



Tri-Valley

Opportunity Council, Inc.
Employee Spotlight

Cara Duke
Education Supervisor
St. Cloud, MN

What's your name? Cara Duke

What's your title and location at Tri-Valley? Education Supervisor, St. Cloud, MN

What's your favorite thing about working in your position? Getting to experience and gain more knowledge about each age group, working with wonderful people, and be able to support the teaching staff at our center.

Before working at Tri-Valley, what was the most unusual or interesting job you've ever had? I worked and volunteered at a haunted house and hayride as a teenager. It was always exciting dressing up and getting to jump out and scare people!

Tell us about your family and/or pets. I recently got married to my husband Andy and we have two dogs named Bob and Frank (Boston terrier/pug mix and a miniature dachshund). They are our little fur babies!

Do you have any hobbies? I play sand volleyball in the summer and I am on a bowling league in the fall/winter.

If you could learn to do anything, what would it be? Speak another language or two.

If you won the lottery, what is the first thing you would do? Move myself and my loved ones somewhere warm!

When you have 30 minutes of free time, how do you pass the time? Catching up on my shows.

What's your favorite indoor/outdoor activity? I love any summer related activities. Swimming, fishing, campfires, boating, and yard games!

What chore do you absolutely hate doing? Dishes and laundry because it's a never ending cycle.

If you could meet anyone, living or dead, who would you meet and why? My grandparents on my mom's side who passed before I was born.

What three traits define you? Caring, empathetic, and hopeful.

If you had to eat one meal, every day for the rest of your life, what would it be? Macaroni and Cheese. There are so many delicious variations!

What are some things on your bucket list? Travel out of country with my husband and to start a family.

Anything else you would like to add? I got the opportunity to live and study in England and during that time I traveled to Scotland, Ireland, Netherlands, France, Germany, and Italy. It was a wonderful opportunity! I was able to volunteer at a children's program in Alnwick England as well. I would recommend to anyone who gets the chance to study abroad to take it!