



# Piedmont Parks & Recreation News

[piedmontparksandrec.com](http://piedmontparksandrec.com)

December 2011

## Lights On, Piedmont!

On Monday, December 12th through Wednesday, December 14th, between 6:00 pm and 9:00 pm, judges from the Piedmont Chamber of Commerce will be driving throughout Piedmont looking for the winners of this year's annual Christmas decorating contest.

This year there will be two categories - residential and business. For your home or office to be considered in the contest, have your Christmas lights on from 6:00 to 9:00 pm on the evenings of December 12, 13 and 14.

For more information, call Lisa at the Chamber office at 373-2234.



## Piedmont Chamber of Commerce

The Piedmont Chamber of Commerce will hold its monthly luncheon on Thursday, December 8 from noon until 1:00 pm. The presenters will be Dee Blose from Youth and Family Services of Canadian County, and Regina Mayabb from the Piedmont Service Center, and they will be speaking about service to the community. People attending the luncheon are encouraged to bring donations. Youth and Family Services needs non-perishable foods that are easy to open and do not require heating. The Service Center needs warm hats, gloves, and bedding.

The Chamber monthly luncheons are held every month except January from noon to 1:00 pm at the civic center, 314 Edmond Rd NW. The luncheons normally meet on the first Thursday of the month, although this month's meeting is on the second Thursday. An optional lunch is available each month for \$8.00.

Although the Chamber of Commerce provides many services to local business members, the monthly Chamber luncheons are provided for the public. The luncheon meeting is free and you do not have to be a Chamber member to attend.

For more information, call Lisa Gigstad at the Chamber office at 373-2234, or visit the website at [www.piedmontokchamber.org](http://www.piedmontokchamber.org).

## Prepare Your Car for Winter Weather Driving

Check the following:

- Antifreeze levels
- Battery and ignition system (make sure battery terminals are clean)
- Brakes (check wear and fluid levels)
- Exhaust system
- Fuel and air filters (keep the gas tank near full to help avoid ice in the tank and fuel lines)
- Heater and defroster
- Lights and flashing hazard lights
- Oil level and weight (heavier oils do not lubricate as well at low temperatures)
- Thermostat
- Windshield wiper blades and fluid (use a wintertime mixture)
- Tire tread and air pressure

## Winter Survival Kit for the Car

Equip your car with these items:

- Blankets
- First aid kit with pocket knife
- A can and waterproof matches to melt snow for water
- Snack food
- Windshield scraper and small broom
- Booster cables
- Road maps
- Compass
- Tool kit
- Paper towels
- Bag of sand, salt, or cat litter to pour on ice or snow for added traction
- Tow chain or rope
- Shovel
- Container of water, high-calorie canned or dried foods, and a can opener
- Necessary medications
- Extra hats, socks, mittens and jacket
- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Canned compressed air with sealant for emergency tire repair

- Brightly colored cloth or fluorescent distress flag
- Emergency flares

In addition to the above items, make sure your cell phone is charged and you have it with you whenever you get in your car.

from FEMA and from the Centers for Disease Control and Prevention



## Christmas Crafts

The library is offering a fresh wreath-making class on December 1 at 6:30 pm. The class is a fundraiser for the library. Registration is required and the cost is \$10. 373-9018



The library has three craft classes for all ages: cookie decorating on Dec. 3, an ornament craft on Dec. 10, and Christmas cards on Dec. 17. All three classes are come and go from 10:00-1:00 pm, and are free. 373-9018



Parks and recreation is sponsoring a Stampin' Up stamp camp at the civic center on December 9 from 6-11:00 pm. The cost is \$5 and you will need to bring your own supplies. Reservations are requested. 535-8849



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Piedmont Parks and Rec

## Where in the World are You?

The world's population is increasing by more than 200,000 people a day. The world's 7 billionth person was born on October 31st. To find out where you fit in, go to the following website and enter your birthday:

[http://populationaction.org/Articles/Whats\\_Your\\_Number/Summary.php](http://populationaction.org/Articles/Whats_Your_Number/Summary.php)

## Outdoor Exercise in Winter

One way to get some healthy exercise, work off the holiday weight gain, and prevent the winter blues is to continue to walk or exercise outdoors even in the winter.



Most people can safely exercise outside even when the weather turns cold. However, if you have asthma, heart problems, diabetes, lupus or other health conditions, check with your doctor first.

Here are some tips to keep in mind:

Make it easier to get up and face the cold - Take a warm shower. Loosen up by doing some warm-up exercises in the house like jogging or going up and down the stairs. Work out the stiffness without working up a sweat. Put your clothes in the dryer so they're warm when you put them on.

Check weather conditions - Know the actual temperature and the wind chill so you can dress appropriately. Wear a waterproof outer layer if it's supposed to rain. Know which way the wind is blowing so you can exercise into the wind when you have the most energy, and return home with the wind at your back when you're tired. Also, you'll be less likely to get chilled after working up a sweat if the wind is at your back.

Dress in layers - The layer next to your skin should be a material that allows sweat to move away from your body such as silk, wool or synthetic materials. Cotton holds sweat so should not be worn next to your body. The middle layer can be insulating material such as fleece or wool. Keep your legs warm with long underwear or leggings. Layers of clothing trap warm air around your body. Dressing in layers allows you to unzip or remove a layer when the intensity of the exercise makes you too warm, and to zip it up or put it back on when you get chilled. One of the biggest mistakes you can make is to dress too warmly which results in excessive sweating and then chills.

Protect your hands, feet and ears - When you're cold, your body diverts blood to your body's core, leaving your hands, feet and ears more sensitive to the cold and more susceptible to frostbite. Make sure all three are well protected from the cold.

Protect your eyes, lips and skin - You can get sunburned in the winter just as in the summer. Protect your lips and exposed skin with sunscreen, and protect your eyes with sunglasses.

Drink plenty of fluids - It's just as important to stay well-hydrated in winter as it is in summer.

Be safe - Water or ice on the ground is one of the biggest hazards of walking or exercising outside in winter, so wear shoes with good traction. Wear reflective clothing if it's dark outside. Tell someone where you're going, and take a charged cell phone with you. Stick close to home until you have figured out what clothing works best for keeping you warm. Watch for signs of frostbite and hypothermia.

Remove clothing gradually - Post exercise hypothermia is possible when your body rapidly loses its heat stores, so give your body some time to adjust by gradually removing the layers of clothing.

Can't make yourself get outside in the winter to exercise? Consider renting an exercise video, signing up for an exercise class, joining a gym, walking at the mall, or creating a home gym with items such as an exercise ball, a set of dumbbells, and a jump rope.



Exercising through the winter will help you keep fit, healthy and in shape for spring.

**FAST  
FACT**

Older adults who exercise three or more times a week (just 15 minutes of exercise like walking or swimming) have a 30 percent to 40 percent lower risk of developing dementia than their more sedentary counterparts.

# December Community Calendar

- 1, 8, 15, 29** (3:30-5:00 pm) - Wii, Craft & Snack for grade 5 & up, free, at the library, 373-9018
- 1** (6:30 pm) - Make a Wreath using fresh pine boughs, berries, ribbon, etc, all supplies provided, at the library, \$10, registration required, 373-9018
- 1** (7:00 pm) - Mayor's Tree Lighting Ceremony at city hall, free, 373-2621
- 1, 8, 15, 22, 29** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 2, 9, 16, 30** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 3** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, Boy Scout Troop 734 will be there to help, 373-2905
- 3** (9:00-noon) - Picture with Santa at F&M Bank, punch and cookies, free, 373-1600
- 3, 10, 17** (10:00-1:00 pm) - Christmas crafts at the library (3rd: cookie decorating; 10th: ornament craft; 17th: Christmas card), all ages, come and go, free, 373-9018
- 3, 10, 17** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 3** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 4** (6:00 pm) - The Christmas Light Concert with Blake Bolerjack, at the Nazarene church, 373-2308
- 6, 13** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 7** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 7, 14, 21, 28** (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905
- 8** (noon) - Chamber of Commerce luncheon at city hall, speakers are Dee Blose from Youth & Family Services and Regina Mayabb from the Piedmont Service Center, free, optional lunch \$8, 373-2234
- 9** (6:00-11:00 pm) - Stampin'Up Stamp Camp at the civic center, \$5, bring your own supplies, RSVP 535-8849
- 10, 11** (Sat 7:00 pm; Sun 10:30 am) - Adult Choir Concert at the Baptist church, 373-2420
- 11** (9:45 am) - "The Great Christmas Giveaway" Children's Pageant at the Methodist church, 373-2298
- 14, 21, 28** (10:00 am - noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 15** (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 17** (10:00 am-noon) - Family Ice Skating at Express Ice in Edmond, \$2.50 per skater, sponsored by Baptist church, 373-2420
- 18** (8:30 & 11:00 am) - "Night of the Father's Love" Christmas Cantata, at the Methodist church, 373-2298
- 18** (6:30 pm) - Children's Choir Musical at the Baptist church, 373-2420
- 24** (5:30 pm) - Carols and Candles: Christmas Eve Worship at the Nazarene church, 373-2308
- 24** (7:00 & 11:00 pm) - Candlelight Christmas Eve Services, at the Methodist church, 373-2298

An expanded version of the calendar is online at  
[PiedmontParksAndRec.com](http://PiedmontParksAndRec.com)