



The Torch

The official newsletter for Indiana state employees

Discover the “Wonderful World of Food” August 4 to 20 at the Indiana State Fair

The 2017 Indiana State Fair spans August 4 to 20 and this year’s theme is “Wonderful World of Food.” Enjoy [“17 foods to celebrate 17 fantastic fun filled fair days.”](#) Also, enjoy a concert every night of the fair on the Chevrolet Silverado Free Stage. Continue to page three to see the food and concert of the day.



fair’s [discount and promotion days](#). Depending on the day, you might save 50 percent on admission, get a free cooler or even a free scratch-off from the Hoosier Lottery!

The Indiana State Fair has many

different events going on each day so make sure to [check out the program](#) so you don’t miss out on any of the fun!

State Fair hours are Sunday-Thursday from 8 a.m. to 9 p.m. and Friday-Saturday from 8 a.m. to 9:30 p.m. The buildings and exhibits are open daily from 9 a.m. to 9 p.m.

Purchase tickets online or at the Indiana Farmers Coliseum Box Office in [advance for only \\$8](#), or pay \$12 for general admission at the gate after August 3. Children under five are free.

Also, make sure to check out the

More State Fair information on page 3

In this issue

- 2** Golden appointed as executive director at OCRA
- 3** Indiana State Fair concerts and food
- 4** Volunteer with Indiana Voices at the State Library
- 5** Win \$10,000 for a 529 savings plan
- 6** Upcoming Run The State 5Ks and Hikes

The Torch is published monthly by the Indiana State Personnel Department and is available online at www.in.gov/spd.

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

We're on social media



Like Invest In Your Health



Follow @INSPD and @INSPDBenefits



Follow Invest In Your Health

Lt. Governor Crouch appoints Jodi Golden as Executive Director of the Indiana Office of Community and Rural Affairs

Lt. Governor Suzanne Crouch announced June 7 that she has appointed Jodi Golden to serve as Executive Director of the Indiana Office of Community and Rural Affairs (OCRA). OCRA works with local, state, and national partners to provide resources and technical assistance to aid communities in shaping and achieving their vision for economic development.



Jodi Golden

Golden previously served as Executive Director of both the Illinois Capital Development Board and the Indiana Education Savings Authority. In addition, she served as Trustee of the Indiana Public Retirement System

and as Deputy Finance Director of the Republican Party. She began her career in the Illinois General Assembly, first as a Policy Analyst for the Illinois House of Representatives and then Legislative Assistant for the Illinois Senate.

“Jodi’s proven executive leadership and collaborative management style have been the keys to her success,” said Lt. Governor Crouch. “Her vast experience in management of taxpayer funds will be critical as we work with

local communities to improve quality of place and take Indiana to the Next Level.”

Considered a subject matter expert on public funds management, Jodi is enthusiastic to assume her new role. “It is an exciting time for Indiana and I am looking forward to leading the outstanding team at OCRA as we work with communities to, as our vision states, ‘build relevant and economically thriving places where people want to live, work, and grow.’“

A native of Danville, Illinois, Jodi Golden holds a Bachelor of Science in Speech Communication: Public Relations, and a Masters of Public Administration from Southern Illinois University Carbondale.

SAVE THE DATE



The 2017 Hoosier S.T.A.R.T. Annual Educational Dinners

Wednesday
October 4
Indiana Roof Ballroom
Indianapolis

Tuesday
October 17
The Bauerhaus
Evansville

Wednesday
October 18
Clifty Inn
Madison

Tuesday
October 24
Avalon Manor
Merrillville

Wednesday
October 25
Waterford Estates
South Bend

Thursday
October 26
The Landmark Centre
Fort Wayne

Thursday
November 2
The Landing @ Ft. Harrison
Terre Haute

Choose the location nearest you and mark your calendar today!

REGISTRATION DETAILS COMING SOON!

Presented by Hoosier S.T.A.R.T. and State Auditor Tera Klutz, CPA



Check out these free concerts at the fair

Experience the best concert value of the summer at the Indiana State Fair on the Chevrolet Silverado Free Stage!

Learn more at www.indianastatefair.com.

2017 LINEUP

GEORGE THOROGOOD AND THE DESTROYERS	8/4
HOTEL CALIFORNIA "A SALUTE TO THE EAGLES"	8/5
HISPANIC MUSIC FESTIVAL	8/6
BRET MICHAELS	8/7
HIGH VALLEY	8/8
MONTGOMERY GENTRY	8/9
YACHT ROCK REVIVAL TOUR 2017	8/10
BLUE OCTOBER	8/11
HERE COME THE MUMMIES	8/12
CONTEMPORARY CHRISTIAN MUSIC FESTIVAL	8/13
HAPPY TOGETHER TOUR	8/14
MIDLAND	8/15
DASHBOARD CONFESSIONAL WITH ALL-AMERICAN REJECTS	8/16
PATTI LABELLE	8/17
KIEFER SUTHERLAND	8/18
PEPSI INDIANA MUSIC FESTIVAL	8/19
GOSPEL MUSIC FESTIVAL	8/20

★ THE WONDERFUL ★ WORLD OF FOOD INDIANA STATE FAIR AUGUST 4-20★2017

17 Foods to Celebrate 17 Fantastic Fun Filled Fair Days

Deep Fried Food	8/4	Ice Cream	8/13
Melon	8/5	Apples	8/14
Popcorn	8/6	Mint	8/15
Salsa and Ketchup	8/7	Corn Dogs	8/16
Eggs	8/8	Foods on a Stick	8/17
Pork Burgers	8/9	Turkey Legs	8/18
Funnel Cake	8/10	Pickles	8/19
Cheese	8/11	Honey	8/20
Beef BBQ	8/12		

Colts single game ticket offers available to state employees

Indianapolis Colts single game tickets go on sale to the public on Thursday, July 20 but you can buy tickets now.

State employees have access to the best single game tickets available for Colts home games.

Please Note: The Pittsburgh Steelers game on Sunday, November 12 must be purchased as part of a two game package (PACK A) with the Denver Broncos game on Thursday, December 14. For every (1) ticket purchased for the Steelers game, you must purchase (1) ticket for the Broncos game.

Below is the image/link that will allow you to access the available single game tickets, purchase them and print them. All you need to do is forward this email or the link below to your employees. They can then follow these steps to purchase from the available ticket options:

- Step 1: [Access the ticket link](#) (Or click image below).
- Step 2: Select the game of your choice and enter the promo code LUCK.
- Step 3: Search for your tickets.
- Step 4: Create an account and finalize purchase.
- Step 5: Print your tickets.



Help bring voice into books at the Indiana State Library

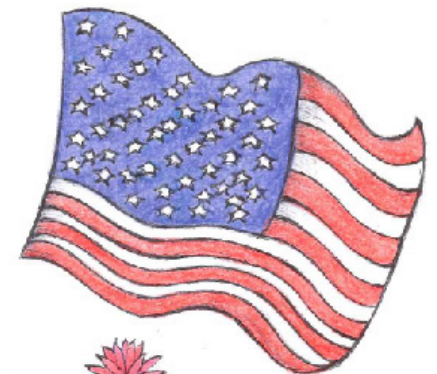
Indiana Voices, a program based at the Indiana State Library, is seeking volunteers to assist in recording audiobooks for blind and visually and physically impaired by monitoring the recording process while reading along in a print version of the text, providing pronunciation corrections and quality control.



Volunteers need to be detail-oriented, familiar with basic computer use, able to learn the recording software, and have a good “ear” for pronunciation. This position is flexible, with shifts available

Monday through Friday, 8:00 am to 3:30 pm. However, the monitor must be available to work as a team with the reader for at least one hour per week at a consistent time.

For further information contact Linden Coffman, Indiana Voices Director - 317-232-3683 or lcoffman@library.in.gov



Artwork by Jerry Williams



To Silver and Beyond is underway with 5,058 stepping along

July is Health and Wellness Month for the State of Indiana and our first goal was to have 5,000 participants register for the challenge and...the final number was 5,058!

Thank you for helping us reach our the goal! Now it's time to for the next goal for those 5,058 participants: TAKE 1.2 BILLION steps before July 31.

If you are registered, be sure to upload your steps often and get as many as you can each day. Even if get just a couple thousand steps tracked each day, you are contributing to our overall total.

If you did not register, be sure to cheer



on and encourage your coworkers in your department or agency. Be sure to join in on the To Silver and Beyond fun by tagging along if coworkers take a lunch break walk!

The race is on, the Invest In Your Health

team can't wait to see the total number of steps increase and hear the great stories throughout Health and Wellness Month!

Need more information about the challenge? We've posted a how-to document on the Invest In Your Health website: Join the To Silver and Beyond Steps Challenge. Feel free to share this in your office to get your coworkers involved.

The document has instructions on how to sign up in Go365, the points structure and how to win the bonus points and bucks. If someone hits 10,000 steps everyday, they can earn well over 900 points in July just by walking!

Win \$10,000 for a 529 savings plan in Go365's HealthierU Contest

How it works

To enter the Go365 HealthierU Contest, write an essay (maximum 250 words) answering the following topic "Describe how winning this challenge will make a healthy difference in your, or a student's, financial ability to attend the college of their choice." Then visit your secure Go365 homepage for a link to submit your essay.

What's the contest theme?

The theme of the contest is "Describe how winning this challenge will make a healthy difference in YOUR, OR a student's, financial ability to attend the college of their choice." Use this as your guide to compose an essay (250 words maximum) that best communicates the theme.

What's the grand prize?

Ten winners each receive a grand

prize that includes one \$10,000 corporate check, payable to the winner, intended to be used for a 529 savings plan for college and one \$5,000 corporate check, payable to the winner, intended to assist with tax expenses.

The approximate retail value of each Grand Prize is \$15,000. Please note, the grand prize is not transferable.

You can also be entered to win one of 14 daily drawings in the Go365 HealthierU Voting Sweepstakes by signing in to Go365 and voting for your favorite contest essay.

Who's eligible?

All Go365 members are eligible to enter and win the contest that meet the eligibility requirements:

- Entrant must be 18 years of age or older and of the age of majority in their state of residence
- Entrant must be a Go365 member at the time of entry

Key dates to be aware of?

- June 19 - July 30, 2017 — contest essays accepted
- September 11 - September 24, 2017 — online voting period
- October 24, 2017 — notification of potential grand prize winners

[Click here](#) to learn more about the contest

[Click here](#) to view the FAQ document

Visit www.Go365contest.com for official rules

Each weekend in July there is a 5K or hike for you to join in on!

July 8 - 5K

Whitewater Memorial State Park

Whitewater Memorial State Park was established in 1949 and became the 16th Park in Indiana. The Park includes 200-acre Whitewater Lake, where visitors can boat, swim and fish. In addition to walking trails, Whitewater Memorial State Park also includes nine miles of horseback riding trails. The saddle barn at the Park offers guided trail rides, hayrides and more.

[Learn more here](#)

July 15 - 5K

Prophetstown State Park

Prophetstown State Park is Indiana's newest state park. The biggest attraction for families is the AquaticCenter, which offers a tube slide, lazy river floating area, adventure channel and activity center.

The Park also has a partnership with The Farm at Prophetstown, which portrays 1920s farm lifestyles, Native American culture and more.

[Learn more here](#)



Registration information posted at www.investinyourhealthindiana.com/5k

July 22 - Hike

Turkey Run State Park

Turkey Run State Park, Indiana's second state park, spans 2,382 acres. The park has several hiking trails that pass by historic structures including the historic Lusk Home and Mill site, the LogChurch and sandstone trail structures. The Park also includes an Olympic-size pool, hayrides and horseback rides.

[Learn more here](#)

July 29 - Hike

Pokagon State Park

Pokagon State Park includes 12 miles of trails, two beaches and opportunities for camping, fishing and hayrides. Visitors can rent a boat at the Potawatomi Inn or check out the Nature Center for park information. State Park visitors also receive free admission to Trine State Recreation Center located across from Pokagon State Park.

[Learn more here](#)

Recap of June's 5K and Hike

June completed the southern swing of the 5K and Hike Series events. June 3 was a beautiful day at Patoka Lake where runners and walkers were met with a tough course through the hills surrounding the lake. After the race Dana Reckelhoff, the DNR Interpretive Naturalist at Patoka Lake, treated the crowd to the Birds of Prey featuring the red-tailed hawk, bald eagle and screech owl. We've posted photos of the event on the [Invest In Your Health website](#) and [Facebook](#).

[Watch the video!](#)



Then two weeks later on June 17, employees battled the fog in the Ohio River Valley to make their way to Clifty Falls State Park to hike to both Big and Little Clifty Falls. The groups led by DNR Naturalist Brad Kessans and volunteer Ken Carter learned about the falls, park history and how Clifty Canyon bankrupted an entire railroad.

See Photos of [Clifty Falls](#) online or on [Facebook](#)



Enjoy two free weeks at NIFS during their Open House for all state employees

To help you make the most of Health and Wellness Month, the National Institute of Fitness and Sport (NIFS) has partnered with Indiana to provide an open house for two weeks during July. [Find out more about the open house.](#)



Starting July 10 through July 23, you have access to the NIFS facility free of charge. NIFS is located on the IUPUI campus at 250 University Boulevard. While there you can meet with a Fitness Specialist (like Cara from video [linked here](#)) to talk about workout plans, try a group fitness class and have a Fit3D scan done.



NIFS now has a Go365 beacon so you can now revive your gym attendance points when you arrive after setting up your device to connect.

[Watch the video](#) posted on the INSPD YouTube channel to learn more about the open house event.

Sick on vacation? Use LiveHealth Online



It's summertime and you have a big trip planned. So don't let sickness get in the way. Whether you're on the beachy shores or sitting poolside, be prepared for the unexpected using LiveHealth Online.

Visit with a doctor in minutes who can assess your condition, provide a treatment plan and even send a prescription to the pharmacy of your choice, if needed.*

Get the care you need anytime, anywhere with LiveHealth Online. Sign up now at livehealthonline.com or download the mobile app to get started.



Financial Planning 101

Understanding financial planning, from budgets to investments is essential to establishing and maintaining a financially healthy lifestyle. Join Elements Wealth Management as they examine strategies for successfully managing cash flow, setting up savings plans, evaluating insurance options, and much more. Starting with the basics will build your financial foundation!

Save your seat here:

[July 12 at noon](#)

[July 19 at noon](#)

[July 19 at 1:15 p.m.](#)

Can't attend in person? Earn Go365 points and learn about the same topic on the Elements Online Portal.

[Learn more here](#)

RECIPE OF THE MONTH

Yummy Lemon Salmon Burgers

6 servings, Calories: 209

www.allrecipes.com

Ingredients

For Burger

- 1 (16 ounce) can salmon, drained and flaked
- 2 eggs
- 1/4 cup chopped parsley
- 2 tbsp. finely chopped onion
- 1/4 cup Italian seasoned dry bread crumbs

- 2 tbsp. lemon juice
- 1/2 tsp. dried basil
- 1 pinch red pepper flakes
- 1 tbsp. vegetable oil

For Dressing

- 2 tbsp. light mayonnaise
- 1 tbsp. lemon juice
- 1 pinch dried basil

Directions

- 1 In a medium bowl, mix together the salmon, eggs, parsley, onion, breadcrumbs, 2 tbsp. of lemon juice, 1/2 tsp. of basil, and red pepper flakes. Form into 6 firmly packed patties, about 1/2 inch thick.
- 2 Heat the oil in a large skillet over medium heat. When the oil is hot, add the patties, and cook for 4 minutes per side, or until nicely browned.
- 3 In a small bowl, mix together the mayonnaise, 1 tbsp. of lemon juice and a pinch of basil. Use as a sauce for your patties.

