



Community health gets a boost

Local health professionals prescribe time on the trails

In an era of chronic illnesses like hypertension and diabetes, you know what a treasure good health is. And good health means more than just exercise; it's about overall wellbeing. On a global and national scale, mental health has revealed itself to be a key ingredient for safe, well-functioning communities and societies.

The good news is that leaders in Sheridan County continue to plan ahead with wellness at the forefront of their strategic considerations – right up there with economic development.



Outdoors provide significant benefits no matter your health. Whether you face mobility challenges or have been diagnosed with illness, trails close to home are now recognized by the medical field as being important. Caretakers at Sheridan Memorial often give patients a treatment plan that includes doing one active thing per day. If it's outside, even better; the emotional and cognitive benefits of being outdoors are well-documented by research.

Community health gets a boost *(continued from cover)*

Whether it's large employers like the local school districts or Cloud Peak Energy who use wellness as an incentive in the workplace, wellness is getting its well-deserved spotlight in our community.

And the spotlight isn't just about going to the gym.

Healthy bodies, healthy minds

More local folks – and more local leaders – are talking about the importance of trails close to home.

One of these leaders is Kelly Lieb, a Physician Assistant at Sheridan Memorial Hospital. Kelly grew up here and has called Wyoming home her entire life. For Kelly, wellness of patients, as well as her own health, has always been important. But she knows it takes work.

“My coworkers and I lead busy, stressful lives and so do many people in our community,” she says. Before her twelve-hour shift in the hospital's Urgent Care facility, you can often find Kelly walking or jogging near Big Horn with her two golden retrievers.

And as you might imagine, all three of them are huge fans of Red Grade Trails.

“Nowadays you have to take your kids outside, somewhere accessible, to instill an active lifestyle in them. Nobody wants their kids to become their patients one day.”

– Kelly Lieb, Physician Assistant

“It's pretty amazing the difference Red Grade Trails has made in my workplace,” she

explained. “A lot of folks who work here use the trails to bike or hike with their families. Nowadays you have to take your kids outside – somewhere accessible – to instill an active lifestyle in them. Nobody wants their kids to be their patients one day.”

A Prescription for good health and happy trails

As much as Kelly loves these trails, she loves sharing them even more.

“Many of the patients I see during my shifts are people who have significant health challenges, where getting active – and healthy – can seem incredibly daunting. And I'm not exaggerating when I say their lives depend on it,” she explained.

“Having to lose, say, sixty pounds – it's scary. And confidence is hard. Often patients who need it most end up feeling overwhelmed and doing nothing if they don't get the support they need.”

“I tell them to drive up to the Base parking lot and just take a walk... No one is judging you out there.”

– Kelly

“I tell them to drive up to the Base parking lot and just take a walk – it's okay if they only go for five minutes and then come back. And they do it,” Kelly says, continuing, “I always tell them, ‘No one is judging you out there.’”

And it's true. These local trails make our community better, one step at a time. Plus, it's making everyone appreciate that we have this open land to enjoy in the first place.”

Would you like to protect your land?

People protect their land for a variety of reasons. Many times, it's a way to ensure that their love of the land will remain after they leave. Sometimes it helps with estate planning or financial management plans.

For others, it's a way to honor the past – such as the Doc Huson home east of Sheridan.

If you would like to explore whether a conservation agreement is right for you and your family, feel free to give Brad Bauer a call at 673-4702. All conversations are confidential to provide your family the privacy it needs to make a decision that feels right.

Preserving land, history east of Sheridan Clearmont, from 1891

If you haven't been east of Sheridan in a while, now is a great time to take a drive and learn the history of the area. The historic Doc Huson homestead – and the 528 conserved acres on which it resides – now has an informational sign that tells the story of the home.

To get there, head towards Clearmont and take a left at Ucross. The Doc Huson home is on the right, just short of the Ulm road, beneath a grove of cottonwoods.

Please keep in the mind that this property is privately-owned by the Tenneson family, who developed conservation agreements on both the historic home and the property in 2015. Please respect these folks by viewing the Huson home from outside the fence.



"Doc" Huson and his wife, Clarissa Pettingill Huson.



Together – that’s how you build community

Like many communities in the West, Sheridan is responding to growth in a thoughtful way.

People from all sectors are participating, including the land trust, as we collectively work towards creating a stronger economy that respects our heritage, rural landscapes, and the need to ensure we keep our water resources and quality of life intact as we grow.

Dining for a Cause

We couldn’t undertake this effort without the support of so many of you. A huge thank you to each of you who dined at Frackelton’s on April 9th, to the outstanding staff at Frackelton’s, and to Kim and Mary Kay Love for generously investing in our community’s future with Dining for a Cause.

In one amazing day, we raised over \$25,000 with the match, a great start towards the funding that we will need this year to get new projects and partnerships up and running.

Ranching and Water Trails

For us, this means partnering with local families who want to conserve their land, including ranchers who live along the water. That work is now moving ahead with several landowners as Tongue River Initiative partners work to assist with bank restoration, strategic planning for wildlife, and clearing hazards. This will also benefit boaters, increasing safety on the river.

Community members in Dayton and Ranchester are also interested in partnering in new projects to make their community more livable – for ranchers, for families, and for kids.

This could mean dirt trails for hiking, biking, and riding. It could also mean protecting open space and historic sites. And it certainly means a bright future for this area.

Exciting times lie ahead! We can’t wait to share more about these partnerships. Thank you for your support.



Bucket by bucket, volunteers make the impossible happen

Have you ever gazed out your car window, or taken a break on Solder Ridge Trail, and wondered how this amazing place we live in will retain the very heart and soul of what makes it special?

We do. We think about all the families who want our assistance to conserve their ranchlands; the communities who are asking for trails and wanting to enhance their rivers and streams; the schools who now know that learning is better – and lasts longer – when kids can do it outside.

We think about the miles of trails that people love, and the acres of land that need to be cared for...and we are so appreciative of the growing community of volunteers that is making so much of this possible.

Take Soldier Ridge Trail as an example.

Last summer, there were some things you may have noticed. First, the spectacular views – wide open ranchland to the foothills, dotted with cattle

and wildlife – thanks to the vision and passion of local families who conserved their land.

Then, you might have noticed a new boardwalk, built by volunteers who know how muddy the drainage can become. Did you also notice the gravel pile with a little sign, a shovel, and a couple of buckets?

The sign said, “Got a minute? Spread the love...and gravel where it’s muddy.”

Blame it on the passion

Robin Bagley is one of the volunteers who took that sign to heart. Every trip to the trail, she took a couple of buckets and scattered gravel.



“It’s simple”, says Robin. “If you’re passionate about something, I think you should work hard to make it a part of your life – and then work to support it.” Bucket by bucket, the gravel pile shrunk. And the trail kept getting better.

Robin works full-time, has a busy family life with two high-energy dogs, and loves the outdoors and running. As do her daughter and husband.

She wants more trails for her family and our community – trails that are easy to use after work or on the weekend when juggling a lot of other family commitments. To help with that she also

serves as part of SCLTs’ Recreational Task Force.

As Robin says, “Volunteering never feels like work. I feel like the one who is benefiting. I really do.” We appreciate every minute of the time, energy and passion our volunteers contribute. It’s volunteers like Robin who make conservation a reality, all year long. Thank you.

Want to get more involved on the trails this summer? Email our trails manager Tami at trails@sheridanclt.org or give her a call at 307-751-0735 to learn more. We’d love to work with you and there’s a way everyone can help.

Good news!

The Wyoming Community Foundation has provided a grant to partially underwrite the hiring and mentoring of a small trail crew. Thanks to their support, and the support of our members, a team from Wyoming Conservation Corps will be with us for four weeks this summer or next to work on trail construction and augment the work of volunteers. The timing is perfect given a growing demand for accessible trails as well as new trails throughout our county.



PO Box 7185
52 South Main Street
Sheridan, Wyoming 82801
307.673.4702

sheridanclt.org

 Sheridan Community Land Trust

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Sheridan Community Land Trust works to preserve our heritage of open spaces, healthy rivers and creeks, working ranches, wildlife habitat and vibrant history, while expanding non-motorized recreation opportunities to connect people with the places they love.

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Upcoming walks and talks

We'd love to see you...



Unplug - Science Scavenger Hunt

Saturday, May 19th | 10am-noon | Red Grade Trails

April showers sure did deliver this year – May flowers are already in bloom. Enjoy a lovely morning on the trails, exploring nature with friends and family. Free and open to all.

Estate Planning Workshop

Thursday, May 31st | 6-8pm | UW Extension, 3401 Coffeen, Sheridan

Thinking ahead? We've put a local team together to help you plan for the future of your estate. Learn tips from UW faculty, a local law firm, and SCLT about easy planning tools and conservation opportunities. Cost is \$5 at the door and includes dinner.

Cool Tree Tour (Dendrology hike)

Wednesday, June 6th | 5:30-7:30pm | Red Grade Trails

Wouldn't it be fun to know the trees you see as you stroll along the trails? Thanks to Carmine LoGuidice, local tree enthusiast, you can! This event is for members and space is limited - call today.

For more info or to RVSP, call 673-4702 or email katie@sheridanclt.org.