



*Plan on attending now to celebrate Wyoming  
**ANFP's** 50 years of service*

April 22-24, 2020 ..... Spring Conference, **50<sup>th</sup> Anniversary**, Douglas, WY

Watch for more information in upcoming issues of the newsletter

## President

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Thank you to everyone that made it to the conference! From the evaluations it looks like everyone enjoyed it. I do appreciate the time you all take to fill them out and the comments you make really do help shape our future conferences.

If you missed the conference here are a couple highlights from my perspective.

We had an inspiring story from an individual about his journey overcoming his addiction to food. How it started, what it felt like from the inside, where he is now, and what helped him through. This made me think about the saying to be kind because you never know what battles others are fighting.

We had the opportunity to tour a teaching greenhouse and have the lady behind this bold step forward visit with us about what the Casper Community Greenhouse Project and Fresh Foods Wyoming are working towards. She welcomes any and all feedback and comments. Shoot her an email or a message on facebook if you are interested in getting something going in your area.

The biggest part of what I tried to do with this conference was to touch on leadership. We all want the same things. We all want to work in a well-functioning kitchen with staff that show up and do a good job. You, as the CDM, happen to be the captain of that ship. I have been a highly engaged team member my whole life and have just recently transitioned into a manager role. I can attribute that to working under strong leaders that are willing to put the effort into mentoring their best employees into better roles. If I can help even one person in our chapter go back to their job and mentor an employee to become better, I would be happy. It can be a lot of work in the beginning but will save you time and energy in the end.

My biggest success this conference was how well (I think) the facebook live session with Chef Shawn and Chef Ron went. I hope you all enjoyed it and if you want to re-watch it, share it, or comment on it, you can find it on our WyANFP page. If you didn't attend I encourage you to check it out.

My opportunity for a better conference next time is to make the sessions a little longer. I don't think there was a speaker that got to finish (or start) on time.

Any additional comments or feedback you may have thought of would be welcomed. You can email me at [tskaggs@mhccwyo.org](mailto:tskaggs@mhccwyo.org) or message our facebook page. If you would like to give feedback, but are not comfortable giving it to me, please email any suggestions to Felicia at [fsmith@mhccwyo.org](mailto:fsmith@mhccwyo.org)

## President-Elect

**Robin Hilbird-Bardgett, CDM, CFPP**

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Our 2019 Wyoming ANFP Fall Conference in Casper at the Ramkota was fun, informational and a fantastic opportunity to visit with all in attendance from around our state. It was very interactive with our speakers and engaging with great ideas. Remember to upload your certificate when you electronically report your CEU's at [www.ANFPonline.org](http://www.ANFPonline.org) through your membership portal.

We will be using the rewards points for supplies, prizes and such for our 50th Anniversary 2020 Spring Conference in Douglas, Wyoming. We will then discontinue collecting these points. We will also continue to work on getting PayPal for future conferences. I am continuing to work on getting the money from our previous fundraisers and I apologize it is taking so long. As soon as we have any information, we will let all of you know.

Thank you to each and every one of you!! You make a difference in peoples' lives every day and that matters a lot! We are all facing many of the same challenges and we work through them – because it IS what we do. If it were not for all of you, our residents and patients would not have the care they so deserve.

Remember . . . we all make a difference and bring about change!



Our **FoodService Rewards** points total stands at 27,513 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: [rhilbird@mhccwyo.org](mailto:rhilbird@mhccwyo.org)

Items needed in food pantries  
Healthy cereals and oatmeal

Kids' snack items (juice boxes, individual applesauce's, etc.)

Toilet paper

Diapers and wipes

Jars and pouches of baby food

Personal hygiene products, like sanitary pads

Toiletries like toothbrushes, toothpaste, shampoo, deodorant, lip balm

Dry pasta



Jars of pasta sauce

Canned fish and meat (salmon, tuna, ham, turkey pop-top cans are best)

Canned vegetables and fruit

Milk, (canned, or powdered)

Peanut butter

Canned beans

Canned and dry soups

Baking mixes that require only water

Spices



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Fall is here and we are moving into the busy holiday season. I hope you all have your holiday plans in place and ready to move forward. Remember that as we go through the busy holiday season that you take care of YOU! The holiday season is one of the most stressful times of the year for most of us. Take time to breath, relax, unwind and refresh yourself. Get enough sleep, stay hydrated, eat regularly and most all stay healthy! Delegate and let your staff help you.

Until next month....Live Long, and remember.....**Failing to Plan is Planning to Fail!**



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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](http://www.ANFPonline.org) for the National ANFP website.*



15<sup>th</sup> – Eliza Redford  
21<sup>st</sup> – Dawn Cribbs  
30<sup>th</sup> – Felica Smith

***Happy Birthday to All!***

## **In the month of November we celebrate these special occasions:**

National Pepper Month      National Georgia Pecan Month      National Raisin Bread Month

National Pomegranate Month      National Fun with Fondue Month

National Peanut Butter Lovers' Month      National Apple Month

National Fig Week is the first week in November.

November 1 – National French Fried Clam Day

November 2 – National Deviled Egg Day

November 3 – Sandwich Day

November 4 – National Candy Day

November 5 – National Doughnut Day

November 6 – National Nachos Day

November 7 – Bittersweet Chocolate with Almonds Day

November 8 – National Harvey Wallbanger Day

November 9 – National Scrapple Day

November 10 – National Vanilla Cupcake Day

November 11 – National Sundae Day

November 12 – National Pizza with the Works Day

November 13 – National Indian Pudding Day

November 14 – National Guacamole Day

November 15 – Clean Out Your Refrigerator Day

November 16 – National Fast Food Day

November 17 – National Baklava Day / Homemade Bread Day

November 18 – National Vichyssoise Day

November 19 – Carbonated Beverage with Caffeine Day

November 20 – National Peanut Butter Fudge Day

November 21 – National Stuffing Day

November 22 – National Cranberry Relish Day

November 23 – National Cashew Day / National Eat A Cranberry Day

November 24 – National Espresso Day

November 25 – National Parfait Day

November 26 – National Cake Day

November 27 – National Bavarian Cream Pie Day

November 28 – National French Toast Day

November 29 – National Chocolates Day / Throw Out Your Leftovers Day

November 30 – National Mousse Day



# Halloween II

U	M	J	A	C	K	O	L	A	N	T	E	R	N
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WITCH  
 MASK  
 HALLOWEEN  
 WEREWOLF  
 NIGHT  
 GHOST  
 SKELETON  
 EERIE  
 JACKOLANTERN  
 SPOOK  
 ZOMBIE  
 FACE PAINTING  
 SCREAM  
 BLACK CAT  
 AUTUMN  
 PARTY  
 COSTUME  
 OCTOBER  
 AFRAID  
 CANDY

Play this puzzle online at : <http://thewordsearch.com/puzzle/857/>







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### CDM of the Year Nomination Form

The purpose of this award is to recognize a Certified Dietary Manager in the State of Wyoming that has gone over and above expectations in their role. This individual portrays a passion for the CDM credential, has worked hard to provide high quality, safe meals for their customers and is a role model for others in the field, in their workplace and community.

Please nominate a Certified Dietary Manager so that they may be recognized by Wyoming ANFP and possible recognition from the National ANFP membership.

Name of nominee:

Reason for nomination (250-500 words)

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Your Name: \_\_\_\_\_

Contact Information:

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