



COUNTY OF FILLMORE Employee News

July/
August/
September

UPCOMING EVENTS:

JULY

- 4 Independence Day (Holiday)
- 7 Payroll Check Date
- 11 Commissioners' Meeting
- 18 - 23 Fillmore County Fair
- 20 Wellness—Meal in a Jar
- 21 Payroll Check Date
- 25 Commissioners' Meeting

UPCOMING EVENTS:

AUGUST

- 1 Commissioners' Meeting
- 4 Payroll Check Date
- 8 Commissioners' Meeting
- 14 Chair Massages
- 15 Chair Massages
- 16 Chair Massages
- 17 Chair Massages
- 18 Chair Massages
- Payroll Check Date
- 22 Commissioners' Meeting



Happy 4th of July!

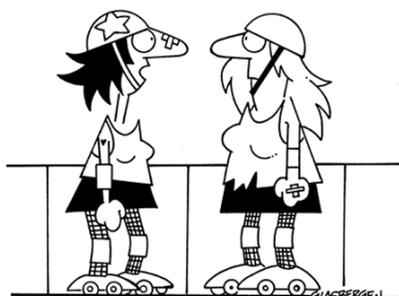
UPCOMING EVENTS:

September

- 1 Payroll Check Date
- 4 Holiday—Labor Day
- 5 Commissioners' Meeting
- 12 Commissioners' Meeting
- 15 Payroll Check Date
- 26 Commissioners' Meeting
- Healthy Grilling
- 29 Payroll Check Date



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"My roller derby name is 401(k). After my last quarterly statement, it's the scariest thing I could think of!"



"I accidentally spilled coffee on my computer — but it's running much faster now!"

Summer and Vacations

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

Keep in mind . . .

Thursday, June 22, 2017

MN Dept. of Agriculture

The Minnesota Department of Agriculture (MDA) is warning residents about the dangers of poison hemlock (*Conium maculatum*), a toxic member of the carrot family. Residents should be on the lookout for the weed, not ingest any parts of the plant, and take extra precautions when handling it.



Poison hemlock can grow up to eight feet tall. The flowers are small and white with umbrella shaped clusters on the tops of stems, and it is currently in bloom in parts of the state. The stems are hairless and have purple blotches. The plants emit an odor. The flowers of poison hemlock look similar to wild carrot (*Daucus carota*) and water hemlock (*Circuta maculata*). However, the fern-like leaves and purple blotches on the stems of poison hemlock distinguish it from these related species.

All parts of poison hemlock (leaves, stem, flowers, and roots) are poisonous. If a person may have ingested poison hemlock, Minnesota Poison Control should be called immediately at 1-800-222-1222. If the individual is unresponsive or having trouble breathing, call 911. People have also reportedly been poisoned by handling the plants. A person should avoid exposure by wearing a long-sleeved shirt, long pants, and gloves. If a livestock animal may have ingested poison hemlock, contact your local veterinarian.

The weed has been recorded in isolated pockets of Minnesota, most recently in the southeastern part of the state. It appears to be spreading quickly in the St. Charles and Lanesboro areas. However, poison hemlock may be growing elsewhere in Minnesota. If residents suspect they have found poison hemlock, take a picture of the plant and email it to arrest.the.pest@state.mn.us, or they should contact their local University of Minnesota Extension office.

More information and photos of poison hemlock can be found on the [MDA website](#).

Congratulations,

Fillmore County Employees

Terry Schultz, Building Maintenance Supervisor, and Teri Root, Eligibility Worker, attended the 2017 MN Safety & Health Conference May 16-18 and accepted on behalf of Fillmore County the Governor's Workplace Safety Award honoring the County for excellence in safety.

Way to go County employees!!!!

Way to go to keeping us all working Safely!!!



Chain Saw Safety

Operating a chain saw is inherently hazardous. Potential injuries can be minimized by using proper personal protective equipment and safe operating procedures.

Before Starting a Chain Saw

- Check controls, chain tension, and all bolts and handles to ensure that they are functioning properly and that they are adjusted according to the manufacturer's instructions.
- Make sure that the chain is always sharp and the lubrication reservoir is full.
- Start the saw on the ground or on another firm support. Drop starting is never allowed.
- Start the saw at least 10 feet from the fueling area, with the chain's brake engaged.

Fueling a Chain Saw

- Use approved containers for transporting fuel to the saw.
- Dispense fuel at least 10 feet away from any sources of ignition when performing construction activities. **No smoking during fueling.**
- Use a funnel or a flexible hose when pouring fuel into the saw.
- Never attempt to fuel a running or HOT saw.

Chain Saw Safety

- Clear away dirt, debris, small tree limbs and rocks from the saw's chain path. Look for nails, spikes or other metal in the tree before cutting.
- Shut off the saw or engage its chain brake when carrying the saw on rough or uneven terrain.
- Keep your hands on the saw's handles, and maintain secure footing while operating the saw.
- Proper personal protective equipment must be worn when operating the saw, which includes hand, foot, leg, eye, face, hearing and head protection.
- Do not wear loose-fitting clothing.
- Be careful that the trunk or tree limbs will not bind against the saw.
- Watch for branches under tension, they may spring out when cut.
- Gasoline-powered chain saws must be equipped with a protective device that minimizes chain saw kickback.
- Be cautious of saw kick-back. To avoid kick-back, do not saw with the tip. If equipped, keep tip guard in place.



Fillmore County Wellness Activities

- * In April, Public Health Intern Eric Courier along with Health Educator Brenda Pohlman, presented two very interesting presentations. The first presentation was “ReThink Your Drink” and the second presentation was “Stress Less.” If you were unable to attend, both powerpoint presentations are located on the Employee Intranet site. Of course, you missed out on some tasty drinks—along with a “not” so tasty drink—some participants felt that there was too much spinach in one drink. Recipes were included in the presentation. Check out the Holmes and Rahe Stress test and Scale posted on the employee intranet site along with a couple coloring activities that were provided at the “Stress Less” presentation to help to combat stress.
- * In May, staff from the County Public Health Office provided free Health Screenings again for all Fillmore County employees. Participants were treated with snacks as participants were to be fasting for their screening. The health screenings are provided for employees to identify early risk factors, such as high cholesterol or blood pressure. Regular assessment can provide valuable insight on current and potential medical issues and our Public Health staff can help identify strategies for improved health and well-being. If you were not able to participate this year—you will want to be sure to sign up next year!
- * In July, the Wellness Committee is providing a couple presentations—one on “Financial Wellness” to be presented by Brenda Pohlman and John DeGeorge and the other is a meet and greet with our new Dietitian, Jessica Holst, on July 20th with a presentation entitled, “Meal in a Jar.” There will also be a “Poker Run/Walk Challenge” that will run the 4 wks. of July. (Details on the next page.)
- * In August, to celebrate “National Relaxation Day” on August 15th, there will be Chair Massages provided free to all Fillmore County employees throughout the week of August 14th through August 18th.
- * In September, the Wellness Committee is planning another “Healthy Grilling” day on Tuesday, September 26th. Be sure to place this date on your calendar. Watch for details to come out soon!!



It's National Relaxation Day!

The Wellness Committee is offering free 10 – 15 minute chair massages for all County employees in honor of National Relaxation Day.



When: Monday, August 14th thru Friday, August 18th
Where: Fillmore County Office Building and Courthouse
Please call the Coordinator's Office for an appointment at 765-4566

WELLNESS COMMITTEE

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





POKER RUN/WALK CHALLENGE 2017

July 1 - July 28, 2017



OBJECT:

1. To have the best poker hand **at the end of the challenge**.
2. To increase physical activity level.
3. To increase nutritional status.

ELIGIBILITY: All Fillmore County employees can participate starting at any point in the challenge. You do not have to be enrolled in the group health insurance plan to participate. The weekly challenges will encourage healthy eating and physical activity and will benefit anyone that participates. To participate, keep track of your activities and log them in the tracking system described below.

NO FEE TO PARTICIPATE!

RULES:

- To earn a poker card you must successfully complete a weekly challenge. Weekly challenges will run Saturday to Friday. Complete the **bonus activity** challenge each week to earn an additional card.

	Physical Activity	Nutrition
July 1 - 7	30 Minutes of Physical Activity 3X/Week	64 Ounces of Water 3X/Week
July 8 - 14	30 Minutes of Physical Activity 3X/Week	3 Servings of Vegetables 3X/Week BONUS: 3 Servings of Vegetables 6X/Week
July 15 - 21	30 Minutes of Physical Activity 3X/Week BONUS: 30 Minutes 5X/Week	3 Servings of Whole Grain 3X/Week
July 22 - 28	30 Minutes of Physical Activity 3X/Week	3 Servings of Fruit 3X/Week BONUS: 3 Servings of Fruit 6X/Week

- The Poker Run Challenge tracking survey is located on *Survey Monkey* located at <https://www.surveymonkey.com/r/FCPokerRun2017> and **completed weekly**. The final tracking needs to be completed by **Monday, July 31st** following the challenge to be eligible to win a prize. Employees unable to use Survey Monkey may turn in a hard copy of the Poker Run Challenge survey. Contact the Coordinator's Office at 765-4566 to receive your Poker Run Challenge survey if you need a paper version. The fitness challenge will run for a total of **4 weeks!**
- Cards will be handed out by one of the Wellness Committee members at the end of the challenge upon completion of the survey.
- Participants may earn a **maximum of 12 poker cards**. Each employee may submit one hand of their five "best" cards to compete for a prize. Ties will be broken with the additional cards received.

PRIZES: Gift Certificate to any Fillmore County Business of choice:

FILLMORE COUNTY FAIR

JULY 18—23, 2017

Help support our County



4-H groups by stopping in for the swine, horse, goat, dairy, sheep, beef, poultry and rabbit shows. Check out the 4-H

Buildings. Attend the Go-Kart racing, demolition derby, pedal tractor pull, tractor pull, mutton busting, full rodeo, little farm hands exhibits, Church Service, and music in the Beer Barn. Lots to do and see! Enjoy the Food!!!!

The Fillmore County Agriculture Society has been hosting this event since 1865 and invites us to join them in celebrating their 160th anniversary!!

Hope to see you there!!!



Buffalo Bill Days



Date: August 4, 2017—August 6, 2017

City-wide festival, marketplace, food booths, entertainment, dances, volleyball and softball tournaments, grand parade and fireworks!

Relay for Life of Fillmore County

Community of Rushford will be hosting, July 28, 2017—July 29, 2017



Western Days

Chatfield

August 9-12, 2017



Time to giddy up for the 45th time—Horse pull, carnival, crafts, Wit's End Production: "The Last Boy in Blue," food, parade, men's & women's softball, KROC teen dance, horses, volleyball, road race, food, "Time Machine," tractor & implement display, flea market, "Highway 52 Bluegrass," food, coin find, 6.5 mile scenic walking trail, books, bean bags, pedal pull, car-truck & antique, motorcycle show, fireworks, rides, food, horses, beer, cowboy church service, massive fireworks finale and more!!!



FUN,
FUN,
FUN!!!

STEAM ENGINE DAYS

65th Annual Hesper-Mabel

Steam Engine Days

September 9-10,

2017



Lots and Lots of fun things to do and see—enjoy your summer!!!

Remember to take in all of the area theater productions—*The Elephant Man*, *Steel Magnolias*, *Ghost-Writer at the Commonwealth Theatre*, and *Treasure Island and Little Shop of Horrors at the Chatfield Wit's End!!!*

Try something different tonight. Visit Hy-Vee.com for thousands of delicious recipes.

Steak and Potato Kabobs Meal

Serves 6. Source: | Hy-Vee Dietitians.

All you need:

- 1 1/4 pounds beef sirloin steak
- 1 c. Hy-Vee picante sauce
- 1 c. Hy-Vee light Italian salad dressing
- 2 (16 oz each) cans Hy-Vee canned potatoes, drained, halved
- 1 large green bell pepper, cut into 1-inch pieces
- 8 to 10 kabob skewers*
- 4 1/2 c. chopped watermelon
- 6 slices garlic bread



All you do:

Cut steak in half and slice into 1/4-inch-wide strips.

In mixing bowl, combine picante sauce and Italian salad dressing. Reserve 1/4 cup for basting kabobs on grill. Add steak slices to remaining sauce, stirring to coat.

Thread kabob skewers with steak (accordion-style) alternately with potatoes and green pepper pieces.

Place kabobs on grill over medium heat. Baste with reserved sauce. Cook 4 to 5 minutes. Turn and baste with remaining sauce. Cook an additional 3 minutes or until desired doneness.

Discard any remaining sauce. Serve with watermelon and garlic bread.

*Note: If using wooden skewers, soak them in water at least 30 minutes before grilling.

Daily nutritional values:

- 15% vitamin A
- 60% vitamin C
- 4% calcium
- 30% iron

Nutrition information per serving:

- Calories: 640
 - Carbohydrate: 59g
 - Cholesterol: 40mg
 - Dietary Fiber: 7g
 - Fat: 35g
 - Protein: 25g
 - Saturated Fat: 10g
 - Sodium: 1590mg
 - Sugars: 15g
 - Trans fats: 2g
-

Add your own flair to the menu. Find more recipes at Hy-Vee.com.



REMINDER:

BOOKS, Books and more Books



REMINDER: There are books, books and more books located in the Coordinator's Office for you to check out. When you get a chance, stop in and check them out! **NOTICE:** The books have all been moved to the office where the Economic Development Specialist is located in the Coordinator's Office.

Bike Safety: Live to Ride Another Day

Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. The benefits are well-known to cycling enthusiasts and local leaders nationwide who have created bike-friendly communities, complete with paths, special bicycle parking areas and other conveniences. National Bike Safety Month in May is just one way we celebrate our love to ride

The Risks

Bicyclists must take extra precautions when they ride. They often share the road with vehicles, which creates a host of hazards, but injuries can happen even on a designated path.

Did you know in 2015, bicycles were associated with more injuries over all age groups than skateboards, trampolines, swimming pools and playground equipment combined? According to *Injury Facts 2017*, the statistical report on unintentional injuries created by the National Safety Council, 488,123 people were treated in emergency rooms in 2015 after being injured riding a bicycle. The only sport resulting in more injuries overall was basketball, at 493,011. Football was third, at 399,873.



According to *Injury Facts*, about 1,100 deaths resulted from cyclists colliding with motor vehicles in 2015. With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of safety precautions in traffic cannot be overstated.

Use Your Head, Protect Your Noggin

Cyclists who wear a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

Helmets must meet federal safety standards and should fit securely.

Follow These Rules to Keep Safe

- Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic, and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended



Tony Webber, Chief Deputy Sheriff, retires!



When Audrey emailed me and asked me to do an article for the employee newsletter I thought oh man, but I couldn't tell her no. With my retirement quickly approaching this week, she asked me to explain why I chose Law Enforcement as a career, to share some memories, and my plans for after my retirement. So here it is...

I remember when I was in High School, one of my best friends was working part time in a couple of small towns and going to college for LE. I used to do ride alongs with him; I have always enjoyed helping people, and wanted to make a difference. I worked in a factory for 2 years after High School and knew that it wasn't for me, so I then enrolled in college. I started my career in Grand Meadow on October 1, 1988. In March of 1990, I started working for Fillmore County.

My memories, wow, there are so many. I delivered a baby in 1991, which was pretty cool. After the first Gulf War there was a vet who was having issues and was going to commit suicide, I talked him out of suicide, and brought him to get the help he needed. This was one of the calls that you kind of forget about because there are so many. I was working one of the many town celebrations in our county when he came up to me and introduced me to his wife. He told me that he had 2 kids and thanked me for saving his life. The Rushford flood is another event that I will never forget. The fireman that I worked with during that week are the best, most of them had damage to their homes, and what they did with all they had going on in their lives is something that I will never forget.

I've had a lot of friends /co-workers who have left and gone on to bigger law enforcement agencies for more money. They always asked me why I've stayed with Fillmore County, I always tell them that I like the people of Fillmore County and have always enjoyed serving them. The citizens of Fillmore County are hard-working, friendly, and are always willing to help their neighbors.

My people are the best a person could ask for, they are all hard workers, they do a fantastic job, and I am thankful for that!! There is more to this job than stopping cars and writing tickets. My people are out there every day, interacting with the public, and making positive contacts. I very rarely get complaints about them, I actually get more compliments on the job that they do, which at times isn't the easiest to do. We should all be proud of the job that they do in serving the citizens of Fillmore County.

As for my future plans, I plan to do more hunting and fishing. I plan to just relax and unwind. I plan to do some traveling and would like to go to Germany for Oktoberfest. I also want to hit as

many brewery tours as I can. I know that after a while, when the time is right, I will find a new challenge to conquer!! I have no plans of leaving the area and I hope to always be connected to the Sheriff's Office and the County in some way.



Tony Webber



GONNA MISS YOU!



Happy Retirement, Tony—we wish you much happiness!!

Employee News

Welcome Aboard...

Welcome New Employees!

We are pleased to announce the following new faces to the Fillmore County Family:

Kevin Olson —Comes to the Community Services—Social Services Office as the Social Services Manager

Karen Apenhorst —Comes to the Auditor/Treasurer's Office as a temporary Accounting Technician.

Brock Hoff-Walsh and Cole Schmitt—Comes to the Highway Department as temporary summer help.



Another new face for Fillmore County - Stephanie Hatzenbihler



Stephanie fills the role that Sam Smith vacated recently in June 2017 as the new Community & Business Development Specialist for Fillmore County. She is employed by Community and Economic Development Associates (CEDA) of Chatfield. She is originally from Albany, New York and moved to Lanesboro in 2011, working at Eagle Bluff Environmental Learning Center as the Events and Marketing Coordinator and then as the Professional Naturalist Fellowship Coordinator.

Stephanie plans to be work out of her office located in the Coordinator's Office two days a week.

Welcome, Stephanie, to Fillmore County!

Moving on...

Debra Martin, Home Health Aide, resigned her position in Public Health after 17 yrs. of service with the County effective April 26th.

We thank Debra for her service and wish her well!



Welcome to the World!!!

Jason Wetzel in the Community Services—Social Services Division is proud to announce the birth of his son, Loren Aster Sullivan, born June 17th.



Loren was 8 lb. , 2 oz. and 21" long

Congratulations Jason & Megan!!!

Welcome, Loren!

