Greetings!

It is hard to believe summer and fall are over and winter is here! The past seven months have been a blur! My husband, daughter, and I welcomed our son Theodore into the world on July 1. We had a wonderful summer, but between the sleepless nights caring for a newborn, and the exhausting days spent chasing around a 2-year-old, we were ready for fall and a little more routine in our lives! I was fairly nervous to serve as MEHA President and to start off my run by being out on maternity leave, but fortunately the organization has an amazing group of Board and Committee members whom have helped me through the transition. Thank you! Now that my personal chaos is subsiding, I’m feeling a little more comfortable serving as your President. It has been a busy year; 2017 was a wonderful year and I’m looking forward to what 2018 brings!

One of the wonderful things that happened in 2017, was the 2017 FDA Central Region Retail Food Protection Seminar and NEHA Region 4 Education Conference. The conference was a huge success! Thank you to the planning committee for all of your hard work and dedication to making the conference possible. It took 15 months of planning, but all the time and effort put into planning the conference definitely paid off. This was evident from the rave reviews we received from attendees. There were so many great speakers, networking events, and socializing! Hosting 370 attendees from 17 different states is an amazing accomplishment. Thank you to everyone who attended and was a part of the conference.

Now that our big event is over, we can start looking forward to the MEHA Winter Conference, which will be held on January 25, 2018 at the University of Minnesota St. Paul Campus. Check out the MEHA website at https://mehaonline.org/meha-winter-conference/ to review the agenda and register! The agenda is packed with excellent speakers, including Bill Marler from the Marler Clark law firm in Seattle. He will be speaking on the latest in food safety litigation. Also, plan to attend the networking event following the conference which will be held at Lake Monster Brewing (http://www.lakemonsterbrewing.com/). And don’t forget to mark your calendars for the MEHA Spring Conference which will be held at Rutger’s Bay Lake Lodge May 9-11, 2018 (http://rutgers.com/). If you want to get involved with the planning for these conferences or are interested in getting more involved with MEHA in general, please reach out to me or another committee/board member. Also, please consider volunteering with MEHA on January 13 at Open Arms of Minnesota, we will be preparing meals for people with life-threatening illnesses in the Twin Cities.

Lastly, I know this time of year is busy, the holidays can definitely be a time of stress. Dr. Robert Veninga presented at the fall conference on how to better be resilient, and I will definitely be taking his reminders to heart this holiday season: (1) Attitude is everything, (2) Most problems are solvable, (3) Be thankful, (4) Laugh often, and (5) Focus your dreams. I hope you have a wonderful fall and holidays and don’t hesitate to reach out to me if you have any questions about the organization. Please get involved – we have a spot for you!

Sincerely,
Nicole Hedeen
(651) 201-4075
President.meha@gmail.com
University of Minnesota Extension Educators Win National Food Safety Award

Minnesota Environmental Health Association's sustaining members, Suzanne Driessen and Kathy Brandt, University of Minnesota Extension food safety educators received the 2017 National Food Safety Award by the National Extension Association of Family & Consumer Sciences. The food safety award recognizes outstanding innovative educational programs.

Educators received this year’s food safety award for Safe Food Sampling at Farmers’ Markets and Community Events program. It is an educational package with train-the-trainer curriculum, online publications and videos. From kale to kohlrabi, vendors learn to offer food samples safely.

To make the Safe Food Sampling at Farmers’ Markets and Community Events course readily available, a free online option was developed in 2016. The video series is accessible 24/7 on the Extension food safety website. Check it out at http://www.extension.umn.edu/food/food-safety/food-entrepreneurs/.

For more information about the Safe Food Sampling at Farmers’ Markets and Community Events Extension program, contact Kathy Brandt, brand030@umn.edu or Suzanne Driessen, driessen@umn.edu.
Serve It Up Safely™

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More info: z.umn.edu/sius
or contact the Extension Food Safety program at exfdsafe@umn.edu

UPCOMING Events

2018 MEHA Winter Conference
U of M Continuing Education Center
St. Paul, MN
January 25, 2018

MEHA Spring Conference
Ruttger’s Bay Lake Lodge
Deerwood, MN
May 10-11, 2018

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<tr>
<th>Time</th>
<th>Event Description</th>
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<tr>
<td>7:45 – 8:30 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:30 – 8:50 am</td>
<td>Welcome &amp; Announcements</td>
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<td>Nicole Hedeen</td>
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<td>MEHA President</td>
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<td>8:50 – 9:40 am</td>
<td>Climate Change and Implications to Minnesota</td>
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<td>Dr. Kenneth Blumenfeld</td>
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<td>Minnesota Department of Natural Resources/University of Minnesota</td>
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<td>9:40 – 10:50 am</td>
<td>Food Safety Law</td>
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<td>Bill Marler</td>
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<td>10:50 – 11:30 am</td>
<td>BREAK</td>
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<td>Poster session</td>
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<td>Room 155</td>
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<td>Check out exciting environmental health research from students at</td>
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<td>University of Wisconsin- Eau Claire Environmental Public Health</td>
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<td>University of St. Thomas</td>
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<td>11:30 – 12:20 pm</td>
<td>Dual-Purpose Cover Crops and Onsite Retention of Water and Nutrients</td>
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<td>Dr. Frank Forcella</td>
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<td>USDA- Agricultural Research Service</td>
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<td>12:20 – 1:20 pm</td>
<td>LUNCH</td>
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<td>MEHA Mentor Program Participants Dine in the Club Room</td>
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<td>1:20 – 1:30 pm</td>
<td>Presentation of Scholarships &amp; NEHA Awards</td>
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<td>1:30 – 2:20 pm</td>
<td>Urban Gardening Soil Contaminants</td>
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<td>Dan Pena</td>
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<td>Minnesota Department of Health</td>
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<td>2:20 – 2:50 pm</td>
<td>BREAK</td>
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<td>2:50 – 4:20 pm</td>
<td>Implicit Bias: Its Impact and How to Counter It</td>
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<td>Sybil Dunlop</td>
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<td>Greene Espel PLLP</td>
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Enclosed Sports Arena Program earns Excellence in Safety Award

Congratulations to our Enclosed Sports Arena program for receiving the Albert E. Tyldesley Excellence in Safety Award.

The award was earned for promoting safe practices in indoor ice arenas. It was given by the Ice Skating Institute in recognition of our program's commitment to protecting Minnesota's ice arena users from dangerous emissions from combustion powered engines and equipment like resurfacers and edgers. It was accepted by Mary Navara, Kelly Smeltzer, John Olson, and Dan Tranter. Kelly and John go out on regular indoor ice arena inspections to examine air quality records and to monitor the air for carbon monoxide (CO) and nitrogen dioxide (NO2).
MEHA Stipend Award Recipient for FDA/NEHA Region 4 Conference

Submitted by Jacob Neuharth, EHS
Anoka County Community Health & Environmental Services

From 2012 to 2014, I worked with the Wisconsin Department of Health Services as a public health sanitarian for the Wisconsin Dells. In the 8 square miles of the Dells, there are about 400 licensed pools and water attractions. At the NEHA Region 4 Educational Conference, I met up with former coworkers from Wisconsin and attended a session by Sauk County’s Shayna Dye on what working in the Dells is like. While it was great fun to relive my Sconnie days, the session that captivated me was “Breathing Life into Soil: Turning Urban Soils into Carbon Sinks” by James Doten of the Minneapolis Health Department.

James has been getting his hands dirty with biochar. Organic matter that has been heated in an oxygen-free environment, biochar is a porous soil amendment that retains water and nutrients and is a stable form of carbon that can remain in the earth for centuries. Climate change is being driven by carbon dioxide, released from the consumption of fossil fuels, and most mitigation efforts are focused on reducing emissions but biochar is about sequestering carbon, locking it up so that it can’t contribute to global warming. Working with the Shakopee Mdewakanton Sioux Community, James has been testing the effectiveness of biochar in test gardens in the Phillips neighborhood of south Minneapolis, gardens whose produce is then donated to local food banks.

What inspired me about James’ work was the intersectionality it embodied; mitigating climate change, improving soil health and fertility, feeding underserved communities fresh local produce, and creating new opportunities for minority-operated businesses. Working in the field of environmental health can seem routine at times, inspecting kitchens doesn’t feel particularly grand but attending “Breathing Life into Soil” reminded me that we are all part of a bigger picture. The CDC estimates that over the past century, public health initiatives have increased the average American lifespan by 25 years, my entire life so far. Biochar gives me hope that in the next century of our rapidly changing world, while we continue to protect the public from the environment, we can also help the public live with it.
FDA Central Region Seminar & NEHA Region 4 Education Conference
Minneapolis, MN
September 19-21, 2017

Michelle Messer and Angie Cyr, MDH, at the registration desk and break-out area sponsored by Kwik Trip and Caribou Coffee.
Lots of networking opportunities at the conference. Good chance to check out the wonderful vendor displays and catch up with familiar faces along with meeting new colleagues.
The Risk Communication and Social Media: Food Safety Talk Podcast by Dr. Ben Chapman and Dr. Don Schaffner was a big hit and well received by the attendees.

Lots of good learning opportunities with several of the panel discussions.
Buffalo Wild Wings Networking Event
Congratulations to the following individuals who recently passed the REHS/RS exam or has obtained Minnesota reciprocity:

Cordell Manz
Michelle Anderson
Aaron Arvold
Holly Batchelor
Tony Georgeson
Andrew Hagmann
Cassandra Hua
Kevin Keopraseuth
Andrea Kieffer
Nick Koreen
Michelle Leger
Cody Miller
Matt O'Brien
Roee Reinberg
Becky Schmidt

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.
MEMBER UPDATES

On the Move:
Cassandra Hua, MDH from Bemidji District Office to MDH Metro District Office
Vanessa Prebish, MDH Metro District Office to MDH Bemidji District Office
Matt Finkenbinner, MDH Mankato District Office to MDH Rochester District Office – he is now the Sanitarian Supervisor for the Rochester District Office
Ryan Lee, MDH Metro District Office to Washington County Department of Public Health and Environment
Hannah Davis, St. Paul-Ramsey County to MDA

Welcome to:
Clifford LaVigne, MDH Duluth District Office
Sharon Carlson, MDH Fergus Falls District Office
Jerry Malloy, MDH Metro District Office
Alex Hintz, MDH Metro District Office
Nicole Skatrud, St. Paul-Ramsey County Department of Public Health
Kaylie Prochaska, St. Paul-Ramsey County Department of Public Health
Jacob Neuharth, Anoka County Community Health & Environmental Services
Alex Kim, City of Brooklyn Park
Ryan Miller, Brown-Nicollet Environmental Health
Hannah Young, Hennepin County Epidemiology and Environmental Health
Julia Lee, City of Minneapolis Health Department
Carmen Genske, Morrison County Public Health
Monique Erickson, Otter Tail County
Casey Kipping, Washington County Department of Public Health and Environment

Opeyemi (opy) Adesida started as an Environmental Health Specialist at City of Bloomington in October 2017. I worked previously with Hennepin County. Have a background in Medicine from Nigeria and a Masters in Public Health with a specialization in environmental health (MPH) from the University of Minnesota. I enjoy reading, travelling, spending time with my kids.
CONGRATULATIONS

Andrea Kieffer, MDH Rochester District Office on the birth of her son
Jenny Goslin, MDH St. Cloud District Office on the birth of her son
Tom Sobolik, MDH Bemidji District Office on his retirement
Nicole Hedeen, MDH Metro District Office on the birth of her son
Ben Ische, MDH Mankato District Office on the birth of his child
Jesse Harmon, Brown-Nicollet Environmental Health on the birth of his child
Eric Friehammer, MDH St. Cloud on the birth of his child
Valerie Gamble, MDA on the birth of her son

OUR SYMPATHY to John Weinand, City of Minnetonka, on the loss of his mother.

THANK YOU to the following people who contributed to this edition: Jim Topie, Angie Cyr, Kim Carlton, Sarah Leach, Nicole Hedeen, Valerie Gamble, Jason Neuharth, Suzanne Driessen, Karen Casale and Lisa Schreifels. A special thanks to Jim, Angie, Kim and Sarah for all the wonderful conference photos.

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

March 1, 2018

Send to:
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Maplewood, MN  55109-1320
Lori.Green@co.ramsey.mn.us or Angie.Cyr@state.mn.us
651-266-1172