



# Piedmont Parks & Recreation News

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

June 2010



## Bicycling is Fun . . . And Healthy Too!

Meghan Holland, a Piedmont fifth grader, was one of ten students from across the state recognized at the Capitol on May 16th for her entry in the "Bicycling is Fun . . . And Healthy Too!" poster contest.

The national contest was coordinated on the state level by the Oklahoma Safe Routes to School Network, a group that provides support to communities that have received a federal Safe Routes to School (SRTS) grant. SRTS grants provide funding for projects that encourage and enable children in kindergarten through eighth grade to safely walk and bicycle to school.

Piedmont has received two SRTS grants to build sidewalks. Construction will begin this summer on a sidewalk from the library, along Taylor NW, to the middle school. The grant will also fund activities such as the weekly family bike ride in June. (see below)

## Sunday Ride To Somewhere

**It's a casual bike ride for all ages.**

**Meet in the library parking lot.**

**Free refreshments  
and door prizes!**

For more information call 202-3984

Sponsored by:  
Safe Routes to School Grant



### **Do wear:**

A bike helmet  
Comfortable clothes

### **Not required:**

A high-dollar bike  
Fancy bike shorts

**Sunday afternoons in June  
2:00 - 3:00 pm**


# Friday Nights in June

 June 3 ~ 6:30 pm  
Piedmont Civic Center

**Giant Game Night:** giant checkers, giant tic-tac-toe, giant pickup sticks, giant Mancala and more!

**Insta-Play:** an interactive play created on the spot by the actors and the audience. Bring your lawn chair for comfortable seating.

**Food** will be available for purchase.

 June 10 ~ 6:30 pm  
Piedmont Civic Center

**The Oklahoma Kid:** bring your lawn chair and listen to wild west stories about western figures like Geronimo, Annie Oakley, and Pawnee Bill told by this world famous 4th generation performer. OK Kid is also an extraordinary trick roper with ties to Will Rogers and was professionally trained at the 101 Ranch. He will share roping lessons and let people of all ages try their hand with the ropes.

**Food** will be available for purchase.

 June 17 ~ 6:30 pm  
Historical Society Museum

**Walk & Roll Historical Tour:** bring your walking shoes or your bike, strollers and wagons, and spend the evening seeing 38 places of interest in Piedmont's history.

**History Museum** will be open and free

**Food** will be available for purchase.

 June 24 ~ 6:30 pm  
Piedmont Civic Center

**Pet Costume Contest:** bring your dressed up pet. Awards will be given for categories that include best look-alike owner and pet, and best pet costume with a summer theme. No pet? Bring your lawn chair and watch the fun!

**Food** will be available for purchase.



More info online at  
[PiedmontParksAndRec.com](http://PiedmontParksAndRec.com)  
Or call 202-3984

## Build Your Child's Self-Esteem in Thirty Summer Days

Write these family ideas on 30 slips of paper. Put the slips in a jar and draw one out every other day or so. Enjoy fun family activities!

- Hug and tell your child "I love you" every day.
- Plan and prepare a meal with your child, and eat the meal together.
- Have a family movie and popcorn night.
- Visit the library and help your child sign up for a library card. Check out books to read together.
- Take a walk with your child and learn about your neighborhood. Find your street on a city map.
- Frame and display a family photo in each child's bedroom.
- Show interest in what your child has learned this summer. Tell them about what you have learned.
- Make cards or write a letter together to send to a relative.
- Focus on success! List five of your child's successes this summer. Post the list!
- Plan a no TV day in which you focus on family home activities. Play a variety of games. Read books together. Look at family photos.
- Have a treasure hunt indoors or in the yard.
- Create a family bird feeder by using an old milk jug. Fill with seed and hang near a window.
- Begin a scrapbook for each child with their help.
- Have each family member share what they learned today.
- Talk to your child about his or her cultural heritage. Begin drawing a family tree.
- Make a list of all the reasons your child is special and post it.
- Hang up your child's artwork at home or at your place of work.
- Make, bake and decorate cookies together. Share some with a neighbor.
- Help your children sort through toys and books they've outgrown. Decide if there is anything to donate.
- Teach your child safety rules: fire drill, safety and emergency numbers.
- Designate a special time or day to spend just with your child.
- Tell your child you are proud of him/her. Think of different ways to praise your child each day.
- Start a collection with your child such as rocks or stamps.
- Plan to attend a local sports game together. Enjoy!
- Teach your child a skill such as sewing on a button or using a hammer and saw.
- Plan a picnic. Everyone in the family helps.
- Slip a note of encouragement in your child's pocket or under his/her pillow.
- Decorate a shoebox with your child to store her summer treasures and keepsakes.
- Take a family walk and look for changes in your neighborhood.
- Talk with your family about the wonderful times you had with each other during the summer.

# June Community Calendar

- 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, 29 (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 2 (noon) - Chamber of Commerce meeting at city hall, speaker is Valerie Thomerson, Mayor, optional lunch \$8, 373-2234
- 2 (2:00 pm) - Triad meeting at the police department, speaker is Sheryl Presley from the OKC Triad group, free, 373-1334
- 3 (6:30 pm) - **Friday Nights in June** - giant outdoor games for all ages, and an interactive play created on the spot by the actors and the audience, bring your lawn chair, at city hall, free, food available for purchase, sponsored by Parks & Rec, 202-3984, more info online at PiedmontParksAndRec.com
- 4 (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, Boy Scout Troop 374 will be there to help, 373-2905
- 4 (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 5, 12, 19, 26 (2:00-3:00 pm) - **Sunday Ride to Somewhere**, casual bicycle ride for all ages, leaves from the library, snacks and door prizes, free, sponsored by Parks & Rec, 202-3984
- 5 (4:00 pm, exhibitions at 3:00 pm) - Play Day at Round-Up Club Arena , \$5 office charge, \$2 per class, \$4 exhibition charge, 615-7575
- 6-10, 13-17, 20 (9:00-4:00 pm) - Angel Food orders at the Baptist church, pick-up day is Saturday, June 25 from 8:30-10 am, 373-2420
- 7, 14, 21, 28 (10:00-6:00 pm) - Summer Reading at the Library, (N American Crafts on 7th; African Andrinka Symbols on 14th; Antarctic Snow Scenes on 21st; Paper Molas on 28th), come & go, all ages, free, 373-9018
- 8, 15, 22, 29 (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 9, 16, 23, 30 (4:00-6:00 pm) - Teen Summer at the Library, (Print Making on 9th; Batik T-shirts on 16th; Torn Paper Self Portraits on 23rd; Straw Appliqué Crosses on 30th), 5th grade & up, free, 373-9018
- 10 (9:00-3:00 pm) - Kids Co Fairy Tale Theatre for K-2nd grade, \$30, registration required, at the Library, 373-9018
- 10 (6:00-11:00 pm) - Stamp Camp at the civic center, \$5, please bring supplies, RSVP 535-8849
- 10 (6:30 pm) - **Friday Nights in June** - The Oklahoma Kid will perform, tell wild west stories, and teach rope tricks, for all ages, bring your lawn chair, at city hall, free, food available for purchase, sponsored by Parks & Rec, 202-3984, more info online at PiedmontParksAndRec.com
- 10 (6:30-9:00 pm) - Ladies Night, Summer Gardens, at the Library, free, 373-9018
- 12-16 (6:00-8:30 pm, dinner at 5:30 Mon-Thur) - Vacation Bible School at Baptist church, free, 373-2420
- 14 (6:30 pm) - Canadian County Tuff Riders 4-H equine meeting for 9-18 year olds, at the library, free, 820-6728
- 14 (7:00 pm) - Sit. Stay. Read. (kids read to dogs) at the library, all ages, free, 373-9018
- 16 (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 17 (6:30 pm) - **Friday Nights in June** - walk & roll historic tour of Piedmont begins at historical museum, for all ages, bring your walking shoes, bikes, strollers and wagons, free, food available for purchase, sponsored by Parks & Rec, 202-3984, more info online at PiedmontParksAndRec.com
- 24 (6:30 pm) - **Friday Nights in June** - pet costume contest, for all ages, bring your lawn chair, at city hall, free, food available for purchase, sponsored by Parks & Rec, 202-3984, more info online at PiedmontParksAndRec.com
- 26 (4:00 pm, exhibitions at 3:00 pm) - Play Day at Round-Up Club Arena , \$5 office charge, \$2 per class, \$4 exhibition charge, 615-7575