



Piedmont Parks & Recreation News

piedmontparksandrec.com

August 2013

Neighborhood Associations

If your neighborhood association needs help generating interest and participation in meetings, here are some ideas from the Neighborhood Alliance of Central Oklahoma:

- Have a trivia contest with questions about your neighborhood's history.
- Have a meeting in a neighbor's yard and invite a landscape designer to give some ideas.
- Have a "potluck progressive meeting:" start a meeting in one home for a meal and move to another for a dessert.
- Have a dessert contest and invite your council person or other community leader to be the judge.

For more information about the Neighborhood Alliance and the services they provide to neighborhood associations in central Oklahoma, many of them for free, go to their website at www.nacok.org.

You can download the Neighborhood Alliance's 2013 resource guide online at: www.nacok.org/Downloads/NANewsletters/2013_Resource_Issue_online.pdf



School Starts Thursday, August 15

Watch for kids walking and biking, buses loading and unloading, and school zones.

Like us on Facebook!

Piedmont Parks and Rec

FREE Computer Classes

The Intergenerational Computer Center (ICC) at Oklahoma City University, 2501 N. Blackwelder, provides computer access and free training for all ages, from preschool through seniors.

There are three classrooms with 69 seats, desktop and laptop computers, and both Windows and Mac. The computers are available to anyone for personal use as well as to participate in trainings. Classes include computer basics, using the Internet, introduction to MS Office Programs, web design, and more.

For more information, including class schedules, contact the ICC at 208-6230 or icc@okcu.edu, or visit the website at www.okcu.edu/icc.



National Trail Mix Day - August 31

Trail mix is a popular food for hiking or camping, but it can also be used as a healthy snack. You can buy packages of trail mix at a store, or you can make your own using your favorite ingredients. It's also a great snack to prepare with help from kids of all ages.

Ingredients commonly used in trail mixes include:

- nuts - almonds, peanuts, walnuts, cashews, pecans
- seeds - sunflower, pumpkin
- dried fruits - apricot, banana, mango, cherries, cranberries, raisins, prunes, dates
- dry cereal, rolled outs, granola, pretzels
- flaked coconut
- sweets - chocolate chips, carob chips, M&Ms

Many trail mixes are simply a mixture of dry ingredients, but these are some optional seasonings or sweeteners you might want to experiment with: honey, maple syrup, salt, cocoa, cinnamon, cayenne pepper, garlic powder, chili powder

Keep in mind how much salt is being added to the mix and consider using unsalted nuts instead of salted ones. You might want to avoid ingredients that are sticky, greasy or chocolaty. Nuts, seeds, and coconut can be toasted before adding to the mix.

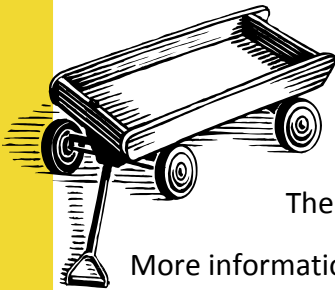
Store the trail mix in an air-tight container, or in individual serving-sized bags if you'll be taking it on a hike or campout.

For a short hike with small children, take the trail between the library and the middle school, or the walking track at city hall.

If you want a longer hike, go to one of Oklahoma's state parks. Find information on all of Oklahoma's state parks at www.travelok.com/maps/view.parks. Or take your trail mix and spend a day geocaching (see below).



Museum Summer Hours



To take advantage of cooler morning temperatures, the Piedmont Historical Museum has new summer hours. The museum will be open from 8:00 am until noon every Saturday through summer.

There is no admission fee.

More information is available online at www.piedmonthistoricalsociety.org, including the Historical Society's monthly newsletter.

International Geocaching Day - August 17

Geocaching is a free outdoor treasure hunt. Players try to locate hidden containers, called geocaches, using a smartphone or GPS. In addition to finding geocaches, you'll often find interesting and beautiful places you never knew existed. You can find your first geocache without leaving Piedmont. To learn more, go to www.geocaching.com



Create a Bird-friendly Habitat

Provide water year-round. A simple birdbath is a great start. Change water every 2-3 days in warm weather to prevent mosquito larvae from hatching, and use a heater in the winter. Place the water container about 10 feet from dense shrubs or other cover that predators might use.

Install native plants. Select a variety of native plants to offer year-round food in the form of seeds, berries, nuts, and nectar. Try to recreate the plant ecosystem native to your area. Evergreen trees and shrubs provide excellent cover through all seasons, if they are part of our local ecosystem. Go to <http://piedmontparksandrec.com/nativeplants.html> for a list of trees, shrubs, herbs, grasses, and cactus native to Oklahoma.

Remove invasive plants from your wildlife habitat. Many invasive plants out-compete the native species favored by birds, insects and other wildlife. For a list of invasive plants in Oklahoma, go to <http://piedmontparksandrec.com/invasiveplants.html>

Eliminate insecticides in your yard. Insects are the primary source of food for many bird species and are an important source of protein and fats for growing juvenile birds.

Keep standing dead trees. Standing dead trees (also known as 'snags') provide cavity-dwelling places for birds to raise young and a source of insects for food. Many species will also seek shelter from bad weather inside these hollowed out trees. Inspect your snags regularly to make sure they don't present any safety hazards.

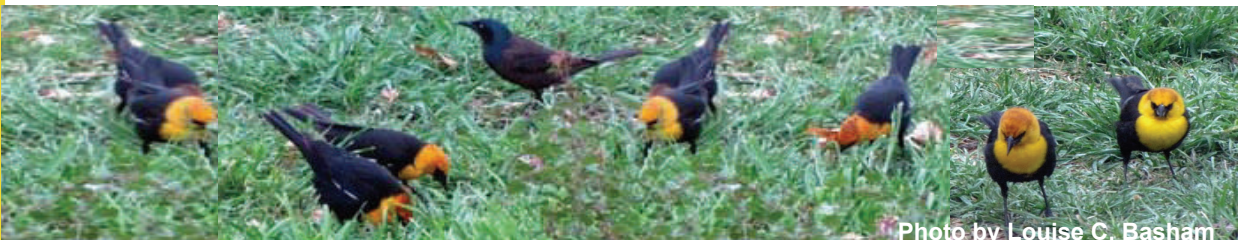
Put out nesting boxes. Make sure the boxes have ventilation holes near the top and drainage holes below. Do not use a box with a perch, as house sparrows are known to sit on a nesting box perch and peck at other birds inside the nesting box. Be sure to monitor the boxes for invasive animal species such as European starlings or house sparrows, which are known to harm or outcompete native species.

Build a brush pile in a corner of your yard. Start with larger logs and top with smaller branches. Some birds will hunt, roost or even nest in brush piles.

Offer food in feeders. Bird feeders are great sources of supplemental food during times of food scarcity, and also enhance bird viewing opportunities.

Reduce your lawn area. Lawns have little value to birds or other wildlife, and they require more energy for mowing, applying fertilizers and watering.

Observe and identify your bird visitors. Find tips about birding and how to identify the birds in your habitat at www.birds.cornell.edu/AllAboutBirds/birding123.



August Community Calendar

- 1** (noon) - Chamber of Commerce luncheon at city hall, art teacher Frances Williams and music teacher Marc Lau will speak on "Improving Community Through the Arts," free, optional lunch is \$8, 373-2234
- 2, 23** (6:00-9:00 pm) - Stampin' Up class at city hall, \$10, bring scissors, adhesive & supplies, RSVP 535-8849
- 3, 10, 17, 24, 31** (8:00-noon) - Historical Society Museum is open, new summer hours, free, 823-1345
- 3** (9:00-11:00 am) - Piedmont Recycling at the former co-op, accepted items include cardboard, glass, tin and aluminum cans, plastic numbers 1 and 2, junk metal, 373-2905
- 3** (1:00-3:00 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 593-9737 (the monthly launch is planned for the 17th - see parks & rec website for a link to more information)
- 6, 13, 20, 27** (10:00 am) - Preschool Story Time at the library for ages 2 and up, free, 373-9018
- 6, 13, 20, 27** (6:30 pm) - Family Movie Night for all ages, at the library, free, 373-9018
- 7** (10:00 am) - Preschool Music and Movement for ages 2 and up, at the library, free, 373-9018
- 7, 14, 21, 28** (noon) - Senior Adults lunch and fellowship at Methodist church, \$3, for reservations call 373-2905
- 8** (6:30 pm) - Evening Book Club for adults, at the library, book: *The Storyteller* by Jodi Picoult, free, 373-9018
- 9, 16, 23, 30** (10:00 am) - Mother Goose on the Loose at the library for ages birth to 3 yrs, free, 373-9018
- 10** (10:30-1:30 pm) - Kids Jam at Piedmont Elementary parking lot, for ages 5 to 12 yrs, pony rides, inflatables, food, sponsored by Freedom Church, free, 373-0817
- 14, 21, 28** (10:00-noon) - Library Quilters at the library, for anyone interested in quilting, free, 373-1662
- 15** (noon) - Brown Bag Book Club for adults, at the library, books: *Frindle* by Clements and *Nothing but the Truth* by Avi, free, 373-9018
- 17** (7:00 pm, 6:00 pm books open) - Oklahoma Arabian Horse Club All Breed Open Horse Show at Round-Up Club Arena, entry fees \$5 / class, \$10 / championship, free to watch, 826-4987
- 22** (6:30 pm) - Ladies' Night for adults, at the library, Mamma Mia Movie Sing-a-long!, free, 373-9018

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