



### Message from the President

The name of our organization is in the process of being changed to Wyoming Academy of Nutrition and Dietetics, with the acronym WAND. An email will go out to all affiliate members as soon as it is official, sometime in the next month.

I encourage all of you to vote in the upcoming Academy national elections. They will take place February 1 through February 22, 2013. View bios for all the candidates and vote at [www.eatright.org/elections](http://www.eatright.org/elections). If our affiliate has the highest percentage of voters in our membership category, we win a free registration to FNCE 2013 in Houston, Texas. There are 17 states in our category, and last year South Dakota won with 32.96% of members voting. Wyoming had only 13.46% of members voting. We may be the smallest affiliate, but we can certainly use this opportunity to make Wyoming stand out, so please vote!

This year's Annual Meeting will be held in Cheyenne on May 8 and 9 at the Little America Hotel & Resort. Please plan on attending this important event – there are great speakers lined up and it will be a wonderful opportunity to connect with RDs throughout the state. You can find more information on the website: [www.wyomingdieteticassociation.com](http://www.wyomingdieteticassociation.com). The website has other valuable information as well, including a complete email list of all the WDA members.

Thank you for your continuous participation in our organization!

*Karla Case, RD, LD*

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## 2012-2013 Board of Directors

- **President:**
  - **Karla Case** - [kcase@natronacounty-wy.gov](mailto:kcase@natronacounty-wy.gov)
- **President Elect:**
  - **Barb Buyske** - [barbara.buyske@wyo.gov](mailto:barbara.buyske@wyo.gov)
- **Past President:**
  - **Heidi Gillette** - [gilletthm@ccmh.net](mailto:gilletthm@ccmh.net)
- **Treasurer:**
  - **Katie Stratton-Schulz** - [stratton\\_katie@hotmail.com](mailto:stratton_katie@hotmail.com)
- **Secretary:**
  - **Joan Franklin** - [joan.franklin1@wyo.gov](mailto:joan.franklin1@wyo.gov)
- **Delegate:**
  - **Cheryl Gray** - [cherylgray\\_22@msn.com](mailto:cherylgray_22@msn.com)
- **Counsel on Professional Issues:**
  - **Ann Hunter** – [annhunter.rd@gmail.com](mailto:annhunter.rd@gmail.com)
- **Nominating Committee Chair:**
  - **Debbie Collins** - [debbie.collins@bannerhealth.com](mailto:debbie.collins@bannerhealth.com)
- **Nominating Committee:** Marguerite Jackson, Cheryl Gray
- **Public/State Policy Representative:**
  - **Katie Stratton-Schulz** - [stratton\\_katie@hotmail.com](mailto:stratton_katie@hotmail.com)
- **Membership Chair:**
  - **Jamie Wilder** - [jwilderuw2010@gmail.com](mailto:jwilderuw2010@gmail.com)
- **Media Representative:**
  - **Leisann Paglia** – [leisann.paglia@crmcwy.org](mailto:leisann.paglia@crmcwy.org)
  - **Judy Barbe** - [jbarbe@westerndairyassociation.org](mailto:jbarbe@westerndairyassociation.org)
- **AND/WAND Fundraising Chair:**
  - **Sue Combe** - [pcombe@bresnan.net](mailto:pcombe@bresnan.net)
- **Awards Committee Chair:**
  - **Sharon Crispin** - [rcsc@fiberpipe.net](mailto:rcsc@fiberpipe.net)
- **WAND Range Rider Editor and Website Coordinator:**
  - **Paula Eskam** - [paulae@bresnan.net](mailto:paulae@bresnan.net)



## Looking for a WAND Member?

Check out the Updated WAND Membership List  
on the WAND Website

[www.wyomingdieteticassociation.com](http://www.wyomingdieteticassociation.com)

Member Section

Password: *eatwyo* – press the login button

Please email [paulae@bresnan.net](mailto:paulae@bresnan.net)  
with corrections.

## Health, Nutrition, and Mindful Eating Practices in Rocky Mountain Communities

Wyoming Academy of Nutrition & Dietetics (WAND) Annual Business Meeting and Conference

May 8<sup>th</sup> – 9<sup>th</sup>, 2013

Little America Hotel & Resort, Teton Room, 2800 West Lincolnway, Cheyenne, WY (307) 775-8400; Conf Rate \$89\*/night

Sponsors: WAND, Wyoming WIC Program, WY Beef Council, WDH Maternal & Child Health, Wyoming Coalition of HMHB



### Wednesday, May 8<sup>th</sup>

- 8:15 am- Noon **Nutrition in Maternal Child Health** Cathy Breedon, PhD, RD, Professor, University of North Dakota (UND) School of Medicine and Metabolic Nutrition Specialist at Sanford Medical Center
- 12:00-12:15 pm **Satiety and Protein**, Ann Wittmann, Wyoming Beef Council
- 12:15 pm- 1:15 pm Lunch on Your Own
- 1:15 pm- 5 pm **Nutrition in Chronic Disease** Cathy Breedon, PhD, RD, Professor, UND

### Thursday, May 9<sup>th</sup>

- 8:30 am-10am **Mindful Eating, Compassion, and the Power of Pause**, Donald Altman, M.A., LPC Vice-President, TCME.Org; Mindful Eating Workshop to Follow 10:30 am- Noon (in Wind River Room)
- 10:30 am -noon **Improving Maternal Outcomes with Omega-3 DHA**, Mary Harris, MS, PhD, RD, Professor, CSU
- 12:00 pm- 1:15 pm Lunch on Your Own  
Wyoming Academy of Nutrition & Dietetics Annual Business Meeting & Lunch (WAND Members)
- 1:15 pm-5:00 pm **Tapping into the Power of Influence: Simple Ways You Can Be A More Effective Change Agent**, Pam McCarthy, MS, RD, Principal, Pam McCarthy and Associates

### Conference Registration Form May 8-9, 2013

Name \_\_\_\_\_ Title \_\_\_\_\_  
 Organization \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

#### **PAYMENT**

Full Registration- May 8 <sup>th</sup> & 9 <sup>th</sup> (Wed & Thurs)	\$150	\$ _____
Early Bird Registration- Postmarked by April 11 <sup>th</sup>	\$130	\$ _____
Wednesday, May 8 <sup>th</sup> \$90 _____ or Thursday, May 9 <sup>th</sup> \$90 _____ (Check one)		\$ _____
Donation to American Academy of Nutrition & Dietetics (AND) Foundation	\$10	\$ _____

#### **Exhibition Fair Booth for Non-Profit**

Attach check to WAND, contact: \$50 \$ \_\_\_\_\_

#### **PAYMENT ENCLOSED**

\$ \_\_\_\_\_

Make check to WAND and mail to: Kate Stratton-Schulz, MS, RD, WAND Treasurer, P.O. Box 15510, Cheyenne, WY 82003. For more information, email Barbara Buyske at [barbara.buyske@wyo.gov](mailto:barbara.buyske@wyo.gov); phone (307) 777-3459; or go to: Meetings & Conferences at [www.wyomingdieteticassociation.com](http://www.wyomingdieteticassociation.com).

\* Wyoming State Employee room rate is \$77/night

**Note: No refunds after 5/1/13**



# Project Vote is Back!



Win **one complimentary registration to attend the Academy's Food & Nutrition Conference & Expo** for your affiliate by getting your members involved in **Project Vote!**

**Affiliates** are challenged to increase member participation in the Academy of Nutrition and Dietetics National Election. For the past years, the overall voting percentage for the Academy has hovered at 14%. How has your affiliate performed? **Project Vote** encourages Affiliates to increase participation in the Academy of Nutrition and Dietetics national election.

A complimentary registration for the Academy's Food & Nutrition Conference & Expo in Houston, October 19 - 21, 2013 will be awarded to one affiliate in each of four affiliate size categories with the highest percentage of members voting in the national election.

Candidate information, and past and [current](http://www.eatright.org/elections) voting statistics are available at [www.eatright.org/elections](http://www.eatright.org/elections) > Project Vote.

**Vote** in Academy of Nutrition and Dietetics national election taking place **February 1 through February 22**. If you have immediate questions, send an email to [nominations@eatright.org](mailto:nominations@eatright.org).



The 2013 Wyoming Academy of Nutrition and Dietetics (WAND) Official Ballot was emailed to the WAND membership on February 1<sup>st</sup>.



The elections will close at midnight on 3/1/2013.  
If you receive multiple emails, please only vote one time.

Thank you the nominating Committee  
Debbie, Cheryl and Marguerite

Please contact [debbie.collins@bannerhealth.com](mailto:debbie.collins@bannerhealth.com) if you did not receive a ballot.



BACK BY POPULAR DEMAND!

The Wyoming Academy of Nutrition and Dietetics  
**Annual Silent Auction Fundraiser.**

Get ready for FUN and FUNDraining at this year's  
Annual Conference and Meeting May 8th and 9th  
in Cheyenne at Little America.

We are currently accepting donations and will right up to the event  
in Cheyenne in May. Gather baskets, artwork, unique "made-in-Wyoming" products,  
jewelry, gift certificates, etc. and bring them with you to Cheyenne.

This is always a fun and worthwhile event!  
If you are unable to donate - no problem - bring your cash and checkbook and join in the  
festivities while at the WAND Conference.

For more information, contact Sue Combe at [pcombe@bresnan.net](mailto:pcombe@bresnan.net)  
or at 237-5964 (home) or 277-3786 (cell).

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*Welcome New WAND Members*



**Erin Kyle**

Erin Kyle is a graduate student at the University of Wyoming pursuing a Master's in Nutrition. She has a B S in Kinesiology and Health Promotion and is planning on getting a second bachelor's in dietetics and becoming an RD. Erin currently works as a graduate assistant for Dr. Enette Larson-Meyer and coordinates the Nutrition and Exercise Lab at UW. She is a personal trainer and fitness instructor in Laramie and has an interest in preventing obesity. Erin is excited to be a member of the WDA and is looking forward to meeting the members!



## Continuing Professional Education (CPE) Hours for Licensed Registered Dietitians

- *Each licensee shall earn a minimum of thirty (30) contact hours of CPE during each two (2) year renewal period.*

For Additional Information

Visit the Professional Licensing Boards Website at:

<http://plboards.state.wy.us/>

### The Dietetics Licensing Board Members:

**Mindy Meuli – Chair**

Dietitian – Laramie, WY

**Leisann Paglia**

Dietitian – Cheyenne, WY

**Anne Saunders**

Public Member- Douglas, WY

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### Need CPE Hours...

*Attend the Wyoming Academy of Nutrition & Dietetics (WAND) Annual Conference*  
**Health, Nutrition, and Mindful Eating Practices in Rocky Mountain Communities**  
**May 8<sup>th</sup> – 9<sup>th</sup>, 2013**

Little America Hotel & Resort, Cheyenne, WY

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### Message from Wyoming's Delegate

Any members interested in serving on an Academy national committee should complete opportunities to serve survey.

Link is

[www.surveymonkey.com/s/8TDVD8P](http://www.surveymonkey.com/s/8TDVD8P).

Members also please check out the Fall 2012 House of Delegates meeting outcomes. Go to [www. Eatright.org/hod](http://www.Eatright.org/hod). Go to Fall2012 Meeting, Meeting Materials and then Outcomes.

Cheryl Gray, Wyoming Affiliate Delegate



#### A Registered Dietitian is needed in Casper

Wyoming Medical Center (WMC), Casper, Wyoming, has an immediate opening for a full time Registered Dietitian. This role provides nutrition care related to diabetes self-management, weight management &/or WMC-affiliated or contracted activity. This individual will implement medical nutrition visits, provide community nutrition programs and function as an active member of the multidisciplinary health care team.

Position requires a Bachelor's degree from a 4-year accredited college or university; Registered Dietitian with the Commission on Dietetic Registration and Licensed Dietitian status in Wyoming. Experience in diabetes education is preferred.

Wyoming Medical Center is committed to delivering high quality medical and family care in a safe, service-oriented environment. Understanding the value of convenience to patients and their loved ones, our education staff strive for seamless coordination of diagnosis, treatment and self-management of chronic illness such as diabetes.

Apply at <https://wyomingmedicalcenter.com/career-postings.html>  
or contact Mary Tvedt, RD, LD, CDE at 307-577-7956  
[mtvedt@wyomingmedicalcenter.org](mailto:mtvedt@wyomingmedicalcenter.org)

Wellness Corporate Solutions is in need of a RD in La Barge, Wyoming. They have a client, Exxon Mobile, who would like to have a RD conduct several seminars throughout the year. In addition to being knowledgeable with a variety of subjects that incorporate wellness: stress management, the importance of sleep, fitness and exercise, and of course nutrition. The individual would also need to be comfortable with public speaking and power points.

If interested please contact Dana Gordon.

[dgordon@wellnesscorporatesolutions.com](mailto:dgordon@wellnesscorporatesolutions.com)  
[301-229-7555](tel:301-229-7555)

There is a consultant dietitian job opening at two long-term care facilities in Wyoming

Sheridan Green House in Sheridan Wyoming please contact Chris Szymanski at [cszymanski@sheridangreenhouse.org](mailto:cszymanski@sheridangreenhouse.org)

Kindred Healthcare in Rocksprings, Wyoming please contact Debbie Wood at [deborah.wood@kindred.com](mailto:deborah.wood@kindred.com)

If anyone needs additional information on either of these facilities,  
please feel free to contact me at [307-349-0719](tel:307-349-0719) or [csyoung@q.com](mailto:csyoung@q.com)

*If you have any information you would like to share with the WDA membership  
please email Paula Eskam at [paulae@bresnan.net](mailto:paulae@bresnan.net)*