



Piedmont Parks & Recreation News

piedmontparksandrec.com

June 2010

Star Party

Piedmont Parks and Recreation is hosting the Oklahoma City Astronomy Club for a night of star gazing on June 18, beginning at dusk.

The Star Party will provide an opportunity for both children and adults to look through telescopes provided by the astronomy club, learn about constellations, and take a look at Saturn and Mars.

The Star Party will be held at Piedmont High School, 1055 Edmond Rd NW. The event is free.

For more information, call Leslie at 473-8588.



FAST FACT	Sixty-three percent of children are no longer physically active by the time they reach high school.
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Have a Seat

There's a vacancy on the Parks & Recreation Board. The five-member Parks & Recreation Board meets at 6:30 pm on the third Monday of each month to discuss and plan activities and events for the community.

Current board members are Mike Francis, Tamra States, Leslie Gilmore, Monty Tunbleson and Lyn Land. Leslie and Monty's terms will end in June. Amy Hirom will fill one of the vacant positions, but there is still a position open for a fifth board member.

If you are interested in filling the vacancy on the Parks & Rec Board, stop by city hall to pick up a short application, or download an application at piedmontparksandrec.com/application.pdf



If you aren't able to commit to regular meetings or the responsibility of board membership but have ideas for our community and want to help make them a reality, feel free to attend a board meeting and share your ideas with the board.

For more information, call Lyn at 202-3984.

Plan a Summer Fishing “Staycation” for the Family



The search is on this summer for activities that are fun for the entire family yet easy on the wallet, and officials with the Oklahoma Department of Wildlife Conservation say fishing provides the answer.

The start-up costs for fishing are minimal—a rod and reel, some bait and an appropriate fishing license are all it takes - and the sport itself is easy to learn. Additionally, most Oklahomans don't have to travel far to find fishing opportunities.

Oklahoma has many fishing opportunities that provide a chance to get away for an in-state vacation or for a one-day outing with the family, and fishing can be paired up with wildlife watching, hiking or camping.

Fishing in Oklahoma normally requires a license, which can be purchased online at wildlifedepartment.com or at various sporting good vendors across the state. However, anglers fishing June 5-6 can fish without a state license during Oklahoma's free fishing days. Anglers should note that certain city permits may still apply to specific fishing areas during Free Fishing Days.

Oklahoma was the first state in the nation to offer free fishing days over 25 years ago and has since been followed by dozens of other states that have established similar opportunities.

Free Fishing Days offer one way that families can enjoy an inexpensive day on the water by fishing at lakes and ponds across the state or at one of Oklahoma's year-round designated trout waters. Anglers fishing Lake Texoma should be

aware that Free fishing Days applies for all of the lake on June 5 but only on Oklahoma portions of the lake on June 6.

Families who would like to learn more about fishing together can attend one of several fishing clinics held throughout the summer as part of the Wildlife Department's Aquatic Resource Education Program. Clinics are held at the Arcadia conservation Education Area at Lake Arcadia as well as other locations in the Oklahoma City and Tulsa areas. Full clinic schedules will be posted online at wildlifedepartment.com as dates approach.

The Wildlife Department's Close to Home Fishing program is another option that offers fishing opportunities in or near urban areas.

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June is Men's Health Month

Getting check-ups is one of many things you can do to help stay healthy and prevent disease and disability.

The Center for Disease Control recommends you do the following before your next check-up:

- Review your family health history
- Find out if you are due for any general screenings or vaccinations
- Write down a list of issues and questions to take with you
- Consider your future. Be prepared to discuss issues with your provider that will help you make better decisions regarding your health, safety, and physical fitness.

Based on information from the Centers for Disease Control and Prevention

When Thunder Roars, Go Indoors!

Indoor lightning tips from the National Weather Service:

- Stay OFF corded phones. You can use cellular or cordless phones
- Don't touch electrical equipment or cords. Unplug electronic equipment before the storm arrives.
- Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- Stay away from windows and doors, and stay off porches. Do not lie on concrete floors and do not lean against concrete walls.

A safe shelter is a building with electricity and/or plumbing or a hard topped vehicle with windows closed. Picnic shelters, dugouts, small building without plumbing or electricity are NOT safe.

Stay safe while inside. Stay off corded phones. You can use cell phones or cordless phones if they are not in a charger. Don't use computers or equipment directly connected to electricity, such as your stove. Stay out of the shower and away from other plumbing as well. You should also stay away from windows and doors. Small cracks in the frames can let lightning in.

Remember your pets. Dog houses are not safe shelters. Dogs that are chained to trees or chained to wire runners can easily fall victim to a lightning strike. Bring pets inside.

Protect your personal property. In addition to direct strikes, lightning generates electrical surges that can damage electronic equipment some distance from the actual strike. Typical surge protectors will NOT protect equipment from a lightning strike. If you plan to be away from your home when thunderstorms are possible, unplug unneeded equipment. Do

NOT unplug equipment during a thunderstorm as there is a risk you could be struck.

There are three main ways lightning enters homes and buildings:

- a direct strike
- through wires or pipes that extend outside the structure
- through the ground.

Regardless of the method of entrance, once in a structure, the lightning can travel through the electrical, phone, plumbing, and radio/television reception systems. Lightning can also travel through a metal wires or bars in concrete walls or flooring.



From the National Weather Service

A Lightning Myth

MYTH: If trapped outside and lightning is about to strike, lie flat on the ground.

TRUTH: This advice is decades out of date. Better advice is to use the 'Lightning Crouch': put your feet together, squat low, tuck your head, and cover your ears. Lightning induces electric currents along the top of the ground that can be deadly over 100 feet away. While lying flat on the ground gets you as low as possible, which is good, it increases your chance of being hit by a ground current, which is bad. The best combination of being low and touching the ground as little as possible is the 'Lightning Crouch'. But the 'Lightning Crouch' should be used only as a last resort. Much better would be to plan outdoor activities around the weather to avoid thunderstorm exposure and to have proper shelter available.

For more lightning myths and truths, go to www.lightningsafety.noaa.gov/resources/LightningMyths-1.pdf

From the National Weather Service



June Community Calendar

- 1-4, 7-12** (M-F 9-4, Sat 10-12) - Angel Food orders can be placed at the Baptist church and picked up on Sat. June 19, 373-2420
- 2** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the Library, children ages 2-5, free, 373-9018
- 2, 9, 16, 23, 30** (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905
- 3-6** - KidzCamp for students finishing 3rd thru 5th grade, at Baptist church, camp is overnight, activities include trip to OKC zoo, Okarche pool, and Lazer Quest, \$75, 373-2420
- 5** (9:00-11:00 am) - Recycle Saturday at the former Co-Op, 373-2905
- 5** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the Civic Center, free, 488-5999
- 8, 15, 22, 29** (10:00-2:00) - Make a Splash (sand art on 8th, foam boat races on 15th, water games on 22nd, mud art on 29th) at the library, for all ages, free, come & go, 373-9018
- 8** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, don't have to own a horse, at the library, free, 820-6728
- 9, 16, 23, 30** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 9, 23** (2:00-4:00 pm) - Wii Wednesday at the library, all ages, free, 373-9018
- 10** (11:00-1:30 am) - Indian Taco Dinner by Boy Scout Troop 374 at Soldier Creek Church of Christ, cost is donation, call-in and delivery orders available if requested by June 8, 570-1957
- 10, 17, 24** (4:00-6:00 pm) - Make Waves (duct tape crafts on 10th, minute-to-win-it games on 17th, water games on 24th) at the library, 5th grade and up, free, come & go, 373-9018
- 10** (6:00-8:00 pm) - Bullying Prevention and Solutions workshop for parents of all students, at the Methodist church, free, 514-9248
- 11** (10:00-1:00 pm) - Make Your Own Silly Putty at the library, for all ages, free, come & go, 373-9018
- 13-17** (Sun 6:00-7:00 pm, M-Th 1:00-4:00 pm, Fri 6:30-8:30 pm) - Vacation Bible School: "Exploring the Depths of God's Love" at Nazarene church, concludes Friday night with family swimming at Kingfisher pool, free, 373-2308
- 15** (6:30-8:00 pm) - Windmill Poets at the library, for anyone who likes to read or write poetry, free, 728-7310
- 16, 30** (2:00-4:00 pm) - Wednesday Afternoon at the Movies, for all ages, at the library, free, 373-9018
- 18** (at dusk) - Star Party at high school, sponsored by Parks & Rec, telescopes provided by OKC Astronomy Club, free, 473-8588
- 20** (2:00 pm) - Play Day at Round-Up Club Arena on Piedmont Rd, cost is \$7-\$11, 627-7437
- 27** (10:30 am) - Summer Round-Up Sunday and Cook Out with world champion calf roper George "Marty" Brock III, at the Baptist church, free, 373-2420
- 27-July 1** (6:00-8:30 pm) - Vacation Bible School: "Saddle Ridge Ranch" at Baptist church, meal served at 5:30 Mon--Thu, free, 373-2420
- 27** (6:00 pm) - Mitch Houston Band at the Nazarene church, free, 373-2308