



# WYOMING

August 2021

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## August Birthdays

- |                     |                 |
|---------------------|-----------------|
| Jeanette Lee        | Jemma Merriel   |
| Jacqueline Prickett | Troy Strand     |
| Cara Siebigteroth   | Christen Stakes |
| Richard Young       | Sandra Zarate   |
| Carol Rice          |                 |

## Save the Dates

WY ANFP Fall Conf. Sept 29-Oct 2<sup>nd</sup>, 2021

ANFP Fall Regional Meeting

September 23-24, 2021, Toledo, OH



We're in this together!

## AUGUST MEMBERSHIP MILESTONES

Congratulations Janine Martinelli for 1 year as a member of ANFP.

Congratulations Troy Strand for 1 year as a CDM CFPP.

Congratulations to our members that hit milestone membership anniversaries. We will begin recognizing: 1, 5, 10, 15 years, etc each newsletter.

# Chapter Leaders' Updates



## CHAPTER PRESIDENT UPDATE:

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Greetings Wyoming ANFP Family,

I am getting very excited about our fall conference. We have some great speakers coming and still working on a chef demo for the event. The best part is it is free to attend. You definitely do not want to miss our keynote speaker Tim Richardson.

Tim Richardson is a nationally recognized leadership, sales and service speaker who's been entertaining and engaging audiences for over 30 years. In his dynamic presentations, Tim weaves the lessons he's learned working on a sales team with IBM, working in management with an award-winning resort, and from years of consulting with clients in financial services, healthcare, hospitality, insurance, telecommunications, and many other industries into his presentations. Clients like Abbott, Erie Insurance, Merrill Lynch, Nabisco, Nokia, Sprint, and State Farm Insurance hire Tim to help their leaders and teams maximize peak performance in sales, leadership, and customer experience.

We are also excited to have ANFP National Chair, Omar Humes and ANFP CEO and President, Dr. Joyce Gilbert as presenters for our conference. Since COVID impacted our ability to celebrate our 50<sup>th</sup> Anniversary we are going to make up for this September. So mark your calendars for September 30-October 2<sup>nd</sup>, 2021 and plan on visiting us in Douglas!

More details in the next week on CE credits, hotels, virtual options, and much more.

Thanks, Felicia Smith WYANFP President

# Chapter Leaders' Updates



## CHAPTER TREASURER UPDATE:

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Happy August to all of you . . .

Hope this finds each and every one of you well! This seems like it is going to be a busy month with end of summer, back to school and we are preparing our Wyoming ANFP 2021 Fall Conference “**Wyoming ANFP 50<sup>th</sup>, Take 2**” here in Douglas.

FREE – FREE – FREE!! Yes, this conference is free for members and students to attend! Members will receive possibly up to 18 CEU’s to help you maintain your credential! Talk to your administrators, directors, etc. and ask for their support with your attendance! Scholarships, grants or other assistance for travel, room and board, may be available – please check for these opportunities.

Wyoming ANFP 2021 Fall Conference will be filled with sessions addressing the following fantastic topics: Leadership, Nutritional, Financial, Benchmarking w/ANFP, Motivational and Networking!! We are also going to present the awards for CDM of the Year for 2019 & 2020! And present “2021” once we have selected this year’s CDM of the Year!

We have top-notch speakers lined up and great learning & networking opportunities! We will be sponsoring a spaghetti fundraiser on Wednesday evening for our Wyoming ANFP Chapter. A “Save the Date” will be sent out soon and you will see how phenomenal this conference is going to be!

“THANK YOU” to each and every one of you for everything you do – you are making a difference in peoples’ lives on a daily basis! Every action and thought makes a difference and brings about change!

The checking account balance is: \$1834.38

The saving account balance is: \$894.46

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

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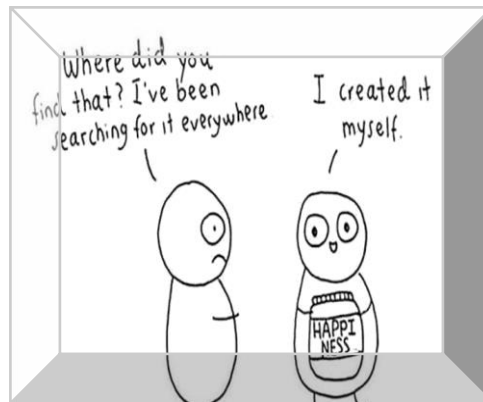
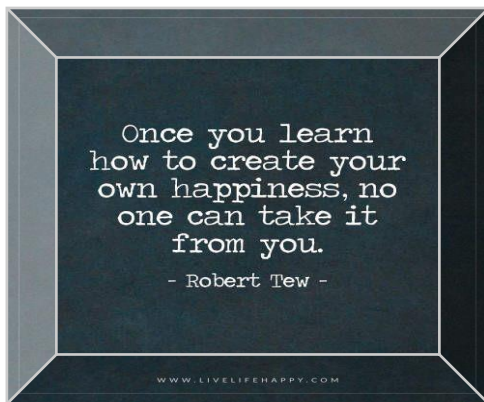
# Chapter Leaders' Updates



## CHAPTER COMMUNICATIONS LEADER UPDATE:

August is Happiness Happens Month. This is a good time to take stock of your life and the things that make you happy. Imagine approaching everything in life with happiness. Waking up, happy to be alive, happy to have a job you love to go to, happy to have a good crew, happy to spend time with friends and family. That happiness spreads to those around you. Imagine going to work for a happy boss that appreciates everything you give of yourself to the job. Imagine being that happy boss for your employees. Happiness is contagious and this month I encourage everyone to do something for your own happiness and spread it around as much as you can.

I am going to spend the month of August participating in a "30 Days of Happiness" challenge and I would love others to join me. Check out this [site](#), follow me on my [Facebook](#), and complete the challenges with me if you need a little happiness boost through the month.



Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader



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# Membership

7 Pre-professionals

1 Allied Professional

64 Certified Professionals

2 Professionals

1 Retired Professional

Welcome new Pre-Professional  
Member: Tina Dale Griffith



## MEMBERSHIP RESOURCES

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COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

[FAQs About Registered Dietitian Nutritionists](#)

A background image for a quote featuring a landscape of rolling hills and mountains under a sunset sky with orange and blue tones.

Leadership is about  
coping with change.

John P. Kotter

quotefancy

# 12 STEPS TO HAPPINESS



## Thank

Thank someone and be appreciative toward your colleagues, every single day.



## Experience

Experience new things, try stuff out, and let people run all kinds of experiments.



## Give

Give something to another person or make it possible for others to offer gifts.



## Hike

Hike outdoors, enjoy nature, and allow people an escape from the office and the city.



## Help

Help someone who is in need of assistance, or enable colleagues to help each other.



## Meditate

Meditate and get people to learn and adopt mindfulness practices.



## Eat Well

Eat well, and make good, healthy foods easily available for everyone.



## Socialize

Socialize, relate to other people, and make it easy for colleagues to develop connections.



## Exercise

Exercise and work out regularly and make it easy for people to take care of their bodies.



## Aim

Aim for a goal and get people to understand and realize their own purpose.



## Rest

Rest well, sleep sufficiently, and enable colleagues to refresh their minds.



## Smile

Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.



# ANFP™ | WYOMING

Association of Nutrition & Foodservice Professionals

## 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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Please email your nomination to [fsmith@mhccwyo.org](mailto:fsmith@mhccwyo.org) by September 1<sup>st</sup>, 2021.