mail agrability@uwyo.edu.

Source: National Ag. Safety Database, *Safety for Aging Farmers* http://www.cdc.gov/nasd/docs/d001601-d001700/d001618/d001618.html

For more full newsletter visit the Agribility website at http://www.uwyo.edu/agrability/newsreleases/newspaper_insert_2008_v1.pdf

HELPFUL RESOURCES!

Check out the University of Wyoming Extension website! You'll find all kinds of helpful information on selecting trees that grow in Wyoming, wild land fire management and articles & information on all of our programing. Click this link to visit the University of Wyoming Extension website.

Want to know how to preserve food? What's the safest way to store food? How to cook healthy and nutritious meals? Visit our website page to find out answers to all these questions and more!
Click here to visit Eat Wyoming

EMERGENCY RESOURCES

WATER ISSUES

http://www.uwyo.edu/uwe/wyo-disaster/water.html

TORNADOES

http://www.uwyo.edu/uwe/wyo-disaster/tornadoes.html

DROUGHT

http://www.uwyo.edu/uwe/wyo-disaster/drought/index.html

FLOODS

http://www.uwyo.edu/uwe/wyo-disaster/floods.html

WIND ISSUES

http://www.uwyo.edu/uwe/wyo-disaster/wind.html

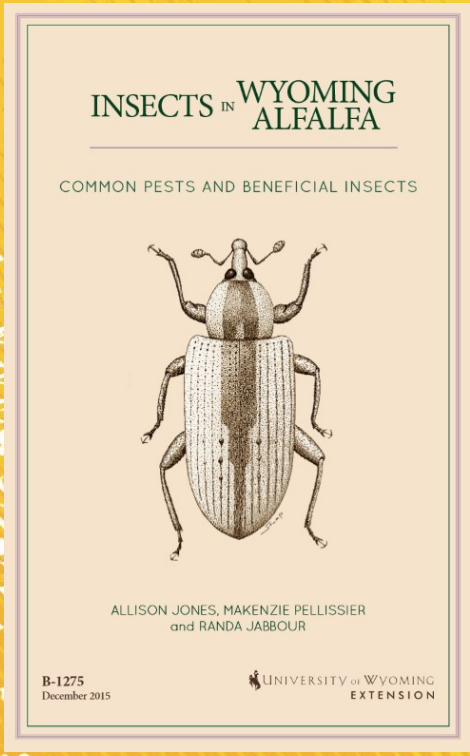
WILDFIRES

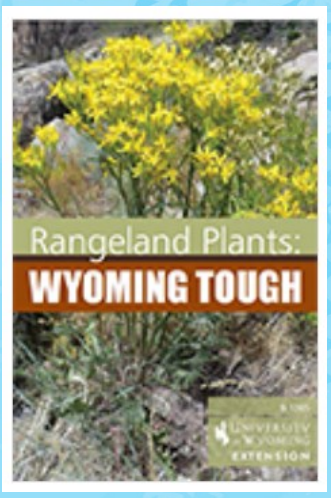
http://www.uwyo.edu/uwe/wyo-disaster/wildfire.html

HELPFUL RESOURCES!

Wyoming Insects in Alfalfa
Common pests and Beneficial Insects
B-1275
December 2015

Hot off the press! Down load this great resource by **clicking here.**

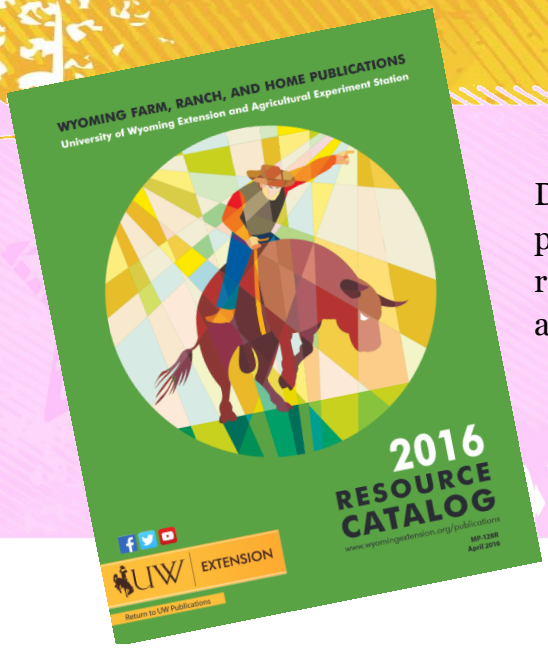




It takes tough plants to do well in Wyoming's harsh climate and diverse landscape. This guidebook is meant to help the more-than-casual observer of nature identify the most important and common plant species on Wyoming's rangelands.

You can buy a hard copy at the Extension Office for $8.00 or get a FREE pdf or ebook by clicking the link below.

http://www.wyoextension.org/publications/Search_Details.php?pubid=1878



Do you need resources? This document has all the University publications that you'd need to be successful with farming, ranching, cooking, gardening, etc. Click the link below to look at the resource catalog.

http://www.wyoextension.org/agpubs/pubs/MP-128R.pdf

Got Questions? Let us know:
larcntex@uwyo.edu
307-633-4383
307-633-4223 (fax)

310 W. 19th Street, Ste. 100
Cheyenne, WY 82001

Laramie County
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Debbie Russell Cent$ible Nutrition Program Coordinator, Sr.	Karen Hruby Cent$ible Nutrition Program Coordinator	Jill Person Cent$ible Nutrition Program Associate	Sandi Arnold Cent$ible Nutrition Program Assistant	Rita Lemley Cent$ible Nutrition Program Assistant	