

The Torch

The official newsletter for Indiana state employees

105-year-old Navy veteran recalls **World War II, life in the WAVES:**

Hellen Eloise Holder Guthrie was a 24-year-old working as a secretary at a law firm when a pair of Navy recruiters shared just how exciting a life as a sailor could be. So, in August 1943 the Spencer, Ind., native joined the W.A.V.E.S (Women Accepted for Volunteer Emergency Service) of the U.S. Navy.

More than 100,000 women would answer the call to be a WAVE,



Hellen at Rockefeller Center during some time off while assigned to Naval Barracks, Washington, D.C.

marking the first time women were permitted to join in capacities other than nursing.

"The Navy sounded interesting," she said. "My brother was in the Army, and he worked alongside General Patton, even."

Guthrie was assigned to Hunter College in the Bronx to get acquainted with the Navy and learn what her next role would be. When she completed her time at Hunter, Guthrie moved on to Yeoman School in Stillwater, Okla. It was there she was selected to work in the elite intelligence arm of the U.S. Navy.

"I went to the first training course at Hunter College, then went to Yeoman school," said Guthrie. "There were nearly 400 students who began, and they only took the top 40 students to work in codes and cyphers."

Petty Officer 1st Class Holder became a Specialist Q and headed

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

Got a story?

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



LinkedIn











Governor appoints Department of Revenue teammate to new commission

Bruce Kolb to represent Civil War reenactors on the new Indiana Semiguincentennial* Commission

As part of the Department of Revenue's (DOR) Policy team, Bruce Kolb spends his day interpreting legislation and its impact on agency operations and taxpayers.



Governor Eric J. Holcomb, left, has appointed DOR's Bruce Kolb to the Indiana Semiguincentennial Commission, which will assist in developing celebrations for America's 250th anniversary in 2026.

Once outside the office, Bruce brings history to life as a Civil War reenactor. Governor Eric Holcomb appointed Bruce to represent his fellow reenactors on a new state commission for the United States' 250th anniversary.

Bruce found his passion for reenacting 30 years ago and has spent many weekends camping and fighting as they did 160 years ago. Bruce has commanded troops at festivals at Conner Prairie, in Hartford City and Vernon and at the 1999 dedication of the Medal of Honor Memorial along the Indianapolis Canal Walk. Eventually, he became captain of the 49th Indiana and 11th Indiana Civil War reenactment battalions. In addition, he served

as past commander of the Indiana Department of the Sons of the Union Veterans of the Civil War. He currently serves as the fraternity's historian.

"We do cemetery cleanings, reset stones and get new head stones for Civil War soldiers," he said of the organization's activities.

Now Bruce can put another feather in his Union Army Model 1858 Dress Hat. Recently, Gov. Eric J. Holcomb appointed Bruce to the state commission charged with coordinating Indiana's statewide celebration of the 250th anniversary of the signing of the Declaration of Independence. The legislature passed the code establishing the Indiana Semiguincentennial* Commission in the last session.

Bruce said his patriotic interests began during the Bicentennial. He enjoyed the sense of unity among Americans during the year.

In 1990, a friend introduced Bruce to the world of Civil War reenactments. Soon he was eating, sleeping, and re-creating Civil War skirmishes several weekends every summer. He says he doesn't sleep on the ground anymore but hopes to add something to the celebrations across the Hoosier state.

Recently, Bruce learned he is a direct descendant of a Revolutionary War veteran. His ancestor, Richard Skidmore III



Kolb, upper right in the background, commands Civil War reenactors at a number of festivals throughout Indiana.

crossed the Delaware with General George Washington in 1776. As a result, he is applying to become a member of the Sons of the American Revolution.

Bruce is also writing a book about Washington's Flying Camps and is an avid collector of autographs from Signers of the Declaration of Independence.

The Indiana Semiguincentennial Commission will meet for the first time later this year. A website for the commission has not been published yet, but you can read more about the U.S. Semiguincentennial Commission at america250.org.

*A quincentennial is 500 years. A semiquincentennial is 250 years.

Article submitted by Gus Pearcy, Indiana Department of Revenue

Governor's Public Service Summer Interns recap

The Governor's Public Service Summer Internship Program returned to state government this year. Over 100 interns worked across 21 different agencies at central office in Downtown Indianapolis and regional offices throughout the state.

One of the best elements of the program is the opportunity to meet with a variety of state leaders throughout the summer. Interns heard from Governor Eric J. Holcomb on his career in public service and his advice for those starting their careers. First Lady Janet Holcomb chatted with the interns afterwards and took photos with interns and beloved the First Dog Henry Holcomb.

This summer, interns gathered at the Statehouse to hear from the Office of the Chief Equity, Inclusion and Opportunity Officer on the team's important work throughout the state of Indiana and various state agencies. Interns also had a Q&A with Lt. Governor Suzanne Crouch, heard from Auditor of State Tera Klutz, and visited the Indiana State Museum.

The cohort got out of the office one afternoon and volunteered at the White River State Park's Urban Wilderness Trail, a trail of

Governor's **Public** Service Summer **Internship Program**

over 250 acres spread throughout downtown Indianapolis. There, the interns cleaned up trash that had been left on the trail.

Thanks to the help of Indiana State Personnel Department's Talent Acquisition team, interns also completed a professional development workshop where they had the opportunity to have new headshots taken, edit their resumes, learn interview skills, and audit their online presence.

And of course, when interns were not participating in program events, they were hard at work across state government.

Most interns have a project that they are given to work on throughout the summer. This helps them practice seeing a professional project through from beginning to end, strengthening their time management skills, and learning how to effectively communicate with supervisors and peers as they face questions or solve problems.

As interns head back to school. the State of Indiana is glad that it could renew the Governor's Public Service Summer Internship Program and host interns back in state government. As interns get to further their professional skills, state employees gain new perspectives from younger generations and are helped by the interns' continual hard work each summer.

Article submitted by Sam Coffman, Indiana State Personnel Department





Interns meet with the Lt. Governor Suzanne Crouch.







Indiana State Personnel Department's Talent Acquisition team member Jerry Harrell (right) talking with interns at the Professional Development Workshop.

DWD honored at Inspector General conference

The entire Department of Workforce Development (DWD) team was recently recognized by the Office of the Inspector General for the DWD's diligent work during the pandemic.

During the Office of the Inspector General's Auditor & Investigator Conference, held Wednesday, June 22, at the IGCS Auditorium, DWD leadership was presented with the Excellence Award. Executive staff at the Office of the Inspector General voted to award this entire team because of the enormous demands placed on the agency

during the pandemic.

"It was hard to single out any one individual as so many of your staff worked diligently to be good stewards of public monies during an extremely difficult time, consequently, we have decided to give the 2022 OIG Excellence Award to the entire DWD agency," said Indiana Inspector General David Cook.

The certificate will soon be placed near the DWD Employee Engagement Award belt.

Article Submitted by the Indiana Department of Workforce Development



Inspector General David Cook (left) presents DWD's Fraud/Compliance Assistant Director Nicholas Clark Blesch, Chief of Staff Gina Ashley, and Chief Unemployment Insurance Officer Noah Shelton with the 2022 OIG Excellence Award.

State employees volunteer as docents at a naturalization ceremony

On July 1, 2022, 75 persons from countries all over the world took their Oath of Citizenship at the Benjamin Harrison Presidential Site. The naturalization ceremony is an annual event at the home of the 23rd President of the United States of America. The ceremony was presided over by the Honorable Sarah Evans Barker who has officiated the ceremony since 2005. The Honorable Barker regards the ceremony a national adoption ceremony and one of the great privileges of her federal judgeship.

Sherry Nagel-Smith (IDOH) and James (Jim) Smith (IDOA) volunteered to assist with the festivities of the day. It was a privilege to usher the smiling and somewhat nervous soonto-be citizens to their seats and then witness them taking the oath to join our "family." During a conversation with a gentleman from Iran, he expressed how proud he was not only that his wife was becoming a citizen that day but also that he was going to take his test in 27 days! (At first he said 28, then shook his head and corrected the count!) When he spoke, the smile and sparkle in his eyes, which were on the verge of shedding tears, touched the heart. The gentleman had a small boy in his arms and without prompting he shared his son was "born in this great country."

After the ceremony, Sherry and Jim served as docents, giving tours of the first floor of the Benjamin Harrison home for those in attendance.

If you have not taken a tour of the Benjamin Harrison Presidential Site, please consider doing so, especially during the holidays, so

you can enjoy the decorations. Some weekend, you just might meet Sherry or Jim volunteering as your docent.

Article submitted by Sherry Nagel-Smith, Indiana Department of Health



volunteering at the Naturalization Ceremony on July 1 at the Benjamin Harrison Presidential Site.

Indiana National Guard honors Dr. Box for her leadership throughout pandemic

The Indiana National Guard presented State Health Commissioner Dr. Kris Box with its Indiana Distinguished Service Medal on July 12 in recognition of her service as state health commissioner and her leadership throughout the COVID-19 pandemic.

Maj. Gen. R. Dale Lyles, the Guard's adjutant general, made the surprise presentation accompanied by members of his National Guard team following an IDOH executive staff meeting. Lyles heralded Dr. Box's leadership and the work of IDOH throughout the 2.5-year pandemic partnership between IDOH and the Guard, saying the experience shifted his outlook on national security and the work of the military.

"The lessons that I've learned over the past two years from you and your staff about humanity have really shown me a different perspective of national security," he told Dr. Box. "I always thought going to Iraq or Afghanistan and fighting insurgents was for the betterment of national security, but it's really about people, and the military is about people, and the Indiana National Guard is about people. If we all step back and realize that, we will have a better world, and I learned that from you and from this whole team.

"I'm a better officer, I'm a better general officer, and, even more importantly, I'm a better man because of the Indiana Department of Health, because of you, and because of my relationship with you," Lyles concluded. Dr. Box said the ability to provide COVID-19 testing and vaccines to millions of Hoosiers would not have been possible without the Guard's support.

"There was the Department of Health and all its partners, and then our right arm - - and I'm right-handed, and that means everything when you're a surgeon -- was the National Guard," she told Lyles. "You knew it took a big

team. I remember you said, 'Dr. Box, we're always going to be there to stand in the gap,' and that meant the world to me."

Lyles also presented Dr. Box with a special "jumpmaster award," capturing the spirit of the Army jumpmasters who stand in the doorway of planes and make sure that landing zones are clear for paratroopers.

"One of our sayings is 'I'll stand in the door for you,' and that's what a jumpmaster does," Lyles said. "The Indiana National Guard will stand in the door for Dr. Box and the Indiana Department of Health any time, any place."

Article submitted by Brent Brown, Indiana Department of Health





leadership throughout the COVID-19 pandemic was lauded by the Indiana National Guard. Maj. Gen. Dale Lyles recently presented Dr. Box with the INNG's distinguished service medal as well as a special "Jumpmaster Award."



'Start Smart' hopes to get Indiana children caught up on routine immunizations

Few, if any, aspects of daily life have escaped disruption in some way due to the COVID-19 pandemic. Routine childhood immunizations are no exception. Almost two and a half years after the first case was diagnosed in Indiana, the rates of routine childhood immunizations, which protect against diseases like measles, mumps and chickenpox, have fallen about 10% across the state.

A team of Indiana Department of Health (IDOH) Division of Immunization and Emergency Preparedness (DEP)
experts are working
to improve those
vaccination rates,
using what they've
learned from their
experiences with
COVID-19 to help
Hoosier kids get
caught up on required
immunizations, just in
time for the start of a new
school year.

IDOH's Start Smart back-to-school immunization

IDOH's Start Smart back-to-school immunization campaign includes statewide advertising that includes radio and digital ads and gas pump ads in key areas.

Article submitted by Brent Brown, Indiana Department of Health Read full article on Employee Central

Thank you for your headshots!

Check out the State of Indiana's public face on LinkedIn, Facebook, and Twitter!



Then tag yourself in our new Facebook Banner to share your smiling face with your connections.

Scan the QR Codes below to connect with us on your personal device.

Twitter



LinkedIn



Instagram



Facebook



PeopleSoft 9.2 update

Absence Management: The Basics

As you continue to use PeopleSoft 9.2, here are some things to keep in mind as you view your absence balances, obtain manager approval, and enter absence requests in the system. Below you will find important information for all employees, employees requesting Family Medical Leave (FML) or New



Parent Leave (NPL), managers, and some specific information if you work for an agency's payroll office or as an absence administrator.

- All Employees: Viewing and Tracking Leave Balances and Future Requests
- All Employees: Requesting and Canceling Absences
- All Employees: Extended Absences, FML and NPL
- Managers: Approving and Delegating Absence Approvals
- Agency Payroll Staff & Absence Administrators: FML and NPL
- Agency Payroll Staff & Absence Administrators: Completing an Absence Request on behalf of an Employee
- Agency Payroll Staff & Absence Administrators: Notes on Accruals in View Balances

It is important that employees, managers, payroll staff, and absence administrators are aware of this information to avoid accidentally requesting and approving absences that an employee may not have accrued time for. If you have a question about requesting or approving absences in PeopleSoft 9.2, please contact the INSPD Employee Relations team at: 855-773-4647 option #4.

PeopleSoft Financials Multi-Factor Authentication Attention users of PeopleSoft Financials and/or Access Indiana

Multi-factor authentication (MFA), or 2-step verification, for these portals went live on June 13, 2022.

Tips and Tricks for Logging into PeopleSoft Financials:

- 1. Navigate to PeopleSoft via IN.gov > State Employees > Account Management instead of using a shortcut or favorite.
- 2. Clear your internet browser cache, especially if you have usernames/passwords saved in your browser.
- 3. Try logging in with an InPrivate or Incognito browsing window

(Ctrl+Shift+N on Microsoft Edge).

- 4. For faster authentication, install a supported authenticator app like Microsoft Authenticator.
- 5. For issues, please submit a ticket to the IOT HelpDesk, and include your PeopleSoft ID, login, email address, screenshots, and error messages.
- 6. If you do not have an IOT provided account, please go to Access Indiana to log in.

PeopleSoft Financials and HCM Maintenance Windows

PeopleSoft Financials and HCM are under scheduled maintenance every Sunday morning from 2 a.m. until noon. While the system may not be offline during this time period, you should not expect to be able to login before noon on Sundays.

Update on 988 in Indiana

If you or someone you know is currently experiencing thoughts of suicide, or a mental health or substance use crisis, please call 9-8-8 to reach Suicide & Crisis Lifeline and speak with a trained crisis specialist 24/7.

988 is more than just an easyto-remember number. It offers a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress - whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 9-8-8 if they are worried about a loved one who may need crisis support.

As of July 16, 2022, 988 is now live as a new national threedigit dialing code for reaching the National Suicide Prevention Lifeline. The current long-form phone number of 800-273-TALK will also continue to be an option.

911 isn't going away. 988 is just another option specifically for anyone experiencing mental health related distress. Call 9-1-1 for police, fire and medical emergencies. Call 988 for thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. If you are not sure, call 9-1-1.

Indiana is using the arrival of 988 to invest in a broader crisis response system to help all Hoosiers. This will ultimately include more than just someone to contact at a 988 center, but also someone to respond and a safe place to go for help, if needed.

View more information on FSSA's website

Register for a Microsoft demo of Azure Synapse Workspaces

On August 17 from 1 p.m. to 2:30 p.m. EST, Microsoft will be presenting an hour-and-a-half long demo and Q&A session for the state, that revolves around the ability to link Azure Synapse Workspaces with Dynamics\ Power Apps environments and the possibilities that doing so unlocks.

The data within Dataverse is a goldmine of potential insights that analytics can easily bring to the surface. With Azure Synapse Link for Dataverse, you can automatically ensure that data flowing into your business applications is also flowing into your analytics solution. This

enables performing advanced analytics tasks in tandem with managing the data in business applications—rather than having these be separate workstreams.

In this 90-minute session we will go over this feature and show how in just a few clicks, developers working in Power Apps or Dynamics 365 can bring their entire Dataverse environment to Azure Synapse. Simply click a button and enter in your Azure Synapse workspace name. And for a seamless experience, developers won't have to leave the Power Apps or Dynamics 365 portal to get to Azure Synapse. They can simply



click Go to Azure Synapse Analytics workspace and begin discovering insights with an end-to-end analytics service.

The workshop includes:

- 30 minutes of the Azure Synapse Link for Dataverse Feature overview
- 45 minutes of Demo of Dataverse data integrated with data in Azure Synapse through the Azure Synapse Link for Dataverse
- 15 minutes of QnA

To sign up, or for more information, contact Elisa Phillips at EPhillips@iot.IN.gov.

Performance & Goals Training Schedule

Click the link to join the training session via Microsoft Teams.

JULY 7

Effective Evaluation at the Interim Review | 10 to 11 a.m.

Engaging in Effective Feedback | 1 to 2 p.m.

JULY 14

Effectively Managing the Working Test Period | 10 to 11 a.m.

<u>Improving Poor Performance with Intervention</u> | 1 to 2 p.m.

JULY 21

Effective Evaluation at the Interim Review | 10 to 11 a.m.

Effective Evaluation at the Interim Review | 1 to 2 p.m.

AUG 4

Improving Poor Performance with Intervention | 10 to 11 a.m.

Engaging in Effective Feedback | 1 to 2 p.m.

AUG 11

Creating SMART Development Goals & Action Plans | 10 to 11 a.m.

Effectively Managing the Working Test Period | 1 to 2 p.m.

AUG 18

<u>Improving Poor Performance with Intervention</u> | 10 to 11 a.m.

Engaging in Effective Feedback | 1 to 2 p.m.

SEPT 1

Creating SMART Development Goals & Action Plans | 10 to 11 a.m.

<u>Improving Poor Performance with Intervention</u> | 1 to 2 p.m.

SEPT 8

Creating SMART Development Goals & Action Plans | 10 to 11 a.m.

Engaging in Effective Feedback | 1 to 2 p.m.

SEPT 15

Effectively Managing the Working Test Period | 10 to 11 a.m.

Improving Poor Performance with Intervention | 1 to 2 p.m.

All trainings will take place virtually via Microsoft Teams. Register for trainings via SuccessFactors Learning.





It's not too late to earn a 2023 premium discount!

If you haven't started one of the options to earn your 2023 premium discount, you still have one option left: You can complete four group coaching sessions in the same series through ActiveHealth. Group coaching is a four to six-week series of interactive 30-minute sessions over a specific health topic led by an ActiveHealth coach.

But don't delay - August 15 is the last day to sign up for the group coaching option to qualify for the 2023 premium discount. Classes have limited availability and are filling up fast.

Get started

Just log in to the ActiveHealth portal and click on the "Coaching" tab to view the current schedule of group coaching sessions. Enter your information and click on "Register" for the topic of your choice. You will get an email with your confirmation.

Need to create an account?

If you have not already created an account on the ActiveHealth portal, please visit www.myactivehealth.com/ StateofIndiana and click on the Create an Account link. If you have difficulties logging in or creating an account, please call ActiveHealth at (855) 202-4219.

Get Started!

Your chosen activity must be completed by Sept. 30, 2022, to qualify for the 2023 health premium discount. Employees and spouses enrolled in coverage must each complete one of the activity options by the Sept. 30 deadline. To learn more about group coaching and earning a premium discount through ActiveHealth, visit www. investinyourhealthindiana.com/ activehealth.



Tx:Team Only Exercise You Need Presentation





"It could be the only exercise you will ever need and it's easier than you think"

Scan to join Microsoft Teams meeting



Tuesday, August 9, 2022 12:00 p.m.

Join Dan Ginader, Doctor of Physical Therapy, and learn more about:

- What are the pros and cons of various workout options such as crossfit, cardio, and yoga?
- Why is walking such a good exercise for so many people?
- What are some of the positive effects of walking for exercise?



ActiveHealth Learning Lab

Tuesday, August 23, 2022 | 10:30 a.m. to 11 a.m. EST

Come join your ActiveHealth coach, Sarah, in a Learning Lab. Each lab lasts just 30 minutes. You can explore topics like healthy eating, being active, getting better sleep and being more mindful. And you can talk about lasting changes you want to make in your daily life.

Learning Lab: What happens when high blood pressure is unmanaged



Keeping a healthy heart is important. It pumps blood carrying nutrients and oxygen to the organs in your body. The higher your blood pressure is, the higher your chances of having health issues. But high blood pressure often doesn't have any symptoms. Join us to learn what might be going on under the surface. And take steps to improve your heart health.

In this lab you'll:

- Learn what your blood pressure numbers mean.
- Talk about health risks high blood pressure can cause.
- Go over how changing your blood pressure can change your life.
- Debunk some common high blood pressure myths.

Join our virtual class on Tuesday, August 23: Click here to register.



* Please note: Learning labs are another way to stay engaged and focused on your health. They don't count toward completing your reward activities.



Stay informed about your State of Indiana health benefits.

Sign up to receive text alerts about your employee benefits, including wellness rewards, insurance updates, open enrollment, wellness resources and more.

Click here to sign up

Investment market highs and lows - and what they mean for your long-term savings

What to expect when the market takes more turns than a theme park thrill ride.

Whether you're nearing retirement or have a way to go, recent market movement may have you wondering how changes in the stock market could impact your retirement income.

The information below can help you understand how you may or may not be impacted:

Your INPRS defined contribution (DC) account – If you have a DC account with INPRS, this amount is invested based on your selections or is automatically directed to a target date. Your investments will be impacted by market fluctuations, both positive and negative. INPRS provides a simple and diversified menu of investment options for you to create a portfolio based on your unique risk and return goals.

Members of the PERF Hybrid, TRF Hybrid, and PERF My Choice plans have DC accounts.

Your INPRS defined benefit (DB) **pension** – For INPRS members with a DB account, your INPRS pension is a guaranteed lifetime benefit. Once you meet eligibility requirements, you can count on this monthly payment arriving to you in full for life. 1

Members of the PERF Hybrid and TRF Hybrid plans have DB accounts.



While these market changes are concerning, please know that INPRS's DB investments are diversified and designed to target a long-term 6.25 percent return over 30 years.²

- INPRS uses a target investment allocation to make the DB investment performance more resilient across a diverse set of economic environments.
- Events like the recent market swings are precisely why we are so diversified. We are unsure how markets will perform in the years to come, but our robust process and analysis give us confidence that our diversification will maximize the DB's chances of continued success moving forward.

Your outside investments -

Investment accounts from other employers and independent investment accounts may be subject to market conditions. INPRS recommends you consult

your trusted financial advisor to ensure all of your investments are in alignment with your unique financial strategy.

- 1. Some exceptions include changing your chosen survivor; you may have your pension amount adjusted. Additionally, your pension amount may be reduced or eliminated if you've selected Social Security integration. If this is your situation, you would have agreed to these terms before accepting the benefit. Please contact us if you have questions about your specific INPRS pension benefit.
- 2. The INPRS Board of Trustees approved the target rate of return of 6.25 percent as of July 1, 2021. For more information, view the 2021 Annual Report https://bit.ly/ INPRS2021AnnualReport.

Article submitted by the Indiana Public Retirement System



State employees make IBJ Media's Indiana 250 list

Indiana 250 is a list of the most influential and impactful leaders across the state - primarily in business but also in not-forprofits, government, philanthropy and community organizations. The Indiana Business Journal's publication celebrates "the work of these outstanding Hoosiers including those who have spent entire careers serving the state and its people and those who are just getting started but are already making an impact."

Congratulations to the State of Indiana Employees who made the list!

Dr. Kristina Box

Commissioner

Indiana State Department of Health

Tracy Barnes

Chief Information Officer

State of Indiana Office of Technology

Earl Goode

Chief of Staff

Office of Indiana Gov. Eric J. Holcomb

Karrah Herring

Chief Equity, Inclusion & **Opportunity Officer**

Office of Indiana Gov. Eric J. Holcomb

Cris Johnston

Director

Indiana Office of Management and Budget

Ryan Kitchell

Chairman

Governor's Workforce Cabinet

2022 SECC Kickoff

INSPD is excited to announce the kickoff event for the 2022-2023 State Employees' **Community Campaign: Pay It Forward!**

The SECC kickoff event will be held on Thursday, Sept. 1 at 11:30 a.m., alongside the Statehouse Market.

We will be joined by First Lady Janet Holcomb, and the event will include the always-popular dunk tank and representatives from various 501(c)3 charities.



The 2022 State Employees' Community Campaign (SECC) will run September 1 – October 31 and is your only chance this year to set up pay-roll deductions that go to the nonprofit of your choice.

Whether you have it in your heart to rescue victims of child-sex-trafficking, provide food and shelter to our neighbors experiencing homelessness, bring an end to cancer or diabetes, support our nation's veterans, or to give to your local community center, animal shelter, theater, or church, pay-roll deductions are one of the best ways to create a better world for you, and for your family.

Look for more information coming soon!

Please note: The SECC kickoff event date has been changed from Sept. 8 to Sept. 1, 2022.

BMV Connect Kiosks

Did you know you can find a BMV Connect Kiosk in the **Indiana Government Center?**

Complete over a dozen transactions at a BMV Connect Kiosk at Government Center North in the basement or on the 4th floor.

Click here for a complete list of kiosk transactions







Aug. 5, 2022

S'mores Day Fun | Indiana Dunes **State Park**

Help celebrate National S'more's Day by learning a little about the history of this delicious treat. Then, help yourself to a Smoregasbord of different variations.

More information >

Aug. 6, 2022

Tippecanoe & Bicycles Too | **Tippecanoe River State Park**

The Friends of the Panhandle Pathway is hosting a bicycle ride from Winamac to and through Tippecanoe River State Park. This loop is approximately 40 miles from Winamac to the park and back.

More information >

Aug. 6, 2022

Evening on the Farm | O'Bannon Woods State Park

Living Pioneer Farmstead Days -1850 Haypress Demonstration at 6 p.m.

More information >

Aug. 13, 2022

15th Annual Perseid Meteor Shower & Stargaze | Indiana **Dunes State Park**

Sky lore stories will begin at the State Park Pavilion at 8:30 p.m. with the best star observations taking place after 9:30 p.m. There will be deep sky viewing and constellation talks.

More information >

Aug. 13, 2022

Volksmarch | Shakamak State Park

A volksmarch is literally a "folk's walk" or walk for the people. Volksmarching is a family sport, and people of all ages are welcome and invited to attend. Participants can walk at their own pace over a marked course.

More information >

Aug. 13, 2022

August Full Moon Hike | **Charlestown State Park**

Meet at the Campground gatehouse for this moderate 2 mile hike on Trail Five. Good shoes, a hiking stick and a red flashlight are recommended for all full moon hikes.

More information >

Aug. 19-21, 2022

Paddler's Weekend | Summit Lake State Park

Paddler's Weekend is here! Join us for paddlers basics courses, guided paddle tours, wildlife viewing and more.

More information >

Aug. 20, 2022

Cave River Valley Day | Spring Mill State Park

Cave River Valley is a beautiful natural area that is primitive and very rugged. Join us for history talks, cave tours and history hikes! More information >

Celebrate Smokey Bear's 78th birthday!

Aug. 6, 2022

Cecil M. Harden Lake (Raccoon **State Recreation Area)**

Celebrate Smokey's Birthday with our annual bicycle parade through the campgrounds. The parade will start at 7 p.m., but we will have several fun activities and displays at the Chapel Shelter from 5 p.m. -7 p.m.

More information >

Aug. 6, 2022

Patoka Lake

Take part in kids crafts and games. Enjoy a cupcake and refreshments while taking photos with Smokey. Watch a demonstration by local firefighters with the equipment they use to help during fires, vehicular accidents and other emergencies.

More information >

Aug. 6, 2022

Harmonie State Park

Celebrate the most famous bear around as Smokey Bear turns 78 years old! Hear the Smokey Bear story and play some games at a little birthday party at the **Outdoor Education Pavilion** from 10 a.m. - 2 p.m. central.

More information >

his North



92 County Walking Tour

The Indiana State Museum is made of limestone, glass, steel, brick, aluminum and many stories. Join us on Aug. 20 as Gallery Program Manager Rebeccah Swanson tells some of those stories when she leads the 92-County Walking Tour: 20th Anniversary Edition. This outdoor walking tour takes place from 11 a.m. to noon and costs \$8 a person, with a 25% discount for members. Make your reservation here. The tour showcases the sculptures that are embedded in the exterior walls of the museum building,

which turned 20 years old in May. Each icon represents one of the state's

92 counties, and each has a story.

Aug. 6, 2022

Small Wonders: Backyard Animals I Indiana State Museum

Discover the animals who live in the nature spaces around your home, school or favorite park. Use real science tools to learn more about local animals, enjoy an interactive story time and more.

More information >

Aug. 11, 2022

Freedom Doctor: Medicine in the Days of Levi Coffin | Levi and **Catharine Coffin State Historic Site**

Discover the role Henry Way played in Newport as the town's doctor and as a helper to the Coffins with their work on the Underground Railroad, plus explore how 19th century doctors trained and practiced during this event featuring Dr. Tom Hamm and Dr. Victor Kumar, professors of history and anthropology at Earlham College.

More information >

Aug. 14, 2022

Sensory Friendly Afternoon | **Indiana State Museum**

Visit the museum for an experience especially tailored to individuals with sensory processing needs. Enjoy interactive learning

in a comfortable and accepting environment in our Cardboard **Engineering: Build a City. Social** narratives will be available at the ticket counter and sensory based activities will be set up throughout the building.

More information >

Aug. 20, 2022

Boat in a Packet | Whitewater Canal

Canal boats – also called packet boats - boast many unique features that allow for canal travel. Discover the different types of boats that traveled Indiana's canals, find out how designs changed throughout the years, then build and test your own boat using a packet of materials.

More information >

Aug. 21, 2022

A Stroll Through a Painting | T.C. **Steele State Historic Site**

Explore how the landscape of T.C. Steele's Brown County home has changed over the years, using photographs and paintings to compare to present day. Get an upclose look at Pergola in Early Spring in the Large Studio, then take a stroll to the pergola where you'll see the same view 100+ years later

Read more >

and some changes too. More information >

Aug. 20, 2022

Angel Mounds and Indiana's Pre-**History | Vincennes State Historic** Site

Learn about one of the bestpreserved, pre-contact Native American sites in North America Angel Mounds State Historic Site, located in Evansville. Discover the history of the land that would become Indiana during a presentation by Mike Linderman, site manager of Angel Mounds. More information >

Aug. 28, 2022

Music at the Mansion | Lanier Mansion

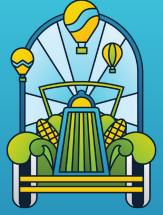
Bring a lawn chair and join us for the final concert of this spectacular outdoor summer music series on the Lanier Mansion lawn, featuring Saxton's Cornet Band - America's premier historic brass band.

More information >

View all Indiana State Museum and **Historic Sites events**



Presented By Tom Wood Automotive Group



Celebrating Indiana's Automotive Excellence

The 2022 Indiana State Fair is here!

July 29 - Aug. 21

From the roar of the crowd to the rev of an engine, excitement is in the air for the 2022 Indiana State Fair, presented by Tom Wood Automotive Group. This year we're celebrating everything from four wheels to four legs — including more than a century of Hoosier heritage and horsepower. Mark your calendars and buckle up as we shift summer into high gear!

Buy tickets today!

Daily Gate Discounts

BMV Discount Day Wednesday, Aug. 3

\$7 gate admission with printed or digital voucher from in.gov/bmv (50% savings on admission)

\$3 Thursdays

Presented by the Indiana Secretary of State

Thursday, Aug. 4, Aug. 11, Aug. 18 \$3 gate admission, \$3 Midway rides, \$3 food options at each food stand

Free IndyStar Ticket

Union Carpenters' Day Buy a copy of the IndyStar on Aug. 4 for FREE admission ticket to the Fair on August 10!

AAA Day

Wednesday, Aug. 17

AAA cardholders receive FREE admission with a valid AAA membership card presented at the gate. One valid card per person.

Military & First Responders' Day

Presented by Peterman Brothers Friday, Aug. 19

First responders, current and former Military, and their families receive FREE admission with valid ID presented at the gate.

Daily Deals

Want more? We have free entertainment and activities at every turn!

Click here to view the Top 100 Free Things to Do at the 2022 Indiana State Fair

Bike to the Fair and save!

Save \$1 off Fair admission when you ride your bicycle to the Fair and use one of the free secured bike racks on the Monon Trail north of 38th Street.

<u>Click here</u> for more ways to get to the Fair

Free Tractor Shuttle Rides

Get around the grounds for FREE this year on our tractor shuttles.

Free entertainment every day at the Hoosier Lottery Free Stage Click here to view this year's lineup!

> **Click here to view** all State Fair **Entertainment!**

Taste of the Fair

The most important to-do list you'll make ALL YEAR! Here are the NEW, deliciously wacky food & beverage items added to this year's State Fair. Don't forget to try each entry and vote for your favorite at the Fair.

Click here to view all entries >

Make sure to stop by these Indiana State Agency booths while at the Fair!

Indiana Bureau of Motor Vehicles (BMV)

The BMV booth will be located in the Agriculture/Horticulture (Ag/ Hort) Building. Stop by to complete a transaction with our Mobile Branch, open 9 a.m.-5 p.m., or at our BMV Connect kiosk. This year we'll have an interactive timeline illustrating Indiana's automotive history as well as the Ride Safe Indiana (RSI) motorcycle simulator, and an activity for children. Guests will have the chance to receive a prize on BMV Day (Aug. 3) after completing a scavenger hunt located on the back of their gate sheet. Prizes include lip balm, tote bags, stress balls, paper air



fresheners, and ice scrapers. Visit the **BMV** website to download a voucher for \$7 Fair admission for BMV Day (Aug. 3) only.

Indiana Criminal Justice Institute (ICJI)

The ICJI booth will be located in Celebration Park near the Hoosier Lottery Stage. ICJI will be educating fairgoers about the importance of safe driving, along with promoting our Sober Ride Indiana program. We'll be hosting a wide range of interactive activities to promote our message including a Safe **Driving Oculus Virtual Reality** Simulator, Drunk Driving goggles, giant inflatable corn hole and a new seat belt challenge game.

Indiana State Department of Agriculture (ISDA)

Indiana State Department of Agriculture works closely with the State Fair and encourages fellow state employees to check out Normandy Barn! This airconditioned barn on the north side of the fairgrounds, right next to Pioneer Village, features fun facts about Indiana Agriculture, an agritourism map, a vertical farming display and other interactive displays! Open daily from 9 a.m. to 8 p.m.

Our Indiana Grown program would love to welcome out fellow state employees to the Indiana Grown Marketplace at the State Fair! This store features hundreds of products from Hoosier businesses! Find everything from chips and salsa to ice cream, coffee, root beer and chocolate, soap, lotion and more! Also featured daily will be tastings and samplings of products made by members! The store is located in the Ag/Hort Building (next to the Midway) and open daily from 9 a.m. to 9 p.m.



Indiana Department of Homeland Security (IDHS)

Aug. 17 - 21

The IDHS booth will be outdoors by the southwest end of the track. Stop by and learn about the ways you can get prepared for any type

of emergency. IDHS will have plenty of giveaways like a first aid kit, an ice scraper and hot/cold packs. IDHS will also have fire safety demonstrations and EMS demonstrations. Aug. 19 is First Responder Day at the fair. All first responders will get into the fair for free with a badge.

Indiana Department of Insurance (IDOI)

The IDOI booth will be on the main level of the Indiana Arts Building. State Health Insurance Assistance Program (SHIP) counselors will be there to answer questions regarding Medicare, help paying for Medicare information, offer information about the how IDOI **Consumer Services Division** can assist consumers in filing a complaint against an insurance company or agent, and information about the Indiana Navigator program. IDOI will have tissues, sanitizer, pens, pencils, neon notebooks, and pill boxes as giveaways!

Indiana State Police (ISP)

ISP will have booths at three locations again this year. The west booth will be located on the main walkway near the north entrance to the West Pavilion. The north booth will be located on the main walkway, on the opposite side of the street from the State Fair Café & Bakery and the FFA Pavilion. The indoor booth will be located inside the Ag/Hort Building and our 1957 Ford will be on display. Each booth will have coloring books, slap bracelets, 211 information, opioid resistance information, recruiting and much more.

IDHS ensures Midway rides are safe at Indiana **State Fair**

The Indiana State Fair may be known for its animals, food, exhibits, 4-H competitions and so much more. But when you think about the State Fair, surely the many neon Midway rides come to mind just as quickly.

If you've ridden a Midway ride, you've entrusted your safety to an army of dedicated public safety professionals from the Indiana Department of Homeland Security (IDHS). So, before you step foot under the arch of the Midway this year, know that IDHS has spent countless hours permitting and inspecting each ride to make sure it is up to Indiana's stringent safety standards.

IDHS has the authority to examine all fair rides to keep them safe for eager visitors. In the week leading up to this year's fair, IDHS Amusement and Entertainment field inspectors and Code Enforcement teams worked

IDHS Chief Inspector Matthew Cronley inspects seats on a ride at the Indiana State Fair.

with the ride operations to inspect every seat, every ride, every nut, bolt and more. A typical IDHS inspection means ensuring the stop buttons work, proper padding is installed as needed, the brakes function correctly and

all welded metals are secure.

"These rides are extremely safe. This is not the first inspection that they've had this year. They've already been inspected twice. This is our third time inspecting them. We're excited to have a fun and safe state fair," said IDHS Chief Inspector Matthew Cronley.

These inspections ensure that rides are in ship shape for fairgoers. If a violation is found, IDHS works with the operators to get the problem fixed before anyone gets on the ride. Some violations do not impact the entire ride but rather a single seat on the ride. In that instance, the ride can still operate, but that seat is unusable by the operator.

If you or another spectator are unsure about a ride, you can look for one of two stickers located on each ride. Any ride with a 2022 inspection date has passed the IDHS inspection. The second sticker has the IDHS Elevator and



Section thoroughly inspects a State Fair Midway ride.

Amusement Permits Section's phone number listed to report potential dangers. If you have questions about the safety of any of the rides or the ride operator, you can call 1-888-203-5020 and report your concern. IDHS will follow up with each report.

Each day of the fair, IDHS will have a team onsite as a precaution. IDHS will also have a booth at the fair Aug. 17-21 by the Midway. Come see us there and find information on how to get prepared for an emergency while you ride rides, play games and earn fun prizes.

Article submitted by Indiana Department of Homeland Security

> Remember: Aug. 19 is First Responder Day at the Fair. First **Responders can show** their badge at the gate to get free entry.

All IN Festival, Sept. 3-4 in **Indianapolis**

The All IN Festival is coming to the Indiana State Fairgrounds Sept. 3-4 featuring the perfect blend of great live music, great food, and great drinks. Details at allinfestival.com.





James Bond summer film series

Because THE WORLD IS NOT ENOUGH (or in this case...only one James Bond film is not enough), the Downtown Indianapolis IMAX is hosting a six-week James Bond Summer Film Series featuring one film from each Bond actor. The series commemorates the 60th anniversary of the first film of the franchise and is FOR YOUR EYES ONLY (and 350 or so of your fellow Bond fans). The series film schedule is:

The Spy Who Loved Me Roger Moore | Aug. 8

The Living Davlights **Timothy Dalton | Aug.15**

Goldeneye Pierce Brosnan | Aug. 22

Casino Royale Daniel Craig | Aug. 29

The film series will include Cardinal Spirits specialty martinis (shaken... not stirred) for purchase and an Aston Martin sportscar in the theater lobby.

Downtown IMAX theatergoers can enjoy validated parking in the White River State Park parking garage. To view the ever-updating list of films, visit imaxindy.com.

105-year-old Navy veteran recalls World War II, life in the WAVES

to Washington, D.C. where she would remain, working as a cryptographer in the Japanese section until the end of the war.

"The Navy is a wonderful place to be and to get an education," Guthrie said. "We learned the war had ended when they came in and told us 'Germany had surrendered!' So, we went down to Dupont Circle and had a Coke to celebrate. We were a patriotic generation."

Not only was Guthrie part of the first class to enter the Navy's program at Hunter College, but she was also part of the first group of occupants to enter the newly-built Naval Barracks in Washington, D.C.

"We lived in the first WAVE living quarters ever built for the Navy, but they encouraged you to move after you made the rank of 2nd class because the barracks weren't big enough to house all the new

Hellen and her beloved husband of 62 years, Ralph Guthrie.

people coming in," she said. "We were allowed to go find our own place to rent, but we still ate our meals in the mess hall."

Guthrie rubbed shoulders with some famous people during her time in the Navy, from first ladies to movie stars.

"If you went to dinner and fried chicken was on the menu then vou knew Eleanor Roosevelt was having a meal there," said Guthrie. "I saw her many times there; she even would sit down right beside you and eat." She continued, "D.C. was a wonderful place when I was there. I even met Robert Taylor he was a lieutenant in the Navy."

When the war ended, Guthrie returned to Spencer where she lived with her maternal grandparents. Her brother returned as well, bringing a friend with him who would later become Guthrie's husband of 62 years.

"Ralph was covered in dirt from a motorcycle ride the first time I met him," Guthrie said. "He didn't know how to pick green beans from the garden for dinner, which I thought was funny. He was pretty endearing and very charming — a good, good man."

Ralph Guthrie served as a mess sergeant in the U.S. Army during World War II. After the war, he worked as a baker in Irvington, Ind. The two had a son, Gene, and later lived in Indianapolis. Ralph was 91 when he passed away in 2009. When Gene entered high school, Guthrie went to work at the Indiana Statehouse, serving in

various roles in politics for many years. She met Presidents Ronald Reagan and Gerald Ford, was host to Nancy Reagan and Barbara Bush, and was awarded the Sagamore of the Wabash in 1983 for outstanding service to the state by then-Governor Robert Orr.

At a Spencer High School reunion in 2012, Guthrie was the last living graduate from her high school class of 28 students. On April 30, she celebrated 105 trips around the sun.

"I never thought I'd live this long," she said. "There really is no secret to it, but I've lived an interesting life. My time in the Navy was an experience that you never forget, and it was something that I was very happy that I did, particularly because of the people you get to meet and the opportunities. It was wonderful."

Article submitted by Kristen Clark, Indiana Department of Veteran Affairs



Hellen is pictured in 2012 at a combinedyears high school reunion in Spencer, Indiana at which she was the last living member of her graduating class.





Resilience tips to cope with stress

Life comes with stressful hurdles from time to time: surprise bills, job changes, health problems. You can't tune out everything that upsets you, but you can learn positive ways to react and cope¹. Resilience is a set of skills you can learn to be more flexible and balanced as you deal with life's tougher moments.

You'll become more resilient when you²:

- Take care of yourself with healthy eating, physical activity, and a sleep routine
- Focus on small, doable steps to deal with problems, not tackling it all at once
- Remind yourself that you can't control everything—only how you react
- Are more aware of how stress affects you, like tense muscles or getting the munchies
- Step away from painful thoughts: stretch, breathe, or soak up some sunshine
- Reach out to family or friends who lift your spirits and suggest solutions



Wellness Webinar Series

Resilience: Bouncing Back

Life's painful events can feel like waves that crash over you and knock you flat. Here's some good news about resilience: you can learn new skills to cope with your toughest challenges. We'll talk about simple changes you can make to adapt and respond in healthy, positive ways.

August 16, 2022 | 10:00 AM, 12:30 PM and 4:30 PM, ET

http://go.activehealth.com/wellness-webinars

^{1.} CDC, "Coping with Stress," March 25, 2022. https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html



Coach's corner

with Coach Chelsey, MPH

As an ActiveHealth wellness coach, Chelsey is passionate about encouraging people to take small, daily steps to improve their overall well-being.

Chelsey's well-being tip:

Resilience helps you manage stress, so you can rebound when life knocks you over. How do you know if your stress is out of control? Here are a few common signs:

- · Hungry all the time or not at all
- Sleepless nights or bad dreams
- Physical pain such as tension headaches or upset stomach
- You're so worried about mistakes that you can't make a decision



Apple & Cheddar with Jalapeno Slices

Stressful days can make you feel drained. Stack up this simple snack for a quick energy boost that's high in fiber and protein. Pluck out the pepper seeds if you don't like a lot of heat.

MyActiveHealth.com > **Resources** > **Learning Center.**

Take a few, small steps to resilience

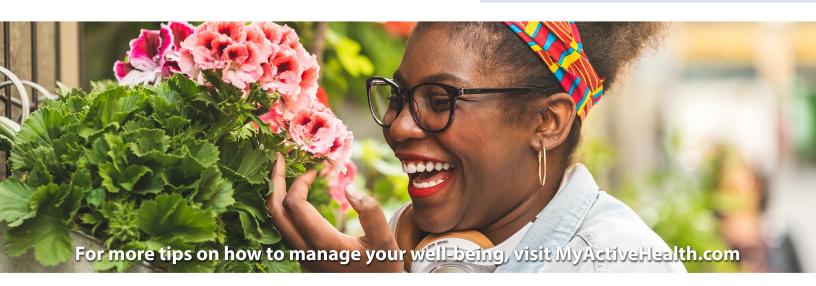
You can't predict what life brings your way, but you can become more resilient to change with these tips¹:

Focus on the positive. Imagine the best possible outcomes of a new situation, not just the worst that could happen.

Be honest with yourself. Recall painful episodes and how you reacted. Did you put yourself down? Reach for a tub of ice cream? Think about healthier ways to cope next time, like taking a walk.

Start a resilience journal. In a notebook or phone app, write down your strengths, hopes, and how you'd like to react to setbacks. Celebrate yourself when you cope well with a challenge.

Pitch in. Volunteer for a local charity, like a food pantry. You'll sense how much you're valued by people around you.



1. APA.org (American Psychological Association), "Building your resilience", February 1, 2020, https://www.apa.org/topics/resilience/building-your-resilience



