



Conservation Clamor

WESTON COUNTY NATURAL RESOURCE DISTRICT

October 2022



Stress in Agriculture

Excerpt from the Ag Legacy newsletter titled *How do You Cope With Anxiety and Stress in Your Ag Legacy?* Available at AgLegacy.org

Stress is a reality for all of us. And in business it can also be an ever-present challenge. Put them together and the stress can be amplified. For many farm and ranch families this is the reality. The family and operation are often tied closely together and the fact that the families not only work together but typically live on the operation as well can be challenging.

To add to this, farm and ranch families experience stress from a wide variety of factors, including:

1. Operational stressors (equipment breakdowns, disease outbreaks, accidents and government regulation),
2. Environmental influences (extreme weather events, early or late frost, irrigation issues), and
3. Family stressors (a child turning 13, caring for an aging loved one, personal health decline). Most factors are out of the families' control, potentially adding even more stress. In addition, the lines are often blurred between family and business issues, making efforts to address them even more difficult.

Situations where money is tight represent another case that can lead to stress for both farm families and the agricultural business. The financial ties between the operation and the families involved is often challenging.

Continued on page 2...



Monitoring Your Rangelands *Tanner Jenks, NRCS*

Maintaining or improving the health of rangelands is one of the best things a producer can do to improve their operation and keep it sustainable. The easiest way to do this is to set up a range monitoring program for the operation. Monitoring allows changes in plant community composition, cover, structure, and soil conditions to be measured over time. With this information a producer can make changes to their grazing management, to detect, prevent, or reverse degradation of their rangeland. To begin a monitoring program, producers need to know why to monitor, when to do it, and where. Once a plan is in place there are several monitoring methods including photo-point transects, landscape appearance, and cover by lifeform transect.

First, to start a monitoring plan a producer needs to know why they want to monitor: Is rangeland health being maintained or improved? Is grazing management meeting goals? Do changes need to be made to grazing? Know when to move livestock? These are just some of the reasons to monitor. Knowing where to monitor is important too, as key areas that are representative of the pasture should be selected. Key areas should be away from sites like fences, water facilities, salt locations, or other heavy use areas that are not representative of the area. When to monitor is another factor to consider, whether before, during or after the grazing season. Monitoring can also be done multiple times a year to better understand how management is affecting the land throughout the year. Records should be kept every year to add to a long-term monitoring plan.

Continued on page 5...



Election time again!

*The District will hold elections for two Rural Positions on Election Day, **November 8, 2022***

Location: District office
1225 Washington Blvd, Newcastle, WY
Time: 9 am to 3 pm

All current district members can vote.
Have a voice in who represents you and
our natural resources

Weston County Natural Resource District ELECTION PROCLAMATION

On November 8, 2022, the Weston County Natural Resource District will hold their supervisor election for the purpose of electing two (2) supervisor positions. There are two rural supervisor positions for four-year terms. The polling location will be at the USDA Service Center Building at 1225 Washington Boulevard, Newcastle, Wyoming. The polling hours will be 9:00 a.m. to 3:00 p.m. Absentee ballots are available at the District office and will be accepted until 3 p.m. on November 8th.

Rural Position

- Emily Hartinger
 Write In _____

Rural Position

- Tucker Hamilton
 Write In _____

A meeting of the Weston County Natural Resource District will be held on November 8, 2022 for the purpose of canvassing the supervisor election results. The meeting will be held at 3:30 p.m. at the USDA Service Center Building in Newcastle.

... Stress in Agriculture continued from front page

Addressing the stress

A survey of Iowa farm families identified several good stress management practices that are regularly practiced:

- Are aware of their strengths, skills and weaknesses
- Practice time management and goal setting techniques
- Involve themselves in hobbies and recreation outside the business
- Use various support systems
- Practice a variety of stress-management techniques (relaxation, exercise, problem solving and assertiveness), both in response to a stress and even when not under stress

Three specific strategies that can help address stress in the moment include: self talk, breathing, and acceptance. Exercise can also be helpful. Even a brisk 10-minute walk can relieve 50-75% of the stress hormone cortisol.

But there may be times that coping isn't enough. At these times it is important to feel comfortable asking for help.

Seeking professional help

Making the decision to seek professional help can be intimidating. Knowing how and where to start can feel daunting. It might start with talking with a spouse, close family member or friends. A friend who has had a positive experience with counseling is a good place to start. A referral can be helpful as you search for the right counselor.

Resources available in Wyoming and beyond

Wyoming Ag Stress: wyagric.state.wy.us/about-us/ag-stress

University of Wyoming Extension Resources: www.uwyo.edu/uwe/programs/farm-stress.html

The Do More Ag Foundation: www.domore.ag

**Talk More,
Ask More,
Listen More**
Do More Ag Foundation

Removing the Stigma

This is not a new problem, not new to society, and not new to agriculture. However, if we are going to remove the stigma that keeps people and their families from feeling safe and getting to a point where they are okay with asking for help, we must begin by talking about it. *As the Do More Ag Foundation promotes: Talk More, Ask More, Listen More.*

WHY BATS?

They help get rid of mosquitos and many other gardens pests



Bat Boxes are a safe place for bats to go and roost

Bat boxes help protect the bat population by giving them shelter against their biggest predators

70/30 cost share

The District pays 70%
Landowner pays 30%
Price for landowner: \$40

We are only selling 20 Bat Boxes so get them fast!!!

Bat Boxes



Cost-Share

ARE YOU WORRIED ABOUT WILDFIRES?

Check out our Fuel Mitigation Cost-share!

Fuel mitigation options:
Defensible space around your home
Fuel treatments
Fuel breaks

50% cost share on treatments

For more info check out our website westoncountynrd.org/fuel-mitigation

Well water TESTING

ORDER YOUR KITS BY NOVEMBER 11TH



Well Water Testing

- Test kits will be available for pickup by November 18th
- Water will be dropped off on November 29th
- Results will follow in 2-3 weeks

Test	TEST DESCRIPTION	RATE	YOUR COST
1	Annual Well	\$90.00	\$45.00
2	Domestic + bacteria test	\$107.00	\$53.50
3	Livestock & irrigation suitability test	\$87.00	\$43.50
4	Livestock Suitability test	\$62.00	\$31.00
5	Irrigation Classification test	\$57.00	\$28.50

Did you know that the Conservation Clamor is also available in your email?



In an efforts to save money and reduce our paper usage, we email the same newsletter to over 200 district members, saving over \$500 per year! That allows us to put more money into our conservation efforts.

If you would rather receive your newsletter via email, please contact Caleb Carter at ccarter.wcnrd@gmail.com or call the District Office at (307) 746-3264, ext. 4



2022-2023 Community Tree Grant

60/40 Cost-Share NRS pays
60% you pay 40%

7 grants will be rewarded
with up to \$500

Deadline is March 3rd 2023

**Come get trees to help
beautify public property
near you!!!**

Applications available at
westoncountynrd.org/community-tree-grant
Or call the office at (307) 746-3264 EXT 4

THINKING ABOUT PLANTING TREES NEXT SPRING?

Conservation planting could include:

- Windbreaks
- Living Snow Fences
- Riparian Stabilization
- Visual/ Noise Screen

**Our tree sale has
officially begun, so get
your orders in!!!**

... Rangeland Monitoring continued from front page

Short term monitoring should also be done throughout the year and include things like weather, rotations, livestock use, wildlife use and other factors that affect the land. These will help give context to the long-term data and help producers make decisions that can change the trend of the land.

Once a plan is in place, the producer can decide which forms of monitoring they want to use. The simplest form is permanent photo points that can be repeated every year in the same location. This can be done by laying out a 100' tape to make a transect and then taking a 3x3' frame and intersecting it with the 5'-8' marks on the tape. A picture is then taken of the plot, and this is repeated at the 50-53' and 92-95' marks. Then at each end of the tape a landscape photo is taken looking down the transect to give a more general view. This should be repeated in the exact same location and have the same photo angle, so they are easily comparable year to year.

Another easy method is a cover by life form transect. This involves laying out a 100' tape and at every foot a sample will be taken to determine what is there. A wire pin flag can be used and is lowered at every foot and whatever it contacts first is recorded, be it vegetation, rock, moss, litter, or bare ground. Vegetation is broken into shrubs, grasses, and forbs, then perennial, annual or noxious. This measures the cover from year to year and can show the trend of the rangeland.

The last method is landscape appearance, which measures forage utilization. This is done by choosing a sample interval, such as 3 or 4 large steps, then looking at the area in front of a person and matching the utilization with the description on the landscape appearance form. The area to look at could be a 20' half-circle or a square yard, something that works for the individual. This should be done in a key area of the pasture like the other two methods. Forms for this method and the others can be found online or acquired from a local NRCS office.

Finally, this data can show the trend of the land over time, whether its degrading, staying the same or improving. A producer can then determine if changes to the operation or grazing management is needed. Having the data allows producers to make changes when needed or to confirm that what they are doing is working. Having a good monitoring plan allows an operation to keep themselves sustainable and adapt to changing conditions. For a day or two a year of monitoring work, this information can really help producers get to know their land more and what effect their management is having on their rangelands. Contact a local NRCS office for more info about rangeland monitoring.



2023 WCNRD Seedling Tree Order Form

Order #: _____

Please circle the price used to calculate the total, either "In-District" or "Out-Of-District"

Lincoln Oaks Shrubs—lots of 25 per species only				
Deciduous—height vary by species				
SPECIES	# units	In-District	Out-of-District	TOTAL
Caragana		\$38.00	\$57.00	
Chokecherry		\$38.00	\$57.00	
Common lilac		\$44.00	\$66.00	
Nanking Cherry		\$38.00	\$57.00	
Silver Buffaloberry		\$44.00	\$66.00	
Golden currant		\$50.00	\$75.00	

Lincoln Oaks Trees—lots of 25 per species only				
Deciduous—height vary by species				
SPECIES	# units	In-District	Out-of-District	TOTAL
Bur oak		\$44.00	\$66.00	
Hackberry		\$44.00	\$66.00	
Boxelder		\$38.00	\$57.00	
Laurel Willow		\$44.00	\$66.00	
Native Cottonwood		\$38.00	\$57.00	
Prairie red plum		\$38.00	\$57.00	
Lincoln Oaks Nursery Total				\$

Towner Nursery Bareroot Trees—lots of 50 per species only				
Evergreen—height vary by species				
SPECIES	# units	In-District	Out-of-District	TOTAL
Colorado blue spruce		\$54.00	\$81.00	
Black Hills spruce		\$54.00	\$81.00	
Ponderosa pine		\$50.00	\$75.00	
Eastern red cedar		\$54.00	\$81.00	
Shrubs				
Juneberry/serviceberry		\$72.00	\$108.00	
Towner State Nursery Total				\$

Planting Supplies				
ITEM	# units	In-District	Out-of-District	TOTAL
6'x300' landscape fabric		\$108.00	\$162.00	
fabric/ft		\$0.50/ft	\$0.80/ft	
Anchor pins (box 500)		\$88.00	\$132.00	
Individual pins		\$0.30	\$0.50	
Tree protector		\$4.00 each	\$6.00 each	
Planting Supplies Total				\$

ORDERS MUST BE RECEIVED WITH PAYMENT BY APRIL 7th, 2021

For office use only
 Date received _____ Check # _____ Order # _____
 Amt. paid \$ _____ Confirmed pick up _____

Crestwood—Large Deciduous Potted Shrubs				
Sold Individually—5 gallon size				
SPECIES	# units	In-District	Out-of-District	TOTAL
Common Lilac		\$23.00	\$34.50	
Cotoneaster 'Cranberry'		\$23.00	\$34.50	
Dogwood 'Red Twig'		\$23.00	\$34.50	
Forsythia 'Lynwood gold'		\$23.00	\$34.50	
Mock orange		\$23.00	\$34.50	
Ninebark Diablo		\$23.00	\$34.50	
Potentilla		\$23.00	\$34.50	
Spirea 'Vanhouttei'		\$23.00	\$34.50	

Crestwood—Large Deciduous Potted Trees				
5 gallon size, Height varies: ~3-6 ft.				
SPECIES	# units	In-District	Out-of-District	TOTAL
Aspen, individual		\$24.00	\$36.00	
Chokecherry, Canada Red		\$40.00	\$60.00	
Crabapple 'Prairiefire'		\$50.00	\$75.00	
Linden 'Redmond'		\$50.00	\$75.00	
Oak, Bur		\$50.00	\$75.00	
Locust 'Shademaster'		\$50.00	\$75.00	
Hackberry		\$40.00	\$60.00	
Golden Willow		\$26.00	\$39.00	

Crestwood—Large Evergreen Potted Trees				
5 gallon size, Height varies: ~3-6 ft.				
SPECIES	# units	In-District	Out-of-District	TOTAL
Austrian pine		\$29.00	\$43.50	
Colorado blue spruce		\$29.00	\$43.50	
Crestwood Growers Total				\$

Other				
SPECIES	# units	In-District	Out-of-District	TOTAL
Other Total				\$

Lincoln Oaks Nursery Total	\$
Towner State Nursery Total	\$
Planting supplies Total	\$
Crestwood Growers Total	\$
Other Total	\$
TOTAL BEFORE TAX	\$
SALES TAX (5%)	\$
TOTAL AMOUNT DUE	\$

If there is something that you want but don't see here, let us know and we might be able to get it for you!



2023 WCNRD Seedling Tree Order Form

Order #: _____

Conditions of Sale:

1. No plant purchased from the WCNRD or their distributors may be resold as a living plant
2. Payment must accompany order. Refunds will not be given for cancelled orders after 3/1/2023
3. If trees ordered are not available, a refund will be issued, unless a substitution is requested
4. Nursery staff and the WCNRD are not responsible for errors in inventory count
5. **NO WARRANTY, EXPRESSED, OR IMPLIED, IS MADE BY THE CONSERVATION DISTRICT OF THE SEEDLING STOCK.**

TREES WILL BE DELIVERED IN EARLY MAY. WE WILL CONTACT YOU PRIOR TO PICK UP DATE

I have read and agree with the above "Conditions of Sale."

Signature and Date required: _____ Date: _____

Applicant Name and/or Organization _____ In-District Out-of-District

Primary Contact's Name _____ Phone # _____

Email _____ Alternate Phone # _____

Mailing Address: _____

Send order form and check made payable to: WCNRD, 1225 Washington Blvd., Suite 3, Newcastle, WY 82701

Questions? (307) 746-3264 ext 4

How did you hear about the WCNRD tree sale? (circle all applicable)
 WCNRD Website WCNRD Facebook Page WCNRD Instagram page Word of mouth
 WCNRD Newsletter KASL Radio Newspaper Ad Other: _____

What is the purpose of your planting(s)? (circle all applicable)
 Windbreak Living snow fence Riparian area stabilization Livestock Protection Wildlife habitat
 Windbreak renovation Snow Fence Renovation Other: _____

Would you like to receive our quarterly Conservation Clamor newsletter? If yes, please circle one: Email or Regular Mail

For more information on varieties, planting, and care go to westoncountynrd.org/seedling-tree-sales



SHRUBS

Caragana: medium to tall, does well on poor soils, excellent drought resistance, rapid growth rate.

Chokecherry: Tall shrub, can be poisonous to livestock, rapid growth rate, prefers well drained soil.

Common lilac: Excellent cold hardiness, rapid growth rate.

Nanking Cherry: drought tolerant, fast growth, edible fruit.

Silver Buffaloberry: Well adapted to dry, moderately alkaline soils, thorny, can fix nitrogen. Berries good for jellies.

Golden Current: small/med, dense growth, drought resistant, edible fruit

CRESTWOOD POTTED SHRUBS

Cotoneaster 'Cranberry': drought resistant, fast growth

Dogwood 'Red Twig': white flowers, twigs turn red in winter

Forsythia 'Lynwood Gold': very hardy, ? spring flowers

Mock orange: fragrant, white-flowering shrub

Ninebark: medium shrub, cold hardy, good for hedges

Potentilla: drought tolerant, small shrub, cold hardy

Spirea 'Vanhouttei': , hardy, 5-8 ft tall, white flowers, drooping appearance

DECIDUOUS TREES

Bur oak: excellent drought resistance, can live more than 200 years

Hackberry: hardy, tall, drought resistant, few pest problems

Boxelder: prefers moist soil, hardy, 40-50 ft tall, fast growth

Laurel willow: requires moist soil

Peking cotoneaster: drought resistant, fast growing

Native cottonwood: prefers moist soils, tolerates alkaline soils,

Prairie red plum: medium size tree, no drought tolerance

CRESTWOOD POTTED TREES

Aspen: tall, poor drought resistance, rapid growth, cold hardy

Chokecherry, Canadian Red: hardy, foliage turns reddish purple in summer

Crabapple 'Prairiefire': showy changing foliage, dark pink flowers

Redmond Linden: blooms in summer, hardy, fast growth

Shademaster Locust: thornless, seedless, hardy tree

Willow, Golden: large, hardy tree, needs moist site

Austrian pine: tall, excellent drought resistance.

EVERGREEN TREES

Colorado blue spruce: tall, slow growth rate

Ponderosa pine: tall, fast growth rate, drought tolerant

Eastern red cedar: medium height, drought resistant

Black Hills Spruce: native, dark green, prefer dense soils, resistant to winter injury

"The true meaning of life is to plant trees, under whose shade you do not expect to sit." –Nelson Henderson

ORDERS MUST BE RECEIVED WITH PAYMENT BY APRIL 7th, 2023
Selection changes daily, so order trees early as many varieties will sell out quickly!

Applications are due at the office on March 31st 2023

This is a 50% cost share up to \$5,000

2023-2024 Conservation Cost Share Application Available

Reimbursement will not be made until July 2023-2024 when the new budget begins



To get an application call the office or go to westoncountynrd.org/conservation-cost-share

CONSERVATION COST SHARE

Program Objectives

To provide incentive for landowners within the Weston County Natural Resource District Boundaries to implement natural Resource Conservation practices that improve water quantity, soil erosion, energy conservation or wildlife habitat. This program is also for landowners who can't typically qualify for federal farm bill program.

Project Examples

- New water development to increase livestock distribution in remote areas,
- Spring development to enhance wildlife and/or improve livestock distribution
- Solar Stock pumps to improve reliability of water sources,
- Fencing for implementing a rotational grazing system,
- Streambank stabilization and restoration practices
- On- Farm irrigation water management
- Windbreak/living snow fences
- Cover crops



Outdoor Education Assistance Grant

This grant is for any youth organization or school organization to participate in any Ag, Conservation, or Natural resource related activities at a lower price!!

Apply for up to \$500 per event!!

Get kids excited to be outside and learn all about Conservation, Natural Resources, and Agriculture

Pick up applications at the Natural resource district and apply today!!

Wyoming Natural Resource Foundation Annual Gator Raffle



Donate \$25 for your chance to win!

Only 800 tickets sold!

1st Prize
2023 John Deere Gator XUV560E



2nd Prize
Stihl Chainsaw



Actual prices may not be exactly as pictured

Support natural resource conservation with your tax-deductible donation. Your donation supports Foundation projects including stream and river restoration, forest health and tree planting, water quality and watershed protection, educational programs and more!

Donate online at www.wynaturalresourcefoundation.com
Buy tickets from your local Conservation District
Or contact the WNRFF office at 307-632-5776
kelli.little@conservewy.com

Special Thanks To:   

Drawing to be held December 7, 2022. Need not be present to win!



Weston County
Natural Resource District

Weston County Natural Resource District

1225 Washington Blvd. Suite 3
Newcastle, WY 82701
(307) 746-3264, ext. 4
ccarter.wcnrd@gmail.com

**Bulk Rate
U.S. Postage
Rate
Newcastle, WY
Permit No. 52
Return Service
Requested**

October 2022 Conservation Clamor

Meetings are held the second Tuesday of every month
at 3:00p.m. Members of the public are welcome to attend.

The Weston County Natural Resource District is an equal opportunity employer

In this issue...

- Beginning a rangeland monitoring program
- Dealing with stress in agriculture
- Tree Sale has begun!
- Cost-share available to mitigate wildfire risk on your property!
- Elections coming November 8th at the District Office
- Conservation Cost- Share application available

**For more information also
check out our website:
westoncountynrd.org**

UPCOMING EVENTS

- | | | |
|-------------|-----------------------------------|---|
| Oct. | 11 th | WCNRD Board Meeting @3pm, District Office |
| | 12 th | Tree Sale Starts!!!! For more info. About our tree sale visit westoncountynrd.org/seedling-tree-sales |
| Nov. | 8 th | District Supervisor Elections: 9 am to 3 pm at the District Office |
| | 8 th | WCNRD Board Meeting @3pm, District Office |
| | 29 th | Well Water Testing Day |
| Dec. | 5 th – 8 th | WACD Annual Convention in Casper |
| | 13 | WCNRD Board Meeting @3pm, District Office |
| Jan. | 10 th | WCNRD Board Meeting @3pm, District office |