



# Webster County CONNECTION

JULY 2013

*A Newsletter for Employees of Webster County, IA*

## SERVICE ANNIVERSARIES

We would like to recognize the following employees for their years of service to Webster County as of July 2013. We're very fortunate to have all of you!

32 years: Sherri Frye, County Atty

24 years: Julie Minikis, Recorder

16 years: Tina Eldal, Auditor

15 years: Erline Jones, Recorder

9 years: Tony Walter, Sheriff

8 years: Erin Ford, Conservation  
April Murray, Sheriff

7 years: Tricia Nichols, Health Dept  
Cody Peterson,  
Conservation  
Cori Coleman, County Atty

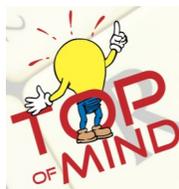
6 years: Keane Brown, Sec. Roads  
Amy Jones, Jail  
Joe Paullin, Sheriff Deputy

4 years: Angie Halfwassen,  
Health Dept.

2 years: Jennifer Benson,  
County Atty

1 year: Joe Peterson, Assessor  
Jordan Parsons,  
Community Services  
Tracy Haraldson, Jail  
Ben Westergaard, Jail

## “Top of Mind” Program Ends, “Red Light Green Light” Begins



The “Top of Mind” wellness incentive program ends July 28th! If you haven't already done so, be sure to turn in your completed packet to Human Resources by Monday, July 29th. Insured participants who complete the packet will receive a \$75 gift card from ISAC and a \$10 Family Video gift card from the Wellness Committee.

The next program offering, “Red Light Green Light” was introduced this week during Eat and Educate sessions on Tuesday, July 23rd. Ann Halbur of Active Health Chiropractic provided a presentation at these sessions called “How to Stay Young”, based on avoiding and preventing spinal disorders and other chiropractic concerns.

The Red Light, Green Light program focuses on goals to replace unhealthy “red light” activities with healthy “green light” options. The participant self-selects an eating and exercise habit they wish to improve upon. Throughout the course of the challenge, the aim is to put into place two healthy green light activities to progress toward the finish line.



This 6 week nutrition and physical fitness based program utilizes a player game card as a tracking mechanism. Turning in a copy of your card at the three week point will earn you the chance to win incentives from the Wellness Committee. Turning in your completed game card at the end of the 6 will earn you another \$75 gift card from ISAC! Packets available in HR or on the County website.



## Wellness at Work: Commit to Fit—Have Fun, Lose a Ton!

The Healthy Webster County Coalition has a new program called “Commit to Fit”. Commit yourself to help Webster County lose a TON of weight collectively by September 28th. FREE to join any time! The Coalition's goal is to increase the overall wellness of Webster County residents and to be the healthiest county in Iowa! How to join: Email [healthywebstercounty@gmail.com](mailto:healthywebstercounty@gmail.com) and include your name, email address, starting weight and t-shirt size. The group will then contact you with further details. LIKE the Healthy Webster County Facebook page for weight loss tips and tricks.

## Schedule of Events

- \* 8/3—Webster County Warriors Dragon Boat team completes at Badger Lake Dragon Boat Bash, Kennedy Park
- \* 8/6—Board of Supervisors Meeting, 10am
- \* 8/13—Board of Supervisors Meeting, 10am
- \* 8/17—Webster County Adventure Race
- \* 8/20—Board of Supervisors Meeting, 10am
- \* 8/27—Board of Supervisors Meeting, 10am

# August 2013

Sun Mo Tue We Th Fri Sat

Sun	Mo	Tue	We	Th	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Annual Webster County Adventure Race is August 17th



### Don't miss the Adventure Race on Saturday, August 17th!

Test your wayfinding and endurance in biking, kayaking and running at this informal triathlon at the Brushy Creek Recreation Area. Pre-registration is required. Race information packets can be found at [www.webstercountytia.org](http://www.webstercountytia.org). Race Day sign-in starts at 8:00am, Pre-Race meeting at 9:00am, Race starts at 9:30am. Rain or shine! Participants will navigate a 2-4 hour course through Brushy Creek Recreation Area, with a variety of checkpoints and challenges along the way. All participants will receive a t-shirt and refreshments following the race—plus the satisfaction of completing the ADVENTURE! A limited supply of kayaks/canoes will be available for rent. Minimum age to participate is 12 years old (under 18 requires a parent's signature).

### Upcoming August Events at Webster County Conservation:

August 1: Prairie Hike, 6pm at Liska-Stanek Prairie. Meet at Liska-Stanek Prairie located 2.5 miles south of Hwy 20 on P51 or Johnson Ave.

August 2 & 3: Badger Lake Dragon Boat Bash, Kennedy Park. Sponsored by Badger Lake Dragon Boat Association. Come out and cheer on the first ever Webster County Warriors Dragon Boat Team! Refreshments provided by the Webster County Vending Committee.

August 5, 6, 8: Hunter Safety, 5:30—9 pm at Kennedy Park's Heun shelter. Register online at [www.iowadnr.gov/training](http://www.iowadnr.gov/training); then stop at Keith's Outdoors in Fort Dodge to get the HS manual.

August 10 & 11: 3-D Archery Shoot, 8 am—3 pm at Kennedy Park. Join the Webster Co. Bowhunters & Archery Assoc. for 3-D marksmanship on the Badger Lake Trail. \$12 / shooter.

August 15: Adventure Series - Map Reading, Orienteering, & Geocaching, 6-9 pm Location TBA. Session 3 of 5 in a series. Learn to read maps, use a compass, navigate with a GPS unit, and find hidden treasures. \$25 fee for series of 5 different sessions. See brochure at <http://www.webstercountytia.org/Conservation/Publications/2013-AdventureSeries.pdf>

August 20: Moonlight Paddling, 8:00pm at Brushy Creek, south boat ramp. Canoes with lights will be provided on a first come, first serve basis. Lights required on vessels you bring.

August 24: Butterfly Tagging, 1:00 pm at Brushy Creek PRC. Join wildlife biologists for an afternoon of fun tagging monarch butterflies and learning about winged beauties.

**MEMO TO EMPLOYEES:** Don't forget your Online University safety training courses! Try to complete at least one course each month, to stay on track of completing the 6 courses that are due by the end of the year. If you need help getting started or you've forgotten your password, contact Amy Porter in Human Resources (573-1148).