

The CREAM Bulletin

January 2012



Fun Cow Facts!

- Cows drink about a bathtub full of water and eat around 40 pounds of food a day
- Cows have almost total 360-degree panoramic vision
- It takes 21.2 pounds of whole milk to make one pound of butter

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- Interview with Cream alumni Kara Leck
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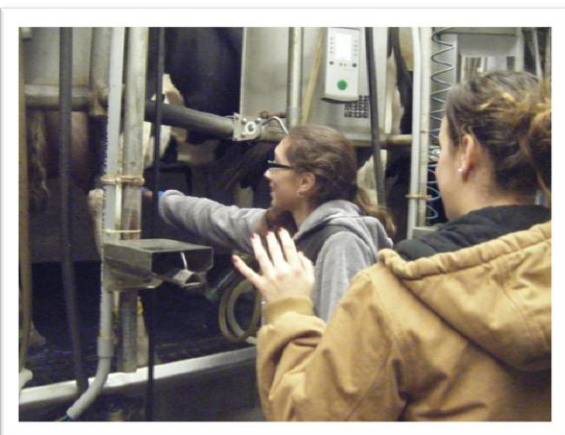
CREAM Outreach

Girl scouts visit Fairchild Dairy Center

Some girl scouts visit museums, zoos, or camping. This troop did something different; they visited the Fairchild Dairy Center here at UNH to further their experience in the dairy field of agriculture. At first they seemed hesitant to enter the barn, but once inside, they couldn't stop asking questions about the cows, what they eat, how they're milked, and the cow life cycle. It was amazing to see girls who had little to no exposure to farms.

We started splitting into groups of 3 or 4 and showed them around the barn to the different life cycles of the cow from the maternity pens to the milking parlor. We explained the process of birth and the procedure that entails when a calf is born. After the maternity pens, we brought them to the calf barn and explained how delicate the calves are when they are this young and the importance of bio security.

Next were the heifers. Although they were not as cute as the calves or as interesting as the milking cows, we explained their importance to the health and future of the herd. Lastly, we saw the milking herd during tying and milking. We explained the importance of their diet and how it influences their milk production.



The milk parlor was the most exciting. We had Kielana (596) in the parlor and the girls saw firsthand the difficulties we have at times with the cows. Some of girls got their hands dirty by stripping and disinfecting the cow's teats. Lastly, we showed them where the milk is stored in the bulk tank and the strict regulations a dairy farm must go through in order to sell to the public. All in all, I was excited to show girls scouts how

a dairy farm is run and its importance to our community.

-Annie

CREAM Outreach cont.

Back in November Sunya, Louise, Michelle and I were contacted by the Portsmouth Middle School home economics teacher, asking us to come into her classroom and teach her students about the nutritional value of dairy and the importance of local dairy farming. The decision was an easy one, and 2 weeks later we were sitting in front of a group of seventh graders. We started the lesson by teaching the students to make homemade butter in a film canister, which they could shake while we gave the rest of the presentation. For 30 minutes we talked about calcium, cows, CREAM and a host of other topics pertaining to the dairy industry. After a round of pertinent questions we concluded the presentation by serving a loaf of French bread that the students could enjoy with the butter they had made while listening. We had a wonderful time and were invited back in the spring for round 2!



-Kate

Artificial Insemination Class

Over winter break CREAMers Jackie Buckley, Blair Chowansky, Caitlin DuBois, Annie Fuller, Valerie Goeman, Danielle Kaitz and Marlene Matatics became A.I. certified by Genex. This was a two-day course in which the students learned how to remove semen from a nitrogen tank and keep the sample



sterile- while loading the A.I. gun and inseminating a cow. The students also learned about the reproductive tract of a cow and were able to practice their technique on the uterus of previously culled cows. The culled uteri ranged from a heifer to an older cow. After learning about gestation, the technique of artificial insemination, and behavior of the cows, the group set out to the barn to put their newfound training to the test. Everyone was able to practice insemination on four of the cows and after the two days were over the students left the class certified in artificial insemination and had a better overall understanding and appreciation for our cows.

- Jackie

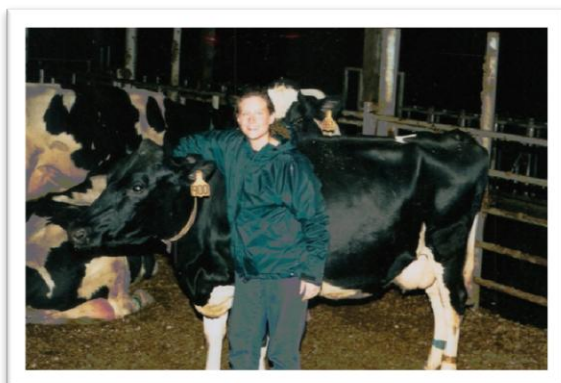
Interview with former CREAMer Kara Leck

Kara Beinkampen Leck

Graduated 2001 with a BS in Business Administration

CREAM student my senior year, 2000-2001 (also in Dairy Club and participated in Little Royal Show that year)

Live with husband and two children in rural Northeast Ohio



-As a WSBE student, what attracted you to the CREAM program?

I became a business student to gain a broad business background, thinking that would prepare me well for just about any job or business venture I might want to embark on after college. However, for as long as I can remember, I have also dreamed of living on a farm. When I heard about the CREAM program I thought it would be the ideal class to allow me to utilize many of the skills I had learned as a business student and also give me some basic dairy farming experience. CREAM didn't let me down –it was the perfect way to end my senior year, giving me lots of practical hands-on experience in both business and dairy operations.

-What part of CREAM did you find most difficult/challenging?

The most challenging part of CREAM for me was getting over my fear of giving the cows shots! I was so terrified that the needle would break and I would hurt them. I did finally overcome my fear and really enjoyed working with the cows.

-How has your experience with CREAM affected your life after graduation?

CREAM taught me not to be afraid to jump in and learn something new if I have an interest in it. Books can be helpful in learning a new skill, but there's nothing as valuable as hands-on experience. CREAM also taught me not to be afraid to ask questions, and lots of them. These valuable lessons helped me to succeed when I worked in the business world and even now, as I work exclusively as a wife and mother, raising our family on our 36-acre homestead.

CREAM definitely helped to deepen my interest in farming, as well. Although I have not been involved with dairy farming again since being in CREAM, it is still something our family has an interest in possibly pursuing some day. For now we enjoy raising laying hens, growing and preserving fruits and vegetables, and producing maple syrup. We participate in a cow-share program at a local grass-fed dairy and enjoy our raw milk, butter, and yogurt that we pick up weekly. Most recently I have been experimenting with home cheese making and just last week we spent the weekend butchering hogs with friends and making our own sausage. We also own antique steam tractors and spend much of our summer exhibiting them at local tractor shows.

I learned a lot of valuable skills in WSBE, but it was CREAM that showed me that farming could be more than just a dream for me; it could be an everyday part of my life, even if only on a very small scale for now.

CREAMer Bio's

Jackie Buckley

Hi my name is Jackie Buckley and I'm a senior pre-vet major. My CREAM cow is Ernie (406) and my research cow is Lorainee (555). This coming summer I'll be taking some summer classes and going to South Africa through the Vets-In-Wild program, and I have only heard amazing things about this program so I can't wait. After graduation I hope to be accepted to vet school. I'm really excited about how well the CREAM class has been going and how well we work together. Yay CREAM Team!



Danielle Kaitz

My name is Danielle and I'm a Junior Animal Science major, minoring in Dairy Herd Management and Animal Behavior. My plan after graduation is to go to grad school for Animal Reproduction, and continue working with cows. My cows in the herd are Razmataz, and Pharaoh. Pharaoh had a heifer in December and I named her Osiris. My favorite part about CREAM is getting to know the cows and interacting with them. Over winter break I took an artificial insemination course and learned how to inseminate cows. In my free time I enjoy knitting/crocheting, painting my nails, and watching my favorite show Dexter. I have a pet snake named Nagini, and I can't wait to get my first dog.

Kate McGeever

My name is Kate McGeever and I am a senior biochemistry major. I would like to use my biochemistry degree to work in stem cell research, which I hope to bring into the field of pediatric oncology. I will (hopefully) be attending UNH graduate school next year to continue my biochemistry track towards a master's degree. I am also a member of the varsity gymnastics team. I am taking CREAM as a way to jump (well lets be real, fly) out my comfort zone, and enhance my resume. My CREAM cow was 529 Tabasco, however due to low production (and a slight attitude problem) she was culled over winter break. I now have a research cow who is living in the CREAM string, Eden, who is very sweet and LOVES bagels. I can't wait to see what second semester brings!





15 Years of CREAM at UNH

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