

## Administrative News from Glen:

We are on the home stretch with the Academic Plan. You should have received the final request for review before you read this. We seem to be honing in, as the comments suggested few changes on the third draft. Thanks for your help in this and your patience. We have been at this planning effort for a year now and I believe we have made a good effort at gathering stakeholder and internal UWE input, and developing a plan based on the input received and our best assessment of future needs and opportunities. Thanks and congratulations.

Congratulations also on a successful 4-H and Fair season. From where I stand, it looks like a success all the way around. I was particularly excited by the 100 years of 4-H celebration held on Saturday afternoon of State Fair. It was organized by the State 4-H Office (thanks Lindsey and Johnathan) and was an unusual success by any measure. Senator Enzi and Governor Mead paid great tribute to 4-H on its 100 year anniversary in Wyoming. However, it was the testimonials of Representative Lummis and Kate Barlow, a recent 4-H alum, on the impact of 4-H in their lives that made the afternoon. Representative Lummis attributed much of her success in public life to the skills she learned in 4-H. A very impressive celebration of an amazing youth development effort over the past 100 years!

Safe Travels, Glen

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## Administration Note:

After the second year of the review process for county coordinators, we are pleased to announce new county coordinators in the following counties –

Big Horn County – Gretchen Gasvoda-Kelso  
Carbon County – Cathy Craig  
Johnson County – Rachel Vardiman  
Uinta County – Bridger Feuz

Barton Stam, Hot Springs County will remain as county coordinator for another term, as will Karla Case of Natrona County.

Although not in the current cycle of review, after two years of serving as interim county coordinator, Bill Taylor has stepped down and Brian Sebade has accepted the county coordinator role in Crook County.

A huge THANK YOU goes to all the outgoing county coordinators – Ron Cunningham (interim in Carbon County), Bill Taylor (interim in Crook County), Blaine Horn, Dallen Smith and Dawn Sanchez – for all of their years of service and great leadership in this capacity.

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## Personnel News:

We are pleased to announce that Jennifer Wellman joined the Wind River Reservation Extension office in August as the new Extension Educator. She will be working on the Tribal 4-H program, developing after school 4-H curriculum and promoting natural resource projects that encourage youth and community involvement. Jennifer comes to UW Extension with a strong background in hydrology, environmental education, tribal natural resource management and substantial experience and proven success as a youth educator. She received her Bachelor's degree from the University of Arizona in Geography and Water Resources and completed coursework for a Master's in Watershed Science from Colorado State University. She developed a nationally-recognized outreach program for youth from the Pueblo of Santa Ana and hopes to develop more projects related to water on the Wind River Indian Reservation to increase community participation in watershed management and improve the 4H program's approach to water issues.

**Natrona County Extension Educator, PSAS – Position #0524, based in Casper. This is an extended term track, Assistant or Associate UEE position. Screening is underway.**

**Natrona County, 4-H and Youth Development Educator – Position #0401, based in Casper. This is a non-extended term position. This was a failed search and will be re-opened soon.**

**Sweetwater County, 4-H and Youth Development Educator – Position #4031, based in Rock Springs. This is a non-extended term position. Screening will begin October 11, 2013.**

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## Staff Development/Federal Relations News from Susan:

### **Professional Development News**

November 4–7, 2013 - EPIC (Extension Professional Improvement Conference). The bi-annual conference will be held in Casper. The Ramada Plaza Riverside will serve as the conference hotel and meeting site. Theme for this year's conference is "Yesterday, Today, and Tomorrow". The committee has an excellent agenda planned. Hopefully as you read this, EPIC registration will be out. Registration is required with the deadline of October 2, 2013.

**ESCAPE – Extension Secretary Conference, a Professional Event**, will be held October 1–4, 2013 in Evanston. Save the date!

### **Reporting Tip**

**REMINDER #3:** UW Extension on-line reporting which captures time and contact information for reporting for October 1, 2012 – September 30, 2013 **must be completed by October 7, 2013**. We are exploring options to develop or purchase a new reporting system, but for now we continue to use the current system. Theresa Chavez has developed some excellent instructions, including instructions on how to use this system on Mac products and I-pads. Please check out the link below.

[http://www.wyomingextension.org/wiki/index.php5?title=Learning\\_Guide:CES\\_Reporting](http://www.wyomingextension.org/wiki/index.php5?title=Learning_Guide:CES_Reporting)

**Remember, for State Extension Specialists, completion of your on-line reports is required for release of extension support dollars to your department.** If you need help, please contact Theresa Chavez or Susan.

### **Civil Rights Tip**

It will soon be time to start the new 4-H program year (October 1<sup>st</sup>). Remember every county should have signed non-discrimination assurances on file from every 4-H club. If you need more information, contact one of the state civil rights advisors: Bridger Feuz, Scott Hininger, Mary Louise Wood, Julie Daniels, Ashley Garrelts, or Susan James.

### **Customer Service Tip**

Sam Glenn is a motivational speaker I heard a few years ago at a UW conference. He sends motivational e-mails, and I thought this one might be pertinent to some in Extension. You can sign up for his e-newsletter by going to his Website: [www.SamGlenn.com](http://www.SamGlenn.com).

Hey All!

Do you work with negative people? Here is my quick advice:

1. Set up boundaries so you limit your time with them. Instead, surround yourself with positive people who share your vision for creating an engaged culture.
2. Do not engage the negative Nancies (or Neds) in their negativity; doing so only gives them the attention and energy they want, and makes you miserable in the process.
3. Understand that you can't choose others' attitudes for them; that is their job. You can be an example, but don't try to force change upon those who are unwilling.
4. Know your attitude boosters. When your attitude batteries are running on low, know what will replenish you to be your best. This may include reading a positive quote, calling a friend, visiting a positive co-worker, taking a walk—or anything that recharges you.
5. And last, my favorite: keep a good sense of humor to bring balance, peace, and energy to your attitude. In fact, try to laugh every day. If you have trouble, watch some of my videos—I can help make that happen!

Positive Thought: "It's always up to you to choose the attitude you bring to the day. Choose before you get out of bed!" -Sam Glenn, The Attitude Guy

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## **Cent\$ible Nutrition Program News from Mary Kay:**

CNP is pleased to welcome two new educators on the Wind River Indian Reservation.

Jolene Catron started on June 3rd. Jolene has worked on the Reservation for many years as Executive Director of the Wind River Alliance. She has worked with youth as a natural resource educator and served in the Marine Corp.



Kathy Ridgely started on August 19th. Kathy has worked on the Reservation over twenty years. As a former CNP graduate, she is well-suited to this new position.