

Laramie County & State Dates

Mark your calendars now with these important dates!

Laramie County Fair:

County Shoot June 9th
Horse Show July 30th - Aug 1st
Dog Show August 2nd
County Fair August 5th-11th

State Showcase

Showdown:

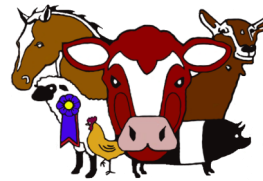
June 26th—28th

Wyoming State Fair:

August 12th—18th

State Shoot

July 5th - 8th



Join Us!

You're invited to come meet the candidates for our new Laramie County 4-H Educator position. This is a unique opportunity to hear the candidates aspirations for the program and you will have the ability to share your feedback by filling out a written survey.

Our office will be closed on:

***Monday, May 28th
In observance of
Memorial Day.***

LARAMIE COUNTY 4-H YOUTH DEVELOPMENT CANDIDATE PUBLIC FORUM

Please join us to meet the candidates, hear their aspirations for the program, and share your views

Thursday, April 12, 2018 from 6:00-8:00 pm

**Laramie County Extension Office
Laramie County Community College
Pathfinder Bldg. Room 409**

6:00pm—Introductions & brief presentation from candidates

7:00-8:00 pm—Connect with candidates

Share comments with the hiring committee

If you have questions contact us at: 307-633-4383

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.
The University of Wyoming is an equal opportunity/affirmative action institution.

UW EXTENSION
Laramie County 4-H Youth Development Educator Feedback

Applicant's name: _____

What do you believe are this person's greatest strengths for this position?

Please share any concerns you have regarding this person's ability to do this job.

Thank you for your input.



Cheyenne Winter Farmers Market

Day: First Saturday of the Month

Time: 10am - 2pm

Open: March 3rd, April 7th, and May 5th

Location: Inside the Historic Train Depot

Contact: 307-640-2665

www.cheyennewinterfarmersmarket.org

Master Gardeners Plant Sale

The Laramie County Master Gardeners will be holding their annual Plant Sale at the M & K Building at 3967 Archer Parkway in Cheyenne, WY. (Archer Complex)

Saturday, May 12, 2018

8am—4pm

You will find everything from vegetables, annuals, perennials, trees and shrubs along with great advice on how to care for your new plants.

Cash or Credit Card Accepted



High Plains Gardening lecture series

Cheyenne Botanic Gardens • Laramie County Master Gardeners

Cheyenne Botanic Gardens Grand Conservatory,
Saturdays at 1 p.m., \$15 per lecture, or \$40 for all three

Jan. 20 - Hummingbird Gardening From Agostache to Zauschneric; Shawn Huddleston

Feb. 24 - Ruthless Gardening: Tough Love for Better Gardens; Shane Smith of Cheyenne Botanic Gardens

March 24 - Crevice Gardens; Kenton Seth



Purchase your tickets at The Tilted Tulip,
the Cheyenne Botanic Gardens Gift Shop
710 S. Lions Park Drive, Cheyenne
For more information call 307.637.6458



Last chance to enjoy a lecture on
Crevice Gardens with Kenton Seth
for \$15 dollars!

GIFT IDEAS...

Master Gardeners Plant Sale
Gift Certificates can be bought at
the Extension Office
through May 10th!





WIN ME!

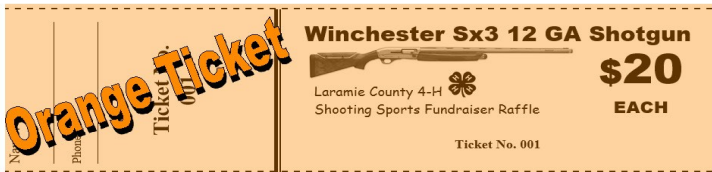
2018



Proceeds benefit the Laramie County Shooting Sports Program Midway Foundation Endowment.



TWO RAFFLES TO CHOOSE FROM:

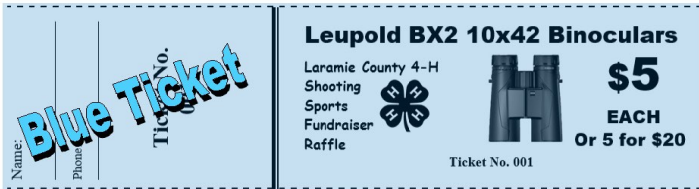


This is the ultimate sporting autoloader shotgun with satin oil finish, grade II/III walnut, adjustable comb, sporting choke tube package, and a red stylized ergonomic operating hardware.

Winchester SX3 12 GA Shotgun

Tickets are \$20 each

Laramie County 4-H Shooting Sports Fundraiser



Leupold BX2 10x42 Binoculars

Tickets are \$5 each or 5 for \$20

Laramie County 4-H Shooting Sports Fundraiser

Contact Brian Winslow at 307-214-0835 to purchase tickets or contact the Laramie County Extension Office at 307-633-4383

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

LARAMIE COUNTY



4-H Carnival 2018

DATE:

Saturday,
March 24th



TIME:

12pm - 5pm



LOCATION:

LCCC Recreation &
Athletic Center
1400 E. College Dr.

There will be games, food,
entertainment and gift basket
raffles!



307-633-4383	\$1 Basket Raffle	383-633-4383
	25¢ Game Tickets	
	\$1 - 5 Food	

All proceeds go to support the
Laramie County 4-H program.

For more information call:
307-633-4383



IMPORTANT DATES

March 24st

4-H Carnival
12-5pm at LCCC Gym
County Wide
Fundraiser!

June 9th

County Shoot in Pine
Bluffs

June 26th-28th

Showcase Showdown
Laramie, WY

June 30th

Laramie County Fair
Deadline!

May 1st

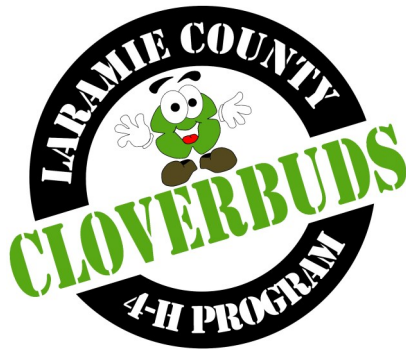
Dog ID's Due to
Extension Office

June 1st

Sheep, Goat & Swine
Ownership Deadline

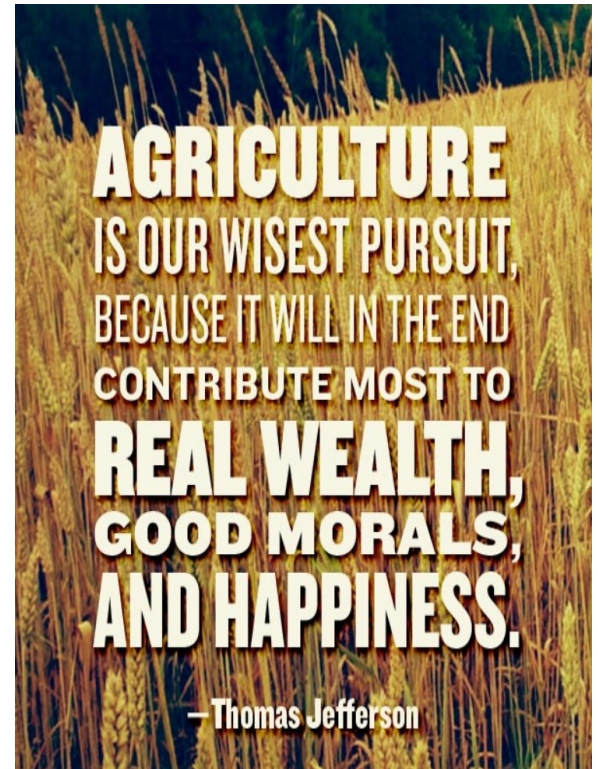
**“A LOT OF GROUPS GO OUT THERE
AND TALK ABOUT IT—WE GO OUT
THERE AND ACTUALLY DO IT.”** 

JOIN THE REVOLUTION OF RESPONSIBILITY



CLOVERBUD FUNDAYS

Laramie County Cloverbud Fundays are lead by Ginny Barrett **every 3rd Saturday** of the month at the Extension office in room 415. (**Except March, it will be on March 3rd**) The Cloverbuds gather to do activities, 4-H Character Counts, learn the 4-H pledge and do fun crafts or community service projects. All of the Laramie County Cloverbuds may attend these fundays. Please call the 4-H office to RSVP by Thursday, two-days before the Saturday meeting. For more information contact Ginny Barrett at ginnyannb1@yahoo.com



Kristi Nagy
Military 4-H Educator
knagy@uwyo.edu



  **“like” us on
facebook**
At Laramie County 4-H

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/centsible

USDA and the University of Wyoming are equal opportunity providers and employers.

Materials are funded by USDA's SNAP-Ed.

Jill Person

Cent\$ible Nutrition Program Assistant

jperson@uwyo.edu

Kelsi Goldfarb

Cent\$ible Nutrition Program Assistant

kmay6@uwyo.edu

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

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

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:

Tuesday Mornings -

10:00 - 11:30am

Contact: Jill Person

Friday Afternoons -

1:30 - 3:00pm

Contact: Kelsi Goldfarb



Cent\$ible Nutrition

"Helping Families Eat Better For Less"

FREE Classes for qualified applicants

CALL FOR MORE INFORMATION:

307-633-4687

Sponsored by:  UNIVERSITY OF WYOMING
EXTENSION



Leftovers can become “planned-overs” and save you money!

Saving Time & Money With Planned-Overs

“Leftovers” tend to get a bad reputation. Sometimes they get forgotten in the back of the refrigerator and later thrown out. Instead of letting extra food go to waste, create “planned-overs.” Planned-over foods involve planning ahead to make foods that give you enough servings for more than one meal. With “planned-overs” you cook once, but eat twice. This saves time and money by buying larger quantities of food on sale and minimizing trips to the store.

Planning menus is the first step in using “planned-overs.” Search your pantry, refrigerator, and freezer and use those ingredients if possible. Place labels and dates on foods you will need for the meals you plan.

An example of “planned-overs” is to make spaghetti for a meal, then use the extra pasta and ground beef for Spaghetti Pie on another day. The recipe for this tasty dish can be found inside this newsletter. Or you may use berries for a smoothie and then the next day prepare raspberry cornmeal muffins. This recipe can be found in the Family Focus section. Making “planned-overs” a part of meal planning can help your family eat well, save food and money, simplify the cooking process, and enjoy sitting down as a family at the table.

Cost Cutter: Label It!

Freezing extra food is a great way to save money. Yet, if it is put away without a label it may quickly turn into a mystery package in the depths of your freezer. To save money, label packages as you put them in the freezer. That way, you can tell what the food is and when it was put in the freezer. You will appreciate it later and will prevent wasting food that may get dry or freezer burned if left too long.

Keeping It Safe with Planned-Overs

Pay attention to food safety with planned-overs. Keep hot foods hot and cold foods cold. Put the planned-over foods into the refrigerator immediately after preparation rather than waiting until the meal is finished. Place food items in shallow containers so they will cool quickly in the refrigerator. With meal planning, you will then use these food items within 2 or 3 days.

Raspberry Cornmeal Muffins

Ingredients:

- 1 cup flour
- $\frac{3}{4}$ cup yellow cornmeal
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup fat-free milk
- $\frac{1}{4}$ cup applesauce
- 1 egg, lightly beaten
- 1 cup fresh or frozen raspberries

Directions

1. Wash hands in warm, soapy water.
2. Preheat oven to 425°F and spray 12-cup muffin pan with nonstick spray.
3. Mix dry ingredients.
4. Add liquid ingredients.
5. Gently fold in raspberries.
6. Fill muffin cups $\frac{2}{3}$ full with batter.
7. Bake 12-15 minutes. Makes 12 muffins.



Totally awesome raspberry muffins — try them out!

Kitchen Quotes:

“My cooking is so AWESOME, even the fire alarms cheer me on!”
Unknown

“Cooking is LOVE made visible.”
Unknown

“People who love to EAT, are always the best people.”
Julia Child



Soup's On

A recipe is not always needed when making soup. Sometimes you find just what you need by peeking into your pantry, freezer, and refrigerator. The ingredients may include beef or chicken stock, tomato juice, frozen mixed vegetables, sliced carrots, browned hamburger, frozen shredded turkey breast, or chopped pieces of ham. By making your own soup, you can control the amount of sodium. This can be a huge difference

compared to pre-made packaged soups. Be inventive and create your own budget-friendly soup!



Recipes taken from the
CentSible Nutrition Cookbook

CHILDREN AND COOKING

Article By:
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Food Safety/ Nutrition Educator
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jbalsan@uwyo.edu

Besides being a 4-H project, children and cooking go hand in hand. The kitchen is a great place to apply knowledge learned in science and math. Geography, history, art, reading, vocabulary, and technology also exist in the kitchen. It is a great way to encourage transference of skills learned at school into everyday life. The kitchen is filled with fractions, weights, measurements, as well as reading and following instructions.

Including children in meal preparation is a fabulous way to share time with your children. You can teach them about food safety, food preparation, family traditions, and meal planning and choosing healthy foods. Meals can be simple or elaborate. At all ages, children can be included. You will need to choose age appropriate involvement. Babies love to be with you and, yes, they will be of little assistance in preparing food, but they will be learning. Talk to them while you work in the kitchen, name food and utensils. Use correct terms as you teach them names of food. Be specific, there are many more varieties of cheese than simply yellow or white.

At age two children can begin to help in the kitchen. By rinsing fruits and vegetables and tearing greens for salad they are developing motor skills and gaining a sense of accomplishment.

Three year olds can practice pouring (you will want to supervise), they can stir, knead and shape dough, and wrap potatoes in foil for baking.

Four and five year olds can set the table, measure dry and liquid ingredients, and beat eggs with a whisk.

At ages six to eight they can learn to clean food preparation surfaces before and after use, gather utensils, begin chopping foods, break eggs and wash dishes and put away ingredients and utensils.

Children between the age nine through twelve continue to need adult supervision and guidance. Verbalize food safety decisions you are making, demonstrate safe use of small appliances like blenders and mixers, and observe while your child learns to use these items safely. Steaming, broiling, boiling and baking all require instruction and guidance over time to master. Cooking together with your child will help you and your child know the level of participation for which your child is ready. Do not expect more of your child than they can master safely.

If your teenage child has participated with you in the kitchen for several years, they may be ready to take on meal planning and preparation. As you give responsibility in the kitchen, you will need to remember that they will appreciate your participation with them. You can be their sous-chef and help with meals planned by your children.

Communicate with your children as you prepare meals. Learn about each other's day and new skills and



knowledge. You can help your child transfer skills learned at school and apply them to food safety and preparation. Let your child read and follow recipes and food preparation instructions. If mistakes are made, allow your child to problem solve and seek a solution. Nutrition and science connections can be a learning experience for both you and your children as advances in science change the way food is grown, processed and prepared. Participation creates powerful learning opportunities

Families will want to make a list of kitchen safety tips. Verbalize and post your kitchen rules. Children who become comfortable in the kitchen still need reminders about safety. Boiling water, sharp knives, electrical appliances, stoves, ovens, hot pans and surfaces have the potential to cause injuries. Be sure your children know tasks that are off limits unless an adult is present, define the "cooking" the child can do when the parents are not home. Take the time to teach your children kitchen safety, kitchen rules and behavior expectations. It can prevent an accident or the surprise of coming home to a huge mess in your kitchen.

Use the internet to find more about Cooking with Children, here are some sites to get you started:

Check out this Clemson University Cooperative Extension site:

http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4113.html , it has great information about Kids in the Kitchen.

Nutrition.gov has resources for cooking with children.

www.nutrition.gov

Kansas State University has resources: <https://www.he.k-state.edu/fnp/family-nutrition/childreninthekitchen.html>

The University of Wyoming provides links for cooking with kids <http://www.uwyo.edu/foods/links-to-learn-more/cooking-with-kids.html>

Growing Wildflowers

Article by:
Catherine Wissner
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307-633-4383



Soil Preparation and Planting

You cannot just toss seed onto the ground and expect results. Seed needs good contact with prepared soil.

Most wildflowers require specific soil and temperature conditions and a certain degree of ongoing attention.

1. Mow the existing or dead vegetation as short as possible. Collect the clippings and remove from the site.
2. To prepare the seed bed, rake or lightly till the soil surface to a maximum depth of one inch. Shallow soil preparation will limit the disturbance of dormant weed seed.
3. It is helpful to use potting soil mixed with the seed to increase volume and aid in even distribution over your site. Four parts potting material to one part seed is recommended.
4. Broadcast one half of the seed as uniformly as possible over the prepared area. Sow the remaining seed in a direction perpendicular to the initial sowing.

When to plant

Planting late fall or very early spring when the ground is dry and can be worked is recommended.

General Care

After the full bloom period has passed allow two weeks for the seed heads to mature. Then mow the area to a height of four to six inches above the ground.

Once a year mowing aids in seed dispersal, reduces competition of unwanted weeds and grasses, but allows sunlight to penetrate to lower growing plants and emerging seedlings.

CAUTION: Cutting the vegetation below three inches can damage perennial wildflower varieties. Press the seed into the soil by walking or using a lawn roller over the newly planted area. Do not cover the seed any deeper than 1/4 of an inch. Some of the seeds may remain visible.

Once your wildflowers begin to germinate, do not allow the site to dry out. Avoid overwatering the area, but keep the soil moist. Watering two or three times a day may be needed until plants are a couple weeks old.

After the plants are several inches tall watering should be gradually reduced and applied only if the plants show signs of stress.

WEED CONTROL: Weeds should be eliminated as soon as recognized by hand pulling only. Weeds that come up in wildflower beds will out compete your flowers for water, sunlight and nutrients.

SUPPLEMENTAL WATER: Water is a critical factor in wildflower maintenance. During the hot summer season, up to one-half inch of moisture per week may be required to keep wildflowers at their peak.

Fertilizing your wildflowers is not necessary unless soil tests indicate the need. Fertilizing wildflowers after plants are established will encourage the growth of unwanted weeds, produce lush foliage and very few blooms. Any soil amendments should be peat moss or a good quality compost, avoid using manures.

Sources of Wildflower Seeds:

Wind River Seeds

www.windriverseed.com

Applewood Seed
Company

www.applewoodseed.com

Beauty Beyond
Belief

www.bbbseed.com

High Altitude Gardening

www.highcountrygardens.com

Great Plains Native Plant
Society

www.gpnps.org

Wyoming Native Plant
Society

[www.uwadmweb.uwyo.edu/
WYND/wnps](http://www.uwadmweb.uwyo.edu/WYND/wnps)

ABBY'S BOOK NOOK

Article By:
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Ag & Range Management Educator
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ajacks12@uwyo.edu

I have always enjoyed giving gifts at Christmas and for other occasions. I think it's a true testament of how well you know someone when you give The Perfect Gift. My goal is to give something that is so perfect, the recipient doesn't even know she needed it, but absolutely does! Well, this past Christmas my mom gave me a book, *How to Speak Chicken: Why your Chickens Do What They Do and Say What they Say*. Initially, I thought, "Oh, what a silly book! That will be a good chuckle." However, this has definitely been one of those instances-- I didn't know I needed this book, but I most definitely did (Thanks, Mom).

How to Speak Chicken is by no means a guide to raising chickens, and is not primarily based on University research, such as our programs in UW Extension, but it *is* a fun read. The book is an entertaining venue to spread Ag awareness and share the complexity of raising livestock animals; in this case, chickens. The author chronicles numerous observations based on her personal multi-breed flock. In addition, she provides stories from other flock owners, as well as research, to add depth to the information she shares.

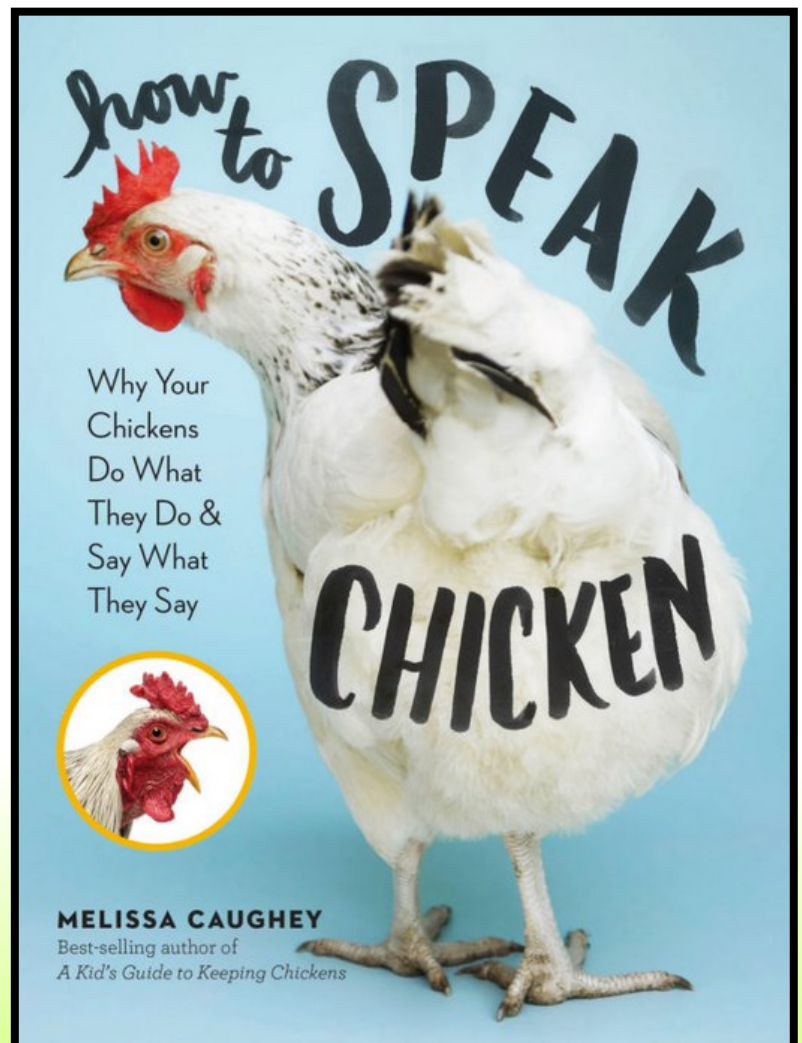
The book is broken into 5 chapters, chicken speak, chicken behavior, chicken features and characteristics, understanding the chicken brain, and the emotional investment in having chickens. My husband and I had meat chickens for a short time, and enjoyed them and their goofy chicken behavior, but this book introduced me to a lot of "chicken complexities" that I never knew existed.

One of the more interesting topics is chicken language and understanding when birds are greeting their care takers or warning because of intruders. Another topic addresses chickens and their sleep habitats. Did you know they could turn off parts of their brain for rest while still staying alert for predators? There is even information about

Beta roosters and successful mating techniques that occur right under the Alpha's nose.

This is a fun, informative read, with lots of pictures. Although I haven't done additional research on these topics, the author has provided plenty of references for more in-depth reading and study.

If you enjoyed this quick book review and are curious about more books in the Ag genre, stay tuned for the next *Horizons Area Newsletter*.



START YOUR GARDEN WITH A PLAN, HERE IS HOW...

Article By:
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Although winter still has an icy grip on garden spaces for many of us, it is not too early start a garden plan.

A garden plan can be simple or complex, depending on what you plan to grow. For most Wyoming gardeners, growing five to seven crops is an achievable goal. A well-thought-out plan increases your odds for a successful garden not only this year, but for future seasons as well.



Timing is Everything

When it comes to gardening in Wyoming's cold climate and short growing season, timing is everything. Knowing when you can expect the last frost of the spring and the first frost of the fall is critical. A table of frost probabilities based on calendar dates for your area is available at the USDA Annual Agricultural Statistics website, [https://www.nass.usda.gov/Statistics by State/Wyoming/Publications/Annual Statistical Bulletin/WY 2015 Bulletin.pdf](https://www.nass.usda.gov/Statistics%20by%20State/Wyoming/Publications/Annual%20Statistical%20Bulletin/WY%202015%20Bulletin.pdf). The table was last updated by the USDA in 2015.

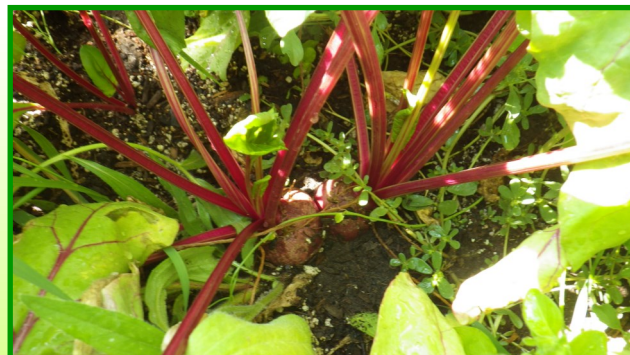
Once you've determined the length of your growing season, you can devise a plan for your garden. There are generally three options: 1) directly plant seeds into the ground to germinate and establish new plants, 2) start seeds indoors using pots that can be transplanted easily into the garden 3) purchase plants from a nursery or greenhouse.

If opting for option number two, the timing of planting seeds is critical. If seeds are started too late, you will be delayed for planting them outside. If you plant them too early, plants will likely outgrow their containers, making them difficult to transplant. It is important to keep in mind that some plants can be transplanted easily, while others are more difficult. Plants will most likely need to be "hardened" to acclimate to the outside conditions. Here is more information on starting seeds inside: <http://www.uwyo.edu/barnbackyard/files/documents/magazine/2014/winter/010114bbstartseed.pdf>

Crop Selection

Growing crops that will be consumed is a good first step when selecting vegetables. It is easy to become mesmerized by the beautiful shapes and colors of vegetables in seed catalogs and publications. Unfortunately, many of the beautiful crops we see in catalogs are not well suited for Wyoming. Selecting crops that enjoy cooler temperatures and have a short days to maturity value is important. For more information about days to maturity values and warm season and cool season crops check UW Extension Bulletin-1115 <http://www.wyomingextension.org/agpubs/pubs/B1115.pdf>.

Once you've selected crop varieties, it's a good idea to purchase seeds or established plants from a reputable source. Sometimes seeds arrive mislabeled or don't germinate. Find companies that back their product. When selecting plants at a nursery or greenhouse, avoid transplants that are diseased or damaged.



Marking the garden space

Measuring the space needed before planting is valuable. Row spacing and area needed for crops is outlined in Bulletin-1115. Vertical structures, different planting densities, companion crop planting, and varied row spacing and design can all be used to maximize space in your garden. Also consider short versus tall crops, so plants are not crowded or shaded out during the growing season.

Making a plan that allows for crop rotation among beds and rows of the garden is fundamental. Crops should be moved to a new spot every year and not planted in the same spot for at least two to three years. Plants from the same family or those with similar nutrient requirements should not be planted in the same spot each year. Crop rotation helps break up disease cycles and avoid depletion of soil nutrients.

Although it may be many weeks before most of us in Wyoming can plant our gardens, there is plenty to think about: what crops to plant, how to plant, when to plant, crop rotation, varieties with short days to maturity values, and companion planting. A little planning will help you get your garden into tiptop shape for not only this year, but for many seasons to come.

DO YOU WANT
4-H SWAG?



Visit

<https://shop4-h.org/>

You'll find:

- ★ Curriculum
- ★ Apparel
- ★ Accessories
etc..



UNIVERSITY OF WYOMING

SHOWCASE Showdown



Laramie, WY

June 26-28, 2018

More Information &

Online Registration coming soon!



PURPLE UP!

**FRIDAY
APRIL 13, 2018**

**APRIL
IS MONTH OF THE
MILITARY CHILD**

**HONOR OUR YOUNG
HEROES BY
WEARING THE
COLOR PURPLE!**



*Please send us photos of you or your group dressed in your purple attire!
Send to Kristi Nagy at knagy@uwyo.edu*

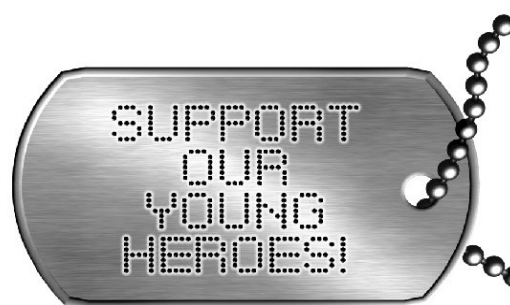


APRIL IS MONTH OF THE MILITARY CHILD



Kick-Off Celebration

**LCCC Pathfinder Building
ANB Leadership Center
Thursday, March 29, 2018
6:00pm-8:00pm**



The public is invited to show support for military children and their families as we kick-off April as the Month of the Military Child. The rally will include proclamation signings and brief speeches from military and elected officials.

Come enjoy refreshments and fun family activities!

*For more information contact: Kristi Nagy—4-H Military Educator
knagy@uwyo.edu | 307-633-4383*



F.E. WARREN AIR FORCE BASE

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

Wyoming 4-H

UW | EXTENSION



4-H Engages South East Wyoming Youth

In 4-H, we believe true leaders aren't born—they're grown.

4-H Youth Development is the youth outreach program of University of Wyoming Extension. 4-H Educators, in partnership with caring adults, provide organizational guidance and management to unique county programs across South East Wyoming. Each county of South East Wyoming grows true leaders by emphasizing the importance of young people connecting to their communities and developing life skills for the betterment of their club, community, country and world.

82

4-H Clubs

2016-2017



Laramie County 4-H



National Arabian 4-H & FFA Horse Judging Team (Goshen County)



Carbon County 4-H Camp

2,016

391

Adult Volunteers

Youth engaged in 4-H Youth Development Programs in Albany, Carbon, Goshen, Laramie and Platte Counties in 2016-2017



Goshen County
"4-H in the Classroom"



Albany County 4-H Beef Tagging



Laramie County 4-H Day Camp

 **4-H GROWS HERE**

Sustainable Agriculture Research & Extension Center



Article By:
John Tanaka
Albany County - Laramie, WY
Associate Director
Wyoming Agriculture Experiment Station
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jtanaka@uwyo.edu

Here at SAREC we are busy planning for the upcoming field season. We have some exciting new projects getting underway and a wrap-up on the corn-hail study along with all of the other research projects that are continuing.

We have made a strategic decision to allow all of our acres to be used for some kind of research or demonstration. That may sound odd, but some of our acres are used to produce hay, corn, and other feeds for livestock both at SAREC and the Laramie R&E Center. We will still produce those things, but one goal is to try new ways of doing things and see what happens. While this is a long-term change, we will be reaching out to producers to see what they would like us to try.

Some new projects that will get started this year include growing first grains emmer and spelt for new WY based niche markets, using biochar and pyrolyzed coal on low productivity land, coordinating production in various high tunnels in the county and trying some “new” things in those, transitioning fields to reduced tillage management, looking at economics of alternative rotations under irrigation using corn, sorghum, and forage peas, and beginning to manage an area under irrigation for organic production (in addition to our dryland organic area that is already established).

You may recall that in the summer of 2016 our centers production of corn was wiped out by hail. We initiated a rapid response study on what we could do with that. Several cover crops were planted and the areas were grazed by cattle. Corn was replanted in 2017 and production and soil data were collected

after harvest. Results are still being analyzed and should be out soon.

If you are interested in seeing all that is going on, you are welcome to visit anytime. We will have a few organized mini-field days this summer as well as our large field day – mark August 22 on your calendar for that.



THE BOARD OF DIRECTORS

By: Bill Taylor, Former UW Extension Community Development Educator

Often board members are appointed or elected to their position with little or no knowledge of what their responsibilities are legally or ethically.

Corporations, whether for-profit or nonprofit, require a governing Board of Directors. Governing Boards have certain legally required duties, including duties of care, loyalty and obedience. Governing Boards can have a variety of configurations, e.g., "working," "collective," "policy," "Policy Governance," etc. All are types of Governing Boards.

Recent illegal activities, particularly in large, for-profit corporations, have brought much attention to the roles and responsibilities of Boards, especially to their degree of effective oversight ("oversight" as in ensuring strong, effective organizations), ethical operations and approach to compensating senior executives.

In the aftermath of every news story is the question: Why didn't the Board do something?

The overlooked reason is that the prevailing "team" model for the relationship between boards of directors and their staff is only half of the story. "Team" members are understood to bring different skills and play different roles to support and build the organization, working toward common goals. But while board members should and do act as supporters and builders, they have another role to play as questioners and monitors of the organization. As part of the team, the board stands with their well-intentioned organization as it operates in a demanding world. In contrast, in their governing role, the board must stand outside the organization and hold it accountable to the public interest.

Both these roles - supporting and governing - are critical to effective work by organizations. Rather than try to eliminate the contradictions and tensions of their governance role, boards must find techniques for strengthening their independence and creatively using this tension for the good of the organization and the purpose it was created to serve.

What is governance?

The two roles of support and governance encompass different tasks. In the role of supporters board members strive to ensure the success of the organization. Boards raise money, bring contacts



and clout to the organization, provide special skills such as in law or accounting, and act as ambassadors to the community. The many books, articles and seminars on the subject testify to the emphasis on helping boards help - on strengthening organizations by means of board assistance. The governance role, on the other hand, has as its goal protection of the public interest. Governance responsibilities for boards include selecting the top executive (the Chief Executive Officer) and assessing his or her performance, reviewing and authorizing plans and commitments, ensuring compliance with legal and contract requirements, and evaluating the organization's work.

Both of these board roles are distinguished from that of management, the province of the Chief Executive Officer.

Simply put, a board of directors is a group of people legally charged with the responsibility to govern a corporation. In a for-profit corporation, the board of directors is responsible to the stockholders -- a more progressive perspective is that the board is responsible to the stakeholders, that is, to everyone who is interested and/or can be effected by the corporation.

Major Duties of Board of Directors

Brenda Hanlon, in *In Boards We Trust*, suggests the following duties (as slightly modified by Carter McNamara to be "nonprofit/for-profit neutral").

- Provide continuity for the organization by setting up a corporation or legal existence, and to represent the organization's point of view through interpretation of its products and services, and advocacy for them
- Select and appoint a chief executive to whom responsibility



for the administration of the organization is delegated, including:

- to review and evaluate his/her performance regularly on the basis of a specific job description, including executive relations with the board, leadership in the organization, in program planning and implementation, and in management of the organization and its personnel
- to offer administrative guidance and determine whether to retain or dismiss the executive
- 3. Govern the organization by broad policies and objectives, formulated and agreed upon by the chief executive and employees, including to assign priorities and ensure the organization's capacity to carry out programs by continually reviewing its work
- 4. Acquire sufficient resources for the organization's operations and to finance the products and services adequately
- 5. Account to the public for the products and services of the organization and expenditures of its funds, including:
 - to provide for fiscal accountability, approve the budget, and formulate policies related to contracts from public or private resources
 - to accept responsibility for all conditions and policies attached to new, innovative, or experimental programs

Major Responsibilities of Board of Directors

BoardSource, in their booklet "Ten Basic Responsibilities of Nonprofit Boards", itemize the following 10 responsibilities for nonprofit boards. (However, these responsibilities are also relevant to for-profit boards.)

1. Determine the Organization's Mission and Purpose
2. Select the Executive
3. Support the Executive and Review His or Her Performance
4. Ensure Effective Organizational Planning
5. Ensure Adequate Resources
6. Manage Resources Effectively
7. Determine and Monitor the Organization's Programs and Services
8. Enhance the Organization's Public Image
9. Serve as a Court of Appeal
10. Assess Its Own Performance

Information from the Free Management Library found at www.managementhelp.org. Specifically this material has been taken from three articles in the library: Free Complete Toolkit for Boards; Frequently Asked Questions (What is the role of governance?); Overview of Roles and Responsibilities of Corporate Board of Directors. Materials in this topic apply to both nonprofit and for-profit Boards in the USA and Canada.



ANSWERS TO TAX QUESTIONS

Tax Cuts and Jobs Act (PL 115-97) Resources (Updated 1/10/18)

Tax Cuts and Jobs Act Bill: <http://docs.house.gov/billsthisweek/20171218/CRPT-115HRPT-%20466.pdf>

Background Information: Land-Grant Universities

[Congress Passes Sweeping New Tax Legislation \(Iowa State University\): https://www.calt.iastate.edu/blogpost/congress-passes-sweeping-new-tax-legislation](https://www.calt.iastate.edu/blogpost/congress-passes-sweeping-new-tax-legislation)

Background Information: Other

[Here are the Winners and Losers of the Final Version of the Republican Tax Bill \(Marketwatch\): https://www.marketwatch.com/story/here-are-the-winners-and-losers-of-the-final-version-of-the-republican-tax-bill-2017-12-18](https://www.marketwatch.com/story/here-are-the-winners-and-losers-of-the-final-version-of-the-republican-tax-bill-2017-12-18)

[Highlights of the Final Tax Cuts and Jobs Act \(Advisor Perspectives\): https://www.advisorperspectives.com/articles/2017/12/19/highlights-of-the-final-tax-cuts-and-jobs-act](https://www.advisorperspectives.com/articles/2017/12/19/highlights-of-the-final-tax-cuts-and-jobs-act)

[How the Tax Cuts and Jobs Act Impacts U.S. Tax Returns \(H & R Block Tax Information Center\): https://www.hrblock.com/tax-center/irs/tax-reform/tax-cuts-and-jobs-act/](https://www.hrblock.com/tax-center/irs/tax-reform/tax-cuts-and-jobs-act/)

[Individual Tax Planning Under the Tax Cuts and Jobs Act Of 2017 \(Michael Kitces, Nerd's Eye View\): https://www.kitces.com/blog/final-gop-tax-plan-summary-tcja-2017-individual-tax-brackets-pass-through-strategies/](https://www.kitces.com/blog/final-gop-tax-plan-summary-tcja-2017-individual-tax-brackets-pass-through-strategies/)

[Preliminary Details and Analysis of the Tax Cuts and Jobs Act \(Tax Foundation\): https://taxfoundation.org/final-tax-cuts-and-jobs-act-details-analysis/](https://taxfoundation.org/final-tax-cuts-and-jobs-act-details-analysis/)

[Tax Cuts and Jobs Act Summary \(CCH Incorporated and Wolters Kluwer\): https://goo.gl/CtJMAq](https://goo.gl/CtJMAq)

[Tax Cuts and Jobs Act-Changes \(Thomson Reuters Tax and Accounting\): https://tax.thomsonreuters.com/blog/tax-cuts-and-jobs-act-changes](https://tax.thomsonreuters.com/blog/tax-cuts-and-jobs-act-changes)

[What Do the Tax Cuts Mean for Farmers and Ranchers? \(American Farm Bureau\): https://www.fb.org/market-intel/hr1andag](https://www.fb.org/market-intel/hr1andag)

[Who Gets a Tax Cut Under the Tax Cuts and Jobs Act? \(Tax Foundation\): https://taxfoundation.org/final-tax-cuts-and-jobs-act-taxpayer-impacts/](https://taxfoundation.org/final-tax-cuts-and-jobs-act-taxpayer-impacts/)

Tax Law Calculators

[GOP Tax Plan Calculator \(The Wall Street Journal\): http://www.wsj.com/graphics/republican-tax-plan-calculator/?reflink=e2twmkt5](http://www.wsj.com/graphics/republican-tax-plan-calculator/?reflink=e2twmkt5)

[Tax Bill Calculator: Will Your Taxes Go Up or Down? \(The New York Times\): https://www.nytimes.com/interactive/2017/12/17/upshot/tax-calculator.html?](https://www.nytimes.com/interactive/2017/12/17/upshot/tax-calculator.html?)



CENTER FOR DISEASE CONTROL AND PREVENTION

This year's flu season has been a bad one! Here are some steps to assist in fighting the flu!

For more information go to the following link:

<https://www.cdc.gov/flu/resource-center/freeresources/print/print-general.htm>

CDC SAYS:

“TAKE 3” ACTIONS TO FIGHT THE FLU

1 Vaccinate

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

2 Stop Germs

- Try to avoid close contact with sick people.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3 Antiviral Drugs

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder).
- Antiviral drugs can shorten your illness and make it milder. They can also prevent serious flu complications, like pneumonia.
- It's very important that antiviral drugs be used early to treat people who are very sick with the flu (like people in the hospital) and people who are sick with the flu and at high risk for serious flu complications, either because of their age or because they have a high risk medical condition. Other people also may be treated with antiviral drugs by their doctor. Most otherwise-healthy people who get the flu, however, do not need antiviral drugs.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

FLU-LIKE SYMPTOMS INCLUDE:

fever cough sore throat runny or stuffy nose
body aches headache chills fatigue



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information,
visit www.cdc.gov/flu
or call 800-CDC-INFO

CDC/CEA-A

Two Great Opportunities to Learn About Bees!

<https://www.eventbrite.com/e/2018-wyoming-bee-university-bee-college-conference-tickets-39751625181?aff=ehomecard>

Wyoming Bee University

Friday, March 16, 2018

Cheyenne, Wyoming

BEE UNIVERSITY

Location: Laramie County Community College, Pathfinder Building, Cheyenne, WY

A one day workshop from top-of-their game instructors.

You have an all day workshop choice of

- 1-The Hive as the Medicine Chest.
- 2-Honey Wine Making Mead.
- 3- Long Live the Queen with Zia Bees.
- 4-Advancing your Beekeeping Skills.

\$125/person. Lunch, snacks, coffee, tea, included.

www.wyomingbeecollege.org

Register at www.eventbrite.com or

307-633-4480 ask for Catherine Wissner

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March 17-18, 2018

Cheyenne, Wyoming



Wyoming Bee College

Location: Laramie County Community College, Cheyenne, WY

Curious About: Bees, Beekeeping, Advancing your skills or Gardening For Bee?

Offering: Beginning Beekeeping, Beekeeping 102, Journeyman level, Gardening For Bees, Habitat Hero Workshop, Season to Season Beekeeping, Vendors, Workshops, 3 Keynote Speakers, and much more!

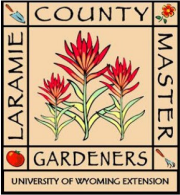
\$85/person. Meals included.
www.wyomingbeecollege.org

Register at www.eventbrite.com or
307-633-4383 ask for Catherine Wissner

Hosted by: University of Wyoming Laramie County Extension

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Laramie County Master Gardeners Present:



Gardening for Success Conference 2018

Open to the public for beginning to advanced gardeners.

April 14 & 15, 2018

**Laramie County Community College
Pathfinder Building**

Registration cost \$125.00

sign up at www.eventbrite.com

For more information call 307-633-4480

Visit the above link for list of vendors and workshops!

Hosted By:



Laramie County Master Gardeners



Laramie County Community College



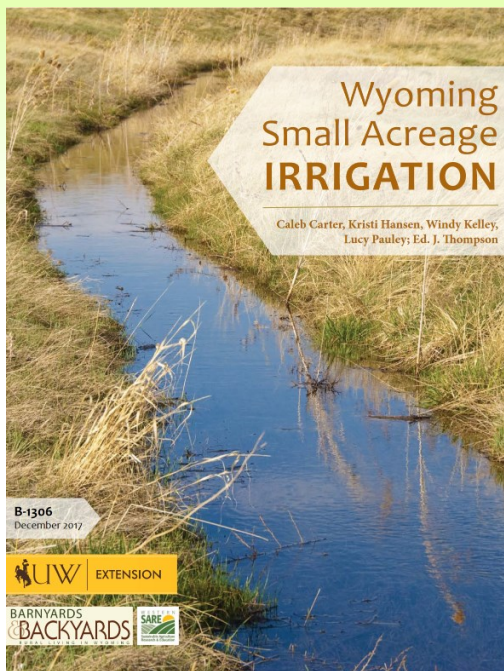
UW Extension - Laramie County



Wyoming Department of Agriculture



EDUCATIONAL OPPORTUNITIES



Download this 44 page document on Wyoming Small Acreage Irrigation.

<http://www.wyoextension.org/agpubs/pubs/B-1306.pdf>

Click on photo or link to access this document.



Do you need your pressure canner tested?

The University of Wyoming Extension office can test your pressure canner. Call your local office to schedule testing.

Albany County - 307-721-2571
 Carbon County - 307-328-2642
 Goshen County - 307-532-2436
 Laramie County - 307-633-4383
 Platte County - 307-322-3667

Check out the Nutrition and Food Safety Blog

<https://uwyoextension.org/uwnutrition/>



University of Wyoming Extension
 Centennial 1914 to 2014

<https://youtu.be/H14zF-S2RjE>

Enjoy a look at 100 years of Extension Service!

(Click on link or photo)



Backyard Chickens

https://youtu.be/u3cAws8_iws?list=PL1964BF0FA26DF728

Learn how easy it is to care for chickens in your own backyard.

With some basic improvements it's easy to keep chickens year-round even through Wyoming's cold winters.

(Click on link or photo)



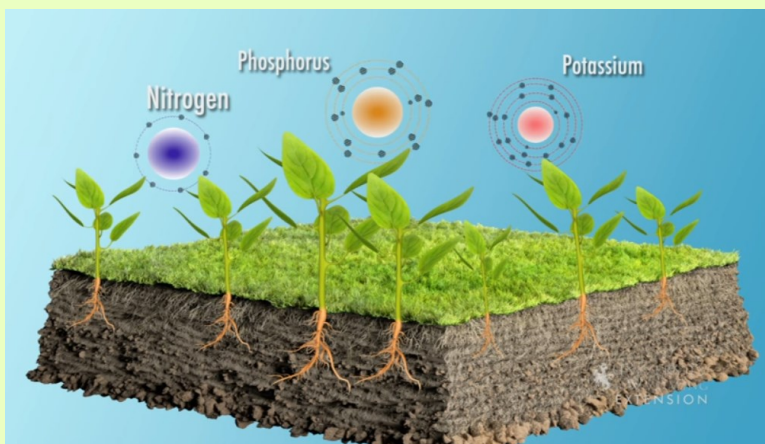
Winter Care for Young Trees

From the Ground Up

<https://youtu.be/60cOVEGsmz0>

Make sure your trees have enough water and protect them for animals.

(Click on link or photo)



Soil Nutrients

From the Ground Up

<https://youtu.be/gBrhZKuG-HY>

Nitrogen, phosphorus, and potassium are the three major soil nutrients that are important to plants. Find out more about these nutrients and why they are important

(Click on link or photo)



Beginning a Vegetable Garden w/seeds

<https://youtu.be/9lhTeKz336s>

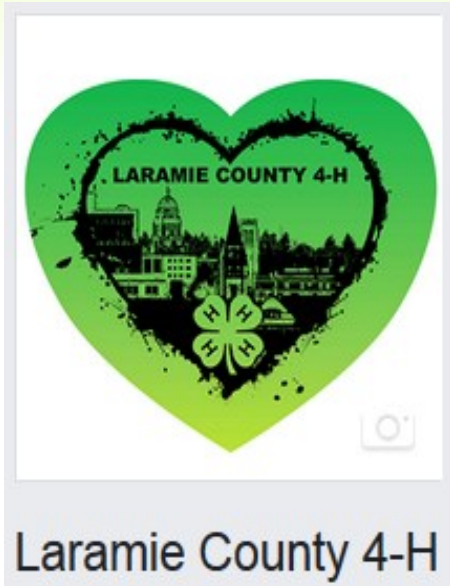
Proper planting techniques will get your garden off to a great start.

(Click on link or photo)



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Click on photo to access link!



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<https://www.facebook.com/LaramieCounty4H/>



Laramie County Extension Office

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Laramie County-Cent\$ible Nutrition Program

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Laramie County Master Gardeners

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GOT QUESTIONS? LET US KNOW:

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- Range & Natural Resource Management
- Nutrition & Food Safety

Call our office to get in touch with these area educators
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