NEWS BRIEFS

UNIVERSITY OF WYOMING EXTENSION

February 3, 2012

Administrative News from Glen:

I will be at the Wyoming Crop Improvement Association meeting in Powell when *News Briefs* goes to press so I am a little reluctant to comment on budget and matters of the legislature as they could be well out of date when you read them. Oh well…, here goes. The weeks before the beginning of a budget session are always a little unsettling as political posturing and positioning of the issues for the session play out in the press. It is a little more 'interesting' this time as a local Laramie community issue, "protecting the aquifer", has become entangled with the potential sale of a University Foundation owned ranch, the Y- Cross. The beneficiaries of the sale of Y-Cross are the UW and CSU Colleges of Agriculture and Natural Resources, increasing our interest in the outcome. I would guess that some of the folks in your communities are asking you about this because they are certainly asking me. I don't know a lot about it, but what I do know suggests the issue is being accurately framed in the statewide newspapers. They appear to be a pretty good source for general information and understanding of the issue.

I know that, like me, you are disappointed that falling natural gas prices have lowered the state revenue forecasts, stimulating the Governor to pull University and State employee raises from his budget recommendations. As I understand, University leadership is still committed to working with the legislature and governor to get funding for those raises into the University's biennial budget. So I am still hopeful. We'll see what happens.

Winter seems to be taking a breather this week so I am looking for easy travel as I head north to the Big Horn Basin this week. It is a busy time of year with lots of travel for many in Extension. Please be safe on the road. Regards, Glen

Staff Development/Federal Relations News from Susan:

Professional Development News

In-Depth Training – 2012 will be held in Laramie. Reserve **November 5–8, 2012 for the training.** Please block these dates on your calendars now. Initiative teams and CNP will be working on training topics. Representatives on the State Planning Committee include: Kellie Chichester – PSAS; Mae Smith – SMRR; Diane Saenz – NFS; Mindy Meuli – CNP; Juliet Daniels – CDE; and Jennifer Cheney – 4-H; Kelly Crane will serve as administrative liaison.

University of Wyoming Extension – New Employee Training 2012 will be held September 10–14 in Laramie. All new employees hired after November 1, 2011 should reserve these dates.

(continued on page two)

Personnel News:

Crook County 4-H/Youth Educator. Based in Sundance; this is a full time University Extension Educator, non-extended term track position. Position closed and screening is in progress.

CNN Area Community Development Education Educator, position #0286. Based in Natrona County, Casper, WY. This is an extended term track position. Position closed and screening is in progress.

Teton County 4-H/Youth Educator. This position is based in Jackson; a full time University Extension Educator, non-extended term track. Position closed and screening is in progress.

West Area Extension Educator, SMRR – this position will be based in Sublette County. This is an extended term track Extension Educator position. Screening will begin February 13, 2012.

The following open positions will be advertised this winter:

CNN Area Extension Educator, PSAS/ Small Acreage—Horticulture – this position will be based in Natrona County. This is an extended term track Extension Educator position.

Northwest Area Extension Educator, Profitable and Sustainable Agriculture Systems, (Crops). This position will be based in Washakie County, Worland, WY. This is an extended term track position.

REMINDER – when there are county staff changes (administrative assistants or others) please send a note to Cathy Shuster so phone lists and other correspondence can be updated. Thank you!

Staff Development/Federal Relations News from Susan: (cont'd)

ESCAPE – Extension Secretary Conference – a Professional Event will be hosted by Platte County in Wheatland, September 17–20, 2012. We encourage all support staff to reserve these dates for the annual conference.

Civil Rights Tip

One recommendation that came out in the UW Extension Federal Civil Rights review held last June was the need for all county staff to become familiar with the contents of the civil rights files. In most counties these are kept in a plastic storage file case; some counties have moved the reference files to a file cabinet. I would encourage every county to have a discussion and go through these files annually at a staff meeting. The files are set up with information and action items. The yellow files provide information and the blue files have examples or action items. We will be updating the files over the next year.

Reporting Tip

Remember to identify your role when completing annual summaries. Many educators are vague when identifying their role; be sure to describe what you have done and give credit to other team members or partners if they have had a major role. The following are examples:

Weak - "I presented a program on 4-H."

Stronger statement of role: "Developed PowerPoint presentation; organized and publicized program; taught 90 minute section of three hour class on effective 4-H meetings, activities and goals; developed and compiled evaluation of program".

Weak – "Got $5 million dollar grant for fisheries programs."

Stronger statement of role: "Serve on the fisheries issue team; helped research statement of need and reviewed grant written by state specialist".

Customer Service Tip

Wisdom from Experience

The following are words of wisdom from experienced managers with advice that hold true today.

- *"Don't be afraid of the phrase 'I don't know.'"* If you don't know the answer, don't try to bluff. If you're at fault, take the blame. If you're wrong, apologize. A wise person once said, "If you always tell the truth, you never have to remember anything."

- *"Never gossip."* And if someone wants to gossip with you, politely say you're not interested. This corporate adage rings true: When someone gossips, two careers are hurt –the person being talked about, and the person doing the talking.

(continued on page three)

Personnel News:

Farewell to Erin Curtis, part time educator in Campbell County, effective February 1, 2012. Erin started in her position, June 2010. UW Extension thanks Erin for her contributions to the Campbell County 4-H Program and we wish her the best in her future endeavors.

Important Message:

SALE! SALE! SALE!

"UW CES" hats and shirts drastically reduced to 1/2 price!

With our new logo in effect, we have limited selection and sizes from past years.

Shirts @ $10.00

Hats @ $3.00

List of available sizes and colors:

Hunter Green with Beige Logo
Ladies = S, M, L, XL, 2XL
Mens = M, L, XL,

Tan with Black Logo
Ladies = S, L, XL
Mens = S, M, L, XL

Gold with Navy Logo
Ladies = M, L, XL, 2XL, 3XL
Mens = S, L

Brown with Tan Logo
Mens = S, M

Pink with Brown Logo
Ladies = S, M, XL, 2XL, 3XL

Navy with Tan Logo
Ladies = M, L, XL, 2XL, 3XL
Mens = S, M, L

Blue Jean with Brown Logo
Mens = L, XL

Black Vest with White Logo
Unisex sizes = M, L

Black Coat with White Logo
Unisex sizes = 2XL, 3XL

Baseball Caps
Red, Gold, Burnt Orange, Floral

Bucket Hats
Cactus Green

If you'd like to see the different logos or colors, please email or call Cathy Shuster for pictures. Thank you!

Staff Development/Federal Relations News from Susan: (cont'd)

- *"No task is beneath you."* Don't think you are above anything. Be the good example and pitch in—especially if the job is one that nobody wants to do."

- *"Share the credit whenever possible."* Managers who spread credit around look much stronger than those who take all the credit themselves.

- *"Ask for help."* If you think you're in over your head, you are. Before it gets out of hand, ask someone for help—most people enjoy giving a hand. Besides saving yourself from embarrassment, you'll make a friend and an ally.

- *"Keep your salary to yourself*." Discussing salary is a no-win proposition. Either you'll be upset because someone is making more than you, or someone will be upset with you.

- *"When you don't like someone, don't let it show."* Especially if you outrank them. Never burns bridges or offend others as you move ahead.

- *"Let it go."* What shouldn't happen often does. You weren't given the project you wanted, you were passed over for the promotion you felt you deserved. Be gracious and diplomatic and move on. Harboring a grudge won't advance your career.

- *"When you are right, don't gloat."* The only time you should ever use the phrase "I told you so" is if someone said to you: "You were right. I really could succeed at that project."

Source: The Manager's Intelligence Report

Cent$ible Nutrition Program News from Mary Kay:

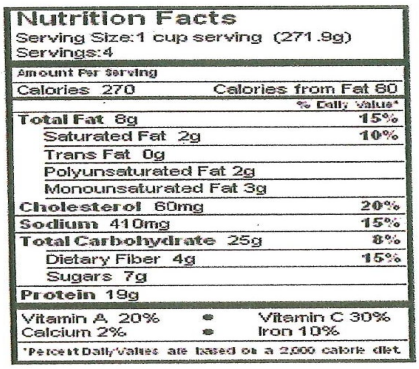
The Cent$ible Nutrition Program has recently compiled a collection of recipes in a booklet called *Anywhere Skillet Recipes*. These recipes use relatively few ingredients, can be made without an oven or stove top and use mostly nonperishable ingredients. The purpose of the booklet is for people who may be living in hotel rooms or other locations without a kitchen. The booklet was compiled by student-worker Sophie Pettipiece who is working on her degree in nutrition. It includes recipes from CNP and from other programs around the country. *Anywhere Skillet Recipes* includes food pantry and commodity distribution sites across Wyoming.

Please enjoy one of the booklet recipes:

Turkey and Curly Noodles

Recipe from Georgia EFNEP

1/2 lb. ground turkey
1 14-ounce can stewed tomatoes
1 15-ounce can whole kernel corn
3-ounce package ramen noodles



Nutrition Facts	
Serving Size:1 cup serving (271.9g)	
Servings:4	
Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Value*
Total Fat 8g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 60mg	20%
Sodium 410mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	15%
Sugars 7g	
Protein 19g	
Vitamin A 20% • Vitamin C 30%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

1. Brown turkey in skillet.
2. Drain grease.
3. Add can of tomatoes with juice to skillet. Drain liquid from canned corn and add the kernels to the skillet.
4. Crumble packet of ramen noodles, add to skillet with the seasoning packet.
5. Cover and simmer about 10 minutes or until noodles are fork tender. Serves 4.