

June 2007 IASCOE Newsletter

The Iowa Association of FSA County Office Employees



Beauty found in an oddity of nature.....

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FROM THE DESK OF DERRYL MCLAREN, SED

As I attempt to pen this message to you, I am at a loss to appropriately describe the first eight months of this Fiscal Year. Gosh, you mean there are only 4 months left! That's right, folks. Ever since the improper payments, IPIA, reviews hit last summer, we have been going down a path, journey, trek, quest, or trip. No, I believe odyssey is a better word, only this one has an end in sight. August 3 is the scheduled end of our journey to complete DCP sign-up. Yes, we will finish, and I intend to see to it that we all cross the finish-line together.

We have adjusted our course to compensate for numerous challenges, changes, modifications, and obstacles. Through it all, we have done our best to provide resources and direction to all of you in the field. Most recently, we provided human assistance to no less than 30 counties based upon your stated needs; I trust that it helped. Let me chime-in with a thank you to all of you that provided assistance to fellow employees by volunteering.

After Memorial Day, I will be interviewing for two DDs (one new district), and assistance of another kind will be coming for some of you in the form of a new CED. Additionally, we will be supporting our farm loan staff in the field with the hires of two farm loan officers. The COTs are certainly looking forward to interviewing, and we have a most deserving group. None of you will be disappointed with the quality of this class! We have had to struggle without CEDs for too long, and another thank you to those who filled the voids.

That reminds me, "Where is the Iowa Plan?". Unlike Charlie Brown waiting for the "Great Pumpkin" to appear, there will be an Iowa Plan. The supporting documentation is nearly complete, and the Executive Summary is a work in progress. Before it is finalized, the contents will be shared with selected employee leaders (your leaders) for their reaction and input. Then it will be submitted to D.C. There have been 36 plans filed to date, so we have had adequate opportunity to assess and apply the criteria being used around the country. Upon review of the data, Iowa impresses me even more.

There are 4 months left, and we need you to be focused. Acreage certification is dead-ahead, and with it comes the opportunity to finish signing DCP contracts. We are so fortunate that the agriculture economy in Iowa is prospering! That fact alone would explain why farmers have been so understanding and tolerant of our internal controls turmoil. That fact also explains the healthy financials of farmers in general, and our farm loan portfolio reflects this. You have to appreciate the atmosphere!

As our odyssey seeks its finish-line, take time to acknowledge the sights and sounds that surround us in our journey. At the end of the day, it is the producer and the greater community that we serve, and I know you all have that end in sight.

A handwritten signature in black ink that reads "Derryl McLaren". The signature is fluid and cursive.



NASCOE President, Dan Root

Greeting to all my fellow NASCOE members,

I hope this finds all of you doing well and I sincerely hope you all are making summer plans to spend time with your family and enjoy some time away from FSA. Believe me there is more to life than FSA. This will be a very busy summer for NASCOE as the Farm Bill debate takes shape and with the more recent news of USDA Reorganization. The recent news of USDA reorganization has created a big stir among your NASCOE officers, execs and members alike. But be reassured, everyone on your NASCOE Board is on top of this.

The Farm Bill debate is starting to take shape. As of writing this article two titles have been written and they are moving forward fairly rapidly. Collin Peterson, Chairman of the House Ag Committee has indicated he wants to have the House version of the farm bill completed by early summer. NASCOE has identified 4 areas of importance for us in the farm bill. They are as follows:

1. NASCOE recommended that Conservation program duties be reassigned. We feel FSA could and should be the administrative agency for all conservation programs. Duties should be assigned according to expertise. FSA should complete all phases of conservation programs as defined as administrative and NRCS should do all phases as defined as Technical.
2. NASCOE supports a moratorium on office closures until one year after the enactment of the new Farm Bill. This is more evident with the current reorganization announcement.
3. NASCOE supports the elimination of duplication of duties within USDA which will create budget savings with the department. As an example, there are three agencies in USDA that gather crop reports. FSA, RMA and NASS all collect crop reports and by making FSA the sole agency for collecting crop reporting data and other farm related data we can eliminate the duplication of duties and save USDA limited budget dollars.
4. NASCOE supports a minimum of 9,800 county office employees and that salaries need to be designated as a separate line item from expenses in the appropriations process. This may not be obtainable but we would like to see some kind of process put in place to ensure COF's are properly staffed and all dollars appropriated for staff are used for staff.

The more recent news of USDA reorganization will be another large undertaking for NASCOE. We want to be on the forefront of this and not play the sit and wait game. Details at this time are very vague and will probably stay that way until Congress is done writing the Farm Bill. I personally feel everything will be on the table and everything will be looked at. We need to be prepared and ready to act. NASCOE will be assembling a working group of NASCOE members very shortly to start the discussions on reorganization. The recent announcement has opened the door for us to be very active and will give us our opportunity to provide the leaders of Congress with our ideas.

In closing I would like to thank everyone from Iowa for supporting me over my tenure with NASCOE. Your support means a lot to me and without it, it would be impossible to do this job. I hope to see all of you in Myrtle Beach, SC for the Annual NASCOE Convention. The folks in SC have a great convention planned and will be fun for all!

Take care and God Bless.

Daniel L. Root
NASCOE President



LOOKING BACK WHILE LOOKING AHEAD!

As we head into another national convention I realize my second and final term as Midwest Area Executive is coming to a close. It seems like yesterday that Chris Hollis was resigning and my decision was needed to jump in the race for area exec. It has been a very rewarding year and yet frustrating as well. I do want to encourage each of you to consider a future leadership position in this great organization of ours! I look at the victories like stopping FSA Tomorrow and take some pride in being a part of that. Then I consider the battles we lost such as staffing levels and I want to continue that fight. But that is part of the fun I guess and it will be with a glad heart and some sadness as I pass the baton on to the next exec.

As you are aware there are many challenges ahead making for exciting times. The new farm bill offers opportunities for expanded roles in new programs. NASCOE and FSA offer some real opportunities to deliver programs at a reasonable cost to taxpayers and this gives us some goodwill in the halls of Congress as they strive to save money. The recent talk of USDA reorganization causes us some concern but we need to also look at this as an opportunity to shine as a model for USDA service. NASCOE is already working to protect your interests in this area by establishing a task force to anticipate answers to Congressional questions and proposals. Conservation, crop insurance and animal identification are all areas that FSA is being considered for providing service to producers and other agencies. So I encourage you to take heart in realizing that change is always with us and that some change can be good! Let's be sure that we keep NASCOE strong so that it remains a force in making positive changes!

I want to take a moment to thank the Iowa association for your support in making my Area Executive tenure so successful. Your strong membership, support from your leadership and the contributions of those Iowans serving as area chairs has been very important to me. Another group I need to thank is the Program Technicians I serve with in the Brown County FSA Office in Georgetown, Ohio. They keep getting the work done in a professional manner as I traipse across the country on NASCOE business. Thank you Linda Whalen (recently retired), Vicki Vogel, Denice Simpson, Marguerite Ernst and Vivian Stratton for taking care of business!

And last but not least thanks to my lovely wife Holly and kids Sharlee and Aaron for their undying support! Thanks for putting up with me.

It's time to wrap up this article and my career as an area executive for this great organization. No matter what the future holds for me I am satisfied with the run and I appreciate the opportunity to serve my fellow members. I know I am leaving the Midwest Area in great hands and I am sure that bigger and better things are ahead. I am excited about the possibilities for the future as I run for my next office. I will still be working on the Program Technician classification task force and I am feeling positive about this endeavor. So I will continue to serve and look forward to working with you.

Thanks again!

Mark VanHoose, MWA Executive

The President's Page

Who am I and Why am I Here?

By: Steve Kennedy
IASCOE President

Perhaps some of you may remember these words from Admiral James Stockdale. For those of you who don't, he was Ross Perot's running mate in the 1992 Presidential election. He became infamous when his first words during the first debate were "Who am I and Why am I here?" The following weekend the TV show Saturday Night Live aired a skit of the debate which portrayed Admiral Stockdale as a poor lost and confused elderly man. While that unfortunate image stuck with him throughout the remainder of the campaign, I think the questions he raised were valid. As your newly elected IASCOE president, some of you may be asking these same questions.



Ok, 'Who am I'? Well many of you already know me since I have been around nearly 25 years as the Jasper County CED (I have actually been around 29 years when my time with the Farmer's Home Administration is included). My wife and I grew up in Sac City; a small town in Northwest Iowa and were high school sweethearts. We both graduated from ISU and we will have been married for 30 years in August. Our 3 children are now married - all within the last 3 years. So I guess that makes us happily married and happily broke empty nesters!!

Now "Why am I here?" or to rephrase the question "Why am I your IASCOE president?" First, let me make it very clear that I consider it a real privilege to serve as your president. The key word is **"serve"**. I feel my responsibility - and I take it seriously - is to carry out the desires of the membership. Membership is the lifeblood of IASCOE / NASCOE. Your active participation is vital to the success of this organization. I will say over and over, again and again, thank you for being a member. Secondly, I have a deep appreciation for the NASCOE organization. Not only for what it has done for us in the past - which is plenty - , but also for what it can achieve in the future. I think that as FSA employees we are facing a very uncertain time. It is imperative that NASCOE remain strong. So why am I here? Because **you** are here or better yet, **we** are here. We have a job to do and only by working together can we accomplish the task before us. I look forward to working with all of you. Please feel free to give me a call and let me know your concerns.

The Plan -- Before I conclude, I want to make a few comments on what I refer to as "The Plan". When FSA Tomorrow was withdrawn, Administrator, Teresa Lasseter, directed each SED to "conduct an independent local-level review of the efficiency and effectiveness of FSA offices to identify the optimum network of facilities, staffing, training, and technology within existing budgetary resources and staff ceilings." Unlike the ill-fated FSA Tomorrow national plan, this review is to be state driven. To date, Iowa has not submitted a plan. In my conversations with SED, Derryl McLaren, he has stated that he hopes to submit a plan for Iowa in the near future. He also has assured me that he wants to receive input from various interested groups - including IASCOE. I very much appreciate this sentiment from our SED, because quite frankly, this has not been true in several states. I look forward to IASCOE being a part of this important process. I promise to keep you informed as we proceed.

VP REPORT!

I'm Cindy Mensen, CED from (beautiful) Clayton County and your new IASCOE Vice President. It is an honor to become one of your officers and I will do my best to stand strong for employee needs and to represent Iowa proudly.



Some of you may wonder how the IASCOE and NASCOE organization is structured. The Iowa Association of State and County Office Employees (IASCOE) is divided into 9 districts. There are two directors and two alternates from each district (CED and PT) and they are elected for a two-year term. Each year at the annual convention, the directors meet to vote for the roles of President, Vice-President and Secretary. The directors meet as a group at least three times a year and represent you at meetings with the State Office, other state and area conventions, as well as conducting visits with Senators and Representatives and their aides. Directors and other FSA employees are sometimes called on to be an active legislative contact—which may lead to a trip to Washington DC for a Legislative Conference. In addition to this, each IASCOE district also selects committee representatives for Awards/ Scholarships, Legislative/Benefits, Membership and Publicity. There is also a Programs Chairperson who accepts suggestions for Program or Forms improvements and forwards the great ideas to NASCOE leadership through the Program Committee. IASCOE also has people who get us excited about merchandise (Emblems), CAP WIZ and even photographers looking for a “scoop”. Serving on a district committee or as a director is a great way to become a little more active in IASCOE and provide a great service to your fellow employees.

NASCOE membership is strictly voluntary. There are over 10502 eligible county FSA employees (CO and GS), and more than 85 percent are members. Each state has an independent state organization. These state associations are affiliated with the national organization (NASCOE). As a nation, NASCOE is divided into five areas. We are members of the Midwest Area—which includes the eight states of Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana and Ohio. Each area has an elected Area Executive Committee person and Alternate Area Executive Committee person as well as Area Chairpersons for the following committees: AWARDS, BENEFITS, EMBLEMS, LEGISLATIVE, MEMBERSHIP, NEGOTIATIONS, PUBLICITY, PROGRAMS, SCHOLARSHIP, and WEBMASTER.

These same committees also have representatives at the National level—and we elect national officers at the National Convention—each state sends delegates so that our voices are heard. With all the legislative action of a new Farm Bill, this proves to be an important time to speak up. Remember that signing up for CAPWIZ will keep you close to the action and a vital part of our ability to make a difference.

All of these people who have accepted these roles are FSA County Office employees—PT's, FLO's, CED's just like you and me. They “spend” annual leave and off-work hours working for NASCOE and continue to represent the county office employees of FSA. NASCOE's objectives are:

- (1) To assist in every way possible to assure successful operation of the Farm Service Agency and the attainment of the agency's objectives,
- (2) To cooperate with common interest groups and organizations to conserve and improve our nation's natural resources,
- (3) To secure equitable salaries, working conditions, and retirement provisions for all county office employees, and
- (4) To promote professionalism of our workers.

I believe in the IASCOE/NASCOE organization and certainly encourage all of you to join. Get in on the early bird deal and sign-up by June 15th! I look forward to serving you as your Vice President and invite you to contact me with your concerns, comments and suggestions on how this organization can provide the best service possible to all FSA county office employees.

Greetings from your Secretary/Treasurer.

Greetings! We have had about every type of spring weather you can imagine. The farmers in our area are getting close to finishing up planting. In the month of June we will be certifying plus signing DCP contracts on those who have neglected to do that. Everyone in the office usually dreads certification except me and I can't because it is my program!!! I did get them to admit it wasn't as bad as eligibility review.



June also brings IASCOE dues enrollment. For a very small amount of your paycheck, you can be a member of an organization that is truly working for you. With the formation of the new Farm Bill, FSA needs a strong voice in Washington. IASCOE/NASCOE, through our support, has the ability to be involved in this process. Our membership climbed to 90% for 2006-07 and it would be great if we could gain even more for 2007-08. If you know someone who isn't a member of IASCOE you need to take the time to explain the benefits of membership. Sometimes all it takes is a personal invitation to join.

I have taken enough of your time and I hope you have a great summer with family and friends. I want to leave you with the following story because a lot of times we don't appreciate what we have in life.

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people can be. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from the trip, the father asked his son, "How was the trip?" "It was great, Dad." "Did you see how poor people can be?" the father asked. "Oh Yeah" said the son. So what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog and they have four. We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others. We buy our food, but they grow theirs.

We have walls around our property to protect us; they have friends to protect them."

With this the boy's father was speechless. Then his son added, "Thanks dad for showing me how poor we are."

Too many times we forget what we have and concentrate on what we don't have. What is one person's worthless object is another's prize possession. It is all based on one's perspective.

Sue Beemer
IASCOE Secretary/Treasurer
Taylor County

Meet the Candidates



Bonnie Heinzman *for* **NASCOE President**

Fellow NASCOE Members:

I would like to take this opportunity to announce my candidacy for the position of NASCOE President. It has been my privilege to be involved in NASCOE over the past several years. At this time I know that I am prepared, committed, yet humbled, by the prospect of serving our association and its members as President.

Sixteen years ago I became an employee of ASCS and a member of NASCOE. Three years later I became an officer in my state association and quickly became involved on the national level. Although I've been involved in NASCOE and WASCOE for many years and have held many offices in both, it wasn't until two years ago when I ran for Vice President that I actually pondered the idea of someday running for the office of NASCOE President. Although it wasn't my intention as I look back at the course of my "career" in NASCOE I believe I've been preparing all along the way.

My "career" with NASCOE includes serving as Vice President, Secretary, and Acting Secretary/Treasurer during Charlotte's illness, NEA Exec, Area Awards Chair, and Negotiation Consultant. Over the years I've also held every office in my state association, and served as the NASCOE representative on various task forces. It is safe to say that I know the association and it's workings on many different levels.

This experience has enabled me to build working relationships with many NASCOE members around the country, WDC management, our Legislative Consultants, our attorney, and many others. I strive to foster legislative contacts on the Hill and with our coalition groups. I also have the support of my SED, my offices, and most importantly, my family in this endeavor.

FSA and NASCOE face several big challenges and opportunities in the upcoming months and years such as the Farm Bill, Office Closings, continuing IPEA reviews, overhaul of IT, and many other issues. The leader of our employee association must have the desire, commitment, experience, and leadership skills, KSA's if you will, to effectively guide us through the next two years. I believe I have those qualities and I hope you agree. One other ingredient is critical in making any NASCOE President successful is you – the membership. Without you there is no NASCOE. I humbly ask for your support and belief in me to become the next NASCOE President! I would be happy to discuss my candidacy or any other NASCOE issues at any time.

Bonnie Heinzman

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Myron Stroup

for
NASCOE Vice President

I would like to take this opportunity to announce my candidacy for the position of NASCOE Vice President. I have given this decision much thought; have visited with my wife and family, office staff, SED, and others, and have their support.

For those who don't know me I would like to give you a brief work/NASCOE history. I started with ASCS/FSA in July 1982 and was selected as CED in my present county office in Jan 1983, the first day of PIK signup. I have been in shared management, with two County Offices since December 2002. I have been a member of NASCOE since first employed. My wife and I raised 3 children which kept me busy in their activities. Since they are now grown, I turned my attention to my State and National organizations to give of my time to repay those who gave before me and for those benefits that I have appreciated during my employment.

I have served as Director of my State Association for the past 6 years and as Legislative Chair for 5 of those years. During this time I also served as Southwest Area Legislative Chair, 3 years; Alternate Area Executive Committeeperson, 2 years; and am currently serving as Southwest Area Executive Committeeperson.

The members of NASCOE are very important to me, as well as, the services we provide to our customers. We have undergone a great deal of change in our business processes since 1982, and it will continue to evolve. If elected to this position, I will continue, to the best of my ability, to represent the members of this organization and be as proactive as possible in the changes which affect our membership. With your help we will be successful.

Each NASCOE office requires a certain level of commitment be made by the candidate, and I am willing to make that commitment. I will welcome any and all discussions and/or questions from you in regards to my announcement for this position. I ask for your support in electing me to the position of NASCOE Vice President at the 2007 National NASCOE Convention in Myrtle Beach, SC.

Myron Stroup H: (913) 757-4521

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"Vision without action is a daydream. Action without vision is a nightmare"



Mark VanHoose
for
NASCOE Vice President

Dear NASCOE friends,

I am taking this opportunity to announce that I am a candidate for the office of NASCOE Vice President. While it has been a circuitous journey to arrive at this point, I am excited and energized by the challenge of serving you, my fellow members, in this office. I think the challenges we face are greater than they have ever been but I am confident NASCOE will prevail in each hurdle and I very much want to be a part of achieving our goals and representing your concerns.

From my own perspective I see several issues for NASCOE in the coming years. As always, the legislative front offers a number of concerns. We continue to balance the need for more staffing with our message of being the “can do” agency. We need to weigh carefully any additional programs without the promise of additional staffing. I also see a need to remember our roots concerning why our organization was formed. As Title 5 exempt employees, management has much control and capability to make changes in our personnel system. NASCOE is the only body that monitors management to make sure they provide fair treatment to CO employees in dealing with workplace issues. And lastly but most important, I want to stress how important it is to communicate with you on a regular basis the work that your leadership is doing for you. I also am very open to listening to your concerns because NASCOE belongs to you and I never forget that important aspect of this work. I have a strong track record in keeping members informed of the happenings of NASCOE in each of the offices in which I have served this organization. The communication and outreach effort is very important to me and this is your organization so you need to be informed! I also think it is important to set a few clear goals and work to achieve those as we also fight the fires that spring up in the day to day management of our organization.

My NASCOE and FSA experience has prepared me well for the office of Vice President. I have been with FSA as a CED for 22 years in Brown County, Ohio. I have served as a shared management CED and know that experience as well. I have served as President of the Ohio Association and continue to serve in that role. I have also been national chair or co-chair of the Legislative Committee for three years and I am currently in my second year as Midwest Area Executive. I have also served as a negotiation consultant and I am currently leading NASCOE’s task force for PT classification.

I have the support of my family and staff as I enter this challenge. It is not one I consider lightly as I fully recognize all that is required to serve in this position. I appreciate all those who have served before me and it would be a great honor to continue this tradition of service and so I ask for your support as a candidate for NASCOE Vice President.

Sincerely,

Mark VanHoose





Shelly Odenkirk
for
NASCOE Treasurer

Hello! My name is Shelly Odenkirk, and I wanted to introduce myself as I am running for NASCOE Treasurer this year.

I am a 22 year member of OASCOE/NASCOE, and am currently the NASCOE National Program Committee Chair. By being Program Chair, I attend the NASCOE organizational meeting, pre-negotiation meeting, negotiation meeting, and National Convention, so I have a good idea of how these meetings run and what is expected of the Treasurer. My duties as Program Chair include taking program suggestions on procedure and software efficiency from members to program heads in WDC, and meeting individually with these program heads during the negotiation session to discuss current program issues. Over the past two years I have built a good working relationship with these folks.

I have a good working relationship with the current Executive Committee including the Vice President and Secretary and feel I could easily work with them in the future.

Prior to this, I was MWA Membership Chair for 3 years, OASCOE President for 2 years, as well as 1st and 2nd Vice President of OASCOE. I was also honored to be Co-Chairman of the 2006 National NASCOE Convention in Cleveland, for which I developed the budget and kept track of all expenses and income to make sure the budget was followed.

My educational background will be of great value to me in the position if I am privileged to be elected as your next NASCOE Treasurer. I have a BA in Agricultural Economics from Ohio State, and interned with The Federal Land Bank prior to graduation (no – it was not my fault they are no longer in existence!!) This education and work experience developed my deep respect for the value of comprehensive budgets, audits of financial records, and the need for following accepted accounting standards.

I very much appreciate your consideration of me as a candidate for an officer position of NASCOE.

Shelly Odenkirk





Mary Johnson
for
NASCOE Treasurer

Hi – please allow me to introduce myself. My name is Mary Johnson. I am currently the CED in Jerauld County, South Dakota and I’ve been with the ASCS/FSA agency since 1988 – gosh, has it really been 18 years??

On the day that I signed the Enter on Duty forms, I wrote out my first check to become a NASCOE member. I truly believe that for 18 years, it has been some of the best money I’ve spent. NASCOE has been very much a part of my life and I plan to continue my involvement.

From 2002 until 2005, my main focus was centered on the NASCOE “THE SD HILLS WILL COME ALIVE IN 2005” national convention. During that period I served as SDASCOE President, Convention Bid Chair, and then as Convention Chairperson.

Throughout my career, I have attended 18 SDASCOE state conventions, 15 NW Area Rallies and 15 NASCOE Conventions. I have participated in the Legislative Conference five times.

I’ve decided it is time to jump in and become involved at the national level. I truly believe that a NASCOE position requires a commitment be made by a candidate, and I pledge to you my commitment.

With that, I am excited to announce my Candidacy for the position of NASCOE Treasurer.

Mary Johnson





Jon Williams
for
Midwest Area Executive Committeeperson

Hello I am Jon Williams and I am a candidate for Midwest Area Executive. I am currently serving my second year as the Midwest Area Alternate.

I have been a NASCOE member and CED in Wisconsin for more than 20 years. I have served as President of the Wisconsin Association for almost six years. I have also represented Wisconsin at six Legislative Conferences and five National Conventions as a delegate. I have also represented NASCOE at four state conventions as the alternate when the Area Executive could not attend. The opportunity to work with the Executive Board as a second year alternate gave me a feeling of how the NASCOE Executives, Officers, and Committee chairs must work together. It also gave me a feeling of the challenges that are ahead for us as an association.

During this critical time for FSA and NASCOE, the Executive Board will need to work as one unit and be united in the decisions that are made by the board. We do not need unanimous agreement but we need unanimous support of the decision. Each are will have its own concerns and needs and it will be up to the new executives and officers to take the concerns and needs and make decisions that are in the best interest for all NASCOE members and the future of the Farm Service Agency

I feel I can express opinions that will represent the Midwest. I am willing to listen and won't be afraid to raise issues that may not be popular if need be. I will do my very best to delivery the Area message to the other executives and the officers. It will be an area message, not my message so I will continue to need everyone's input I will greatly appreciate everyone's support as Midwest Area Executive and will be honored to represent the great Midwest as the Executive if given the opportunity.

Sincerely,
Jon Williams





Dee Ann Simmons Lehn

for

Midwest Area Alternate Executive Committeeperson

I would like to take this opportunity to announce my candidacy for the position of Midwest Area Alternate Executive Chairperson (wow, now that's a mouth full isn't it!) and to tell you all a bit about myself in the process.

I have been a member of NASCOE since I started working with this agency almost 22 years ago. I recently completed a 2-year term as the president of the Iowa association and am currently serving as the Midwest area Benefits Chairperson. In the past few years, I have had the opportunity to serve as a delegate to national conventions and Midwest area rallies as well as attending several conventions hosted by the other Midwestern states. I have also had the honor of representing Iowa at a 3 legislative conferences.

My career with FSA started with a temporary position delineating new maps. I was later hired as a program technician and 4 years ago was hired as the CED in Keokuk County, Iowa after completing a 10 month COT program. My diversified background with FSA has provided me with experience and insight at all levels of CO employment.

I would like to use this experience and insight I've gained over the years with FSA and NASCOE to represent the needs and concerns of the Midwest area. It would be an honor to serve as the Midwest Area Alternate Executive Chairperson. I humbly ask for your support and your vote.

I've heard it said, "The best way to predict the future is to create it!" Working together we can create a bright future for NASCOE and the employees this association represents.





Charlene Neukomm
For
Midwest Area Alternate Executive Committee person

Dear NASCOE Friends,

I would like to take this opportunity to announce that I am a candidate for Alternate Midwest Area Exec.

I sincerely feel that NASCOE is the backbone for FSA employees. While FSA has been challenged with staffing, budgetary, and program issues, we are still known as the “Can Do” Agency. In order to maintain this status, keeping an open avenue for Employee-Agency communication is a must. NASCOE is the reason this important communication is possible. NASCOE has continuous contact with agency personnel in WDC. With issues including administration of the upcoming Farm Bill, providing fair and equal treatment of CO employees, staffing, program, and budgetary issues, it is now more important than ever that your NASCOE leadership stays on the front line, keeping the lines of communication open with both our Congressional and FSA leadership. It is my intent to keep the lines of communication open to you, the members. This is your association, and you need to know what it is doing for you.

I have been a Program Technician in the Iroquois County, Illinois FSA office for 20 years this year. I serve in my district as the Conservation Advisory Contact. I am serving my third year as the secretary-treasurer for the Illinois Association. I served as the MWA Negotiation Consultant this year, and will serve Illinois as a delegate to the National Convention for the third year this year.

I look forward to the challenges ahead. I would appreciate your support as I seek the office for Alternate Midwest Area Exec.

Respectfully,
Charlene Neukomm



Contribute To The Next IASCOE Newsletter

If you have any stories, photos, jokes, quotes, or information that you would like to include in the next IASCOE Newsletter, send them to Tammy Eibey at tammy.eibey@ia.usda.gov

May Legislative Article

Tammy Eibey, MWA Legislative Chairperson

Hello NASCOE! Spring and good weather has finally reached my area in the Midwest and the tractors are going full speed in the fields. The producers are planting the seeds of hope and prosperity across rural America. In a week or two there will be standing room only in the County FSA Offices as the farmers request our services that they have been so used to us providing. We need to remember that we are there to provide service to our producers in an accurate and efficient manner. We need to stay positive even in the age of the CHECKLIST!

The Legislative Committee and NASCOE Officers recently worked on an Action Alert and Message that was 1st sent to the members of the House and Senate Ag Committees. It was then posted a day later so that all members would receive the letter as well. This was done at the recommendation of NASCOE's Legislative Consultant, Robert Redding. When alerts are sent out on Cap Wiz, the goal is to take action within 72 hours of the alert going out. We have several reasons why we need to do this, usually Congress may be having a hearing, there could be a committee meeting on a subject important to NASCOE, or Congress could be taking a vote. Timing is everything at times. The latest action alert was very important since it stated NASCOE's position on FSA's role in the next Farm Bill. We need to be more proactive in this matter since this will determine much of the future for FSA and our County office employees/members. We sent over 2000 letters when we posted the Alert and message in regards to the FSA Tomorrow plan...We should be able to hit the hill hard with NASCOE's letter on the important role FSA county offices should have in the next Farm Bill.

I want to share with all of you information regarding CAP WIZ. As of today, May 25, 2007, we have 2355 subscribed users. Since January 1st we have added 381 new members to NASCOE's CAP WIZ. Also in that same time, we have posted 6 alerts and messages! We had 8367 messages sent by subscribers! I bring this to your attention since the NASCOE subscription to CAP WIZ will expire September 27, 2007. The cost of renewal will need to be weighed with the benefits and effectiveness of being able to send 8367 a united NASCOE message quickly to get the attention of our Congressional members.

Since September 1, 2006 we have sent 8367 messages on the following topics:

Office Closure Language in the Appropriation Bill

Letter to Congress on Staffing and Improper Payment Issues

NASCOE's response to IT issues

Whistleblower Protection

Support of Thune Senate Bill 944

Support of Herseth House Bill 1649

NASCOE's position on FSA's role in the Farm Bill

NASCOE's support of Congressman Space's Conservation Efficiency Legislation

I have been in contact with our CAP WIZ account manager and below are the listed costs of renewal that are available:

1 year \$6,000

2 years \$11,400 (5% discount already included)

3 years \$16,200 (10% discount already included)

As you think about how to vote on the future of CAP WIZ to NASCOE, think of this...before CAP WIZ did NASCOE have the tools and means to get 8367 messages to Congress this quickly by members in all states with a united message?

I have also revised a spreadsheet from Frank Bender showing membership data from April. I have used this to then add the CAP WIZ numbers by state and area as well and the % of membership based on the numbers of members in each state. It is very interesting. It is a large file so if you would like to see the comparison, just ask and I will forward to you a copy. I plan on keeping it up to date with Frank's membership numbers and current CAP WIZ subscriber numbers as well. Here is a brief summary by area:

All Subscribers / CO
members

25 May 07

Area Number		% of members
NEA	121	5.14%
SEA	604	25.65%
MWA	795	33.76%
NWA	371	15.75%
SWA	462	19.62%
TOTAL	2353	

District of Columbia	2	.08%
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2355 100%

As always you need to keep in mind the other Legislative items that NASCOE is working on at the present time. We remain involved in and working hard on the NASCOE PAC and NASCOE Coalition Partnerships. Plus we are always keeping track of bills that affect our benefits. If you would like more information on these topics, I do have brochures on each topic or you may contact your Area Legislative Chair. Please continue to build and maintain your relationships with your Congressional Members and their staffs in DC and in the local offices. Our grass root approach is highly effective!

Also, as a reminder, I sent a request out on CAP WIZ asking for you to let me know of any response or feedback you receive from you Congressman. Please keep letting me know, I am compiling a list and will write up a report. I can also adjust CAP WIZ messages based on your responses.

If you have any questions or comments, please let me know.

Tammy Eibey



2007/2008 IASCOE OFFICERS

President
Steve Kennedy
CED Jasper County



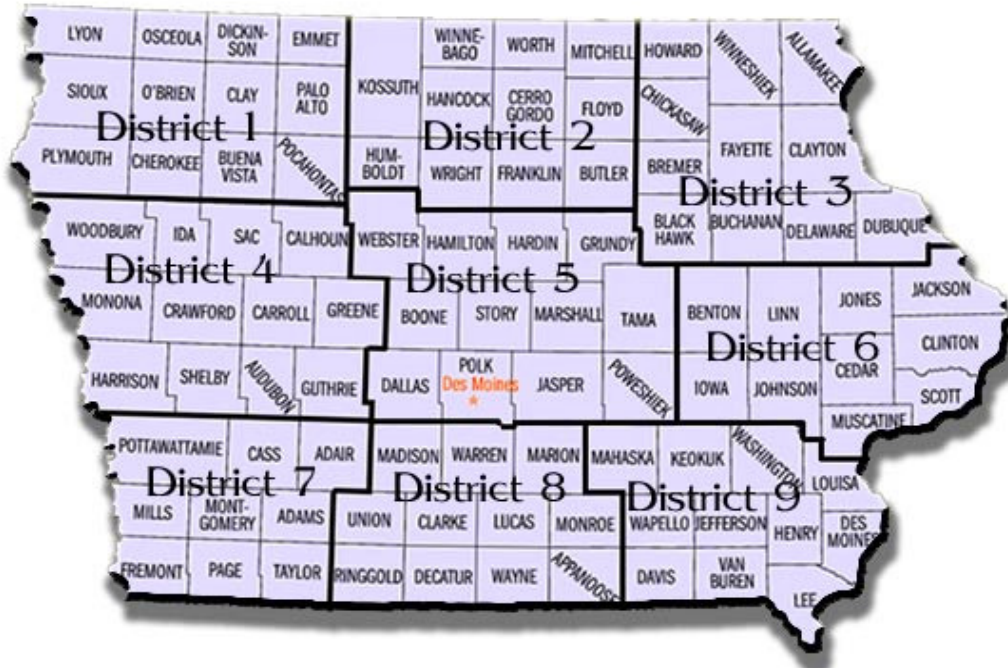
Vice-President
Cindy Mensen
CED Clayton County



Secretary/Treasurer
Sue Beemer
PT Taylor County



IASCOE DISTRICTS



2007/2008 IASCOE DISTRICT DIRECTORS and ALTERNATES

<u>District</u>	<u>P.T. Director</u>	<u>C.E.D. Director</u>
1	Glenda VonArb - Sioux Alt - Nancy Heideman - Clay	Jeff Davis - Plymouth Alt - Larry Lago - Dickinson
2	Cindy Pistek - Hancock Alt - Jeanine Diekhuis - Hancock	Steve Abbas - Franklin Alt - John Bahnsen - Floyd
3	Tammy Eibey - Delaware Alt - Karen McNeil - Winneshiek	Cindy Mensen - Clayton Alt - Kevin Keegan - Buchanan
4	Debi Ostrander - Greene Alt - Mary Lageschulte - Ida	John Landgraf - Sac Alt - Pat Warmbier - Harrison
5	Chris Grieder - Polk Alt - Teresa Heck - Polk	Steve Kennedy - Jasper Alt - Bob Wegand - Grundy
6	Jessica Yuska - Scott Alt - Carma Reiss - Benton	Tom Lane - Jackson Alt - Randy Madsen - Muscatine
7	Sue Beemer - Taylor Alt - Cindy Bebout - Fremont	Dan Wells - Adair Alt - Julie Hall - East Pottawattamie
8	Sharon Dunfee - Clarke Alt - Patsy Bence - Madison	Kelly Cain - Madison Alt - Joyce Frost - Wayne
9	Judy Dameron - Louisa Alt - Dawn Stewart - Henry	Dee Ann Lehn - Keokuk Alt - John Bartenhagen - Louisa

2007/2008 IASCOE COMMITTEE CHAIRS

Legislative

Steve Abbas, CED Franklin County
Office- 641-456-2561
Fax: 641-546-3762
Email: steve.abbas@ia.usda.gov

Benefits

Jeff Davis, CED Plymouth County
Office: 712-546-4178
Fax: 712-546-5187
Email: Jeff.davis@ia.usda.gov

Awards

Tom Lane, CED Jackson County
Office: 563-652-3237
Fax: 563-652-4889
Email: tom.lane@ia.usda.gov

Programs

Sharon Dunfee, PT Osceola County
Office: 712-754-2587
Fax: 712-754-2336
Email: sharon.dunfee@ia.usda.gov

Membership

Dan Wells - CED Adair County
Office: 641-343-7033
Fax: 641-743-2017
Email: daniel.wells@ia.usda.gov

Publicity

Tammy Eibey - FLPO Delaware County
Home: 563-927-6849
Office: 563-927-4250
Fax: 563-927-4535
Email: tammy.eibey@ia.usda.gov

Scholarship

Cindy Pistek - PT Hancock County
Office: 641-923-3666
Fax: 641-923-3660
Email: cindy.pistek@ia.usda.gov

2007/2008 IASCOE COMMITTEE MEMBERS

District 1

Awards/Scholarship: Larry Lago - Dickinson
Publicity: Nancy Heideman - Clay
Membership: Tammy Pruin - Sioux
Benefits/Legislative: Steve Olson - Osceola

District 3

Awards/Scholarship: Rose Woerner-Black Hawk
Publicity: Connie Straw - Howard
Membership: Sheri Rodman - Clayton
Benefits/Legislative: Karen McNeil - Winneshiek

District 5

Awards/Scholarship: Twyla Brede - Dallas
Publicity: Kitty Benda - Marshall
Membership: Rodney Biensen - Story
Benefits./Legislative: Teresa Simonton -
Poweshiek

District 7

Awards/Scholarship: Phyllis Reineke - Taylor
Publicity: Carole Dawson - Taylor
Membership: Jolene Fechter - Page
Benefits/Legislative: Cindy Bebout - Fremont

District 2

Awards/Scholarship: Jeanine Diekhuis - Hancoc
Publicity: Lisa Forburger - Kossuth
Membership: Vicki Pederson - Floyd
Benefits/Legislative: David Stromer - Kossuth

District 4

Awards/Scholarship: Denise Dugan, Woodbury
Publicity: Leslie Feekes-Crawford County
Membership: Cathleen "Skip" Borst, Carroll
Benefits/Legislative: Pat Warmbier - Harrison

District 6

Awards/Scholarship: Angie Barnes - Muscatine
Publicity: Betty Williams - Muscatine
Membership: Carma Reiss - Benton
Benefits/Legis.: Randy Madsen - Muscatine/Sc

District 8

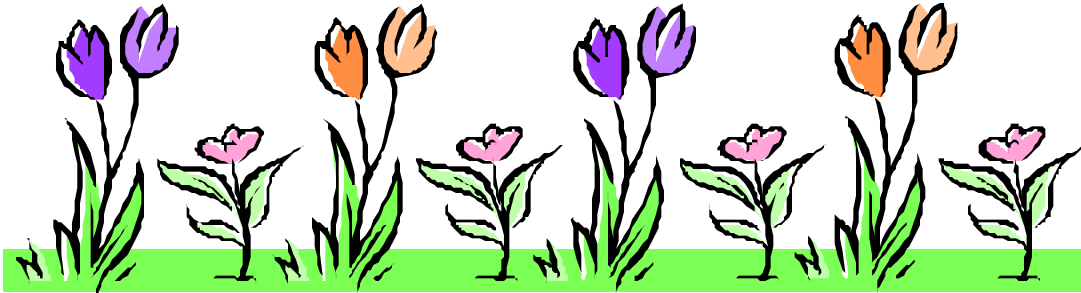
Awards/Scholarship: Dave Wynn - Monroe
Publicity: Rhonda Cooper - Union
Membership: Marla Morlan, Monroe
Benefits/Legislative: Linda Carson - Clarke

District 9

Awards/Scholarship: Carol Long - Mahaska
Publicity: Anna Hornbaker, Van Buren
Membership: Cynde Briggs - Mahaska
Benefits/Legislative: John Bartenhagen - Louisa

IASCOE Webmaster

Brian Beach - Sac County
Office: 712-662-7159
FAX: 712-662-3263
Email: webmaster@iascoe.org



PAST IASCOE PRESIDENTS

1959-61 Kenneth Hatcher
1961-62 Raymond D Vanderhorst
1962-63 Luther Stock
1963-64 William H Holiday
1964-65 Charles Bacon
1965-66 Gaylor A Thayer
1966-67 V. Deane Thornton
1967-68 Marguerite Liddle
1969-70 Warner C Walrath
1970-71 Janet Hemm
1971-72 Carl Lantz
1972-74 James A Riekens
1974-76 Cecil F Zollars
1977-79 Garnita Ewart
1979-80 John Ace Parker/Gary Brewer
1980-82 Gary Brewer

1982-84 Larry Niles
1984-86 Joe McLaughlin
1986-87 Pat Drew / Ronald Parker
1987-88 Mike Houston
1988-90 Ronald Reuvers
1990-92 Steve Abbas
1992-94 Kevin Fitzpatrick
1994-95 Jerry Frank
1995-97 Kevin McClure
1997-99 Jolene Fechter
1999-01 Trice Smith
2001-03 John Landgraf
2003-05 Tom Lane/Alan Donaldson/John
Landgraf
2005-07- Dee Lehn
2007- Steve Kennedy



2007 IASCOE Scholarship Winners!



Nicholas Skow is a 2007 scholarship winner from Humboldt, Iowa

Nicholas is the son of Rick and JoAnn Skow. Nicholas' mother, JoAnn, is a Program Technician in the Humboldt County Office. Nicholas has one brother, Dustin.

Nicholas Attends Humboldt High Schools and currently has a GPA of 3.7. Nicholas plans to attend the University of Iowa this fall and intends to pursue a degree in accounting.

Nicholas' hobbies include sports, music and cars.



Daniel Eibey is a 2007 scholarship winner from Manchester, Iowa.

Daniel is the son of Chris and Tammy Eibey. Daniel's mother, Tammy, is a Loan Officer in the Delaware County Office. Daniel has three siblings; Keith, Audrey and Allison.

Daniel is a 2004 graduate of West Delaware High School and is currently attending Iowa State University in Ames. Daniel is studying Agronomy with a current college grade point of 3.75.

Daniel's hobbies include fishing at the farm ponds and camping at the cabin, sports, activities with the Alpha Gamma Rho Fraternity and working with his beef cows and calves.



Jennie R. Anderson is a 2007 scholarship winner from Waterville, Iowa.

Jennie is the daughter of Bruce and Lynn Anderson. Jennie's mother, Lynn, is a Program Technician in the Allamakee County Office. Jennie has one brother, Ian.

Jennie attends Waukon High School and has a GPA of 3.7. Jennie plans to attend Rochester Community and Technical College and the Mayo College this fall. Jennie intends on pursuing a degree in radiology.

Jennie's hobbies include cheerleading, speech team, FBLA, SADD, school musicals and plays, choir, school newspaper and being a Sunday School teacher.



Matthew Gerlach is a 2007 scholarship winner from Maquoketa, Iowa.

Matt is the son of Paul and Sandra Gerlach. His mother, Sandra, is a program technician in the Jackson County Office. Matthew has one sister, Missy.

Matt attends Maquoketa High School and currently has a GP of 3.2. Matt plans to attend the University of Wisconsin, Platteville this fall and pursue a degree in Ag Business/Animal Science.

Matt's hobbies include sports, farming, hunting, camping and trail riding.



MWA Scholarship Award Winner Announcement

Hello everyone.

I wanted to let all of you know that I notified our MWA Scholarship winner this afternoon.

This year's winner is, Bridgette Ann Terrell. Bridgette is from New Vienna, Ohio. Her mother is a Program Technician at the Fayette County FSA Office. Bridgette's Father is a self employed Farmer. Bridgette is a student at the Kettering College of Medical Arts currently enrolled in the Radiological Technology program. She has been interested in the medical field since preschool.

Thank you all very much for the hard work and dedication each and every one of you provided to help make this award program so successful! Hope to see all of you at the MWA Rally and on the NASCOE convention!

Tom Oasen, MWA Scholarship Chairperson

NATIONAL SCHOLARSHIP WINNER ANNOUNCEMENT

Herb Sorley, National Scholarship Chairman, reports that a total of 168 scholarship applications were received this year from the 5 areas. The scoring was VERY close and they received some great applications with wonderful individuals from which to choose. And the winner is..... Bridgette Terrell of the Midwest Area!! Bridgette is the daughter of Sam and Tina Terrell of New Vienna, Ohio. Bridgette will be announced as the winner during the National Convention on August 11th in Myrtle Beach. She will be receiving an award of \$4000 towards her college education. Congratulations Bridgette!!

Iowa Scholarship News

Greetings to all members with "college bound" students! After some discussion with members, the directors have elected to make a change for Iowa Scholarship applications in 2008. Next year we will have 2 different applications available. One application (IOWA Scholarship Only) will be identical to the current form, with the exception that financial data will not be required. This IOWA application will only be eligible for an Iowa award. If your son/daughter wishes to have a chance at the Midwest Area (MWA) Scholarship, they will need to use the application posted on the NASCOE web-site. This application is in the same format that we have always used in Iowa.

Once again, this type of application makes them eligible for the State award AND the MWA Scholarship. When scoring for the Iowa award, we will NOT use any financial need in determining the winner, no matter which application has been used by the student. It is our hope that this may encourage more applicants each year for the scholarship offered by IASCOE.

Cindy Pistek
Scholarship Chairperson

Publicity

The IASCOE Directors and Publicity Committee discussed and reviewed the IASCOE Newsletter for submission for the MWA Publicity Awards process in February 2007. It was requested that the following items be submitted for the MWA awards.

2006 Publicity Contest:

- Best Overall Website –Brian Beach Webmaster (www.iascoe.org)
- Best Overall Newsletter- Tammy Eibey Editor
- Best Single Issue- September 2006 and- December 2006
- Best Feature Story Human Interest-
 - Man’s Best Friend A Soldier’s Story By Dee Ann Lehn (March 2006)
 - The Battle Still Rages by Dee Ann Lehn (September 2006)
 - Empty Nest Syndrome by Tammy Eibey (September 2006 Issue)
 - Ovarian Cancer- The Silent Killer by Tammy Eibey (December 2006)
- Best Feature Story Humorous-
 - Aunt Lisa by Lisa Forburger (June 2006)
 - The Great Morel (Mushroom) by Tammy Eibey (June 2006)
 - The Cat Story by Judy Vos (December 2006)
 - Polly PT issue #20 by Rose Woerner (December 2006 Issue)

I was notified in March that Iowa had won for the following areas and they needed to be sent to the National judges:

- Best Overall Newsletter
- Best Single Issue- September 2006
- Best Humorous Story- Polly PT part 20 Rose Woerner CED Black Hawk County

I was then notified on May 1st that Iowa had won the National Publicity Awards for the above categories. And will receive plaques at the National Convention banquet on August 11th. The Convention will be held in Myrtle Beach, North Carolina.

Respectfully Submitted,

Tammy Eibey
IASCOE Publicity Chairperson



Tammy and Barb Stoll, MWA Publicity Chair
With the Newsletter Award



Rose accepting Newsletter Award
From Mike Craft DD at Managers Meeting

IASCOE Membership Report

May 2007

By Dan Wells, State Membership Chairperson

The 2006 IASCOE Membership increased from last year and ended up at 89.2% overall. I am also pleased to report that 77 of our 100 counties have a 100% membership in IASCOE and to top all of that off, Districts #1 & 7 achieved 100% membership this year.

Our continued goal is to have 100% membership in Iowa. There are several county's and district's very close to achieving that very goal and I would like to challenge each and everyone of you to make the commitment to improve on our membership. With a strong membership the goals set forth by our organization can be accomplished and the stronger our association will become. Now that 2006 has been recorded in the history books it's time we focus on 2007.

Each of the county offices will be receiving notice of our annual dues very soon. Please take the time to review and update your current information. This helps with our record keeping and we certainly do not want to leave anyone behind. Each and every FSA employee is important to our organization.

I would like to introduce you to the 2007 IASCOE Membership Committee:

District 1 is represented by Tammy Pruin from Sioux County
District 2 is represented by Vicki Pederson from Floyd County
District 3 is represented by Sheri Rodman from Clayton County
District 4 is represented by Cathleen "Skip" Borst from Carroll County
District 5 is represented by Rod Biensen from Story County
District 6 is represented by Carma Reiss from Benton County
District 7 is represented by Jolene Fechter from Page County
District 8 is represented by Marla Morlan from Monroe County
District 9 is represented by Cynde Briggs from Mahaska County

Each member of this committee would be more than willing to answer any questions you may have concerning membership and the benefits associated with being a member. I am also available to all of you. Please do not hesitate to contact me.

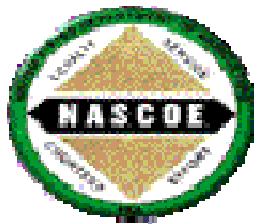
The Membership Committee with the IASCOE Director's concurrence is able to offer the "Early Bird" specials again this year. For those IASCOE members who get their dues into their respective committee members before June 15th are eligible to receive a \$50 refund. Five members will be drawn.

Be sure to get your dues in early. Our winners last year were:

Sheri Muench – Buchanan County
Pat Helmrichs – Delaware County
Kathy Moorman – Wayne County
Renee Price – East Pottawattamie County
Connie Johnson – Fayette County

I want to personally "Thank" all of you for your continued support and would like for all of you to seriously consider becoming a member of IASCOE. There are several benefits associated with being a member. Do you know that because we are not Federal employees something as simple as our cost of living increases have to be requested for us? NASCOE/IASCOE as our representative makes sure that we receive the same benefits as all Federal employees. The accomplishments that NASCOE/IASCOE has made go on and on.

NASCOE/IASCOE extends a special invitation for you to join our organization.



NASCOE

June 12, 2007

Iowa Honorary Life Membership

Prior to 1971

Name	City	Position
Grace Baker	Spirit Lake, IA	Chief Clerk
William Chelf	West Liberty, IA	Bin Crewman
Audrey Elmore	Leon, IA	Feed Grain Clerk
Marian Cole	Toledo, IA	Feed Grain Clerk
Scott Rehse	Spirit Lake, IA	Bin Supervisor
Geneva Brock	Lincoln, NE	Feed Grain Clerk
Leola Laughlin	Oskaloosa, IA	Price Support Clerk
Gladys McCann	Marion, IA	Price Support Clerk
Lester Hoppe	Calumet, IA	Bin Crew
Reinhard Lieb	Algona, IA	Bin Crewman
Elmer Gustafson	Villisca, IA	
Gladys Rose	Blakesburg, IA	Administrative Clerk
W. J. Weisskopf	Victor, IA	Bin Supervisor
Margery Dietrich	Montezuma, IA	Price Support Clerk
Wilma Mills	Nichols, IA	Price Support Clerk
Ralph Pery	Prairie City, IA	Bin Supervisor
Lynn Lafollette	Decatur County	CED
Bessie Groomes	Nevada, IA	REAP Clerk
Auguste Lucas	Mason City, IA	Price Support Clerk
Helene Jacobson	Boone, IA	Price Support Clerk
Emory Krebs	Zearing, IA	Bin Crewman
Gerald Gilley	Collins, IA	Bin Crewman
Mildred Littrell	Boone, IA	REAP Clerk
Marie Allen	Atlantic, IA	
Harold Dollen	Pensia, IA	Bin Supervisor
Viva Berghold	Argyle, IA	Feed Grain Clerk
Margaret Mitchell	Fort Dodge, IA	
Helen Pilgrim	Decorah, IA	REAP Clerk
John Amdahl	Decorah, IA	CED
Guy Amis	Arnolds Park, IA	
Ray Bleakney	Newton, IA	Bin Crewman
Helen Brau	Mt. Pleasant, IA	CED
Zene Chambers	Greenfield, IA	Bin Crewman
A. M. Colman	Macedonia, IA	
Ottis Cory	Gassville, IA	
John Cross	Leon, IA	Bin Crewman
Jeannette Danielson	Decorah, IA	Administrative Clerk
Iva Dotson	Burlington, IA	Admin/PS Clerk
Harry Goddard	Des Moines, IA	
Ruth Hatch	Spirit Lake, IA	
Trella Head	Tucson, AZ	CED
Ruth Hill	Clarinda, IA	Price Support Clerk
Julian Jenson	Storm Lake, IA	
Harold Johnson	Stockport, I	CED

Gladys Koller	Donnellson, IA	Administrative Clerk
Bonnie Menzel	Independence, IA	
Mildred Miller	Keosauqua, IA	Administrative Clerk
Helen Owen	Osceola, IA	Administrative Clerk
Ellis Pilgrim	Decorah, IA	Bin Supervisor
Martha Reuschel	Dubuque, IA	
Ella Rier	Clarion, IA	Chief Clerk
Ernest Rittgers	Pocahontas, IA	
Arthur Rohwer	Primghar, IA	CED
Albert Rope	Mountain Home AR	
Ross Smith	Guthrie Center, IA	CED
Name	City	Position
Clifford Wilson	Wayland, IA	
Walter Foley	Clutier, IA	
Ed Reimers	Calument, IA	
Earl McGuire	Coon Rapids, IA	Bin Crewman
Ernest Miller	Corydon, IA	
Albert Clausen	Jefferson, IA	
Roy Couch	Newton, IA	Bin Crewman
Vernon Bums	Algona, IA	
Albert Schultz	Sperry, IA	Bin Supervisor
Jessie Lewis	Ankeny, IA	Compliance Clerk
Wilber Conkel	Ankeny, IA	Bin Crewman
Alma Gladon	Sigourney, IA	
Alfred Josten	Garner, IA	CED
Russell Lindsay	Alexander, IA	Bin Crewman
Lois Maddy Lewis	Bussey, IA	Price Support Clerk
Harlan Smith	Barnes City, IA	
Marie Fehlhafer	Elkader, IA	
Wesley Koch	Hudson, IA	
Ernest Kirchner	Nichols, IA	Bin Supervisor
Edwin Fitzsimons	Monticello, IA	Bin Supervisor
Evelyn Ault	Ankeny, IA	Price Support Clerk
Lawrence Brennan	Emmetsburg, IA	CED
Mary Morton	Rockwell City, IA	CED
Albert Hook	Wapello, IA	CED
Marie Johnson	Webster City, IA	Chief Clerk
Rosella Spicer	Sac City, IA	Price Support Clerk
W. H. Holiday	Spencer, IA	CED
Albert Sallen	West Point, IA	Bin Crewman
Cecil Hall	Scarville, IA	CED

1972

Name	City	Position
Mildred Stoops	Elkader, IA	
Thomas Roberts	Eldon, IA	Bin Supervisor

1974

Name	City/County	Position
Lyla Bailey	Pocahontas Co.	PA
Louis Reiter	Pocahontas Co.	Bin Supervisor
Joe McCoy	Nodaway, IA	Bin Supervisor
Arlo Olive	Adams Co.	Bin Supervisor
Marguenite Mertens	Henry Co.	PA
Robert Roske	Calhoun Co.	Bin Supervisor
Bernard Hermann	Wapello Co.	CED
Erma Webster	Louisa Co.	PA
Frances Irene Smith	Monona Co.	PA
Leo King	Madison Co.	CED
Burdette Clouse	Ida Co.	Bin Supervisor
Ruth Knudtson	Hancock Co.	PA
Erma Linda Schmidt	Hancock Co.	PA
Everett Steffen	Clay Co.	Bin Supervisor

1975

Name	City/County	Position
Vaughn Christensen	Toledo, IA	Bin Supervisor
Pauline Brader	Audubon, IA	PA
Robert Myers	Jefferson, IA	Bin Supervisor
Roberta Harris	Sioux City, IA	
Alice Johnston	Jefferson, IA	PA
Ardys Nelson	Webster City, IA	PA
Dorothy Payne	Henry Co.	PA
Luther Stock	Sac Co.	CED
Darrell Clark	Linn Co.	Bin Supervisor
Roberta Harris	Woodbury Co.	PA
Lorraine Banks	Guthrie Co.	PA
Lyle Kinnick	Guthrie Co.	Bin Supervisor
Duane Herron	Guthrie Co.	Bin Supervisor
John Cutkamp	Louisa Co.	Bin Supervisor
Delmar Thorson	Hamilton Co.	Bin Supervisor
Mildred Hamann	Lyon Co.	PA
Arlo McGowan	Humboldt Co.	CED
Mary Jane Adams	Calhoun Co.	PA
Oliver Eno	Clayton Co.	CED
Helen Guilget	Delaware Co.	PA
Owen Beddow	Jefferson Co.	PA
Virginia Seyb	Lee Co.	PA
Carroll Louks	Story Co.	PA
Halcyon Gould	Cherokee Co.	PA
Cecil Reed	Taylor Co.	Bin Supervisor
Mildred Fehl	Blackhawk Co.	PA
Verner Peterson	Hardin Co.	Bin Supervisor
Lois Thornburgh	Warren Co.	PA
Helen Domek	Palo Alto Co.	PA
Laura Hinrichs	Jones Co.	PA
Donald Dudgeon	Webster Co.	Bin Supervisor

1976

Name	City	Position
Florence Bair	StormLake, IA	
Donald Harjes	StormLake, IA	
Frieda Korb	Sioux City, IA	PA
Theodora Harder	Nichols, IA	PA
Lois Von Ahn	Sac City, IA	PA
Joyce Elsberry	Boone, IA	PA
Alberta McCord	Alden, IA	PA
Betty Brown	Rolfé, IA	PA
Clymene Jacobsen	LakePark, IA	PA

1977

Name	City	Position
Mary Ellen Anderson	Albia, IA	PA
Hazel Parrott	Algona, IA	CPA
Howard Hilbum	Chariton, IA	CED
Delores Hammer	Denison, IA	PA
Grace Cooper	Denison, IA	PA
Evelyn Waterman	Rockwell City, IA	PA
Delores Downing	Panora, IA	PA
Lawrence Copley	Clear Lake, IA	CED

1978

Name	City/County	Position
Elizabeth Hewitt	Oskaloosa, IA	
Raymond Vanderhorst	Oskaloosa, IA	
Gaylor Thayer	Des Moines, IA	
Glen Randau	Lee Co.	
Betty Thompson	Tama Co.	

Mildred Olson	Mitchell Co.
Carl Lantz	Iowa Co.
Nadine Gregg	Calhoun Co.
William Day	Washington Co.
Hazel Suter	Keokuk Co.
Gordon Braley	Grinnell, IA
Mary Kanne	Carroll, IA

1979

Name	City	Position
Henry Allen	Bloomfield, IA	
Virginia Onstank	Knoxville, IA	
Erick Flaskerud	Decorah, IA	
Forrest Johnson	Donahue, IA	
Violet Grove	Ida Grove, IA	
Glen Newell	Laurens, IA	
Ray Klinkenborg	Rock Rapids, IA	
Hazel Howard	Ankeny, IA	
Russell Lyons	Traer, IA	
Lawrence Halter	Rhodes, IA	
Irene Anderson	Des Moines, IA	

1980

Name	City/County	Position
Myrtle Arch	Des Moines Co.	Clerk
Louise Whetstine	Washington Co.	Clerk
Evelyn Bachman	Polk Co.	Clerk

1983

Name	City/County	Position
Louise Rummells	Lone Tree, IA	
Robert Carson	Iowa City, IA	
Alice Beaver		
Herbert Peters	DeWitt, IA	
Wayne Lund	Woodbury Co.	
Name	City/County	Position
Eleanor Geeting		
Irene Stutt	Adair Co.	
Nancy Brandt	Lucas Co.	
Moke Witters	Ida Co.	
Robert Devine	Greene Co.	
James Vipond	Monona Co.	

1984

Name	City	Position
Leora Anderson	Estherville, IA	PA
Donna Mae Burmester	Hampton, IA	PA
Kermit Chapman	Sac City, IA	CED
Velma Conlon	Humboldt, IA	PA
Alice June Fleming	Woodbum, IA	PA
Maxine Freed	Fort Dodge, IA	PA
Betty Galloway	Newton, IA	PA
Florence Hayden	Fort Dodge, IA	PA
Henrietta Huhn	Nevada, IA	CED
Nava Lanning	Toddville, IA	PA
Darlene Lindsey	Webster City, IA	CED
Zona Long	Centerville, IA	PA
James Mullahy	Burlington, IA	CED
Helen Nolte	Fort Dodge, IA	PA
Margaret Smutz	Mt. Pleasant, IA	PA
Colleen Swalwell	Maxwell, IA	PA
Kathryn Wheelock	Nevada, IA	PA
Kay Weidner	Fairfield, IA	PA
Rita Mae Wessling	Sioux City, IA	PA

1985

Name	City/County	Position
Erna Flygstad	Hamilton Co.	
Altha Nelson	Shelby Co.	
Robert Birkby	Fremont Co.	
Helen Charlotte McHugh	Carroll Co.	
Mildred Ferguson	Van Buren Co.	
Marjory Paton	Grundy Co.	
Lorraine Gallerick	Lee Co.	
Mary Ann Hayward	Cerro Gordo Co.	
Bernice Hanson	Cherokee Co.	

1986

Name	City/County	Position
Donald Gardner	Polk Co.	
Phyllis Woodley	Wright Co.	

1992

Name	City/County	Position
Ann Jorgensen	Buena Vista Co.	

1993

Name	City/County	Position
Pauline Golick	Appanoose Co.	
Virgil Klever	Audubon Co.	CED

1994

Name	City/County	Position
Joann Ries	Fayette Co.	
Muriel Crossley	Mitchell Co.	

1998

Name	City	Position
James Riekens	Clarion, IA	CED/DD

DATES UNKNOWN

Name	City/County	Position
Pat Achenbach	Dickinson Co.	COR
Sharon Boken	Cass Co.	PT
Charlotte Frideres		
Sherry Lathum	Madison Co.	PT
Elaine Martens	Cass Co.	CED
Shirley Nott		
Ronald Parker	Guthrie Co.	CED
Frank Phippen	Clayton Co	CED
JoAnn Rowenhorst		COR
Janice Schlicht		

2003

Name	City	Position
Margaret Feters	Muscataine, IA	PT
Pat Sorgenfrey	Onslow, IA	PT

2006

Name	City	Position
Maxine Dass	Ankeny, IA	PT
Barbara Sue Dennis	State Center, IA	PT
Geri DeVries	Grundy Center, IA	PT
Glenda Eilers	Scotch Grove, IA	PT
Garnita Ewart	Bedford, IA	DD

Arlene Gage	Dolliver, IA	PT
Elaine Gordon	Creston, IA	PT
D. Bart Griffith	Osceola, IA	CED
Loree Hamilton	Oakland, IA	PT
Larry Johnson	Casey, IA	DD
Elizabeth Kellen	Alton, IA	PT
John Kenagy	Clarinda, IA	PT
Connie Kinser	Winterset, IA	CED
Richard Kleppe	Clarence, IA	CED
Herbert Krause	Oskaloosa, IA	CED
Karen Kruger	Holland, IA	PT
Doug Larson	Maquoketa, IA	CED
Karen Loeb	Waukon, IA	CED
Gene Long	Montezuma, IA	CED
Ron Mauser	Waterloo, IA	CED
Patty Newton	Casey, IA	PT
Terry Pauling	Indianola, IA	CED
Gordon Paulus	Afton, IA	PT
Dale Rickert	Wapello, IA	CED
Beverly Schakel	Monroe, IA	PT
Alice Shimanek	Monticello, IA	PT
Lorraine Sorensen	Alleman, IA	PT
Norma Jean Swenson	Mission, TX	PT
Freda Thornton	Middleton, IA	PT
Marvin Waechter	Grinnell, IA	CED
Ann Weigel	Packwood, IA	PT
Karen Wheeler	Hampton, IA	PT
Janice Wiemers	Spencer, IA	PT
Carol Wirtz	Emmetsburg, IA	PT



2007 IASCOE CONVENTION and MWA Rally Minutes

Unofficial minutes and notes of both events have been submitted
by Deb Esselman Baird. CED Taylor/Price County WISCONSIN
They may be found at www.iascoe.org



Subscribe To The IASCOE Newsletter

To receive an email notification of new IASCOE Newsletters and web page updates,
go to our web site at www.iascoe.org and click on the subscription link.

Make a Splash this Summer!!



*Submitted by Dee Ann Lehn
Midwest Area Benefits Chairperson*

Summer is just around the corner and many of you are planning those family vacations. (Visions Of **National Lampoon's Vacation**—always flash through my mind when I think of summer vacations—a classic movie if there ever was one!) Anyway, back to the business at hand; one of the benefits of being a NASCOE member is having access to discount tickets for select amusement parks throughout the United States.

For the Midwest area, we have secured discount coupons to Adventureland in Ankeny, Iowa, Six Flags St. Louis, Holiday World in Santa Claus, Indiana and Mt. Olympus in the Wisconsin Dells. There are also numerous other discounts available at various Sea Worlds, Busch Gardens, Six Flag Theme Parks and other amusement parks throughout the rest of the country.

Please log on to the NASCOE web page for more information or contact me and I'll be glad to help you secure the discount coupons you need.



Life is a wild ride—jump aboard and enjoy!

Emblems!

If you've looked at the Emblems Online Store Website lately, you will have seen a lot of new products added for 2007. To get there, go to www.thenascoestore.com, Click on Let's Shop, Click on Browse, then click on New for 2007, scroll down and look at all the new products we have. You asked us for women's shirts in spring colors -- Items 7118, 7119, 7120, and 7121 have some great spring colors. We've also added new colors to the every popular ladies pima cotton pique shirt -- Item 3036 - we've added lavender, slate blue, and melon. Also, getting ready for the South Carolina Beach NASCOE Convention, you wanted beach products and some things for the children; we've included it. Order now and have them when you go to the convention; inventory there will be limited and will sell fast. Be ready!!!

NEW2007 - that's your coupon code to get 5% off your total order of \$30.00 or more if you order one or more of the New for 2007! products. Check out the New for 2007! items; we have some really neat items. We were asked to offer some spring colors in ladies shirts. We have several new styles in some really pretty colors.

CLOSEOUT ITEMS! To clear our shelves for room for new products, we're discontinuing items and some are marked down to below our cost. Some of the closeout items are SKU 3002, 3038, 3045, 3046, 3064, and there will be others added. In the description of the items, there is an inventory of what's available and we will make every effort to keep it up-to-date.



3002



3038

Don't forget to put your coupon code NEW2007 for your 5% off
We welcome your input on new products and other ways to improve the website.

YOU MUST HAVE BEEN A BEAUTIFUL BABY!

The spies have been out again in Northeast Iowa...See if you can identify the CED in their younger years!!!

#1 This CED has been around...she was a PT in NE Iowa, went to CED in SE Iowa and has been back in the area quite some time!!!

#2 This CED is quite talented. He is a regular in IASCOE talent shows---

#3 This CED had to wear her cute little hat until she was almost 3. That's how long it took her to get hair!!!



1 ?



2 ?



3 ?

ANSWERS ON PAGE

Distinguished Service Award



We would like to nominate Jean Finch for the Distinguished Award for Service to FSA/Agriculture. Jean was first employed as a temporary in 1978. She was separated in 1979 and then rehired in 1982 to help with the maps and eventually the wonderful PIK program. She continued as a temporary employee until April 1986 when she became a permanent employee. Jean has been an employee now for over 28 years and she is in charge of CRP, DCP programs and is acting CED for Greene County in the CED's absence.

Greene County is in NW central Iowa and has over 1576 farms with over 2500 eligible voters-farmers and Jean is the overseer of 825 CRP contracts for Greene County.

Jean has worked with the many areas of the conservation programs-ACP to CRP for the last 18 years. She is able to work with the farmers, landowners, NRCS Staff and office personnel in a manner which delivers these programs effectively and efficiently to the benefit of the farmer and also the county and government. With patience and understanding, Jean guides each farmer through their individual conservation needs, and some of us know that sometimes a LOT of patience is needed. Her knowledge of the programs and their requirements come from first hand experience as the land she owns and operates -620 acres- has many acres of CRP on them. Jean also goes above and beyond most by attending informational meetings held by banks, advisors and agricultural specialists on her own time.

Her ability to relate and serve the farmers on the personal and the business level has made the Greene County FSA Office function smoothly and effectively.

Respectfully Submitted,
Candy Hoyle, PT
Debi Ostrander, PT
Diane Ostrander, PT
Diane Wise, PT
Kevin Fitzpatrick, CED

(Note: Jean also won the Midwest Area DSA for service to FSA/Agriculture!)



The person I am nominating for the **Service to NASCOE** award has been a member since becoming a permanent employee in 1986. She is a PT working in the Lyon County FSA Office and is responsible for the Facility Loan Program and Payment Limitations. She became an IASCOE director in 1992-93.

She has attended all the Iowa State Conventions: most of the Midwest Area Rallies, other state conventions and since 1994, has only missed one National Convention. Whether it was on a long bus ride, sharing a ride in a van or car, driving her own vehicle, or flying, she knew it would be worth it to attend, renew old friendships and make new ones. She has always attended the convention sessions and returned home to share the information with her co-workers.

Her support does not end there. She has been on the State Awards committee since 1993 and served as chairperson since 1996. She served as Midwest Area Awards Chairperson since 2000-2001 until 2006. Attending the Awards Committee meeting and giving her report at the Midwest Area portion of the Convention.

Not only has she attended all these functions, she has participated by taking part in talent shows and skits. She has been in charge of the silent auction and raffle held at the Iowa Convention in the past years. She has taken a turn at the Emblems booth (State and National) when asked, and helped with the NASCOE Scholarship auction.

Rose and her husband Lyle have five children and three grandchildren that keep them busy. She still takes time for her church. She plays the piano and/organ and is a member of the hand bell choir.

I respectfully nominate my friend, Rosalyn Kahl for Distinguished Service to NASCOE.

Denise Dugan
PT, Woodbury County

(Note: Rosalyn also won the Midwest Area DSA for service to NASCOE!)

Iowa Employee Associations Welcome FSA Administrator, Teresa Lasseter



The annual IASCOE/IACS/IASSE joint Convention was held March 30th and 31st in Johnston, Iowa at the Stoney Creek Inn. We had the pleasure of having our FSA Administrator, Teresa Lasseter attend and participate in the convention's events. Ms. Lasseter spoke during the general session and let us all know her history with ASCS/FSA and how she made it from being a CO temporary in Georgia to the FSA Administrator in Washington, DC. She also expressed her feeling of gratitude for all the work being done and she stated that she holds a special place in her heart for the employees in the county offices of FSA.

Administrator Lasseter then went on to discuss several items that were on the minds of the employees here in Iowa and across the country. They included the IT issues and recent web server problems, the Improper Payment findings, OIG and checklists, USDA's Farm Bill Proposal, Office Restructuring plans and Reorganizations, Security Awareness, employee morale and the addition of Mark Keenum as Under Secretary of USDA. All of these issues are listed in more detail at the IASCOE website of www.iascoe.org.

During the evening events, Ms. Lasseter and our SED, Mr. McLaren, invited a small group of the employees to dinner. I was very impressed with Ms. Lasseter and enjoyed being able to speak with both the Administrator and SED on a more personal level. Also attending that dinner was Steve Kennedy, Tammy Pruin, Craig Hughes, Alan Donaldson, Dave Hoaglund, STC member Dan Petersen and his wife. I want to thank Mr. McLaren for inviting me to dinner. It was a very enriching experience.

I have since been fortunate enough to have the pleasure to attend the MWA Rally in Michigan last weekend. The Administrator and her husband Willard were both in attendance. I again was able to speak with her and enjoy her company during the business and "fun" events. She was very open and accessible to all the employees in attendance. What struck me was that she remembered that I had 4 children and that the boys were in college. She asked about their summer plans. I was really impressed since she has met hundreds of employees from across the country. I do have a T-Shirt that Michigan had for sale that said "Check This -770 signed as "Approved" by Teresa Lasseter...It might show up on EBAY, (just Kidding) She and Craig Trimm each bought one to take back to DC and planned on wearing for one of her staff meetings.

As we read in the FSA Courier today that the Administrator plans on visiting local FSA offices in June, I wonder if I said I worked in Delaware County Iowa one too many times!

Respectfully submitted,
Tammy Eibey
FLO, Delaware County Iowa
IASCOE District 3 Director

RETIREMENT NOTICE!

Ellen Danner, Program Technician in the Ringgold County FSA Office is retiring after 21 years of service to both the Lucas and Ringgold County FSA Offices. Ellen began her first full-time job on Monday, May 18, 1957, which was Ellen's 18th birthday. Ellen is retiring from FSA on Friday, May 18, 2007, which is Ellen's 68th birthday and 50 years to the day after she started her first full-time job. Ellen is looking forward to spending time with her family, watching her grandchildren and volunteering in her spare time.

Optional: For those who would like to wish Ellen the best in her retirement, cards may be sent to:

Ellen Danner
1201 E. South Street
Mount Ayr, Iowa 50854



First Day...Monday, May 18, 1957



Last Day...Friday, May 18, 2007

Honor our Military!

A local high school in Wisconsin has invited us and all the high schools in the USA to join them to help support our military. High schools are encouraged to put up a display, sponsor an event, etc. and the school will be recognized on this website:

www.usdamilitaryfamilies.org.



This website is loaded with valuable information regarding troop and family support, mailing packages and letters, a prayer list and a whole lot more that would provide some level of support for our military abroad.

If you know a school or school organization that hasn't started something, please share this website with them and the teaching staff. Let me know of any progress! I will then forward to Deb Esselman-Baird CED Taylor/Price County in Wisconsin.

MY BIG SURPRISE

Vicky Rechkemmer
Program Technician in Des Moines County

I have an unbelievable story to share with you - and it really is true!

On Friday morning my friend Ethel and I left about 10:00 a.m. to go shopping in Iowa City. We got back to Mediapolis about 5:30 p.m. and instead of going home she turned into the parking lot of the local restaurant. She parked and we sat there. When I asked her what we were doing, she said, "Sit here and shut up." Pretty soon she started combing her hair and putting on lipstick. When I asked her if I should be combing my hair and putting on lipstick, she said, "Sit here and shut up." Okay. I thought there must be something going on but it wasn't my birthday or anything else I could think of!

Within minutes my sister Jan and sister-in-law Cheryl pulled up and they had a blindfold. Ethel didn't know what was going on - just that she was to have me there at 5:30 p.m. When Jan put the blindfold on me Ethel said "they must have blind dates for us and yours is so ugly you need a blindfold!"

They put me in the backseat of Cheryl's car and we took off. Jan told me the family had done something at my house that day and wanted to surprise me. I thought they must have taken down the dead tree in my front yard! Cheryl kept making more turns than it should have taken to my house but I didn't think anything of it. She told me we were pulling into my driveway - that sounded true. They helped me out of the car and said we were going in the front door and helped me up the steps. We went through the door and I didn't feel carpet on my feet but Cheryl said we went through another door. They walked me for a few feet and then took off my blindfold. There was my entire family standing with my daughter Lisa. Lisa was crying and had tears in her eyes and said, "Welcome to your new home, Mom!" I'm so quick - I said "whose house is this and where are we?"

Here I was standing in a brand new house with all my furniture and everything already moved in!! Lisa had always told me that someday she would buy me a house and this was the day! Talk about surprise!!

Lisa had the closing on the house at 10:30 in the morning and all the family came at noon to move me. My living room furniture was arranged - there was a new dining room table and chairs - new bedding on my bed - new shower curtains and towels - even soap on the counters.

Lisa said she decided in February that this was the year she was going to make it happen. She lives near Chicago so she went online to look at houses and found this one. She contacted the realtor about it and when she came home two weeks before Easter she looked at it. She made an offer on Thursday which was accepted even though the house wasn't quite completed. When she came home for Easter she toured the house again. The realtor and everyone involved were sworn to secrecy - the realtor even locked up the file in her office so no one could see it. Lisa talked to my family on Easter and made arrangements for the move. She said there were to be no e-mails and they couldn't even tell their own children!

She had been busy for a month buying furniture, bedding, etc. Whenever I would call her and ask what she was doing she said "nothing much." She now tells me she hasn't been able to eat or sleep while she was doing all this. The people in Mediapolis had heard the house had been sold but no one knew who bought it! It drove them crazy!!

I am the oldest of seven children so there was quite a crew moving me on that Friday afternoon - brothers, sisters, in-laws, nieces, and nephews all worked to get the move done in just a few hours. My next-door neighbor came over to see what was going on when they were loading things from my old house. He asked if I was moving and they told him "yes - but she doesn't know it!" The neighbors at the new house were trying figure out who was moving in but my family told them they just had to watch at 5:30 to see!

I have never been so surprised in my entire life - it is a dream come true! I didn't have a clue in the world that she was doing all this. The house is absolutely beautiful and has everything I ever wanted. Several months ago I had written down what I would like in my dream house. Lisa found the note and accomplished everything on that list!!

It is literally a dream come true. If they could have had a bus out front they would have said, "Move that bus!" My whole family is so wonderful and they had so much fun doing it all for me. We partied until the wee hours that night! I tell everyone that my family is usually a beer and white zinfandel kind of family - but that night they were a SHOTS kind of family!

My son and his family live in Colorado and couldn't be here but they sent dishes, towels, shower rings, hand sweeper, and other things and hope to come and visit soon.

My daughter Lisa is absolutely the most awesome daughter in the whole wide world! I feel like the luckiest woman alive right now.

I want to share with you the framed letter she gave me along with the house key:

One of my dreams as a child was to buy a beautiful home for you. Watching you work so many jobs and always putting your children before yourself was a tremendous sacrifice, a sacrifice not many would have made. Those sacrifices enriched my life and love for you.

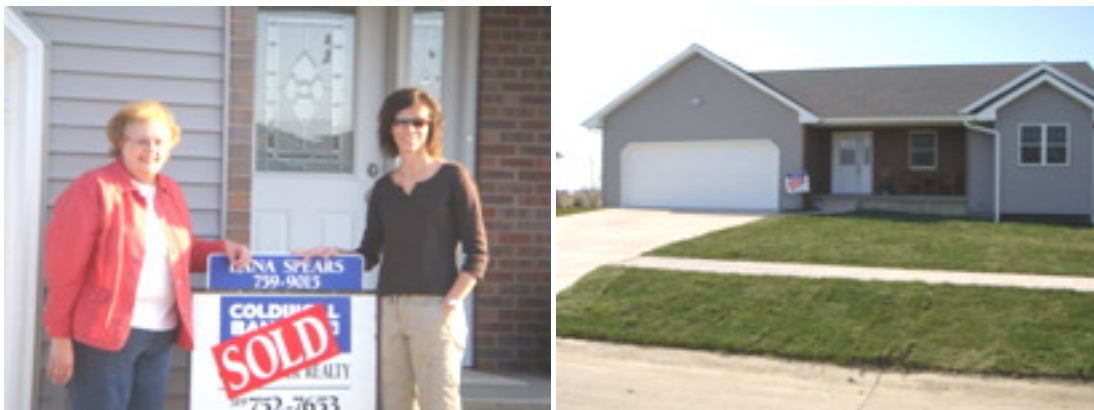
This home is my thank you Mom. For all those sacrifices and all the love, strength and support you give.

Today, my most cherished dream comes true!

Welcome home Mom

All my love, Lisa

Oh, by the way, I finally found out my address. It is 1104 Huron Street in Mediapolis. I really didn't know where I was when they took off my blindfold!!



Vicky and her daughter, Lisa!

CONGRATUALIONS JEFF DAVIS, CED Plymouth County



Say hello to Raegan Jean Davis.

She is the daughter of Zach and Angie Davis.

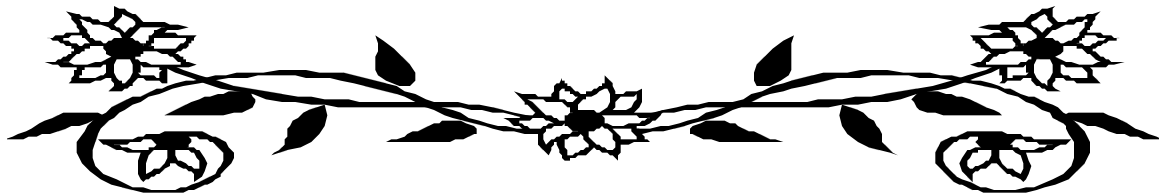
Born:, May 24, 2007 @ 2:55 p.m.

6-lb 2-oz

17 inches tall.

Everyone is doing great. She was 5 weeks early.

Grandpa made it through the entire ordeal and still has a big smile on his face. One down and one to go in early August.



Simple Tips to Slimmer Waists

Submitted by: Lisa Forburger, Kossuth County

Everyone knows that eating right and exercising are the keys to weight control. But not everyone knows these tips to make your efforts pay off fast.

Eat breakfast its true – regular meals and occasional low-cal snacks help prevent the “famine then feast” syndrome. Great start: Fill up first thing on high-fiber cereal, whole grain bread or fresh fruit. That will stick with you until lunch time.

Bite into a pickle or lemon Advantages: Neither have any calories to speak of, and the sour taste will curb your appetite. Don’t have either? Try brushing your teeth.

Post a list of small projects on the refrigerator. Then, whenever you’re bored or tempted to snack, tackle an item on your list. Result: it will help you ride out crave attacks.

Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. And make less food look more by using smaller plates.

Exercise in the morning. Why: After fasting overnight, two-thirds of the calories burned come from stored fat, which contains more calories than carbohydrates – the main energy source in afternoon workouts.

Keep calories burning with aerobic exercise, like biking, swimming or rowing. Advantage: A single session burns calories during the workout for several hours afterward.

Take your time. It takes about 20 minutes for your brain to receive the signal that you’re full. So gulping food quickly may lead to overeating. Strategies: Set your silverware down between bites.... chew slowly... savor each flavor and texture. And play soft soothing background music, which tends to slow the meal.



Embarrassment!

By Judy Vos

Recently Retired PT from Woodbury County

Hi Tammy, Since I am about to retire in June, and I will never see any of you again, I decided to share my most embarrassing moment with the IASCOE world. Pretty brave of me! Huh??? OK Here goes.

The Trip to Madison, Wisconsin.

(To see Suz, the one with the cat (dead) in the dryer)

I was on my way to visit our daughter, Suz, in Madison WI. She had been having some medical problems, so I was in a hurry to get there, so my husband took me to the Omaha Airport, and dropped me off the usual 2 hours early. (They won't let just anybody past those gates anymore, you know). So I sat there drinking my diet pop and reading some very important literature, I'm sure. Eventually, they let us board for Minneapolis. Once we were in the air, the attentive stewardess appeared to offer the bag of pretzels and of course, another round of diet Coke. By the time we got into Minneapolis, I was definitely scouting out the first available restroom, and I had to get to one in a hurry, because the connecting flight to Madison, WI was at the exact opposite end of the terminal. So, I sprinted to the nearest restroom, as fast as I could, and of course, so did every other woman that came off that plane. So, my turn in line finally came, and with no time to spare, (in more ways than one) I entered that little private room, only to discover that the previous "I only care about me" person, had failed to use the available "seat covers" and had SPLASHED all over the place. What was I going to do? I did not have the luxury of finding another bathroom. It was time to race to the other end of this building or miss my connecting flight, and my several cans of diet coke were stressing me to the max. So, I carefully placed about a dozen "circles of cleanliness" over the splashed area and AHH!! Washed my hands and out the door with a sprint I went. Trying to look calm and in control on the outside, I zipped along, smiling at others in the terminal, and tried to maintain control of my ever-flipping suitcase at the same time. The people I encountered on my fast-paced trip to the opposite end of the earth, seemed unusually friendly with their Hellos and smiling nods. When I reached the loading area for the last leg of my trip to Wisconsin with 5 minutes to spare, some very nice young man walked up to me and said in a low voice; "Excuse me ma'am, but you have a toilet cover circle that has attached itself to the back of your jeans, which you probably want to remove before getting on the plane". AWK!!! People were not smiling at me, they were smirking!! Why didn't ANYONE on the escalator tell me??? I had unintentionally pulled up one of the "circles" in my haste to leave the restroom at it was right "behind" me all the way across the terminal. At that moment, I wanted to find that woman that splashed on the seat, and strangle her.

So, men put the seat back down, and women, sit down--and Don't Splash!

Judy

NASCOE'S 48th NATIONAL CONVENTION
August 8, 9, 10 and 11th, 2007



Kingston Plantation www.kingstonplantation.com 9800 Queensway Boulevard Myrtle Beach, SC 29572 1-800-876-0010 / 843-449-0006	*** OVERFLOW HOTEL *** OceanCreek Resort www.oceancreek.com Reservations: 1-800-845-0353 Group Code 163545
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Hotel Registrations must be made by July 1, 2007.

NAME	GUEST	
___ Delegate ___ Member ___ RASCOE ___ NAFEC	YOUTH NAME	AGE
Address	YOUTH NAME	AGE
City/State/Zip	Phone	
Your STO	Email	
Arrival Flight Number	Arrival Date & Time	
Departure Flight Number	Departure Date & Time	

REGISTRATION—FOR AGE 13 AND OLDER	NUMBER	PRICE	TOTAL
Pre-registration—postmarked by July 6th		\$25.00	
Registration—postmarked after July 6th		\$30.00	

SOUTH CAROLINA COOKBOOKS	PRICE	NUMBER	TOTAL
	\$15.00 each		
RAFFLE—CHANCE TO WIN A 42" John Deere Riding Lawnmower	\$5.00 each		
10 ITEM RAFFLE— CHANCE TO WIN A 2007 New Harley Fatboy OR 4—\$500 cash OR 5—\$250 cash	\$25.00 each		

Convention T-shirts	SIZE	COLOR	NUMBER	PRICE	TOTAL
"Nothing Could Be Finer - South Carolina" T-shirt Colors Available: White, Royal Blue, Orange, Light Pink, Dark Pink, Neon Green, Neon Yellow ; Adult Sizes: Small to 3X-Large				\$15.00 each	

EXCITING Events ~ August 7, 8, 9, 10, 11

Day	Event	Time	Price	Number	Total
Tuesday	Riverboat Cruise, <i>Includes Dinner & Dancing</i>	6:30 pm	\$20.00		
Tuesday	Casino Cruise on the Atlantic Ocean <i>Depart from Kingston @ 5:45 pm</i>	Cruise 7 pm to 12 am	\$5.00		
Wednesday Southeast Area Night	"NASCAR" Theme Night <i>Includes Dinner and Charlie Floyd & the Southern Express Band</i> NASCOE "IDOL"	6:30 pm	FREE		
Thursday	"Sunrise in the Surf"	6:00 am	FREE		
Thursday	"Thursday Night Fever—Throwback to the '70's" <i>Includes Dinner & DJ</i> SCHOLARSHIP AUCTION	6:30 pm 7:00 pm	FREE		
Friday	Retirees Luncheon (price includes tax & tip)	12:00 pm	\$24.00		
Friday	The Carolina Opry	7:00 pm	\$30.00		
Friday	Dance & Shagging Lessons, <i>with DJ, Keith Pollard</i>	9:00 pm	FREE		
Saturday	"Under a Carolina Moon" Banquet <i>"Roast Prime Rib of Beef Au Jus"</i>	7:00 pm	\$40.00		

TOURS AND GOLF - WEDNESDAY, August 8

Brookgreen Gardens, Mansfield Plantation, and Historic Georgetown	8:30 am Lunch Included	\$30.00		
Little River Deep Sea Fishing	Half Day Charter	\$40.00		
Golf Tournament @ True Blue Plantation Handicap or Average Score _____	Depart 7:00 am Tee Time 9:00 am	\$60.00		
Shop 'til You Drop - Broadway, Coastal Grand Mall, Tanger Outlets	9:30 am Lunch on your own	\$12.00		

LITTLE PELICANS CLUB (Youth)

Tuesday	Hotel Activities at Kingston	10:00 am	FREE		
Wednesday	Hotel Activities at Kingston Pizza Party—Lunch	8:00 am	\$5.00 for pizza		
Thursday	Ripley's Aquarium <i>(Lunch on your own)</i>	10:00 am	12&up \$16.00 5 to 11 \$10.00 2 to 4 \$ 7.00		
Friday <i>(Lunch on your own)</i>	Wild Water & Wheels: Adult & Children Full Access Pass to all water slides & rides \$21.50 / Adults— Restricted Pass—No Rides \$10.70	10:00 am to 3:00 pm	\$21.50 (Full Access) \$10.70 (No Rides)		
Saturday	Hotel Activities at Kingston	10:00 am	Free		

Registration Total: \$

Make checks payable to SCASCOE. Payment must be included with Registration.

Mail payment and registration form to: Kyle Daniel, 1837 N Fraser St, Georgetown, SC 29440

For more information on all tours and events, visit www.scascoe.org.

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BABY PICTURE ANSWERS:

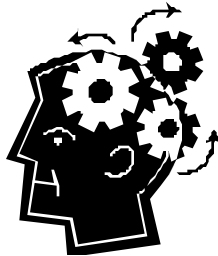
- #1 Julie Vulk
- #2 John Bahnsen
- #3 Connie Straw

MIND GAMES!

CAN YOU GUESS THE TREES AND FLOWERS

Submitted By Sue Beemer

1. Kissing flowers _____
2. You'll remember these _____
3. A roaring beast _____
4. An American beauty _____
5. These won't tell _____
6. _____'s the word
7. What a grouch _____
8. A cigarette tree _____
9. The mighty _____
10. Takes two of these _____
11. You see these at Easter _____
12. A single man _____
13. These trees cry _____
14. These bark _____
15. These have needles _____
16. A potassium tree _____
17. Happy flower _____
18. A.M. prayer _____
19. To waste away _____
20. An auto in a big county _____
21. Cloth and lumber _____
22. An animal's coat _____
23. Some tell time by it _____
24. Colored number _____
25. A tree in demand _____
26. A partition that is crazy _____



Answers found on Page 60

THE CHALLENGE

We have completed the first month of our trivia competition. I'm already well aware that the teams are very sharp and I might have to make things a little more difficult to keep people on their toes.

Twenty-four teams have sent in their entry forms. How creative you were with your names!

For clarification, if you do not return your answer sheet and/or bonus answers by the deadline, I will assume you chose not to play, or were too busy to play, that month and your score will be zero. So, if you're running stuck or short on time, find that spouse or sister who knows everything and get some help from them.

You will not get bonus points for being first. There may be some little twists along the way but I will let you know in advance.

The table to the right shows the teams participating and the current scores. There will be lots of time to catch up, so those of you on the bottom – don't give up and those on top – don't get too comfortable.

Thanks to everybody who is participating. I hope you are having fun with it.

Glenda VonArb

Team Names	Points	Bonus	Total
Beautiful Clayton Co	0	0	0
Cotton Sisters	190	6	196
Team Winneshiek	250	0	250
www.waywoostwomen	250	18	268
Gamblers Anonymous	250	25	275
Flirtinis	250	28	278
Duh	250	45	295
Champions Of The State '07	300	0	300
Page County	250	56	306
Buchanan Brainiacs	240	72	312
Cifoxers	290	24	314
5:00 Somewhere	300	15	315
Team Knowledge	290	30	320
Plymouth Rock Heads	300	21	321
Hancock County Chicks	290	32	322
Lyonettes	240	88	328
Woodbury Wise Guys	240	88	328
River Rats	300	30	330
Poky Prodigies	300	36	336
Ditsy Chicks	290	54	344
STO Brainstormers	300	48	348
Jasper CyHawks	300	54	354
Franklin Brainiacs	300	56	356
Thirty Somethings	300	56	356

You grew up in rural Iowa if...

Submitted By Judy Dameron

You know what knee-high by the Fourth of July means.
You know it is traditional for the bride and groom to go bar hopping between the reception and wedding dance.
You know the difference between "Green" and "Red" farm machinery, and would fight with your friends on the playground over which was better!
You buy Christmas presents at Farm Fleet
You know more is spent on beer & liquor than food at weddings.
You or someone you know was a "Pork Queen" at the county fair.
You know that "combine" is a noun AND a verb.
You let your older siblings talk you into putting your tongue on a steel post in the middle of winter.
You think Lutheran and Catholic are THE major religions.
You know that "creek" rhymes with "pick".
You know football schedules, hunting season and harvest are all taken into consideration before wedding dates are set.
You know a Friday night date is getting a six-pack and taking your girlfriend shopping for deer.
You know Saturday you go to your local bowling alley.
You know there was at least one kid in your class who had to help milk cows or goats in the morning...pew!
You have driven your car on the lake.
You know every wedding dance you have ever been to has the hokey pokey and the chicken dance. And worse yet you know how to dance it!
Your definition of a small town is one that only has one bar.
You know the local gas station sells live bait
You know at least twice a year some part of your home doubles as a meat processing plant.
You think that the start of deer season is a national holiday.
You know Pop is the only name for soda.
You don't need to use your turn signals because everyone already knows where you are going.
You know what "party at the field" means: (Someone has acquired a keg and is having a party in the middle of a corn field in the middle of nowhere -- everyone knows exactly how to get there. Corn field serves as cover in case the party is busted)
You know when you lose control of your vehicle and go into the ditch. The news will get back to town before you do!!!!
You actually understand these jokes and will forward them to all your Iowa friends!!!!



It's a Bird, It's A Plane, It's a Frog!

Submitted by Dee Ann Lehn
CED, Keokuk County

Not bird or plane or even frog, it's just Cathy Fry's little dog! Copper, a Jack Russell terrier, owner by Keokuk County PT, Cathy Fry, was down right serious about treeing a sassy squirrel last week. Copper scampered up this 10 foot spruce trying to catch the bushy tailed little creature that had been taunting her. Alas, the squirrel escaped but the chase revealed a talent that Copper's family had no idea she possessed!



Good Doggie!





56 Facts About Blood and Blood Donation
Submitted by: Tammy Eibey FLO Delaware County

One for each day between your blood donations!

1. 4.5 million Americans would die each year without life saving blood transfusions.
2. Approximately 32,000 pints of blood are used each day in the United States.
3. Every three seconds someone needs blood
4. One out of every 10 people entering a hospital needs blood.
5. Just one pint of donated blood can help save as many as three people's lives.
6. The average adult has 10 pints of blood in his or her body.
7. One unit of blood is roughly the equivalent of one pint.
8. Blood makes up about 7% of your body's weight.
9. A newborn baby has about one cup of blood in his or her body.
10. The average red blood cell transfusion is 3.4 pints.
11. Blood fights against infection and helps heal wounds, keeping you healthy.
12. There are four main blood types: A, B, AB and O. AB is the universal recipient and O negative is the universal donor.
13. Blood centers often run short of type O and B blood.
14. Shortages of all types of blood occur during the summer and winter holidays.
15. If all blood donors gave 2 to 4 times a year, it would help prevent blood shortages.
16. If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood.
17. About three gallons of blood supports the entire nation's blood needs for one minute.
18. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
19. The actual blood donation usually takes less than 10 minutes. The entire processes, from when you sign in to the time you leave, takes about 45 minutes.
20. Giving blood will not decrease your strength.
21. You cannot get AIDS or any other infectious disease by donating blood.
22. Fourteen tests, 11 of which are for infectious diseases, are performed on each unit of donated blood.
23. Any company, community organization, place of worship or individual may contact their local community blood center to host a blood drive.
24. People donate blood out of a sense of duty and community spirit, not to make money. They are not paid for their donation.
25. Much of today's medical care depends on a steady supply of blood from healthy donors.
26. One unit of blood can be separated into several components (red blood cells, white blood cells, plasma, platelets and cryoprecipitate).
27. Red blood cells carry oxygen to the body's organs and tissue.

28. There are about one billion red blood cells in two to three drops of blood.
29. Red blood cells live about 120 days in the circulatory system.
30. Platelets help blood to clot and give those with leukemia and other cancers a chance to live.
31. Apheresis (ay-fur-ee-sis) is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
32. Donated red blood cells must be used within 42 days of collection.
33. Donated platelets must be used within five days of collection.
34. Plasma can be frozen and used for up to a year.
35. Plasma is a pale yellow mixture of water, proteins and salts.
36. Plasma, which is 90% water, constitutes 55% of blood volume.
37. Healthy bone marrow makes a constant supply of red cells, plasma and platelets.
38. People who have been in car accidents and suffered massive blood loss can need transfusions of 50 pints or more of red blood cells.
39. The average bone marrow transplant requires 120 units of platelets and about 20 units of red blood cells. Patients undergoing bone marrow transplants need platelets donations from about 120 people and red blood cells from about 20 people.
40. Severe burn victims can need 20 units of platelets during their treatment.
41. Children being treated for cancer, premature infants, and children having heart surgery need blood and platelets from donors of all types.
42. Anemic patients need blood transfusions to increase their iron levels.
43. Cancer, transplant and trauma patients and patients undergoing open-heart surgery require platelet transfusions to survive.
44. Sickle cell disease is an inherited disease that affects more than 80,000 people in the United States, 98% of whom are of African descent. Some patients with complications from severe sickle cell disease receive blood transfusions every month – up to 4 pints at a time.
45. In the days following the September 11 attacks, a half a million people donated blood.
46. Females receive 53% of blood transfused; males receive 47%.
47. 94% of all blood donors are registered voters.
48. 60% of the US population is eligible to donate – only 5% do on a yearly basis.
49. 17% of non-donors cite “never thought about it” as the main reason for not giving, while 15% say they’re “too busy.” The #1 reason donors say they give is because they “want to help others.”
50. After donating blood, you replace these red blood cells within 3 to 4 weeks. It takes eight weeks to restore the iron lost after donating.
51. Granulocytes, a type of white blood cell, roll along blood vessel walls in search of bacteria to eat.
52. White cells are the body's primary defense against infection.
53. There is no substitute for human blood.
54. It's about Life.
55. Since a pint is pound, you lose a pound every time you donate blood.
56. Anyone who is in good health, is at least 17 years old, and weighs at least 110 pounds may donate blood every 56 days.



What is the most common blood type?

The approximate distribution of blood types in the US population is as follows. Distribution may be different for specific racial and ethnic groups:

O Rh-positive

38 percent

O Rh-negative

7 percent

A Rh-positive

34 percent

A Rh-negative

6 percent

B Rh-positive

9 percent

B Rh-negative

2 percent

AB Rh-positive

3 percent

AB Rh-negative

1 percent

In an emergency, anyone can receive type O red blood cells, and type AB individuals can receive red blood cells of any AB O type. Therefore, people with type O blood are known as "universal donors" and those with type AB blood are known as "universal recipients." In addition, AB Plasma donors can give to all blood types.

When are blood donors needed most?

While blood donors are needed throughout the year, they are most needed during holidays and in the summer. It is during these times that the number of donations declines while the demand continues or even increases. While a given individual may be unable to donate, he or she may be able to recruit a suitable donor. Relatives and friends of a patient requiring a blood transfusion may wish to help their loved one. Donating Blood to replenish the units that were needed is one of the best gifts one can give.

APPLAUSE! APPLAUSE! APPLAUSE! APPLAUSE! APPLAUSE! APPLAUSE!
To the Following!

Iowa FSA Employees who donate Blood or Platelets Regularly:

John Bartenhagen, CED Louisa County 2 gallons (donates platelets)
Dennis Judkins STO FLP Specialist 8 ½ gallons
Judy Dameron Louisa County PT 5 gallons (platelets or aphersis)
Sharon Dunfee Clarke County PT 8 ½ gallons
Jack Stephens Decatur County PT 8 1/4 gallons
Roma Lancaster Plymouth County PT 8 gallons
Ann Wood Iowa County PT 2 ½ gallons
Kathy Boots Benton County PT 5 gallons
Connie Krieger Henry County PT 4 ½ gallons
Sandra Johnson Washington County PT
Carol Strawhacker Des Moines County PT 4 gallons
Vicky Rechkemmer Des Moines County PT
Anna Hornbaker Van Buren County PT 1+ gallons
Tom Veit Buena Vista County FLO 1 gallon
Diane Wise Greene County PT 3 ¼ gallons
Pat Meisel Shelby County PT 8 2/3 gallons
Shirley Manternach Delaware County PT 2 ¾ gallons
Patricia Helmrichs Delaware County PT 1 ½ gallons
Sherry Steger Lucas County PT 4 gallons
Joe Rieck Mahaska County CED 7 gallons
Cindy Bebout Fremont County PT 6 gallons
Robin Rode Kossuth County PT 1 ¾ gallons
Jeanine Diekhuis Hancock County PT 4 gallons
Donna Banta Hancock County PT 3 gallons
Marcia Upmeyer Hancock County PT 5 gallons
Steve Abbas Franklin County CED 9+ gallons
Judy Gordon Cherokee County PT 7 gallons
Greg Jobe Ringold County CED 5 gallons
Ellen Danner Ringold County PT 5 gallons
Robert Miller Union County FLO 1 ½ gallons
Warren Schuler Montgomery County CED 5 ½ gallons
Roger Holtz Montgomery County FLM 2 ¾ gallons
Sandy Gerlt Montgomery County PT 3 pints
Elizabeth Bruns Sioux County PT 2 gallons
Deb Blom Sioux County PT 5 gallons
Glenda Von Arb Sioux County PT 5 gallons
Joan Schriber Franklin County PT 2 gallons
Nelda Wolthuis Clay County PT 6 ¼ gallons
Mary Lageschulte Ida County PT 2 gallons
Dixie Schuster Dubuque County PT 25 gallons and has been donating over 35 years!
Mary Agne Cedar County PT 4 ½ gallons
Brian Gossling, STO Farm Loan Chief, 1 gallon
Patricia Christensen Cedar County PT 4 gallons
Leon Kolbet, Chickasaw County PT, 6+ gallons
Mary Smith Muscatine County PT
Denise Winter Chickasaw County PT 2 gallons
Julie Offerman Chickasaw County FLM 5 gallons
Lois Shattuck Chickasaw County PT 2 gallons
Ardela Felper Howard County PT 1 gallon
Nikki Novak Tama County PT 8 ¾ gallons
Teresa Simonton Poweshiek County PT 1 gallon
Jane McCully Poweshiek County PT 1 gallon
Clarinda Evans Marion County PT 8 ½ gallons
Doug Brown Monroe County FLO 6 ½ gallons
Vicky Rechkemmer Des Moines County PT 7 ½ gallons



SPOTLIGHT! Barb Onnen Shelby County PT 15 ¾ gallons and has served as the Shelby County Blood Mobile Chairman for over 20 years!

I guess my primary purpose for wanting to do an article was to encourage more people to donate blood (or organs, tissue, bone, etc.). I don't like to "toot my own horn" but I do feel strongly about blood donation.

My nearly 20 years of volunteer efforts with the American Red Cross bloodmobiles was recruitment of donors and establishing more bloodmobile sites within Shelby County. I did add six new sites with willing volunteer coordinators from the local community, business, or high school. Shelby County has gone from eight bloodmobiles per year in 1975 at five sites to twenty-two bloodmobiles per year at twelve sites.. This gives everyone the chance to donate somewhere in the county. Donors are recruited for each bloodmobile through phone calls and postcards to past donors and posters, table tents, newspaper articles and advertisements to encourage others.

Unfortunately only 5% of the national population donates blood. Some cannot donate because of age or medical reasons. Some people are afraid of needles. But there are certainly more who should try - at least once. Most people only need to be personally asked. That's how I started donating in 1975. In 1975 I was aware of community bloodmobiles but had never given a thought to donating. Then someone asked me to donate. Because of our different Rh factors, our youngest could have been a "blue" baby and would have needed a complete blood transfusion after her birth in 1971. Fortunately that was not needed but in 1975 I asked myself "Where would that blood have come from?" I had never thought of that before and decided to give it a try.

The procedure is quite simple. Because of government regulations (we all know about those don't we?) concerning confidentiality for the donor, the whole process takes anywhere from 1 to 1 1/2 hours. Only 5 or 10 minutes of that time is the actual blood collection. The rest is brief medical history questions, temp, blood pressure, finger prick for hemoglobin count and a glass of juice before the donation. You also get a glass of water, coffee or juice and a snack of a sandwich, cookie or bar after the donation. You may donate again in 56 days.

Today I see blood donations as a responsibility. There are as many reasons to donate as there are donors, but the main focus is an unknown person who needs the blood to recover from a calamity, accident, illness or surgery. Every two seconds, someone in America needs blood. One individual's blood donation can help up to three patients through separation of various components which can be administered as a specialized treatments. Blood cannot be harvested or manufactured in the lab - it must be donated!

Many people say they feel better after donating. Something about "new" blood. Wouldn't it be gratifying to know you may have helped save someone's life?

OOPS! Looks like I got on my soap box.. Thanks for the opportunity.

Barb Onnen
Shelby County



Donating Platelets

Submitted by: Judy Dameron, PT Louisa County

What are Platelets?

Platelets are blood cells that help control bleeding. When a blood vessel is damaged, platelets collect at the site of the injury and temporarily repair the tear. Platelets then activate substances in plasma which form a clot and allow the wound to heal.

What is Apheresis?

Apheresis (ay-fur-ee-sis) is a special kind of blood donation that allows a donor to give specific blood components, such as platelets. During the apheresis procedure, all but the needed blood component are returned to the donor.

How Does the Procedure Work?

Blood is drawn from your arm through sterile tubing into a machine called a centrifuge. The centrifuge spins the blood to separate the components. The platelets are drawn up into a collection bag, while the remaining blood components (red cells and plasma) are returned to you through another tube. During the return process, you are also given an anti-coagulant to keep your blood from clotting.

Why is Blood Separated?

Different patients need different types of blood components, depending on their illness or injury. After you donate whole blood, the unit is separated into platelets, red cells and plasma in the laboratory. Only two tablespoons of platelets are collected from a whole blood donation. Six whole blood donations must be separated and pooled to provide a single platelet transfusion. However, one apheresis donation provides enough platelets for one complete transfusion -- that's six times the amount collected from a whole blood donation!!

Who Needs Platelets?

Many lifesaving medical treatments require platelet transfusions. Cancer patients, those receiving organ or marrow transplants, victims of traumatic injuries, and patients undergoing open heart surgery require platelet transfusions to survive. Because platelets can be stored for only five days, the need for platelet donations is vast and continuous.

Platelet transfusions are needed each year by thousands of patients like these:

- **Heart surgery patient**
6 units
- **Burn patient**
20 units
- **Organ transplant patient**
30 units
- **Marrow transplant patient**
120 units

Who Can Be an Apheresis Donor?

If you meet the requirements for donating blood, you probably can give platelets. Depending on your platelet count, apheresis donors can donate once every seven days. However, you can only donate 24 times in a year. Apheresis donors must:

- be at least 17-years-old
- be in good health
- weigh at least 110 pounds
- not have taken aspirin or medication containing aspirin 48 hours prior to donating.

Are Apheresis Donations Safe?

Yes. Each donation is closely supervised throughout the procedure by trained staff. Only a small percentage of your platelets are collected, so there are no risks of bleeding problems. Your body will replace the donated platelets within 48 hours. The donation equipment (needle, tubing and collection bags) is sterile and is discarded after every donation, making it virtually impossible to contract a disease from the process.

How Long Does it Take?

Depending on your weight and height, the actual apheresis donation process will take approximately 40 minutes to two hours. You may watch television, videotapes or DVDs, or simply sit back and relax while helping to save lives.

How Can I Become an Apheresis Donor?

Contact your local Blood Center and ask to make an appointment to have your blood drawn and tested to see if you are a candidate. An apheresis donor is a special person. When you become a donor, you know you are helping someone who is in critical need of a blood product.



IMPORTANT IASCOE and MWA INFORMATION

May be found by going to the www.iascoe.org website
click on the Midwest Area Site icon to reach the MWA site

IMPORTANT NASCOE INFORMATION

May be found by going to the www.iascoe.org website
And then click on the NASCOE home page icon
Or directly at: www.nascoe.org

BLOOD DONATIONS

The gift of life that only costs you about one hour of your time and you get FREE OREOS in return.

I first gave blood several years ago when a friend needed blood and was given credit for each individual that gave in her name. I was terrified when I went to give but found that other than a needle poke there was nothing to the process. AND after giving you are required to drink juice and EAT OREOS (Other cookies are available also)!!! How bad can that be?

After that my Mother-In-Law needed to have surgery and it was suggested that blood be donated for her in case it was needed. I donated so she would feel safe if she needed a transfusion. That was during the time when the safety of blood was really being questioned. I gave occasionally after that.

In 2002 my husband, David, became ill with lung cancer caused by Agent Orange from Vietnam. He was treated with chemo and required many blood transfusions. I lost count of the number of units he required, needing two or three units at a time weekly.

Having someone need blood brought the donation process home to me on a personal level. We were so very grateful for those who took the time to give blood. Without their donations I would have lost my husband much sooner than I did. Their gift of blood gave my husband life.

I now try to give blood regularly – I feel the need to replace those given for David. It is such a simple process and one of the biggest gifts to others. It is the least I can do.

How many gifts can you give free? This gift can be given every 56 days by anyone over 17 years of age and at least 110 pounds. It takes approximately 1 hour which includes completing a questionnaire, giving blood and relaxing while enjoying juice and OREOS.

I encourage all to give if they are medically able. The process is quick and simple. The reward in your heart lasts a lifetime. The OREOS are great.

Respectfully submitted,

Diane Wise
Greene County

**If you donate money,
you give food!**
**But if you
donate blood,
you give Life!!**

MIND GAME ANSWERS

1. Tulips
2. Forget-me-nots
3. Dandelion
4. Rose
5. Daisies
6. Mums
7. Crab Apple
8. Ash
9. Oak
10. Pear
11. Lilies
12. Bachelor Button
13. Weeping Willow
14. Dogwood
15. Pine
16. Banana Orange
17. Gladiola
18. Morning Glory
19. Pine
20. Carnation
21. Cottonwood
22. Fur
23. Four O'Clock
24. Redwood
25. Popular
26. Walnut



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- A plan for withdrawing assets without exhausting savings early
- To maximize upside market potential
- To protect income from downside risk

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- You need to grow your money as much as possible!
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PERILS OF POLLY P.T.

PART 22

Written by Roseanne Woerner

Created by Dee Ann Lehn

I like to make lists. I make them constantly. For instance, right now I am making a list of things that I absolutely do not want to do. After careful consideration, my list includes, eating worms, mud wrestling, and stringing barbwire fence. Also, I do not want to drive to a meeting with Tessa Starr, which is what I happen to be doing today.

Tessa is pretty frantic when we pull into the parking ramp. She grabs the ticket from the machine and tosses it to me as the arm raises. "Put this in your purse for later," she tells me. "I think the hotel stamps it or something."

We're already late. We still have to find our meeting room. We haven't eaten lunch and we haven't had a rest room break for almost two hours. The fact that we're so crunched for time is making Tessa kind of nutty. She circles the ramp on two wheels, rams into the first empty spot she sees and then hops out of the car. She runs to the elevator at breakneck speed and barely waits for me to get in before she pushes the button for the first floor. We wind our way through the skywalk, pass through door after door and finally we happen upon the place where we are supposed to be.

I am loaded down. I have a suitcase, a purse, a notebook, two sacks of chips, a package of cookies, and a well-stocked cooler. There is no way that I can put the parking ticket in my purse, so I stash it in my pocket for safe-keeping. While I manage to keep track of the party items for later in the evening, I completely lose track of the ticket. I don't blame myself though. I blame Tessa for giving it to me in the first place.

Still, I am stewing and fretting the following day. I checked with the hotel and it will cost eighteen bucks to bail the car out if I don't locate the ticket. There is nothing to do but enlist the aid of several of my closest friends. We've spent some time at Happy Hour, so the gals are willing to give my plan a try. Everything is funny to us right now, even the fact that Tessa might possibly rip off my head if I don't find the ticket before we are ready to check out first thing in the morning.

As per my instructions, the gals assemble on the little platform next to the ticket machine. I count to three and we all jump. Nothing happens. So, we jump again. Nothing happens. Five grown women total. One is wearing clogs. Two of them are wearing strappy sandals. We jump and we jump and we jump again. We have completely lost our unison and still, the machine-thingy won't eject a ticket. It's all so hysterically funny, to us anyway. Not so, for the two drivers of the cars that we seem to be blocking. We decide to make another plan in my room and return when traffic dies down.

This is where we sort of lose our way. Instead of going into the hotel from the parking ramp, we take the outside street. I think we circle the same few blocks a couple of times until Keely Spivac finally spies the hotel. "Look," she says. "It's over in the next block. I can see the sign."

We're pretty tired by now and the effervescent feeling that we all shared awhile ago has completely worn off. We take the elevator to my room on the second floor, but when we get there, nothing looks familiar. My room should have been halfway down the hallway, at least it was when I checked in, but now it's not. We go back to the elevator, just to make certain that we're on the second floor. We see that we are, so we decide that there must be two elevators.

Hallway after hallway, we finally find my room. I search my purse and find my key. I slide it through the lock, but the door won't open. I slide it through again and again. Finally, Keely says, "Let me try." That doesn't work either.

"Did you have it next to your cell phone?" Tammy Anderson says. "It won't work if you have it next to a cell phone you know. It has something to do with the magnet."

"It wasn't near my cell phone," I tell her. I try it again. We all take turns. All five of us try to make it work. But it won't. So we troop downstairs. We go to the front desk. The man behind the desk is a different person than the one who checked me in. He looks grouchy and tired. I say, "I think my key got de-magnetized somehow because it won't work." I hand him the key.

He turns it this way and that. He says, "What the heck." He hands it back to me. "Is this a key for the Plaza House?"

"Yes," I tell him and I'm pretty indignant by now. "I think I know where I'm staying."

"You may know where you're staying," he says. "But you don't know where you are. The Plaza House is down two blocks that way."

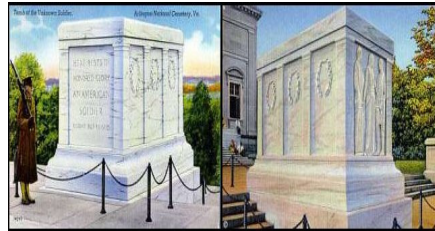
TO BE CONTINUED....



Closing Thoughts.....

Submitted by: Deb Esselman Baird...Military Mom from Taylor/Price County Wisconsin

Tomb of the Unknown Soldier



1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.



2. How long does he hesitate after his about face to begin his return walk and why?

21 seconds for the same reason as answer number 1



3. Why are his gloves wet?

His gloves are moistened to prevent his losing his grip on the rifle.



4. Does he carry his rifle on the same shoulder all the time, and if not, why not?

He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.



5. How often are the guards changed?

Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.



6. What are the physical traits of the guard limited to?

For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30." Other requirements of the Guard: They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform (fighting) or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The first six months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in

Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: Several Presidents, Joe E. Lewis (the boxer) and Medal of Honor winner Audie Murphy, of Hollywood fame (the most decorated soldier of WWII).

Every guard spends five hours a day getting his uniforms ready for guard duty.



In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend their assignment.

They all respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a servicemember. The tomb has been patrolled continuously, 24/7, since 1930.



The epitaph reads: "HERE RESTS IN HONORED GLORY AN AMERICAN SOLDIER KNOWN ONLY TO GOD"