



The City Mission

City of Faribault Employee Newsletter – July 2013

Submit Your News!

Got a great recipe, item for sale, announcement, or any employee info? Submit deadline is the first week of each month. Email Jeff Jarvis at jjarvis@ci.faribault.mn.us.



Please call the Logicnet helpdesk if you are having computer trouble.
Phone: 888-312-7117
Email: support@logicnet.us



Walking Program Finishes Aug. 23!

How are you coming on your walking program? Continue walking until August 22! Record either your steps or time walking on the program walking form. A culminating event will be held August 23. It's not too late to participate... find the walking form [HERE](#). The most prolific walkers win prizes!

New Employees



Deni Buendorf,
Children's Librarian

The library staff is pleased to welcome our new Children's Librarian, Deni Buendorf. Deni has been working as the Children's Li-

brarian Intern since May and will start her position as Children's Librarian on July 8. Deni is a lifetime resident of Faribault and has been a patron of our library from her earliest memory. Before working at Buckham Library, Deni was a second grade teacher at the Cannon River Stem School. Deni is finishing up her Masters in Library and Information Science at St. Kate's and will be graduating with that degree this coming December. Her second grade students can tell you that there are two things that Miss Deni loves most in the world...books and tacos! Please stop by the library soon to say hello to Deni!



The Summer Buckham Bulletin is Here!

Faribault summer events and activities are now at your fingertips—find the summer issue of the Bulletin on the city website, at the Library, Sr. Center and at the Community Center.



The Aquatic Center

[CLICK FOR DETAILS!](#)

Summer fun is in full swing at the Faribault Family Aquatic Center. This year, in addition to discount tickets, family passes are now being offered.



Two Park & Rec Employees

participated in the Warrior Dash, the world's largest obstacle race held at Afton Alps. Denise Hansen (left) and Chris Bauer (right) finished the competition, which benefits St. Jude's Hospital for Children. The Warrior Dash is not for the faint of heart—it's a lot like boot camp military training. After scaling walls, jumping hurdles, and crawling under barbwire through mud, all participants were handed medal for their efforts. Rumor has it that some city directors may be doing the next round!



SUMMER 2013 Concerts in the Park Series

Concerts Run Through August 15

- July 4: Flair O'Boneba
- July 11: Lakeland Barbershop Chorus
- July 18: Owatonna Community Band
- July 25: Fridley City Band
- August 1: Dodworth Saxhorn Band
- August 8: Bend in the River Big Band
- August 15: The Bandshell Brass

[Get the 2013 Concert Schedule here!](#)



Health & Wellness

◆ Employee Health Benefits

See www.preferredone.com for information on Preferred One Health Insurance's Fitness Advantage, a fitness rebate program! Call Denise Hanson at 384-0520 for details or 800-997-1750 for insurance customer service.

◆ Benefit Extras

See Benefit Extras, Inc. for employer-sponsored insurance premium info, flex spending accounts, and dependent care flex accounts. See the website: www.benefitextras.com, or Email: flex@benefitextras.com, or call 800-886-8793 for service.

Your Health Is

up2u!

◆ Brown Bag Wednesday Workshops

Bring your lunch and improve your well-being in this series of **FREE** workshops held at Park & Rec. Programs offered by Denise Stewart, Park & Rec Fitness Coordinator. Pre-registration required, call 334-2064.

• Strength Training for Seniors

Wednesday, July 10, 12:15–12:45pm

Meets in the Community Center Peterson Room

Learn basic exercises to strengthen all muscles groups of the body. Balancing exercises will be introduced. This workshop is designed for seniors and overweight individuals. Handouts provided. Exercise bands available for purchase.



• Mudras, Mantras, & Meditation

**Wednesday, Aug. 14
12:15–12:45pm**

Location: 2nd Floor Library

Learn and practice mudras and mantras

and eight different kinds of meditation, choosing one or two you may wish to continue as a personal practice in your life.

• Group Walk

Wednesday, Sept. 11, 12:15–12:45pm

Take time to enjoy the great outdoors and relieve stress from the day by walking with your friends or co-workers. A guided walk on one of the city trails will begin by meeting at the Comm. Center. Water and fresh fruit will be provided. Don't forget your walking shoes.



The summer-long I DID IT! program is designed to get people active by participating in planned events or activities already in place in town at a free or reduced cost. See event details at www.faribaultmn.org.

Sponsored by District One Hospital Health & Wellness

PreferredOne® Fitness Advantage



MORE FITNESS FACILITIES THAN EVER!

PreferredOne has more fitness facilities! In addition to Life Time Fitness, eligible PreferredOne members* who work out 12 times a month at participating fitness facilities can receive \$20 per month. Up to \$40 per month if one covered dependent also signs up and works out 12 times a month (must be 18 years or older).

Fitness Advantage Network

For a complete list visit PreferredOne.com/fitnessadvantage

- Anytime Fitness
- Curves for Women
- Fitness 19
- Gold's Gym
- LA Fitness**
- Life Time Fitness
- Snap Fitness
- Participating Community Centers
- YMCAs
- And hundreds more through the PreferredOne service area

What fitness facilities are part of the PreferredOne Advantage network?

PreferredOne has expanded its Fitness Advantage program to include major fitness facilities in Mpls/St. Paul and many independent facilities throughout the PreferredOne service area. Go to PreferredOne.com to view participating fitness facilities.

How many times do I need to visit my participating fitness facility each month to receive the \$20/month?

You need to work out 12 or more times a calendar month. Multiple visits within the same day count as only one visit.

Can I get another \$20/month for a dependent?

One covered dependent (must be 18 years or older) may also enroll in the program. The dependent need not enroll in the same facility as the employee, and must complete a separate enrollment form.

Where do I get the Fitness Advantage Enrollment Form?

Visit PreferredOne.com to access and print out the Fitness Advantage enrollment form.

How will I receive \$20/month?

Your fitness facility determines how you receive your \$20/month. Methods range from a reduction in future membership dues to direct deposit.

If I am already enrolled in PreferredOne's Fitness Advantage program do I need to do anything?

You are set. No need to re-enroll.

HOW TO SIGN UP FOR FITNESS ADVANTAGE

- 1 Have your PreferredOne member ID card ready, then visit PreferredOne.com to see if you are eligible for Fitness Advantage. Print out and complete the Fitness Advantage enrollment form.
- 2 Submit the completed Fitness Advantage enrollment form to your participating fitness facility and have a representative from the fitness facility sign and date the form. Bring your PreferredOne member ID card when you submit the form. Keep a copy of the form for your records.
- 3 Begin working out.

* Eligibility is defined as those members who have a PreferredOne Insurance Company or PreferredOne Community Health Plan ID card. If you have a PreferredOne Administrative Services ID card please consult your employer to determine eligibility. Members of PreferredOne's Short Term Medical program are not eligible.

**If you are a member of LA Fitness, go to www.lafitness.com/preferredone to enroll.

What if I prepay my fitness facility dues?

Your fitness facility must convert your fees into a monthly equivalent when submitting your activity. The same goes with family memberships as they must be converted into individual levels if you and a dependent are participating.

What if my dues are less than \$20/month?

The Fitness Advantage credit is your reported monthly dues, not to exceed \$20.

What if I decide to change fitness centers or I am a member of more than one facility?

The Fitness Advantage program offers the \$20/month to no more than one fitness facility per individual per month. In situations of transitioning from one fitness facility to another or being a member at more than one fitness facility, it is your responsibility to make sure the fitness facility you are active with is the only facility submitting information.

What happens if I terminate PreferredOne?

Upon terminating PreferredOne medical coverage, you will forfeit any unapplied discounts.

What happens if I terminate membership at my facility?

Upon terminating membership at a fitness facility, you will forfeit any unapplied discounts.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit PreferredOne.com

City Events

July Events

🔪 **Fireworks Display**
July 4, North Alexander Park, Dusk

🔪 **Crazy Days Downtown**
Sat. July 13, 2013

🔪 **Best Ball Golf Tournament**
Mon. July 15, 2013. At the Legacy

🔪 **Rice County Fair**
July 16-21, 2013. Free.

🔪 **Mu Daiko Taiko Drummers**
Fri. July 26, 10:30am. Free.
Buckham Library

August Events

🔪 **Relay for Life**
Fri. Aug. 2, 2013. www.relayforlife.org

🔪 **Faribault Pet Parade**
Thurs. Aug. 8, 2013. 7pm. Free.
www.faribault.org/parks

🔪 **Lynn Barber Author Presentation**
Extreme Birding: One Woman's Big Year
Thurs. Aug. 8, 1:30pm. Sr. Center. Free.

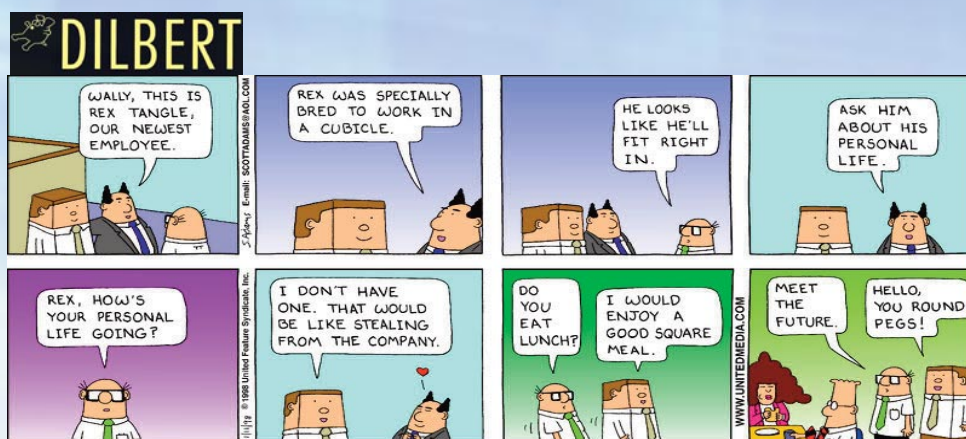
🔪 **Carv-Fest Woodcarver Festival**
Aug. 8-10, 2013, Faribault Ice Arena

🔪 **Ride for Hospice**
Sat. Aug. 10. www.hospiceride.com

🔪 **Blue Collar BBQ & Art Fest**
Sat. Aug. 10, 10am-11pm
Downtown Faribault. Free.

🔪 **International Festival**
Sat. Aug. 24. Central Park. Free

🔪 **2nd Annual Dog Swim**
Sun. Aug. 25, 4-6pm. Aquatic Center
www.faribault.org/parks



Enrichment

Park & Rec Enrichment offers programs for all ages. For more details, contact Jeff at 384-0516 or email to jjjarvis@faribault.org.

◆ Parents, Teens & Electronics

Has teenage gaming become an issue at home? If so, it may be time to learn more effective communication. This program explains the minds of developing teenagers, provides methods for parents to teach responsibility, and to strike a balance between acceptable behavior and social networking.

#1111a: Aug. 1, 6:30pm

Easy Registration:

Register online at www.faribault.org/parks, at Park & Rec, in person at the Comm. Center, or by calling 334-2064 with a credit card. Fee: \$10 per person

◆ Microsoft Word & Excel

(5-hour program)

Learn the "ins and outs" of these two popular programs. Whether your needs are for at the office or home, Word and Excel are two powerful programs that can make your life much more simple. Call 384-0516 for details!

Instructor: Patrick Ermer. Fee: \$45. Min. 3/Max: 6

#1618B: June 17 & 19, 6:30-9pm

#1618D: Aug. 22 & 24; 6:30-9pm

◆ Learn PowerPoint! (2.5 hours)

Microsoft PowerPoint is a presentation graphics program that transforms your ideas into professional, compelling presentations. With PowerPoint, create slides to display as an electronic slide show, 35mm slides, or transparencies for overhead projectors. Learn to format and edit text, rearrange and copy slides, create basic charts, use clip art, and use the "notes" page view.

Fee: \$45. Class Min. 3/Max: 6. Instructor: Patrick Ermer

#1508G: July 31, 6:30-9pm

#1508A: Sept. date T.B.A.

◆ ABCs of Computers

(10-hour program)

This class is for adults new to computers, and those who have a basic understanding. Small hands-on classes are held in a relaxed environment with on-screen lectures. The basics of mouse control, starting/ending programs, changing settings, Word, Excel, Internet and Email are covered.

Fee: \$85. Min. 3/Max: 6. Instructor: Patrick Ermer

#1505C: Aug. 5, 7, 12, 14; 6:30-9pm

◆ eBay & Craig's List Online Buying & Selling

Increase your income by learning to sell items online using eBay and Craig's List. Learn how to put items online, add photos, how to get paid, and more.

Instructor: Patrick Ermer. Fee: \$23. Min/Max: 4/12. Instructor: Patrick Ermer

#1510A: Aug. 1, 6:30-9pm

American Sign Language

ASL Levels I, II, III & IV

Learn about deaf culture and American Sign Language in this ongoing set of classes by instructor Brad Christesen. This is a great class for family or friends of deaf people, or for training in a work setting.

Fee: \$62. Meets six times (12 hours)

ASL I, Saturdays, July 27-Sept. 21, 8-10am.

ASL II: Saturdays, July 27-Sept. 21, 10-12pm.

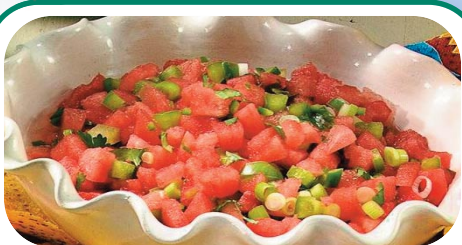
ASL III: Saturdays, July 27-Sept. 21, 1-3pm.

ASL IV: Mondays, July 22-Sept. 16, 6-8pm.

The City Mission



"Food Just Like Mom Used to Make!"



Watermelon Salsa

Make this homemade salsa with watermelon, vegetables, lime juice and jalapeño chiles – a perfect complement to any summer meal.

Ingredients

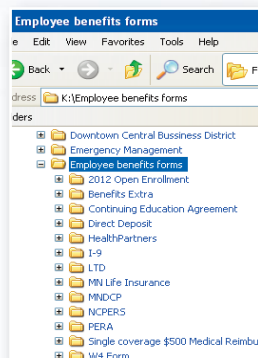
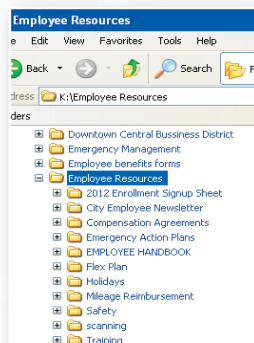
- 6 cups diced seeded watermelon, drained
- 1 cup chopped green bell pepper
- 6 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh basil
- 6 green onions, thinly sliced
- 2 chopped seeded medium jalapeño chiles
- 1 teaspoon garlic salt

In large bowl, combine all ingredients; mix well. Cover and refrigerate at least 1 hour before serving.

<http://www.pillsbury.com/recipes/watermelon-salsa/c6109dce-b50b-4888-8741-ee3a82ea6e83>

Employee Resources

See the K: drive for employee benefit information and benefit forms.



Online Tools PreferredOne

Go To: PreferredOne.com

For New Members: Click Register

For Registered Members: Enter Username and Password in the upper right-hand corner



As a PreferredOne member you have access to a comprehensive range of online tools and information to help simplify and manage your health care coverage, check medical cost information and improve health.

My Account. Access your benefits, out-of-pocket balances, view Explanation of Benefits (EOBs), or create your own claims history account statement.

View My Benefits. Access your Certificate of Coverage explaining your benefits in detail.

Sign up for Fitness Advantage. Receive \$20/month when you work out 12 times a month at participating fitness facilities.

Find your health care provider. Search for a doctor, clinic or hospital by name, specialty or location.

Save with PreferredOne's Medical Cost Tools.

- Compare cost by clinic for frequently performed services.
- Cost comparison for MRI, CT & PET/CT scans.
- Reprice existing claims with other PreferredOne providers.

Learn about over 7500 health care topics. Take a health risk assessment, use our interactive calculators and tools that can help you make smart decision about your health and care.

Care Advantage™. Meet your health goals with PreferredOne's wide range of care management and wellness programs.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit PreferredOne.com

Exclusively for City of Faribault Employees and Family!

T-Mobile Advantage™ Program

SAVE MORE ON FASTER 4G

Get a great deal on a 4G device and your monthly plan with T-Mobile®



T-MOBILE® MYTOUCH® Q

FREE

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees)



SAMSUNG GALAXY S™ II

FREE

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees). Includes FREE car charger. While supplies last.



SAMSUNG GALAXY S™ III 16 GB

\$124.99

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees). Includes FREE car charger.

SPECIAL BONUS!

We'll waive your activation fee so you'll save an extra \$35. Plus, get 15% OFF your monthly rate plan.



TRADE-IN AND TRADE UP!

Scan here to get the trade-in value of your old phone.

MAKE THE SWITCH TO SAVE!

CALL ADVANTAGE DIRECT™ AT 1-866-464-8662 AND USE PROMO CODE 6048TMOFAV. Have your association or employee I.D. ready when you call.



**NOW OPEN!
The City
Compost Site**

The city composting site is a great place to leave your leaves! Use the site after you're done tidying up your property-- they accept leaves, branches, grass clippings and garden waste on M/W from 1-7pm, and Saturdays 7am-4pm.



**FOR SALE:
Whirlpool
Washing
Machine**

6-years old.
\$150 or B/O.
Contact Paul
Peanasky at
507-339-3110



FREE Grill

Well-used GrillPro.
Contact Paul Peanasky
at 507-339-3110

**WANTED:
A Portable
Fish House
and used
Fishing
Equipment.
Contact Jeff
Jarvis at
339-8765..**

**WANTED:
A Pull-Behind
Bike Trailer
for children
to ride in.**

Contact Kim Clausen
at x2375 or email to
kclausen@ci.faribault.mn.us.



FOR SALE:

Jayco 5th Wheel Camper (2004) 25.5 foot, with one slideout, AC, Awning, very clean, great condition \$8500. Call Paul Froman at 339-3600.

FOR SALE:

Pure Maple Syrup
\$8 per pint. Call Paul
Froman at 339-3600.



ROCKY
HUNTING BOOTS
Size 13, \$45.
Call Jeff Jarvis at
384-0516.