

COUNTY CONNECTION

November, 2014



HAPPY BIRTHDAY

Shawneen Davis.....1st.....Superintendent's office

Kendra Lind.....3rd.....Sanitarian

Denise Gonzalez.....7th.....Library

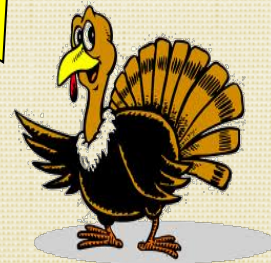
Brandon Huff.....11th.....Sheriff's Dept.

Sarah Pisciotta.....12th.....Animal Control

Tony Berget.....23rd.....Commissioner

Kendra Gaustad....27th.....County Attorney's Office

Happy Birthday
Have a GREAT B-Day!!!



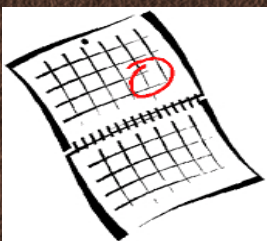
Birthday Pictures.

If you know someone whose birthday is coming up and you can get a picture of them. Grab it and email me at dshaw@libby.org

Lincoln County Human Resources
Dallas Shaw

Montana Athletic Center

MAC offers numerous group exercises.
Check out the mac at
www.maclubby.com



SAFETY CORNER

November, 2014

SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chairman
- Robin Benson, Courthouse, Vice Chair
- Brenda Rebo, Annex, Record Keeper
- Ed Lindquist, Maintenance,
- Lisa Oedewaldt, EMA, Training Officer
- Roby Bowe, Sheriff
- Craig Schultz, Libby Road Crew
- Deb Blystone, Planning
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- Terry Steiger, Troy Road Crew
- Dick Wornham, Ambulance
- Patti Noble, District Court

Monthly Departmental Safety Meetings

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.



Don't Be Left in the Dark

Weathering Floods, Storms & Power Outages

Just a lil tidbit of information for those who want to prepare for power outages and other consequences of severe weather events such as thunderstorms, floods and winter storms. If the power goes out, most homes would be without refrigeration. Many homes would not have running water and proper sanitary services. Depending on the season, many homes would also be without heat.

If properly prepared, most families could deal with these inconveniences for a few hours, even a few days. But some families, especially those with infants, elderly or sick people, may need to leave the home. Whether you stay or whether you leave your home, this info provides useful checklists and general information on how to prepare for severe weather events and power outages before they happen, when they happen and after they happen.

Don't Be Left in the Dark will hopefully help you to take the next steps needed to prepare you, your family and your home for what might happen during a severe weather event or emergency.

Preparing for the Storm or Outage

Having the right supplies on hand can make life a little easier during a power outage, flood, or storm. Even though it is unlikely that an emergency would prevent you from getting to the grocery store for long, you should prepare a reserve supply of food and other supplies that will last three to seven days. This can relieve a great deal of inconvenience and uncertainty until services are restored. Be prepared for whatever Mother Nature sends your way. Use the lists below to help you prepare a reserve food and supply list.

Food and Water

Bottled water - two gallons per person per day | Ready-to-eat canned foods - vegetables, fruit, beans, meat, fish, poultry, pasta, soup, juice | High energy foods - peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix | Cereal and snacks - cookies, crackers | Staples - sugar, salt, pepper, instant coffee, tea bags, cocoa | Candy - chocolate bars, hard candy | Infant and small children's needs - baby food, formula, disposable diapers | Specialty food - for elderly or people on special diets | Pet food (if needed)

Winter Emergency Car Kit

- Blankets/sleeping bags | Water/Snacks | Hat, Mittens, & Boots for everyone | Rain gear | Flashlight with extra batteries | Cellular phone

Healthy Corner

**NOVEMBER
FOR OUR MEN**

Movember: about men's health and well-being

It's Time to Prepare...

Movember's slogan is "changing the face of men's health" because how it works is you sign up online and then grow a mustache in November. This is a little different than our college version, but the point is to raise awareness for testicular and prostate cancers.

Participants of Movember are referred to as Mo Bros, and once they are signed up online at Movember.com, they shave everything but the hair on their upper lips for thirty days. Women can get involved too, and thereby become fellow Mo Sistas. In 2011 there were more than 854,000 participants worldwide, and they raised more than \$126 million dollars in the fight to change men's health. So for all of you who have been waiting for an excellent excuse to grow a mustache, this is your time to shine.

Know THE Facts *SON*

- The average life expectancy for men is five years fewer than women (presently 77 years old compared to 82).
- 1 in 2 men, and 1 in 3 women, will be diagnosed with cancer in their lifetime.
- 1 in 6 men will be diagnosed with prostate cancer in his lifetime.
- Testicular cancer is the most common cancer in American males between the ages of 15 and 35.
- 8,590 men will be diagnosed with the disease in 2012 and 360 will die.
- While not as common, men can get breast cancer. About 2,140 new cases of breast cancer will be diagnosed among men and about 450 men will die from the disease in 2012.
- 1 in every 13 men will develop lung cancer.
- In 2012, an estimated 13 million or 11.8% of all adult men over the age of 20 in the US have diabetes.



**NO SHAVE
NOVEMBER
NOV 1-30
FOR MEN'S HEALTH RESEARCH**

Stay Healthy ALL YOU *Mo Bros*

- **HAVE AN ANNUAL PHYSICAL**
- **KNOW YOUR FAMILY HEALTH HISTORY**
- **DON'T SMOKE!**
- **BE PHYSICALLY ACTIVE**
- **KEEP IT REGULAR**
- **SLEEP WELL**
- **KNOW YOUR BODY**
- **EAT A HEALTHY DIET**
- **STAY AT A HEALTHY WEIGHT**
- **MANAGE YOUR STRESS**
- **DRINK ALCOHOL ONLY IN MODERATION**

**Click on the
Mustache to JOIN
the Movember
Movement**


MOVEMBER.COM

With Veterans' Day upon us, we would like to thank all the current County employees who have served our country in military service.

We Salute the Following:



Ric Kesling, Network Services: Army/National Guard, 1973-95, retired

Joe Cik, County Attorney's office: Army, 2000-08

Deb Blystone, Planning Department: Army, 1976-79

Gordy Smook, Libby Landfill: National Guard, 1975-2005, retired

Bernie Cassidy, County Attorney: Coast Guard, 1967-68

Dave Armstrong, Eureka Road: Libby Guard Unit, 1979-81

Gary Mocko, Eureka Road: Army 101st Airborne, 1972-73

Mark Andreasen, Weed Department: Navy, 1971-77

Kris Bowers, Sheriff's Office: Army, 6 months

John Burn, Sheriff's Office: Marines/National Guard, 9.5 years

Brent Faulkner, Sheriff's Office: Coast Guard, 4 years

Brandon Holzer, Sheriff's Office: Army, 11 years

Maury McKinney, Sheriff's Office: Navy, 4 years

Joe Nagle, Sheriff's Office: Air Force, 4 years

Bo Pitman, Sheriff's Office: Army, 4 years

Logan Munts, Troy Road: Navy, 1994-97

Randy Raan, Troy Juvenile Detention: National Guard, 1969-76

INFORMATION

November, 2014



The KVH's TracVision L2 Satellite TV System Wins RoadStar's "Most Valuable Product" Award for mobile satellite TV and is considered one of the most advanced land-mobile satellite tracking systems available today.

DIRECTV® and DISH Network™ systems transmit digital audio and video data from land-based transmitters to a satellite "parked" above the equator. Each satellite relays the signals in spot beams covering the continental United States.

TracVision L2/S2 automatically identifies, locks onto, and receives signals from the appropriate satellite. TracVision S2 is designed for stationary use only; TracVision L2 works while your vehicle is at rest *and in motion*.

Article: [RoadStar's MVP Article](#)

Asking \$1000.00

CONTACT:

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406-334-0050 (C)
LOEDEWALDT@LIBBY.ORG



November

Courthouse Closed

November 27, 2014: Thursday Thanksgiving Day

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Collecting all used ink cartridges for recycling for the Libby Christian School. You can set any used ink cartridges at my desk in the Treasurer's office.



Employee Assistance Program

Sapphire Resource Connection, Inc. provides short-term, confidential assessment and solution focused intervention services.

This service is available to you, the employee, and your defined family members at no out-of-pocket expense.

Visit www.sr-connection.com or 24 hour toll-free Help Line:
1-866-767-9511