



HORIZONS

Educating You Today For Your Success Tomorrow!

Southeast Wyoming Extension
Quarterly Newsletter

June - August, 2016
Volume 1, Issue 2

Laramie County & State Fair Dates

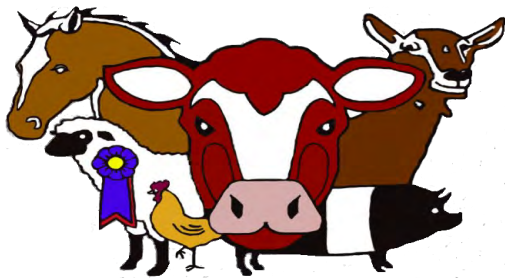
Mark your calendars now with these important dates! Check the full fair schedule at

www.laramiecountyfair.com

- County Shoot: June 4th and June 8-11th.
- Horse Show: August 1st –3rd
- Dog Show: August 4th
- Fabric & Fashion and Food & Nutrition August 5th
- Static Projects, Pocket Pet Show and Alpaca Show: August 6th
- Cat Show & Dairy Goat Show: August 7th

- Animal weigh in's & Carcass Contest: August 8th
- Sheep Show & Poultry Show: August 9th
- 6– Class Rabbits & Swine Show: August 10th
- 4– Class Rabbits, Beef Show & Market Goat Show: August 11th
- Large and small animal Round Robin Shows and State Fair Deadline by 10am at CFD 4-H office. August 12th
- 4-H Livestock Sale– August 13th, 10am

Laramie County Fair



Wyoming State Fair



The Extension office is planning on being open during the Laramie County Fair week. However, we will close the office as needed during the week of August 6th—13th, as all staff may be needed to assist with fair activities.

OFFICE CLOSURE DATES:

Monday, May 30th
Memorial Day
Holiday

Monday, July 4th
Independence
Holiday

Wednesday, July
27th
Cheyenne Day
Courthouse closed



Independence Day Facts

The Fourth of July is a spectacular day: barbecues, fireworks, fun in the sun (one hopes) and music, all **in the name of our country's freedom.** While you're out celebrating with family and friends, here is some strange Independence Day trivia to share, courtesy of ABC News, History.com and Fourth of July Trivia.

What day did most signers of the Declaration of Independence actually sign the document?

Aug. 2, 1776.

How many people signed the Declaration of Independence on July Fourth?

Two

Three of the first five presidents died on the Fourth of July:

John Adams, Thomas Jefferson and James Monroe. Adams, the second president, and Jefferson, the third, died on the same day in 1826, the 50th anniversary.

Which president was born on the Fourth of July?

Calvin Coolidge, the 30th president, in 1872.

When did the Fourth of July become a legal federal holiday?

1938

How did the Nathan's Fourth of July Hot Dog Contest begin?

It apparently started after a disagreement among four immigrants over who was the most patriotic.

John Adams would think the country is celebrating Independence Day on the wrong date:

Adams wrote that July 2, the date the Second Continental Congress voted in Philadelphia to declare independence from Britain, not July 4, would be the day patriots celebrated their freedom. "The Second Day of July 1776, will be the most memorable Epocha, in the History of America," Adams wrote on July 3. "It ought to be solemnized with Pomp and Parade, with Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more."

Click here for more facts: <http://www.ibtimes.com/fourth-july-2014-9-trivia-facts-about-independence-day-1616992>



The Cheyenne Farmers Market®



When:
Every Saturday—
August 6th through October 1st, 2016
7:00am - 1:00pm
Cheyenne Depot Plaza

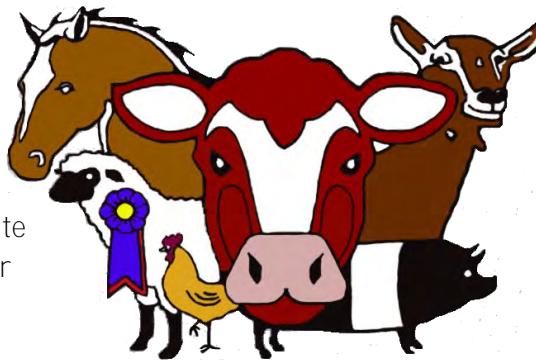
What can you expect to find at the Cheyenne Farmers Market®?

- Huge selection of vegetables and fruits
- Fresh salsa
- Honey, Honey Candy, Beeswax
- Marmalades, jellies, jams
- Spices and Rubs
- Coffees and Teas
- Breads, Strudel, Pretzels and Sticky Buns
- Burritos and Tortillas
- Sweet Corn
- Palisade Peaches
- Soup Mixes
- Fresh Lemonades
- Frozen Local Beef, Pork and Bison
- Trees and Plants
- Pastas
- Kettle Corn and Home-Made Root beer
- Mushrooms
- Roasted Chillies

DID YOU REGISTER FOR FAIR?



The Laramie County Fair is a separate entity from the 4-H program. You may be enrolled in Laramie County 4-H, but you are **not** automatically enrolled in the fair. If you are wanting to participate in the Laramie County Fair this year you will need to go to their website and register online before:



JUNE 30, 2016! (4-H, FFA, Open Class)

The fair book is in digital PDF format only. Printed sections may be requested from the Fair office if necessary. The fair has redesigned the book to make it easier for you to only print sections of the book that is pertinent to your projects. Due to the size of the book, it may take several minutes to download depending on your internet speed.

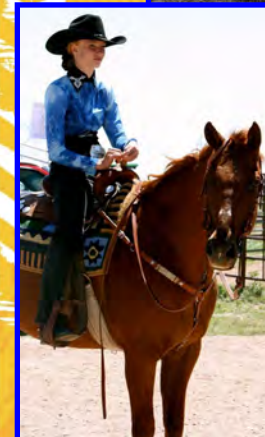
You will need to review the 2016 Fair Book for rules, schedules, and registration information.

Click Here: <http://www.laramiecountyfair.com/events/2016/2016-fair-book>

for the Laramie County Fair Book

To Register for the Laramie County Fair

Click Here: <http://www.laramiecountyfair.com/events/2016/online-entry>



University of Wyoming Seminar Series



Wednesday, August 10th

**Join Us At the
Laramie County Fair!
Frontier Park Exhibition Hall**



TIME:	SEMINAR TITLE:	INSTRUCTOR:
6:00 PM	Home Canning: Grow It and Preserve It	<p>We are waiting on some instructor confirmations. More information to come at a later date.</p> <p>Mark your calendars now to attend these FREE informational seminars at the Fair!</p>
6:30 PM	Backyard Chickens: Basic Care 101	
7:00 PM	More Feathered Friends: Birds of Cheyenne	
7:30 PM	Flowers for Your Garden: Laramie County Friendly Flowers	

The Fair Exhibit Hall Closes at 8:00pm.



UNIVERSITY OF WYOMING
EXTENSION

The University of Wyoming and the United States Department of Agriculture cooperate.
The University is an equal opportunity/affirmative action institution.

For more information call 307-633-4383



4-H IMPORTANT DATES!



**Mark Your
Calendar**



- June 1st
Sheep, Swine, Goat Ownership Deadline
- June 1st
Sheep/Goat weighing at Archer 5:30-8:00pm
- June 2nd
Youth Quality Assurance, LCCC 6pm, Health and Science Building
- June 4th
Sheep/Goat weighing at Archer 9am-1pm
- June 4, 8-11
County Shoot at (Archer and Pine Bluffs)
- June 8th
Showcase Showdown registration due
- June 15th
4-H Day Camp
- June 20th
All Animal meeting at LCCC CCI, Centennial
- June 29th
4-H Day Camp
- June 30th
Laramie County Fair Registration Deadline!
- August 1-13th
Laramie County Fair

CONTESTS

Join us Tuesday, May 31st at 6pm for the County Presentation and Cake Decorating Contests. Come support the contestants as they show off their skills.

Air Rifle and Air Pistol, June 4th at 11am and June 8-10th 6pm—7pm at the ARCHER Shooting Sports Complex.

Youth Hunter Education Challenge, June 4th Upton Gun Club, contact Extension Office for more information.

Archery, June 10-11, **Pine Bluffs Sportsman's Club**
(Time to be announced)

Muzzleloader, June 10th in Pine Bluffs at the **Sportsman's Club** (Time to be announced)

Shotgun, June 11, **Pine Bluffs Sportsman's Club**
(Time to be announced)

.22 Rifle and .22 Pistol, June 11th in Pine Bluffs **Sportsman's Club**

County Shoot Lunch and Group Photo: June 11th at 11:45am—1pm in Pine Bluffs, all shooting sports families are welcome to attend!



Events To Keep In Mind...



4-H Health Olympics Day

June 15, 2016 (tentative)

8am-5pm

Lions Park

Get ready for Summer Olympics by challenging yourself in various health-related games and tasks. Healthy snacks, races, yoga, swimming and more will all challenge you to learn healthy habits inspired by the Olympics and Olympians. Supplies and snacks provided, Youth will need to bring a sack lunch.

\$10.00 Registration fee per member.

Register Here: <http://bit.ly/1TkeF4z>

Wyoming Nature Day

June 29, 2016

8am-5pm

Curt Gowdy State Park

Explore the nature of Wyoming through hiking to Hidden Falls and canoeing!

Transportation will be provided, youth will need to pack a sack lunch.

\$10.00 Registration fee per member.

Register Here: <http://bit.ly/1Owudhh>

Around the World Day

July 5, 2016


8am-5pm

Laramie County Library

Explore cultures and life from around the world;

Summer Day Camp is for 4-H members ages 8 to 12 years old as of January 1st.

Older youth may participate as Camp Group Leaders, if interested, please contact Brittany.

LARAMIE COUNTY 4-H
307-633-4383

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Laramie County Fair Information:



LARAMIE COUNTY FAIR 4-H 2016 DATES

SUNDAY JULY 31st	Horse Show Check In Location: Horse Arenas at Archer
MONDAY AUGUST 1st	Horse Show Check In and HORSE SHOW Location: Horse Arenas at Archer
TUESDAY AUGUST 2nd	HORSE SHOW Location: Horse Arenas at Archer
WEDNESDAY AUGUST 3rd	HORSE SHOW Location: Horse Arenas at Archer
THURSDAY AUGUST 4th	DOG SHOW Location: Archer Multi-purpose Building
FRIDAY AUGUST 5th	FABRIC & FASHION AND FOOD & NUTRITION JUDGING Location: East High School <i>(Fashion Revue at 7pm at East High)</i>
SATURDAY AUGUST 6th	STATIC PROJECTS, POCKET PET SHOW, ALPACA SHOW Location: Static Projects at Exhibit Hall (9am – 1pm) Pocket Pet Show - Exhibit Hall Alpaca Show - <u>McCallister</u> Barn
SUNDAY AUGUST 7th	CAT SHOW & DAIRY GOAT SHOW Location: Cat Show - Under Grandstand B, Goats Show in Sheep Barn
MONDAY AUGUST 8th	ANIMAL WEIGH-IN's Location: <u>CFD</u> Barns
TUESDAY AUGUST 9th	SHEEP SHOW, POULTRY SHOW SUPREME COW RECORD BOOKS DUE TO SUPERINTENDENT Location: Sheep in Sheep Barn, Poultry in Poultry Barn
WEDNESDAY AUGUST 10th	6 - Class RABBIT, SWINE SHOW Location: Rabbits- Under Grandstand B, Swine in Swine Barn
THURSDAY AUGUST 11th	4 - Class RABBIT, BEEF SHOW, MARKET GOAT SHOW Location: Rabbits- Under Grandstand B, Beef in Beef Barn, Goats in Sheep Barn
FRIDAY AUGUST 12th	LARGE AND SMALL ANIMAL ROUND ROBIN SHOWS Location: Beef Barn
SATURDAY AUGUST 13th	4-H LIVESTOCK SALE Location: 10am in the Beef Barn

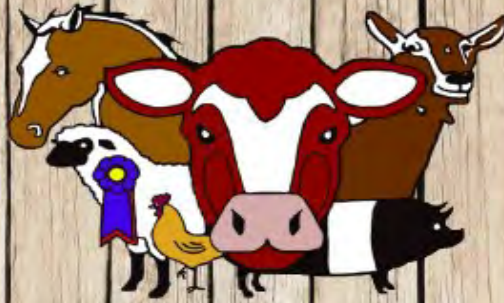
Please see online fair book for times!

<http://www.laramiecountyfair.com/events/2016/2016-fair-book>



Laramie County Fair Information:

MARKET ANIMAL WEIGHT LIMITS For Laramie County Fair



1,025 to 1,450 Pounds



210 to 285 Pounds



90 to 175 Pounds



50 to 150 Pounds



Laramie County Fair Information:



Stop by the Extension Office for a sale brochure or call 307-633 - 4383 for more information
Ground level at Historic Courthouse
310 W. 19th Street, Ste. 100
Cheyenne, WY 82001

YOU'RE INVITED!

Saturday, August 13, 2016

10 AM

Beef Barn Frontier Park



Thank you for supporting
Laramie County 4-H



The University of Wyoming and the United States Department of Agriculture. Cooperate.
The University is an equal opportunity affirmative action institution.

Informational brochures will be available at the Extension Office in July, stop by and pick some up to give to potential buyers and businesses. Each year we welcome new buyers to our sale, thank you for spreading the word around Laramie County.

Cent\$ible Nutrition Program



Cent\$ible Nutrition Program

University of Wyoming Family and Consumer Sciences Dept. 3354, 1000 E. University Ave. Laramie, WY 82071
Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) USDA and the University of Wyoming are equal opportunity providers and employers. Materials are funded by USDA's SNAP-Ed.

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Join the *Cent\$ible Nutrition Program* and receive:

- Free Computer Diet Analysis
- Nutrition Lessons Adapted to You
- A Cent\$ible Nutrition Cookbook

Free for those who qualify: to be eligible, income must be less than \$21,257 per year for a household of 1, less than \$27,694 per year for a household of 2, less than \$36,131 per year for a household of 3 and less than \$43,568 per year for a household of 4. If your income is over these levels, the cost for this 8-week series of classes is \$25.00 to cover the cost of the cookbook and supplies. For further questions, give us a call or we can discuss it after our first class meeting.

SAVE MONEY & SHOP SMART

Are you interested in learning about money saving tips, lowering your grocery bill, learning to cook and eat healthy?

Join a Cent\$ible Nutrition Class today!

New Classes Starting:

Monday Evening 5—6:30
Contact: Deb

Tuesday Afternoon 1—2:30
Contact: Sandi

Wednesday Morning 10:00am - 11:30am
Contact: Deb

Wednesday Evening 5:30pm - 7:00pm
Contact: Deb

Thursday Evening 4:30—6
Contact: Sandi

**FOR SUMMER CLASSES CONTACT:
Debbie or Sandi**



Cent\$ible Nutrition

"Helping Families Eat Better For Less"
FREE Classes for qualified applicants

CALL FOR MORE INFORMATION:

307-633-4383

Sponsored by: UNIVERSITY OF WYOMING EXTENSION



STATE 4-H YOUTH EVENTS



YOUTH DEER HUNT

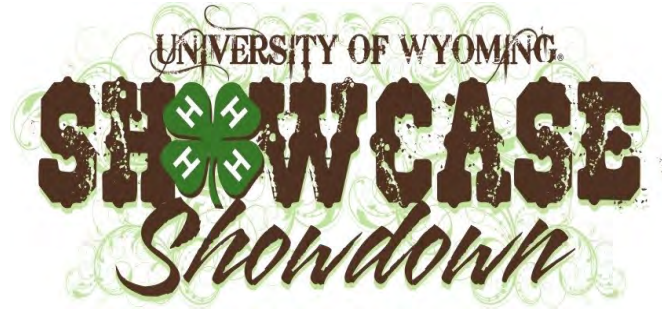
The Wyoming 4-H Program offers a deer hunting experience for youth ages 14-18 who may not have hunted or may be in circumstances which make an opportunity difficult. The goal is to aid youth in having a positive first-time experience under the supervision of caring adults that share their knowledge and 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 its 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.



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 won't 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:

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.

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%)

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!

- 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

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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

By: Brittany Johnson
Extension Educator -
Military 4-H, Laramie County
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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.

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



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

*Article by:
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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>.

Article by:
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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!

*Article by:
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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!

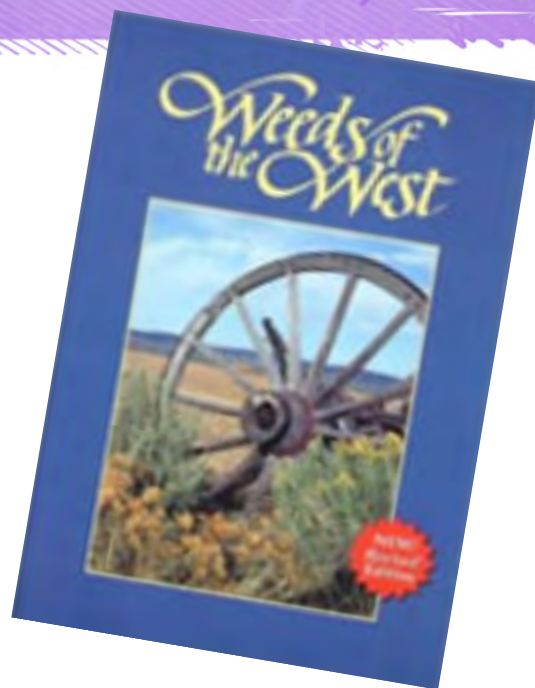
Publication # WSWs-1

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 compete 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.



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](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.

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
- ½ 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
- ½ cup chopped nuts (optional)
- ½ cup light mayonnaise or salad dressing, or lowfat yogurt

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.



Nutrition Facts	
Serving Size: ¾ cup (98.0g)	
Servings: 6	
Amount Per Serving	
Calories: 130	Calories from Fat 60
% 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%	Vitamin C 6%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories.	

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

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

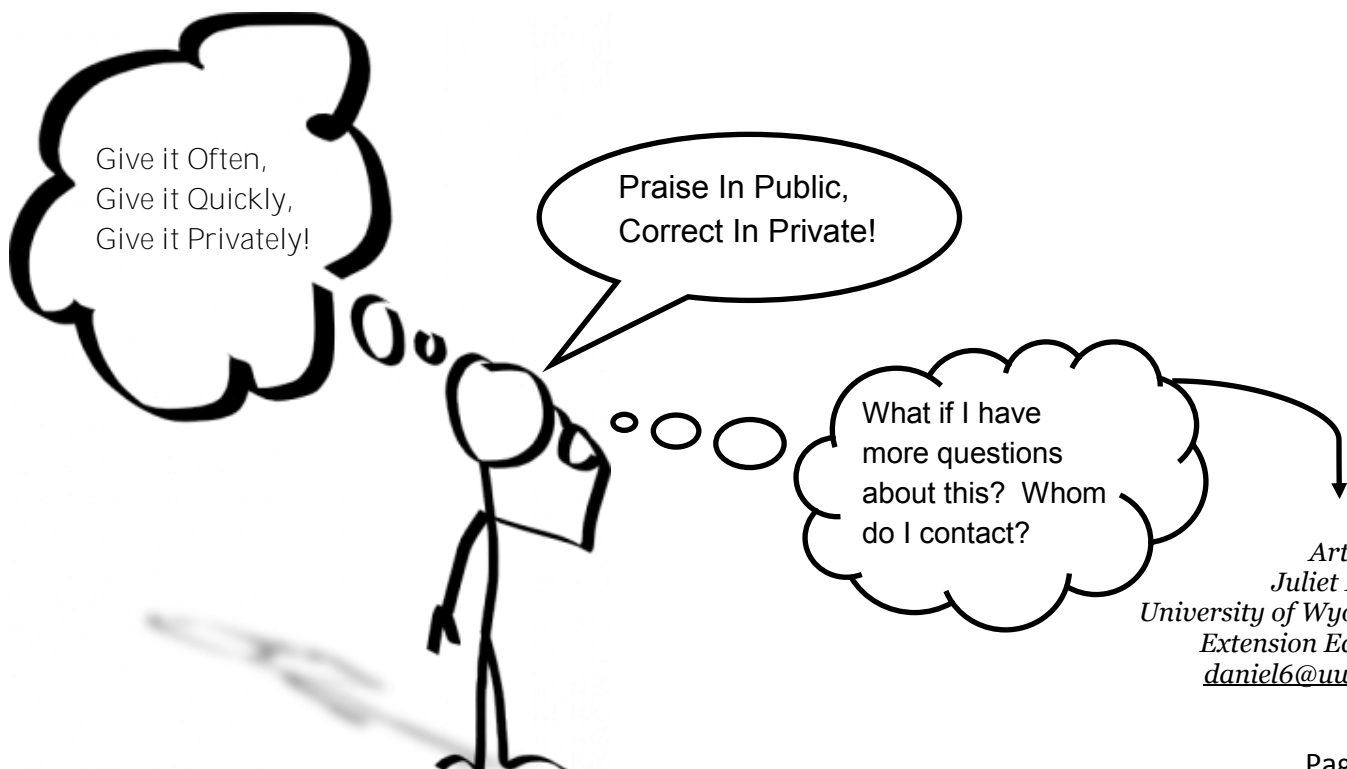
Although most of us don't mind receiving praise and recognition in public, receiving corrective feedback in public is a whole different story. Most people value doing a good job and derive satisfaction from being a good employee. When our expectations for ourselves don't match up with our supervisor's 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 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.



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.

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TRUST

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, Fremont 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
June 16	Riverton	Late afternoon/ evening
	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
Extension Educator – Goshen County
ccarte13@uwyo.edu



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 than 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 manager 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](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>



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 programming. Click this link to visit the [University of Wyoming Extension website](http://www.uwyo.edu/extension).



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](http://www.uwyo.edu/extension/eatwyoming)



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

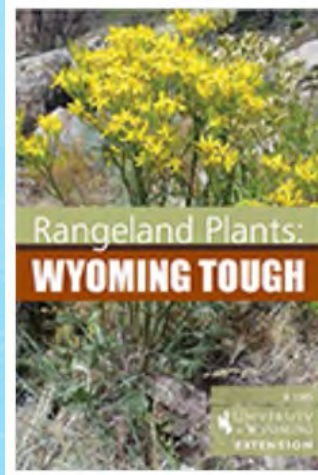
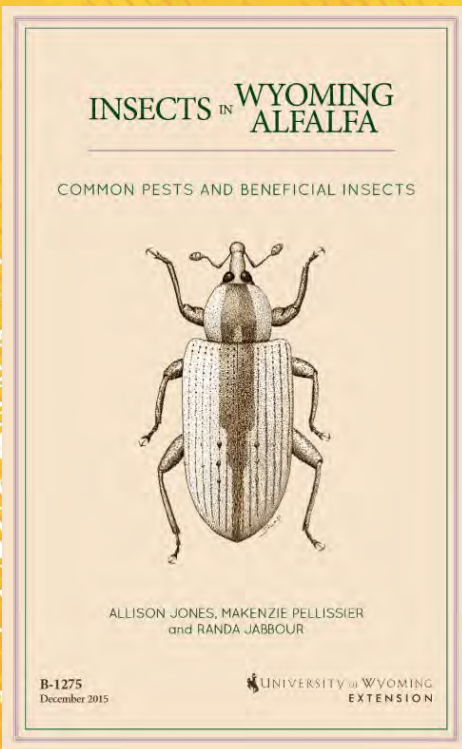
<http://www.uwyo.edu/uwe/wyo-disaster/wildfire.html>

HELPFUL RESOURCES!

Wyoming Insects in Alfalfa Common pests and Beneficial Insects

B-1275
December 2015

Hot off the press! Download 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>

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