



HORIZONS

Educating You Today For Your Success Tomorrow!

Laramie County Extension

Southeast Wyoming Extension Quarterly Newsletter

September—November 2017
Volume 2, Issue 3

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To Make the Best Better!

Contact Us:

307-633-4383



WAIT TO ENROLL/RE-ENROLL!

PLEASE WAIT to enroll/re-enroll for the new 2017-2018 4-H year until after October 1st. The State 4-H Office has to “roll” the current year’s information in the database. Please do not access the system before

October 1st! **THANK YOU!**

The best preparation for tomorrow is doing your best today.

H. Jackson Brown, Jr.



www.brainyquote.com

Celebrate Labor Day



There is no substitute for hard work. — Thomas Edison

Our office will be closed
Monday, September 4th
in observance of Labor Day.

Happy
THANKSGIVING

The Extension Office will be closed
Thursday, November 23rd and
Friday, November 24th for the
Thanksgiving Holiday.

*Wishing You and Your Family a
Wonderful Thanksgiving Day!*

SEASON'S GREETINGS



The Extension office will be closed for
the Christmas Holiday and the
UW Winter Break
December 22nd through January 1st.

*Wishing you and your family peace and
wonderful memories! Happy Holidays!*

MASTER GARDENERS

You don't have to be an expert gardener to become a Master Gardener. All you need is a desire to learn and a desire to help others become better gardeners.

The Master Gardener program is a program of the [University of Wyoming Extension Service](#) and is made up of volunteers who are enthusiastic about gardening, who want to learn more about growing plants, and who are willing to share their knowledge with others.

The Master Gardener program brings gardeners up-to-date horticultural information and gardening methods, reinforces previous knowledge, and teaches how to disseminate this information. In its simplest form, a Master Gardener is a volunteer trained by the County Cooperative Extension Service to help other people in the community learn about gardening and the care of their landscape.

Persons qualify to become Master Gardeners by completing a 40 hour class room training session over the course of 10 weeks. Classes usually meet in the evenings, twice a week, from 6:00 pm to 9:00 pm.

Instruction is given in a wide variety of topics including:

- * Basic Botany
- * Soils and Soil Fertility
- * Entomology (insects)
- * Plant Pathology (plant diseases)
- * Site Analysis and Landscape Design
- * Trees and Shrubs
- * Vegetables
- * Water Conservation
- * Perennials, to name a few areas of study.

Upon course completion, participants then serve as Master Gardener Interns under the supervision of the County Horticulturist and qualified Master Gardeners.

There are numerous and varied opportunities to satisfy the 40 hours of required volunteer time. Continuing education in your particular area of interest is strongly encouraged. Providing planting and care instructions and diagnosing plant problems are but a few of the services provided to other residents of Laramie County.

With completion of the 40 hours of volunteer service, interns are certified as Master Gardeners. To maintain Master Gardener status, a volunteer must complete 10 hours of continuing education annually.

If you would like to become a Laramie County Master Gardener, call the Laramie County Cooperative Extension Office at 633-4383, and someone will contact you before the next class.



The Cheyenne Farmers Market®

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Saturdays
Aug 5th - Oct 7th
7:00am-1:00pm

NOW on 15th Street
CAREY to O'NEIL Avenue

EBT & Credit/Debit Cards Accepted
~ Parking available in downtown garage ~

Cheyenne Farmers Market® is the Annual Fundraiser of:



Helping People. Changing Lives.
community Action
OF LARAMIE COUNTY, INC.
AMERICA'S POVERTY FIGHTING NETWORK

Sorry NO PETS allowed

www.calc.net 307-635-9291

Visit the Laramie County Master Gardeners Website



Home

Like 43

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The Master Gardener program is an outreach program of the [University of Wyoming Cooperative Extension Service](#) and is made up of volunteers who are enthusiastic about gardening, who want to learn more about growing plants, and who are willing to share their knowledge with others.

Search

UPCOMING EVENTS

2017 LCMG Fall Bulb Sale
August 5 @ 9:00 am -
September 22 @ 5:00 pm

[View All Events](#)

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Click on this link to visit their website: <http://www.lcmg.org/>

Tuesday
FARMERS
market

Cheyenne's Market for Local Products

Tuesdays 3:00 - 6:00 pm • June 20 - October 10
Frontier Mall, Parking lot west of Sears [Map](#)

You're Invited!



LARAMIE COUNTY 4-H



Saturday, November 4, 2017
LCCC Recreation & Athletic Center
Dinner - 4:00pm
Awards - 5:00pm

All 4-H families are invited to join us! Achievement night is a great time to meet other 4-H families outside your club. Please be generous about sharing your table with other 4-H families and refrain from reserving tables. Dinner will be catered, followed by the awards. Join us after the awards for some fun BINGO entertainment with cool prizes!

We need to know how much food to order: **PLEASE RSVP by October 20th for everyone who will be joining us for dinner at <http://bit.ly/2v2VYil>**



IT'S ENROLLMENT TIME!

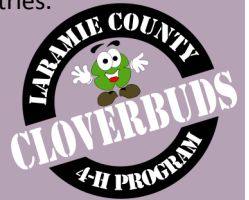


You **MUST** re-enroll in 4-H each year!
The new 2017-2018 4-H year begins
October 1st.

All 4-H members who want to continue participating in 4-H must enroll each year and pay the annual fees before they are considered a member in good standing.

We will send out an email when you can log into the 4-Honline website and re-enroll. **PLEASE DO NOT DO IT NOW!** We have to wait until the state rolls the system before new entries can be accepted for the new year database.

Encourage friends, neighbors, and family to join 4-H. Be a mentoring member and grow the 4-H family! Remember, some clubs have number quotas, so register early, but please wait until we instruct you when the website is ready to receive new entries.



WHERE DO I BUY 4-H STUFF?

Would you like to order 4-H supplies for your club? Are you in need of curriculum to help teach your child about their selected project? Interested in purchasing 4-H swag and apparel? Where do I buy all things 4-H?

Go to <http://www.4-hmall.org> and you will find pretty much everything related to 4-H. We have copies of the 2018 catalog in our office if you're interested, stop by and pick one up.



LARAMIE COUNTY 4-H OPEN HOUSE

OCTOBER 4TH
2017

5^{PM} TO 7^{PM}

1400 E. COLLEGE DR.
LCCC PATHFINDER
LEADERSHIP CENTER

- Youth Programs Age 5-18
- Information About 4-H
- Project Demonstrations
- Meet Our 4-H Clubs
- Questions & Answers
- Light refreshments



WE'RE IN 4-H!
WHAT'S YOUR
SUPERPOWER?

 Wyoming 4-H

For more information contact our office: 307-633-4383
Website: www.wyoming4h.org/laramiecounty4h/

Tansey Sussex
4-H Educator
Sussex@uwyo.edu

or Kristi Nagy
4-H Admin. Assistant
knagy@uwyo.edu

Come Join 4-H

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

INTERESTED IN THE *Cent\$ible Nutrition Program*?

What is CNP?

CNP is a free cooking and nutrition education program in Wyoming that can help you cook and eat better for less money. It reaches out to people using or eligible for SNAP benefits. To see if you can take advantage of our free lessons, contact Diane Davis at 307-633-4495.

CNP offers classes for both adults and children. Adult classes are for groups or individuals. Our curriculum is made up of 17 hands-on lessons. Each lesson series includes 8 of those lessons to help meet your needs. These classes can help you make healthier meals for less money.

What are CNP classes about?

CNP lessons are about helping you make healthy choices on a limited income. All CNP lessons are free and include a CNP cookbook, kitchen tools, a menu planner, and a year-long subscription to the CNP newsletter. Best of all, you can make new friends and have a lot of fun!

There are CNP classes in every county and on the Wind River Indian Reservation in Wyoming. The classes are taught by qualified educators who are excited to help you learn how to eat better for less. They use proven lessons to help you gain skills and knowledge in:

- Cooking
- Saving
- Nutrition
- Smart shopping

NEW CLASSES STARTING IN OCTOBER 2017!

Tuesday's 5:30pm - 7:00pm

Thursday's 10:00am - 11:30am

Friday's 1:30pm - 3:00pm

Call 307-633-4383



Cent\$ible Nutrition Program

 UNIVERSITY
OF WYOMING
EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer. 05/2016





What Is Taught?

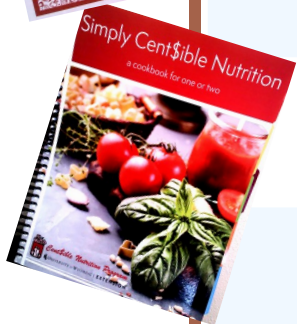
The Cent\$ible Nutrition Program (CNP) is about helping you make the best choices you can for your health on a budget you can afford. Today, there is so much information about health and nutrition that it is hard to know what to follow. We understand the confusion and are here to help.

CNP lessons are about helping you make healthy choices on a limited income. The lessons are taught by qualified educators all over Wyoming. CNP educators care a lot about health and nutrition. They are excited to share their knowledge with you in group or individual classes.

The CNP lessons can help you gain skills and knowledge in:

- Cooking
- Saving
- Nutrition
- Smart shopping
- Physical activity
- Meal planning
- Food preparation
- Food safety
- Food storage
- Well-being for you and your family

If you qualify, all CNP lessons are free. Signing up will give you 8 lessons, a CNP cookbook, kitchen tools, a menu planner, and a year-long subscription to the CNP newsletter. Best of all, you can make new friends and have a lot of fun!



It was hard to choose what I liked best about this program. It was an awesome program!

-CNP Participant 2016

Cent\$ible Nutrition Program Classes

Contact Your Local Extension Office



Albany County—Laramie
Sandra Biller 307-721-2571

Laramie County—Cheyenne
Diane Davis 307-633-4282

Carbon County—Rawlins
Fio Wailes 307-328-2642

Goshen/Torrington & Platte/Wheatland
Mary Evans 307-532-2436

QUALIFY

If you are interested in free Cent\$ible Nutrition Program classes, you can check to see if you qualify using the chart below. CNP classes are free for people using or eligible for SNAP or WIC benefits. You can also contact your [county educator](#) to find out more about classes in your town. Or, you can have an educator [contact you](#).

If you want to find out more about SNAP or WIC benefits, you can contact the [Department of Family Services](#).

Supplemental Nutrition Assistance Program Education Income Guidelines

July 1, 2016-June 30, 2017

Income Range-combined income of all adults in the household

Household Size	Qualify for CNP	Don't Qualify
1	\$1-\$21,978/year	Over \$21,978/year
	or \$1-\$1,832/month	or Over \$1,832/month
2	\$1-\$29,637/year	Over \$29,637/year
	or \$1-\$2,470/month	or over \$2,470/month
3	\$1-\$37,296/year	Over \$37,296/year
	or \$1-\$3,108/month	or Over \$3,108/month
4	\$1-\$44,955/year	Over \$44,955/year
	or \$1-\$3,747/month	or Over \$3,747/month
5	\$1-\$52,614/year	Over \$52,614/year
	or \$1-\$4,385/month	or Over \$4,385/month

For more information and additional household sizes, click here to visit the website. <http://www.uwyo.edu/cnp/qualify/index.html>

Simple Fish Tacos

Ingredients:

- 1/2 cup nonfat sour cream
- 1/4 cup nonfat (or light) mayonnaise
- 1/2 cup fresh cilantro, chopped
- 3 tablespoons CNP Taco Seasoning
- 1 Pound cod, tilapia, halibut or other white fish fillets, cut into 1 inch pieces
- 1 Tablespoon olive oil
- 2 Tablespoons lemon juice
- 2 cups cabbage, shredded
- 2 cups tomatoes, diced
- 12 6-inch soft shell corn tortillas
- Lime wedges (optional)



Directions:

1. Wash hands with warm, soapy water.
2. Combine sour cream, mayonnaise, cilantro and 2 tablespoons of CNP Taco Seasoning in a small bowl.
3. Mix fish, olive oil, lemon juice and remaining seasoning in another bowl.
4. Pour fish mixture into large skillet. Cook over medium-high heat for 4 to 5 minutes or until fish flakes easily with a fork.
5. Fill warmed tortillas with fish. Top with cabbage, tomato, squeeze of lime and sour cream mixture.

Serves 6

Nutrition Facts	
Serving Size: 1 taco (250.5g)	
Servings: 6	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 180mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	21%
Sugars 5g	
Protein 18g	
Vitamin A 30%	• Vitamin C 35%
Calcium 10%	• Iron 10%

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



From the Kitchen of the
Cent\$ible Nutrition Program
 Helping Families Eat Better for Less

Macaroni & Tuna

Ingredients:

- 6 cups water
- 2½ cups whole-wheat macaroni
- ½ pound reduced-fat cheese, shredded
- ¼ cup margarine or butter
- ½ cup lowfat evaporated milk
- 1 (6-ounce) can of tuna, in water, drained
- 1 cup carrots, frozen or canned
- 1 cup peas, frozen or canned

Directions:

1. Wash hands with warm, soapy water.
2. Cook macaroni in water according to package directions.
3. Drain noodles and add cheese, butter and milk. Mix well.
4. Stir in drained tuna, peas and carrots.
5. Heat over a low setting for 5 to 10 minutes until warmed through.

Serves 6.

Nutrition Facts	
Serving Size: 1 cup (133.2g)	
Servings: 8	
Amount Per Serving	
Calories 310	Calories from Fat 110
% Daily Value*	
Total Fat 13g	19%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 450mg	19%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 18g	
Vitamin A 20%	• Vitamin C 2%
Calcium 25%	• Iron 8%

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

Creamy Fruit Salad

Ingredients:

- 1 (11-ounce) can mandarin oranges in fruit juice, drained
- 1 (8-ounce) can sliced peaches in fruit juice, drained
- 1 (8-ounce) can pineapple chunks in fruit juice, drained
- 1 cup miniature marshmallows
- 4 ounces nonfat cream cheese, softened
- ½ cup nonfat vanilla yogurt

Directions:

1. Wash hands with warm, soapy water.
2. Mix cream cheese and yogurt together in a medium bowl.
3. Add fruit and mix gently.
4. Chill and serve.

Serves 10.

Nutrition Facts	
Serving Size: 1/2 cup (103.5g)	
Servings: 10	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	2%
Sugars 14g	
Protein 2g	
Vitamin A 0%	• Vitamin C 35%
Calcium 6%	• Iron 2%

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



Cent\$ible Nutrition Program

Dept 3354 • 1000 E. University Ave. • Laramie, WY 82071 • www.uwyo.edu/centsible
 Call toll-free in Wyoming: 877-219-4646 • This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer. 6.26.2013



DID YOU KNOW?

One out of every four hamburgers turns brown before it has been cooked to a safe internal temperature.

– USDA FSIS



Cook to Safe Temperature

Cooking food safely is a matter of degrees! Foods are properly cooked when they reach a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. How does your safe cooking know-how measure up?



DID YOU KNOW?

Thermy™ says, "It's safe to bite when the temperature is right!"

Cook It Right...

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness as measured with a food thermometer. Refer to the Safe Cooking Temperatures on the next page.

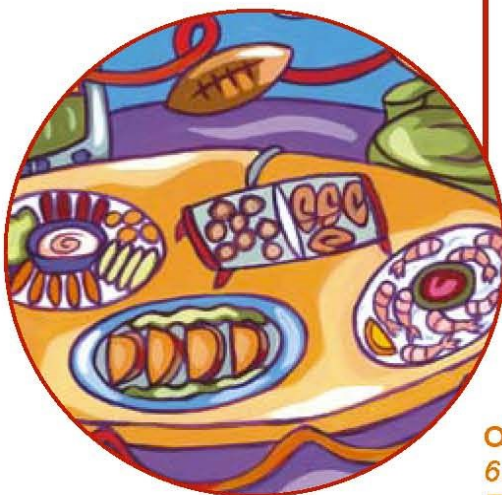
...And Keep It Hot

When serving up hot food buffet-style, remember...

On a buffet table, hot food should be kept at 140°F or higher. Keep food hot with chafing dishes, slow cookers and warming trays.

When bringing hot soup, chili or crab dip to an outdoor party...

Keep it all piping hot before and during serving. Transport hot foods in insulated thermal containers. Keep containers closed until serving time.



OWN IT. USE IT.

69% of Americans surveyed say they own a food thermometer. That is a 21% increase from 1998.

– USDA & FDA survey data 2006



Sizzling Cooking Tips

is it Done Yet?

Use a clean food thermometer to measure the internal temperature of food to make sure meat, poultry, egg dishes, casseroles, and other types of food are cooked all the way through.

Microwave Musts

When cooking in a microwave oven, make sure there are no cold spots in food because bacteria can survive there. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Observe stand times.

Boil and Bubble

Bring sauces, soups and gravies to a boil when reheating.

AT RISK PoPuLATIONs

Foodborne illness can strike anyone. Some people are at higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people extra care should be taken to follow the four simple steps of clean, separate, cook and chill.



- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at www.fightbac.org.
- Gateway to Government Food Safety Information at www.foodsafety.gov.

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the FightBAC!® consumer education program. The Partnership is dedicated to providing the public with science-based, actionable recommendations for the prevention of foodborne illness.

Food Safety Cooking Temperatures

GROUND MEAT & MEAT MIXTURES

Beef, Veal, Pork, Lamb	160° F
Turkey, Chicken	165° F

FRESH BEEF, VEAL LAMB & PORK

Plus 3 Minutes Standing Time For Safety	145° F
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POULTRY

Chicken & Turkey, whole	165° F
Poultry Parts	165° F
Duck & Goose	165° F
Stuffing (cooked alone or in bird)	165° F

HAM

Fresh (raw) Plus 3 minutes standing time	145° F
Pre-cooked (to reheat)	140° F

EGGS & EGG DISHES

Eggs	Cook until yolk & white are firm
Egg Dishes	160° F

SEAFOOD

Fin fish	145° F flesh is opaque
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm

LEFTOVERS & CASSEROLES

165° F



Article By:
Mary Louise Wood
Albany County 4-H Educator
mwood8@uwyo.edu
307-721-2511

Whew!! The frenzy of fair season is behind us but now it is time to hit the road running for school. It may seem that there are many different people/activities pulling you in different directions. So much to do and not enough time to do it. Augh!! What to do?

Much like your 4-H projects you need to have some goals. (Refer back to January 2017 Horizons) What do you want to accomplish and learn? Are you trying a new sport? Do you have challenging classes? Are you starting a new afterschool job? Take 5 minutes-breathe. Pull out a piece of paper, or open your computer or pull out your phone—write down 5 things that you must accomplish or finish today. Of those 5 things, what is the most important? Be sure and put it at the top of your list and then prioritize your other 4 things.

Examine your most important item. What do you need to do to tackle this item? Is it complicated? If it is, then you may need to make a list of what needs to be done so that you don't leave an important step out. Maybe you just need to sit down and do the project. Procrastination does not accomplish much except making one a nervous wreck or a grouch to live with!! Many adults may say that they work better under pressure but in all honestly they probably would produce much better work if they wouldn't wait until the last minute.



Yeah!! You have checked off item 1 on your list. Doesn't that feel great?!?! Now move on to item and 2 and so on down your list.

Maybe you weren't realistic with your list or perhaps an item has come up that you need to add to your list an make it a

higher priority than the other items. That is ok. One needs to be flexible. Don't let yourself get distracted. Be sure and stay on task and then reward yourself when you finish something.

All of this might seem strange right now and one might say "I don't like or I don't need lists!" Maybe you don't need a written list, maybe you can have a list in your head but if you are feeling overwhelmed and think you are drowning with too many things to do; a written list will help. Some people get a sense of accomplishment by just crossing something off of their to-do list. Make this work for you. There is not a right or wrong way to prioritize but one must take that first step and decide what it is that is the most important thing to do and then do it!! If you consistently do this, it will become habit and it will not take so much time and you won't even have to think about it. It will become simple.

Maybe your piano teacher says that you need to practice an hour every day or your history teacher says that you need to spend two hours every day studying history. Don't get bogged down in the amount of time. Maybe you need to practice the piano for 2 hours. Do whatever it takes to get the job done. It might only take you 30 minutes to accomplish those scales! Celebrate and move on to what else you need to finish.

Don't forget to get a good night's sleep and eat properly. Staying up late and binging on junk food is not going to help you be on the top of your game!! Good luck with this year. Remember, there are a lot of people that want you to succeed. Please do not hesitate to ask for help if you need it. Continue and build on your summertime/4-H accomplishments. Also, don't forget to make your record books a priority on your to-do list!!



WHAT IS 4-H?

4-H is an informal, practical, learning-by-doing educational program for youth. The purpose of 4-H is to help youth acquire knowledge, develop life skills, and form attitudes that will enable them to become self-directing, productive members of society.

Professional and volunteer staff provide educational projects and activities in animal science, home economics, natural resources, and handcrafts, as well as leadership and citizenship.

4-H is America's largest out-of-school educational program for youth. Nearly 4.5 million youth nation wide now participate in 4-H, under the guidance of 600,000 extension-trained adult volunteer leaders. An estimated 36 million American adults are former 4-H members.

HOW IT BEGAN

What is now 4-H began in the early 1900s, when youth agriculture clubs appeared in different parts of the country at the same time. These early efforts were organized in rural schools or through "Farmers' Institutes" organized by agriculture colleges to bring the latest scientific information to farmers and their families.

In 1914, the U.S. Congress the Smith-Lever Act, formally establishing Extension work on a cooperative basis among the U.S. Department of Agriculture, the state land grant colleges, and counties in each state. Funds were included for youth programs, which became known as 4-H in 1924.

THE FOUR H'S

The four H's stand for Head, Heart, Hands, and Health. "Head, heart, and hands" was a familiar phrase with public speakers in the early 1900s. Educators expresses the liberalizing of conventional education ("the three R's") to include practical arts ("the three H's").

The three H's were adopted by program organizers to reflect the educational theme of 4-H. A fourth "H" was added for health. Together the four H's symbolized the development of the head, to think, plan, and reason; the heart, to care for others, accept citizenship responsibilities and develop positive attitudes; the hands, to be useful, helpful, and skillful; and health, to practice healthful living, enjoy life, and use leisure time productively.

THE 4-H EMBLEM, COLORS, & MATTO

The national 4-H emblem is a green four-leaf clover with the letter "H" on each leaf. The design was adopted as the national emblem in 1911. Congress has twice passed legislation protecting the 4-H name and emblem. Similar to a copyright, this protection means that the 4-H name and emblem cannot be used without authorization by the national organization.

Green and white are the 4-H colors. Green symbolizes springtime, life, and youth, while white stands for high ideals.

The 4-H motto is "To make the best better." It was adopted in 1927 when the 4-H pledge was introduced.



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The 4-H Pledge

I pledge
My head to clearer thinking
My heart to greater loyalty
My hands to larger service, and
My health to better living
For my club, my community,
My country, and my world



When repeating the pledge, a member raises the right hand to the side of the head while speaking line one, lowers the hand to heart while speaking line two; extends the hand, palms upward, while speaking line three, and stands straight while speaking lines four and five.

The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington D.C. Otis Hall, state 4-H leader in Kansas, was responsible for the original wording, which remained unchanged until 1973 when the words "and my world" were added.

Contact your local Extension office to enroll in 4-H! Click here for more information.
<http://www.uwyo.edu/4-h/about4-h/>

Print this page and pass it along to a family with children age 8-18.

Enroll in 4-H today!



What's A Cloverbud?

What Is 4-H Cloverbuds?

The 4-H Cloverbud is a FUN youth program specially designed for children in K—2nd grade (ages 5-7 as of January 1 of 4-H year). The focus is hands-on cooperative learning in small groups with adult supervision. Cloverbuds participate in activities, games, and other positive experiences in a supportive, creative, challenging and fun environment that introduce them to the wide variety of 4-H project experiences which are available to them when they turn 8 years old.

Key differences between Cloverbuds and Older 4-H Members

Cloverbuds

- Learning is activity centered.
- Instruction is leader directed.
- Recognized for participation only, not through competitions.
- Activities come from approved curriculum or through materials approved by the county educator.
- Cloverbud clubs do not elect officers or have fundraising events.

Older 4-H Members

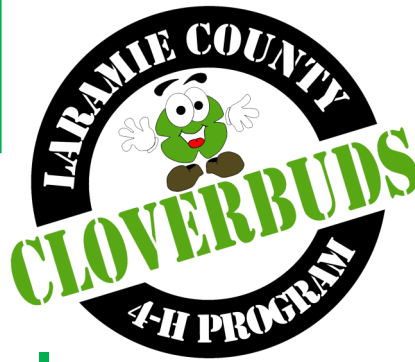
- Age 8-18 by Jan. 1st of 4-H year
- Receive instruction from a leader and through self study
- Learning is project based
- Receive recognition for participation, goal achievement, achievement of standards, and in competition.
- Utilize project manuals or other materials (including curricula) as designed for their age group.

What Can Your Child Expect To Do as a Cloverbuds in Laramie County?

- Participate in activities uniquely suited to their development
- Have Fun
- Grow and learn in a non-competitive environment
- Develop skills
- Participate in hands-on activities
- Make new friends

In Laramie County, there are a few county-wide opportunities for your Cloverbud. These include:

Fair exhibit: Cloverbuds can bring a project to the fair during a designated time and have it “judged.” This “show-n-tell” style allows the Cloverbud to experience static exhibit interview judging in an age-appropriate manner. Each Cloverbud receives a participation ribbon and their items are put on display for the duration of fair.



Cloverbud Fundays: Fundays are held throughout the year and include activities that are part of a theme (ie Holiday Funday-making holiday crafts).

Club activities: some clubs in Laramie County 4-H have leaders or specific activities for Cloverbud members. This varies by club and the engagement level of Cloverbuds in a club varies. Other activities as time and manpower allows.

Frequently Asked Questions

Can my Cloverbud participate in the Laramie County fair? A Cloverbud cannot show in 4-H class at the county fair because these are competitive events. Laramie County Fair does have Pee-Wee classes which are open to the public. As these are not 4-H sponsored events, a youth could participate in these events but not representing 4-H. We do have a Cloverbud judge during the static exhibit judging, no pre-registration is required, they need to bring their projects to be interview judged during the assigned time. They will receive a participation ribbon but no premium.

Can my Cloverbud work with animals? As part of 4-H programs, Cloverbuds can work with animals in a demonstration or exposition format with 4-H leaders.

Do Cloverbuds complete record books? No.

Are there any clubs for Cloverbuds? In Laramie County, there are 2 community clubs that have a specific focus on Cloverbuds. A Cloverbud can be a member of any community club, but not all clubs do programming for Cloverbuds.

How much does it cost? The same as the traditional enrollment fee for that 4-H year. Cloverbuds have to complete the same enrollment process each 4-H year (October 1-September 30) as the traditional members.

Contact your local Extension office to enroll in 4-H! Click here for more information.

<http://www.uwyo.edu/4-h/about4-h/>



Article By:
Catherine Wissner
Laramie County Extension Horticulturist
cwissner@uwyo.edu
307-633-4383

Timing is everything for weed control, late summer into fall can be the best time!

Southeast Wyoming has several very difficult and invasive weeds and controlling them is important to maintaining property values, pastures for grazing and wildlife habitat, but timing on when to spray is everything. Three of them are;

Dalmatian Toadflax; a non-native tall plant with yellow snapdragon like flowers of Eurasian origins. This perennial weed spreads by seeds and underground rhizomes. This weed is very difficult to control and will take careful management to be successful. It offers no habitat benefit to wildlife, bees or livestock. Do not mow this weed, as a

Dalmatian Toadflax



control method, this only encourages it to spread more via underground rhizomes. Hand pulling works for small areas or a few plants. Larger areas will need to be sprayed; the best time to spray is at full bloom. The county Weed and Pest department may cost share with you on herbicides up to 80%.

Cheat Grass or downy brome; a cool season aggressive non-native grass that over takes pastures and disturbed areas of prairie. This grass turns brown with warm weather offering no forage value to livestock or wildlife. This grass will germinate with temperatures as low as 45 degrees, be the first to germinate after a grass fire and



Cheat Grass

out compete native grasses. When in the dormant or brown stage, during summer, it is a fire hazard. Fall is the best time for control you can graze or using a preemergence herbicide. A combination of both is the most effective. Only a few herbicides that work on cheat grass, your county Weed and Pest department can help you select the right one and may even cost share with you.



Thistle

Thistle is a cool season perennial with a very aggressive underground root system. Mowing thistle will stimulate the underground root system into more growth. The best time and way to treat thistle; with foliar applied herbicides which move down through the plant after the first flower buds are formed and before the first flowers open and/or on fall regrowth during September and early October.

With all these weeds it is highly recommended that you reseed treated weedy areas in late fall or late winter with a combination of intermediate, Pubescent and Crested Wheatgrass to help your prairie recover and offer a better habitat for wildlife or grazing your livestock.

Interested in learning how to build a High Tunnel?

(also known as Hoop House)

High Tunnels are passive greenhouses that require little maintenance, no additional energy inputs besides the sun, and can allow us to grow produce nearly all year round in Wyoming. High tunnels are a great way to extend the growing season in Wyoming and maybe grow some food items not common to our area. There are four High Tunnel educational workshops scheduled for this fall. The program is hands-on learn-by-doing building program. One 16' X 32' high tunnel will be built at each location in about 16 hours. If you are interested in the use of these structures you are welcome to attend a workshop and help us build one. Production strategies will be discussed throughout the workshop. The completion of projects are weather permitting.



Articles By:

Jeff Edwards

Pesticide Applicator Training
Coordinator and State Small Acre/
Horticulture Specialist
SAREC

2753 State HWY 157

Lingle, WY 82223

307-837-2956

jedward4@uwyo.edu

Initial Commercial Pesticide Training

Initial applicator training will be held the week of December 11th in Laramie if you or your employees are looking to obtain a Wyoming commercial pesticide applicators license. This class is designed to help educate individuals who are new to pesticide application and provide information in many of the available license categories. Details and registration for the course are entirely on-line and can be found at [https://www.eventbrite.com/e/2017-initial-commercial-pesticide-applicator-training-tickets-](https://www.eventbrite.com/e/2017-initial-commercial-pesticide-applicator-training-tickets-30340279593)

[30340279593](https://www.eventbrite.com/e/2017-initial-commercial-pesticide-applicator-training-tickets-30340279593) . Registration is now open. This program is Monday through Thursday with Testing scheduled for Friday December 15th . You will be issued a license from the Wyoming Department of Agriculture upon the successful completion of the course exams. If you already have your commercial applicators license and need a refresher or Continuing Education Units (CEU's) you can either join us for this week long session in Laramie or the official Recertification class in Casper January 16-18, 2018. Registration is also available for recertification training and can be found on-line at this address:

<https://www.eventbrite.com/e/2018-commercial-pesticide-applicator-re-certification-wwma-waba-uw-wda-tickets-31268400628>.



Additional Events:

September 19-21, 2017

Children's Learning Center
1300 W. Valley Springs Road
Jackson, WY
Nicole Philbin
307-733-0333 / 307-699-0962 C
nphilbin@childrenlearn.org

September 26-28, 2017

Children's Discovery Center
454 E. Hennick St.
Pinedale, WY
Elizabeth Cooney
307-367-6272/ 307-231-5241 C
office@pinedalediscoverycenter.org

October 3-5, 2017

Developmental Preschool and Day Care Center -
LEAF Program
715 Shield St.
Laramie, WY
Jaime Stine
307-742-3571 / 307-760-0062 C
justine@wyokids.org

Rural Health Care in Wyoming: What Should We Do

Community Conversations Wyoming: Engaging People in Conversations that Matter

Rural Health Care in Wyoming

Access to quality health care is a concern for many citizens in Wyoming. With a largely rural population spread out over a large land-area, not everyone can easily get to a hospital or clinic to get medical care. Many people are at least an hour's drive away from doctors, dentists, and other medical professionals. For those communities fortunate enough to have medical facilities, community leaders often worry about their ability to recruit and retain quality health care professionals. Even when facilities and professionals are readily available, many people are inhibited from getting the care that they need due to cost.

The University of Washington Center for Health Workforce Studies found that in 2014, the number of physicians per 100,000 people providing direct patient care in Wyoming was 166. This was significantly lower than the 2012 national average of 226. In Wyoming's isolated small rural communities this number dropped to 48. The Helmsley Trust estimates that urban areas can have as many as 4 to 5 times more physicians per 100,000 residents than rural areas.

According to a recent article in the Casper Star Tribune on health care in Wyoming "The problem of access to care — and paying for it — is especially acute in Wyoming. Many of the state's 23 counties have one hospital, and most operate on razor-thin margins. Because of Wyoming's low population, it has some of the most expensive health care in the country." Healthy People 2020 has found that "increased barriers to accessing health care lead to:

- Unmet health needs
- Delays in receiving appropriate care
- Inability to get preventive services
- Financial burdens
- Preventable hospitalizations"

This is a concern for Wyoming citizens, employers and policy makers as an unhealthy population leads to:

- Increased lost work time
- Increased costs for employers
- Increased costs for the state
- Reduction in citizen's quality of life

Addressing the concerns around rural health care isn't a simple endeavor and will require many people to come together. For this reason Community Conversations Wyoming is bringing dialogue on health care to Wyoming's community members. Before these dialogues can take place, your help is needed. Community Conversations Wyoming is currently seeking input from Wyoming's citizens on their concerns when it comes to the quality and availability of health care in Wyoming. Please take a few minutes and provide your thoughts in the online survey at <https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=CCW-HealthCare2017&S=1>.

Continued on next page...

Community Conversations Wyoming

Community Conversations Wyoming (CCW) engages citizens in the work of their communities through leadership, service, and public dialogue on issues of critical importance. Using a collaborative and research-driven approach, we frame issues so that people can reflect and talk about issues in constructive ways.

Community Conversations Wyoming is a program of the University of Wyoming Extension Community Development Education initiative team.

The University of Wyoming and the United States Department of Agriculture cooperate.

The University is an equal opportunity/affirmative action institution.

Community Conversations Wyoming brings deliberative dialogue to communities

Many communities, and their citizenry, are constantly challenged by issues and problems that have no easy answers. These “wicked problems” require a more nuanced analysis and understanding before they can be solved. Deliberative dialogue assists with community decision-making by helping participants explore different avenues of action.



Community conversations will be held across the state to delve deeply into issues. During these conversations trained facilitators lead participants through a discussion of the issue and potential approaches for addressing it. Participants are asked to weigh the possible consequences of each approach against their own deeply-held values.

These conversations are a tool to bring people together to share their views on an issue, analyze approaches, and increase their understanding about

How you can get involved

There are a number of ways to assist Community Conversations Wyoming in bringing complex issue to communities across the state for deliberation. Before a conversation can be held, there is a lot of pre-planning and research that needs to occur. Community Conversations Wyoming utilizes steering committees comprised of stakeholders close to the issue. Steering committee members will help gather concerns about the issue, provide feedback on issue guide development, and support community conversation events. Other ways to get involved include being a participant in a community conversation or serving as a facilitator for one.



If you are interested in learning more or getting involved,

Community Conversations Wyoming - West Coordinator

Kimberly Chapman

228 9th Street

Evanston, WY 82930

Community Conversations Wyoming - East Coordinator

Juliet Daniels

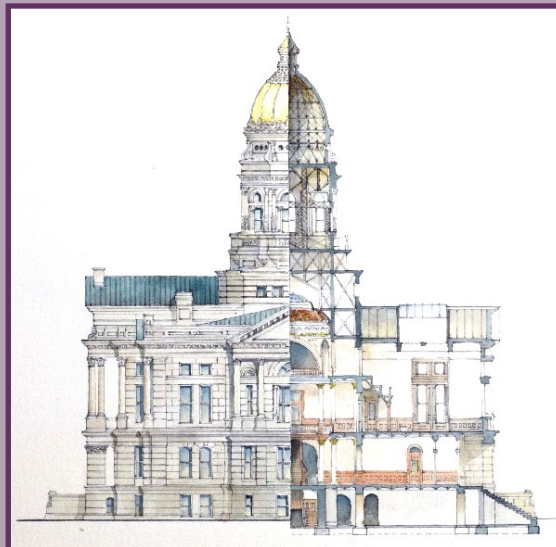
1400 E. College Drive, Pathfinder Bldg. Room 406D

Cheyenne, WY 82007

WYOMING CAPITAL BUILDING



UPDATE ON OUR STATE CAPITOL



Receive updated information on the ongoing renovation of the Wyoming State Capitol. Click here to review the May 2, 2017 Presentation to the Capitol Building Rehabilitation and Restoration Oversight Group. <http://www.wyomingcapitol-square.com/oversight-updates/2017/5/3/may-2-2017-presentation-to-the-capitol-building-rehabilitation-and-restoration-oversight-group>

The State Capitol project is expected to be completed in the summer or fall of 2019

Check Out This Video!

History of the Wyoming Capitol and Restoration Efforts



LEARN MORE ABOUT THE HISTORY OF WYOMING'S CAPITOL AND THE CURRENT RENOVATIONS GOING ON THERE. VIDEO BY THE WYOMING DEPARTMENT OF STATE PARKS AND CULTURAL RESOURCES.

Capitol Building Restoration Oversight Group Subcommittee

The purpose of the work session is to discuss the Capitol Square Project and develop recommendations for presentation to, and consideration by, the full Oversight Group regarding Capitol design, Herschler Building design, Capitol Extension design, site design, and potential change items.

Aug 22, 2017

<http://www.wyomingcapitol-square.com/meeting-events/2017/8/22/tentative-capitol-building-restoration-oversight-group>

ATTENTION: Nationwide Voluntary Recall



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
COOPERATIVE EXTENSION

Misbranded / Adulterated Pesticide, Pesticide Residues Found in Organic Insecticides, Nationwide Voluntary Recall

Mike Wierda and Peter Ellsworth
University of Arizona, Arizona Pest Management Center

Four organic insecticides were recently found to be contaminated with several synthetic insecticides by the Oregon Department of Agriculture (ODA). ODA is now working to identify the source of contamination for these insecticides. All found contaminants are insecticides, and their presence in treated plant products could lead to unknown health effects for consumers and major economic losses for organic and other growers.



All of these insecticides are available for sale in Arizona. If organic growers used these adulterated organic insecticides, they could end up with illegal residues on their agricultural products, potentially preventing them from marketing their production.



The ODA issued a stoppage of sale and distribution in Oregon on 6/28/17 for Azatrol Hydro Botanical Insecticide® and Azatrol EC Insecticide® (both under EPA Reg. No. 2217-836) manufactured by PBI-Gordon. The manufacturer has since issued a nation-wide voluntary recall of both of their adulterated insecticides. On 7/24/17, the Oregon Department of Agriculture issued a stoppage of sale and distribution of Neemix® 4.5 (EPA Reg. No. 70051-9) manufactured by Certis USA, LLC and Azatin O® (EPA Reg. No. 70051-9-59807) manufactured by OHP, Inc.



These insecticides list azadirachtin as the only active ingredient. For Neemix 4.5 and Azatin O, azadirachtin makes up 4.5% of the mixture. For both Azatrol insecticides, azadirachtin makes up 1.2% of the mixture. **Azadirachtin is derived from neem seeds.** All four of these insecticides are listed for organic use by the Organic Materials Review Institute (OMRI).

This material is based upon work that is supported in part by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2014-70006-22488 which provides Extension IPM funding to University of Arizona, and the Pesticide Safety Education Program.



Any findings, conclusions, recommendations, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by the University of Arizona or the USDA.

Organic insecticides recently found to be tainted with contaminants, including two involved in a voluntary nationwide recall.

Insecticide (EPA Registration No.)	Contaminants (conc. ppm)
Neemix 4.5 (70051-9)	Bifenthrin (0.045) and fenpropathrin (0.20)
Azatin O (70051-9-59807)	Bifenthrin (0.64), fenpropathrin (0.10), and lambda-cyhalothrin (0.046)
Azatrol Hydro* (2217-836) * Recalled product	Permethrin (2.0-200), bifenthrin (0.37-1.1), chlorpyrifos (0.15-2.0), cypermethrin (12), and cyfluthrin (0.42)
Azatrol EC* (2217-836) * Recalled product	Permethrin (1.0) bifenthrin (0.27), and cyfluthrin (0.10)

The pre-harvest interval (PHI) for these insecticides is zero days for multiple fruits and vegetables. Both Azatin O and Neemix 4.5 are also approved for use on tobacco in numerous states with a zero day PHI, including Arizona. **While potential health effects from eating or smoking tainted materials have not been evaluated, unforeseen and serious health effects could exist.**

These insecticides available for sale in Arizona could be contaminated. If you are purchasing an insecticide with the active ingredient azadirachtin, make sure to check the EPA Reg. No. to reduce the likelihood of buying an adulterated product. If you are a grower or Pest Control Advisor (PCA) please inform your distributors about the contamination findings. If you see Azatrol Hydro or Azatrol EC for sale, please share this information with the distributor so they can participate in the recall. If you have either of these insecticides already in your possession with the EPA Reg. No. listed, contact your distributor or the manufacturer.

Questions regarding Oregon Department of Agriculture enforcement activity should be directed to: Dale Mitchell, ODA Enforcement, dmitchell@oda.state.or.us, (503) 986-4646

Additional Resources:

Azatrol Hydro Botanical Insecticide and Azatrol EC Insecticide stoppage of sale and distribution notice.

<http://www.oregon.gov/ODA/programs/Pesticides/Documents/CannabisPesticideAdvisories/Azatrol.pdf>

Azatin O Biological Insecticide stoppage of sale and distribution notice.
<http://www.oregon.gov/ODA/programs/Pesticides/Documents/CannabisPesticideAdvisories/Azatin.pdf>

Neemix 4.5 Insect Growth Regulator Biological Insecticide stoppage of sale and distribution notice.

<http://www.oregon.gov/ODA/programs/Pesticides/Documents/CannabisPesticideAdvisories/Neemix.pdf>

PBI-Gordon nationwide voluntary recall letter to partners (page 3).

<https://agr.wa.gov/pestfert/pesticides/docs/AzatrolConditionalReleaseStopSalePBI-Gordonlrrtdistributors-2017-07-28.pdf>

8/16/2017

Selenium Soils Plus Plants that Uptake the Element Can Equal Livestock Health Problems

Brian Sabade
Carbon County Educator
bsebade@uwyo.edu
307-328-2642

“Too much of a good thing can sometimes be a bad thing” is very applicable to the element selenium.

Selenium is a crucial micronutrient for livestock, yet if uncontrolled and in large enough quantities, can lead to sickness. Selenium is most often a chronic or cumulative poisoning. Not to say acute poisoning doesn't happen, but continued grazing of plants containing high levels of selenium within their plant tissues is the most common route of poisoning.

Selenium is a naturally occurring element in soils. There might be a lot, little, or no selenium depending on the geology of an area. There are soils in Wyoming that lack selenium and others that have too much, from a grazing stand point. Removing livestock from selenium-rich areas is the best treatment for poisoned animals and the best strategy for avoiding problem areas.

Most problem areas are at mid- to low elevations in Wyoming. Wyoming's sagebrush basins, eastern prairies, and desert ecosystems are the most common areas to find soils high in selenium and associated selenium-accumulating plants.

Issues occur for livestock managers when plants growing in high-selenium soils uptake the element. Plants can be grouped into three categories based on the rate that they accumulate selenium. Plants become toxic once they start accumulating five parts per million (ppm) selenium in their plant tissue.

Plants in **group one** are primary selenium accumulators that include species of milkvetch (*Astragalus bisulcatus*, *A. racemosus*, and *A. pectinatus*), woodyaster (*Xylorhiza glabriuscula*), princesplume (*Stanleya pinnata*), and selenium goldenweed (*Oenopsis* spp.). Group one may accumulate 2,000 to 3,000 parts per million (ppm) selenium.

Group two includes species of *Aster*, milkvetch (*Astragalus* spp.), saltbrush (*Atriplex* spp.), Indian paintbrush (*Castilleja* spp.), toadflax (*Comandra umbrellata*), and certain species of the *Mentzelia* genus. Group two may accumulate 200 to 300 ppm selenium.

Group three plants are considered the low-selenium accumulators with parts per million rarely exceeding 50. The final group includes grasses, alfalfa, and small grains.

Woodyaster and Princesplume are two plant species easily recognized and excellent indicators of selenium-rich soils.

Overgrown hooves, hair loss, lameness, and weight loss are the most common symptoms of chronic selenium poisoning. These symptoms may not show right away, so actively monitoring for potential high selenium areas is important.

Horses are most known for issues with selenium poisoning, yet sheep, swine, and cattle can also be affected. Acute poisoning is rare. Livestock can develop sore feet, making travel to forage and water difficult, leading to a decrease in production. Symptoms often go unnoticed.

As with most animals that might come into contact with poisonous plants, making sure animals have plenty of high-quality forage and access to clean water is important to help decrease the amount of dangerous plant material consumed and maintain animal health.

For more information on selenium poisoning and plants associated, please refer to USDA Bulletin 415, available online at bit.ly/usdapoisonplants, and the USDA Plants Database online at <https://plants.usda.gov>.



Applied Research In Carbon County

Article By:
Abby Perry
Carbon County
Ag/Hort. Educator
307-328-2642
ajacks12@uwyo.edu

Being a University of Wyoming Extension Educator basically means I get to do something new every day. Sometimes it's answering questions about insects or plant diseases, scheduling presenters to come to my county to do specialty talks, working with agencies and land owners to conduct vegetation monitoring on private and public land, and sometimes I am contacted by land owners or colleagues to conduct applied research.

This summer a colleague and I launched an applied research project monitoring Greater sage grouse nest predation. We are often asked about sage grouse predation, specifically how much predation Ravens are responsible for, and it seems like there is still a lot of questions surrounding the topic, so we decided to do some investigating. We built dummy sage grouse nests using brown chicken eggs and selecting for habitat we thought a sage grouse might nest in. Each nest had four eggs and a game camera placed north of the nest to capture images of predators.

We left the game cameras for 30 days during nesting season. Most sage grouse eggs hatch within 21-28 days. We plan to continue to monitor for several seasons, but this first year's images were quite interesting. At one nest we caught images of ravens, magpies, a badger, some kind of ground rodent, and a sage grouse hen. Cameras that were set on nests that were not predated still had great images of the local Pronghorn.

We aren't quite ready to share our findings, but below are images of how the nests were set-up and some of the great images captured.



Figure 1: Dummy sage grouse nest. Eggs were placed under protective coverage of sage brush in areas with both sage brush and grass vegetation. Aspect of dummy nests varied across 12 locations.



Figure 1: Greater sage grouse hen captured on game camera in front of nest. Seeing her gives us confidence that our nest selection sites are on par with where a hen may choose to nest.

Figure 1: Magpie digging through the snow in search of a yummy egg snack. This is snow from the mid May storm we received in Southern Wyoming.



Figure 1: Raven with egg from nest. This image was captured just two days before cameras were collected. Although the eggs were obviously predated in our study scenario, because of the hatching time varying 21-28 days the eggs may have survived to hatch in a real-world scenario.



If you are interested in learning more about this project or having applied research conducted on your property please contact your local Extension office.

Southeast Wyoming Extension Offices

Albany County Extension

307-721-2571

Carbon County Extension

307-328-2642

Goshen County Extension

307-532-2436

Laramie County Extension

307-633-4383

Platte County Extension

307-322-3667





STRONGER WYOMING AGRICULTURE!

Agriculture Disaster Responder Academy

For Wyoming

Sept. 8-9, 2017

Central Wyoming
Fairgrounds

Casper, WY. 82604

8a to 4p Friday

8a to 3p Saturday

For info: Scott Cotton at
Scotton1@uwyo.edu

County Emergency Managers and UW Extension are asking producers and other citizens to work with them and other agencies to both train for responding to agriculture-based disasters. Participants will learn basic disaster response guidelines, animal handling techniques, use of emergency livestock equipment, radio protocols, livestock evacuation, livestock sheltering, and damage appraisal guidelines used by the USDA and FEMA. Meet and learn from the experts on how to work with county officials. The seminar includes FEMA certified exercises for emergency responders.

Register for this training at bit.ly/WYAgDisasterTraining

by 4pm September 1, 2017.

Supported



Provided By

USDA National Institute of Food and Agriculture

Partnering with



Wyoming Stock Growers Association
Guardian of Wyoming's Cow Country since 1872

*Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.
Glen Whipple, Director, UW Extension, University of Wyoming, Laramie, Wyoming 82071.*



UNIVERSITY OF WYOMING
EXTENSION

Wyoming — Climate Overview

Highlights for the State

Temperatures for June were mostly above normal between 1° F below to 2°F above normal. A few stations across the north and in Goshen and Platte counties were 1°F below normal

Precipitation for June was well below normal with only a few pockets of above normal precipitation in the west and northeast. The snowpack is effectively melted out at this time.

Drought conditions have deteriorated since the last Outlook. Severe Drought (D2) has crept back into the northeast while Abnormally Dry (D0) conditions have spread across the southern part of the state.

Three fires of note are burning in Wyoming. The Sand Creek fire in Converse County reached 364 acres and is expected to be contained shortly. The Keystone fire in Albany County is at 2500 acres and about 75% contained with full containment expected by the end of the month. The June Creek fire (reported 18 July) in the Shoshone National Forest south of US -14 has reached 2000 acres.

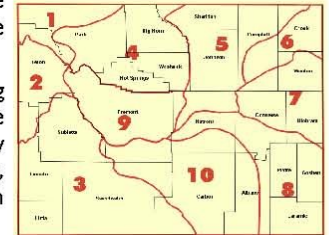
Temperature and Precipitation

June temperatures were above average for most of Wyoming except for a few scattered stations in the northern and southeastern part of the state. Statewide, June was the 32nd warmest since 1894. Climate Division 3 (Green and Bear Basins) was the warmest, ranking 22nd of the last 123 years.

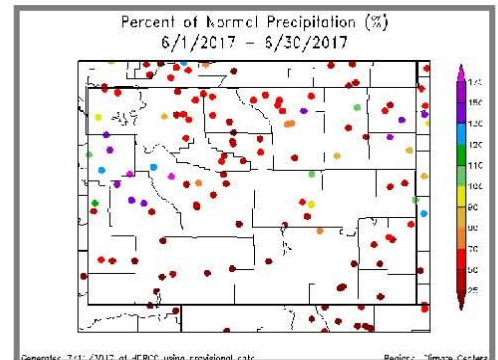
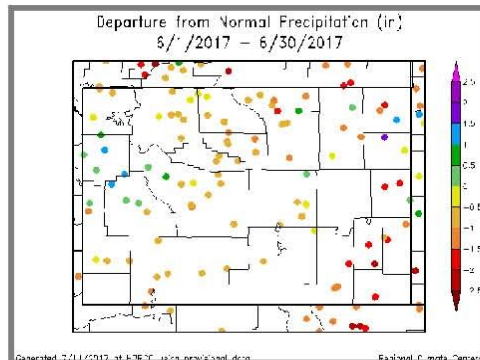
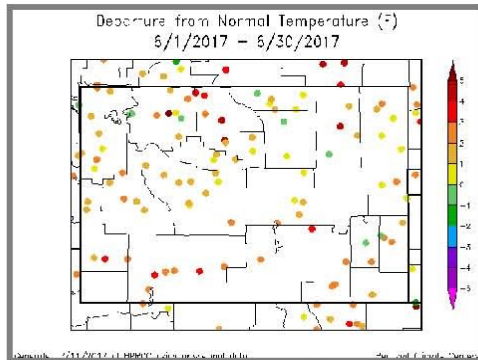
July temperatures to date (20 July) are running above normal across the entire state with only the station at Chugwater in southeast Platte County reporting below-normal temperatures. Generally, July's temperatures so far have been warmest in the north and west.

For statewide precipitation, June was the 34th driest of the last 123 years. Climate Division (CD) 8 was the driest in the state and it ranked as having the 16th driest June since 1894.

July so far (20th) has been a dry month for Wyoming although a few stations in the northeast and in Teton County are reporting above-normal precipitation. Fortunately the fire activity has been low considering how dry and warm the conditions have been.



Wyoming Climate Divisions



Wyoming — Current Drought Conditions

U.S. Drought Monitor

Wyoming

July 18, 2017
(Released Thursday, Jul. 20, 2017)
Valid 8 a.m. EDT

	Drought Conditions (Percent Area)					
	D0	D1	D2	D3	D4	D5
Current	76.43	23.57	2.99	1.12	0.00	0.00
Last Week of 7/11/2017	76.48	23.54	2.99	1.12	0.00	0.00
3 Months Ago of 4/18/2017	51.36	12.84	8.20	0.00	0.00	0.00
Start of Calendar Year of 1/1/2017	50.08	30.02	15.58	0.72	0.00	0.00
Start of Water Year of 1/1/2016	11.39	58.81	21.10	9.97	0.00	0.00
One Year Ago of 6/18/2016	50.08	43.32	10.99	7.81	4.77	0.00

Intensity:

 D0 Abnormally Dry	 D3 Extreme Drought
 D1 Moderate Drought	 D4 Exceptional Drought
 D2 Severe Drought	

This Drought Monitor focuses on broad scale conditions. Local conditions may vary. Use local monitoring for accuracy for forecast statements.

Author:
Richard Heim
NCEM/NOAA

<http://droughtmonitor.unl.edu/>

After some improvement in the drought that is covering the northeast part of Wyoming, the situation has deteriorated rapidly in recent weeks with Moderate (D1) and even Severe (D2) conditions moving back into the region. This is part of a larger area of drought that has developed over the northern plains.

In the southeast, Abnormally Dry (D0) conditions are forming and covering parts of Albany, Goshen, Platte, and Laramie counties.

Poor soil moisture content and a lack of precipitation has led to D0 conditions expanding northward into southwest and south-central Wyoming. D0 currently covers parts of Carbon, Sweetwater, and Uinta counties.

Although the northeastern part of the state has been receiving some precipitation in the last few weeks, soil moisture is still below normal and drought conditions are expected to continue there.

The U.S. Drought Monitor, is a weekly map of drought conditions produced jointly by the National Oceanic and Atmospheric Administration, the U.S. Department of Agriculture, and the National Drought Mitigation Center (NDMC) at the University of Nebraska-Lincoln. The U.S. Drought Monitor website is hosted and maintained by the NDMC. <http://droughtmonitor.unl.edu>



Wyoming — Drought Indicators

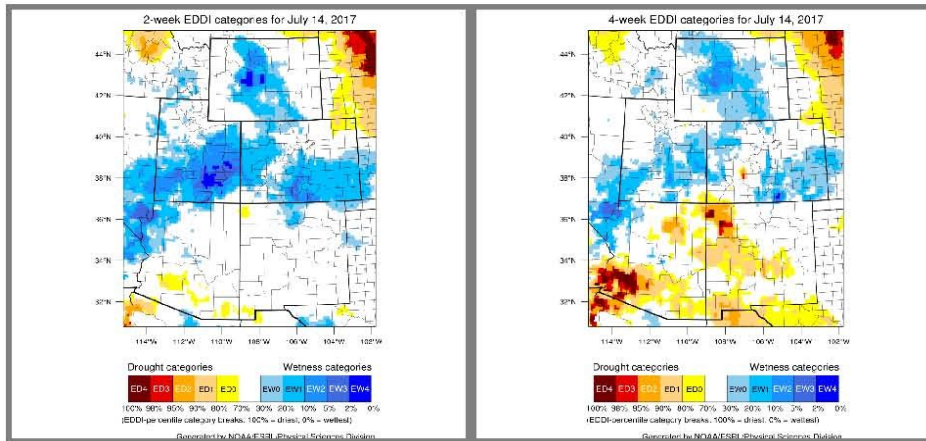
Evaporative Demand

The Evaporative Demand Drought Index (EDDI) suggest that high evaporative demand has not been a major factor in the expansion of drought conditions over the past month, as normal or low-demand conditions have prevailed across the state.

At the 2-Week timeframe, the EDDI is showing normal conditions in the eastern and western parts of the state with central Wyoming tending toward the wet side. The 4-Week Index is showing much the same.

Additional products can be found at: http://www.wrds.uwyo.edu/products_and_data.html

Do you have drought impacts to report? We still need your on-the-ground reports and you can input them here: <http://droughtreporter.unl.edu/submitreport/>



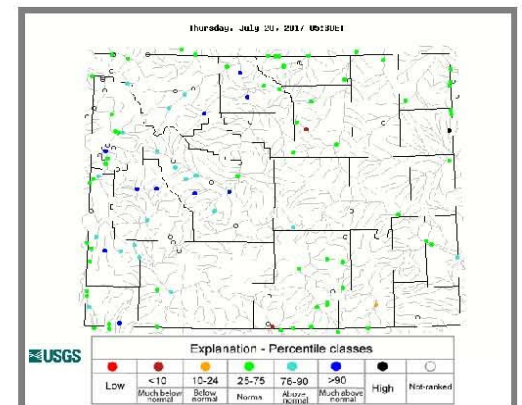
Water Resources

Reservoirs in Wyoming are in good shape with most being at 90% full or better.

Reservoir conditions may be viewed online at: http://www.wrds.uwyo.edu/surface_water/teacups.html

With only a few exceptions in north-central and south-central Wyoming, streamflows are normal to above normal throughout the state.

The map below shows stream conditions in Wyoming as of July 20.



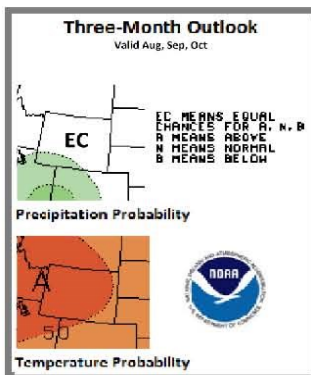
Wyoming — Short- and Long-term Outlooks

Weather and Climate Outlooks

For the next two weeks, Wyoming looks to have better chances for above-normal temperatures, whereas precipitation during the first ten days is more likely to be below-normal for all of Wyoming except the south-central and southeast parts. For the latter part of the period, there are even chances of above, below, or normal precipitation.

Looking at the period of August through October, there are good chances for above-normal temperature statewide. Chances are a bit less in the far eastern parts of the state but still favor temperatures that will be warmer than normal. Precipitation during this period of time is uncertain for most of the state except for slightly elevated chances of above-normal precipitation in the southwest. Moving forward to September through November, there are, again, good chances for above-normal temperature statewide. Precipitation signals are uncertain, making for equal chances of below-normal, normal, or above-normal precipitation.

Drought conditions are expected to continue in the northeast part of the Wyoming. Soil moisture conditions are below normal and temperatures have been above normal. The southeast portion of the state has a potential for drought expansion both in extent and intensity with soil moisture and precipitation there being below normal.



Need a Forecast?
Visit your local National Weather Service Weather Forecast Office for the most up-to-date forecast at: <http://www.weather.gov>

Stay Tuned and In Touch

The next Wyoming Drought Impacts and Climate Outlook will be released around August 18th. If you need information in the meantime, please reach out to any of the partners listed to the right or contact Tony Bergantino directly at Antonius@uwyo.edu

The Wind River Indian Reservation and Surrounding Area Climate and Drought Summary at: WindRiverRes-Climate-Drought-Summary-Mar2017.html

Heard Around the State

Washakie Co., Jul 15: We finally got .08" of rain...but not enough to do much more than settle the dust. Everything continues to dry and wither. Three local grass fires.

Sheridan Co., Jul 10: A wall of smoke blew in from the North at 7:00 pm, ca. 1/4 mile visibility. A neighbor said it may be coming from Ashland, MT.

Sheridan Co., Jul 01: No significant precipitation and increased wind. Everything is getting dried out. Crops, lawns, home gardens, trees and flowers are all needing additional irrigation/watering. Fire danger is increasing.

Partners

- Wyoming State Climate Office
www.wrds.uwyo.edu
- National Integrated Drought Information System
www.drought.gov
- National Weather Service
 - Riverton Weather Forecast Office
www.weather.gov/riw/
 - Cheyenne Weather Forecast Office
www.weather.gov/cys/
- High Plains Regional Climate Center
www.hprcc.unl.edu
- National Drought Mitigation Center
www.drought.unl.edu
- USDA Northern Plains Climate Hub and University of Wyoming Extension
www.climatehubs.ace.usda.gov/northernplains/
- Western Water Assessment
www.colorado.edu

Contact: Tony Bergantino (Antonius@uwyo.edu)



Wyoming Drought Impacts and Climate Outlook | June 2017

Issued July 21st, 2017

For more information click here: <http://www.wrds.uwyo.edu/>

University of Wyoming Extension Resources:



Wanting to explore the great state of Wyoming?

We have an app for that! Check out the videos, points of interest, history and other cool features!

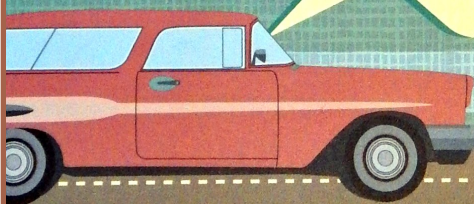
www.UWExploreWYO.org



Did you lose your trail?

Are you planning your next adventure?
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and really ExploreWYO?

We have an **APP** for that!



ExploreWYO from the University of Wyoming Extension has over 400 videos showcasing the history, landscape, and natural resources of Wyoming, conveniently mapped around the state. Our app allows easy access to videos about nearby points of interest wherever your travels take you. Whether you're just passing through or you're a longtime local, you'll learn something new when you hit the road with ExploreWYO.

Download iOS App



Just follow the link below to start your next adventure from the comfort of your own phone:

UWExploreWYO.org

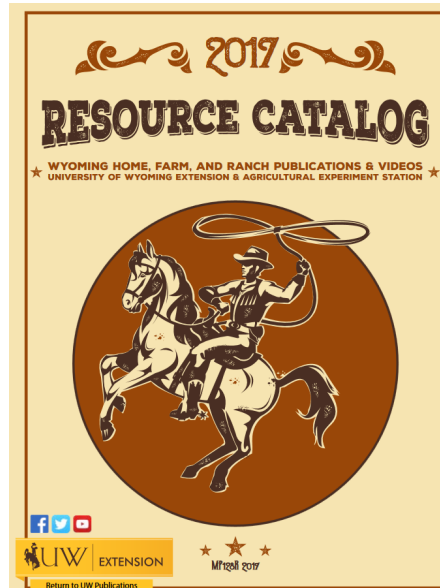
Need Information?

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

Check out our 41 page Resource Catalog!

This catalog lists publications for download from the UW College of Agriculture and Natural Resources through UW Extension and Agriculture Experiment Stations.

- * Baking at high altitudes
 - * Renewable energy
 - * Ranch and crop information
 - * Recommended trees and plants for Wyoming
- and so much more....



WHAT KIND OF WEED IS THIS?

UNIVERSITY OF WYOMING



Wyoming Weed Identification Site

Welcome to the Weed Identification Page. From this page you can chose to search for weeds by looking at photos, an index, ask questions, check other sites, order a publication or locate your local extension office.

[Identify Weeds by Photos](#)

[Weed Index](#)

[Still have Questions](#)

[Related Web Sites](#)

[For weed control questions, contact your Extension Office](#)



This page has been created by the University of Wyoming Plant Science Department and Cooperative Extension Service, for the use of residents of Wyoming and the surrounding areas to identify weeds.

[UWE Home](#)

Need assistance identifying weeds? Use this website to help you trouble shoot your weeds! <http://www.uwyo.edu/uwe/wyoweed/>



Want to grow food all year-round?

Check out this 55 page High Tunnel Handbook !

http://www.wyoextension.org/publications/Search_Details.php?pubid=1831&pub=B-1234



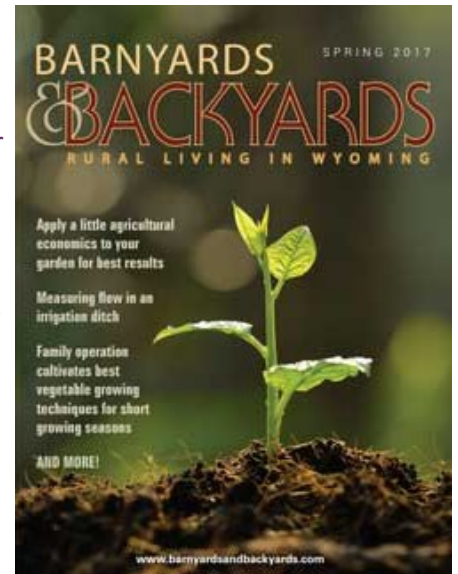
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June 2013



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Click on the link below to visit the Barnyards & Backyards information. You can subscribe to Barnyards and Backyards for \$10 per year and it will be mailed directly to you or you can pick up your quarterly issue at your local Extension Office. To subscribe, print and cut out the order form below and mail your check to the information printed on the form. You can also order online. Enjoy this full color booklet of helpful information.

<http://www.uwyo.edu/barnbackyard/magazine/index.html>



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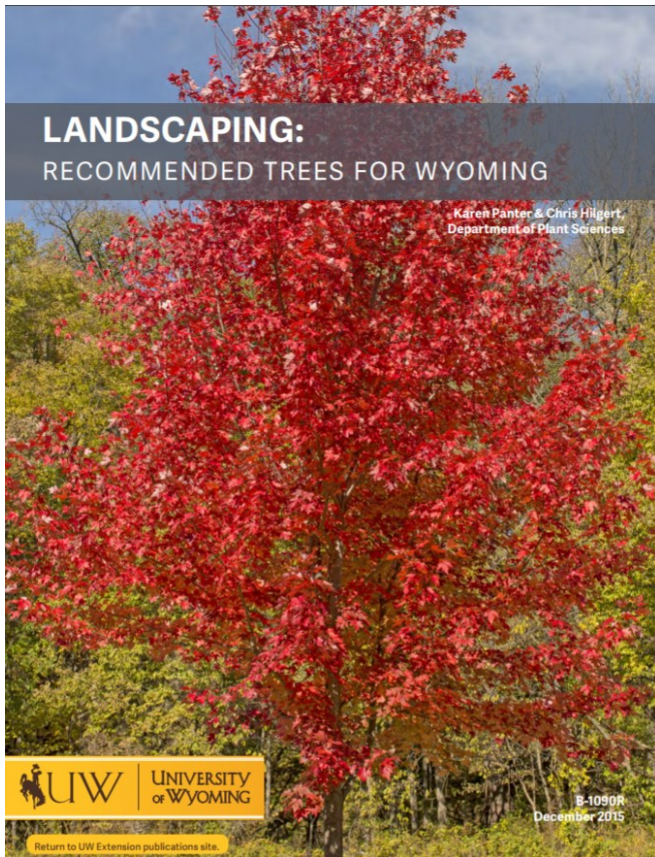
University of Wyoming Extension Resources:



Recommended Trees for Wyoming

Check out this 11 page Landscaping booklet !

http://www.wyoextension.org/publications/Search_Details.php?pubid=415&pub=B-1090R



AG News Magazine

Ag News includes in-depth feature and human interest articles about College of Agriculture involvements throughout the state.

<http://www.uwyo.edu/uwaq/publications/agnews/>



2017 WYOMING AGRICULTURAL EXPERIMENT STATION

FIELD DAYS BULLETIN



FIELD DAYS BULLETIN

The University of Wyoming has four (4) agricultural experiment stations in Wyoming. These facilities offer field days where people can come learn about the research being conducted. Check out bulletin report that have been published in 2017.

<http://www.uwyo.edu/uwexpstn/publications/index.html>

Laramie R&E Center
Mailing address:
1174 Snowy Range Road
University of Wyoming
Laramie, WY 82070
Phone: (307) 766-3665
lrec@uwyo.edu

Powell R&E Center
747 Road 9
Powell, Wyoming 82435-9135
Phone: (307) 754-2223
Fax: (307) 754-5605
uwprec@uwyo.edu

James C. Hageman SAREC
2753 State Highway 157
Lingle, WY 82223-8543
Phone: (307) 837-2000
Fax: (307) 837-2963
sarec@uwyo.edu

Sheridan R&E Center
3401 Coffeen Ave.
Sheridan, WY 82801
Phone: (307) 673-2856
Fax: (307) 673-4384
shrec@uwyo.edu



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Whipple, Director, University of Wyoming, Laramie, WY 82071

Issued in furtherance of Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen

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307-633-4383

laramiecounty@uwyo.edu

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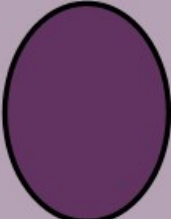


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Laramie County Extension
 1400 E. College Drive
 Pathfinder Bldg. Room 406D
 Cheyenne, WY 82007



LARAMIE COUNTY STAFF



			
Tansey Sussex 4-H/Youth Ed. County Coordinator	4-H Military Educator	Kristi Nagy Sr. Administrative Assistant - 4-H	Tracy Navarro Sr. Administrative Assistant

					
Julie Daniels Community Development	Catherine Wissner Horticulturist/ Master Gardener	Diane Davis CentSible Nutrition Program Coordinator Senior	Jill Person CentSible Nutrition Program Associate	Kelsi Goldfarb CentSible Nutrition Program Assistant	Rita Lemley CentSible Nutrition Program Assistant