President’s Message
Submitted by Kim Carlton

How fitting that as I’m writing this, on the day when we “Spring Forward,” we may see temperatures in the mid-to-upper forties. My dog is lying on the floor a few feet away from me, moving a couple of inches every now and then, in order to stay in the sliver of sunshine coming through the curtains. I can hear birds (actual birds!) chirping outside. Tempering my excitement about the impending thaw, I keep looking at my ceiling to check for evidence of my impressively scary ice dams melting in the wrong direction. So far, so good. This winter has been challenging, to say the least.

As I look forward to spring, I also look forward to the annual changing of the guard at the MEHA spring conference. In the next few days, look for ballots to arrive in your postal service mailbox. We haven’t yet joined the National Environmental Health Association (NEHA) in their ability to cast votes electronically, but perhaps we will have the capacity to do so in the future. This year’s slate of candidates for the Board of Directors is fantastic. Each of the individuals is a well-qualified, passionate environmental health professional. Please take a look at the candidate bios in this issue of the newsletter. When the ballot arrives in your mailbox, I hope you will invest a few minutes and the price of a postage stamp in order to cast your vote. Your voice counts.

Additionally, I would like to encourage all eligible members to consider running for a Board position in the future. Full disclosure: I hadn’t ever considered running, until the phone rang one day and I accepted. That was 2007, and here I am today, three positions later. I am committed to two more years on the Board, but as my term starts to wind down, I find myself incredibly grateful for the experience.

The opportunities for both personal and professional growth that I have had due to my involvement in MEHA are too many
to count. One highlight was the distinction of representing Minnesota at the NEHA Annual Educational Conference in Washington, D.C. in July 2013. At the State affiliate focus groups, it was encouraging to learn that other states were experiencing the same challenges in attracting new - and especially young - members as MEHA was. We have tried to implement some of the suggestions and lessons learned. It may be a matter of coincidence, but I am pleased to report that we have seen membership grow by several dozen people in the last few months alone.

At the Winter Conference, I asked the attendees to talk to at least one stranger that day. I will continue to urge everyone again to just go talk to somebody, before giving them the opportunity to not talk to you. The networking opportunities and informal connections that happen because of MEHA can prove to be invaluable to you someday. We are all peers and professionals, working towards the same goal. Whether through our educational aspirations, the work that we do to bring home a paycheck, or our volunteer efforts, we strive to promote awareness of environmental health issues and activities in our community.

I am exceptionally grateful to have had the opportunity to represent you for the past year. I am honored to have served with such a talented, motivated, forward-thinking Board of Directors. I am excited for the new energy brewing behind several of the MEHA committees. Keep your eyes and ears open for some brand new initiatives to be rolled out in the near future. Just as time keeps moving forward, our organization is moving, changing, and adapting to our members’ needs.

Sincerely,
Kim
STEM Summit
Submitted by Travis Bistodeau

On January 30, 2014 St. Cloud State University hosted the 6th Annual Science, Technology, Engineering, and Mathematics (STEM) Summit. The STEM Summit provides networking opportunities to 1,500 students (grades 7 -12), representing 17 schools from central Minnesota and Minneapolis.

STEM presenters included business leaders, representatives of academia and regulatory officials, including Minnesota Environmental Health Association (MEHA) members from Stearns County and the City of St. Cloud. MEHA provided a booth and education materials describing the environmental health industry and potential career opportunities in Minnesota. MEHA materials and information were very well received by students, parents and even other presenters!
Membership Update

If you are or have been a MEHA member and are returning to the website to renew or register for a conference please do not create a new membership profile or multiple invoices. When your online form shows a balance due you do not need to create an additional invoice.

When you want to change your preferred email address for your account please log into your account by using your old email address and edit your profile. If you are having difficulties please email the membership committee for assistance.

RS Exam Date and Study Session Update

The next date for the RS Exam is April 24, 2014.

RS Study Sessions are held at:

Fridley Community Center
6085 7th Ave. NE, Rm. 112
Fridley, MN

Sessions are held the second and fourth Tuesday’s of the month from 12:30-2:30

Contact Frank Sedzielarz at sedz0002@umn.edu for more information
2014 NEHA AEC
STIPEND APPLICATION

2014 AEC, Las Vegas, Nevada
July 7-10, 2014
http://www.neha2014aec.org

Criteria

The applicant must:

- Be a MEHA member in good standing for at least five years, and actively involved in the field of environmental health,
- Attach a letter from their supervisor or agency giving them permission to attend the AEC,
- Write a substantial article, including photos, for the MEHA newsletter.
- Be a NEHA member at the time of registration. The recipient is personally responsible for paying their NEHA membership dues.

The applicant will be encouraged to:

- Report back to MEHA about interesting presenters who could be potential speakers for future conferences.

Preference will be given to applicants:

- Who have participated on MEHA committees or been active in supporting the organization.
- Who have never attended a NEHA Annual Educational Conference, or have not attended in the last 5 years.

Selection Process

- An e-mail will be sent to confirm that the application form and attachment were received. Submission constitutes agreement to write the article described above.
- The individual who is selected to receive the stipend will be contacted by a MEHA board member.
- The recipient of the stipend will be selected based on the information provided in this application.
- The stipend is limited to reimbursement to the candidate for NEHA conference registration, coach-class airfare, ground travel, lodging and meals.
- Incomplete applications will be rejected
Applicant Information

Name:
Address:
City: State: ZIP Code:
Employer and/or educational institution:
Email address:
Phone #: FAX #

1. Describe your participation on MEHA committee(s) and/or contributions to the Association.

2. Have you ever attended a NEHA Annual Educational Conference? If yes, when was the last year you attended?

NO
YES ______________

3. Provide or attach a description of:
Why you would like to attend the NEHA Annual Educational Conference, and how this will benefit both you and the Minnesota Environmental Health Association. Limit of one page, please.

Submit your application form and attachment(s) to Kyle.Johnsen@state.mn.us

Questions: call Kyle Johnsen 651.201.6442

The deadline for receipt is 1:00 PM April 11, 2013
Several MEHA board positions will be voted on by members prior to the annual meeting. Candidates have submitted the following biographies for your review.

Sadie Pulk
Candidate for President-Elect
City of Minneapolis

Since I began my professional career in environmental health in 2008, I have looked to the Minnesota Environmental Health Association as a great resource and network of professionals. I am excited about the opportunity to run for president-elect.

After completing a summer internship with the City of Minnetonka during my undergraduate years studying community health education at the University of Minnesota Duluth, I decided to pursue a career in environmental health. I completed another internship with the City of Minnetonka, interned for the City of St. Louis Park and after graduation worked for the City of Bloomington. Since 2009, I have worked as a health inspector for the City of Minneapolis where I currently focus on HACCP, program assessments for Minneapolis’ MDA and MDH delegation agreements, and health inspections. Outside of work, I am completing a dual degree program at Augsburg College earning a Master of Arts in Leadership and Master of Business Administration. I enjoy doing anything outside in the summer and love traveling.

MEHA is on Facebook! Visit our page and join the group! Please “Like” us so we can share MEHA news and other interesting Environmental Health info with you in a timely manner.
Jeff Luedeman
Candidate for
Vice President
City of
Bloomington

Education and Training:
In 1989, I received a Bachelor of Science degree in Biology from Northern Michigan University. In 1993, I received a Master of Science degree in Entomology from the University of Minnesota. Following graduate school, I served in the Army Medical Service Corps for three years as an Entomologist and I serve in the Army Reserve today. I have been registered with the State of Minnesota as an Environmental Health Specialist/Sanitarian since April 2000.

Experience:
I have worked in various fields of Environmental Health since 1994, including food protection, recreational water, wells, and disease vector surveillance and control. I have worked for the City of Bloomington for 13 years in food protection, public pools and recreational water, wells, and foodborne illness outbreak investigations. Previously, I worked for the Minnesota Department of Health as an Epidemiologist and for the Metropolitan Mosquito Control District as a Vector Ecologist and Field Supervisor.

MEHA Board Experience:
I served as a MEHA Board Director from 2004 to 2007. I have served as the Secretary for MEHA since May 2012. With your support, I am looking to begin a five-year term on the MEHA Board beginning with Vice President.
Hello, my name is Kris Keller and I am running for the three year Director position. I am currently serving as the one year Member-at-Large and would greatly appreciate the opportunity continue to serve on the MEHA Board of Directors.

I have enjoyed working with the Board and getting to know more of the great professionals that make up MEHA. A little about me, I am a Registered Sanitarian and work for Washington County as an Environmental Program Coordinator. Here I have spent the last nine years working with many areas of environmental and public health including; inspections, licensing, enforcement, outbreak investigations, public health nuisances, and other various job duties. Prior to Washington County I worked as a Code Compliance Officer inspecting food establishments with the City of Minneapolis. I am a graduate of the University of Wisconsin - Eau Claire Environmental Health program.

I have had the opportunity to work with many great environmental health professionals in various groups and committees over the years including; the Code Consensus Committees, Food Code Advisory Committee, Food Safety Partnership, emergency preparedness committees, MEHA and various other work groups. Outside of work I enjoy spending time with my wife and two boys. We enjoy camping, biking, paddling, hiking, snowshoeing and just being outdoors.

It would be an honor to be elected to serve as MEHA’s three year Director.
Chris Forslund has been involved in environmental health in one way or another nearly 27 years. During that time he has learned a thing or two about how corporations and government work—or don’t work-together.

He is no stranger to MEHA and has served as MEHA President (2005-06), Vice-president, committee co chairs of Registration, Emergency Preparedness, and served on the Finance and Awards committees. He was MEHA’s representative to the Conference of Food Protection in 2005 that generated conference debate on the proposal of nationwide registration of environmental health professionals. He has experience in many areas of environmental health/regulation including retail and commercial food manufacturing, pools, lodging, housing, public health nuisance, air quality, animal control, tattoo, tobacco, massage, construction plan review, zoning and water quality. He has worked for the Cities of Crystal, St. Cloud and Burnsville as well as the Minnesota Dept. of Health. He is currently supervising the Licensing and Code Enforcement program for the City of Burnsville regulating rental housing, general nuisances, health nuisances, massage, liquor, tobacco and various other miscellaneous license regulations. Never a dull moment!

Chris has a Master of Public Health (MPH) degree in Environmental Health from the University of Minnesota and a Bachelor of Science degree from St. Cloud State University. Further education from the School of Hard Knocks and Murphy’s Law school has made him a well-rounded candidate. This experience is very helpful for addressing many of the problems that MEHA members deal with daily. He is more than willing to share that experience with anyone. He is a current REHS/RS and believes strongly in a national credential and highly trained workforce for environmental health professionals.

When he is not commuting to work or working on his old farmhouse (usually), Chris likes to find peace and quiet in the northern Minnesota woods, prairie, long rides on a motorcycle or ATV, or camping anywhere there is space and flat ground.
Greetings MEHA Members,

I am an Environmental Health Specialist with Hennepin County responsible for the Food, Pool, and Lodging inspections for Brooklyn Center, Robbinsdale, and St. Anthony Village. I am also one of the licensed lead (Pb) risk assessors for our department, an establishment plan reviewer, basic food safety class teacher, and I help with the septic program. I was an intern for Hennepin County in 2009, graduated from the UWEC-ENPH program with a B.S. in spring 2010, obtained my R.S. in the fall of 2010, and started full time employment with Hennepin County in January 2011.

I am on the MEHA scholarship and outreach committees and recently helped establish the new MEHA Northstar scholarship. I am also a member of the Alliance for Healthy Homes and Communities and stay actively involved with the UWEC-ENPH program as a course mentor and member of the external advisory committee.

Outside of work, I coach shot put and discus for Hudson High School track and field and serve my community as a planning and zoning commissioner. In my free time I like to grow and cook my own food, camp, canoe, kayak, bike, ski, disc golf, and play with my dogs. I am excited for the opportunity to contribute to the success of MEHA, thank you for your consideration in voting for me as the Member-At-Large.

Best Regards,
Caleb Johnson
Hello, my name is Valerie Gamble and I am excited to be running for the Member-at-Large position on the MEHA board. I currently work as a Food Inspection Supervisor with the Minnesota Department of Agriculture Dairy and Food Inspection Division. For the last five years I was a field based food inspector working in and around the Twin Cities. Last year I participated in IFPTT’s Applied Science, Law and Policy: Fellowship in Food Protection and conducted a research project on West African Foods in Minnesota that I presented at the AFDO spring conference.

Prior to working for MDA I received my Masters in Science in Geological Sciences from the University of Minnesota. Before that I spent five years working in northern California in organic and conventional agriculture doing extension work and outreach.

I enjoy spending time playing the piano and being outdoors with my husband, and we are currently looking forward to the birth of our first child at the end of March.

I am very committed to environmental health both in Minnesota and at a National level and would greatly enjoy the opportunity to be more deeply involved with MEHA. It would be an honor to be selected to serve on the MEHA board. Thank you for your consideration.
George Wahl  
Candidate for Secretary  
Minnesota Department Of Health

I am a Registered Environmental Health Specialist with the Minnesota Department of Health, Food Pool and Lodging Services Section, working out of the Metro office in St. Paul. I have worked in the Environmental Health Division at MDH since Sept. 2006 and am currently responsible for inspections in the cities of W. St. Paul, S. St. Paul and Inver Grove Heights in Dakota County. Recently I was also assigned responsibility for coordinating inspections, etc. at the Renaissance Festival in Scott County.

Prior to joining the Environmental Health Division, I worked in the Chronic Disease & Environmental Epidemiology Section at MDH since February 1994 which is when I began working for MDH. My work there focused on occupational health and safety issues with much of the emphasis on preventing workplace injuries and fatalities in agricultural industries including farms.

I received a Master of Sciences degree from the University of Minnesota, School of Public Health. I also have a Bachelor of Arts degree from Minnesota State Mankato with majors in Mathematics and Physics and a Master of Arts degree from Minnesota State Mankato in Physics. Before pursuing a degree and career in public health, I worked as a software test engineer for a large defense contractor in the Minneapolis area.

I live in Lakeville, MN and have a son and daughter who also live in the Lakeville area. Interestingly, both of them graduated from Minnesota State Mankato and my son is also a U of M graduate. In my spare time, I enjoy a variety of activities such as an annual fishing trip to Canada, college sports, travel (both domestic and international) and driving (in the summer) my Datsun 280Z sports car which I bought new a number of years ago.
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<th>2013/2014 Schedule</th>
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<td>August 21 &amp; 22</td>
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<td>September 17 &amp; 18</td>
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<td>September 18 &amp; 19</td>
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<td>October 2 &amp; 3</td>
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<td>October 16 &amp; 17</td>
<td>8:30pm - St. Cloud, MN</td>
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<td>October 23 &amp; 24</td>
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Visit us on the Web: www.mvtl.com
The Scholarship Committee awarded the 2014 Mary Lauren Olson Scholarship to Catherine Graeve. Catherine completed her Master’s program in Public Health and Occupational Health Nursing at the U of M in 2011 and is currently in a doctoral program, at the University of Minnesota, focusing on Environmental and Occupational Health Nursing. Her career goals include teaching oncology or public health nursing while continuing to research illness and injury prevention. This year the award was $1800. Catherine was introduced by Nicole Koktavy at the 2014 MEHA Winter Conference.

The Scholarship Committee awarded two Northstar Scholarships, in the amount of $500, to Bethany Valentine and Emily Anderson. Bethany is a biology student at UW-Eau Claire and is originally from Champlin; she has researched frac sand mining silica exposure and hopes to enroll at the U of M School of Public Health in the fall of 2014. Emily is from Hopkins and is currently a Behavior, Evolution, and Ecology major at UCLA and interned with the Minneapolis Environmental Services unit last summer learning about erosion control. Bethany attended the 2014 MEHA Winter Conference and was introduced by Caleb Johnson.

Pictured from left to right: Nicole Koktavy, MEHA Scholarship Committee, Catherine Graeve, Mary Lauren Olson Scholarship Recipient, Bethany Valentine, Northstar Scholarship Recipient and Caleb Johnson, Scholarship Committee
Comments from MEHA members regarding the poster session at the conference:

- Poster Session Great!
- Love the student involvement
- Poster session was a great way to learn about multiple topics quickly
- I enjoyed the variety of presentations & the student involvement was great.
- It’s great to see the students taking part
- I liked the student posters. It was a good change.
- Nice to see the students
For the latest information and educational materials about Food Irradiation, Beef Safety, Modern Beef Production, and Consumer Topics relating to Beef contact:

www.mnbeef.org
www.beeffoodservice.com

Colleen Zenk
Director of Consumer Information

MEHA would like to thank Karen Casale for fulfilling the role of Vice-President this past year. Karen’s Dedication to the organization is appreciated!

UPCOMING EVENTS

MEHA Spring Conference
Arrowwood Resort & Conference Center
Alexandria, MN
May 1-2, 2014

2014 Conference for Food Protection
Orlando, Florida
May 3-7, 2014

NEHA AEC
Las Vegas, NV
July 8-10, 2014

Minnesota Beef Council
2950 Metro Drive, Suite 102
Minneapolis, MN 55425
952-934-4468
colleen@mnbeef.org
MEMBER UPDATES

OUR SYMPATHY to Leslie Haines, Winona County on the loss of her father.

ON THE MOVE... Erin Smilanich to MDH Compliance and Monitoring (Body Art).

WELCOME to Miles Schacher, MDH Non-Community DWP in Fergus Falls.

WELCOME to new and returning MEHA members: Ashley Jo Anderson, Janna Beard, Steven Diaz, Mark Erickson, Justo Garcia, Brian Golob, Jenny Goslin, Jesse Hennes, Lea Jacobsen, Rustan Krentz, Lisa LaCasse, Hannah Marschinke, Matt McFalls, Lindsey Mittendorf, Margarita Omeonu, Josh Schaack, Ian Wetzel, Tessa Whitemarsh and Tom Wilfahrt.

Thank You to the following people who contributed to this newsletter: Jessica Jutz, Kim Carlton, Karen Casale, Dan Disrud, Kyle Johnsen, Travis Bistodeau, Nicole Koktavy, and Sharon Smith.

Request From The Editor

An important part of the newsletter is the human element—what is going on with MEHA members. Please let the editor know about any comings and goings, births, weddings, honors...

Deadline for the next issue is September 1, 2014

Send to:
Lori Green, R.S.
St. Paul-Ramsey County Public Health
2785 White Bear Avenue N., Suite 350
Maplewood, MN  55109-1320
651-266-1172