



Piedmont Parks & Recreation News

piedmontparksandrec.com

September 2010

Commemorative Bricks

The Piedmont Historical Society is taking orders for engraved brick pavers that will be used to replace the sidewalk in front of the Historical Society Museum.

If you need some ideas about what to put on your brick, take a look at some of the bricks in front of Piedmont Cuisine.

Order Form

Three lines, maximum 13 characters each. Included in the 13 spaces are blank spaces, commas, etc. A separate sheet is needed for each brick ordered.

Please Print Clearly

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Order Placed By:

Name: _____

Address: _____

City: _____

Phone Number: _____

Signature of person placing order: _____

COST: \$25.00 each. Please submit payment with order.

(There are a limited number of pavers available that have six lines instead of three. They are 8" x 8" and sell for \$75.00. Contact Evelyn Munsell for more information.)

MAIL TO: Piedmont Historical Society
P.O. Box 233
Piedmont OK 73078

Questions? Contact Evelyn Munsell at 373-2905.

September is National Preparedness Month

Disaster Preparedness Training Online



FEMA (Federal Emergency Management Agency) offers classes online to improve public awareness and promote disaster preparedness nationally through the Independent Study Program. Most of the course materials are available for download and free of charge on the internet. Go to training.fema.gov, click on 'FEMA Independent Study' in the top bar, click on 'ISP Course List' toward the upper right of the page, choose a course that interests you and click on it.

There is a final exam for each course that you take online. You'll receive a response by email within approximately one day. If you score 75% or higher, your email will contain a link to access and print your certificate of completion.

You can earn CEUs for each course, and it's even possible to earn college credit for the completion of Independent Study courses. Active duty members of some branches of the military may be eligible to apply the completion of ISP courses toward promotion and retention programs.

Some courses that might be of particular interest to the general public include "A Citizen's Guide to Disaster Assistance," "An Introduction to Hazardous Materials," "Animals in Disaster: Awareness and Preparedness," and "Are You Ready? An In-Depth Guide to Citizen Preparedness."

No Electricity and No Water? So . . . What's for Dinner?

Even small disasters seem big when you're hungry. Keep these ingredients on hand and you'll be able to eat even if the electricity is off. Each recipe serves six, requires no refrigerated ingredients, no cooking, and no water.

Chicken, Corn and Bean Salad

- 1 (16 oz) can corn
- 1 (16 oz) can black beans
- 2 (2 oz) pouches chicken, drained
- 1 (14 oz) can diced tomatoes

Mix in a large bowl.

Tuna Sandwich

- 1 box rye crisp bread
- 2 cans tuna
- 1 small jar pimiento olives, chopped
- 6 mayonnaise packets

Combine tuna, mayonnaise, and olives. Spread tuna mixture on crisp bread.

Fruit Salad

- 1 can (8 oz) can fruit cocktail
- 1 can (15 oz) sliced peaches
- 1 can (15 oz) sliced pears
- 1 bag trail mix

Drain all canned fruits. Combine all ingredients in a large container and mix well. Top with trail mix.

Veggie Salad

- 1 can (14 oz) diced potatoes
- 1 jar (16 oz) three bean salad

Drain all ingredients. Combine in a large bowl and mix well.

Pudding

- 1 24-oz package chocolate or vanilla pudding cups (4 oz each, 6 per pack)
- 1 box animal crackers or graham crackers

Crumble animal crackers over pudding.

Emergency Preparedness Word Scramble for Kids

1. BSTAKLEN _____
2. ODOF _____
3. AEWRT _____
4. TRSTBAEEI _____
5. LHASGLFTHI _____
6. OEYNM _____
7. IMCNDEIE _____
8. ESHCTMA _____
9. RNEAPENOC (2 words) _____
10. FTIARITDIKS (3 words) _____
11. GMSAE _____
12. MCS SOAP _____
13. APM _____
14. IAODR _____
15. HTLISEW _____
16. STEOCLH _____
17. OOPTDFE (2 words) _____
18. SHOSE _____
19. KCJATE _____

blankets, food, water, batteries, flashlight, money, medicine, matches, can opener, first aid kit, games, compass, map, radio, whistle, clothes, pet food, shoes, jacket



RE M I N D M E

At www.cars.ok.gov you can sign up to be receive an email when it's time to renew your tag.

You may even renew your tag online if you meet certain qualifications.

FAST FACT:

Workplace physical activity programs can reduce short-term sick leave up to 32 %, reduce health care costs up to 55 %, and increase productivity up to 52 %.



Certified Healthy!

The Certified Healthy Business Program is a project of the Oklahoma Academy for State goals, the Oklahoma Turning Point Council, the State Chamber of Oklahoma and the Oklahoma State Department of Health. The initiative recognizes profit and non-profit businesses that are working to improve Oklahoma's health status by providing health and wellness opportunities for their employees.

Some of the options on the checklist include offering health screenings at the workplace, posting information on health, promoting the Oklahoma Tobacco Helpline (800-QUIT-NOW), and encouraging employees to bring healthy snacks.

The application is due November 1, 2010, and can be completed online at www.okturningpoint.org. Encourage your workplace to apply and reap the benefits!

September Community Calendar

- 1-3, 6-11** (M-F 9-4, Sat 10-12) - Angel Food orders can be placed in person at the Baptist Church (bring a large box), and picked up on Sat. Sept 18 (8:30-10:00 am), cash, money order, or food stamps, no checks, 373-2420
- 1** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 1, 8, 15, 22** (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905
- 2** (2:00 pm) - TRIAD meeting for anyone interested in preventing the criminal victimization of seniors, presenter will be new editor of *Piedmont-Surrey Gazette*, at the police station, free, 373-1334
- 2** (6:30 pm) - Coupon Swap at the library, free, 373-9018
- 2, 9** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, www.zumbawithkrista.com, 650-0229
- 4** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905
- 4, 11, 18, 25** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 7** (9:00-2:30 pm) - Children's Day Out begins at Methodist church, Tuesdays and Thursdays, \$115 per month, 373-2298
- 7, 14, 21, 28** (10:00 am) - Preschool Story Time at the Library, free, 373-9018
- 8, 15, 22, 29** (10:00 am - noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 9** (6:00-8:00 pm) - Piedmont Parent Network at the Methodist church, presentation by Oklahoma Family Network on creating care notebooks, free, 514-9248
- 9** (6:30 pm) - Welcome to School Party for Pre-K and Kindergarten kids, at the library, free, 373-9018
- 10** (6:30 pm) - Piedmont Alumni Banquet at Hometown Buffet in OKC, \$11.14 at the door, 495-2862
- 11** (10:00 parade & vendors, 11:00 activities) - Founders Day - arts & crafts, talent show, pie shop, quilt raffle, inflatables, and more, 373-0072
- 11** (4:00-7:00 pm) - popcorn orders by Cub Scout Pack 374 going door-to-door, orders can be placed by phone through October by calling 283-0035
- 14** (5:00 pm - close) - Touchdown Tuesday at Chicken & Chops, a portion of the sales will go to support Piedmont football, 201-2600
- 14** (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
- 16** (6:30 pm) - Ladies Night at library, crafts and conversation, free, 373-9018
- 18** (5:30 dinner, 6:30 show) - He Haw at Express Ranch in Yukon, \$10 dinner tickets (Eischen's chicken) available at Piedmont Tag Agency or Service Center (no tickets sold at the gate), show is free, bleacher seating, 373-4022
- 19 - 22** (10:45 am & 6:00 pm Sun, 7:00 pm Mon - Wed) - Fall Revival with Rev Dan Bohi at Nazarene church, free, 373-2308
- 21** (6:30-8:00 pm) - Windmill Poets at the library, for anyone who likes to read or write poetry, free, 728-7310
- 26** (6:00 pm, exhibitions at 5:00 pm) - Play Day at Round Up Club Arena, cost \$5.00-\$15.00, hamburger and hotdog fundraiser, 627-7437
- 26** (4:00 pm - close) - Piedmont football fundraiser at Rib Crib, 4801 NW Expressway, a portion of the sales will be donated, 201-2600