

THE YELLOWSTONE NEWS



FEBRUARY 19, 1999

NPS EMPLOYEE NEWSLETTER



This pigmy owl watches warily for freeloading Magpies who just may want his dinner. The owl has been frequenting Ann Johnson's woodpile in Lower Mammoth. Photo courtesy Ann Johnson

YFEA Seeks New Officers

Elections for new officers of the Yellowstone Federal Employees Association will be held this year in April. The organization's board consists of a President, Vice President, Secretary, and Treasurer. Each office is held for one year and the board meets frequently throughout the year to help plan employee functions which include luncheons, benefits, and theme parties.

An Events Coordinator and Outreach Coordinator also make up Yellowstone Federal Employees Association's organizational team and these positions are voluntary.

Nominations for any of these positions can be sent to Jan Laye in the Superintendent's Office or by calling her at x2003. Why not help head one of the most popular organizations in Yellowstone? Or, ask your friends if they would be interested in helping out.

PERSONNEL NEWS....

New Permanent:

David HILL	EEO Lake
Julie Hannaford	Park Ranger LE West Entrance
Rene Farias	Office Asst. Lake
Ann Deutch	YCR Admin. Support Assistant
Greg Williams	Telecommunications Equip. Operator

Welcome Back:

Curt Dimmick	Park Ranger LE Old Faithful
Peter Schmidt	Telecommunications Equip. Operator

PROMOTION:

Barb Agle	Property Management Technician
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WELCOME TO YELLOWSTONE:

Jim Kitchen	Prescribed Fire Specialist
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STUDENT CAREER EXPERIENCE:

Aric Werner	Utility System Operator at Madison
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QUOTABLE QUOTES

"I HAVE YET TO FIND THE MAN, HOWEVER EXALTED HIS STATION, WHO DID NOT DO BETTER WORK AND PUT FORTH GREATER EFFORT UNDER A SPIRIT OF APPROVAL THAN UNDER A SPIRIT OF CRITICISM." CHARLES SCHWAB



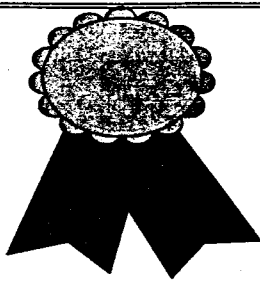
New Arrivals

Congratulations to Budd and Susan Breining, former Yellowstone Park employees, on the birth of their daughter Elli Mae Breining. Elli weighed in at a healthy 7 lbs.5 ozs. Budd, Susan and Elli are residing at 4135 Vista Trail Drive, Helena, MT 59602.

Congratulations to Doug and Catherine Lentz who welcomed Connor Bentsen Lentz into their lives on December 27. Connor weighed in at 8 lbs., 8 ozs. and measured 21 inches.

Another new face for Yellowstone is Hayden William Blackford, the son of Tami and Bill Blackford who joined the Yellowstone community on January 30, 1999. He weighed 7 lbs., 7 ozs.

Much happiness to all the new arrivals and their parents!



Recognize Your Fellow Employees with Peer Awards

Also known as the Yellowstone Award this is a non-monetary award, which YOU the employee can initiate to recognize outstanding performance of park employees by YOU their peers. The nominating employee prepares the nomination through the use of Form DI-451, memorandum, or sends a note to the Administrative Office. A short justification is necessary for the Superintendent's approval; Supervisor or Division Chief approval is not required. The employee should also indicate how and when they would like to see the award presented. The Administration office will maintain a small inventory of items to be used for this non-monetary award. Recent recipients of this award include, Judy Lanning, D.L. Selkirt, Richard Ranc, Michael Corbest, Susan Nell, Sue Thompson, Lori Gruber, Pamela Obernesser, Jim Evanoff, Virgil Hall, Tom Stone, Nick Ricardi, Dennis Clark, Frank Albrecht, Bette Cates, Alan Whiteside, Glenn Lacey, Lauryl Mack, Rick Gordon, Judy Jensen, Chris Hansen, and Terry Carroll-AOC (Special Recognition). Congratulations!

Community Events

- * **Hunter Education Courses** will be February 18, 19, 25, and 26, with the final test on February 27. Hunters under age 18 must have passed a hunter Education course in order to purchase a hunting license. You must be 12 years old by November 30, 1999 to receive a certification card. Students must attend all classes, attend a field day, and pass a written exam in order to earn their Hunter Education card and be eligible to hunt during the 1999 season. To get more information or sign up please call Bill Oestrich at 848-7700.
- * **VET VISIT:** Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, February 19 from 2 p.m. to 5 p.m. No appointment necessary.
- * **The Mammoth Hamilton Store** will be closed from March 8-13 for carpet replacement. We apologize for any inconvenience this may cause. We will reopen March 15 with hours of 9 a.m. to 6 p.m.

Classified Ads

For Sale: 1989 Chevy K1500, 1/2 ton, 350, auto, 4x4, shortbox pickup. New tires, new battery, looks and runs great. 142,000 miles, \$5,500. Call (406) 333-4435 eves. after 6:30 p.m., and weekends.

For Sale: 1982, 4-wheel drive American Eagle SX250, 2-dr., lift back, good condition, has been garaged, two extra mounted tires w/vehicle, \$950 OBO. 848-7744.

For Sale: 1990 Spectrum fish or ski boat, model 1950, alum. OMC-Cobra, inboard/outboard, 128 hp, 4 cyl., Ford Engine, 2.30hc, suntop, travel and mooring cover, galvanized EZE load trailer, book is \$11,950, will sell for \$9,000. Call Bill Tyson at 848-7553.

For Sale: Fisher waxless skis. 3-pin bindings, size 210's. \$25. 344-7750 and leave a message.

Lost: Someone left/lost a pair of gloves at the Garage in early December and never returned to claim them. They are black and purple, Saranac gloves, men's medium. They have been sent to lost and found, so claim them there.

Wanted: Used sewing machine in good condition. Portable preferred. If you have such an item, please call 344-2204 or 223-1229 and leave a message.

Employment Opportunity: The Yellowstone Association seeks an Area Manager (\$8.20/hr.) and Sales Assistant (\$6.50/hr.) for bookstore at Albright Visitor Center in Mammoth. Season runs from May 10 to October 10, 1999, 30-40 hours per week. Requires hard work and commitment to customer service. Rewards include a fun work environment and the satisfaction of knowing that all proceeds support education and research at Yellowstone. Please call Diane at 344-2294 to request an application.

Recipies Worth Keeping

Mary Lynn's Clam Chowder (Due to Popular demand...)

<i>You will need....</i>	<i>$\frac{3}{4}$ cup margarine</i>
<i>1 quart half & half</i>	<i>2 cans of minced clams</i>
<i>$\frac{3}{4}$ cup flour</i>	<i>1 cup chopped onion</i>
<i>1 $\frac{1}{2}$ teaspoon of salt</i>	<i>1 cup chopped celery</i>
<i>Dash of pepper</i>	<i>1 cup diced potatoes</i>
<i>$\frac{1}{2}$ teaspoon of sugar</i>	

Drain juice from clams and pour over vegetables in medium saucepan. Add enough water to almost cover them. Cover and simmer until potatoes are tender. Make a sauce of margarine and flour, and add half & half, blend and cook, stirring constantly until smooth and the mixture thickens. Add salt, sugar, and pepper. Add the cooked vegetables and liquid to white sauce and mix in clams. Heat through. Salt to taste. Serves six.

A Big Thank You !!!

The Yellowstone Association staff: would like to thank everyone who helped to make their annual holiday booksale and open house such a huge success. With your help they generated more than \$7,800 this year. The proceeds will support educational projects in the park.

Also, a note from recently retired Stu Coleman:

Thanks for the phone calls and cards concerning my recent retirement from well wishers. My retirement coffee was canceled for reasons beyond my control. Come warmer weather, Pat and I will have a cookout/potluck at the Horner's Nest in Paradise Valley for friends wishing to come. Thanks again, Stu.

From Edith and Adolph Peterson: Thank you to all of our friends and co-workers who sent cards, food, and remembered us in prayer when my brother passed away. The flowers are beautiful, thanks Yellowstone Federal Employees Association for thinking of us. It is great being a part of such a large, caring family. To Jan and Jean, a special thanks for taking over and assisting Si with the office paperwork while I was away.

From the Sign Man: I wish to thank everyone who worked on the recent remodel of my office/work space. To Mike and Pete for the great floor, Mike C. and Jim T. for the great paint job on my desk, etc., Jim A. for your expert taping job, the electricians for lighting up my life, and Tom S. for all his plumbing expertise. I appreciate you all! *Virgil Hall*

MAMMOTH QC Addresses Projects

With the quality circles throughout the park up and running, we felt it would be a good time for the Mammoth Quality Circle (MQC), to present itself and give an overview of its activities to park employees.

Our Mission Statement: " To identify and help implement improvements in the quality of the visitor experience and employee work life in and around the Mammoth area and to serve as a catalyst for communications between divisions."

A few of the issues/projects currently being addressed by MQC sub-committees:

- Pedestrian trail between Upper Mammoth and Lower Mammoth housing area
- Installation of handrails on the steps of the Albright Visitor Center
- Pedestrian traffic flow in the Mammoth area
- Headquarters area employee parking
- Safety of Lower Mammoth playground equipment
- Hazardous snow/icefall from roof of the New Garage

The MQC has other projects under consideration, and some issues previously presented to the committee have already been mitigated or referred to more appropriate offices for handling. There are potentially many more issues to be addressed than the members of the MQC can adequately handle as new issues are coming before the committee each month. As new projects are identified, it is our hope that employees interested in particular issues might become members of sub-committees assigned to those projects. Employees could see projects of personal interest through without having to be regular members of the MQC.

In the future, we hope to make MQC updates available to all Mammoth employees through cc:Mail. We hope that sharing this information will spur an interest in the committee and may result in the involvement of more employees in MQC projects. Questions or concerns may be addressed to Willie Burkhardt or Michelle Kerns.

YFEA Movie Library Grows

There are about 247 titles to select from (at no cost) if you're a Yellowstone Federal Employees Association member. Movies are located in the Finance Office. Self-serve style. Interior people can contact Kathy Hoak by phone at 344-2055 or ccMail and she'll send on the courier. Must phone by noon Monday for Tuesday's courier and noon Thursday, for Friday's courier.

Some new additions include:

*The Mask of Zorro
Nutty Professor
Grumpy Old Men*

*Little Rascals Movie
Liar Liar
Grumpier Old Men*

*Wedding Singer
Mr. Holland's Opus
Armageddon*

And for Children:

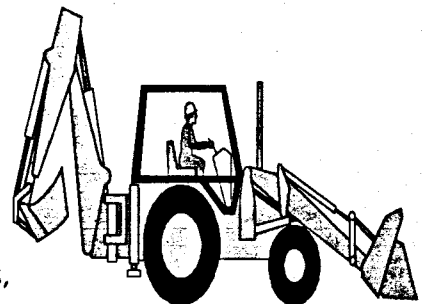
Airbed

Flabbier

A Goofy Movie

A Message from Your Hardworking Snow Crew:

Please refrain from parking on sidewalks. It's impossible to clear the walks when your car is parked in the path of the snow removal equipment. And, pedestrians, please be aware of the snow removal equipment when parking lots, etc. are being cleared. Sometimes it's hard to see anyone directly behind the equipment. Please be aware and don't get hurt. Thanks for your help!





The Healthy Fridge

10 Tips for a Heart-Healthy Refrigerator

- ♥ Take stock of what's inside. Once a month, pull everything out and separate the better-for-you foods from the rest. Make sure you have more low-fat, high-fiber and low sugar foods than other types, and, if not, consider gradually reducing the number. Choose more low-fat and fat-free dressings, condiments, sauces and tablespreads instead of full-fat ones.
- ♥ Hide desserts. Stow away desserts and other indulgent foods in the crisper, so they're "out of sight, out of mind." Most of the time, healthier foods like fruits and vegetables are the ones that perish the quickest and, therefore, should be kept on the refrigerator shelf where you can see and eat them. (*Americans on average waste about \$10 a week on produce that spoils.*)
- ♥ Organize by "more" and "less." Divide your refrigerator into different sections of "choose more often" and "choose less often." This could be by shelf or within the shelf, always keeping healthier foods up front and less-healthy foods toward the back
- ♥ Substitute lower-fat foods for higher-fat ones. Some examples include skim or 1% milk for whole milk; soft margarine for butter; and lean meats, chicken and fish for ribs, ground meat and other fattier meats. A simple substitution like soft margarine for butter over a week's time can save you an entire day's worth of saturated fat
- ♥ Make healthy eating fun for the family by color-coding foods with stars or heart stickers --- use green for heart-healthy, and red for less healthy.
- ♥ Make healthy food appealing. Keep an indulgent topping or accompaniment next to a healthy food to make it more appetizing. Next time you want a snack, you'll be more likely to eat something healthy if the mixed nuts are next to the low-fat yogurt, or the chocolate syrup is beside the skim milk, ready to be mixed together.
- ♥ Prepare leftovers as a meal for the next day. Put the entree with the vegetables and other side items on a plate and cover for the next day's lunch or dinner to create a do-it-yourself balanced "TV" dinner.
- ♥ Prepare foods as "ready to eat" meals when you come home from grocery shopping. Cut up vegetables and fruits and store them in containers, so they'll be ready for the next meal or when you come looking for a ready-to-eat snack.
- ♥ Freeze foods in portion sizes to make healthy eating easier. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? The standard serving size for pasta is one cup (or the size of a Walkman) and half a cup for vegetables (about the size of a tennis ball).
- ♥ Freeze fruit for fun. Freeze fruits such as bananas, grapes and orange slices to make them more fun to eat for children. Next time they want a sweet snack offer them frozen fruit rather than ice cream.



Good Nutrition

A Family Affair

What Should I Eat?

Foods to Choose More Often and Less Often

Eating a diet with the right amount of calories and that is low in total fat, saturated fat, and cholesterol is a balancing act. One way to assure a varied, healthy diet is to wisely choose foods every day as indicated by this chart:

Foods	Choose More Often	Choose Less Often
 Meat, Poultry, Fish and Shellfish	Lean cuts of meat with fat trimmed; poultry without skin; fish and shellfish; lean luncheon meat (e.g., turkey)	Fatty cuts of meat; bacon and sausage; organ meats; fried chicken, fish and shellfish; high-fat luncheon meat (e.g. salami)
 Eggs and Dairy Products	Egg whites; egg substitutes; skim or 1% milk; low-fat or nonfat cheeses; low-fat or non-fat yogurt	Egg yolks; whole milk or 2% milk; whole milk products (example: cheese, yogurt)
 Fats and Oils	Margarine products (made from unsaturated oils, including reduced-fat or non-fat varieties); reduced-fat or non-fat salad dressings (including mayonnaise); liquid cooking oils; seeds and nuts	Tropical oils; butter; lard; bacon fat; shortening; full-fat salad dressings; coconut
 Breads, Cereals, Pasta, Rice, Dry Peas, Beans and Soy Products	Whole-grain bread, cereal, pasta and rice; dry peas; beans; baked goods made with unsaturated oil or margarine	Egg breads; granola-type cereals; pasta, rice, dry peas or beans made with cream, butter or cheese sauce
 Vegetables	Fresh, frozen, or canned prepared plain or with lemon juice, broth or small amounts of unsaturated oils or margarine	Vegetables prepared with butter, cheese or cream sauce
 Fruits	Fresh, frozen, canned or dried fruit; fruit juice	Fried fruit or fruit served with butter or cream sauce
 Sweet and Snacks <i>Keep in mind that while many of these products are low in fat, they still contain calories.</i>	Candy such as gumdrops; low-fat or fat-free frozen desserts (yogurt, sherbert, fruit ices, ice cream), low-fat cookies/cakes; flavored gelatins; pretzels; baked snack chips; air-popped popcorn	Candy and baked goods made with butter, cream, or tropical oils; high-fat ice cream and frozen desserts; doughnuts; regular snack chips

OPEN HOUSE

There will be an informational "Open House" on the Arch Park Project, a cooperative effort between the Gardiner Chamber, Park County and the National Park Service, at the Gardiner School Multi-Purpose Room on February 22, from 7-9:00 PM. Refreshments will be served. Please come and see the plans for the Arch Park.

FOR SALE

344-8892

guns

Sig P-22 45 caliber semi-auto pistol
night sights, a thumb-break custom-made cordova holster by
Mountain Leatherworks, has shot only 33 rounds **\$700.**

Marlin 45 caliber carbine semi-auto rifle **\$200.**

Remington model 11-48 12 gauge shotgun **\$200.**

tires

175/70R13 studded snow and mud radials, set of two **\$30.**

205/75R15 steel-belted radials one tire, a good spare **\$15.**

motorcycle

'79 Kawasaki LTD 1000
100 miles on tires, HJC helmet **\$1300.**

pick-up truck

'91 Nissan King Cab with topper

midnight blue color, Raven topper with matched color is one year
old, Cooper tires, brand new class A U-Haul hitch system,
111,350 miles.

SKI SPECIALS

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THERE ARE TWO UPCOMING SKI SPECIALS OFFERED BY THE LIVING STEPS WELLNESS CENTER IN LIVINGSTON:

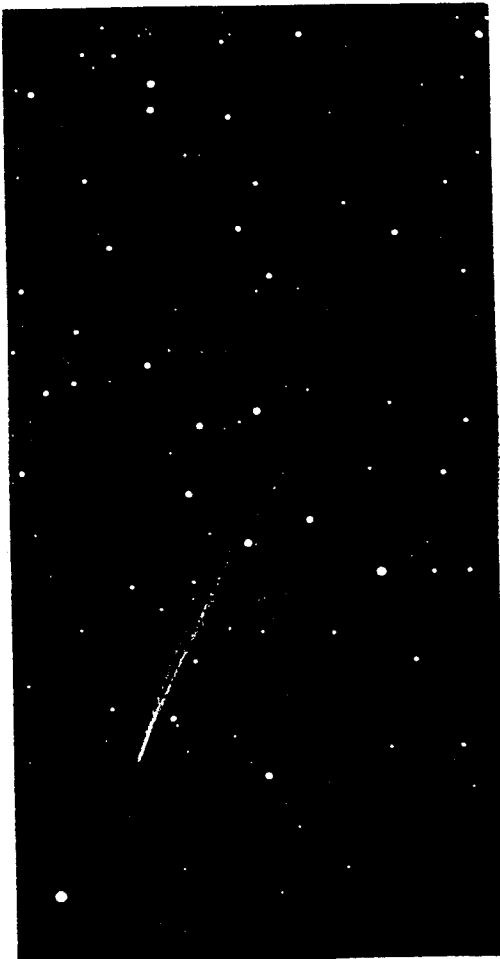
MARCH 20TH, SATURDAY, SKI SPECIAL TO BIG SKY: Tickets are \$28.00 for adults, and \$21.00 for children 11 to 16. Children 10 and under are free with an adult. Call the Firehall Fitness Center at 406-222-8716 to get on the list and prepay for tickets.

MARCH 6TH, SATURDAY, SKI SPECIAL AT SHOWDOWN: Tickets are \$19.00 for adult, \$11.00 for children. Ski Rental for \$12.00, lessons \$8.00, snowboard rentals are \$12.00. Call Living Steps Wellness Center for additional information at 406-222-8282.

Resource Seminar

LAKOTA STAR KNOWLEDGE

**by Joseph Chasing Horse,
Lakota Spiritual Leader**



All interested persons welcome

Thursday, February 25, 1999

2:00 p.m.

Mammoth Hotel Map Room

Science Seminar

**Travels with Schullery: "The Brown Bears of
Katmai"**



**by Paul Schullery,
Yellowstone Center for
Resources**

All interested persons welcome

Monday, March 8 1999

11:00 a.m.

Superintendent's Conference Room