

"Lessons of the Geese"

In the fall when you see Geese heading south for the winter, flying along in the "V" formation, you might be interested in knowing what science has discovered about why they fly that way.

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following.

By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

Quite similar to people who are part of a team and share a common direction get where they are going quicker and easier, because they are traveling on the trust of one another and lift each other up along the way.



Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone, quickly gets back into formation to take advantage of the power of the flock.

If we have enough sense as a Goose, we will stay in formation and share information with those who are headed in the same direction we are going.

When the lead Goose gets tired, he rotates back in the wings and another Goose takes over. It pays to share leadership and take turns doing hard jobs. The Geese honk from behind to encourage those up front to keep their speed.

Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of the day-to-day pressures and fatigue.

It is important that our honking be encouraging. Otherwise, it's just well.....Honking!

Finally, when a Goose gets sick or is injured and falls out, two Geese fall out of formation and follow the injured one down to help and protect him.

They stay with him until he is either able to fly again or is dead, then they launch out with another formation to catch up with their group.

When one of us is down, it's up to the others to stand by us in our time of trouble.

If we have the sense of a Goose, we will stand by each other when things get rough.

We will stay in formation with those headed where we want to go.

The next time you see a formation of Geese, remember their message that:

"It is indeed a reward, a challenge and a privilege, to be a contributing member of a TEAM!"



2017-19 President

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Hoping you are enjoying a wonderful summer with vacations, BBQ's, 4th of July celebrations, baseball and lots of summer family fun! Fall is on the way with new challenges and opportunities and blessings... Let's all **"Dare To Soar"**!

1. FALL CONFERENCE in Casper at the Ramkota Hotel - September 19-21. Conference details and registration information will be shared by President Elect Toni Skaggs. We had a great ANFP Board of Leaders planning meeting July 13 in Casper.

We are organizing our 2nd annual Pizza Hut "fun"draiser during the conference again this year- Thursday night, Sept. 20 from 5-9 pm at all 3 Casper Pizza Huts.....plus we are adding the Douglas Pizza Hut this year. We have a flyer in the newsletter with details. Tell your friends in Casper and Douglas about this ANFP "fun"draiser. We earn 20% of all sales – delivery, take out and dine in.

During our membership meeting we will be electing 2 new officers – President-Elect and Treasurer. Let us know if you have any interest in these positions.

Felicia has accepted the position of State Spokesman – Government Affairs Team Leader – so she will replace TJ – who has done an awesome job for the past few years. We hope several of our Cheyenne members/students will assist with our Day At The Capital event in February.

For a number of personal reasons, the fall conference in Casper will be my last conference as President. My wife's health has not been good for several years and with my recent cancer surgery, that just complicates things for us. I think you know that my wife and I own our retirement home in Boise, Idaho and I am back and forth taking care of my wife and our home...and trying to work and take care of my health. So this is a good time for me to step aside for retirement as I turned 66 a month ago. This means that I have asked Toni to step in as President a few months early - Toni and our new President Elect will be installed at our fall conference after the election. I know you will give President Toni and our new President Elect your full support. What a blessing to have Felicia as Past President to help guide our chapter and our leaders.

2. CHEYENNE & CASPER GATHERINGS I traveled to Cheyenne and Casper for lunch meetings with several new CDM's and students in July. We have some awesome new ANFP members coming on board over the coming few months. Thank you to our lunch hosts:

- Thursday, July 12, 2018 – Cheyenne....Aspen Wind Assisted Living hosted by Karyl Kuykendall, Dining Services Director & [Leslie Milliken, Administrator](#)
- Friday, July 13, 2018 – Casper....Primrose Retirement Center hosted by Jennifer Dolan, Dietary Manager & Eileen Ford, Administrator.



Sept 19-21, 2018Fall Conference, Ramkota Hotel, Casper, Wyoming

May 2019Spring Conference (TBD)

June 20-23, 2019ACE, Union Station Hotel, St. Louis, MO

Sept 2019 Fall Conference, Ramkota Hotel, Casper, Wyoming



ANFP™ | WYOMING

Association of Nutrition & Foodservice Professionals

Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



10th – Rosalie Fassett
13th – Bruce Link
16th – Barb Pollard
20th – Zoe Brewer
23rd – Robin Ruff
28th – Heather Ball, Tania Malone

Happy Birthday to All!

Mission: Position the Certified Dietary Manager as the expert in foodservice management and food safety.

Vision: The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.



Our **FoodService Rewards** points total stands at 24,133 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: rhilbird@mhccwyo.org

NATIONAL
FOOD
SAFETY
MONTH
September

MEMBERSHIP



W E L C O M E *to the new*



ANFP™ | WYOMING
Association of Nutrition & Foodservice Professionals

As of August 27, 2018, the Wyoming ANFP is **79** members strong; **63** Certified Professional members, 16 Professional non-certified members. Please contact any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.

Welcome New Members!!

Linda Osmond, CDM, CFPP
Basin

Itealya Vilhauer, CDM, CFPP
Sheridan

Kelly Davis
Fort Washakie

Carrie Totten
Pinedale

In the month of October we celebrate these special occasions:

Eat Better, Eat Healthier Month

Eat Country Ham Month

National Apple Month

National Applejack Month

National Caramel Month

National Chili Month

National Cookie Month

National Dessert Month

National Pickled Peppers Month

National Pizza Festival Month

National Popcorn Poppin' Month

National Pork Month

National Pretzel Month

National Seafood Month

Vegetarian Awareness Month

1st Week of October – No Salt Week

1st Week of October – National Chili Week

2nd Week of October – American Beer Week

2nd Week of October – National Food Bank Week

2nd Week of October – National School Lunch Week

2nd Week of October – National Pasta Week

3rd Week of October – National Kraut Sandwich Week

3rd Week of October – Pickled Peppers Week

4th Week of October – Chicken Soup for the Soul Week

2nd Thursday – National Dessert Day

3rd Saturday – Sweetest Day

1st – World Vegetarian Day; Pudding Season Begins; Home-made Cookies Day

2nd – National Fried Scallops Day

3rd – National Caramel Custard Day

4th – Cinnamon Roll Day (Sweden)

5th – National Apple Betty Day

6th – National Noodle Day

7th – National Frappe Day

8th – National Fluffernutter Day

9th – Moldy Cheese Day; Submarine-Hoagie-Hero-Grinder Day

10th – National Angel Food Cake Day

11th – National Sausage Pizza Day; World Egg Day

12th – National Gumbo Day

13th – National Yorkshire Pudding Day

14th – National Dessert Day

15th – National Chicken Cacciatore Day; National Roast Pheasant Day

16th – World Food Day

17th – National Pasta Day; Four Prunes Day

18th – National Chocolate Cupcake Day

19th – National Seafood Bisque Day; Oatmeal Muffin Day

20th – National Brandied Fruit Day

21st – Apple Day; National Pumpkin Cheesecake Day; Caramel Apple Day;

22nd – National Nut Day

23rd – National Boston Cream Pie Day; National Canning Day

24th – National Bologna Day; Good and Plenty Day

25th – National Greasy Foods Day

26th – National Pumpkin Day; Pretzel Day; Mince Meat Pie Day

27th – National Potato Day

28th – National Chocolate Day; Wild Foods Day

29th – National Oatmeal Day

30th – National Candy Corn Day; Buy a Donut Day

31st – National Candy Apple Day

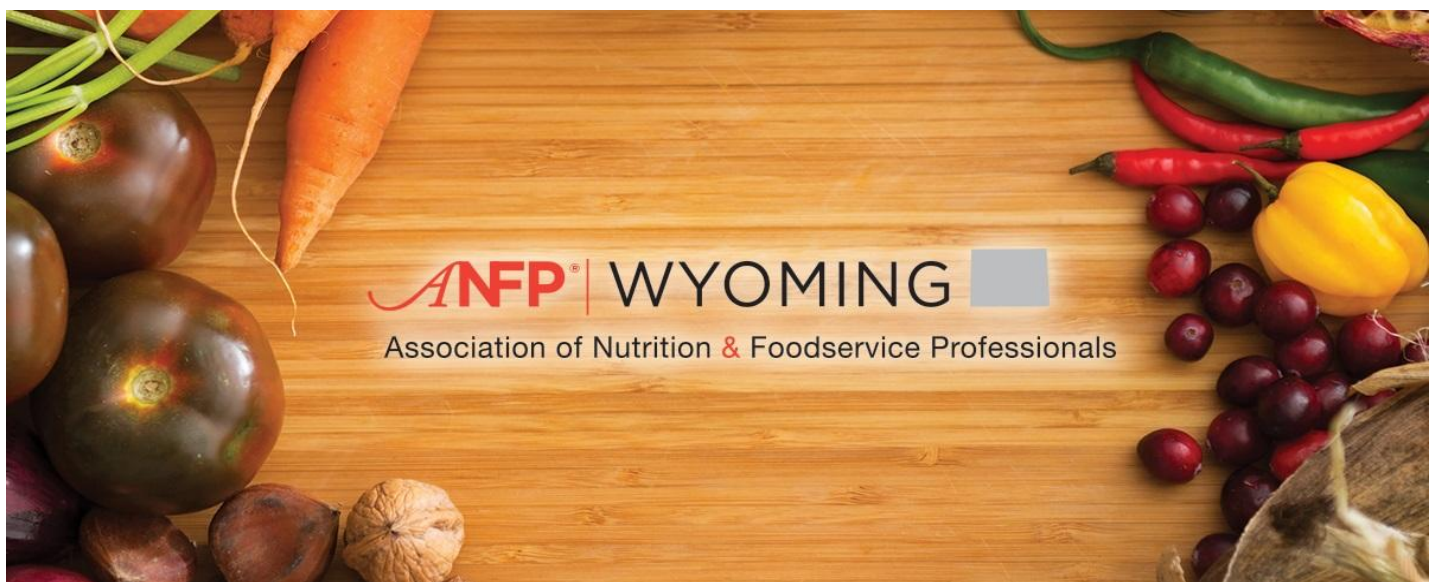


Safety in the kitchen

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A	C	O	N	T	A	M	I	N	A	T	I	O	N
T	E	G	L	O	V	E	S	D	I	S	H	E	S
D	G	N	I	N	N	U	R	O	N	I	B	I	S
G	G	A	S	E	V	I	N	K	E	R	E	B	N
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I	E	Y	G	S	A	F	E	T	Y	E	U	D	O
P	N	S	M	R	E	G	W	E	C	N	R	S	V

NO RUNNING
 CONTAMINATION
 ILLNESS
 NO JEWELLERY
 SAFETY
 INJURIES
 TEMPERATURE
 BEHAVIOUR
 KNIVES
 GERMS
 GLOVES
 BAND AIDS
 HEAT
 POISON
 ALLERGY
 HAIR-TIE
 SMOCK
 OVEN
 DISHES
 GAS

Play this puzzle online at : <https://thewordsearch.com/puzzle/272815/>





ASSOCIATION OF NUTRITION

& FOODSERVICE PROFESSIONALS

"FUN" DRAISER

Thursday, September 20, 2018

5:00 – 9:00 pm

all 3 Casper Pizza Huts and Douglas Pizza Hut

20% of total purchase will be donated to ANFP

Dine in - carryout - delivery

BE THE CHANGE

2018 Wyoming ANFP Fall Conference

September 19-21, 2018 / Best Western Ramkota Hotel / Casper, Wyoming

Sept. 19, 2018	3:00 pm – 4:00 pm	Board Of Leaders Meeting
	5:30 pm – 6:30 pm	Free Cocktail Hour
	6:30 pm – 7:30 pm	President's Welcome Reception
Sept. 20, 2018	7:00 am – 7:45 am	Continental Breakfast & Registration
	7:45am – 8:00 am	Welcome and Announcements
	8:00 am – 9:00 am	Creative Balance with Meal Planning Shea Lehnner
	10:00 am – 11:00 am	Catalytic Leadership Kathy Stephens
	11:00 am – 12:00 pm	Ergonomics Mike Bolter
	12:00 pm – 1:00 pm	Lunch/ Membership Meeting
	1:00 pm – 2:00 pm	Back to Basics Ray Koschel & Chef Don Peters
	2:00 pm – 3:00 pm	Aging Division/Meals Kaitlyn Livingston & Lisa Osvold
	3:00 pm- 4:30 pm	Including Soft Skills into your Catalytic Leadership Kathy Stephens
	5:00 pm – 9:00 pm	Pizza Hut Fundraiser
Sep. 21, 2018	8:00 am – 9:00 am	Sanitation Bingo Felicia Smith
	9:00 am – 10:00 am	Body Movement & Self Care Kristen Mockler
	11:00 am – 12:00 pm	Re-think The Ranch Ann Wittmann
	12:00 pm – 1:00 pm	Lunch/ Impact Team
	1:00 pm – 2:00 pm	Food Safety and Rotation Daniel Santi
	2:00 pm – 3:00 pm	Change Now! 5 Steps to Better Leadership Webinar Cindy McCauley
	3:00 pm – 4:00 pm	Change Now! Roundtable Discussion

Program approved for 10.5 General / 2 Sanitation hours

BE THE CHANGE

Wyoming ANFP Fall Conference 2018

September 19-21, 2018

Ramkota, Casper, WY

307-358-1412

Hosted by: Toni Skaggs, Douglas, WY

Registration Form - - Please complete one form for each registrant

Circle one: ANFP Members

Non-Members

\$ 50.00

Before September 7, 2018

\$ 65.00

At the Door

\$ 60.00

\$ 75.00

Students: \$25.00 Registration

Name:(Please Print Clearly) _____

Facility Name: _____

Title: _____ **ANFP Number:** _____

e-mail Address: _____

Make Checks Payable to:
Wyoming ANFP

Wyoming ANFP Fall Conference
Casper, Wyoming

September 19-21, 2018

Mail Registrations to:

Robin Hilbird, CDM,CFPP

Memorial Hospital of Converse County

111 South 5th Street

Douglas, WY 82633

Registration: \$.

Total \$.

Registrants Signature: _____