



COUNTY OF FILLMORE Employee News

UPCOMING EVENTS:

JULY

4	Independence Day (Holiday)
7	Commissioners' Meeting
10	Payroll Check Date
14	Commissioners' Meeting
21-25	Fillmore County Fair
24	Payroll Check Date

UPCOMING EVENTS:

AUGUST

4	Commissioners' Meeting
	Wellness Healthy Grill
7	Payroll Check Date
11	Commissioners' Meeting
21	Payroll Check Date
25	Commissioners' Meeting



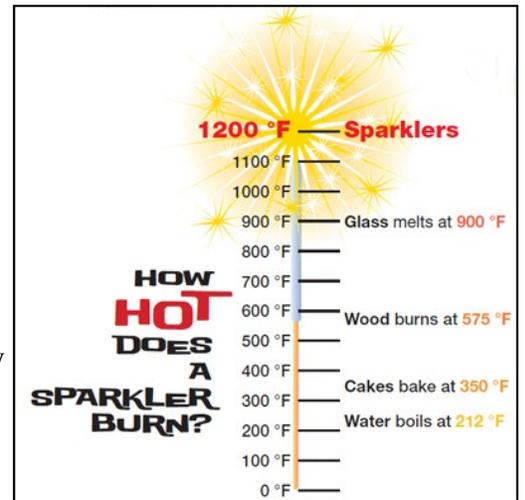
FIREWORKS SAFETY TIPS

UPCOMING EVENTS:

September

1	Commissioners' Meeting
5	Payroll Check Date
7	Labor Day Holiday
8	Commissioners' Meeting
18	Payroll Check Date
	Yoga Presentation
22	Commissioners' Meeting

Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:



BE CAREFUL!

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

Have a **SAFE** and Happy 4th of July Holiday!



Keep in mind



"Did your doctor say 'eat more fish' or 'eat fish more often?'"



"Thank you for calling The Yoga Studio. To learn more about the benefits of yoga, press 1 with your pinky toe and hold it for 20 minutes."

FILLMORE COUNTY WELLNESS ACTIVITIES FOR 2015

1. **AUGUST:** Save the date of **August 4th** to attend a “Healthy Grilling” event to be held in Conference Rm. 108 at the Fillmore County Office Building. The tentative menu at this time for the event will be grilled turkey burgers with a salad and frozen fruit bar. The event will be held from 11:30 a.m. to 1:30 p.m. More information will be sent out closer to the date of the event.

The Wellness Committee unanimously voted and approved at their June 2nd meeting the “vision” of the County Wellness Program to be **“Fillmore, Fun & Fit”** and the “mission statement” to be **“To improve the health, well-being and quality of life for all Fillmore County employees by empowering people to promote and model positive attitudes and behaviors through a lifelong commitment to wellness.”**

The Wellness Committee requests your help! **We need a “logo” for our County Wellness Program.** The Wellness Committee would like to ask County employees to submit a design of a logo, or a suggestion for a logo, to the Coordinator’s Office by **Friday, July 17th**. The logo should incorporate the vision and/or mission of our Wellness Program. At the next Wellness Committee meeting to be held July 21st, the committee will select from the designs submitted and the employee with the winning entry will win a prize!!! The announcement of the winning entry and prize will be given at the “Healthy Grilling” Wellness event to be held on Tuesday, August 4th. **Please help us out!!**

An example of a logo design could be as follows:



2. **SEPTEMBER:** National Yoga Month

Employees will have an opportunity to learn about the health benefits of Yoga. Nancy Martinson will be here on Friday, September, 18th to provide a presentation about Yoga. Watch for further details to be announced soon!!

3. **NOVEMBER:** Brain Teasers

4. **DECEMBER:** Wellness Bingo

REMINDER: If anyone has any suggestions for a “Lunch & Learn” topic of interest or if anyone would like to volunteer to provide a half hour presentation for County employees on any “wellness” topic—please call the Coordinator’s Office at 765-4566 and we will set this up for you. The Wellness Committee would LOVE to hear from you! Some suggestions could be—bicycling, exercise, weight coaching,

FILLMORE, FUN & FIT

WELLNESS COMMITTEE

Leroy Eickhoff, Audrey Inglett, Danae Larson, Mitch Lentz, Jennifer Peterson,
Brenda Pohlman, Darrell Schmitt & Bobbie Vickerman



TOMATOES, Tomatoes, Tomatoes, Tomatoes!!

Check out: Minnesota's Bushel Boy, Grown in Owatonna, MN



Yes— there are year round tomatoes—in Minnesota!!! Yay! Who knew?

Knowing that there is a place so close to home growing tomatoes year round, felt obligated to share this information with you all. Bushel Boy Farms was founded in Owatonna in 1990 with a simple desire to grow fresh, vine-ripened tomatoes year-round. Check out their site at <http://www.bushelboy.com/about-us/our-story/>.

Kaitlin Anderson, RD,LD, from HyVee North in Rochester, wrote about a tour she had of the Bushel Boy Farms' greenhouse in a recent paper column entitled "Cart Smarts" in the Rochester Post Bulletin. Intrigued and because I love tomatoes—I had to check the site out for myself. Below are just a few of my findings from the Bushel Boy Farms site:

Some healthy facts: "Tomatoes are the most important non-starchy vegetable in the American diet," according to the *American Journal of Lifestyle Medicine*. Researchers found that tomatoes are the biggest dietary source of lycopene, a powerful antioxidant offering a wealth of health benefits. Researchers have linked eating tomatoes with decreasing the risk of cardiovascular disease, osteoporosis and certain kinds of cancers. Unlike the nutrients in other vegetables, the lycopene in tomatoes isn't diminished by cooking or processing—in fact, it becomes more available for use by your body.

Storage tips to keep tomatoes tastier and last longer:

- Don't put tomatoes in the fridge. It robs them of flavor and turns the flesh mealy.
- Store them stem-side down in a bowl or basket so they get some air circulation.
- Keep away from ripening fruits as they can cause your tomatoes to spoil faster.



MN's Bushel boy tomatoes **can be found** at HyVee, Cub Foods, Target, COBORN'S, and County Market—to name a few grocery stores.

Greek Bushel Boy Tomato and Feta Salad



Ingredients:

- 2 Bushel Boy tomatoes, cut into 1-inch chunks
- 5 ounces Feta cheese
- Mixed greens salad
- Sweet onion, cut into 1-inch pieces
- 2-3 mini cucumbers, cut into 1/2-inch pieces (optional)
- Black olives (optional)
- 2-3 tablespoons sliced fresh basil
- 2 tablespoons Italian or Green salad dressing

Directions:

Mix all ingredients and serve immediately or chill 15-30 minutes before serving.

Tech Tip from Information Systems

Having computer problems?

Be sure to use the “help desk”, which can be accessed through the County Intranet or you can e-mail Help-Desk@co.fillmore.mn.us.

Help desk requests will be responded to quicker than calls or e-mails directly to the staff!

We use the help desk information to assist in prioritizing the work flow, but also to record constant issues with computers.

Thank you!

Bobbie



NEWS FROM THE ACTIVITY GROUP

We had another successful Food Drive for the Fillmore County Food Shelves, which we started in May and was extended through June. Below are some pictures of the food that was collected. *Thanks to everyone for your participation in this activity!



It was with great disappointment that the Preston Park Picnic for County employees and their families, scheduled for Saturday, June 20th had to be cancelled due to the stormy weather forecast. But, do not despair as the picnic will be rescheduled for later in the summer. New date and time will be announced later.

Remember to wear your jersey (to support your team— “any team”) for those interested for a lunch grill out—Friday August 14th at the Servicemen’s Club after work.

On Friday, October 30th, there will be a Halloween costume competition with an international foods lunch.

Christmas for Kids in Fillmore County, sponsoring local families, will be late November into early December.

Ugly Sweater Contest is being scheduled for Friday, December 18th.

Please mark your calendars for Saturday, January 23, 2016, for the Winter Party. (X-mas Party)

Jem Theatre County Movie, will be in early February, 2016.

Flooding, Flash Floods



Nationally, floods claim nearly 200 lives each year, force 300,000 persons from their homes and result in property damage in excess of \$2 billion. In Minnesota, floods kill more people than any other weather event; 15 people have died in floods since 1993.

About 75 percent of flash-flood deaths occur at night. Half of the victims die in automobiles or other vehicles. Many deaths occur when people drive around road barricades that clearly indicate that the road is washed out ahead.

In 2007, a deadly flood occurred August 18-19 in southeast Minnesota, killing seven people and destroying hundreds of homes and businesses. A state record for rainfall was set at Hokah — 15.1 inches in 24 hours — while several other areas received more than eight inches of rain.

Driving Safety

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles. Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

What to do in a Flash Flood

Flash floods occur within six hours of the beginning of heavy rainfall. Below are some guidelines for keeping safe during a flash flood:

- Be prepared to evacuate and go to high ground immediately.
- Get out of areas subject to flooding, such as low spots, canyons, washes, etc.
- Do not attempt to cross a flowing stream on foot. Even water only six inches deep, when moving at a high rate of speed, can knock you off your feet.
- Never drive through flooded areas or standing water. Shallow, swiftly flowing water can wash a car from a roadway. Also, the roadbed may not be intact under the water.
- If the vehicle stalls, abandon it immediately and seek higher ground. Rapidly rising water may engulf the vehicle and its occupants.
- Be especially cautious at night when it's harder to recognize flood dangers.
- Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.
- Understand the difference between a Flash Flood Watch and a Flash Flood Warning

Know the Terms

Flash Flood Watch:

Flooding is possible.

Flash Flood Warning:

Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

**Information from the National Weather Service site.*

For extensive information, resources and data about flooding in the U.S. from the National Weather Service (NWS) download the NWS Information book [Floods, The Awesome Power](#) or visit the [NWS Flood Safety website](#).

These four words could save your life: **TURN AROUND, DON'T DROWN**



Upcoming events in the area to keep you active—

BE SURE TO MARK YOUR CALENDARS

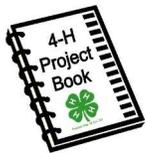


Harmony's 4th of July Celebration

July 3rd—5th, 2015

Check out the Open Skate from 4:00 p.m.—7:00 p.m. on Friday, July 3rd, plus the **Harmony Hustle 5K and 1K Kid's Challenge** at the Harmony Visitor Center, sponsored by Harmony Lions Club & ACS Chuggers Relay for Life Team and then the 9:00 a.m. **"Best Shot 9 Hole Golf Tourney"** at the Harmony Golf Course on Saturday, July 4th. Lots of food, beverages, entertainment, bingo, dancing, art show, parade and, of course, fire works!

Celebrate 4th of July in Harmony!!!



Be sure to check out the FILLMORE COUNTY FAIR JULY 21-25, 2015



Celebrating 157th anniversary!

The Fillmore County Ag Society is hosting a **5K Ribbon Run** on Saturday, July 25th at 7:30 a.m. The race location is the east end of the fairgrounds, starting and finishing in the same location. Entry fee is \$25.00 with proceeds supporting the Fillmore County Fair. For more information contact: Jennifer Pickett; fillmorecountyfair@fillmorecountyfair.com.

Enjoy the horse, sheep, goat, llama and beef shows; the food, the mutton busting, the arm wrestling, the rodeo, the pedal tractor pull, the bean bag tournament, the demolition derby, the carnival rides and the bands at the beer barn!



Uff-Da Days in Ostrander will be held on July 9th—12th, 2015

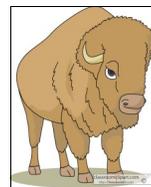
Some events planned are car show, **5 K walk/run**, Street dance with "Lost Highway", Volley Ball tournament, Kids carnival, mud bogs, cook off, tractor pulls, kids peddle pulls, parade and more!

ATTEND RUSHFORD DAYS

July 13, 2015 – July 19, 2015

Car cruise, food vendors, bingo, fest tent (live music: *Trouble Shooter* Friday night and *The Dweebs* Saturday night), fly-in and plane rides, softball tournament, mutton bustin, pancake breakfast, 3-on-3 basketball tournament, tractor pull, wine tasting, kids pedal tractor pull and many more kids games/activities, car show, grand parade, kiddie parade and family dance....and so much more!

You will not want to miss it!



31st Annual BUFFALO Bill Days

Friday, Saturday, &
Sunday

July 31st, Aug 1st, and
Aug 2nd, 2015

Enjoy the food, flea markets, parade, and the bean bag, softball and volleyball tournaments. Try out the **"Buffalo Roam"** which is scheduled for Saturday, August 1st, starting at 9:00 a.m. The entry fee is \$10.00 per person. The roam will take you on Lanesboro's scenic bike trail. **Be sure to join in on the fun!!!!**

Chatfield Western Days

August 6—9, 2015



Try the **Chatfield Western Days Stampede 10K**, at 8:00 a.m., and **2-mile**, at about 9:15 a.m., road races in and around scenic Chatfield

as part of Chatfield's Western Day's celebration. The stampede is scheduled for August 8th. Trophies will be given to overall winners and medals to top three in nine age groups. Also a free 1-mile fun run following the 2-mile.

Hope you will be able to participate!

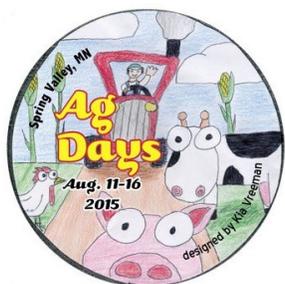
Plan to attend the 16th Annual
MABEL 50's & 60's DAY
(2nd Saturday in August annually)
Saturday, August 8th, 2015

2015 Car Show SCHEDULE

Registration from 8:00 - 11:00

Participant voting 11:00 - 1:00

Trophies are awarded at 3:00



VISIT
SPRING VALLEY AG DAYS

AUG 11 - 16, 2015

CANTON DAY OFF 2015 — Year of the B's

August 14th, 15th and 16th

Bean Bags are Back, Band is Back, Boomer BBQ is Back, Bed Races are Back, and, of course, Beer is Back.

Make plans to attend!!!

63rd Annual Hesper— Mabel

Steam Engine Days

September 11—13, 2015



CITY OF WYKOFF



Be sure to attend the **"Fall Fest"** scheduled for sometime in September., 2015.

July 4—October 4, 2015

Fillmore County History Center "Coming of Age: The 1968 Generation" MN Historical Society Traveling Exhibit

Come visit the Fillmore County History Center in Fountain this summer and see "Coming of Age, The 1968 Generation," a traveling exhibit that explores the self-expression upheaval, change, and musical sounds of the 60s—set against the backdrop of the Vietnam War. Visitors will glimpse into the lives of the generation of Minnesotans who grew up in and around 1968. The exhibit features six (6) graphic panels, a record album flip interactive, a computer game show activity and a station where you can create-your-own magnetic magazine cover. The exhibit will arrive in Fountain by the 4th of July weekend and opens to public viewing on **Tuesday, July 7th** during regular business hours. Following a summer of peace and love, a fond farewell to nostalgia will be held during closing events on Saturday, October 3rd. The Mobile Riverine Force Association 9th Infantry Division will host their renowned mobile mini-museum in the Fillmore County History Center parking lot from 9:00 a.m. to 4:00 p.m. **Be sure to check it out!!**

(Suggested donation: \$5.00 adults, \$2.00 kids under 18)



Taste of the Trail

Bike or hike your way through Root River Trail System and enjoy all of the wonderful features of each community along the trail.

3 weekends after Labor Day in Sept.

1st: Lanesboro, Peterson & Whalan

2nd: Harmony, Preston & Fountain

3rd: Rushford, Rushford Village & Houston



REMINDER: **BOOKS, BOOKS, BOOKS**

Available for Check-Out in the Coordinator's Office



BOOK TITLE	AUTHOR
The Mayo Clinic Guide to Stress-free Living	Amit Sood, M.D.
Property and Freedom	Bernard Siegan
True North	Bill George
7 Lessons for Leading in Crisis	Bill George
Killing Kennedy	Bill O'Reilly & Martin Dugard
Killing Lincoln	Bill O'Reilly & Martin Dugard
Little Book of Leadership	Bob Johansen
Leaders Make the Future	Bob Johansen
101 on Economic Development	Cal Clark
The Cost of Bad Behavior	Christine Pearson & Christine Porath
GIS For Decision Support and Public Policy Making	Christopher Thomas
Lincoln on Leadership	Donald T. Phillips
How to be the Employee Your Company Can't Live without	Glenn Shepard
Life's Greatest Lessons	Hal Urban
Little Book of Leadership	Jeffrey Gitomer
Great by Choice	Jim Collins
Good to Great	Jim Collins
Good to Great and the Social Sectors	Jim Collins
The Five Major Pieces to the Life Puzzle	Jim Rohn
John F. Kennedy on Leadership	John A. Barnes
The 15 Invaluable Laws of Growth	John C Maxwell
John W. Gardner on Leadership	John W. Gardner
The Fred Factor	Mark Sanborn
Choosing Civility	P. M. Forni
Resistance - Moving Beyond the Barriers to Change	Price Pritchett
The Power of Purpose	Richard J. Leider
The Happiness Advantage	Shawn Achor
Crucial Conversations	Steven Covey
Strengths Finder	Tom Rath
The Mentor Leader	Tony Dungy with Nathan Whitaker
The Elements of Style	WM Strunk and E.B.White
Mayo Clinic - Guide to Self Care	
Mayo Clinic - Healthy Weight for Everybody	
The Mayo Clinic Diet	
Mayo Clinic Embody Health Guide to Self Care	
The Mayo Clinic Plan - 10 Essential Steps to a Better Body & Healthier Life	
Mayo Clinic Self Care	
Rural Minnesota Journal	

Employee News



Gene and Vicky Topness (Public Health Office) will be celebrating their 40th Wedding Anniversary on September 27th!

Congratulations Gene and Vicky!!!



Also celebrating a wedding anniversary, is Dave and Audrey Inglett (Coordinator's Office) who will be celebrating their 36th Wedding Anniversary on September 1st! Congratulations Dave and Audrey!!

Fillmore Central fifth grader set to participate in national leadership conference!



Amy Hershberger, Office Support Specialist, Sr., in our Community Services Department, is proud and happy to announce that her daughter **Addie Hershberger**, who is a fifth grader at Fillmore Central will experience a tremendous opportunity to travel to Washington D.C. in July to jump into American History as a part of the Junior National Young Leaders Conference.

In order to attend a conference of this kind, the student must have shown their leadership potential in a number of ways. Addie was nominated by Kyle Rundquist, who noticed a number of good leadership qualities in Addie, for an invitation to the conference.

Addie has been involved in a number of extracurricular activities—the basketball club, the science club, Girl Scouts, the dance team and the swim team. Addie has always been fond of math and loves history. She didn't know anything about the June National Young Leaders Conference before seeing the invitation that she received. It was a shock to her, but after research to understand just what the conference was, was very excited and happy and accepted the invitation.

The students attending the conference will visit Harpers Ferry National Park, experience a “night at the museum” sleepover in the Maryland Science Center with its mummies, dinosaurs and space exhibits and explore the monuments and memorials along the National Mall.

Congratulations Addie!!! What an honor!!! Have a great time in D.C.!

Moving on!

Christopher Graves, Zoning Administrator, Zoning Department, resigned effective 6/2/2015.

Jeffrey Woellert, PT Custodian, Maintenance Department, resigned effective 6/4/2015.

Linda Smith, PT Jailer, Sheriff's Office, resigned effective 6/30/2015.

Good Luck

Thank you for your service for the County and Best of Luck!

More Employee News

Kari Schultz (Community Services—Public Health) is happy to announce the birth of her new daughter, Ada Elizabeth Schultz, who arrived February 15, 2015. Ada has an older sister, Alexa, who loves to kiss and help burp her!

Congratulations,

Kari & Adam Schultz!

Welcome Ada Elizabeth!



Erik Paulson, Custodian, is happy to announce that on April 10th, after defeating cancer a second time and getting restrictions due to his “low vision” lifted from his driver’s license, bought himself a 1975 Triumph TR-7 for his 6th annual “Celebration of Life.”

Plans are to restore the car and drive it to California down Route 66 within the next five years. **Congratulations, Erik!!**

We are all rooting for you!



Bobbie Vickerman, Coordinator, will be celebrating her **BIG “3-0”** Birthday on July 1st



Happy Birthday, Bobbie!!!

(Okay, she is really turning 40)

*Be sure to wish her a
Happy Birthday!!*



LuAnn Hoff, Office Support Specialist, Sr., Sheriff’s Office, is happy to announce the college graduation of her son and his wife.

Matthew and Danette Hoff graduated from Upper Iowa University on May 9th, 2015; Danette with a BA in English and Matthew with a BA in Criminology. Matthew is currently working for the State of Iowa in Corrections. Danette is applying for teaching positions and has substitute taught. She also works at a restaurant.

Congratulations, Matt and Danette!



Class of 2015

Fillmore County would like to **congratulate** all of the County’s area graduates. Best Wishes and Good Luck in the Future!!!!