

May 2025

Dream Big!

A Publication of Oshkosh/
Winnebago County
Housing Authority's
Family Self Sufficiency Program



*1100 W. 20th Avenue
P.O. Box 397
Oshkosh, Wisconsin 54903
(920) 424-1450
www.ohawcha.org
Kay Hinton
FSS Program Coordinator
920-279-3622
kayh@ohawcha.org*

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Dear FSS participants (and community members),

Please wish a **Happy May Birthday** to **Carrie, Jamie, and Athena!!** I hope your birthdays are fabulous and you are finding a little time to take a step towards your goals. Congrats to **Narielle** for **publishing her book** on Amazon called “Societies Maybe; a Mother and an Unborn Baby”. Please check it out!



This year, I've been focusing on self-improvement, taking care of myself physically, emotionally, and mentally. I've noticed that some of you have been facing challenges with maintaining positive mental health. Perhaps you're on a similar journey?

I've found great support in listening to podcasts on Spotify, or YouTube especially Mel Robbins' podcast. Her weekly episodes are free and packed with advice, stories, and tools to help you create a better life.

Sometimes, small changes can make a big difference. For instance, I've started cleaning my kitchen counters before bed, and waking up to a tidy space gives me a sense of accomplishment every morning.

Remember, when you feel good, you do good. Put in the effort and invest in yourself—it's beneficial for your energy and overall well-being.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy May! Let's continue to strive to meet your goals and strengthen your self sufficiency. And as always, please let me know how I can help you by calling me at 920-424-1450 ext. 133 or emailing me at kayh@ohawcha.org.

Your success is my success.

Warm Regards,
Kay Hinton
FSS Coordinator

Stop ignoring yourself. Fix your posture. Get a fresh hair cut. Take care of your skin. Drink water. Eat food that gives you energy. Get fit. Stop looking sloppy. When you look good. You feel good. When you feel good. You do good. Put in the effort. Invest in yourself. It's good for your energy.



Rent Smart

Taught by Extension Educators

Helping to make renting a great experience for you!

2025 Winter/Spring Online Class Dates & Times

December 2024: 3, 5, 10, 12, 17, 19 @ 7:00PM-8:00PM; Tue/Thurs

February: 12, 14, 19, 21, 26, 28 @ 9:00AM-10:00AM; Wed/Fri

March: 15, 22, 29 @ 9:00AM-11:30AM; Saturday

April: 8, 10, 15, 17, 22, 24 @ 7:00PM-8:00PM; Tue/Thurs

May: 5, 9, 12, 16, 19, 23 @ 1:00PM-2:00PM; Mon/Fri

June: 9, 11, 16, 18, 23, 25 @ 9:00AM-10:00AM; Mon/Wed

Location: Online, live instruction via Zoom; links will be sent after registration

To register, use this link OR scan the QR Code:

<https://go.wisc.edu/Rentsmartregister>



Cost: **FREE!**

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact todd.wenzel@wisc.edu (920-232-1982)**

An EEO-Affirmative Action Employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.

Oshkosh Job Fair



Looking for a job that aligns with your skills?

Join us at the

Oshkosh Area Employment Fair

10 am – 1pm, Wednesday, May 7

Sunnyview Expo

500 East County Y, Oshkosh, WI



Companies will be searching for a wide range of talent in a number of industries and occupations.

For a list of registered companies after April 15, visit <http://www.foxvalleywork.org/jobfair.html>.

Registration is not required but available at <https://tinyurl.com/2025OshJF>.

Stop by sponsor booths to be entered into a drawing to win debit cards!

Need help to prepare for a job fair? Contact your local job center <http://www.wisconsinjobcenter.org/directory/>.

Sponsored by:



A proud partner of the AmericanJobCenter network

The Fox Valley Workforce Development Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 7-1-1 for Wisconsin Relay Service or at 800-947-3529. At no cost, you may request information in an alternate format, including language assistance or translation information to your preferred language by contacting us at (920) 594-3655.

Youth Mental Health First Aid Training sponsored by NAMI Oshkosh

YMHFA is a free class that teaches adults how to support a young person (age 12-18) experiencing a mental health challenge or crisis.

Thursday, May 22

9am-4pm

NAMI Oshkosh

525 N. Main St.

Oshkosh



The class will be taught by Cindy Czarnik-Neimeyer and Jake Czarnik-Neimeyer.

Register by email
info@namioshkosh.org
or call 920-651-1148



Connect Through Tech

Building North (N) South (S)

NEW TECHNOLOGY DROP-IN HOURS

Connect Through Tech is offering drop-in hours for people who need simple answers or help with "quick fix" issues. Time slots are 15 minutes max. If issues cannot be resolved in 15 minutes, a tech appointment can be booked.

Drop-In Hours

Tuesdays, 11 am-12 pm

Thursdays, 11 am-12 pm

or when sign is posted outside tech room 1 & 2

Drop-In is free, but please consider a donation when using the drop-in service.



One-on-one tech sessions are available Monday through Friday with Stephanie and Christie by appointment! Call 920.232.5301 to schedule.

Programs are designed to improve your digital literacy (all levels of expertise are welcome).

Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, email issues, voice features, navigating social media, texting, camera questions or more! Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

Cost: R \$2/NR \$2.75 per class

By Appointment Only 920.232.5301

Wi-Fi Access (S) Cost: FREE

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password is required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

Mondays, May 5, 12, 19

9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2/NR \$2.75 per class

By Appointment Only 920.232.5301

Community Resources

Parent Resource Hours

Have kids? Have questions? We're here to help!



Developmental Screenings: Our staff can help with childhood screenings that look at milestones in playing, speaking, behaving, and moving.



Nursing Expertise: Our nurses can support you to give your baby the highest level of care!



Breastfeeding: Get one-on-one support with our lactation specialist.



Safe Sleep: Learn how to create a safe sleep environment for your child.



Lead Screening:* Learn how to prevent lead poisoning and get your child screened for lead exposure.



Vaccines:* Protect your child with routine vaccines from public health.



Car Seat Checks:* Learn the correct way to install a car seat and keep your child safe.



Health and Community Resources: Learn about programs like prenatal health care, WIC, and Head Start.

**EVERY
2ND TUESDAY**
1-4 PM
OSHKOSH
112 Otter Ave

**EVERY
4TH THURSDAY**
11 AM-2 PM
NEENAH
211 Commercial St



*Appointment needed for car seat checks, lead screening, and vaccines. Scan or call to schedule.

Drop in any time during Parent Resource Hours!
All are welcome. Services are FREE!

920-232-3000 / health@winnebagoountywi.gov
WWW.WINNEBAGOPUBLICHEALTH.ORG

Updated 7/23

Next Pop-Up Food Pantry is

Saturday, May 17th, 2025

491 Old Oregon Road,
Oshkosh, Wisconsin 54902

DAYS AND HOURS

3rd Saturday of the Month

Registration begins at 9:30 AM

Food bundles available 9:30-11:00 AM

Hosted by: St. John's Lutheran Church of Nekimi. For a \$25 bundle donation, you will receive \$150+ in groceries.

Ruby's PANTRY

Online Job Searching Lab

Wednesdays
Fox Valley Job Center
1802 Appleton Rd, Menasha
1:00pm to 4:00pm
Fridays available by appointment



STRUGGLING WITH YOUR ONLINE JOB SEARCH?

- Looking to reduce the amount of time it takes to complete your work search?
- Want to learn how to navigate the keyboard?
- Don't know the difference between left click and right click?
- Need to know how to attach your resume to a job application?

The lab covers a particular topic that you can learn and practice to become an independent computer user. Topics run weekly.

Class 1 – Basic Computer Skills/Email – Meet your mouse and keyboard. Learn how to use and be friends with your computer equipment. Everything you want to learn about email. Setting up, storing usernames/passwords, sending, and replying to emails.
*Guided tutorial format with practice session
1.5-hour class

Space is very limited. Call 920-997-3272 to reserve your spot TODAY!

Class 2 – Navigating JCW and Online Applications – Using JCW tools to strengthen your work search activities. Learn about skills match and different search features, Skill explorer and other Labor Market Info. Open forum for questions on applying online through Job Center of Wisconsin, Indeed, and specific employers' websites including attaching resumes from smart devices.
1.5-hour class

***MUST BRING 2 ONLINE APPLICATIONS TO COMPLETE TO ATTEND THIS CLASS.**

DWV is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact (808) 256-2124. For civil rights questions, call (808) 256-6889 or (866) 275-1165 (voice/TTY).

**Fox Valley
JOB CENTERS™**
A proud partner of the AmericanJobCenter network

HELP Homelessness, Evictions, & Loss Prevention

*Are you struggling with unstable housing? Struggling to keep up on rent/mortgage payments?

*Is your housing instability leading to a possible eviction/foreclosure?

*Have you received a Notice to Vacate by your landlord and are having difficulty finding a new place?

*Do you need assistance getting connected with local community resources?

If your answer is yes to any of these, please reach out as soon as possible to allow HELP time to brainstorm ways to better assist with your housing needs

Winnebago County Human Services
220 Washington Ave P.O. Box 2187
Oshkosh, WI 54903

Monday-Friday FROM 8 AM - 4:30 PM Walk-In's Welcome
***Appointment preferred**

HELPProgram@winnebagoountywi.gov

HELP On Call Phone
920-509-7629

Winnebago County



Use Your Tax Refund To Boost Your Credit Score

Tax season isn't just an opportunity to get a refund—it's a chance to improve your financial future. If you've been looking for ways to strengthen your credit score, your tax refund can be a powerful tool to help you get there.

Five Ways to Use Your Tax Refund to Improve Credit

Here are a few ways you can use your tax refund to strengthen your credit score and build financial stability:

1. Catch Up on Late or Missed Payments

- If you've fallen behind on bills, use your refund to bring your accounts current. Even one late payment can impact your credit score, so making on-time payments moving forward is key.

2. Pay Down High-Interest Debt

- Focus on credit cards or loans with the highest interest rates. Reducing these balances lowers your credit utilization and helps you save money on interest.

3. Reduce Your Credit Utilization

- Keeping your credit card balance below 30% of your total credit limit is a good rule of thumb. Paying down balances with your refund can quickly improve this ratio.

4. Start an Emergency Fund to Avoid Future Debt

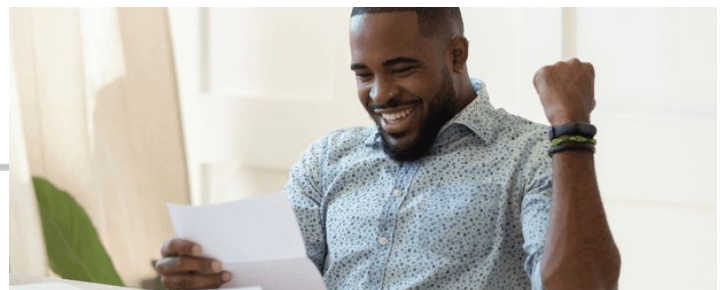
- Using part of your refund to build an [emergency fund](#) means you'll be less likely to rely on credit cards or loans for unexpected expenses in the future.

5. Consider a Secured Credit Card or Credit-BUILDER Loan

- If you're working on [establishing](#) or rebuilding credit, using a portion of your refund to open a secured credit card or credit-builder loan can help you create positive payment history.

Commit to a Stronger Financial Future

Your tax refund is a valuable financial opportunity. By using it strategically, you can take important steps toward [reducing debt](#), improving your credit score, and building financial security.



Shred Event

FOSC is offering a **FREE**

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 17, 2025

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



- Stay safely in your car and drive right through.
- Personal (not business) shredding only, please.
- Limit of FIVE full paper bags/person.
- What can be shredded?
 - All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.
- What cannot be shredded?
 - Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.
- CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays
 - If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

**Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**

WISCONSIN SENIOR EMPLOYMENT PROGRAM



The Wisconsin Senior Employment Program (WISE) provides unemployed adults age 55+ with training opportunities and PAID part time work experience in community service organizations.

**EARNINGS DO NOT AFFECT
FOODSHARE OR SUBSIDIZED
HOUSING BENEFITS!**

HOW DO I QUALIFY?

- 55 + YEARS OF AGE
- UNEMPLOYED AND WANT TO WORK
- LOW INCOME
- RESIDENT OF COUNTIES SERVED



WHAT SKILLS CAN I LEARN?

LIBRARY AIDE
RETAIL/CASHIER
JANITORIAL
CUSTOMER SERVICE
ADULT /CHILD CARE
CLERICAL/OFFICE ADMINISTRATION
AND MORE...



TELL ME MORE

- Train with an employer in your community to learn new skills.
- Earn minimum wage, \$7.25/hour, and train up to 20 hours per week.



Serving Green Lake, Fond du Lac & Winnebago Counties

Maureen Bryden

Program Coordinator
mbryden@fvwdb.com

920-229-5557

CALL TODAY!

www.foxvalleywork.org



GET YOUR DREAM LIFE

Take your next steps with us to get the **career you want** for the **life you want**

Here's what you can get:



Tuition for training and school



Help with gas, rent, and other needs



A career that's right for you



Connections to local employers



Someone in your corner all the way!

OUR SPECIALIZED INITIATIVES



WIOA Adult Program

Provides job services to people looking for a new career path, want to go back to school, or want to train for good jobs that pay well.

QUEST

Addresses the childcare shortage with services to help people run childcare operations. It works with dislocated workers or those who were laid off because of the pandemic.

WIOA Youth Program

Supports youth ages 14 - 24 who are facing barriers find a job, earn their GED, or enroll in post-secondary education or training.

WIOA Dislocated Worker Program

Helps those who've lost employment due to a mass layoff or economic transition find work as quickly as possible.

Ready to start?

Contact us to learn more:

920-278-9264

www.fsc-corp.org/WIOA

foxvalleywioa@fsc-corp.org



The Fox Valley Workforce Development Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please call 715-733-3329. Wisconsin Relay Service or at 800-947-3529. At no cost, you may request information in an alternate format, including language assistance or translation information to your preferred language by contacting us at (920) 594-3655.



Career EXCErate | Wisconsin

Personalized Job Training and Support Services to Transform Lives

A collaborative program from Goodwill NCW, Fox Valley Technical College and Rawhide Youth Services



Launch a lasting career!

Career EXCErate Wisconsin is a highly personalized training program offered at no cost to individuals who want to find a career pathway but are struggling and would benefit from individualized support.

Career educational certificate options:

Choose from eight certificate programs that range from approximately two months to two semesters.

Educational and Health Services

- Nursing Assistant
- Early Childhood Teacher Aide

Construction

- Woodworking Technician
- Pipe Trades

Manufacturing

- Welding Fundamentals
- Industrial Manufacturing Technician

Truck Driving and Maintenance

- Professional Truck Driving - Class A and B CDLs
- Heavy-Duty Vehicle Maintenance - Diesel Technology Assistant

Get started or refer someone today!



Complete a short online form at careerEXCEratewi.org

Call: 920-204-7002

Email: careerEXCErateWI@goodwillncw.org



Job Tip Tuesday

Did you know?
Series



Assistance available at the Public Library!

Looking for assistance with your resume? Struggling with Interview skills? Have general job searching questions?

Fond du Lac Public Library

- ***Appointments are required***
- NEW! Monday 9:30 to NOON
- Tuesday 9:30AM to 4PM
- NEW! Thursday 9:30 to NOON

920-322-3930
www.fdlpl.org/jobservices

Oshkosh Public Library

- Wednesday 1PM to 4PM

920-236-5205
www.oshkoshpubliclibrary.org/events

Call or go online to schedule an appointment!

1802 Appleton Rd. Menasha, WI - (920) 997-3272

A proud partner of the [American Job Center](http://www.foxvalleywork.org) network

Equal Opportunity Employer/Program Auxiliary aids and services are available upon request to individuals with disabilities.



Parenting Workshops

Parent Connection



Upcoming Parent Education Workshops, Support Groups & Community Events

April

Saturday, April 26 | 10:00am–noon
Triple P: Hassle-Free Shopping
with Children (*Virtual*)

Saturday, May 17 | 10:00am–noon
Triple P: Managing Fighting
& Aggression (*Virtual*)

May

Friday, May 2 | 9:00am-2:00 pm
36th Annual Parent Resource Fair

Saturday, May 10 | 10:00am–noon
Triple P: Developing Good
Bedtime Routines (*Virtual*)

Monday, May 12 | 6:00-7:30 pm
NAMI Parent & Caregiver
Support Group

Wednesday, May 14 | 6:00-8:00 pm
Triple P: Hassle-Free Mealtimes
with Children

June

Monday, June 9 | 6:00-7:30 pm
NAMI Parent & Caregiver Support
Group

Wednesday, June 18 | 6:00-8:00 pm
Triple P: Hassle-Free Shopping
with Children

On Demand

January 1st - Dec 31st 2025
Potty Training Workshop
(*Recording*)

Cost: FREE

FREE Onsite Childcare
during most workshops & groups

Limited spots so register soon

Questions Contact:
workshops@familyservicesnew.org

See our Current Workshops
& Register Online at:
www.familyservicesnew.org/parenting-classes

See our Family Fun Events
& Register Online at:
www.familyservicesnew.org/family-fun





36th Annual

Parent Resource Fair

"Empowering Your Parent Journey"

May, 2nd 2025

FREE event for parents, expecting parents, and caregivers, including information and resources from community partners. Join us for all of this event, or any part you can. Pre-register to use **FREE** drop-in childcare and request transportation assistance.

Parenting, Child Safety & Development, Family Legal Information, Community Assistance, Education & Employment, Advancement, and Developmental Milestones.



Enter for a chance to win a prize.
Grab a bite to eat - Our Treat!

Registration: 8:30am - 9am
Speaker Session: 9am - Noon
Resource Fair: Noon - 2pm

Registration Preferred, Walk-Ins Welcome

Register Online:
<https://bit.ly/ParentResourceFair2025>

Fox Valley Technical College
1825 N. Bluemound Dr, Appleton
Use North Parking Lot, Entrance 16

Contact For Questions: (920) 739-4226 ext. 127
or workshops@familyservicesnew.org

Thank You Sponsors!



Back to School Fair Referrals



A colorful poster for the Oshkosh Back 2 School Fair. The background is white with horizontal lines and a border of brown polka dots. At the top, there's a yellow sun, a blue star, and a red star. A red apple is on the left. The main title 'JOIN US FOR THE OSHKOSH BACK 2 SCHOOL FAIR' is in the center, with 'BACK 2 SCHOOL' in large, colorful, 3D letters. Below it is a yellow pencil and a green eraser. To the right is a drawing of a notepad. A yellow banner says 'Resources Provided!' and a blue box lists: 'School Supplies', 'Hygiene Products', 'Back to school clothes', and 'Back to school haircuts'. A green speech bubble says 'August 13 & 14'. A yellow book is on the left. The text 'Registration Required to Attend' is in bold. Below it, 'Space is limited! To sign up or see if space is available, scan the QR code:' is followed by a QR code. At the bottom, a globe is on the left and a red basketball is on the right. Text in the center says 'Learn more here: www.facebook.com/OshkoshBack2School', 'Need help with registering or have questions?', and 'Please email: caseyk@uwosh.edu'.

JOIN US FOR THE
OSHKOSH
**BACK 2
SCHOOL**
FAIR

Resources Provided!

- School Supplies
- Hygiene Products
- Back to school clothes
- Back to school haircuts

August 13 & 14

Registration Required to Attend

Space is limited!
To sign up or see
if space is
available, scan
the QR code:



Learn more here:
www.facebook.com/OshkoshBack2School

Need help with registering or have
questions?
Please email: caseyk@uwosh.edu



**GIVE MOM AN EARLY
MOTHER'S DAY GIFT WITH
A NIGHT FOR HERSELF!**



GIVE MOM TIME FOR HERSELF

by letting her take the night off.

Send your kids to the YMCA where they will be fed dinner and be guided in various art projects to create a special Mother's Day gift to bring home.

There are two options! You can send the kids for a few hours, or an overnight option that will include movies, games, and breakfast in the morning.

PRE-REGISTRATION IS REQUIRED

Call 920-230-8439, stop at the front desk of either location, or register online!

QUESTIONS? Email Taylor Douglas at taylordouglas@oshkoshymca.org.

A FEW HOURS:

FRIDAY, MAY 2 • 5:30–8:30 p.m.

Will include dinner, and various craft projects.

FEE: \$20 per child for Members

\$30 per child for Non-Members

SLEEPOVER OPTION:

FRIDAY, MAY 2 @ 5:30 p.m. through

SATURDAY, MAY 3 @ 8:00 a.m.

Will include dinner, various craft projects, movies, games, and breakfast in the morning. Please bring a sleeping bag, pillow, and pajamas.

FEE: \$35 per child for Members

\$50 per child for Non-Members

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

DOWNTOWN 236-3380 324 Washington Avenue • 20TH AVENUE 230-8439 3303 W. 20th Avenue

Starting Point

Starting Point is designed to help women ages 18 and older in the areas of financial planning skills, empowerment, and career planning that will lead to further education and/or a new career. Women will gain the necessary skills to go to college, learn how to network and access available resources, meet other women with similar life experiences, gain confidence and build self-esteem, and learn how to manage finances and relationships. This program is open to mothers and women without children. Women must be a resident of Outagamie, Calumet, Shawano, Waupaca, or Winnebago County.

Fall 2025 Dates & Times

Appleton: 9/10/25 to 12/3/25 Wednesdays 11:00 am - 2:00 pm, **Childcare Provided**

Oshkosh: 9/13/25-12/3/25, Saturdays 9:00 am - 12:00 pm, **Childcare Provided**

Virtual: 9/10/25 to 12/3/25, Wednesdays 5:00 pm - 7:30 pm, **No Childcare**

Spring 2026 Dates & Times

Appleton: 2/11/26 to 5/13/26, Wednesdays 11:00 am - 2:00 pm, **Childcare Provided**

Oshkosh: 2/14/26 to 5/13/26, Saturdays 9:00 am - 12:00 pm, **Childcare Provided**

Virtual: 2/11/26 to 5/13/26, Wednesdays 5:00 pm - 7:30 pm, **No Childcare**

"Starting Point has helped me build skills I didn't have and to sharpen skills I already had."

Women Will Learn

"I felt like I had some control over my life and where it was going."

Time Management

Self-Esteem

Goal Setting

Community Resources

Empowerment Topics

Career Development

Study Skills

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress.



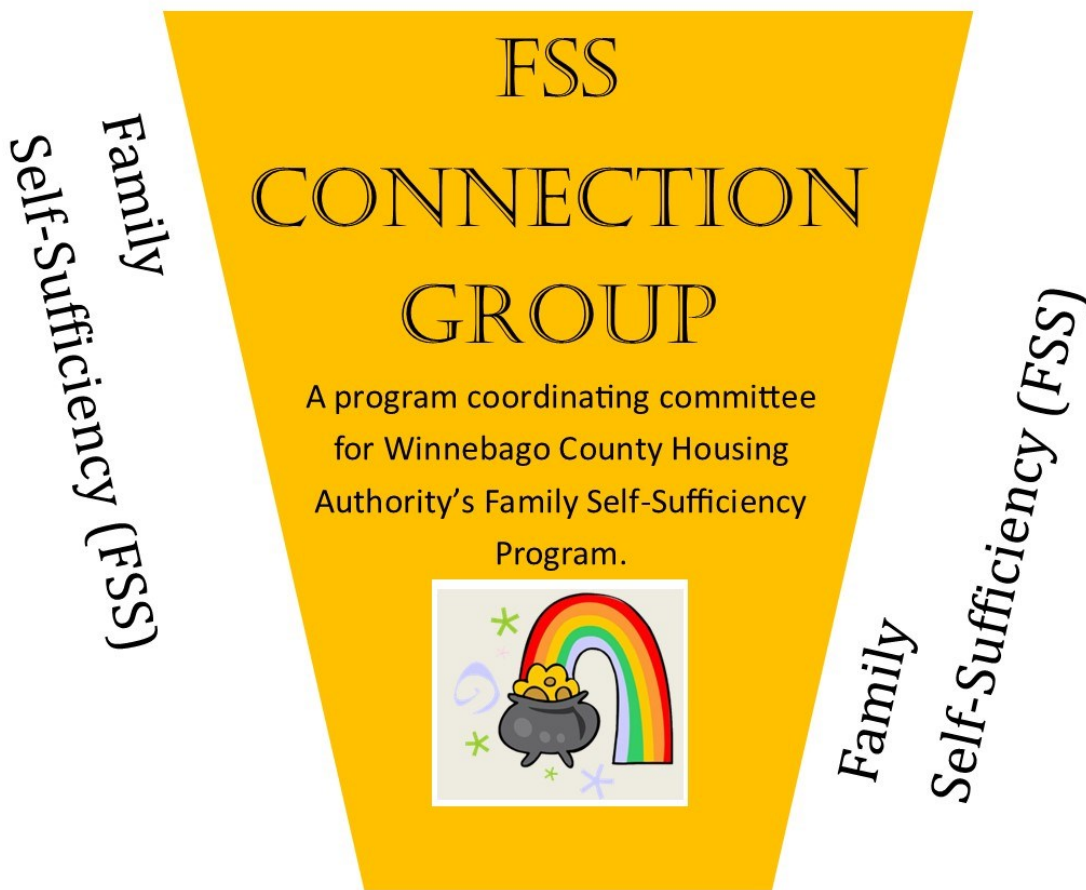
FVTC ID available for free busing on GO Transit.



Contact Information: Kara Nowak | (920) 735-5722 | kara.nowak7593@fvtc.edu
 To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint

FSS Connection Meeting

Save the Date!



Date: Monday, June 9th, 2025

Time: 9:00 a.m.—10:30 a.m.

FSS Connection Group Meeting is on **Monday, June 9th at 9:00 am.**

Al Rolph, Salvation Army Social Worker, will join us to talk about the Salvation Army and what they can do for you and your community! Everyone is welcome to attend! **Let's also share agency updates.**

Save the Date! Al is a great presenter!