



Piedmont Parks & Recreation News

piedmontparksandrec.com

April 2013

WOW! (Walking On Wednesdays)

Walking on Wednesdays, sponsored by the Piedmont Public Library and Piedmont Parks and Recreation, will begin on Wednesday, April 3rd, and continue every Wednesday through May 15.

Parks & Rec volunteers will meet students after school at Piedmont Elementary and walk with them on the sidewalk to the Piedmont Public Library at 1129 Stout NW.

Once at the library, students can participate in crafts, games and other activities, read, use library resources, or work on homework. Parents can pick up their child any time before 5:00 p.m.

The walk will take place every Wednesday, rain or shine, except in cases of severe weather or an electrical storm. Parents are welcome to walk with their child.

Space is limited so pre-registration online at <http://piedmontparksandrec.com/wow.html> is required. The registration form needs to be submitted only once, but on the Wednesdays that your child walks, you must send a note to your child's teacher stating that your child will be walking to the library rather than going home the way they usually do.

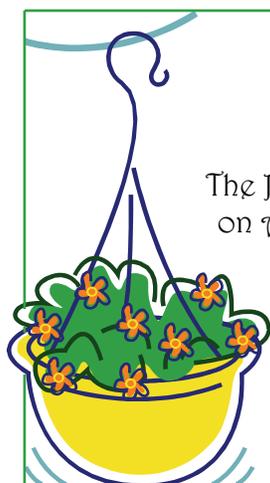
For more information, contact:

Lyn Land, Parks & Rec Coordinator (202-3984, LynLand73078@aol.com)

Rhonda Turley, Librarian (373-9018, info@piedmontlibrary.org).



FAST	The annual healthcare costs of obesity in this country are \$147 billion a year.
FACT	This could rise to as much as \$344 billion by 2018, according to one major study.



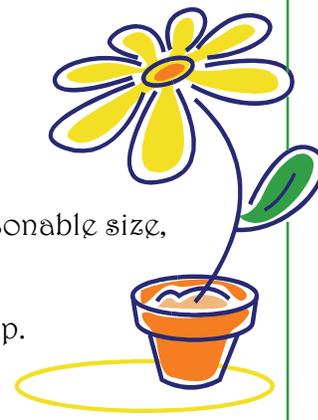
Plant Swap

The Piedmont Public Library is hosting a plant swap on April 27 at 2:00 pm.

To participate in the swap, bring a plant of reasonable size, or viable seeds.

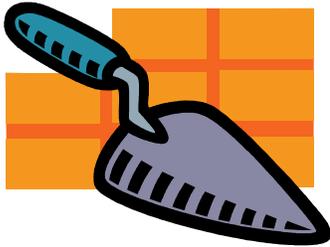
There is no cost to participate in the plant swap.

For more information, call 373-9018.



A Second Chance

If you realized too late that you missed the opportunity to purchase an engraved brick for the museum sidewalk the first time around, you now have another chance. The Piedmont Historical Society Museum is taking orders for bricks to be installed in a new sidewalk which will run along the east side of the museum.



A brick order form can be downloaded from the Historical Society's website at www.piedmonthistoricalsociety.org/Newsletters-Forms.html, or picked up at the museum on Saturdays between 10:00 am and 2:00 pm. Bricks cost just \$50 each and can have with up to three lines of information with 13 characters on each line. For more information contact Evelyn at 373-2905 or Darlene at 373-1580.

Partners in Policymaking

Partners in Policymaking is a nationwide advocacy training program for adults with disabilities, family members of a person with a disability, professionals, and caring Oklahomans interested in working toward a more inclusive world for people with developmental disabilities.

The Oklahoma Developmental Disabilities Council is accepting applications for the training which will meet one weekend a month from September through May (except December). Some of the topics covered include inclusive education, community living and employment, person-centered planning, natural family supports, guardianship and other legal issues, advocacy strategies, and state and federal services including Social Security, TEFRA, and others. Not only is the training free, but other expenses such as meals and travel (and hotel room and child care, if necessary) will be covered.

Applications are due by May 20th. More information is available online at www.okddc.ok.gov, or by calling 521-4967.

One person can make a difference, and everyone should try.

~ John F. Kennedy

Did You Know?

Essential oils are natural compounds found in roots, barks, seeds, stems and flowers of plants. They have been used throughout centuries for medicinal purposes. Scientific research into essential oils and a rise in the demand for holistic healing has led to a rising discovery of the benefits of essential oils.

In addition to the use of oils for health purposes, various essential oils can be used as natural cleansers and as an aromatic that can enhance or calm your mood.



If you have ever purchased essential oils, there is a good chance you have not actually used them to their full benefit. Janine Thompson is teaching a series of classes for Parks & Recreation which are designed to help you discover the power of essential oils and all that these oils have to offer you. The classes are free and will meet at the Piedmont library at 6:30 pm on April 16 ("Introduction to Essential Oils"), April 23 ("Medicine Cabinet Make-over"), and April 30 ("Citrus Power").

If you have information on a specific topic that you'd be willing to share with others, let us know. A parks & recreation survey done a few years ago showed that many residents are interested in taking more adult education classes.

Preparing Your Pets for Emergencies

With the season of severe storms approaching, now is the time to make emergency plans not only for yourself and your family, but also for your pets.

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.



If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that animals might not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.



Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, or maybe longer.

- Food - Keep at least three days of food in an airtight, waterproof container.
- Water - Store at least three days of water specifically for your pets in addition to water you need for yourself and your family. 
- Medicines and medical records - Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container. 
- First aid kit - Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.
- Collar with ID tag, harness or leash - Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar, and ID tag in your pet's emergency supply kit. In addition, place copies of your pet's registration information, adoption papers, medical records and vaccination documents in a clean plastic bag or waterproof container and add them to your kit. You should also consider talking with your veterinarian about permanent identification such as micro-chipping, and enrolling your pet in a recovery database.
- Crate or other pet carrier - If you need to evacuate in an emergency, take your pets and animals with you, provided that it is practical to do so. In many cases, your ability to do so will be aided by having a sturdy, safe, comfortable crate or carrier ready for transporting your pet. The carrier should be large enough for your pet to stand, turn around, and lie down. 
- Sanitation - Include pet litter and a litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches, or those with added cleaners.
- A picture of you and your pet together - If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.
- Familiar items - Put favorite toys, treats, or bedding in your kit. Familiar items can help reduce stress for your pet.



April Community Calendar

- 1, 8, 15, 22, 29** (10:00 am) - Imagination Station, pre-theatre class for ages 2 and up, at the library, free, 563-5437
- 2, 9, 16, 23, 30** (10:00 am) - Preschool Story Time at the Library, for ages 2 and up, free, 373-9018
- 3** (10:00 am) - Preschool Music and Movement at the Library, children ages 2-5, free, 373-9018
- 3, 10, 17, 24** (noon) - Senior Adults lunch and fellowship at Methodist church, \$3, for reservations call 373-2905
- 3, 10, 17, 24** (3:30-5:00 pm) - Walking On Wednesdays for Piedmont Elementary K-4th grade, free, pre-registration required online at <http://piedmontparksandrec.com/wow.html>, 202-3984
- 4, 11, 18, 25** (10:30 am) - Tutu Cute! at the library, pre-ballet for ages 2 and up, free, 373-9018
- 4** (noon) - Chamber of Commerce luncheon at city hall, speaker is Mark Woodward from OK Bureau of Narcotics and Dangerous Drugs on drug threats in the home, free, optional lunch is \$8, 373-2234
- 4, 11, 18, 25** (6:00 pm) - Acoustic April open mike / acoustic jam at city hall gazebo, all ages and skill levels welcome, free, 406-1984
- 4, 11, 18, 25** (7:30-8:30 pm) - Zumba class at Simpson Hall, beginners welcome, \$3, 650-0229
- 5, 12, 19, 26** (10:00 am) - Mother Goose on the Loose for ages up to 3 years, at the library, free, 373-9018
- 5, 27** (6:00-9:00 pm) - Stampin' Up card class at city hall, \$9, bring your own supplies, RSVP 535-8849
- 6** (9:00-11:00 am) - Piedmont Recycling & Spring Clean-up at the former co-op, 373-2905
- 6, 13, 20, 27** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 6** (1:00 pm) - Piedmont Area Rocketry Club for all ages, at city hall, free, 720-1805
- 9** (6:30 pm) - CC Tuff Riders 4-H equine program for 9-18 year olds, at the library, no horse required, free, 620-4824
- 10, 17, 24** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 11** (7:00 am) - Legislative Breakfast at city hall, state and federal legislators or their representatives will provide updates on this legislative session, free, 373-2234
- 11** (6:00 pm) - Ladies Night at the library, activity is Stamping with Lisa, for adults, free, 373-9018
- 13** (6:00-9:30 pm) - Parent's Night Out for kids 12 & under, at the Nazarene church, free, pre-registration is required, 627-7879
- 16, 23, 30** (6:30 pm) - Introduction to Essential Oils (4/16), Medicine Cabinet Makeover (4/23), Cleaning Power of Citrus Oils (4/30) at the library, free, 397-9211
- 18** (6:30 pm) - No Experience Necessary adult writing class, at the library, free, 373-3788
- 20** (9:00 am - noon) - Piedmont Service Center Food Pantry will be open the 3rd Saturday of each month for working families, 373-3788
- 21, 28** (3:00 pm, 1:45 pm exhibitions) - Playday at Round-Up Club Arena, fees vary by event, free to watch, 445-9245
- 22** (11:00-7:00 pm) - Earth Day Celebration, recycled games and story time at Cup O' Cake, free, 373-2876
- 22** (6:30 pm) - Acting Class for adults and teens 16 & older, at the library, learn basic acting techniques, free, 406-1984
- 25** (6:00 pm) - The Dog Who Saved the Land Run presented by Iggy & Squiggy, for young children, at the library, free, 563-5437
- 27** (2:00 pm) - Plant Swap at the library, bring a plant of reasonable size or viable seeds, free, 406-1984

An expanded version of the calendar is online at PiedmontParksAndRec.com
A Piedmont map of community events is online at PiedmontParksAndRec.com/map.pdf

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