



Piedmont Community News & Events



www.Piedmont-OK.com

November 2015

15th Annual Community-wide Chili Cook-Off

November 11, 5:30 to 7:30 pm

Piedmont United Methodist Church
2525 Piedmont Rd N

\$6 for adults to eat / \$3 for students

It's free to enter the competition, but call the church at 373-2298 and let them know if you plan to participate.



Deacon's Thanksgiving Dinner

The Deacons of the First Baptist Church of Piedmont are hosting a community dinner on November 18th at 5:30 pm. The dinner is free. Contact the church at 373-2420 for more information.

Holiday Baskets and Christmas Lists

Residents that need a food basket for the holidays must apply in person between 9:00 a.m. and 4:00 p.m. on Mondays, Tuesdays or Thursdays at the Piedmont Service Center, 415 Piedmont Rd N.

The application deadline is November 16th for a Thanksgiving basket and December 17th for a Christmas basket.

The deadline for kids to fill out a Christmas wish list is November 20th.

Applications can not be taken over the phone for baskets or Christmas lists.



Stampin' Up Christmas Card Class

Learn to make Christmas cards for the special people on your Christmas card list on November 20th from 6:00 to 9:00 p.m. at city hall. The cost is \$12. Please bring your own adhesive.

For more information or to RSVP, call Lisa at 535-8849.

Community Thanksgiving Service



The churches of Piedmont will hold a joint Thanksgiving service for the community on Sunday, November 22nd, at 6:00 p.m., at the Piedmont United Methodist Church, 2525 Piedmont Rd N. Refreshments will be served following the service. Call 373-2298 for more information.

What Can Happen at a Special City Meeting?

Just about anything that can happen at a regular city meeting, such as approval of increased trash or water rates, and public hearings on controversial issues, can happen at a special city meeting, but some people have missed these meetings because they did not know a special meeting had been called.

The agendas of upcoming regular city meetings are posted on the front door at city hall and also on the city's website (www.piedmont-ok.gov) 24 hours before the meeting. Notices of special meetings are posted 48 hours before the meeting.

If you want to be notified when a special meeting has been set so you can check the agenda for items of interest to you, send an email to Nancy at city hall at NancyA@piedmont-ok.gov and ask to be put on the email list to be notified by email when special meetings are scheduled for the council, planning commission, or parks and recreation board.

Generally, the regular meeting dates for the planning commission are set for the 1st Monday of the month, the parks and recreation board for the 3rd Monday of the month, and the city council for the 4th Monday of the month.



Piedmont Historical Society Museum

Open Saturdays from 10:00 a.m. to 2:00 p.m.

Admission is free.

Website: www.piedmonthistoricalsociety.org

National Love Your Lawyer Day

November 6, 2015

Some lawyers get late-evening phone calls, usually from someone who has been arrested. One night, however the caller was an agitated woman, and the lawyer could hear a man's voice hollering in the background.

"IF A MAN LEAVES HIS WIFE," the woman yelled over the phone and over her husband's voice, "DOES SHE OR DOESN'T SHE GET THE HOUSE AND THE FURNITURE?"

The lawyer replied, "I do not give legal advice over the phone. However, you may call my office in the morning for an appointment."

The woman continued, but in a lower decibel, since the background hollering had stopped, "Oh, is that right? And she also gets the car, the boat, and the savings account? Thank you very much," she concluded triumphantly and hung up.

from *The Howls of Justice* by Shafer and Papadakis

Chamber Luncheon

Dr. Bob Blackburn, Executive Director of the Oklahoma Historical Society, will be the speaker at the Chamber of Commerce luncheon at noon on November 5th at city hall. His topic is "Crossroads of Commerce: Stories from the History of Free Enterprise in Oklahoma." The event is free. An optional lunch will be available for \$8. You do not need to be a Chamber member to attend the luncheons. For more information, call Lisa at 373-2234.

Downtown in December

Many of the great holiday events taking place in downtown Oklahoma City begin in November. For more information, check the Downtown in December website at <http://downtownindecember.com>

The Great American Smokeout



November 19 is the date of the American Cancer Society's 2015 Great American Smokeout - the day when smokers are encouraged to quit.

If you need help to quit smoking or using other forms of tobacco, call the Oklahoma Tobacco Helpline at 1-800-784-8669 (1-800-QUIT NOW) or go to the helpline website at www.okhelpline.com. The helpline is a free service available 24/7 that provides the tools and support you need to quit tobacco your own way.

According to the Oklahoma Tobacco Helpline, the craving for tobacco will pass in just 3 to 5 minutes. Here are some things to do while you wait for the craving to pass:

* go for a walk * brush your teeth * read a book or magazine * clean the car * give yourself a pedicure * organize the junk drawer * call a friend * sing along to your favorite songs * make hot chocolate * plan a day trip * do sudoku or a crossword puzzle * make your Christmas list * eat a healthy snack * pull weeds * drink water * clean the refrigerator * write in your journal * take deep breaths * chew gum * shoot baskets * clean a closet * play with your pet * look for a new recipe to try * take a shower * work on a craft project * play solitaire * do jumping jacks * make a gratitude list * clean the garage * make a list of the ways you can spend the money you save by not smoking

An Attitude of Gratitude

November is the perfect time of year for creating a spirit of thankfulness and appreciation, and encouraging one in your child. Here are some suggestions:

√ Find three things each day that you are grateful for and write them down. If you don't have time to write them down, make recalling them part of your bedtime ritual. You'll soon be expressing gratitude for little things you've never noticed before. Ask your child about the things he was thankful for in his day.

√ Set an example for your child by regularly expressing your thanks to him and letting him see you show your appreciation to others. Help him understand that the expression of thanks is for the person's thoughtfulness and not for the gift itself.

√ Make a point of looking for things to be grateful for in challenging situations, and help your child do the same.

√ Make gratitude into a game. Have your child write words like "Thanksgiving," "gratitude," "blessings," or "thank you" down the side of a piece of paper, and then write a word or phrase for each letter. Or play the alphabet game and take turns coming up with something for each letter of the alphabet. Or find a coloring page of a turkey with a lot of feathers and have your child write one thing they are thankful for on each feather.

√ Pare down the overabundance in your life and in your child's life, and reduce your child's expectation that every trip to the store will result in a treat or a new toy.

√ Turn your gratitude into action, and encourage your child to do the same. Go to www.generationon.org/global/65-ways-make-difference for a list of ways your child can serve others.

√ Routinely take the time to look for things to explore and appreciate in nature.

November Community Calendar

Where friends meet!

- 3** (noon) - Machine Embroidery and Sewing Group for adults, at the library, free, 373-9018
- 4** (10:00 am) - Preschool Music and Movement for ages 2 & up, at the library, free, 373-9018
- 4, 11, 18** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 4, 18** (4:00-5:00 pm) - Super Cool Cooking School for all ages, at the library, free, 373-9018
- 5** (noon) - Chamber of Commerce luncheon at city hall, Dr. Bob Blackburn, Executive Director of the Oklahoma Historical Society, will speak on the history of free enterprise in Oklahoma, free, optional lunch \$8, 373-2234
- 6, 13, 20** (10:00 am) - Mother Goose on the Loose for ages birth to 3, at the library, free, 373-9018
- 7** (9:00-11:00 am) - Piedmont Recycling of paper, glass, cardboard, tin & aluminum cans, plastic #1 & 2, metal, at old co-op, 373-2905
- 7, 14, 21, 28** (10:00-2:00 pm) - Historical Society Museum is open, free, 373-2905
- 7** (noon-4:00 pm) - Piedmont Area Rocketry Club model rocket launch at Rt 66 Park, 9901 NW 23, OKC, free, 593-9737
- 11, 18** (10:00-noon) - Library Quilters at the library, free, 919-0870
- 11** (5:30-7:30 pm) - 15th Annual Chili Cook-Off at Methodist church, \$6 adults / \$3 students, free to enter the competition, 373-2298
- 18** (5:30 pm) - Deacon's Community Thanksgiving Dinner at Baptist church, 15 Jackson Ave NW, free, 373-2420
- 19** (noon) - Readers Who Lunch book club at library, book: *Scent of Rain and Lightning* by Nancy Pickard, free, bring your lunch, 373-9018
- 20** (1:30 pm) - Gardening Group, call for location, free, 373-9018
- 20** (6:00-9:00 pm) - Stampin' Up Christmas Card Class at city hall, \$12, bring adhesive, RSVP 535-8849
- 22** (6:00 pm) - Community Thanksgiving Service at Methodist church, 2525 Piedmont Rd N, refreshments following the service, 373-2298

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