



Resource

update

VOLUME 8 | ISSUE 4
JULY 2011

SERVING OUR MEMBERS CITIES, COUNTIES, GOVERNMENTAL AGENCIES & NONPROFITS

RIDE N DRIVE THE LATEST POLICE VEHICLES IN ST. CLOUD THIS FALL

SEPTEMBER 29 - SEPTEMBER 30, 2011



Nelson Auto of Fergus Falls in cooperation with the MN Highway Safety and Research Center will be conducting a Ride N Drive featuring the newest police vehicles on the market. This event is for police officers and will be held at the Minnesota Highway Safety & Research Center Advanced Driving course (MHSRC) at St. Cloud State University.

The Ride N Drive will take place September 29 and September 30, 2011. Vehicles will include the Dodge Charger, Chevy Caprice PPV, Chevy Tahoe 2 wheel drive PPV, Chevy Tahoe 4wd service vehicle. A prototype of the Ford Interceptor Police Utility Vehicle will also be available for inspection. Models of the Dodge Durango and Ford Expedition will also be on hand. The manufacturing reps from Chrysler, GM and Ford are excited to gather input based on your impressions. Your representative from Resource Training & Solutions and Nelson auto will also be available.

For more information or to register, contact: Anthony Farag at Resource Training & Solutions, (888) 447-7032 or afarag@resourcetraining.com

Gerry Worner from Nelson Auto Gerry Worner at (888) 458-8460 toll free, 218-998-8866 gerryworner@nelsondodgegmc.com

ABOUT NELSON AUTO:

Nelson Auto Center of Fergus Falls, MN is the awarded bidder of a statewide vehicle bid to Resource Training & Solutions and seven other service cooperatives across the State of Minnesota known as MN Service Cooperatives (MSC). This contract gives our Members more flexibility in their vehicle purchasing options while still being able to obtain competitive pricing and complying with state bid requirements. Vehicles may be purchased and municipal leases are also available. For more information or to obtain a quote contact: Gerry Worner REFERENCE CONTRACT # MSC-05.3

ABOUT RESOURCE TRAINING & SOLUTIONS: Our Cooperative Purchasing Program offers members a wide range of high-quality products and services at discounted rates. By combining the purchasing power of all Members, we can achieve volume pricing on quality products and services from reputable vendors. The contracted vendors we have, known as State Bid vendors which includes Nelson Auto are established through formal bids. Purchasing from them satisfies Minnesota competitive bidding requirements - regardless of the amount of the purchase. The ability to do so is outlined in Minnesota Statutes 123A.2 and 471.345.

The combination of these two statutes gives members the ability to purchase from contracted vendors while remaining in compliance with the Minnesota competitive bidding requirements.

MORE CAR NEWS ON BACK PAGE.

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Resource
Training & Solutions
A Minnesota Service Cooperative

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iPods/iPads for ADMINISTRATORS

MONDAY AUGUST 22ND
8:30AM - 3:30PM



With the growing access and use of mobile technology, there is an increasing number of tools and apps that can be used directly by administrators. Opportunities include walk-through collection, digital resources for staff development, and productivity apps. Administrators will be given a change to explore various tools that can be used for both professional development with their staff, as well as ways to effectively collect data with their iPad.

<http://www.resourcetraining.com/Event/10322>

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CALENDAR OF EVENTS

july

	Wellness Coordinator Training.....	7/27
	Wellness Forum	7/27
8576	Google Apps Advanced	7/27

august

8519	SMART® Board Level 1 (MAC & PC).....	8/4
8520	SMART® Lesson Activity Toolkit.....	8/10
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september

8635	Becoming a Love and Logic Parent.....	9/19
8532	The Bully, the Bullied and the Bystander - Breaking the Cycle of Violence.....	9/26

october

	Customer Appreciation	10/5
8635	Power Limited Technician - 8 hr Continuing Education Class: The Code, The Law & Technical Topics II	10/4
8648	ADHD and Children.....	10/11

DON'T MISS EXCITING HAPPENINGS,
CLASSES, TRAINING AND FORUMS THAT
WILL BRING YOU TO THE NEXT LEVEL!

For more events,
information or registration:
www.resourcetraining.com

(320) 255-3236

(888) 447-7032

OFFICE HOURS
Monday-Friday
8:00am-5:00pm

**SEND ADDRESS
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from the **EXECUTIVE DIRECTOR**

Robert C. Cavanna, Ed. D.

SUMMER...A TIME FOR COMMUNITY.

In this issue, we're highlighting your "summer fun events." This is one way that we can promote YOUR community and its events. After all, you're our members and we value YOUR membership.

Our hope is that more people will visit your community and realize the attractions and recreational/entertainment benefits that are right "in their own backyard."

650 people receive the Resource Update so we're hoping this publicity helps boost your local economy in some small way.

Have a rewarding summer!

Rob Cavanna, Ed. D.
Executive Director



In Our Neighborhood

BUY LOCAL. VACATION LOCAL. SUPPORT LOCAL.

MUSIC ON THE RIVER SERIES

Melrose • 320-256-4278
July 7-Aug 25, 2011
www.cityofmelrose.com/community_guide/musicontheriver.asp

SINCLAIR LEWIS DAYS

Sauk Centre • 320-352-5201
July 10-16, 2011
sauk.saukcentrechamber.com/events/details/sinclair-lewis-days

CHISAGO COUNTY FAIR

Rush City • 320-358-0296
July 14-17, 2011
www.chisagocountyfair.org/

KANABEC COUNTY FAIR

Mora • 320-679-1546
July 20-24, 2011
www.kanabecfair.org/

COLD SPRING HOMETOWN PRIDE DAYS

Cold Spring • 320-685-3653
July 23-25, 2011
STEARNS COUNTY FAIR
Sauk Centre • 320-352-2482
July 27-31, 2011
www.stearnscountyfair.com/

TODD COUNTY FAIR

Long Prairie • 320-732-2739
July 28-31, 2011
www.toddcountyfair.com/

CROW WING COUNTY FAIR

Brainerd • 218-829-6680
August 2 - 6, 2011
www.brainerd.com/fair/

PINE COUNTY FAIR

Pine City • 320-629-3408
August 3-7, 2011
www.pinecountyfair.com/

MILLE LACS COUNTY FAIR

Princeton • 763-389-3138
August 11-14, 2011
www.millelacscountyfair.com/

RICE FAMILY FUN DAY

Rice • 320-492-0936
August 20, 2011
www.cityofrice.com/events.html

NATIONAL CHAINSAW SCULPTING INVITATIONAL

Hackensack • 1-800-279-6932
Sept 23-25, 2011
www.hackensackchamber.com/index.cfm?PageID=5857

FREEPORT OKTOBERFEST

October 1st, 2011
12:00pm-4:00pm
Fun for everyone- pumpkin decorating, jumping tent, soup contest, Petal Pull, lots of variety of food(kettle corn, fried bread and much more).

Come and join us for a day out with your family and the Freeport community.

www.freeportmn.org/news/2010/09/24/freeport-chamber-oktoberfest-2010/



AQUATIC FACILITY OPERATORS (AFO) WORKSHOP (#8683)

Bob LaDuke of Signature Aquatics will be partnering with Resource Training & Solutions to provide the AFO workshop this year- October 20 & 21, 2011.

The Aquatic Facility Operator (AFO) Course is an up-to-date 5 year certification for staff assigned to operate and manage public swimming pools and splash pads such as those located in city parks and schools. It was created by the National Park and Recreation Association (NRPA) with a goal of making pool facilities safer and more efficient to operate.

The AFO program became available to MN Pool Operators in the mid-1997 and is recognized by the State of Minnesota as required certification for staff responsible for operating a public pool.

Highlights of the course include:

- Understanding how pools operate as a “system” and what components make-up that system.
- Information on the newest technologies currently being used in the aquatics industry.
- The AFO Manual that all participants receive is filled with excellent information that is easy to understand and implement at your pool site.
- A simplified testing procedure.

AFO classes are a rigorous but fun two day educational workshop. Both new and long-time Pool Operators work together during the class to become better at the challenging task of operating a public swimming pool.

The cost for this class will include continental breakfast, materials & lunch for two days.

For more information or to register please visit our website at www.resourcetraining.com or contact Jodi Steinhofer at 320-255-3236 or by email at jsteinhofer@resourcetraining.com.

POWER LIMITED TECHNICIAN (PLT) CONTINUING EDUCATION CREDIT WORKSHOP (#8510)

OCTOBER 4, 2011

THE CODE, THE LAW AND TECHNICAL TOPICS II

Course ID #090210.01

8-hour Continuing Education Course

Instructor: Ed Lethert

This course is designed for individuals holding the power limited technician license and who work with “low voltage” systems & equipment.

This course will cover applicable articles of the National Electrical Code, important elements of the laws and rules, electrical safety and specific technical topics that apply to the widely varied “low voltage” trades and professions

Cost for this course includes a continental breakfast, lunch & materials. Be sure to bring your PLT registration card or license with you.

For more information or to register please visit our website at www.resourcetraining.com or contact Jodi Steinhofer at 320-255-3236 or by email at jsteinhofer@resourcetraining.com.



EXACTLY WHAT YOUR ORGANIZATION NEEDS HEALTH & SAFETY TRAINING

By Jodi Steinhofer, Administrative Coordinator

The Health & Safety department at Resource Training & Solutions can offer your staff a variety of workshops and trainings for your staff at competitive rates.

Our team will provide your staff with training related to compliance issues and OSHA standards. Employee Right-to-Know & Bloodborne Pathogens are a couple examples of trainings that we can offer your staff.

For more information on what kind of trainings we can provide please contact Ron Wieber at 320-255-3236.

HEALTHY GRILLING

By Martha Roth, Administrative Coordinator & Trainer

You are sure that cooking on the grill is healthier for you because you have put away the deep fat fryer for the summer. But research has linked grilled meats with a raised amount of cancer-causing chemicals called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs.) These occur when the meat or fish is cooked over a high heat, resulting in charring.

The good news is there are steps you can take to reduce this risk. Doctors Mehmet Oz and Michael Roizen, aka the You Docs, offer four steps to lower your risks and still maintain all the enjoyment of summertime grilling.

1. Go heavy on the veggies. Grill oodles of low-fat, low-cal portabella mushrooms, peppers, and zucchini first -- throw on some veggie burgers, too. They all taste so great you may decide to skip the meat, and the cancer dangers, too.

2. Use a marinade, every time, no excuses. If you can't resist grilling meat/poultry/fish, marinate them first in olive oil, garlic, onion and lemon juice. It cuts way back on the carcinogens (scientists aren't sure why). Almost any marinade works. And using lots of rosemary also dramatically reduces the production of HCAs.

3. Keep heat low and cooking time short. Set the grill rack as far from the heat as possible. Partially cook foods in the oven or microwave beforehand, so all you need is a quick finish on the grill ... all the flavor, far fewer HCAs.

4. Ditch the charred bits. It's the riskiest stuff. And reduce charring by trimming fat and lining the grill with foil. It keeps cancer-causing smoke flare-ups to a minimum. Easier cleanup, too!

Read more: <http://www.theprovince.com/health/cancer+risk+keep+barbecue+foods+delish/4827450/story.html#ixzz1PGu9KD5J>

Some great veggie choices are zucchini, onions, mushrooms, peppers, eggplant, asparagus or corn. Even if you think you don't like these veggies, grilling them brushed with olive oil and a sprinkling of herbs creates a taste sensation unlike cooking them in the house in a pan.



GOOGLE APPS ADVANCED WEDNESDAY JULY 27TH, 2011 8:30AM - 11:30AM 8576

Do you need a couple of powerful tools to run your business? Discover how Google Apps for Business can help you be more productive. This is an opportunity for those staff or administrators looking for the next step with using various Google tools. We'll review the basics of Google Apps and explore other ways to integrate this tool into your organization.

More info: <http://www.resourcetraining.com/Event/10317>

PRINT THESE DELICIOUS RECIPES AT
www.resourcetraining.com/Page/HealthyRecipes

Here are some marinade recipes to get you started.

ORANGE CHILI GINGER MARINADE

From www.Cooks.com

1 cup orange marmalade
1 cup ketchup
1/2 cup wine vinegar
2 tablespoons garlic, minced
1 onion, finely minced
1 tablespoon fresh ginger, minced
1 teaspoon chili powder
1 teaspoon ground cumin seed
1 teaspoon crushed red pepper
1 teaspoon each salt and crushed black pepper

Combine all ingredients and use for marinating beef, lamb, pork or chicken for 2-5 hours before grilling.



RED WINE MARINADE

From www.Cooks.com

1 c. dry red wine
2 tbsp. red wine vinegar
2 cloves garlic, pressed
1 tsp. oregano
2 tbsp. vegetable oil
1/4 c. Worcestershire sauce
1/4 c. soy sauce
1/2 c. Italian dressing

Combine all ingredients and mix well. Pour over steak and refrigerate for 1 hour, turning at least once before grilling.



BASIL BALSAMIC MARINADE FOR GRILLED FISH

From www.Cooks.com

1/2 c. balsamic vinegar
3/4 c. olive oil
Few drops hot pepper sauce
1/4 c. minced fresh basil (or 1/8 c. dried)
Freshly ground pepper to taste

Use with a firm fleshed fish (swordfish, mahi mahi, salmon steaks). Whisk together the vinegar, oil and hot pepper sauce. Stir in the basil. Pour over fish and marinate about 45 minutes, turning once, before grilling.

WELL WORKPLACE AWARDS

GOOD HEALTH PRACTICES ENCOURAGED IN WORKPLACE

By Peggy Imholte, Regional Wellness Coordinator

MOVE AT LEAST 60 MINUTES DAILY

CHECK OUT THE NEW NUTRITION GUIDELINES FROM PYRAMID TO PLATE

PRACTICE RELAXATION TECHNIQUES TO LOWER YOUR STRESS

BE AWARE OF YOUR LIFESTYLE IN ORDER TO LIVE A LONGER, HEALTHIER LIFE

These are individual wellness ideas for people to consider when living their lives.

Wouldn't it be great to live and work in an environment where these ideals are not only encouraged, but also practiced?

Throughout the Resource region, many worksites are doing just that. From school districts to cities, counties and other governmental agencies, many good health practices and policies are implemented daily. The message is out in the media, schools,

worksites...everywhere! We need to make healthy choices in a world that offers many options on the health continuum. Resource Training and Solutions supports this effort through their regional wellness program. Member sites are involved in a variety of events and practice many healthy options.

Annually we recognize sites that have gone above and beyond, establishing wellness policies and programs for their staff. This year, we are recognizing Stearns County for their outstanding achievements in their wellness programming over the past year. The county's support, from administration to activity participants, has influenced their outlook on life. From Farmers' Markets to traditional health fairs to recess at work, Pilates and more, they have embraced wellness with zest. They continue this year to keep staff engaged with a carnival like atmosphere with lots of stress relieving games-Minute to Win it and Wii Fit dancing to name a few.

Stearns County will receive the award for their achievement on October 5 at our Customer Appreciation event. Congratulations to Sharon Westhoff, Denise Jones, Wellness Coordinators and their wellness committee along with the support of the administration, including the county board.



TO OUR MEMBERS... **THANK YOU.**

Resource Training & Solutions would like to take a moment and thank you for supporting this important community event that will be taking place in September.

Breaking the Cycle of Violence: The Bully, the Bullied and the Bystander coming to the St. Cloud Civic Center on September 26, 2011; and it is gaining community awareness - because of your generosity and help.

We have seen the ads appear in newsletters, magazines, and communications to businesses. We appreciate your efforts and help in spreading the word about this event. We all live in this community and appreciate your organization helping to make it a great place to work and live!

If you'd like to download ads, copy, information, visit <http://www.resourcetraining.com/Page/BullyingEventMediaDownload>.



BULLYING
BREAKING THE CYCLE OF VIOLENCE
THE BULLY, THE BULLIED AND THE BYSTANDER

SEPTEMBER 26th
6:30-8:30PM
ST. CLOUD CIVIC CENTER

BARBARA COLOROSO
INTERNATIONALLY RECOGNIZED SPEAKER

resource
TRAINING & SOLUTIONS
PRESENTED BY

resourcetraining.com/Page/BullyingEvent
\$5/person pre-registered • \$10/person at the door



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Dan Weir, Insurance/Risk Management Consultant

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Online Care Anywhere®

QUESTION:

I have noticed advertisements about online care; does BCBS offer online care to their members?

ANSWER:

Yes, you can go to: www.onlinecareanywheremn.com and look for “how it works” to find out how to register and sign in. Online services are available to residents of Minnesota. You can find a doctor and initiate a conversation via web cam or phone. After each session, you will receive a record of the online visit.

CONDITIONS TREATED ARE:

- Cough, cold & flu
- Sinus, ear & eye infections
- Headaches
- Depression, anxiety, trouble sleeping
- Acne, skin conditions
- Stomach ache
- Allergies
- Urinary tract infections

You can take a video tour of Online Care Anywhere to find out how it works. Each Online Care 10 minute visit costs \$45 regardless of your medical condition with a five-minute extension for an additional \$10. The Online Care costs are not currently covered by the health plan, but you may be able to be reimbursed for the charges from your Flex, HSA, VEBA or HRA account.

If you have questions, feel free to call Online Care Anywhere, customer service toll free at 1-877-515-9990.

UPCOMING WELLNESS FORUM

FOR MEMBERS WITH RESOURCE HEALTH INSURANCE

SHAKING THE SALT HABIT

By Peggy Imholte, Regional Wellness Coordinator

“Take it with a grain of salt”.
 “You are the salt of the earth”.
 “Not worth his salt.”
 “Back to the salt mines.”

What is the big deal about salt? Well, it is like Mastercard: “It’s everywhere you go”, but you may not even realize it. You may want to start shaking the salt habit after attending the next wellness forum on **July 27 from 12:30-3:00 p.m.** Come to listen to Diane Giambruno, R.D. from the Heart Center at the St. Cloud Hospital. She will give you the answer to the question “Which has more salt?” She will also cover other issues, such as why worry about sodium and its side effects - high blood pressure, fluid retention, bones, cancer to name a few.

However, all is not doom and gloom. Diane will provide practical tips for participants to become more educated and how to make wiser food choices, including smart fast food selections. Consumers speak....companies listen.

So, stop shaking that salt shaker so much. Get on board with food lower in sodium. Patronize the companies that offer healthier solutions. Come to this forum to learn all about it ☺



WEDNESDAY JULY 27TH 12:30 - 3:00 P.M.

SERVING OUR MEMBERS

[7]



RETURN SERVICE REQUESTED



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COOPERATIVE PURCHASING

VEHICLE PURCHASE OPTIONS

Resource Training & Solutions and Cooperative Purchasing vendor Nelson Automotive have been busy gathering information to enhance your vehicle purchase options. Big things have been going on recently. Below are a couple of events we found valuable and hope you benefit from.



2012 GM FLEET AND COMMERCIAL PRODUCT PREVIEW

On June 23rd, Anthony Farag from Resource Training & Solutions and Gerry Worner of Nelson Automotive attended this event in Plymouth, MN. We were introduced to the latest models of cars, trucks, and vans as well as fleet developments from GM. Anthony also test drove the Chevy Volt. We learned about the new GM FleetTrac Program that helps with billing and tracking of expenses of fleets. We also learned about the importance in the industry of fuel economy with the current status of electric, hybrid, E85, CNG (compressed natural gas) and LPG (liquid petroleum gas) in vehicles as well as other developments helping fuel economy. For example, Chevy has managed to reduce their gross vehicle weight by 300 pounds on a truck without reducing load capacity thereby saving more fuel with every trip. This is due to special materials being used in making the truck lighter but stronger. We also were informed of the progress of deliveries of the new Chevy Caprice Police Pursuit Vehicle.

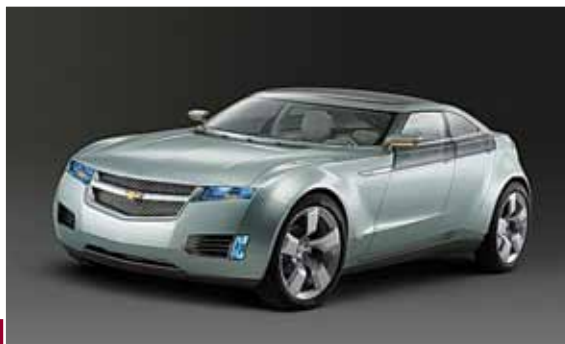
TRUCK ACCESSORIES FOR SNOW REMOVAL AND ICE CONTROL

This event was like Christmas in July! Towmaster Inc. of Litchfield offered information on everything to go on your truck for snow removal and ice control on July 12th.

In addition to making trailers, etc. Towmaster, Inc., has their own Parts Department that not only services its dealers, but also services its customers with trailer or truck equipment parts, no matter what brand they have. Customers will find hitches, wheels, tires, jack stands, lights, wiring, and much more. For information shared at this event, contact Towmaster, Inc at 800-462-4517 or towmaster.com/trailers/contact/ or contact Anthony Farag at Resource Training & Solutions afarag@resourcetraining.com 888-447-7032 toll free.

REMEMBER RIDE N DRIVE

The Ride N Drive will take place
SEPTEMBER 29 AND SEPTEMBER 30, 2011



SERVING OUR MEMBERS

Adding value...Maximizing resources