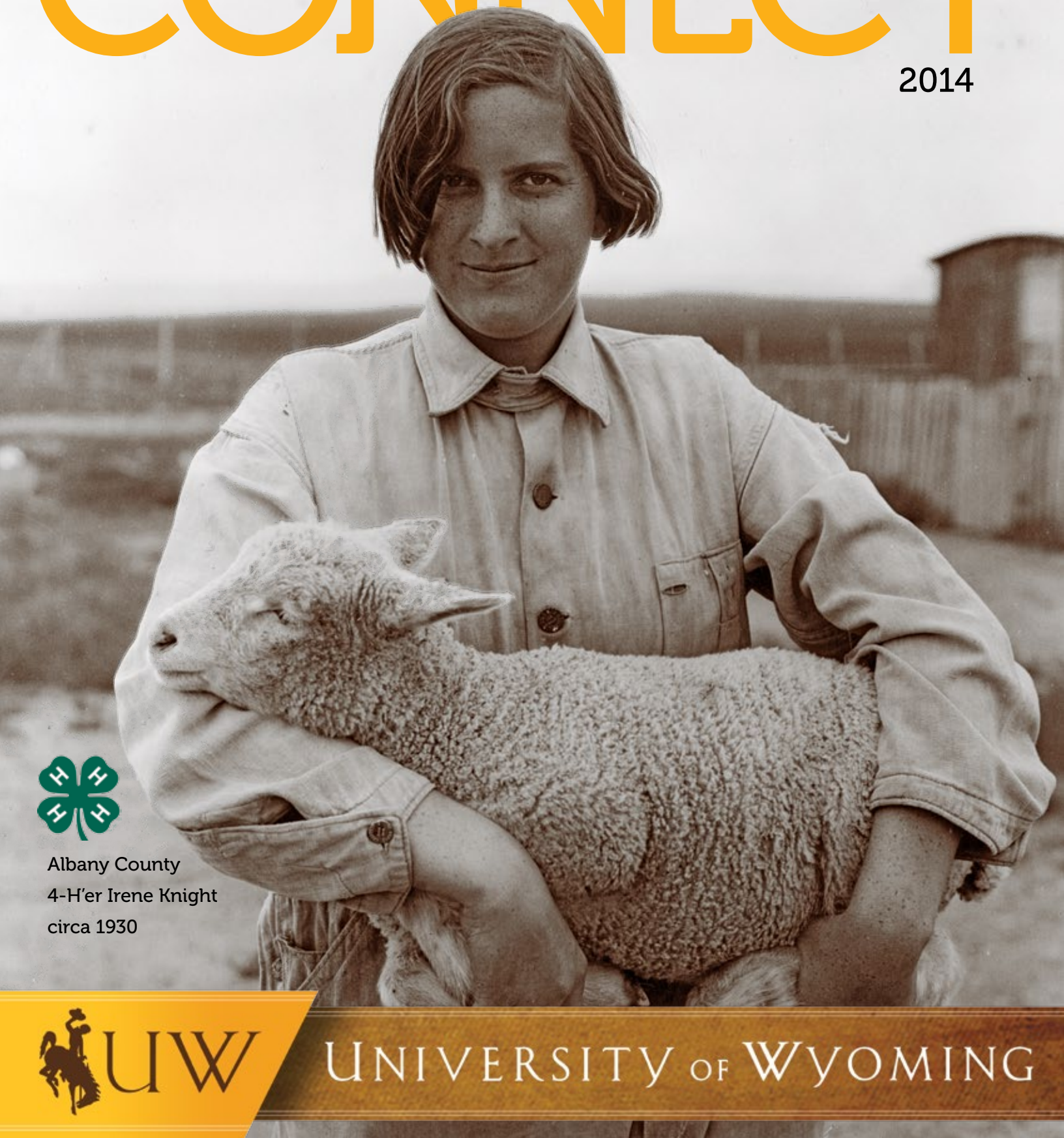
UW Extension's Connection with Wyoming

CONNECT

2014



Albany County
4-H'er Irene Knight
circa 1930

UW University of Wyoming

CELEBRATING OUR PAST, SHAPING OUR FUTURE

The next few years are anniversary celebration years for University of Wyoming Extension.

July 2, 2012, was the 150-year anniversary of the signing of the Morrill Act, which created the land-grant university system. The Morrill Act was named for its creator, Representative Justin Morrill from Vermont, and signed by President Abraham Lincoln in 1862 at the height of the Civil War.

The act revolutionized higher education in America by making a college education accessible to people previously excluded from the nation's prestigious private colleges. Long on land, the Morrill Act endowed each state with 30,000 acres of federal land for each representative and senator in Congress to create a land-grant college "….where the leading object shall be, without excluding other scientific and classical studies…to teach such branches of learning as are related to agriculture and mechanic arts."

UW Established

The University of Wyoming was established in 1886 using the land-grant funds – a full four years before Wyoming achieved statehood.

UW Extension is proud to be a part of the land-grant tradition. I encourage you to view the Wyoming Signatures created to highlight the University of Wyoming's land-grant heritage and mission. See it at http://bit.ly/uwlandgrant.

And, it gets better. This year is the centennial year for UW Extension. The first county extension agent was hired for Fremont County in May 1913; the second was hired for Sheridan County in July 1913. And, the first 4-H club work was organized in Wyoming by the College of Agriculture in 1913.

On top of that, the Smith-Lever Act was enacted in 1914. The act brought U.S. Department of Agriculture funding to the university and a county funding mix. The legislation added staying power to extension services budding within the land-grant universities.

So you see, we, with UW Extension, and you, our clients, supporters, and partners, have much to celebrate these next couple of years. Looking back to the history and traditions of our university and extension system is fun and provides us grounding, but the future is where our clients', and thus our, fortunes lay.

Seeking Your Input

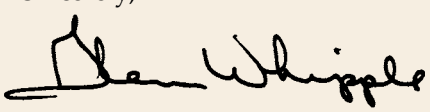
UW Extension is looking intently toward the next 100 years and is developing its strategic plans for 2014-2019. We recognize that changing, adjusting, and renewing ourselves and our work is critical to serving the people of Wyoming. We are very interested in knowing your experiences and views on our work and the future directions for UW Extension.

We have met with groups of Wyoming citizens around the state trying to learn of your suggestions and insights as to how we could better serve.

If you have ideas or suggestions and haven't been able to share with us, please send me an email (glen@uwyo.edu) or call (307-766-5124) or you can participate in our online UW Extension program survey at http://bit.ly/UWCANRSurvey.

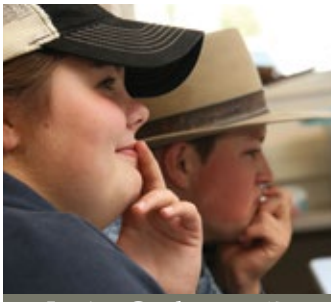
CONNECT magazine highlights the work of UW Extension this past year. I have enjoyed reading these articles, and I hope you will, too. We are proud of the work of those highlighted here as well as the work of all in extension. I would love to hear from you. If you have questions or suggestions, please give me a call or email.

Sincerely,



Glen Whipple
Associate Dean and Director
University of Wyoming Extension


New Century 4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Looking back to the history and traditions of our university and extension system is fun and provides us grounding, but the future is where our clients', and thus our, fortunes lay.

– Glen Whipple

Is a picture worth a thousand words? Then, how about a video?

Videos, and the interactive 2014 CONNECT edition, which has videos, slide shows, and audio, will be available at www.uwyo.edu/ces/connect2014

CONNECT

Vol. 4, No. 1, 2014

Senior Editor Steve Miller

Graphic Design Tana Stith

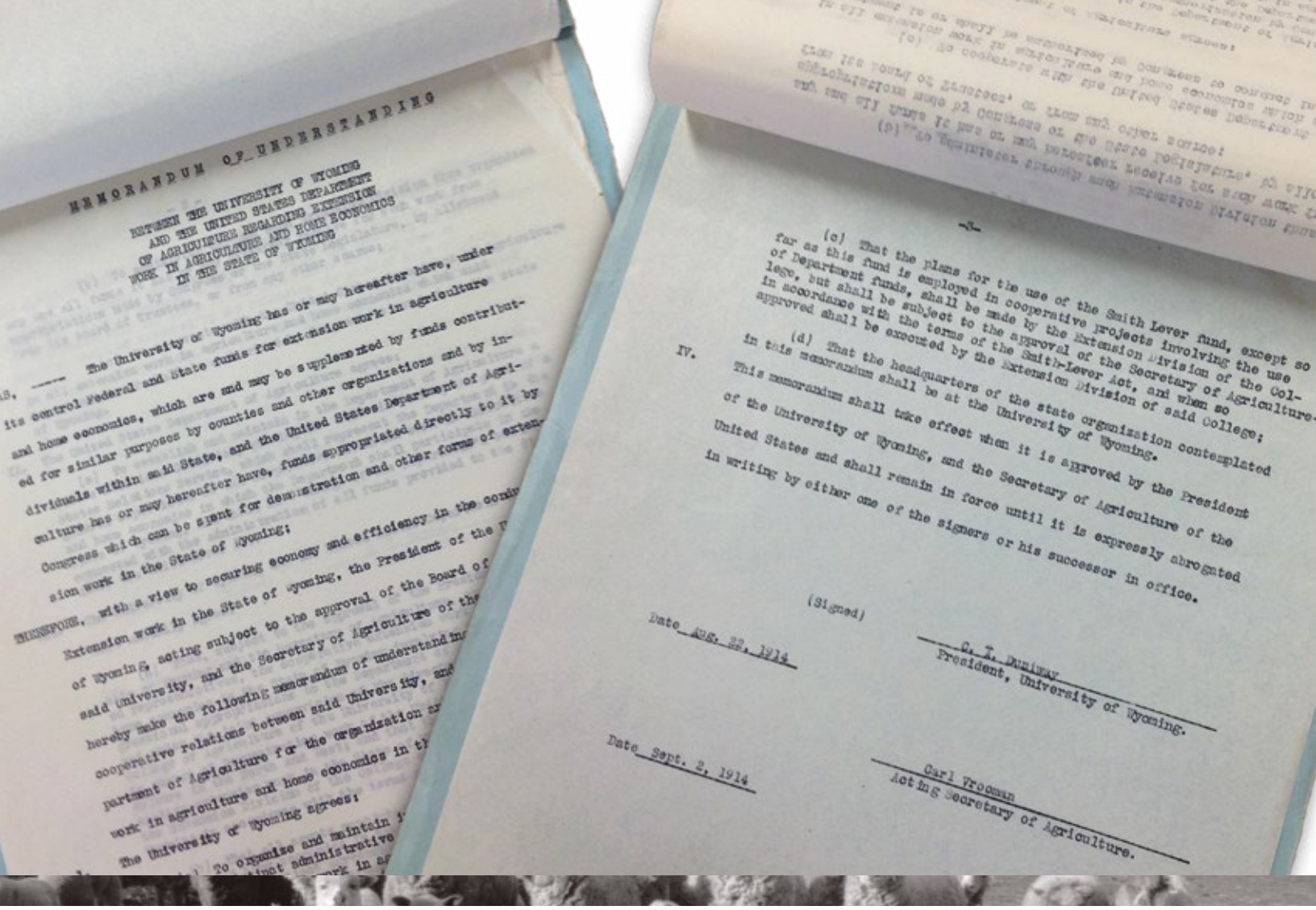
BRING *CONNECT* TO LIFE WITH THE FREE AURASMA APP

1 • Download and install the free Aurasma app from Play Store or iTunes Store to your phone or tablet.

2 • Click on Aurasma icon.

3 • Click the magnifying glass at bottom of your screen and type "UWAG" in the Search box at the top of the screen. Click on UWAG, then choose Follow.

4 • Click on the open square symbol at the bottom of the screen. Point your phone or tablet at the image that has the Aura icon and watch what happens! Double-clicking enlarges the video to full screen and enables watching the video away from the Aura image.



Extending into a new century

100 years
UNIVERSITY OF WYOMING
EXTENSION

UW Extension celebrates its history

University of Wyoming Extension is celebrating its 100th anniversary activities throughout this year culminating in events at the 2014 Wyoming State Fair and Rodeo in Douglas. 4-H is having county celebrations this year also leading to the fair.

Wyoming 4-H alumni can share stories and experiences gained through 4-H at http://bit.ly/4halumni.

Wyoming was only 25 years old when the first county agents were hired in 1913. First was A.L. Campbell in Fremont County July 1, 1913, and the second was H.E. McCartney in Sheridan County July 11, 1913, according to *History of County Agent Work 1913-1939*, by F.P. Land, County Agent Leader. It was suggested no other agents be appointed until after the passage of the Smith-Lever Act May 8, 1914.

The Memorandum of Understanding between the University of Wyoming and the United States Department of Agriculture Regarding Extension Work in Agriculture and Home Economics in the State

Lovell, Wyoming, March 1926

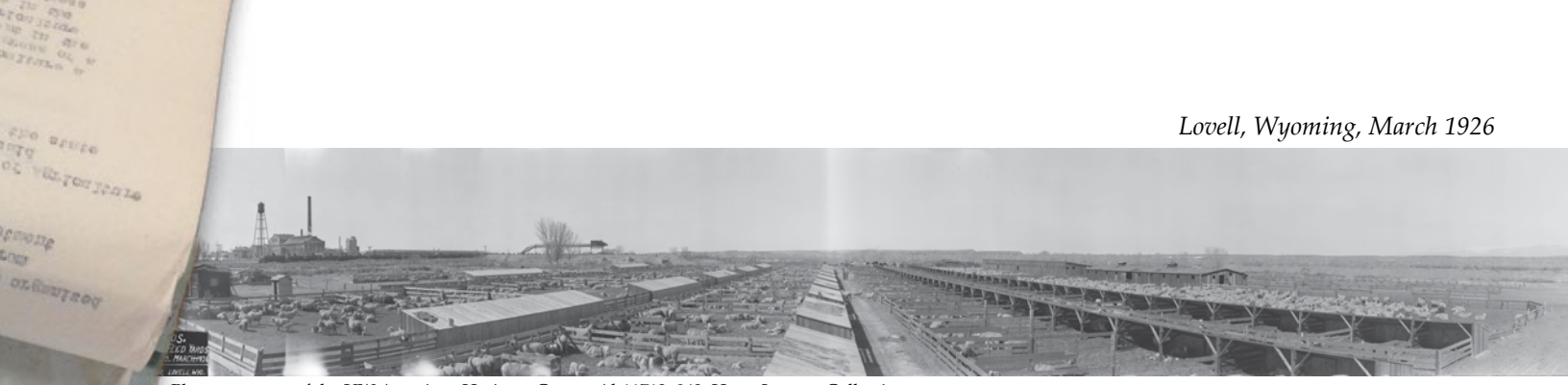


Photo courtesy of the UW American Heritage Center, Ah11712_042: Hugo Janssen Collection

of Wyoming was signed by C. A. Duniway, president, University of Wyoming, and Carl Vrooman, Acting Secretary of Agriculture, dated August 22, 1914, and September 2, 1914, respectively. This document outlines the foundation of the program, which includes an effective date of July 1, 1918.

Early Efforts

Extending the resources of the university to producers had begun much earlier. In January 1904, a monthly bulletin "Ranchmen's Reminder" brought teaching and research to the ranching family. In March, a two-week short course was offered at Laramie for the ranchmen and farmers of Albany County. A second was presented the next year. Then-Governor Brooks was featured at both and expressed that the short course be put on wheels so it could be taken to all Wyoming counties. He recommended the legislature appropriate $2,000 to encourage such courses. Ranchmen then formed a committee to promote an annual short course called Farmers' Institute. The institute, according to the *History Agricultural Extension in Wyoming*, was the forerunner of extension.

By 1907, 38 states had agricultural extension departments and were using moveable schools, educational trains, country-life conferences, and other methods of taking colleges to rural people, states *History*.

The buildup of an extension division in Wyoming started in 1912. A memorandum of agreement was drawn between the Bureau of Plant Industry, U.S. Department of Agriculture, and the University of Wyoming College of Agriculture, providing for "Cooperative farm management students and field demonstrations."

Acting State Leader

Henry G. Knight, dean of the College of Agriculture and director of the Experiment Station, was designated Acting State Leader and directed to perfect organization of the work.

A $10,000 appropriation for extension work in agriculture and home economics was made by the 1913 Wyoming Legislature.

In 1914, Blanche Olin organized some of the first Wyoming Extension work in home economics. She provided recipes for preparing winter vegetables and organizing women's clubs in the Wyoming Farm Bulletin. Included were home conveniences, like fireless cookers, and time-saving methods of canning. She resigned and married in 1915. Henrietta Kolshorn expanded the services when she was appointed State Demonstrator in Home Economics.

Her programs included proper feeding of children, water in the home, school lunches, cleaning clothing, and using pressure cookers. The cookers appealed to farm and ranch women in higher altitudes where food had to be cooked longer. She established home demonstrations in which women in the community would try new methods in their own homes and report back.

Food preparation and preservation were the most popular projects. They became even more important after war was declared in 1917. "All extension services were marshaled behind the "Food Will Win the War" slogan," according to *History*.

Photo courtesy of the UW American Heritage Center

1920 Sheridan County Extension milk-feeding demonstration. Educator notes state that the class averaged 12½ percent underweight. One pint of milk was given each day for eight weeks.

WORLD WAR, STRIKES, BUT SESSIONS CONTINUE AS INTERESTS CHANGE

Extension's history in many ways reflects national and international bookmarks – the Depression, drought, world wars – upon our state's citizens.

But before thinking extension helped citizens only in response to world-wide convulsions, consider what was happening in 1922:

University of Wyoming Extension program, 1939.

Photo courtesy of the UW American Heritage Center

– Geological survey says the U.S. oil supply would be depleted in 20 years

– The Great Railroad Strike

– Teapot dome scandal

– Babe Ruth was thrown from a game for the fifth time that year

Something else was at the forefront in Wyoming: women were interested in hat and garment making. From a report of a meeting in Cokeville that year – "…more than 100 appeared, all wishing to carry home finished chapeaus at the end of the second day … One woman rode ten miles on horseback through a blinding snow storm to get to the meeting the second day."

New Hats

In one community, a leader called a meeting to discuss care of children. Only three mothers with children attended. The next week, a hat making demonstration was in the same community, and 19 mothers with 41 children attended. Explained one mother, "We can have the children any time, but I have not had a hat for seven years."

A fallout of this? The report discusses conflicts with local milliners related to carrying supplies for the hat-making workshops.

In 1923, only two home demonstrations were given for women in Natrona County – one dealing with making

1867

Laramie County
Sweetwater County

1868

Albany County

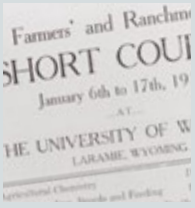
1869

Carbon County
Uinta County

Original Five Wyoming Counties

1904 January

"Ranchmen's Reminder" monthly bulletin brings teaching, research to producers



1904 March

Two-week short course offered to ranchers and farmers in Albany County

1906 January

Governor Brooks requests legislature to appropriate $2,000 to promote an annual short course across state called "Farmers' Institute"

Laura Winter giving a talk on childcare, Platte County, 1919.

Photo courtesy of the UW American Heritage Center

cheese and the other using a pressure cooker.

Other themes emerged in the 1930s, 1940s, and 1950s that seemed to be related to the modern kitchen, landscaping, use of implements, and the role of women and outside agencies in implementing the work prescribed by the state and national cooperative extension system.

National Influences

But Wyoming wasn't immune from national events. The nature of agriculture was addressed in a report in 1936: "The severe drought in the eastern half of the state meant that very little regular livestock work could be carried on. The program in the drought- and pest-affected areas was shifted to fit the situation and a great deal of work and good was accomplished through emergency fee projects, location of pastures and feeds, emergency rates, development of water supplies, etc."

In 1937, a report discussed the use of cactus and cottonseed cake as winter feed due to the severe drought in the region.

A 1949 report from the extension wool specialist noted there appeared to be concern over declining sheep numbers in Wyoming.

Meat Processing Information

The report also addresses the increased demand for learning the proper methods of cutting and curing meats. "From time to time during the past ten years, some groups in various parts of the state have requested demonstrations showing proper methods of cutting and curing meats. Prior to this time, farmers received a fair price for their hogs and were 'content to buy his hams and bacons from the meat market.' Now, however, with a greatly reduced farm income, it is essential that every farm or ranch family kill, cut, and cure its own meat supply. This condition has resulted in an urgent demand from many rural communities for correct instruction in killing, cutting, and curing meat."

Early agents focused on promoting 4-H Club work, the use of better seed, treating of seed wheat against smut, seeding more alfalfa and sweet clover and showing the farmers how to use farm leveling instruments in irrigation systems.

Changing Landscape

The landscape had changed by 1956. A home demonstration agent at-large reported, "The County Extension office attempts to give up-to-date information on the many questions that come from urban people, and the number of urban calls are steadily increasing. In general, farmers and ranchers do not use the County Extension Office nearly as much as the urban people do."

1912

Memorandum of agreement between Bureau of Plant Industry, USDA, UW College of Agriculture for "cooperative farm management studies and field demonstrations"

1913 July 1

First agent hired – A.L. Campbell in Fremont County

1913 July 11

Second agent hired – H.E. McCartney in Sheridan County

1913

Legislature makes $10,000 appropriation for extension work in agriculture and home economics

Albert Bowman appointed assistant state leader in farm management. Travels across state meeting with ranchers and farmers.

1914 May 8

President Woodrow Wilson signs into law Smith-Lever Act

1914 August 22

University of Wyoming President C.A. Duniway signs memorandum of understanding between UW and USDA for extension work in agriculture and home economics in state.

Blanche Olin organizes first Wyoming Extension work in home economics

EARLY EDUCATOR TRAVEL BY MAIL CARRIER, MOTORCYCLE, RAILROAD

Extension educators today travel to workshops and to present programs in dependable vehicles sporting UW Extension logos and many times on paved roads.

A.L. Campbell in Fremont County was the first agent hired May 13, 1913, and H.E. McCartney in Sheridan County was the second. Campbell traveled mostly by motorcycle and railroad, according to the report *History of County Agent Work 1913-1939*.

Albert Bowman, appointed assistant state leader in farm management, demonstrations, and investigations in 1913, visited farmers and ranchers by mail carrier, stagecoach, buckboard, horseback, Model T, train, and bus.

"A deep drift but the Farm Bureau is expecting me." – N.J. Thomas, Uinta County, 1918. (From A.E. Bowman's report of July 1939)

"The end of the snow – I'll put on the wheels." W.R. Reeves, Crook County, 1915. (From A.E. Bowman's report of July 1939)

"Pioneer extension work was a job only for men and women of strength, courage, zeal, vision, with a love for rural people, concern for their welfare and a passion for service. Bad roads, unmarked trails, mud, snow, steep grades, old type cars made travel difficult and hazardous," a report from that era reads.

Agent Logged 5,208 miles in 1913-14

Campbell traveled by train, horseback, buggy, and motorcycle. At the end of his first year, his expense account showed: motorcycle, 1,118 miles, railroad, 2,078 miles; automobiles, 110 miles; total 5,208 miles at a cost of $552.65 or an average of 10.6 cents per mile.

Drama in Sheridan County

There was even intrigue. After successful extension work in Sheridan County in 1914, two organizers of a secret order (unnamed in *The Wyoming Agricultural Extension Service and the People who Made it*) of farmers came to the county and solicited the support of the county agents. The agent's report states, "While willing to cooperate with any movement to the betterment of the ranchman, we couldn't give our whole-hearted support to the exaggerations which these men held up to secure memberships."

The organizers then traveled the county saying the county agents had been brought in by a commercial club of city businessmen and acting under the orders of the club were opposing that

particular famers organization.

States *History*, "The county agent fell from a place of high regard to one despised. Starting anew was necessary. Farm visits were made on invitation only."

That June, the county commissioners met to consider appropriating funds for the coming year. About 50 of the leading men of the county attended – including one who had opposed hiring a county agent. The group not only asked for continuation of the work but also requested that the county double the appropriation. Funds were appropriated and increased.

"Slow going but I must see the Jackson Hole stockmen." – J.E. Watt, Lincoln County, 1916. (From A.E. Bowman's report of July 1939)

Homesteading Increased Need

Passage of the Stock Raising Homestead Act in 1916 increased homesteading and continued until the mid-1920s. The settlers were predominately ex-servicemen following World War I. The homesteaders welcomed county agents, but stockmen looked with suspicion on the dry-land farmer – a menace to their welfare.

"For this reason, the stockmen often looked with disfavor on county agents who responded to requests from the new homesteaders for help with their problems," states the *History Agricultural Extension in Wyoming*. "It was sometimes difficult to persuade county commissioners to renew contracts for extension work. Fortunately, such attitudes did not prevail generally."

From 1875 to 1900 there were 3,549 homesteads in Wyoming, according to Bureau of Land Management reports. That rose to 28,957 from 1921-1930 but fell dramatically from 1931-1934 to 7,245 – financial and climate disasters had taken their toll.

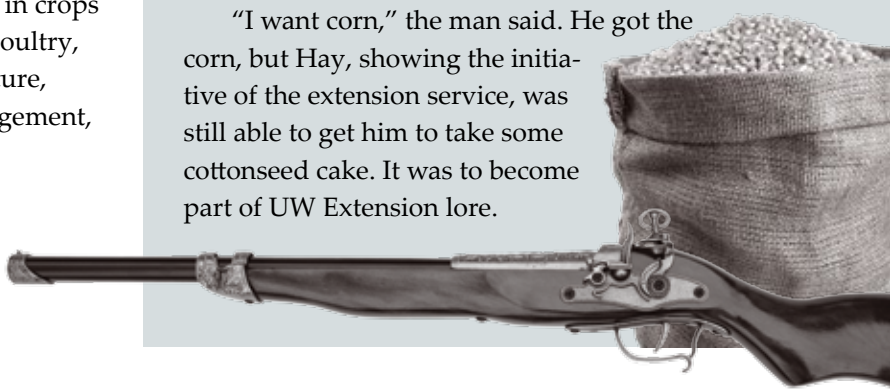
The extension history states duties multiplied, and subject-matter specialists were hired from 1918-1928 in crops and soils, livestock, poultry, forestry and horticulture, clothing, home management, foods, and nutrition.

A SHOTGUN, A RANCHER, AND CORN

Weston County extension agent A.V. Hay was looking down the barrel of a shotgun leveled at him. Not a normal day at work for a county agent during the Depression.

A rancher had come into Hay's office to get corn for his cattle. Hay tried to convince him to get cottonseed cake instead. After some discussion, which Hay did not elaborate upon, the rancher went to his wagon and returned with the aforementioned shotgun and leveled it at Hay.

"I want corn," the man said. He got the corn, but Hay, showing the initiative of the extension service, was still able to get him to take some cottonseed cake. It was to become part of UW Extension lore.



U.S. Representative Cynthia Lummis

'I CAN'T EVEN DESCRIBE ACCURATELY AND ADEQUATELY HOW MUCH 4-H INFLUENCED ME IN MY LIFE'

To see the video, go to http://bit.ly/lummis4-h

If not for Head, Heart, Hands, and Health nudging during childhood, U.S. Representative Cynthia Lummis in all likelihood would not have been at the 100th anniversary kickoff ceremony for the University of Wyoming Extension and 4-H last August during the Wyoming State Fair and Rodeo in Douglas.

State representative, former state legislator and state treasurer, the orator standing before those attending the ceremony was once painfully shy.

"I was incredibly shy," she says. "I couldn't even eat at school in the lunchroom with the other children. I had to go eat with the cook because I was so nervous to eat in front of other people."

Her 4-H Club, the T-bar 4-H Club, was part of her church school.

"It was through 4-H showing sheep, showing cattle, having a forestry project, having cooking and sewing, and then I advanced through the 4-H speech programs, " she recalled. "That was where I learned to get over my fear and to visit with people and to stand in front of other people in a speaking role. That really has been what shaped my life and made me able to do that today."

She enrolled at the University of Wyoming in animal science and experienced continuity.

"I walked in the classroom and here are people like Mel Riley (former head of the animal science department) and Mick Botkin (former animal science professor). Mick Botkin had been our sheep judge when I was a little 4-H'er, and I walk in a classroom and thought, 'Oh my gosh, that sheep judge is my professor.' So it was the same people all through my life that influenced me through 4-H at the county and state fair level, and the same kids and same professors here at UW."

Lummis would go on to be a member of the Wyoming Legislature, a state treasurer, and then be elected to the House of Representatives, where she is on committees that set the budgets for the U.S. Forest Service and the USDA.

"I look back on this when I see 4-H'ers visit me in Washington, and I think if it wasn't for 4-H, I wouldn't be here," says Lummis. "I wouldn't be in Washington because I never would have developed the skills to overcome the shyness that I grew up with."

4-H builds Wyoming's future, she says.

"I can't even describe accurately and adequately how much 4-H influenced me in my life," says Lummis. "So, here's to 4-H, to the University of Wyoming, to the professors, the leaders, the extension agents and everyone who makes it happen for grownups like me and a lot of kids in the future."

60 YEARS OF UW EXTENSION'S 100

Retired educator Stella McKinstry was the longest-employed member of the University of Wyoming Extension. She retired in April 2006 notching 60 years with the organization.

Stella lives in Pinedale, and celebrated her 90th birthday in October. Born in Elk (now called Moran) on her family's homestead, her father was the first assessor in Teton County, but back then Teton County was still a part of Uinta County.

McKinstry held only four jobs in her life – her extension position, one year of teaching in Colorado, working at a college men's boarding house as a college sophomore, and waiting tables in a dormitory as a freshman.

She said in a 2006 interview she was never tempted to leave Wyoming extension.

"It is a satisfying job. I liked it all the time. You never work a day in your life if you enjoy it," she notes. "There is enough challenge, variety, and independence. You are working with lots of different kinds of people with different interests, so there is a challenge any direction you go."

During her first year with extension –1946 – she worked as an agent-at-large meeting with rural families in Albany, Niobrara, Fremont, Lincoln, Natrona, and Goshen counties. She was then appointed along with Del Landen as a county agent in Platte County in July 1947. She would later transfer to Sublette County in 1952 and remain there. The extension home demonstration program in the county was then only 10 years old.

A single woman in her own car bouncing over country roads through the society of the 1940s, she would work in several counties a month. Professional development was a goal of the Home Demonstration Agent's Association, and agents were told to attend summer school.

Stella McKinstry, former Sublette County nutrition and food safety extension educator, was presented a plaque by former UW President Tom Buchanan in 2006 for her 60-year employment with UW Extension.

After that, McKinstry earned her master's.

In addition to a car, McKinstry now had an advanced degree.

"Women didn't have cars in those days," notes Mary Martin, Teton County extension educator and long-time friend. "Stella had a master's degree back when women didn't get master's degrees. Her whole life has been different from most women's."

Watch Stella McKinstry describe her work in extension
http://bit.ly/stellamckinstry

UW EXTENSION SNAPSHOT 2013

UW Extension has educators and office associates in every county and the Wind River Reservation (numbers are approximate due to position openings, office changes).

- 67 educators (includes 4-H)
- 28 Cent$ible Nutrition Program educators
- 38 campus specialists
- 33 office associates
- 339,397 extension miles traveled in 2011-12

State initiative teams

- Profitable and Sustainable Agricultural Systems State Initiative Team
- 4-H and Youth Development State Initiative Team
- Nutrition and Food Safety State Initiative Team
- Sustainable Management of Rangeland Resources State Initiative Team
- Community Development Education State Initiative Team

Everist Kuhn and University of Wyoming student Kerren Lewis discuss diabetes information at The Downtown Clinic in Laramie.

DIABETES DIRECTION

UW medical students team with extension specialist to offer one-on-ones with diabetes clients at downtown Laramie clinic

Everist Kuhn is pretty lucky he's sitting in the waiting area of The Downtown Clinic in Laramie and not 6 feet under.

Sitting quietly amidst the individual chairs, back to the west window, and coaxed into conversation, Kuhn remembers the day he found out he had diabetes. He suffered flu-like symptoms that day in 2010. His throat was sore. He was vomiting. Medical personnel checked his blood sugar. A normal blood glucose range is in the low- to mid-100 milligrams per deciliter.

His was 945.

Today, Kuhn, grayish hair flowing from

beneath a black Buddy Walk Wyoming baseball cap and sporting a grayish mustache, waited to have diabetic consultations with students in the Washington, Wyoming, Alaska, Montana, Idaho (WWAMI) Medical Education Program at the University of Wyoming.

This would be his first with the WWAMI students; he had two prior sessions with TDC staff members. He would meet today with UW student Kerren Lewis.

Over in another chair, Victoria Vazquez says she finally made it to one of the WWAMI diabetes session.

"I'd been wanting to come from the beginning because I do have diabetes, and it does run in the family," she says. She wasn't able to attend earlier sessions because of what she terms a complication.

"I stepped in a hole and broke my ankle," she says. Victoria, her left foot in a black brace up to her knee, would meet with student Tobin Dennis.

Sarah Gorin, director of The Downtown Clinic in Laramie, says diabetes clients have one-on-one interaction with the medical program students.

http://bit.ly/sarahgorin

Melissa Bardsley, left, and Mindy Meuli of University of Wyoming Extension met weekly with students in the Wyoming, Washington, Alaska, Montana, Idaho, four-year medical education program.

The meetings between medical students and diabetic clients began with WWAMI students contacting TDC, who then referred them to Melissa Bardsley, UW Extension's nutrition and food safety specialist. Bardsley then asked Mindy Meuli of Laramie, also a certified diabetes educator (CDE), if she was willing to help. Meuli has provided diabetes education for Ivinson Memorial Hospital since 1989. Together, they have 34 years combined experience as CDEs.

Students met in a classroom once a week for five weeks last spring to hear Bardsley and Meuli discuss diabetes, healthy eating, exercise, blood sugar control, and complications and prevention.

"We had a medical understanding of what diabetes is but didn't really know what is done with a diabetic person relating to nutrition, exercise, when you need checked," says Lewis, a Laramie native.

"Pretty much all they taught has gone from a basic understanding to specific things you can work with in a patient to help them manage their diabetes."

Bardsley and Meuli helped students see common challenges and questions they may face before the students met with patients.

"I think my knowledge of diabetes has increased tremendously through my working with them," she says.

The training also helped Bardsley and Meuli. Certification can be obtained if 2,000 training hours are completed within a five-year time frame.

Bardsley's toolbox needs to be current to assist nutrition and food safety educators in delivering the Dining with Diabetes in Wyoming program. Meuli serves on Ivinson Memorial Hospital's diabetes advisory committee in Laramie.

http://bit.ly/downtowndiabetes

http://bit.ly/victoriavasquez

Victoria Vasquez meets with UW student Tobin Dennis.

LEARN MORE

To contact people in this story:

Melissa Bardsley – UW Extension nutrition and food safety specialist (and certified diabetes educator). (307) 766-5177 or mbardsle@uwyo.edu

Mindy Meuli – Cent$ible Nutrition Program manager (and certified diabetes educator). (307) 766-4147 or mmeuli1@uwyo.edu.

"We were only able to give the students brief overviews for diabetes patient education," says Meuli. "As aspiring physicians, I think the experience was beneficial in gaining more understanding of the role of patient education and working with patients – particularly low-income audiences. As professionals, we want to impart our knowledge to people, but you also have to focus on the patient and what their needs are. Most physicians don't have the time to spend with the patients to establish an educational relationship."

The students were receptive, and Meuli thinks the students were concerned they would be asked technical questions.

"It just was not possible in the short time we were with the students to cover all of the diabetes core competencies," says Meuli. "Mostly, the students were there to help support the patient and provide some self-help guidelines for managing diabetes. They were more reinforcing diabetes messages on the importance of managing their diabetes."

TDC has about 50 diabetic clients out of their active pool of 400, says Sarah Gorin, TDC director.

"I think the main value to clients is to get some personal attention because when they go into a clinic, they will see a provider and probably talk to a nurse," she says. "Here is where they can spend as much time as they want to have someone talk with them about diet and exercise and their condition. The students are also kind of a cheering section. They probably wouldn't get that at a regular clinic. That tends to be much busier."

TCD has had other diabetes education over the years, but there wasn't the one-on-one. In the WWAMI-UW Extension relationship, each client had one student.

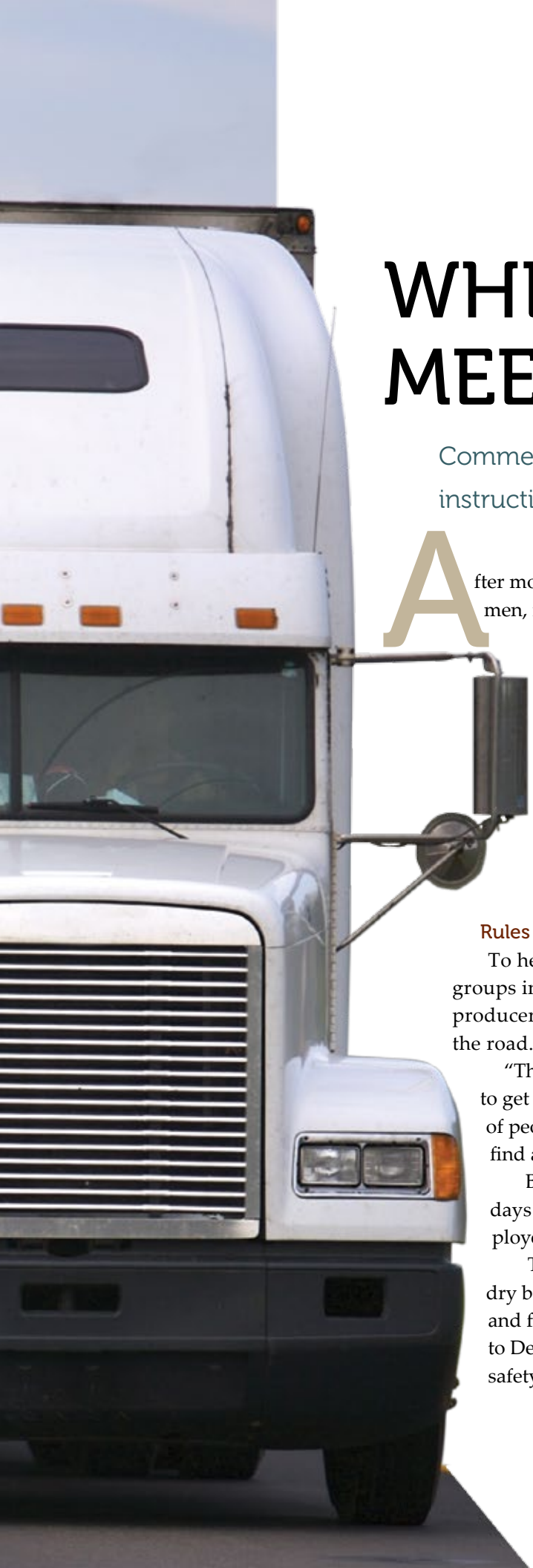
Or, from the students' value, each student had one client.

"I think the students were very interested in getting actual client contact," Gorin says. "Right now, they are in a very academic environment. They learn all this stuff but never see a person. It's particularly interesting here because this is the more difficult client population to work with in terms of facing lots of personal challenges."

Maybe the car doesn't work that day – if they have a car – or they might have other illness. "Or, just by definition, each one who comes here is economically stressed - if not you are not eligible to be a client here," she says. "So students see how to work with real people with real things going on in their lives."

The information given to the clients can have another effect.

"Many of the clients are caregivers for other people," notes Gorin. "Perhaps they are taking care of an elderly parent, a sibling, or someone unrelated, often uncompensated. If one person goes down, two or three might go down. It's really important for us to help people stay healthy."



WHERE THE RUBBER MEETS THE ROAD

Commercial driver license study groups prep producers via instruction, visit from Wyoming Highway Patrol

After months working in the field, praying for rain, and fixing broken equipmen, it's harvest time for producers in Wyoming's Big Horn Basin.

Loaded down with the crop and on the road to become profit – the reward after a hard season of work – nothing feels better.

Until flashing red and blues appear in the rearview.

University of Wyoming Extension educator Sandra Frost heard plenty of horror stories from Big Horn Basin producers she serves in the Park County extension office in Powell. She says the area is lucky to have sufficient natural resources, good agricultural companies, and plenty of young, up-and-coming farmers.

What's missing?

Drivers with commercial driver licenses.

Rules of the Road

To help producers safely transport their crops, Frost organized study groups in Burlington, Powell, and Riverton last winter to help prepare producers for the CDL test and to make them more aware of the rules of the road.

"The study group came about because they didn't have enough drivers to get crops to the receiving dock," Frost explains. "The challenge was a lot of people weren't connected with the farm, and if you're not, it's hard to find a truck."

Between November 2012 and February, three sessions lasted three days each with overall attendance of 62 – a mix of farmers, owners, employees, and other community members.

The area boasts a number of commodity crops including malt barley, dry beans, confectionary sunflowers, alfalfa hay, grass seed, bean seed, and forage corn; with such variety, harvest and delivery spans from July to December. Offering detailed study groups increases education and safety on the roadways as producers turn their labor into profits.

Educator Ron Cunningham at the Riverton session.

LEARN MORE

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Makes Farm More Efficient

Burlington farmer and small business owner Dalin Winters attended one of last winter's sessions and successfully passed the CDL exam his first try. Although his father and brother were already licensed, Winters knew they'd have more time on the farm if he could transport his own product.

"Before the program, I'd drive our truck around the farm but never across the highway to make any deliveries," Winters says. Obtaining the CDL helped make their farm more productive.

Farmers provided the use of their trucks while Northwest College provided meeting space, lunch, and publicity.

According to participant surveys, a question-and-answer session with Wyoming Highway Patrol officers was the most helpful portion of the sessions.

Frost says there was an unexpected but pleasant outcome of the study groups.

"What I noticed after the trooper left and after the class ended, they (producers) changed their attitudes about CDL law and how complicated it was," she says.

Wyoming Highway Trooper Dan Wyrick of Lander during a question-and-answer session.

Frost explained the Wyoming Highway Patrol was eager to participate in the training in order to ease tensions with the agricultural community during harvest and delivery season.

"Going through the chapters (of the Wyoming CDL manual) with Sandy, she was able to point out some of the more difficult sections," says Winters. "There's no reason to live in fear of the highway patrol if you take this class."

Presentation topics included CDL requirements, safe driving information, transporting cargo, air brakes, combination vehicles, doubles and triples, tank vehicles, and pre-trip inspection. According to follow-up surveys, five attendees have received their Class A license and five their Class B.

Frost offered the free CDL study group program again this January. Class sign-up does not include a commitment to take the CDL exam. For more information, contact Frost at (307) 754-8836 or at sfrost1@uwyo.edu

A pre-trip inspection was a topic during the commercial driver license sessions.

Emily Jones, left, and Catherine Hamilton use risk management tools described by extension specialist John Hewlett, back.

GROWING THE MASTERY OF LIVESTOCK PRODUCTION

Junior program models senior Master Cattleman to pass along key skills to youths

Master Cattleman WYOMING YOUTH CHALLENGE

Youths learned the dollars and sense side to raising livestock during UW Extension's initial offering of the Junior Master Cattleman Program.

Teen-age producers and producer hopefuls converged from five counties – one traveling from as far away as Lincoln County – at the James C. Hageman Sustainable Agriculture Research and Extension Center near Lingle this past July.

The program is modeled after the Master Cattleman Program developed by educator and livestock marketing specialist Bridger Feuz based in Uinta County and piloted by educators Kellie Chichester and Mary Louise Wood of Albany County.

http://bit.ly/cattlefinances *http://bit.ly/juniorcattle*

Amber Jensen, left, and Billy Wood listen to Bridger Feuz's budgeting advice.

LEARN MORE

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http://bit.ly/juniorcattle1
http://bit.ly/juniorcattle2
http://bit.ly/juniorcattle3
http://bit.ly/juniorcattle4
http://bit.ly/juniorcattle5
http://bit.ly/juniorcattle6
http://bit.ly/juniorcattle7

Putting Tools to Work

The youths ended sessions by working through a scenario using tools they were taught to identify a goal, a marketing plan, any risk associated with it, how long to realize success, and then how they were going to implement their plans.

"It was a hypothetical situation but all applied it to their own situations at home," says Chichester. "We will follow up to see how many have moved from paper to reality."

Budgets, risks – the knowledge was sought by 16-year-old Lois Brennecke of Cheyenne.

"I do a little bit of niche marketing," says Brennecke, who buys cows from friends or feedlots, feeds, then sells them. "I wanted to get a little more knowledge about beef marketing and want to pursue that."

Brennecke, who started buying and selling at age 10, says she has "slacked off a little."

"This is definitely helpful. It showed the need to keep better records for a cow-calf operation, like 4-H calves, to make sure to always be on top of my financial standings," she notes. "And the budgets to make sure you have looked at both sides. It really helped."

Developer Drew From His Own Childhood

Feuz says his youth – he grew up on a Wyoming ranch – was the genesis for the junior program.

"I thought I had a really good grasp of the cattle industry, understanding what the cattle business was about, and agriculture in general," he says. "But after finishing my education and going out into the world with a job in the industry, I started to realize there is a lot more to the cattle industry than the part I saw. I only saw the cow-calf part."

Feedlots, packers, retail outlets – "Those things I didn't think about as a youth," he notes. "Giving the youths exposure to the whole industry is the goal here. To teach them the business skills needed to be successful but also give them the breadth of what's going on in the industry and not just cow-calf."

Subjects and instructors were:

- Goal development – Wood
- Risk management – John Hewlett
- Partial budgeting – Feuz
- Niche marketing – Mitch Falkenburg, of Falkenburg's Finest
- Genetic selection – Dudley Booth, of Booth Angus

The program has many of the same components as the Master Cattleman Program.

"The tools we are teaching them are tools they can use in agriculture but also in any field in life," notes Feuz. "If they are making business decisions, these tools will help them."

Several ranch tools developed by Bridger are at http://bit.ly/ranchtools.

Mixing Business and Pleasure

"I think the reason this program works is that it introduces the business concept tools and then mixes it with the things we like to talk about

Kim DesEnfants of Torrington Livestock Markets explains how the auction operates.

more in production agriculture – those interesting things kids like to learn about, so it mixes the two," Feuz says.

Kolton Kinnison of Cheyenne says the session was long but, "It's got a lot of stuff to learn. So far it's been good."

He liked the partial budgeting and some of the risk management instruction.

"I've got my own small ranch right now," says Kinnison, a member of the On the Fence 4-H Club. "I have 10 head now and hoping to get more. My parents own them, but I'm taking care of all the cattle. This is good experience."

Chichester kept paper at hand to make notes for improvement next year.

"I think we can provide new information each year to continue bringing these kids back but also attract more," she says. "Maybe in the coming years, we can make it a Livestock Youth Challenge and broaden topics to other livestock producers and dairymen alike."

Master Cattleman Youth Challenge participants were, back, from left, Catherine Hamilton, Billy Wood, Kolton Kinnison, Ty Paisley. Front, Emily Jones, Amber Jensen, Lois Brennecke, Dalton Keller.

Doran Priewe instructs a 4-H'er on the finer points of roping during the Mongolian visitors' stop at a 4-H rodeo in Gillette.

LONG-DISTANCE LEARNING

International program through 4-H provides hands-on learning about America for Mongolian 4-H'ers

The UW caravan of three black Suburbans and one light-green car had snaked its way along Hwy. 287 from Laramie through Fort Collins, sliding over to I-25, and then following the E-470 toll road to the white spires poking the sky at Denver International Airport.

Sunday afternoon traffic was light as the caravan worked its way through the seemingly ever-present construction surrounding Jeppesen Terminal – exiting a parking lot that wasn't within close walking distance for someone with heavy luggage – and going to an upper level lot right down from the busy pickup area on the terminal's west side. The arrivals might not be carrying lots of luggage, but the luggage they would be lugging would probably be heavy.

Coming to Wyoming

The plane that froze time for 13 Mongolian 4-H'ers left Ulaanbaatar, Mongolia's capital, at 6 a.m., lifting them over the Mongolian-Chinese border for a four-hour flight southeast to an airport in Japan but was delayed three hours there. Then, it lifted off for a 14-hour flight across the Pacific Ocean and touching a little of the Bering Sea en route to Denver. The Mongolians had flown through several time zones but, because they crossed the International Date Line, they arrived in Denver the same day they had left their homes. On their return, they would leave Denver on a Monday but arrive in Ulaanbaatar Wednesday – Tuesday, August, 6, would never exist for them.

Time in the U.S. and time in Mongolia is not necessarily the same, Tugsbayar (everybody calls him Joy) said later on a drive to Gillette. "Mongolian people have to learn time management," he says as he and other 4-H'ers were transported on Wyo. 59 north of Douglas through Wyoming's open country. "I've learned about time management from the last programs during the American 4-H-er's visits to Mongolia. If they say 11 a.m. sharp, they mean 11 a.m. sharp. When we first started meeting, if we said we will meet at 9 O'clock, the last person will come in at 9:30 or something like that."

The Mongolian day in times past reflected the Chinese calendar, Joy says, with 12 divisions. Their day was split into two-hour segments.

Wyoming Visit

The Mongolians would spend three weeks in Wyoming, Colorado, Montana, and Utah through a $267,000 state department grant and administered by 4-H specialists Kim Reaman and Warren Crawford in the State 4-H Program office. Wyoming 4-H'ers had been to Mongolia twice in the same program, and this year was Wyoming's turn to host.

The program's intent?

"Global citizenship," says Kelly Barlow of rural Gillette, who had traveled to Mongolia two years ago as an adult chaperone with her daughter and represented the university during a similar trip last year.

"There is so much more to the world than just what's in your 360-degree view," she says. "I think that's the state department's vision."

Batmunkh Tsendajush, who accompanied the 4-H'ers from Mongolia, speaks to the Campbell County Commissioners with Kim Reaman, 4-H volunteer specialist.

Base of Operations

The 4-H'ers would use the Barlow Ranch as a base camp in Wyoming before spreading out to their host families across the state the final two weeks. The 4-H'ers' first activity was a wagon ride at the Camplex in Gillette – rolling across the grounds as thunder rolled across the broad Wyoming landscape. Robust draft horses from Feather Foot Farms pulled the wagon around the parking lot then down a street with wild storm clouds approaching. The sturdy giants sported socks with colors of the Mongolian flag.

"4-H is special teaching others what they know. There are other volunteers, such as helping clean the city, but 4-H is more engaged with the community and with each person."

The husky horses from Feather Foot Farms were big hits. They sported socks with the colors of the Mongolian flag.

LEARN MORE

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http://bit.ly/mongolia4h1
http://bit.ly/mongolia4h2

http://bit.ly/4-Hexchange

http://bit.ly/why4H
http://bit.ly/4Hcooperation

The 4-H'ers then attended the final Campbell County 4-H rodeo of the season before spending the night at the Barlow Ranch and visiting the Campbell County Commissioners the next morning.

Their itinerary took them to Devil's Tower then a full day in South Dakota – Spearfish, Deadwood, Mount Rushmore. That Thursday was a tour of the Rawhide Mine north of Gillette. On Friday, the Mongolian 4-H'ers were delivered to host families in Colorado, Montana, Utah – and Sublette, Lincoln, Sweetwater, Uinta, Albany, Laramie, Weston, Campbell, and Sheridan counties – in Wyoming.

Wide, Vast Country

Half the population in Mongolia lives in its capital city – its lands are nearly empty. The "country" in Wyoming carried a different meaning for the Mongolians than the "country" in Mongolia.

It's not ventured into that much.

"This," says Tooksaw, who is called Joy, while pointing out the front window of a car to the green grass and open spaces along Wyo. 59, "looks like my country. Mongolia is a place like this countryside, so if we go out of the capital city we see this." Joy and Javhlan (likes to be called Jack) had just stopped at a convenience store in Douglas before the 113-mile drive to Gillette.

"Now, I don't feel like I'm in Mongolia," he says. "There is nothing in the countryside (in Mongolia). No roads. No railroad. I don't feel alone or lost here. In Mongolia, when you are far away, it's very scary. Nothing is there. There is nothing to see."

People still are in the country, he says, living a nomadic life with their livestock, but there is an inflow from the countryside to the city.

"Some winters are very difficult, and their sheep and goats die," notes Jack. "They can't live there anymore, and they move to the city. Many are going to the city for this reason. For them, it's very difficult to live in the city. They don't have enough education. In the city, there aren't enough hospitals or schools. The children can't go to school."

Societal Concerns

New arrivals live in gers (the traditional round dwellings of the nomads)

4-H could help keep youths out of trouble

The Wyoming visit was the first time in the United States for Mindy, a reserved young girl who teaches 4-H'ers in Ulaanbaatar – a city of more than 1 million.

"Before I came to the U.S., I was thinking about 4-H little kids programs," she says. "But yesterday, I started thinking about more programs, like we should start farming 4-H programs in our countryside. If it's possible, I want to bring lots of programs to learn."

4-H, she says, could help youths in Ulaabaatar stay out of trouble. There are many, she says, who become members of gangs or begin taking drugs.

"It is difficult right now," she says. "We (4-H) are a non-governmental organization, and government doesn't give us money. Volunteers are needed."

4-H'ers relax after a drive from Laramie to the Barlow Ranch west of Gillette.

or other small houses and make up more than half of Ulaanbaatar's 1.2 million people. The areas lack basic services, such as running water.

Jack and Joy say 4-H helps educate those youths 10 to 15 years old. They say there are not that many 4-H'ers.

"Organizations based on volunteers is kind of new," says Jack. "4-H is special teaching others what they know. There are other volunteers, such as helping clean the city, but 4-H is more engaged with the community and with each person."

4-H has to grow to help more people, they say. "We could do much bigger things," says Jack.

That might be a problem. 4-H receives no governmental support, says Batmunkh Tsendajush, a 4-H organizer who accompanied the Mongolian youths. He and his wife, Sergelen Vanganjal, had enrolled their children in the 4-H program in Laramie while attending UW and had an idea for a similar program upon returning home.

"Maybe after one or two years more," he notes while sitting in the stands at the 4-H rodeo. " Until now, we have not advertised. If we do and get more kids to enroll, we can't handle that."

He says the influx of people from the country is a problem for the government and that 4-H could help.

"If there is a decision to improve the countryside lifestyle, the 4-H experience is very helpful. But since the government does not know about 4-H, they don't know what kind of power 4-H has."

Leverage for Change

Jack sees the government as a critical fulcrum for change – not just for 4-H but for his country's development.

"If we could change the government, we could have better," he says. "The private sector and private companies are trying to develop and improve their programs, and the government has to give its permission. The government restricts their services, so that's why it's draining down our country's development. My opinion is if we could change government, we could create a more cooperative government. That's my hope."

SWIRL OF COMMERCIAL GOODS SOMETHING TO GET USED TO

The most interesting spot during the trip for a Mongolian 4-H teacher and volunteer trained in parliamentary debate and rhetoric and a fan of the speeches of American presidents?

Mount Rushmore.

"I always hear and enjoy the American presidents' speeches," says Saruul Erdem. "One of my favorite orators is Ronald Reagan. He was a charismatic public speaker and, of course, Abraham Lincoln. I bought a lot of things at the gift shop. I spent $200!"

Things – goods – are not economically available in Mongolia except for the top echelon, says Kelly Barlow, a host this year and a veteran of two exchange trips to Mongolia. "In the U.S., products and services are available and affordable to all people at different levels," she says. "Here in the states, it's based on how much money you have. The availability and quality of the products and services are different, but you still have them available to you. There, if you don't have resources, they are not obtainable on any level."

She says some of the Mongolian and American 4-H'ers have stayed in contact with each other and will continue. Others will move on.

Still, Barlow touts the education an overseas trip provides.

"Just to be comfortable with being uncomfortable," she says, "and look at it from the aspect you can learn from any situation you are in. Going out of the country you learn more. You are broadening your circle of learning. Travel has an education to it you can't get sitting at home. You are meeting different people."

Which is what Saruul, a journalism student, wanted.

"I read about the USA every day in the news, watch Hollywood films, listen to American songs and music videos," says Saruul. "America is the leader country in the world, so I tried to feel and understand American people's attitude and lifestyle, and the new generation's will and dreams. Because I have heard the words American Dream many times, I really tried to understand the meaning of the words. American people and society are very simple and ordinary. And I believe that the best thing is ordinary."

First Lady Carol Mead is greeted by Jill Person, Laramie County Cent$ible Nutrition Program assistant.

DOLLARS TO DOUGHNUT OR CENTS TO SAVORY

Two Buck Lunch event shows how Supplemental Nutrition Assistance Program participants can utilize Cent$ible Nutrition Program to go from so-so meals to scrumptious

To eat, $2.

You could:

1. Buy a cup of coffee and a doughnut at a convenience store

2. Buy one burrito, or

3. Prepare and have a chicken enchilada, red beans and rice, a brownie, fruit salad, and a drink

Supplemental Nutrition Assistance Program (SNAP) participants receive about $2 per meal based on the USDA's thrifty meals plan. The money is received by Department of Family Services offices and implemented through the Cent$ible Nutrition Program (CNP) in the University of Wyoming Extension.

What $2 can get you was shown at a Two Buck Dinner event in the DFS Field Office in Cheyenne with CNP personnel cooking and serving the meal. About 40 attended, including field office staff, state SNAP representatives, Lynda Zeringue of the Friday Food Bank in Cheyenne, Laramie County CNP personnel, and First Lady Carol Mead.

The point?

"The gut reaction when you have $2 for lunch is, 'What am I going to get for

$2?'" says Mary Kay Wardlaw, CNP director in University of Wyoming Extension. "The dual message is, first, I'm going to take you to lunch and you have $2 to spend, then expose you to the CNP recipes made with basic mixes and, by using less expensive, very nutritious food, you can extend your food dollars. It's going to take planning, but we can really help face that challenge by giving clients the skills to plan and cook."

Raising Awareness

The Two Buck event raises awareness about CNP and SNAP overall, says Steve Corsi, DFS director. Corsi told about a young woman who participated in the SNAP program he and Jillian Balow, DFS administrator for early child development, had recently met.

"I think it demonstrates the importance of this work," he told those at the event. "This is a single mom who didn't have any skills and didn't have much opportunity. Our department provided her with SNAP so she was able to dig herself and her family out. She went on to not only utilize SNAP but also a child care program. Today, she has a bachelor's degree and is considering going on. When she spoke to me and Jillian, she was to the point of tears with how important that was in her life. I think that demonstrates the success of what we do in DFS."

There are times, says Balow, "When we might say we really need to make people who receive SNAP benefits eat more nutritiously. We can make people do that, but it's a lot better if we are able to teach them how to do that. CNP does such a great job with that."

Pick Nutrition for Less

The Two Buck event shows how nutritious choices can be made, then takes that message outside the walls of DFS, she noted.

Those attending had script in $.90, $.10, and $.05 to buy food in the serving line. They could not exceed $2. Enchiladas were $.90. Milk was $.15. There were brownies and ice cream.

CNP educators are in every county, says Mindy Meuli, CNP program manager, whose primary audience is adults with children. "We serve the whole community but this is really about the low-income audience," she told those at the event. "The SNAP-eligible participants."

All the selections were made from recipes from the CNP cookbook, which is provided to everyone who completes CNP's eight lessons.

"Our premise today is to show how SNAP participants have to make choices every day," she says. "Are you going to make nutritious choices or not-so-nutritious choices? Around the room are examples (there were posters of a coffee and doughnut, a burrito, among other items) of other things you can buy for $2 that aren't quite so healthy. If you have the skill and the information to cook a healthy meal from scratch, you can do it for less money."

Gretchen Hayes, Tina Gnauden, and Ashlee Visser of the Department of Family Services offices in Cheyenne try to meet the $2 limit.

LEARN MORE

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http://bit.ly/2buckvid

http://bit.ly/2bucklunch

Educator Ashley Garrelts describes how to conduct a cover by life form transect.

GIRL POWER IN A RANGE

Forget socials, card clubs, or church circles, they get together on

Rangeland management is a topic often frequented by University of Wyoming Extension educators and the state's agricultural producers. However, the Wyoming Women in Range Program is intended solely to build scientific knowledge and understanding of range management of women participants.

Extension range specialist Rachel Mealor noticed a trend of women deferring to male counterparts during traditional open-session workshops. She then wondered if women participation at range management workshops and seminars would increase if the attendees were women only.

"The purpose, kind of the overall vision I wanted for this group, was to get a group of gals together who are interested in natural resources," explains Mealor. "Almost a support system in a way to say: 'I'm having troubles in this monitoring technique; have you done it?'"

Mealor compared the program's premise to Tupperware parties and 'girls-night.' Agricultural women interested in rangeland monitoring, weed and pest management,

WAY

the range

grazing rotation, and everything else natural-resource oriented now have a place to be social, share experiences, and learn new concepts with women with similar interests.

The creation of an advisory group comprised of female landowners and university representatives was the first step in changing Mealor's idea into reality in late 2011. Overall goals and objectives were created focusing on providing women with knowledge and understanding of the science behind management practices.

Baggs was the pilot area for the Wyoming Women in Range Program with four subsequent workshops. The series began by covering plant identification and grazing plan development, and subjects changed throughout the remaining workshops to fit participant interests.

Exit surveys measured the topics attendees wanted to know more about. High satisfaction rates were received when asked about the probability of changing current management practices, questions answered during workshops, and overall workshop success.

Each workshop begins with a discussion of techniques and practices used or those incorporated since the last session if there are return participants. Mealor says this is where women can rely on each other to improve their successes after the workshops.

"That is where this accountability piece can come in to play and especially when you're dealing with something like rangeland monitoring," says Mealor. "That can be really mundane, dare I say intimidating, actually going out, doing it – keeping everything straight, and sometimes it seems a little overwhelming if you have to do it by yourself."

The community-based approach works to ensure women interested in improving rangeland management practices don't have to go at it alone and can learn from the insight of fellow ranching women as well as from presenters. Presenting in addition to Mealor were educators Ashley Garrelts, Kellie Chichester, and Mae Smith.

Rachel Mealor

Ashley Garrelts

Mealor recalled a rewarding moment in one of her workshops when a participant stated the land she was managing was leased from the Bureau of Land Management and said it was their job to monitor the range because it wasn't even hers to be accountable for.

"Another landowner turned to her and said, 'But it's not their neck, it's not their cows, it's not their livelihood – it's yours. If you don't take care of it, they'll find somebody else,'" says Mealor. "Coming from her, from a peer, was much more powerful. You can only say so much as an outside educator."

"We're trying to create a community of women so they're not only learning from experts but from each other."

CREATING A COMMUNITY OF WOMEN

LEARN MORE

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Fifth generation rancher Tammy Delyea frequently attends resource management workshops, most recently Converse County's Wyoming Women in Range Program, which focused on range monitoring, identifying plant communities, and using animals for grazing management.

"I grow grass for a living, so anything new I'm interested in," says Delyea. "I learned some new things about how grass grows … and it was a really good review on setting goals."

She noticed a difference in dynamic between the open workshops and the women-only variety she's attended. Women weren't afraid to explore further into a topic than what the agenda had lined-out.

"Women ask different questions and have different concerns," Delyea explains. "By asking those different questions, the training opens up to learn other things."

When Garrelts planned her first women in range workshops in Converse County, she was hoping they would go just as Delyea observed.

"We're trying to create a community of women so they're not only learning from experts but from each other," says Garrelts. "They're just as much of the ranching community as men, and we see a lot of women asking questions and who are willing to learn."

Range specialist Rachel Mealor says the workshops provide women a place to be social, share experiences, and learn concepts with others who share similar interests.

Garrelts says the workshops usually include classroom and field time. Each is at a field site representative of the participants' locale and offer hands-on experiences relevant to their own operations.

"The participants will drive what topics we will cover at each session," says Garrelts. "They want to know what's out there and how to use it properly."

Mealor and the educators hope to see the Wyoming Women in Range continue to grow. Workshops are held throughout the year based on educator discretion.

GOING FOR THE GREEN

Workshops help those considering a community supported agriculture operation to start one – or not

Community supported agriculture workshops this year helped hopeful growers raise different type of greens – cash.

- Toni French of Powell added two 30-foot by 16-foot high tunnels to her existing 72-foot by 30-foot Gothic style greenhouse.
- Bonnie Martinell of Boja Farms near Bridger, Montana, started a CSA that grew to 12 members.
- Terri Craft of Lloyd Craft Farms of Worland developed contacts that continue to benefit the family's 85-member CSA.
- And PE Straley of Thermopolis made raised beds and had broccoli, cauliflower, and cabbage by mid-May – only to break her ankle and lower leg. "So I watched it all go to seed and all my other crops die. Sigh," Straley wrote. "There is always next year … "

In a CSA, members purchase a share of the farm's harvest before the season begins, then, usually late June through late fall, CSA members receive a portion of the farm's bounty. CSA growers might make weekly deliveries to distribution points or members may pick up at the farm. Typically, seven to 10 types of fresh vegetables are delivered each week.

Two-year Project

The efforts of producers are the result of a project that began two years ago with interviews of Wyoming CSA producers to build a publication to help those thinking about starting a CSA. Cole Ehmke, UW Extension agriculture entrepreneurship specialist, assembled a "Rural Guide to Community Supported Agriculture" – published this summer – and organized meetings in Thermopolis, Lingle, and Cheyenne to share the insights with those interested in the nexus of community and local food production.

"The project was a bit of a big one," says Ehmke. "We did interviews with those doing CSAs across Wyoming and the Mountain West to identify what were hurdles to them, their successes, characteristics of their CSAs – to get a sense of what was going on in our region."

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The interviews provided great insights, says Ehmke. "We had some great conversations with people across the state. We looked at what people were saying, what were their hurdles, and what we could address in the manual."

A number were already in commercial agriculture. Others were new to agriculture, either coming into the industry late or just coming out of school. Those already in commercial agriculture were looking to CSA to explore something different, something with a more direct connection to the end consumer, says Ehmke. "Many people came and got connected to other producers."

Helped Network

Lloyd Craft Farms completed its second year with an increase of 57 to 85 members. "We had to turn away almost 20 people," says Craft, who attended the Thermopolis meeting along with 29 others.

Cole Ehmke

The biggest benefit of the meeting in Thermopolis was the connections made, says Craft. Scott Richard, a CSA operator from Cody, shared his experiences at the meeting, and the Crafts visited him in March to share stories. Craft also met Kevin and Kerri Schulthuis of Fort Causeway, who have a natural meat product. The Crafts were able to offer a meat share through their CSA and the Schulthuis in turn picked up some of their products to sell with meat shares and to sell at farmers markets.

Martinelli was the third person.

"Bonnie has been a part of the fruit share we set up this year," says Craft. "We don't have many orchards or fruit opportunities here, but I've been able to get Flathead cherries, Utah peaches and pears, Riverton raspberries, and fresh fruit from Bonnie's orchard."

In turn, the Crafts were able to provide lettuce, peppers, and kale for Martinell's 12-share CSA.

CSA Variety

There is great diversity in CSA structures and how produce is supplied to customers.

"That's the beauty of CSAs," says Ehmke.

Guide helps create Community Supported Agriculture ventures

Rural Guide to Community Supported Agriculture offers 15 chapters ranging from setting up shares to food safety and working with labor.

Contributors in addition to Cole Ehmke include:

- Eric Arnould, professor in the School of Management at the University of Bath (England).
- Kellie Belden, who retired after 30 years of service as manager of the Laramie Research and Extension Center Greenhouse Complex and the Soil Testing Laboratory at UW.
- Jeff Edwards, UW Extension educator and pesticide training coordinator.
- Alan Miller, a farm business management specialist in the Department of Agricultural Economics at Purdue University.
- Karen Panter, extension horticulture specialist at the University of Wyoming.
- Lucy Pauley, coordinator of the Wyoming Agriculture and Natural Resource Mediation Program.
- Melia Press, senior lecturer in marketing in the School of Management at the University of Bath.
- Bill Schepeler, business liaison at the Wyoming Department of Workforce Services.
- Alan Schroeder, associate professor (retired) with the Department of Agricultural and Applied Economics at UW.
- Katherine Strand, Ph.D. student in cultural anthropology at McGill University, Montreal, Quebec, Canada.

The guide is available by going to www.uwyo.edu/ces and clicking on Publications on the left-hand side of the page. Type the name of the publication in the search field and follow the prompts.

He says Wyoming has about 19 CSAs, which usually have 10 to 12 shares. "And some aspire to have 100 members," he notes. "That's a pretty heavy commitment in time and effort."

More than 30 attended the Thermopolis workshop and about 10 each in Lingle and Cheyenne.

"They wanted to get a sense of ways people have made it work, at least in Wyoming. We have our soil, temperature, thin population, and other issues that are often big hurdles," says Ehmke.

Seeking Answers

Those attending were interested in many topics.

Part of it was production-oriented. Many had horticultural backgrounds and perhaps had a garden. "But producing on this kind of scale is its own hurdle," observes Ehmke.

Other questions centered around soil and water management, season extension, the composition of a share, the cost of a share, delivery, and work expectations of shareholders or volunteers.

"Some producers expected their community members to contribute labor, and some didn't want other people in the operation – they just wanted to produce," says Ehmke.

CSAs and farmers markets are similar in that there is a more personal connection between producer and consumer (see right).

"CSAs can be a nice complement to a farmers market stand, but there are different skills involved," says Ehmke. "Farmers markets are very customer-service oriented and have a regular time commitment for the growing season. With a CSA, you don't have to deal with the public so much and can focus on producing: people come to you to get their shares. The fundamentals of the enterprise still have to make sense – which is what the guide and our workshops emphasize – but the variety of local foods marketing efforts available mean that interested people can find something that works for them.

"There's a huge increase in interest in local foods and supporting family farms," says Ehmke. "Many consumers perceive locally produced food to be healthier. And people want to know who produced the food on their table and how they did it. CSA helps connect producers and consumers."

CSAS RECEIVE MONEY FOR SHARE UPFRONT

CSAs offer a financial advantage in a cycle opposite of commercial operations.

In commercial agriculture, growers foot the bill for machinery, land, seed, and fertilizer up front and hope at the end of the season there is a market for what they produced.

"Of course, there are forward contracts and locked-in prices," says Cole Ehmke, a University of Wyoming Extension specialist. "But with a CSA, we get the money when we need it most – at the beginning of the season. It smooths out the cash flow. We get our inputs at the beginning of the season. We know exactly how much we need to grow. There is no guessing about quantity."

Some CSAs work closely with a core group of stakeholders, who can be very involved with the work and even the management of their CSA – they could have an impact on what is produced, how, and how much return comes back to the farmer – how much is a fair return for that farmer's effort.

But what if Mother Nature strips or delays a crop?

"There is the concept in CSA that the community is supporting a producer and taking a risk right along with the producer," says Ehmke. "If there is an abundance of kale, carrots, eggs, or whatever, so much the better. A shareholder will get a little more in the share proportionately. But if a hailstorm comes through and greens are thinner than what was expected, then the concept is you would pass that dearth onto customers as well. The customer gets the feast and the famine."

Many producers say they can't do that, he notes. "Farmers feel an obligation on behalf of their customers to supply produce. If something happens, they may find a source to augment their own."

For instance, one producer was providing eggs through her CSA and something killed many of her chickens. She was unable to fulfill delivery of a dozen eggs a week.

"A pure form of CSA would pass that lack of eggs on to the customers," says Ehmke. "But she didn't think she could do that. She had made a promise, you might say. She bought eggs from another producer so that her customers would have their full expectation of eggs."

Whatever works for that community and producer, says Ehmke. "There will be a mix of things. Some will be pure and pass on all the surplus and lack of it, or they'll be people who will moderate so things are a little bit smoother."

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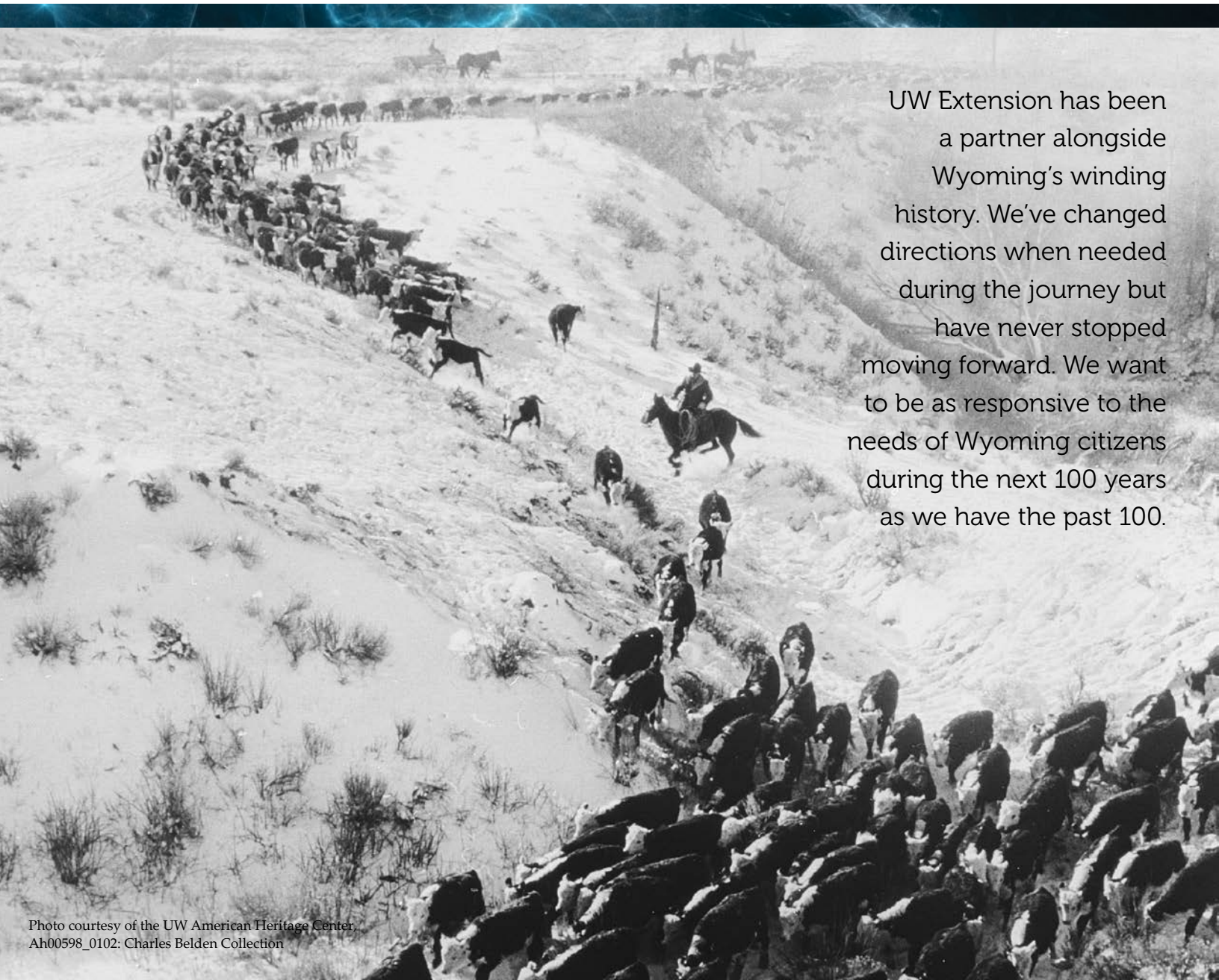

UW Extension has been a partner alongside Wyoming's winding history. We've changed directions when needed during the journey but have never stopped moving forward. We want to be as responsive to the needs of Wyoming citizens during the next 100 years as we have the past 100.

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