



**eat right.** an affiliate of the  
Academy of Nutrition and Dietetics

### Spring 2014 WAND *Outgoing* President's Report

Thanks to every one of you who has helped move the Wyoming Academy forward this year to help position the organization by helping us further along on our goals!! Some of these goals were:

1) utilizing the new WAND logo for official WAND activities and events and putting it on all WAND promotional materials, including National Nutrition Month; 2) conducting *Lunch N Learn* events across the state to bring WAND members together for networking opportunities; and 3) producing radio and media promotion releases statewide. Still to come, setting up RD/RDN toolkits for health fair appearances and recognizing WAND members in your community. For all of you helped me move stuff into the April *Lunch N Learn* site from the area behind the UW Agriculture building (and back again) thanks a zillion! To Sue Combe who helped me set up the fundraiser items on Saturday morning, you are an angel!! Thanks so much! To those who attended and supported WAND at the fundraiser—thanks as well! We had \$358.00 in pledges, so it was well worth your effort that day. It has been a busy and fun-filled year and it was a pleasure to work with all of you. Karla- thanks so much for getting the VeeBar meeting set up and keeping us on track with our strategic plan; and for stepping into the treasurer position this month! Paula- thanks for coordinating all the *Lunch N Learn* events this year and allowing us to all tap into your Survey Monkey skills. Cheryl, thanks so much for taking on the website and providing us with guidance on twitter and Facebook. Melissa, thanks for becoming an interim WAND Secretary in April when we really needed someone to step up as secretary. Judy and Leisann, thanks for the great job on the new logo, the expert media advice, and the amazing radio spots! Kate, thanks for being an outstanding WAND treasurer, you will be missed in that capacity, but we look forward to your remaining involved in the public policy arena in the future. Codi, thanks for accompanying Kate to the Public Policy Workshop in DC this year and for stepping into the public policy job. You will be great! Mindy, thanks for stepping into the president-elect position, again.

Thanks again to all of you for your help to position RDs/RDNs as the *go to* nutrition source in Wyoming. I am looking forward to continuing to work with you all in my new position as the next Past President. All the best!!

**Barbara Buyske, MS, RD, LD**  
[bbuyske@gmail.com](mailto:bbuyske@gmail.com)

### In This Edition

- *WAND Past President's Report*
- *WAND President's Report*
- *2014-2015 WAND Board of Directors and Committee Chairs*
- *WAND Election & Awards Results*
- *Spotlight WAND Board Member*
  - Judy Barbe
- *News from University of Wyoming*
  - Kristin McTigue
- *WAND RDNs in Action*
  - Georgia Boley
  - Sara Pinson
- *WAND Email News – Melissa Bardsley*
- *Wyoming Licensure Reminder*

### Vision Statement

Wyoming Academy of Nutrition and Dietetic members are recognized and utilized as the most valued resource for food and nutrition services.

### Mission Statement

Empowering Wyoming's food and nutrition experts.

## 2014-2015 President's Report

I am excited to serve again as the WAND President.

The theme for 2014-2015 will be:

**“Building a Solid Foundation  
to Support the Future of WAND”**

Before we can continue building upward we must first have a strong foundation to support our organization. I will be meeting with all the Board Members & Committee Chairs to develop job descriptions and establish duties, processes and need to do checklists for each position. I believe that establishing clear expectations, providing the resources and tools to do the job and supporting our Board & Committee members, WAND will run smoothly and achieve our Strategic Goals. And perhaps we may even entice you to become more involved. If you are interested in getting involved in WAND but want to start slow, please consider joining one of our many committees.

As the WAND President-Elect, I enjoyed the opportunity to visit several locations in Wyoming for Lunch & Learn meetings and I finally got to put some faces to the names I seen listed on the WAND Directory ☺ A sincere note of gratitude to all the site coordinators, Janice Smith in Jackson, Leisann Paglia and Kate Stratton Schulz in Cheyenne, Heidi Gillette in Gillette, Marguerite Jackson in Casper and Beth Kamber, Mindy Meuli, Kristin McTigue and Dr. Enette Larson-Meyer in Laramie and all the wonderful SDA students from the University of Wyoming for hosting a wonderful Meet & Greet at Kristin's home the night before the Laramie Lunch & Learn and Annual Business Meeting.

Thank you for the opportunity to serve again. I'm looking forward to a productive year.

*Paula Eskam, RDN, LD*  
[peskam@outlook.com](mailto:peskam@outlook.com)



### Looking for a WAND Member?

Check out the Updated WAND Membership List  
on the WAND Website

[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Member Section

Password: *eatwyo* – press the login button

Please email [info@eatrightwyoming.org](mailto:info@eatrightwyoming.org)  
with corrections.



## Wyoming Academy of Nutrition and Dietetics (WAND) 2014-15 Board of Directors and Committee Chairs

### Board of Directors

President  
President-Elect  
Past President  
Secretary  
Treasurer  
Delegate  
Nominating Committee:

Council on Professional Issues

### Officers

Paula Eskam  
Mindy Meuli  
Barbara Buyske  
Melissa Bardsley  
Karla Case  
Cheryl Gray  
Denise Ivey (Chair)  
Mary Tvedt  
Carolyn Renner  
Beth Kamber

### Email

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[kcase@natronacounty-wy.gov](mailto:kcase@natronacounty-wy.gov)  
[cheryl22gray@gmail.com](mailto:cheryl22gray@gmail.com)  
[trhett@juno.com](mailto:trhett@juno.com)  
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[c.renner@bresnan.net](mailto:c.renner@bresnan.net)  
[bethk@ivinsonhospital.org](mailto:bethk@ivinsonhospital.org)

### WAND Committees

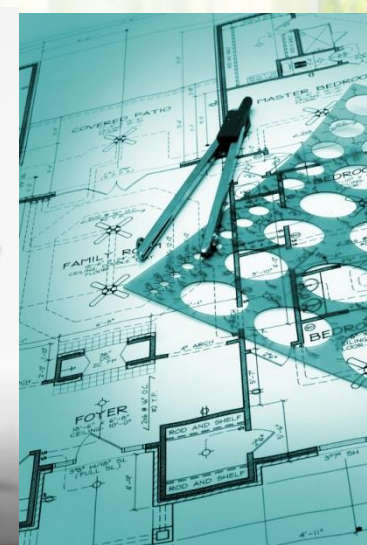
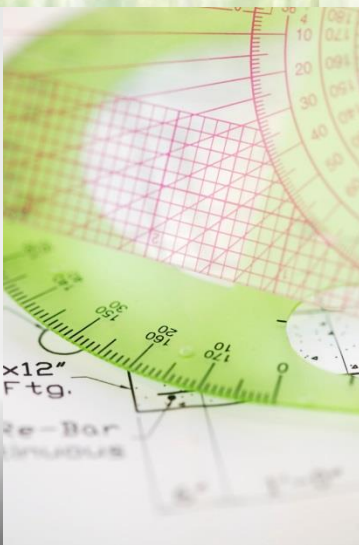
Public Relations  
  
Membership  
New Membership  
State Professional Recruitment  
Coordinator (SPRC)  
Public Policy  
State Policy  
MNT Reimbursement  
AND/WAND Fundraising  
Awards and Honors  
Website  
Newsletter

### Chairs

Judy Barbe  
Leisann Paglia  
Jamie Anderson  
Marguerite Jackson  
  
Kristin McTigue  
Codi Thompson  
Teresa Matheny Lehmitz  
Georgia Boley  
Sue Combe  
Liz Fabrizio  
Cheryl Gray  
Paula Eskam

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## WAND Election & Awards Results!

### WAND Board Results

- President Elect— **Mindy Meuli**
- Treasurer — **Karla Case**
- Nominating Committee — **Carolyn Renner**



### WAND 2014 Awards

- Outstanding Dietitian of the Year – **Karla Case**
- Recognized Young Dietitian of the Year – **Marguerite Jackson**
- Emerging Dietetic Leader – **Kristin McTigue**
- Recognized Dietetic Technician – **Anne Schrinier**
- Outstanding Dietetic Student – **Anna Harrower**



### WAND Scholarship Recipient

This year's recipient of the WAND Scholarship was **Erin Kyle**



### **THANK YOU!**

*A Special Thank You to **Barbara Buyske** for leading WAND for another successful term. Her first term as President was in 2004-2005.*

*Thank You to Outgoing Board/Committee Members  
**Kate Stratton Schulz** and **Heidi Gillette**  
for all your service in various WAND positions held over the years.*



**Please check out the WAND Website for a complete list of Past Elected Board Members and WAND Award Recipients.**

## Spotlight on Judy Barbe, MS, RD



I can't remember not being interested in food. My enthusiasm started early. Growing up in food-rich central California, my grandparents walked us to the bakery for warm San Francisco sour dough bread; my dad harvested fish, abalone, frog legs, and elk and then my mom cooked; and there were regular stops at fruit and vegetable stands. My mom used to keep my sister and me busy shelling walnuts and almonds.

I have always liked cookies so early on I became the family baker –probably to satisfy my own sweet tooth. I won a blue ribbon for my brownies. I no longer have the recipe, but I do have the ribbon. As a ten-year old, I poured over the Betty Crocker cookbook in search of ideas for my slumber party. I served ice-cream-stuffed cantaloupe. Turns out my guests weren't as excited as I was about the party food. But I continued my interest in tasting, eating, collecting and cooking food. That interest led me into the study of nutrition. I earned both bachelor and master degrees in food science and human nutrition. The combination of food and nutrition serves me well because I know how to make food taste good and still be good for me. I believe having good food in your life makes your life better.

After 21 years with a regional dairy council, I was at a cross roads and ready for a change. When I left work many of my friends thought I was retiring. Nothing was farther from the truth. I spent some time catching up on social engagements and house maintenance and exploring creative outlets (took a painting workshop, improv class, photography class), all while allowing myself time to define my next chapter. This fermenting, so to speak, gave me some time to set my path for reinvention and repurposing. I'm not completely sure where I'm going but I am confident I'm headed in a great direction!

I've visited nearly 30 countries and nearly every state. Clearly, I love to travel. I'm planning a trip around the world. Does it surprise you that it will be food-focused? I'm a beginning adventurous knitter. That means I make more than scarves and I knit more than I unknit...sometimes.

Before I became a dietitian I was a dental hygienist. Once a friend asked me what was easier, to get people to floss or to improve their diets. I've been struggling to answer that question since! But I do know eating food that tastes good and helps me live best is a lot more fun!

When I speak to students I use a Venn diagram to show the intersects of my skills – food, education and communication. LiveBest brings these together for me. So in less than a year I have formed a company (LiveBest), built a website ([www.LiveBest.info](http://www.LiveBest.info)), explored social media (Twitter @JudyBarbe, FaceBook Judy Barbe, You Tube channel) and written two books (LiveBest Seasonally and Your 6-Week Guide to LiveBest) with a third in the works. I still have a lot to learn but am pleased with what I've done so far.



Judy Barbe, continued from page 5

**Three things I tell students:**

1. Focus on the food. Become a food expert. People eat food and are looking for ideas on how they can do it better. Rather than tell clients to eat organic, wild blueberries, tell them what to do with the food that is in season for them right now. So in the fall give them 3-5 ideas on how to use apples and pears. In the spring encourage people to plant an herb and tell them how they can use it to flavor their cooking.
2. Talk so people understand you with stories, example and anecdotes, as though you are talking to your dad or next-door neighbor.
3. Identify your strength. Mine is making food that is good for us taste good. I am passionate about taking the confusion out of healthy eating. Taste and health can be on the same fork. To find your strength, ask friends, family, and colleagues to tell you what they think you're good at so they can help you name your strengths. I think many of us don't know what we're good at because we are good at 'it' so 'it' is just who we are and generally 'it' comes naturally to us. We're also likely to have a lot of interest and expertise in 'it.' See, it's kind of a cycle. Because what we're good at, we're likely passionate about so it makes it much easier to speak confidently about the topic. This can also help you define your niche, which may lead you to a new path.

**Positions in WAND and AND:**

I was elected chair elect of Food and Culinary Dietetic Practice Group. This is a 3-year commitment and began this month. I was elected Nominating Chair of this DPG a couple of years ago. Positions in WAND prepared me for this next step. I've served at the affiliate level as president, strategic planning chair, media spokesperson, public relations chair, bylaws revision chair, conference planning chair and have been recognized as Outstanding Dietitian. I maintained and printed the membership directory for years and developed National Nutrition Month promotion kits. Recently I led the effort for a new logo design.

**Reasons for being involved:**

I've always wanted to be part of the conversation, so you need to show up to do that. I also believe it's part of my job to be engaged in my professional organization.

**How I became involved**

Ann Hunter was the WAND president at the time, I called her to see if there was something I could do. She said yes and I've been involved ever since.

**Benefits of being involved:**

Throughout my career I've been involved in professional associations. I've learned good skills and met great people. In addition to the relationships I've formed with fellow WAND members, I have attended the Academy's Leadership Institute, Media Training and Public Policy Workshop. These have all been great opportunities and experiences. I think leadership builds experience and experience enhances leadership. So it's been a win-win.

**Advice to others who want to become involved:**

Say yes!



Judy Barbe, registered dietitian  
Author of *LiveBest Seasonally*  
Get your FREE copy at [LiveBest.info](http://LiveBest.info)

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WEBSITE [www.LiveBest.info](http://www.LiveBest.info)



## News from the University of Wyoming

I would like to introduce myself to all WAND members. I am not new to Wyoming or WAND, but I am the new director of the Didactic Program in Nutrition and Dietetics (DNPd) at the University of Wyoming and I am hoping to get to know all WAND members! The nutrition department at UW is always looking for opportunities for our dietetics students to interact with Wyoming dietitians. Most of our students are from Wyoming and often return to their hometowns during winter, spring and/or summer break. I am hoping to create a list of contact information for Wyoming dietitians that I could share with UW dietetics students who are looking to gain hands-on nutrition experience during these breaks. As you all know, internship placement is extremely competitive, and dietetic internship selection committees prefer candidates with practical experience. If you are willing to share your contact information for this purpose, students may contact you in the future to ask about job shadowing, volunteer, intern, or work opportunities. I would also add your name to a list of possible guest speakers in our nutrition classes or Student Dietetic Association meetings/events. Our students greatly benefit from developing relationships with WAND dietitians, so thank you for your continued support!

Please contact me at [kmctigue@uwyo.edu](mailto:kmctigue@uwyo.edu) or 307-766-5261 to add your name to this list.

## Congratulations to the class of 2014!



Front row (from left) – Paige Wollenzien, Cassandra Hoang, Maritza Hernandez, Annie Weisz, Jessie Badaracco, Anna Harrower, Lea Steiner, Jamie Kearns

Back row (from left) – Enette Larson-Meyer (instructor), Erin Kyle, Joe Doan, Veronica Popovici, Candace Wollert, Tenika Eardley, Kristin McTigue (instructor)

### Special congratulations to 2014 UW graduates and alumni who are starting dietetic internships this summer/fall:

\*Jenna Chalcraft: Utah State University – Salt Lake

\*Anna Harrower: Montana State University

\*Jamie Kearns: University of Tennessee, Knoxville (M.S. and DI)

\*Lea Steiner: Idaho State University

\*Paige Wollenzien: University of South Dakota

\*Annie Weisz: University of Northern Colorado

## WAND RDNs in Action



Sustainable Wellness News Flash...my website is published!

You can find me at: [www.youcansustainwellness.com](http://www.youcansustainwellness.com)

As most of you, the foundation of my business is to take the complexity out of the equation for living a healthy lifestyle. Setting small, attainable goals paves the path towards Sustaining Wellness.

I look forward to what is in store for Sustainable Wellness and sharing it with all of you!

I am accepting individual clients and if interested please do not hesitate to contact me directly to learn more about what a wellness coach could do for you.

Sara Pinson, RD, LD  
Nutrition and Wellness Coach  
[foodladytalks@gmail.com](mailto:foodladytalks@gmail.com)  
[www.youcansustainwellness.com](http://www.youcansustainwellness.com)  
(928) 961-0380



### SUMMER! Sports Nutrition Package

Georgia Boley, Tailored Nutrition LLC, is working with Sheridan County's Athletic Directors to provide this Sports Nutrition Package to high school athletes.

**What It Includes:** One hour individual nutrition counseling appointment, body composition assessment (%body fat, %water, % visceral fat, resting metabolic rate assessment, weight, height), individualized sports nutrition plan, nutrition supplementation review, 5 day menu plan, 10 weekly text or phone call check-ups, and monthly re-evaluation of body composition.

**Overview:** If you want to bring your game to another level, this is the package for you. The dietitian will help you learn how to use food to maximize your performance! No matter what your sport is, summer or any 'out-of-season' time is the best time to address body fat and muscle mass goals. That way you can be at the best weight at the BEGINNING of season, without having to lose weight or body fat during season. Out-of-season time is also a great time to learn how to eat like a champion, so that when season rolls around, you already have a nutrition game plan in place, and can hit the ground running!

Georgia Boley MS, RD, LD, CSO  
[www.TailoredNutritionLLC.com](http://www.TailoredNutritionLLC.com)

Enroll in my course!! Check it out at  
<https://www.udemy.com/bloodpressurecontrol>

## WAND Email News

Keeping you connected and informed!

In an effort to reduce the number of emails you are receiving we are offering the WAND Email News currently once a week, however we would like your feedback...

Please let us know if you would prefer Weekly, Bi-weekly or Monthly WAND Email News.

Please email Melissa Bardsley, WAND Secretary at [melbardsley@hotmail.com](mailto:melbardsley@hotmail.com) with your frequency preference.

Also, if you have items you would like to share with our WAND members Please email your information to Melissa.

### Licensure Renewal for Registered Dietitians

Application for renewal can be made 90 days before July 1st up until **June 15<sup>th</sup>**.

The renewal process includes the renewal fee, completed application, and proof of compliance with continuing professional education.

For the Rules and Regulations on the Biennial Renewal for licensure go to

<http://plboards.state.wy.us/dietetics/RulesRegs.asp>

#### **The Dietetics Licensing Board Members:**

**Leisann Paglia – Chair**

Dietitian – Cheyenne, WY

**Mindy Meuli**

Dietitian – Laramie, WY

**Anne Saunders**

Public Member- Douglas, WY

### **WAND Range Rider**

The WAND Range Rider is published 3 times a year.

Our next edition will be in Oct/Nov 2014.

If you have any information you would like to share with the WAND Members in the WAND Range Rider

Please email Range Rider Editor

Paula Eskam at [peskam@outlook.com](mailto:peskam@outlook.com)

To read past editions of the WAND Range Rider visit the:

### **WAND Website**

[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Go to the Member Section.

The password is **eatwyo** and press the login button.

If you have information you would like to share with the WAND Members

on the WAND Website

please email the Website Coordinator: Cheryl Gray at [cheryl22gray@gmail.com](mailto:cheryl22gray@gmail.com)