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New look for WLLA

WLLA launched a competition to find a new logo for the organization statewide. The response was overwhelming and deciding on a winner was a difficult task, but a winner was chosen.

WLLA could not be more proud and excited about the new logo and how well it represents the organization.

The winning logo is from Denise Hawkins from Cheyenne, Wyoming. She is a professional designer. Here is her description of the logo:

I was inspired by the concept of lifelong or continuing education, and the WLLA's goal of bringing learners and educators together from diverse backgrounds and locations

within Wyoming. It is this reason why I chose our State flower, the Indian Paintbrush, to not only represent our great state, but also to represent the many petals of people who come together to make WLLA possible.

Congratulations Denise!

Welcome/ACES

Welcome to this year's WLLA session. Please help me in saying hello to our new friends and welcoming back those that have been the backbone to WLLA for many years. I expect this to be a great year.

Association of Cooperative Educational Services (ACES) has been around for several years and many people may be wondering what it does and how it can benefit them. ACES is a state-wide organization that provides closer cooperation between the Boards of Cooperative Educational Services (BOCES) in the State of Wyoming, provides constant improvement of educational ser-

vices delivered by BOCES, and provides information, assistance and Health Insurance Benefits to member BOCES and their employees.

Members are comprised of Boards of Cooperative Educational Services formed through WS 21-20 Cooperative Educational Services. Each active member may be represented by as many of its employees and board members as it elects to participate. All active members are required to pay annual dues. Membership in ACES is voluntary and compliance with all rules, policies and regulations shall be on a voluntary basis. Current officers are President, Dave Throgmorton, PhD, Direc-

tor of the Carbon County Higher Education Center, Vice-President, Heidi Lively, Director Oyster Ridge BOCES, Secretary/Treasurer, Donna Lozier, Director, Sublette County BOCES. If your organization would like to join ACES or is a current member and would like more information, please contact Heidi Lively at 307.877.6958 or hlively@wwcc.wy.edu for more information. You can also go to www.kemmereroutreach.com and click on the ACES link for more details.

-Heidi Lively
WLLA President

Speaking for Lifelong Learning in Wyoming

The WLLA Newsletter is published quarterly by the Wyoming Lifelong Learning Association. Information for the newsletter is always welcome. Please send articles, positions available, and other pertinent material to Mandie Dovey, Editor, WLLA Newsletter, Box 423, Kemmerer, WY 83101 or e-mail to mdovey@wwcc.wy.edu. Office Phone: (307) 877-6958 Fax: (307) 828-9040.

WLLA is an affiliate of the Mountain Plains Adult Education Association.

15 steps to cultivate lifelong learning

Lifelong learning is a great activity. It expands your viewpoint. It gives you new knowledge you can use to improve your life. Even if you discount the worldly benefits, the act of learning can be a source of enjoyment.

But in a busy world, it can often be hard to fit in time to learn anything that isn't essential. Even those who do appreciate the practice of lifelong learning, can find it difficult to make the effort.

Here are some tips for installing the habit of lifelong learning:

1) Always have a book.

It doesn't matter if it takes you a year or a week to read a book. Always strive to have a book that you are reading through, and take it with you so you can read it when you have time. Just by shaving off a few minutes in-between activities in my day I can read about a book per week. That's at least fifty each year.

2) Keep a "To-Learn" List

We all have to-do lists. These are the tasks we need to accomplish. Try to also have a "to-learn" list. On it you can write ideas for new areas of study. Maybe you would like to take up a new language learn a skill or read the collective works of Shakespeare. Whatever motivates you, write it down.

3) Get More Intellectual Friends

Start spending more time with people who think. Not just people who are smart. But people who actually invest much of their time in learning new skills. Their habits will rub off on you. Even better, they will probably share some of their knowledge with you.

4) Guided Thinking

Albert Einstein once said, "Any man who reads too much and uses his own brain too little falls into lazy habits of thinking." Simply studying the wisdom of others isn't enough, you

have to think through ideas yourself. Spend time journaling, meditating or contemplating over ideas you have learned.

5) Put it Into Practice

Skill based learning is useless if it isn't applied. Reading a book on C++ isn't the same thing as writing a program. Studying painting isn't the same as picking up a brush. If your knowledge can be applied, put it into practice.

6) Teach Others

You learn what you teach. If you have an outlet of communicating ideas to others, you are more likely to solidify that learning. Start a blog, mentor someone or even discuss ideas with a friend.

7) Clean Your Input

Some forms of learning are easy to digest, but often lack substance. I make a point of regularly cleaning out my feed reader for blogs I subscribe to. Great blogs can be a powerful source of new ideas. But every few months I realize I'm collecting posts from blogs that I am simply skimming. Every few months, purify your input to save time and focus on what counts.

8) Learn in Groups

Lifelong learning doesn't mean condemning yourself to a stack of dusty textbooks. Join organizations that teach skills. Workshops and group learning events can make educating yourself a fun, social experience.

9) Unlearn Assumptions

You can't add water to a full cup. I always try to maintain a distance away from any idea. Too many convictions simply mean too few paths for new ideas. Actively seek out information that contradicts your worldview.

10) Find Jobs that Encourage Learning

Pick a career that encourages continual learning. If you are in a job that doesn't have much

intellectual freedom, consider switching to one that does. Don't spend forty hours of your week in a job that doesn't challenge you.

11) Start a Project

Set out to do something you don't know how. Forced learning in this way can be fun and challenging. If you don't know anything about computers, try building one. If you consider yourself a horrible artist, try painting.

12) Follow Your Intuition

Lifelong learning is like wandering through the wilderness. You can't be sure what to expect and there isn't always an end goal in mind. Letting your intuition guide you can make self-education more enjoyable.

Most of our lives have been broken down to completely logical decisions, that making choices on a whim has been stamped out.

13) The Morning Fifteen

Use the first fifteen minutes of your morning as a period for education. If you find yourself too groggy, you might want to wait a short time. Just don't put it off later in the day where urgent activities will push it out of the way.

14) Reap the Rewards

Learn information you can use. Understanding the basics of programming allows me to handle projects that other people would require outside help. Meeting a situation that makes use of your educational efforts can be a source of pride.

15) Make it a Priority

Few external forces are going to persuade you to learn. The desire has to come from within. Once you decide you want to make lifelong learning a habit, it is up to you to make it a priority in your life

-Scott H. Young

<http://www.lifehack.org/articles/lifestyle/15-steps-to-cultivate-lifelong-learning.html>

"I don't think much of a man who is not wiser today than he was yesterday."

— Abraham Lincoln

Writing across the community

Dr. Dave Throgmorton, Director of CCHEC, initiated this community education project, Writing Across the Community. A variety of writing experts, educators, librarians, and community members who are writers, were invited to meet to talk about the purpose of this project. Throgmorton's explanation of this project was, "The goal is to make writing the most important activity in our District for one year; to convince every organiza-

tion in our District that it is up to us – all of us, everyone of us – to help our young people fall in love with the written word and learn how to use it with power and precision; to become the first District in America to promote writing as a community project."

Brain storming sessions are in process. We are looking for inspirational instructors to work with local teachers and professional

writers for all ages as guest speakers for students, educators, and community members. What ideas do you have to improve your community? Please share them with us, lifelong learning is essential for rural communities to survive.

-Patty Pedersen
Carbon County Higher Education
Center

What's happening

March 3-5 - NACADA (National Academic Advisors Association) is holding the Region 10 meeting in Colorado Springs, CO. The following link provides more information http://www.nacada.ksu.edu/Regional_Divisions/region10/confindex.htm. Meet advisors from five states, Wyoming, Colorado, Utah, New Mexico, and Arizona. If you work with students, this conference offers many professional development opportunities for you to be the best you can be. Contact Patty Pedersen, 307-328-9204 or ppede-

sen@cchec.org, if you have any other questions.

The Mountain Plains Adult Education Association is hosting its annual conference in Tempe, Arizona on April 21 – 24, 2010. Awards Deadline: Feb.12
Scholarship Deadline: Feb. 28
ALL information can be found at www.mpaea.org

Oyster Ridge Music Festival in Kemmerer, Wyoming July 30-Aug. 1, 2010 for more information visit

OysterRidgeMusicFestival.com.

Western Wyoming Community College In-service for outreach sites will be held March 25-26, 2010. For more information or questions contact Emma Anderson @ 307-382-1807 or eanderson@wwcc.wy.edu.

LERN Annual Conference will be November 6-8, 2010 in Chicago, IL for more details log on to www.lern.org.

This old site

The Central Wyoming College Sinks Canyon Center, formerly known as the Lander Field Station, is a 127-acre facility that was originally an agricultural experiment station operated by UW until 1942. It had been used as a recreational and retreat facility and was the site of numerous weddings, but was not properly utilized as an educational facility. It was taking precious resources away from CWC to keep the center maintained.

The Sinks Canyon Center staff converted a former caretaker's facility into The Orchard House, which is now marketed as a retreat facility that includes a residential kitchen, meeting room with whiteboard and overhead projector, ADA-compliant restroom, three bedrooms, and a spacious deck.

Six cabins had been constructed by Fremont County high school students and moved to the facility and the SCC staff built a more spacious VIP cabin. The cabins,

along with a shower house, make it possible to provide residential programs offered by the Wilderness Medicine Institute and CWC. Fremont Hall, the main classroom facility originally built by CWC, was renovated and includes a restaurant-style kitchen. These facilities, which now have wireless internet and other technologies, have hosted numerous college courses, retreats, and workshops.

Ken Colovich, the Director, is currently working with the Wyoming Historical Society to restore a barn originally constructed in 1897 at the site to house historical photographs and other documents related to the SCC. The facility is also used to teach green and alternative energy and green construction. The center has partnered with the National Weather Service, the Popo Agie Conservation District and the U.S. Forest Service to provide community service workshops.

The center's staff is enhancing

hiking trails and Colovich has visions of putting in a fitness trail and interactive learning stations along the trail as it relates to weather, ecology and other sciences. He also hopes to add additional classroom space as well as residential facilities.

The center has been key in engaging the communities served by Central Wyoming College and hosts scout and youth camps, geology, hiking and cooking classes as well as astrology, yoga and dog obedience courses. The SCC is also used by CWC's pre-college programs, Gear Up and Upward Bound, to teach team building and problem solving. SCC continues to grow as a host site for K-12 school groups for a variety of outdoor and experiential learning opportunities that touch on teambuilding, communication, cooperation, and human and natural history.

-Mickey Douglas

"I have never let my schooling interfere with my education."
– Mark Twain

**We are on the
web!
www.wylla.org**

WLLA

PO Box 423
Kemmerer, WY 83101

Phone: 307-877-6958
Fax: 307-828-9040
E-mail:
mdovey@wwcc.wy.edu

The Mission of this organization shall be to
develop, promote, and enhance lifelong learning
for all people in Wyoming.

Recycled experience

In this day and age, we hear a lot about "Going Green". I try to do my part recycling cans, newspapers cardboard and glass. My grandma was almost fanatical about it all. She used to wash out sandwich baggies and reuse them. She also flattened her milk cartons and reused aluminum foil. And, when we were growing up we did the hand-me-down clothes thing, which I still do some with my own kids. We eat leftovers at least once a week, I've been to white elephant

parties and I am guilty of some re-gifting (usually some stuff from my well-meaning aunt.) One day, this summer, my kids and I were out hitting balls at the local golf course. On this particular day, like I do most of the time, I practice recycling. In between hitting balls, I look for golf tees left behind by other golfers, that are still useable. As we were hitting and hanging out, I noticed another golfer also looking for reusable golf tees. What was particular interesting to me was that my clubs are

hand-me-downs and my kids all have cheap starter sets and this gentleman had clubs that probably cost more than my car...yet he was recycling tees too. I thought about this recycling experience in relationship to Lifelong Learning. This other golfer and I were both engaging in thriftiness and practicality. This approach is similar to how I have always approached my education. For example, when I was in college I LOVED buying used textbooks instead

of new ones. Not only were the used ones cheaper but they seemed more "experienced" to me. It didn't matter to me if the teacher teaching the class had used this book before or not. To me it was the idea that someone else had been there before me, and I might be able to benefit from his or her experiences. That was comforting for me. As an educator myself, I hate reinventing the wheel. If I find a good article, I reference it. If I find a good quote, I share it. If I come across someone else's good idea, I ask to borrow it. And, I try to learn something from someone every day. Lifelong Learning is sharing what we know, discover or believe with others throughout our lives! Of course, not everything can be recycled. New ideas are all around us, but there are many things learned that are tried and true, which may never need replacing. I truly believe that the best education one can receive is one balanced with the new and the recycled or experienced.

-Lu Sweet

TO: All current and former MPAEA members ☺
FROM: Nancy Lambott, President, and the Executive Board
DATE: February 1, 2010
SUBJECT: 2010 Membership Updates

Dear Members:

Exciting news from MPAEA!

We have fully implemented our newsletter online (www.mpaea.org). Past newsletters are archived. The issues come out quarterly, so check the website often. Also the conference website is up and running and available for you to register for the 2010 Mountain Plains Adult Education Association (MPAEA)/Arizona Association for Lifelong Learning (AALL) Conference in Tempe, April 21-24. For conference information, go to www.mpaea2010.org

If your membership was up to date, you would have recently received the latest volume of the Journal of Adult Education. Some archived publications are available on the website. Learn how you can submit articles for the Journal.

Find us on Facebook, www.facebook.com, and become a fan. Set up a free account using any email address. Join us, if you're not a current member, at www.mpaea.org

If you have any questions, please contact a Board member from your state, President Nancy Lambott nlambott@jeffco.k12.co.us, or anyone on the Executive Board (find us at www.mpaea.org). Also, let us know if you're interested in serving on any committees or serving on the Board.

We look forward to hearing from you, and also seeing you at the 2010 Conference in Tempe, AZ. ☀

Happy Valentines Day ♥





MEMBERSHIP APPLICATION

<p>WLLA Memberships:</p> <p> <input type="checkbox"/> Individual \$15.00 <input type="checkbox"/> Institutional \$35.00 <input type="checkbox"/> Emeritus \$0.00 </p> <p>Individual membership benefits include voting privileges, newsletter, discounted conference registration and an opportunity to compete for scholarship and grant funds.</p> <p>Institutional members may designate one representative to exercise the same rights and privileges as an individual member.</p> <p>Upon professional retirement, a person who has been an active member of the Association for the proceeding five (5) consecutive years may request, or be recommended for, emeritus membership status. Emeritus status will carry with it all the rights and privileges of active membership.</p> <p>Membership begins on the date the Association accepts payment of the first year's dues. The anniversary date of renewal of membership is the first day of WLLA's Annual Conference.</p> <p>Name:</p> <hr/> <p>Institution:</p> <hr/> <p>Title/Position:</p> <hr/> <p>Address:</p> <hr/> <p>City/State/Zip:</p> <hr/> <p>Email:</p> <hr/> <p>Home Phone:</p> <hr/> <p>Office Phone:</p> <hr/> <p>FAX:</p> <hr/> <p>Please return form with dues to the WLLA Treasurer: Kelly Willmarth 1319 Meadow Dr. Cheyenne, WY 82001 (307) 637-2403 (307) 637-2460 fax kwillmar@lccc.wy.edu</p> <p style="text-align: center;">Make checks payable to: WLLA <i>WLLA is a tax exempt 501 C3 organization.</i></p>	<p>Please select Region:</p> <p><input type="checkbox"/> <u>REGION 1</u> Converse County Crook County Goshen County Niobrara County Platte County Weston County</p> <p><input type="checkbox"/> <u>REGION 2</u> Albany County Laramie County</p> <p><input type="checkbox"/> <u>REGION 3</u> Natrona County</p> <p><input type="checkbox"/> <u>REGION 4</u> Campbell County Johnson County Sheridan County</p> <p><input type="checkbox"/> <u>REGION 5</u> Big Horn County Park County Washakie County</p> <p><input type="checkbox"/> <u>REGION 6</u> Fremont County Hot Springs County Teton County</p> <p><input type="checkbox"/> <u>REGION 7</u> Carbon County Lincoln County Sublette County Sweetwater County Uinta County</p> <p><input type="checkbox"/> <u>REGION 0</u> Outside Wyoming</p>
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