

2019 High Plains Crop Convention Registration

November 26, 2019, Torrington, WY

Online registration preferred at
bit.ly/HPCC19reg

MAIL REGISTRATION FORM:

Name _____

Company or operation name _____

Mailing Address _____

Email Address _____

Phone # _____

Registration

Monday, November 25:

Rural Mental Health Support Training: _____
(\$75, includes lunch)

Tuesday, November 26:

High Plains Crop Convention: _____
(\$20, includes lunch and trade show)

(\$15 for students) _____

Total Enclosed

_____ *Please make checks payable to:*
Goshen County Extension

Mail registration and Payment to:

Goshen County Extension
c/o High Plains Crop Convention
4516 US HWY 26/85
Torrington, WY 82240

University of Wyoming Extension
Goshen County Extension Office
c/o High Plains Crop Convention
4516 US HWY 26/85
Torrington, WY 82240

A BIG THANK YOU TO OUR SPONSORS!

Please take time to visit our trade show
to see how the vendors can help you



GOLD

SILVER

BRONZE



- Wyoming Pesticide Safety Education Program
- Century Lumber
- Wyoming Winds Counseling

2019 High Plains Crop Convention

*“Increasing resilience in our
farms and families”*

Tuesday, November 26, 2019

**Rendezvous Center
Goshen County Fairgrounds
7078 Fairgrounds Rd., Torrington, WY
North side of HWY 26/85**

With major support from





Photo courtesy of farmcounseling.org

Keynote Speaker

Ted Matthews

Director, Minnesota Rural Mental Health

Ted Matthews is a mental health practitioner with over 30 years experience in counseling in rural areas. His focus for the past 2 decades has been farmer mental health support. He has been the director of mental health services during 5 natural disasters. Matthews provides outreach training and public speaking related to farm stressors, nationwide.

As part of the conference, Ted will provide a full day Rural Mental Health Support Training for professionals that work with farm and ranch families on a regular basis.

Ted will also be available for free one on one counseling sessions during the convention on Tuesday.

For more information check out his website: www.farmcounseling.org

Monday, November 25

Rural Mental Health Support Training

Goshen County 4-H Building

8 am to 5 pm

Cost: \$75, includes lunch

Join us for a training offered by Ted Matthews for people who work with farm and ranch families on a regular basis to help them recognize and respond when they see farmers experiencing stress, anxiety, depression, and other challenges.

Join us for a full day training where Ted will cover:

- Better Communication Skills
- Interactive exercises
- Inclusive Handouts
- Presentation from Sheriff Randy Willis on how all of these issues are community based and how best to navigate within them
- Knowing yourself; assess how you come across and identify anything you may need to improve or change.
- The importance of learning when to focus on you.
- Understanding and working with anger
- Stress management
- Self-awareness

Tuesday, November 26

High Plains Crop Convention Schedule

- 8:30 **Registration and visit with vendors**
- 9:00 **Stress and anxiety in rural families**
Ted Matthews, Director, Minnesota Rural Mental Health
- 10:00 **Break & visit with vendors:** *Sponsored by Goshen County Farm Bureau Federation*
- 10:20 **How do you cope with anxiety and stress in your Ag Legacy?**
John Hewlett, UW Extension Farm & Ranch Management Specialist
Caleb Carter, UW Extension Educator
- Alternative Crops Research Update**
Carrie Eberle, UW Cropping Systems Agronomist, SAREC
- 11:15 **Multi-level Resilience Tips For Ag Producers**
Scott Cotton, UW Extension Educator
- Forms of Business Ownership: Which is Best? LLC, Corporation, Partnership, Others**
John Hewlett, UW Extension Farm & Ranch Management Specialist
- 11:45 **Lunch & visit with vendors**
- 12:30 **Crop Commodity Market Update**
Steve Koontz, CSU Agricultural Marketing Expert
- 1:30 **Hemp Basics**
John Connett, IPM UW College of Ag
- Alfalfa Weevil Research**
Judith Herried, UW Graduate Student
- 2:00 **Break & visit with vendors**
- 2:20 **Networking, leadership, and agriculture engagement with Farm Bureau's Young Farmer & Rancher Program**
Kerin Clark, Wyoming Farm Bureau Federation YF&R Coordinator
Lane Hageman, WyFB YF&R Committee Member
Chelsea Baars, WyFB YF&R Committee Member
- Beans and soil born diseases**
Bill Stump, Assistant Professor Plant Pathology, UW College of Ag
- 3:00 **New herbicide options: thinking outside the row**
Jenna Meeks, Assistant Supervisor, Goshen County Weed and Pest
- Wyoming Bean Commission Update**
Dale Heggem, Wyoming Department of Ag



High Plains Crop Convention

“Increasing resilience in our farms and families”

Helping our farm and ranch families be more resilient to economic, environmental and emotional challenges

Vendor spaces available

Contact Caleb Carter at (307) 532-2436 or ccarte13@uwyo.edu

Travel Safe!

For more information: bit.ly/HPCC19info

Caleb Carter
UW Extension Educator
Goshen County
(307) 532-2436
ccarte13@uwyo.edu

Brian Sebade
UW Extension Educator
Albany County
(307) 721-2571
bsebade@uwyo.edu

Carrie Eberle
Cropping Systems Agronomist
SAREC
(307) 837-2000
carrie.eberle@uwyo.edu

Join us for the 2019 High Plains Crop Convention!!