



WYOMING

October/November 2023

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Chapter Leaders' Updates

Oct/Nov Birthdays

Elaine Brunson	Dona Burback
Benjamin Cobia	Marsha Heintz
Jonni Lahn	Karen Newcombe
Felicia Smith	Diana DeRock
Dena Dunn	

Save the Dates

Spring Regional Meeting

Columbus, OH April 4,5 2024

Wyoming Spring Conference

TBD

ACE – Reno, NV June 10-13, 2024



OCTOBER/NOVEMBER MEMBERSHIP MILESTONES

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

[Congratulations Mary McKillip CDM CFPP for 5 years as a CDM!](#)





Chapter Leaders' Updates



CHAPTER PRESIDENT UPDATE:

Greetings ANFP Family,

I am grateful for each and every one of our members and for what they do in their communities. WY ANFP members are a shining example of compassion and dedication. Our fall conference was a lot of fun. We only had 8 in attendance and a couple virtual attendees but great interaction and feedback. I would also like to welcome Dawn Cooper as our new Secretary. Thank you, Dawn, for your willingness to volunteer at the chapter level and get involved. Jeanette Lee also welcomed her twin grandbabies this past week!! Congratulations Jeanette.

It has been a whirlwind fall, I had the opportunity to attend the Idaho/Utah Fall Meeting in Idaho Falls and the Kansas Fall meeting in Salina. Both were fun road trips. I saw a bear on the way to Idaho and raccoons, deer and a coyote on the way to Kansas. They both had excellent presenters and topics and it was fun to meet new people and learn about their chapters.

I also attended the Regional Meeting in Costa Mesa, CA. The regional meeting was excellent and had over 80 attendees from all over the country with 40 first time attendees. It is great to see new members getting involved. Speaking of involvement, there are volunteer opportunities at the state level. We have an opening for President-elect and Membership leader. There are also several board and committee volunteer opportunities available at the national level. The volunteer roles not only are a great opportunity to get involved but they provide education, networking and the opportunity to give back. Please consider volunteering. If you have any questions on volunteer opportunities and expectations please don't hesitate to contact me. It is very rewarding.

I am also attaching a nomination form for CDM of the Year for our spring conference. Please consider nominating a member or yourself for this award. We will also be sending out a survey monkey in January to determine what is the best option for a spring conference. We want to ensure that we hear your voice and how we can accommodate our members so that they can attend.

Happy Thanksgiving to all you!

Thanks, Felicia Smith WYANFP President

Chapter Leaders' Updates



CHAPTER TREASURER UPDATE:

Happy November to all of you . . .



Hope this finds each and every one of you well! Where does all the time go?? Here we are upon Thanksgiving already! I am thankful every day for family, friends, work family, and LIFE!! I try not to take each day for granted, because the next day is never guaranteed. I am thankful for the experiences that shape me each day and for the opportunities to learn personally and professionally. I like the kitten/cat and puppy/dog pictures that come up in my feed on social media. They put a smile on my face.

Our facility, Memorial Hospital of Converse County, is recognizing our Veterans once again this year! We provide a free prime rib lunch to all Veterans. I am thankful we are able to show our appreciation again, this year. In the years past, our Veterans have always expressed a gratitude and humbleness like no other! Thank you to all of our Veterans! Unfortunately, my Dad will not be here this year due to his passing in July. He was so proud to attend and socialize with everyone else. He also appreciated the free prime rib dinner along with the other Veterans.



I am thankful for each and every one of you! Be safe in all that you do and I certainly hope you all have the opportunity to enjoy your families throughout the holiday season! Have a Happy Thanksgiving!! "THANK 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: \$2652.75

The saving account balance is: \$1571.63

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

Chapter Leaders' Updates



CHAPTER COMMUNICATIONS LEADER UPDATE:

Happy Fall!

We are at that time of year where we focus on family, food, togetherness, and gratefulness. Holidays can be a stressful time, especially for those of us that are in charge of the food. I wanted to share some tips that I use to save on some of that stress. One of my best skills is laying out a plan with all the details in order. That way, when something goes wrong, everything else is already taken care of and pulling your focus over to something unexpected doesn't add too much extra stress to an already stressful time.

The Holiday Book – Years ago in our cafeteria I put together a binder because I caught myself asking the same questions every year “is one case of stuffing enough or should I get 2” “How many cases of pie do we go through” “How many meals did we serve” etc. In this binder I have a different section for all of our holidays, big events, or other things the cafeteria might be responsible for. In each section I have a menu, an order list, recipes, and notes from previous years. If we had too much of something left over I make a note to prepare or order less next year. Same if we run out of something. I have prep lists ready to print off so my team can know what items we start 4 days before, 3 days before, etc. right up to the day of service. Being overly prepared can make the whole holiday process easier on everyone.

Order Truck Ahead – Did you know that you can date your truck orders out quite a while with your food companies. I could schedule my Christmas order right now to show up the week before Christmas. This helps ensure you get your products. If you wait until the last minute and the warehouse is already sold out of an item you would just have to go with plan B. This is also helpful for the time that cook walks out, or your aide is sick, or someone's family emergency becomes your problem when they don't show up for work and you have to cover shifts and stay around until midnight plugging in your grocery order. Save yourself the headache and schedule your Thanksgiving and Christmas orders now. Even if it's just the basics. You can add to it later.

I've included my PDF of the Christmas meal in case it helps anyone. Reach out with any questions and feel free to share your tips as well. Email them to Felicia for us to share with everyone or post them on our Facebook. Networking does no good if you don't participate in the network.

Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader

Membership

9 Pre-professionals

3 Allied Professional

53 Certified Professionals

1 Retired Professional

Welcome New Members!

Pre-Professional Katie Leach

Pre-Professional Vikki Seymour

Professional Christopher Worden,
CDM CFPP

Allied Professional Benjamin Cobia

Allied Professional Diana DeRock



MEMBERSHIP RESOURCES

[Wyoming ANFP Facebook](#)

[Association of Nutrition & Foodservice Professionals
\(ANFP\) - ANFP Board and Volunteer Information -
Become a volunteer \(anfponline.org\)](#)