

# CALS connection

The College of Agriculture and Life Sciences

## Experience the College of Agriculture and Life Sciences!

Find out what current students are saying about their experiences. Learn about the opportunities available to you and how to make the most of your time at The University of Vermont.



### Research Opportunities by Julia Katterman

I was looking for an internship on campus for the summer. I emailed the faculty of the animal science department, and found a position in Dr. Barlow's lab for the summer. I was in charge of my own project and was asked to stay on during school year. I am responsible for meeting with organic dairy farmers to survey their management styles, culturing bulk tank milk samples, and performing diagnostic tests to determine the types of bacteria present in the raw milk. It's great to make my own hours and earn a little extra money while taking classes. There are so many great opportunities to work in labs on campus and do



research from microbiology to public communications. All I had to do was email professors researching topics I was interested in. There are so many researchers looking for undergraduate help, and you can earn credit for working and gaining awesome experience!

### Get Involved in the Campus Radio Station by Sarah Moylan



<http://www.uvm.edu/WRUV>

When I came to college four years ago as an animal science/Pre-Vet major, I had no intention of getting involved with college radio. But I'd always loved listening to music, so on a lark, I attended DJ training for WRUV in the fall of 2008. WRUV is UVM's campus radio station, which airs 24 hours a day on 90.1 FM and online. DJ training is a pretty rigorous process—I had to go through about four hours of intensive

training, shadow current DJs for eight hours, produce a demo tape, and do six "graveyard" on-air shifts (from 2-4 AM once a week!) before I was a fully trained DJ.

Getting involved with WRUV was a lot of work, but it was totally worth it. Being a DJ has tons of perks—you can represent WRUV at local shows and get in for free, you can listen to new albums before they are released, you get to meet and network with a ton of awesome student and non-student DJs (WRUV is the only UVM club that allows non-students to join), not to mention you get to host your own radio show each week! WRUV is a freeformat radio station, meaning that the content of your show is entirely decided by you. Involvement in WRUV can also count toward "College Media Practicum" credit in the CDAE department.

However, WRUV is unique among college stations in that students from all majors are welcome and encouraged to join. I was (and still am!) an animal science major, but I was welcomed into the WRUV community with open arms. I've even worked my way up the ranks from DJ to Program Director, meaning I am now in charge of scheduling all of WRUV's programming and training a new batch of new DJs each semester. It's a ton of work, but it's very rewarding.

If you're even the slightest bit interested in college radio, give it a try! Looking back, I'm really glad I decided to attend that training meeting four years ago. Many of my fondest memories of college are from inside the WRUV on-air booth, and many of my closest friends are people I met through WRUV.

*Be a Part of Something Great!  
Be a CREAMER!*

**By Scott Carlson**

The CREAM Program is an incredible opportunity offered as a class in CALS. Those accepted participate during both fall and spring semester. A summer program is offered as well. I decided to apply for the summer CREAM Program last year, and was more than impressed with my experience. Over the course of the summer, I went to the CREAM barn multiple times a week milking cows, attending meetings, interacting with fellow students, and learning all aspects of dairy herd management through direct hands on experience.



This program is more than just a class for pre-vet or animal science students. It is for anyone who wants to work in a team to solve problems, make decisions, improve their people skills, and spend time outside. There are 34 lactating cows in the barn that need to be milked every day. Each student takes on a specific role and has unique responsibilities. Since summer CREAM has a smaller group of students, I was assigned two roles instead of one. My titles were the Calf and Heifer Fitter, and the Hammer. As the calf and heifer fitter, I was required to keep an eye on the health of the calves and heifers, which included attaching ear tags, clipping their hair, halter training them, and weighing new calves. There is not much in the world that is cuter than a baby cow, so I was very appreciative of this position. I

got to witness the birth of a few calves, and it was a memorable sight. As the Hammer, my job was to repair anything that was broken. I was also in charge of contacting the company that makes the milking system, if anything was wrong with the system. A few times, a pesky cow would kick a milker and break it, so I would have to call the company and set up an appointment for them to come and repair it.

Once you witness one of Vermont's beautiful sunrises while bottle-feeding an adorable baby calf at 4:30 AM, you will be jumping out of bed every morning for more.

Other roles in the group include the Vet Liaison who works with the veterinarian to maintain the health of the herd, the Treasurer who is responsible for the financial aspects, the Milk Quality Liaison who samples and tests milk samples from cows that might have infections, and many more. At meetings each week, students sign up for weekly chores, which usually consist of a few AM milks. This requires you to get to the barn at 3:30 AM to milk the cows. That may sound difficult, but once you witness one of Vermont's



beautiful sunrises while bottle-feeding an adorable baby calf at 4:30 AM, you will be jumping out of bed every morning for more. Having the opportunity to work outside in Vermont's beautiful weather participating in hands on learning was an incredible experience.

As a member of the summer CREAM program, I was offered to help out with showing some of our cows at the Addison County Fair. This involved being paired up with a cow and halter training it multiple times a week so that when the fair arrived, she would be ready to walk in the show. I was paired up with Almond, a beautiful Jersey cow. She was very feisty and one of her favorite things to do was head butt me in the butt when I was not paying attention. Showing provided me with the opportunity to train and prepare a cow, interact with the Vermont dairy community at the fair, and advertise the UVM dairy herd's superb genetics. If you decide to participate in the summer CREAM program, I highly suggest helping out with showing. It is a one of a kind opportunity.

CREAM is a big time and energy commitment, requires a lot of hard work, and you get very dirty, but for those who are up for the challenge, it is an opportunity not to be missed. After participating in the program, I was better at managing my time, a more responsible person, learned about leadership skills and business management techniques, and was overall a happier person. Go to <http://www.uvm.edu/~creamer/> to learn more about this fantastic program offered through CALS.



## *Becoming an Orientation Leader at UVM*

By Chantal Girard



During my first year here at UVM, I decided to become a bigger part of the university community by applying to and accepting a position with UVM Orientation. I'm so glad I did! As an Orientation Leader, I was able to make connections with students, staff, and faculty all over campus as well as gain extensive leadership training throughout the experience.

My job started after classes got out in May and went through the end of June.

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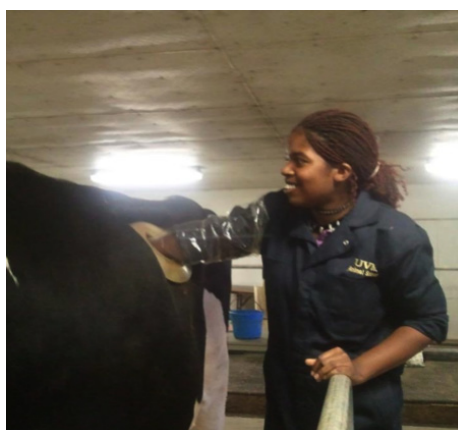
In that time living and working on campus, I was able to see the entire in-coming class pass through our orientation program and be led by the awesome staff I had the pleasure of being a part of. We had seven sessions of orientation, and although tiring at times, the energy of the group never fell.

The days would be full, and would consist of things like leading energizer activities, listening to guest speakers, driving golf carts across campus, running loudly into the Ira Allen Chappell for the opening ceremony, being outside in the sun, throwing a block party in the Davis Center, and meeting a TON of new faces.

It's truly been one of my favorite experiences so far here at UVM--if you're interested in becoming more connected with campus too, it could be the perfect job for you!

## *Inside a Cow's Stomach*

By Marquita Williams



Having an arm, elbow deep, inside of a cow's moving rumen is just one of the few awesome experiences that I've had in the College of Agriculture and Life Sciences. Being a CALS student is amazing, especially when you consider all of the mind-blowing experiences that you can/will have. Besides feeling the inside of a living cow's stomach, I've body scored dogs and cows, dissected the udder of a dairy cow, and learned the basics of how to diagnose and treat different animal illnesses. And all of that happened just within my first-semester.

A student who claims a major in CALS is going to have hands-on experience, no matter what their major is. They'll also have the CALS staff, and students as extremely strong support systems to guide them towards success. No cliché is intended, but CALS really is

like a family. Everyone here wants to see you succeed, no matter what you decide to do, and we'll help you every step of the way.

## *Feeling Bored?*

By Izzy Cummings

During my first year at UVM I was quite eager to explore the school beyond the classes I was required to take and the residence hall I was living in. I aspired for a way to see what the active city of Burlington had to offer, whilst finding my niche on campus. It took me a week to realize that the event flyers in the Davis Center, the online calendar and free stickers were all sponsored by UVM Bored. I had very little knowledge about marketing but just enough to know that Bored was very effective on campus, and a growing effort that I wanted to be a part of.

When I started with UVM's Bored Team (back in 2010) it was a tight group of 4 students, it has now expanded to 8 students who still have the purpose of making UVMers aware of everything happening on and off campus. We try to capture the vibrant music scene in Burlington as well as political rallies influenced by our very own peers. As a Community Entrepreneurship major I've reached out to many businesses that inspire me and helped them promote awareness of their events through something called "Freebie Friday". FF occurs every Friday on our Facebook page where we post a prompt and the most creative answers win that week's prize. UVM Bored has developed into a great resource for students, teachers and community members!



Check out [uvm bored.com](http://uvm bored.com) or email us at [bored@uvm.edu](mailto:bored@uvm.edu)

## The Equestrian Team

By Ben Daggett

The UVM Equestrian Team had a very successful Fall Season. From a perfect score at our home show to way too many blue ribbons to count, the team continued to prove why we are one of the best in the Intercollegiate Horse Show Association (IHSA).



As a team, we are very lucky to have the opportunity to ride high quality horses and have a world class instructor to help us achieve our goals. An added perk of being on the team is getting to start your day off with a beautiful morning at Imajica riding your



favorite lesson horse. Trust me - during a stressful school week, there is no better way to relax!

## Exploring Your Options!

By Nicole Gruszczynski

When I was on high school, I didn't get involved in too many extracurricular activities because I was on a sports team three seasons a year. I never got involved in clubs or anything else. So, I decided that had to change once I came to UVM. I realized how many extracurricular activities opportunities there are here. How could I resist? I joined pre vet club, the running club, and I applied to be a CALS representative.

I am now a CALS representative and I am really enjoying it. We are a fun bunch! We have weekly meetings throughout the year with a very comfortable atmosphere. All the reps are welcoming and it's fun to get to know upperclassman in different majors, and even people in your own major.

One big thing we do is speak at admitted student visit days. We split into our different majors and answer any questions that incoming students have.



I know that I am very excited for this. When I was at the admitted student visit days, I asked every single question I had. The CALS reps answered my questions and gave me advice that I needed.

Looking back at that, I realize how helpful it was for me. I got suggestions and their opinions. It was great! Now, I want to provide the same opportunity for incoming students to ask questions and get advice. I love helping



prospective students and talking about my experiences here at school. I love UVM and love telling students about the school and what it has to offer. So, if you want something to do in your spare time, and what to inform students, be a CALS rep!



## Thanks for Reading!

This publication was brought to you by the CALS Reps! Thank you so much for reading and we hope you enjoyed learning about our experiences at UVM. For more information on what we do, please feel free to visit us online or send us an email. We welcome your questions and look forward to hearing from you!

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