



# Northeast Extension Connection

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## Pesticide Applicator Testing Now Available Online!!!

Anyone in the state of Wyoming who wants to apply restricted use pesticides on their property, or for hire, needs to obtain a pesticide applicator license from the Wyoming Department of Agriculture. Traditionally private licenses (personal use) were only obtained by attending a class, filling out a take home workbook, or taking a written test at your local UW Cooperative Extension Office (UW CES). Commercial licenses (for hire) were obtained by taking a variety of written tests at your local UW CES office. Any of these methods traditionally result in the person who applied for the license and took the test waiting a minimum of four weeks before receiving their license by postal mail from the Department of Ag. A new option is now available to obtain a license in a timelier manner.

The tests are now available to be taken online in your local UW CES office. These tests will be automatically graded and a temporary license can be issued by the office. Tests must still be proctored by a UW CES educator, so they must be taken on the computer in the office. The benefit is that you will receive your results immediately and have a paper license that can be used to purchase restricted use pesticides.

Steps to online testing: Online tests are scheduled two or more days in advanced by logging on to the website at: <http://outreach.uwyo.edu/conferences/pesticide/applicator.asp> from your home computer or the public

computer available in your local UW CES office.

Within three days of scheduling your testing time you will receive an email with your log in and password information.

After receiving your username and password you call to confirm your testing time with the office.

Show up at your local UW CES office at the scheduled testing time to take your test(s).

Print out your test results.

If you passed these results will be attached to a temporary license and you may begin purchasing pesticides or spraying commercially.

If you did not pass you may choose to have your local extension educator review your test with you or pick up additional study materials. The test can be retaken anytime within 30 days of receiving your username and password.



For more information about who needs a pesticide applicator license, types of licenses or restricted use pesticides contact please contact Lindsay Taylor at (307) 670-0171, [LRT10@ccgov.net](mailto:LRT10@ccgov.net); Gene Gade at (307) 283-1192, [agage@uwyo.edu](mailto:agage@uwyo.edu) or Bill Taylor 746-3531 or your local Weed and Pest office.

### Comparison of Pesticide Applicator Licensing Methods

All methods currently available	Method	Cost	Time to Receive License
Commercial License	Written tests	\$25 (Gov. purposes exempt)	3-6 weeks
	Online tests	\$65 (Gov. purposes \$40)	2-3 days
Private License	Written tests	Free	3-6 weeks
	Approved training session	Free	2-6 weeks
	Online test	\$40	2-3 days



# Ponderosa Pine and Other Range Plants That Cause Livestock Abortion

By Gene Gade

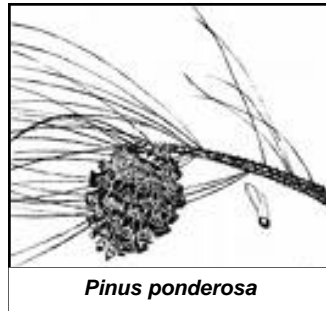
UW Extension Educator - Northeast Area - Range and Natural Resources

All plants produce toxins to protect themselves from disease organisms and/or from being eaten by animals, large or small. The variation in the chemistry, mode of action and potency of these toxins is truly amazing. Toxins that affect the reproductive performance of livestock are of special importance to ranchers, and several plant species in this region are capable of causing fetal death or abortion in domestic animals.

## Ponderosa Pine Needles and Their Illk

For many years it has been known that cows ingesting pine needles often give birth to dead, premature and/or weak calves and experience the complications of retained placentas and uterine infections. The most frequent culprit in the West is Ponderosa Pine, but a number

of other conifer species are also capable of causing "pine needle abortion" (PNA). Research in the 1980's and '90's identified the primary toxin



that causes PNA and its mechanism. It's a chemical called isocupressic acid (ICA) and it causes abortion by decreasing the placental blood flow to the fetus and thus its oxygen supply. There are also other toxins in pine needles that apparently kill microbes in the cow's rumen. ICA is present in other conifer species including Rocky Mountain Juniper, Eastern Red Cedar, Colorado Blue Spruce, Limber Pine and Lodgepole Pine, all of which can be found in the Black Hills region.

The reason Ponderosa more commonly causes PNA is that ICA is less concentrated in the other species. In this region, the concentration of ICA in Ponderosa Pine varies from about 0.58% to 1.3% of needles on a dry-matter basis. Most of the other conifer species have ICA levels less than 0.5%, which normally does not cause abortion. One exception to that rule is Common Juniper, *Juniperus communis*, the low-growing, shrubby species that often grows in the understory of Ponderosa forests. *J. communis* often has ICA levels even higher than Ponderosa Pine!

## The Status of Knowledge About PNA

Cattle graze pine needles primarily in winter. Cattle will eat green or wilted needles directly from low branches, felled trees or slash piles, or dry needles from the forest floor. Once they begin eating needles, some cows learn to like them and may consume large amounts. Field studies have established that individual animals may eat up to 40% of their diet as pine needles. Other variables affecting consumption are weather events, nutrient status, snow depth and the availability of other forages. Consumption of pine needles tends to increase as snow depth increases and as temperature drops. Thus, the risk of pine needle consumption is greatest during severe winters and snowy fall or spring storms. Simple hunger is probably not the major factor in pine needle consumption, because cattle will often leave feed grounds, move to pine-sheltered areas and eat needles. Bison can also experience pine needle abortion, but sheep, goats, elk and deer are apparently not susceptible.

Recent research has also shown that cattle in thin body condition will eat more needles than do fat cows. However, cattle on low protein diets eat fewer needles than cattle on high-protein diets! Research relating cattle nutrition and pine needle consumption is on-going. In general, the more needles a cow eats and the closer it is to natural parturition, the more likely it is to abort, especially if the needles, bark or pine tips consumed contain >1% ICA.

### Management of PNA

There is still no antidote or treatment to reverse the abortion-causing effects of pine needles. Current recommendations are that livestock producers should avoid exposing pregnant cattle to pine needles, bark, pine tips and slash piles, especially in late gestation. Providing adequate food and shelter can help reduce losses. Maintaining cows in moderate to good body condition generally reduces pine needle consumption, and thus the risk of abortions. Moving to a late-spring or fall calving period may also be helpful in avoiding exposure of late-gestation cows to cold and snowy conditions.

If abortion does occur, therapy to treat the secondary effects of PNA on both cows and surviving calves. Veterinary measures such as antibiotics and hormone or steroidal therapy may be needed to mitigate problems with retained placenta and uterine infection. Calves born alive may require colostrums and milk supplementation, oxygen therapy, fluid and electrolyte replacement and antibiotic therapy to survive.

### Other Abortion-Causing Range Plants

At least three other plant genera found in this region are capable of causing abortion or fetal death in livestock. These include: **Locoweeds:** “Loco” or “Crazy” weed is a generic term for species of the genera of legumes *Oxytropis* and *Astragalus* that contain a

species most likely to cause problems in eastern Wyoming is commonly called “Silky Crazyweed” (*Oxytropis sericea*). It has an abundance of small, white flowers typical of the pea family and a whitish gray appearance to its foliage and stems. The primary toxin has multiple affects on both the mother and fetus including heart problems and birth defects that result in fetal death and abortion of any species that consumes it. Locoweeds are hard to manage because they thrive in a broad range of growing conditions and are relatively palatable to livestock, especially in period when other forage is limited (esp. early spring, fall and winter).



*Oxytropis sericea*

**Broom Snakeweed:** Snakeweed is very common on western rangelands. Usually less than 1 1/2 feet tall, snakeweed’s numerous small



Snakeweed

flowers often give a yellowish cast, especially to heavily grazed or otherwise disturbed pastures. Snakeweed contains a chemical, diterpene acid, that is very similar to the ICA in pine needles, and it has very similar effects...abortion, retained placenta, uterine infection...but snakeweed affects sheep

and goats as well as cattle.



False Hellebore or Corn Lily

### False hellebore:

Sheep that graze moist sites at high elevation are sometimes affected by this plant which causes fetal malformations, including the head-face deformity called “monkey-faced lamb disease,” and commonly embryonic death.

# SHAREHOLDER AGREEMENTS

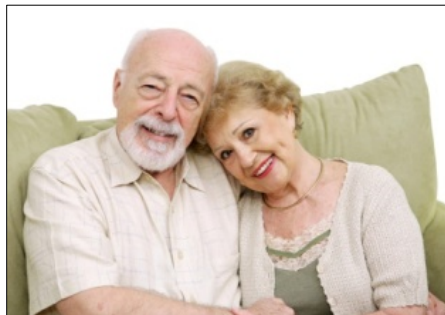
edited by: Bill Taylor  
Northeast Area Community  
Development Educator  
University of Wyoming Cooperative  
Extension Service



Consider a family in business together. One of the five siblings is killed in an equipment accident. As shareholders in the family business, each of these siblings inherited equal shares of the company. As children, they always got along well and their hard-working parents assumed they always would, so established no guidelines for what might eventually happen to the shares they gave each child.

A couple years later the wife of the dead brother marries a man that none of the other siblings trust and who has no interest in actually participating in the operation of the business, but considers himself an owner and is only interested in spending his wife's share to have "fun." This new shareholder continues to find fault with the organization and contends most of the decisions and even files litigation from time-to-time to get what he wants.

If there is one area ripe for the explosion of interpersonal relationships in a family business, it is when shares are passed down to family members through inheritance. Many business owners think of this as a great blessing and benefit to



are fortunate to own stock in the business that has supported and nurtured them throughout their life.

Typically, ownership is passed in equal amounts to each offspring, including those not involved in the business.

heirs, when it often has the opposite, almost detrimental effect on the family business. What is viewed by the founder as a great legacy can be fruitful ground for future problems, even in the most close-knit, loving families.

A partial solution to thwart this problem is to establish a Shareholder Agreement with a "Buy/Sell" provision. Whereas Shareholder Agreements usually address a broad range of business related issues, Buy/Sell Agreements define the rights and privileges of what shareholders, or their estates, can and cannot do with their stock. Buy/Sell Agreements are advisable wherever ownership in a private company is held or will be held in the future by more than one individual. Even so, a large percentage of family owned businesses do not have Buy/Sells.

When no Buy/Sell is in place, family members who inherit stock in the business may legally sell them to anyone. When divorces, lawsuits, employee terminations, or even deaths occur, stock shares may end up in the hands of strangers, competitors, out of favor ex-relatives, or even worse, out of favor ex-relative's new spouses. Unless majority shareholders have contractual controls over stock share purchasing procedures, a family business may face expenses and hassles that could destroy it. These procedures should be set in place long before ownership changes occur. Buy/Sells simplify bequests and help to preserve and guard the family business from future hostilities.

The word "gift" may be misleading. Often the one who established the family business starts from scratch. He or she believes their children

On average, one-half of the family will join the business and the other half will have other professional or personal interests.

Shortly after receiving this "gift", the non-business heirs get the bill from Uncle Sam: they owe the IRS 55% of the value of the business – in cash. The heirs often learn that the only way to protect themselves from total financial ruin is to sell the entire business or force the business to buy back the stock.



This is when heirs challenge sibling's compensation and management decisions and do everything in their power to make their siblings wish they were not a shareholder. It can literally explode a business and family.

The best advice is to educate and communicate. Sit down with family members and tell them about the business. Even if they don't appear to be interested today, they may be forced to make some critical decisions in the future. Help each family member understand the capital needs of the business, how the business works, what makes this particular business "tick", how decisions are made, and what the strengths, weaknesses, and needs of management are. Discuss every aspect of the business, including realistic salaries and what you expect from future ownership. And above all else, create or update a shareholders agreement with a particular emphasis on a Buy/Sell provision.

The following five safeguards can promote resolution of family business ownership problems:

Create the Shareholder Agreement while participants are healthy. Do not put this off until the founder or one of the owners is ill or near death.

Create a liquidity plan for all family owners with a special emphasis on providing financially for those family members who

are not active in the business.

These family members are usually happier with assets that produce income rather than holding a minority interest in the family business which does not provide income or tangible benefits.

To create liquidity in the event of a death of an owner, have the business purchase life insurance to repurchase the stock.

If a Buy/Sell is not funded with life insurance, provide contractually for a payout. Repurchasing stock on a moment's notice may place an undue strain on the day to day business operations. A contractual agreement to repurchase over time will enable the business to avoid potentially excessive and immediate debt.

Control future stock ownership through a Buy/Sell with a Right of First Refusal for the business, then the family owners. To make a Right of First Refusal agreement work best, owners need to agree on a methodology at which a price for stock will be sold internally.

Planning for the unexpected is not an option. Buy/Sells insure that the company will have the first shot at any stock that may, through inheritance or divorce, termination or transfer, end up in the hands of someone other than a family member or friendly stockholder. This will help safeguard the business against competitor takeovers should a hostile or cash-desperate family shareholder want to sell to a competitor.

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Reference: James Olan Hutcheson. *Shareholder Agreements – A must*. October 1, 1998, Regeneration Partners, [www.regeneration-partners.com](http://www.regeneration-partners.com).

## DON'T MISS OUT ON THE NUTRIENTS OF BEEF

(Vicki Hayman, UW Extension Educator, Nutrition and Food Safety)

The Meat & Beans group from MyPyramid includes many nutrient-rich foods that provide essential vitamins, minerals and protein needed throughout the lifecycle; however, a common myth is that people are eating too much from the Meat & Beans group. In fact, many Americans are not meeting the recommended servings from the Meat group each day, based on caloric intake, placing them at risk for nutritional deficiencies. In particular, more than 70 percent of females age 20 and older and more than 80 percent of girls ages 2-11 are not eating the recommended servings from the Meat group each day. In addition, nearly 80 percent of boys ages 2-11 are not eating the recommended servings from the Meat group each day.

Americans are increasingly overfed yet undernourished, so it's essential that we get the most nutritional value from the foods and beverages we enjoy. In fact, the **2005 Dietary Guidelines for Americans** and U.S. Department of Agriculture's (USDA) MyPyramid encourage people to "get more nutrition from their calories" by choosing nutrient-rich foods first, within and among all food groups, including colorful fruits and vegetables, whole grains, low- and nonfat dairy, and lean meats. In addition, many people are not meeting needs for many nutrients supplied by the Meat & Beans Group: 38% are not meeting the RDA for **zinc**; 32% are not meeting the RDA for **iron** and **vitamin B6**. Nearly 20% are not meeting the RDA for **vitamin B12**, **protein**, **niacin** and **riboflavin**

Lean beef is a naturally nutrient-rich source of several essential vitamins and minerals we need to live well and prevent chronic disease. A three-ounce serving of lean beef is an excellent source of protein, zinc, vitamin B12, selenium and phosphorus; and a good source of niacin, vitamin B6, iron and riboflavin. **Protein.** A three-ounce serving of lean beef is an excellent source of protein, supplying more than half the protein most people need each day. In addition, the protein in beef is a com-

plete, high-quality protein, which means it supplies all of the essential amino acids, or building blocks of protein, the body needs to build, maintain and repair body tissue. Muscles also form hormones and enzymes, and increase resistance to infection and disease. A growing body of scientific evidence suggests that eating more protein can benefit weight loss, muscle mass maintenance, cholesterol and triglyceride levels.

**Iron.** According to the Centers for Disease Control and Prevention (CDC), iron deficiency is a common nutritional deficiency worldwide among young children and women of child-bearing age, including those who are pregnant. In fact, four million U.S. children are iron-deficient, and childhood iron-deficiency anemia is associated with behavioral and cognitive delays. Beef is a good source of iron, and unlike plant proteins, beef is the food supply's most readily available and easily absorbed source of iron. Iron not only helps red blood cells carry oxygen to body tissue, it also plays an important role in cognitive health, including memory, ability to learn and reasoning.

**Zinc.** One three-ounce serving of beef is an excellent source of zinc, which is an essential nutrient that fuels thousands of bodily processes, including building muscles and healing wounds, maintaining the immune system, and contributing to cognitive health.

### Beef Helps You Meet Nutrient Needs

A 2005 analysis indicated that eating beef helps people achieve daily nutrient requirements:

- **Protein:** Beef eaters were 11% more likely to meet nutrient requirements for protein than non-beef eaters.
- **Vitamin B<sub>12</sub>:** Beef eaters were 24% more likely to meet nutrient requirements for vitamin B<sub>12</sub> than non-beef eaters.
- **Iron:** Beef eaters were 13% more likely to meet nutrient requirements for iron than non-beef eaters.
- **Zinc:** Beef eaters were 26% more likely to meet nutrient requirements for zinc than non-beef eaters.

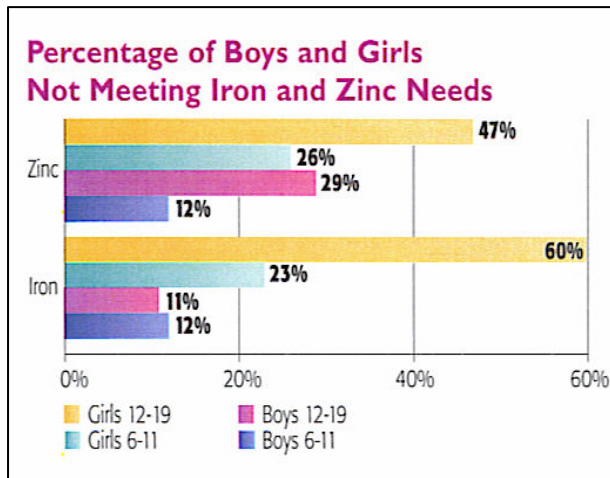
**B vitamins.** Beef contains a significant amount of several B vitamins including vitamins B12 and B6, niacin and riboflavin.

One three-ounce serving of beef is an excellent source of vitamin B12, which is needed for normal functioning of body cells and of the nervous system; and one three-ounce serving of lean beef is a good source of vitamin B6, which is important for a healthy nervous system and helps the body fight infection. In addition, both vitamins B12 and B6 play important roles in lowering blood levels of homocysteine, an amino acid that increases risk for heart disease and dementia.

A three-ounce serving of beef is a good source of niacin, which promotes healthy skin and nerves, aids digestion, and fosters normal appetite; and one three-ounce serving of beef is also a good source of riboflavin, which helps the body use energy and promotes healthy skin and good vision.

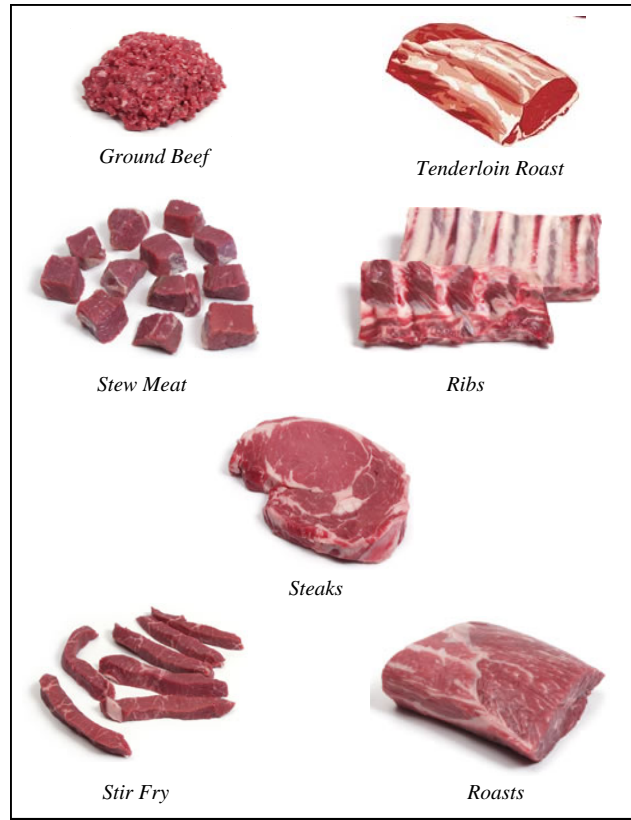
**Beef Nutrients Aid Healthy Growth & Development.** The nutrients in beef are essential for healthy growth and development. For example, children who don't eat enough lean beef may be missing out on key nutrients like iron and zinc.

**So take another look at your family menus and give beef that much needed consideration!**



*(Information brought to you by The Beef Checkoff through the National Cattlemen's Beef Association.)*

## CUTS OF BEEF



Beef cuts should be selected according to the planned method of cooking. For example, if beef is to be cooked on a grill, a tougher cut from the round or plate should not be purchased, unless the intention is to tenderize the meat before cooking it. Even if the meat is tenderized, it will still not be as tender as a cut from the loin or rib, which do not require tenderizing. On the hand, there is no point in buying an expensive, tender cut, such as the tenderloin, if the recipe calls for the meat to be braised or stewed.

When shopping for groceries, fresh beef (as well as other perishable products) should be selected last in order to reduce the length of time the meat is without refrigeration. If the meat is without refrigeration for more than an hour because of the travel time from the market, a cooler with ice should be used to transport the meat, and any other perishable food items, for the duration of the travel time.

## SPRING CLEANING IS MORE THAN AIRING THE HOUSE

Trish Peña, UW Cent\$ible Nutrition Educator



With spring just around the corner, warmer temperatures remind us of the annual rite of spring cleaning. It invites open windows to freshen the air, and cleaning house. Where does one start? Start where it is most important to your health. Start in the kitchen. When cleaning the kitchen, start in the main food preparation area and work your way outward into the rest of the room from the top down, so that you don't track dirt and germs back into your main food handling areas. Wipe cabinets, appliances and walls with a hot water and vinegar solution. It's a great way to freshen the room and helps neutralize odors, remove dirt and dissolve grease. And, because it's not a harsh chemical, it's easier on hands, there are no harsh vapors and it's safe to pour down the drain. Surfaces such as counters and sinks that may be used for food preparation should first be cleaned with a mild detergent and water, then disinfected, either with a bleach based solution (1 cap of household bleach to a gallon of hot water) or other disinfecting agent as recommended by the manufacturer.

While cleaning the kitchen, don't forget to check the cupboards, pantry, refrigerator and freezer for expired foods. Discard any beyond the posted 'use by' dates. If you aren't sure how long it's safe to keep foods in the freezer, check with your Extension Office for guidelines.

While cleaning the kitchen, it's a good time to see if your water filter is due to be replaced. When replacing filters, make sure the product doesn't introduce harmful contaminants into the water being filtered; and that the product reduces the contaminants claimed by the manufacturer.

Tips for cleaning the bathroom. Just like in the kitchen, start the cleaning process at the top, working your way down and around the room, ending at the toilet. Baking soda is another environmentally friendly product that can be used for tough to clean areas that you don't want to scratch, such as bathtubs.

Since a great deal of water can be lost due

to a leaky toilet, find out if yours is leaking by putting a few drops of food coloring in the water tank. Wait about 15 minutes, then check to see if any of the colored water has seeped into the toilet bowl. If you notice colored water in the bowl, a seal or other component in the toilet is leaking.

While in the bathroom, check the medicine cabinet and drawers for old or expired prescriptions and other medicines. (Don't flush unused medicines down the toilet, as they may enter the watershed and affect water supplies.)

When cleaning the garage and basement, check for old paints, lawn care products and other chemicals. If no longer usable, contact your community or waste hauling provider for instructions on disposal. Never dispose of potentially hazardous products with regular trash, or by pouring them down the drain or into sewers or ditches. Check with your chamber of commerce to see if they know of events where hazardous wastes and other household items can be dropped off for disposal or recycling.

Make spring cleaning a family affair. Gather supplies before the day arrives. Careful planning will allow you to have everything you need when the day arrives.

Have some good snacks and drinks on hand for break times. Choose your families' favorites. Having predetermined breaks can keep the family motivated to keep working.

Make chores age appropriate. Do not expect children who are too young to participate in heavy cleaning and organizing. Have work that they can do, or create alternate activities that still help. Sorting safe items can be good for preschool and school age children. If some of your children are too young, consider having a trusted relative or friend take care of them during the cleanup.

Make the cleanup into a contest. Divide up the family into equal teams. Divide up the tasks that need to be done into equal jobs. Give each team the same general amount of work. The team that accomplishes the most by the end time gets to name a night out or some other fun activity.

*Call me for Cent\$ible Nutrition  
Class Information!*



## Wyoming 4-H Helps with Operation: Military Kids Program

By: Crystal Olson Weston County 4-H/Youth Educator

The Wyoming 4-H Program is inviting volunteers and organizations across the state to help support and provide growth opportunities to children of military parents who have been deployed overseas.

The Operation: Military Kids (OMK) initiative was recently introduced in the Cowboy state. This initiative's goals are to provide community support and growth opportunities through educational programs for youth and families of deployed service members. OMK is the U.S. Army's collaborative effort with America's communities to support children and youth of National Guard, Reserve and Active Duty families impacted by the Global War on Terrorism. State 4-H Military Liaisons lead OMK State Teams in 34 states in partnerships with the National Guard, Reserve, the Military Child Education Coalition, Boys and Girls Clubs of America, the National Association of Child Care Resource and Referral Agencies, The American Legion, Schools. These and other community organizations are joining Army Child & Youth Services to support "Suddenly Military" youth before, during, and after the deployment of a parent or loved one. OMK has a state team made up of several individuals who are working hard to implement its' programs, including: Extension 4-H educators, National Guard Family Readiness and Military One Source staff.

OMK supports deployed National Guard, Reserve and Active Duty Soldiers' children living in communities across the country by:

Creating networks of people, organizations and other resources to support "suddenly military" children and youth where they live.



The four key programs of OMK:

**Ready, Set, Go! Trainings** are coordinated regional and local efforts to increase understanding of the unique issues facing military youth who are dealing with the deployment or reintegration of a parent or loved one.

**Speak Out for Military Kids** is a youth-driven outreach program to raise awareness about issues facing military families. Participants develop lectures, public service announcements, videos and other promotional materials.

**Hero Packs** are hand-delivered salutes and thank-you to military youth for their strength and sacrifices while parents are deployed.

**Mobile Technology Lab** is transportable laptop computers that provide a variety of options for connecting children and youth to their deployed parent.

Program dates will be primarily announced through the various county 4-H offices and the National Guard Family Assistance Centers' communication with deployed military families.

4-H is seeking CES educators, as well as other local organizations, partners and volunteers in communities across the state, who wish to join in serving youth in military families. For more program information or how you can lend a hand: contact Eloise Riley, Operation: Military Kids Wyoming Program Coordinator, at 307-633-4492 or email: [eriley3@uwyo.edu](mailto:eriley3@uwyo.edu)



## 4-H Members Prepare for Leadership Institute

By: Crystal Olson Weston County 4-H Educator

Twenty teenage youth from Campbell, Crook, Johnson, Sheridan and Weston counties will be learning how to become effective leaders in their communities at a Leadership Institute April 24-26th. The Wyoming Youth Leadership Education (WYLE) is an emerging leadership program created through a grant from the Daniels Fund to the University of Wyoming's 4-H and Youth Development Program.

The goal of this program is to foster a relationship and promote opportunities for youth to gain experience and serve as equal partners in the decisions that affect them and their communities. The WYLE objectives include developing personal leadership skills, encouraging and preparing youth for greater community involvement, increase understanding and experience in working with diverse groups, develop skills in working with groups and provide opportunities to become familiar with proper business etiquette. The program was developed to ensure youth have the necessary skills and abilities to provide leadership, growth, and vision into the 21st century. It is imperative to give youth members an in-depth leadership training program to develop the necessary skills and abilities to not only serve in a decision-making role but to also feel confident and secure about decisions made. Adult board and councils also need to obtain the necessary knowledge and skills to engage and work together effectively with youth participants.

The WYLE Institute is to be held at the Ranch at Ucross. The Ranch at Ucross is an executive retreat and conference center. The six pillars of leadership; are based off of Character Counts Six Pillars of Character and include: trustworthiness, respect, responsibility, fairness, caring and citizenship. The six pillars of character, while reflecting the core values needed to be good citizens, provides the support and

framework for the six competencies required to be good leaders and valued participants in governing boards. Using these six pillars as a framework, the youth will be trained in the areas of Self-Assessment, Communications, Teambuilding, Group Dynamics, Business etiquette and Youth in Governance.

Class members were selected by a steering committee based on the applicant's merits as presented in an application and supporting documents. The committee sought representation from a cross-section of the Area with diversity and balance in areas such as:

- Community Involvement
- Organizational Affiliations
- Individual Attributes
- Commitment and motivation for community service
- Ability to make the time commitment
- Individuals who will add to the program and community leadership through diversity of perspective.
- Potential to have influence

Good leaders need a solid foundation of character—the ability to distinguish right from wrong, to make the right decisions and understand how every action has a consequence. That consequence can affect not only themselves but everyone around them. The WYLE program was designed to assist youth in discovering who they are and learning about themselves and others. They will learn to interact with others in a positive manner while serving in personal and leadership roles.

Look for these youth to emerge from this Institute with exceptional leadership capabilities. Our youth are our future, these youth will be our future leaders.



## SUMMER RANCH INTERN

If you are looking for summer help, or would just be willing to help a foreign student gain ranching knowledge, please consider the request below sent by Benjamin Ferré:

*I am a student in a French agricultural faculty: Esitpa. My name is Benjamin Ferré, I am 19 and I live in Normandy (France) in a city called Rouen...It's my first year as a student in agriculture engineer and this summer, I have to do an eight week internship abroad. I have chosen USA to get a very good agricultural experience.*

*My parents are farmers so I am used to driving tractors, feeding and milking the cows. Every summer, I work at home during harvest time: I drive the combine and the tractors. I also have*

*a skill in production and sale of products made from apples: cider, pommeau, calvados.*

*I would be very interesting to work in rearing production for meat in Wyoming. So I wonder if it would be possible for you to help me in my project and to get farmer's address who could accept me as a trainee for eight weeks on their farm, in July and August 2009.*

*I would be pleased to discover Wyoming and your customs. It would be interesting to make a comparison between American working habits and French ones.*

If you are interested in this opportunity, contact Benjamin at [Ferre\\_benjamin@yahoo.fr](mailto:Ferre_benjamin@yahoo.fr).



## THE HIGH PLAINS RANCH PRACTICUM

**A one day session focusing on key factors affecting ranch profitability and sustainability**

**June 2, 2009**

**Gillette, Wyoming**

**UW Extension Office Meeting Room**

**1 PM to 5 PM**

Five Key Factors to Sustainable Ranching:

- 1:00 Welcome
- 1:15 Ranch Financials – how to determine your unit cost of production and compare against regional benchmarks
- 2:00 Integrating Nutrition, Body Condition Scoring and Reproductive Performance
- 3:00 Grazing Systems – Developing an applied grazing system and simple methods for monitoring rangeland systems
- 4:00 Strategic Planning – Working on the ranch business and with the people involved in it

This one-day seminar will take the key elements of the 8-day High Plains Ranch Practicum School and condense these concepts into key take home messages and applications for ranchers. The High Plains Ranch Practicum School has been conducted each year for the past two years in Southeast Wyoming and Western Nebraska. Ranchers who have taken the class reported substantial improvements in ranch profitability and knowledge gained through the program.

# A Lasting Legacy

## Estate Planning Session



**What will define your legacy?**

Money, reputation, education . . .



**A legacy is:**

*Values and Life Lessons*

*Personal possessions of  
emotional value*

*Instructions and wishes to  
be fulfilled &*

*Financial Assets and Real Estate*



**Resources Available, Snacks provided**

**Where:** Campbell County Extension Office  
(1000 S. Douglas Hwy, Suite A), Gillette

**When:** May 12, 1-4 pm

**Who:** Lindsay Taylor, 682-7281 or  
Cole Ehmke 766-3782

**Registration:** Reserve your seat by May 15;  
\$5 at the door (includes resources)



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OF WYOMING

*Small Acreage,  
BIG  
Management*

**Conference &  
Trade Show  
May 2, 2009**

**Wyoming Center  
Complex  
Gillette, WY**

**Got Questions About Living in the Country**

**Then this workshop is for you!**

How do I rejuvenate overgrazed pasture? AKA -  
What is the livestock carrying capacity of my  
small acreage?

Want to grow trees in this harsh climate?

Want to attract wildlife?

Want to scare away wildlife?

What kind of soil do I have & why does it matter?

What are these weeds & how do I control them?

We will be covering a variety of topics all relating to living in Eastern Wyoming. Come learn about your soil, water quality, and how it all works together. Discover tips on keeping your horse healthy. Thinking of raising chickens? We are going to cover that too! Browse the trade show and discover local vendors with products that can help you reach your goals for your property. Meet local experts with local knowledge.

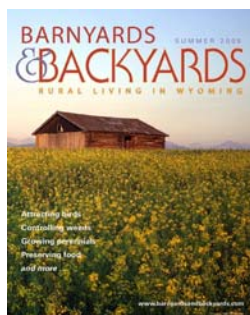


**\$10 Registration includes:**

**1 year subscription to Barnyards & Backyards**

**Class materials and  
handouts**

**Lunch**



For more information contact one  
of the following:

**Tanya Daniels  
Campbell County Weed & Pest  
682-4369**

**Lindsay Taylor  
Campbell County Extension Office  
682-7281**

**Michelle Cook  
Campbell County Conservation District  
682-1824**

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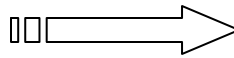
# UNIVERSITY OF WYOMING

Weston County Extension Service  
1225 Washington Boulevard, Suite #4  
Newcastle, Wyoming 82701

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Permit #3

**CHANGE SERVICE REQUESTED**



## **Northeast Extension Connection**

**A quarterly report from Campbell, Crook and Weston County  
University of Wyoming Cooperative Extension Services**

*Campbell County, 307-682-7281: Lindsay Taylor — agriculture; Lori Jones, Cent\$ible Nutrition  
Jessica Gladson and Deena Wolf—4-H/Youth Development; Lori Bates—Horticulture*

*Crook County, 307-283-1192: Gene Gade - SMRR; Peggy Symonds & Janet Lake 4-H/Youth; Trish Peña, Cent\$ible Nutrition;*

*Weston County, 307-746-3531: Bill Taylor, EWCH; Vicki Hayman, Nutrition & Food Safety, 4-H/Youth, Trish Peña, Cent\$ible Nutrition*

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U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service  
University of Wyoming, Laramie, Wyoming 82071*

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