

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Have YOU taken action to lower your rates?

Ballot initiatives to lower energy rates

In the summer 2010 edition of the *Springdale Newsletter*, residents were provided information on how they could possibly save approximately 15% on their electric billing. The article identified three electric alternative suppliers that would be willing to provide a legitimate savings to residents on their electrical usage.

The three suppliers are

Dominion Retail

888-574-1160

www.dom.com/products

Duke Energy Retail Sales

866-683-1610

<http://retail.duke-energy.com>

First Energy Solutions

800-977-0500

www.fes.com

Presently, the great majority of homeowners in the Greater Cincinnati Area receive their electrical energy from Duke Energy. Duke Energy Retail is a separate company from Duke Energy, but is affiliated with Duke Energy. Residents are urged not to miss out on

this energy and cost savings opportunity.



In addition, the City of Springdale will place two issues on the 2011 Fall Election Ballot to create two separate energy aggregates. One aggregate would focus on electrical energy savings and the other will focus on gas savings.

If the ballot issues pass, that would effectively create an aggregate, or group, that is comprised of all residential

units and small business owners in the City of Springdale. Once that occurs, the City would more than likely engage the professional services of an energy broker to help market the groups to alternative energy providers. The intent would be to locate the best wholesale provider at the lowest possible rates for residents

and businesses in the community.

Residents who believe they can find a better deal or a lower rate than the City's program may opt out or remove themselves from the City's program. Earlier this year, the City decided to participate in a similar electrical program with nine other jurisdictions for its municipal facilities. The City is now saving about 40% off of earlier electrical rates. The ballot issues will be designed to establish a similar opportunity for Springdale residents.

Until that ballot initiative can be finalized, residents can realize more immediate savings by contacting one or more of the alternative energy suppliers. Residents who have questions concerning the immediate saving opportunity or the future ballot issues are invited to contact the City Building at 346-5700.

Log on and "discover the difference" in Springdale

Residents, visitors and businesses can "Discover the Difference" Springdale offers, thanks to a new Video Tourbook that is now live on the City's website at www.springdale.org.

Featured are six one-minute professionally produced videos covering a range of topics, including quality of life, economic development,

community services and education, as well as a welcome video with an on-camera introduction by Mayor Doyle Webster.



The community videos were provided to the City without charge as a marketing tool to attract residents and businesses. The videos were funded by local businesses which sponsored the project.

City of
Springdale & SOS
(Springdale Offering Support)

ANNUAL FOOD DRIVE
Benefiting Springdale Families & Local Food Pantries

Drop off canned goods and non-perishable foods
through **December 12**

Police Department • Administration Building
Fire House • Community Center

When working with a contractor...

Whether you are considering hiring a contractor to make a major improvement to your home or to make necessary repairs, it's important to sign a contract and to pay attention to the details. The Springdale Building Department suggests residents keep the following points in mind before parting with your hard earned cash for a project.

Selection of Contractor

Insurance: Make sure your contractor has adequate insurance, including personal and property liability and workers' compensation. You would be well within your rights to ask for a copy of his current insurance certificates. If a contractor is not adequately insured, you may be liable for damages he

causes to your property and you could even be held responsible for injuries workers sustain while on your property.

References: Request recent references, and check them out. A few calls to inquire how the client felt about the job and the timeliness of completion is a good indication of how he will perform on your job. You may even ask to see the work. Check with the Better Business Bureau to be sure there haven't been any unresolved problems with prior work. The Ohio Attorney General's office investigates consumer complaints. Many of these are contractor complaints. You can search for complaints filed with the Attorney General at www.ohioattorneygeneral.gov

Licensing: Springdale does not license contractors. However, the State of Ohio does license commercial plumbing, mechanical and electrical contractors. Although the state does not license residential contractors, a state commercial license provides some assurance that contractors have a certain level of competency.



- The start date and completion date of the project. Consider offering a bonus for an early completion date and/or a penalty for missing the completion deadline.
- The total cost for the project and a payment schedule. Be sure to tie down the total cost of the project, as well as a timeframe for payment.

Finalizing a Contract

After selecting a contractor, you will want some sort of written agreement. If the contractor does not supply a formal contract or you do not have your own, at least write down on paper each party's understanding of what is expected.

Your contract should include the following:

- The description of work to be completed. Because this is often the most disputed part of a contract, **be specific!**
- Who will furnish what materials is also important to determine, as well as who will dispose of materials and debris.
- Who is responsible for obtaining necessary permits and who will coordinate inspections? Many contractors will obtain the permit for you. They are more capable of providing the necessary documents explaining the proposed work. Insist on a copy of the permit. Ultimately you, as owner of the property, are responsible for permits.

Payments

Some contractors request a reasonable amount paid in advance for working capital. A small job may involve a down payment with the balance to be paid upon project completion. Larger jobs may require several payments at various stages of completion. When you are requested to make a payment, consider the amount of labor and materials expended at that point and pay an amount based on what is complete. If your contractor is requesting funds to pay his sub-contractors or suppliers, you may wish to request affidavits that they have been paid to avoid the potential for liens against your property. Under no circumstance should you pay in full for work not yet completed or before an inspection has been made granting final approval to a project.

If you are tackling a large or complicated project, you may wish to consult an attorney before committing to a contract. A little bit of care up front can avoid a lot of problems later should differences arise.

If you have questions relating to issues of construction projects, feel free to contact the Springdale Building Department at 346-5730.

How can we help?

Police or Fire Emergency
9•1•1

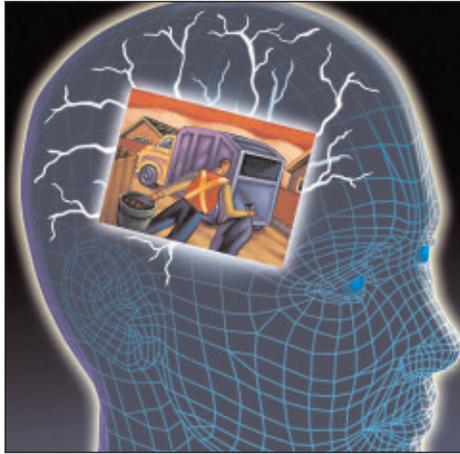
Not an emergency? Then call
346-5760 for Police
346-5580 for Fire

General Information.....	346-5700
Mayor Doyle Webster	
City Building	346-5705
Home	671-4489
Clerk of Council/Finance Director	
Kathy McNear	671-2510
City Administrator	
Derrick Parham	346-5700
Assistant City Administrator	
Jerry Thamann	346-5700
Building Department	346-5730
Finance Department	346-5700
Police Department (non-emergency).....	346-5760
Fire Department (non-emergency).....	346-5580
Health Department	346-5725
Public Works Department.....	346-5520
Property Maintenance	
& Zoning Hotline.....	346-5734
Recreation Department	346-3910
Income Tax Department	346-5715
Public Information	
Phone Line	346-5757
Internet Address	www.springdale.org
e-mail address	admin@springdale.org

And no direct charges to residents

New trash/recycling contract offers economies

The City of Springdale has approved a new contract with Rumpke Waste, Inc., for the removal of solid waste and recyclable materials that will save the City an estimated \$100,030 over the next three years. The new contract takes effect January 1, 2011, and runs through February 28, 2014. The City also has the ability to extend the terms of the agreement through February 28, 2016. Even with the contract extensions and the annual fee increases, the City's cost in 2015 is anticipated to be about



\$18,900 less than what is expected to be paid in 2010. The service continues at no direct cost to residents.

With the new contract, residents should not notice any change in their Rumpke service. Weekly waste and recyclables for all single family households and

condominiums will continue to be picked up on the same day as they are currently. However, some enhancements to the City's existing services include:

- An additional 18 gallon recycling container may be requested by the resident at no additional charge
- Residents will have the option of renting a 96 or 64 gallon waste and/or recycling container for \$1.50 per month. A separate container will be used for each material.
- Residents also have the option of purchasing from Rumpke a 96 gallon waste and/or recycling container for \$75.00, plus tax. A 64 gallon container could also be purchased for \$70.00, plus tax. In either case, Rumpke will bill the resident directly for these two options.

For information about the rental or purchase of a wheeled container, please contact a Rumpke representative at 742-2900.

Springdale honored as "healthy community"

The Springdale Health Department's ongoing efforts to improve the wellbeing of residents have won statewide recognition. The Ohio Health Department has honored Springdale with a 2010 Healthy Community Bronze Award. This award recognizes engaged communities that are actively engaged in activities to promote healthy life styles for residents.

Adopt a family during the holidays

Economic conditions have placed a strain on many families this holiday. Residents can play an important part in brightening the season by sponsoring a family through a donation of toys, clothing and groceries. A donation of grocery gift cards, canned goods, toys or new clothing can bring hope.



If you would like to help, or know a family in need, contact Springdale Offering Support (SOS) by calling the Springdale Health Department at 346-5725.

Vaccinations/Testing

Among the Health Department's effort is it's annual administration of flu shots to residents, as well as other vaccinations required by residents throughout the year.

The Health Department conducts routine fasting cholesterol/glucose testing and provides general counseling to residents on how to maintain healthy levels including increasing physical activities.

Tobacco use

The Springdale Health Department enforces the Smoke Free Workplace Act by conducting complaint based inspections of workplaces.

Additionally the Health Department along with staff from the Community Center introduced a Tobacco Free Policy that was adopted by the City in 2007. This policy prohibits the use of any tobacco products in City-owned buildings.

Fitness Efforts

The Springdale Community Center provides innumerable activities for all age groups from private/group tennis, Zumba and chair volley ball for seniors. The Health Department offers nutritional counseling to residents with chronic disease precursors such as high blood pressure/cholesterol and glucose levels. The Health Department also refers clients with elevated levels to their physician.

The Health Department is coordinating with Princeton Schools on a new initiative to screen students for obesity by checking BMI and offering resources to parents.

In order to provide a local source for healthy foods, the Health Department recommended creating a Farmers Market. The Farmers Market operates from June to October and is managed by the Springdale Chamber of Commerce.



Saying goodbye to seasoned pros

During the past year, the Springdale Police Department has seen a number of retirements involving long term, valued police employees. These veterans led the way for many years as the community has grown. Some were born here, raised their families in the community, and served well for many years both on and off duty.

Some were coaches in the community, cooks that specialized in burgers and hotdogs at the Community Center during athletic events, all to raise money for area kids. Others were booth workers at the festivals, scout leaders, the neighbor seen at the old Thriftway store, or the friendly face at church. It was a team effort, as their entire family got involved for the betterment of the community.

When the uniform went on, they tried to serve the public in the best way possible. The job was difficult at times, especially when the next citation or arrest might involve a neighbor.

Almost all residents knew one another. It could have been Officer Greg French,

Mammogram unit returns January 27

The American Cancer Society recommends that women have a mammogram every year starting at age 40. Those under age 40 with a history of breast cancer affecting a mother, sister or daughter, should talk with a doctor about screenings at an earlier age.

As a convenience to residents, the Mobile Mammography Van will visit the Springdale Community Center on Thursday, January 27, from 8 to 11:30 a.m. For an appointment, call 686-3300.



A long time resident of the City, Bill raised a family here, and one day on the way back to the Police Department after eating lunch at the house, he assisted in the arrest of America's "Public Enemy #1." Armed and trying to flee, the arrest stunned the nation with how smoothly it unfolded. From making sure traffic lights are working in the worst of storms, to the overall daily monitoring of department personnel, Captain Butch has served the City well.

Collectively, those who are retiring have more than 170 years of law enforcement experience. The

Springdale Police Department's very identity as a professional, compassionate, committed law enforcement agency is a result of the mentoring of young personnel by these seasoned veterans.

Just as many in the Department were taught the ways of good policing by the officer depicted on the flower vase in front of the Police Department's entrance — Spingdale's first police Chief, Donald Stemann — the City's next generation of officers are learning the ways from a group of very experienced, dedicated officers.

In the beginning of 2011, the final transition of the Police Department from the "old guard" to a younger, more energetic Department will take place. The leadership that emerges will serve the community well. Although the Department will be under new leadership, all within our community will continue to experience the excellent service that has been the hallmark of the Springdale Police Department. The torch will now be carried by the committed men and women of a new and even better Department... a department of energetic, bright young men and women who will continue to work and form partnerships with all segments of the community to provide a continued theme within the agency.

"Excellence in law enforcement," a theme for many years within the agency, will continue to burn in the hearts and soul of those who carry on. While mentors come and later go, their success lives on and is demonstrated in the day to day activity of each member of the Department.

who grew up in Springdale. He raised his family in the community, and served as the community service officer, investigator and patrol officer for many years. Or maybe it was Lt. Bill Fields, another home grown product of the community, who served as a patrol officer, investigator, and supervisor. From working at Tri-County Mall as a teenager to retiring as the Administrative Supervisor, Bill served his community well.

What about Martha Zimmerer, a long time resident, and always a friendly face at the old Thriftway store. Martha served as an "official greeter" at the Police Department for more than 30 years as a police clerk.

Then there was Officer Dave Buschmann. He came to the community at a young age, liked what he saw, and stayed for many years. Raising a family, he also coached the community's youth. He and his wife got involved in the community to make it a better place for everyone. He was Springdale's first canine officer, an excellent community service officer, arrested someone featured on "America's Most Wanted", formed the City's Neighborhood Block Watch groups and protected Springdale's Seniors at all times.

As Springdale closes out the year, the City will see the retirement of its longest serving officer, the Assistant Chief, Captain Bill Hafer. Following in the footsteps of his father, a former Chief in Springfield Township, Bill ("Captain Butch" as his co-workers knew him) celebrated his 37th year anniversary with the Springdale Police Department.

Holiday season increases fire risk

During the winter holiday season, incidence and the severity of fires increase. This increase in fires can be attributed to more families using candles, Christmas trees and other holiday decorations in their homes.

When Christmas trees are the first material ignited in a residential structure, the cost per fire is generally three times greater and fatalities per fire are eight times more likely to occur than when other materials serve as the ignition. There are about five residential structure fires per day in the United States during the holiday season. These types of fires increase as the holiday season moves along, because

trees and other plant-like decorations dry out and become more combustible.

Dried out fir and pine trees ignite easily and can accelerate fire growth by spreading rapidly to other nearby combustible materials in the home (*furniture, draperies, clothing, etc.*).

A high percentage of these fires can be prevented by taking a few precautionary steps. One thing the



property owner can do is to shorten the amount of time that the tree is in the home. Secondly, the resident should always keep the tree well watered. Checking the water level daily will go a long way in preventing the tree from drying out.

The use of preservatives when watering the tree may also prove to be beneficial in keeping the tree lively. Finally — *and maybe not the most popular choice for traditionalists* — using an artificial Christmas tree will also assist in lowering the risk of a tree fire in the home.

The Springdale Fire Department urges residents to take steps to provide for a fire safe home and holiday season. Always remain aware of the increased fire hazards present in the home, especially during this festive time of the year.

Garden Club preps for new year

The Springdale Garden Club is celebrating another successful year of service to the Community. Among the achievements was club member Maxine Carroll being named Ohio Garden Club Region 4's Amateur Gardener of the year. The award is based upon design, color and continuous blooming from spring through fall. It is also judged on the condition of the plants and neatness of the lawn area. Her garden represents many years of loving care and is a delight to see.

With outside work taking a break, the Club has planned its January and February meetings. A High Tea is planned for Sunday, March 20, at 2 p.m. Those interested in attending do not need to be a Club member. A reservation is necessary by calling a Club member for planning purposes.

For more information on events or meetings, or to address any gardening question, call Club President Carolyn Ghantous at 382-4046 or Joan Knox at 674-7755.

The Club's fall objective was to redesign the planters in front of the Community Center. The project received input and assistance from the Parks Department, the Public Works Department and Delhi's landscaper Bob Hirth. Mr. Hirth's design

utilized existing plants and shrubs, plus innovative additions. With the help of Parks Department personnel, Club members were able to reposition and divide many of the existing plants. In addition, new plants and bulbs were added for the spring. Part of the objective was to make the beds easier to maintain, yet still have blooming plants and shrubs that have been common to the Community Center's entrance.



At left: Maxine Carroll was named the region's amateur gardener of the year. Below: left to right, Echo Shaver, Sally Bickett and Phyllis Cain work in the garden at the Community Center.



Join Us!

Regularly Scheduled Monthly Meetings

Held at the Springdale Municipal Building, 11700 Springfield Pike:

City Council
1st & 3rd Wednesdays of each month at 7 p.m.

Planning Commission
2nd Tuesday of each month at 7 p.m.

Board of Health
2nd Thursday of each month at 7 p.m.
(except June, July & August)

Board of Zoning Appeals
3rd Tuesday of each month at 7 p.m.

Held at the Community Center:

Recreation Commission
1st Tuesday of each month at 7 p.m.
(except June, July & August)

For more information about meetings and events, please call the Municipal Building at 346-5700.



Creating Community Through People, Parks & Programs Parks & Recreation Programs

FOR PROGRAM INFORMATION, CALL THE SPRINGDALE COMMUNITY CENTER AT 346-3910, OR EMAIL GOPLAY@SPRINGDALE.ORG.

WWW.SPRINGDALE.ORG/GOPLAY

Community Center 2011 Memberships

ALL REGISTERED RESIDENTS ARE ELIGIBLE TO JOIN THE COMMUNITY CENTER.

	INDIVIDUAL	FAMILY
ACTIVITY MEMBERSHIPS <small>INCLUDES USE OF GYMNASIUM, GAME ROOM, TRACK, TENNIS COURTS, COMPUTER LAB AND ELIGIBILITY FOR YOUTH & ADULT SPORTS PROGRAMS</small>	\$20	\$30
FITNESS MEMBERSHIPS <small>INCLUDES ABOVE, PLUS USE OF FITNESS CENTER MUST BE 16+ TO USE FITNESS CENTER INDEPENDENTLY (14 & 15 WHEN WITH A PARENT)</small>	\$50	\$70
POOL MEMBERSHIPS <small>INCLUDES ALL OF ABOVE, PLUS POOL</small>	\$75	\$95
RACQUETBALL MEMBERSHIPS <small>REQUIRES ACTIVITY, FITNESS OR POOL MEMBERSHIP</small>	\$15	\$25
SENIOR POOL MEMBERSHIP <small>RESIDENTS 62 AND OLDER WILL RECEIVE AN INDIVIDUAL POOL MEMBERSHIP AT THIS SPECIAL PRICE.</small>	\$20	
SENIOR NON-RESIDENT ACTIVITY MEMBERSHIP	\$20	
BUSINESS MEMBERSHIP <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$150	\$200
NON-RESIDENT MEMBERSHIP <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$300	\$400

REGULAR HOURS

TIMES ARE SUBJECT TO CHANGE AND WILL BE POSTED AT THE COMMUNITY CENTER.

MONDAY - THURSDAY	7 AM - 10 PM
<small>FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM</small>	
FRIDAY	7 AM - 9 PM
<small>FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM</small>	
SATURDAY	9 AM - 5 PM
SUNDAY	1 PM - 9 PM

HOLIDAY HOURS

CHRISTMAS EVE	6 AM - 5 PM
<small>FRIDAY, DECEMBER 24</small>	
CHRISTMAS DAY	CLOSED
<small>SATURDAY, DECEMBER 25</small>	
NEW YEAR'S EVE	6 AM - 5 PM
<small>FRIDAY, DECEMBER 31</small>	
NEW YEAR'S DAY	CLOSED
<small>SATURDAY, JANUARY 1</small>	



Gift Certificates Available!
Community Center gift certificates are available for all memberships. Show a special family or individual how much you care with a 2011 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

SPECIAL EVENTS & SEASONAL PROGRAMS

ANNUAL SENIOR HOLIDAY LUNCH

Friday, December 10 • 11:30 am

A holiday luncheon at the GE Park Windows on the Green Restaurant will feature a mouthwatering menu, along with entertainment provided by jazz pianist Phil DeGreg. Cost is \$14 for members and \$16 for guests. *Reservations must be made with payment by December 5. Call 346-3910 with questions.*

SPRINGDALE YOUTH BOOSTERS CINEMA HORSERACES

The Youth Boosters will host their annual Cinema Horseraces on Saturday, February 26, in the

auxiliary gymnasium. The doors open at 7:00 PM. Call or stop at the Community Center to get tickets.

GIVING TREE

Check out the Giving Tree in the Community Center lobby. Select an ornament and bring that gift — wrapped or unwrapped — to the Springdale Community Center by Friday, December 10.



JUST FOR YOUTH

Club Rec is a new group for 5th - 8th graders. The purpose of Club Rec is to have fun, organized activities and volunteer in our community. If you are looking for fun activities, a way to meet new friends, and an opportunity to serve the Springdale community, come see what it's about! The cost is \$10, which includes a t-shirt.



the door. Members must bring their community center ID and guest must bring a photo ID.

Little Dragons Kids Karate (Monday & Wednesday 5 - 5:50 pm) Learn martial arts, discipline & respect while building self-esteem & confidence. Call Norene at 317-4553 for information.

Zumbatomic (Tuesday 5 - 5:50 pm) NEW The crazy cool dance-fitness workout for kids (ages 4-12) set to hip-hop, salsa, reggaeton and more. Call Debbie at 205-5064 for information.

Ballet & Tap (Beginning January 29 Saturdays Ages 3-5 12:15-1pm, Ages 6-8 1-2 pm) NEW Children learn to enjoy movement through creativity and with emphasis on rhythm, coordination and flexibility. Younger students will learn the basics and move up with older children learning movement to The Lion King, Nutcracker and more. Contact Pam for information at 541-8770.

Club Rec Night

(December 10, 2010 and January 14, 2011 9-11pm) 5th-8th graders can spend the evening participating in group activities and games. Food and drinks are available free of charge. Tickets for each event \$2/SCC member if purchased before event day, \$3/SCC member on the day of event, members may bring one guest for \$3 at

SPRING SPORTS SIGN-UPS

Springdale Youth Boosters will accept spring and summer sports sign-ups beginning January 2 through January 31. All participants must have a current Community Center membership to register for spring sports.

Knobole Baseball is open to children who were born between May 1, 1997, and April 30, 2004. Sign-up cost is \$40 (\$55 after January 31).

Instructional T-Ball is offered to children born between May 1, 2004 and April 30, 2006.

Introduce your child to baseball and softball in this T-ball league. Cost is \$20 per child, \$35 after January 31.

Girls Softball is open to girls who were born between August 1, 1992 and July 31, 2004. The cost is \$40, \$55 after January 31.

SAY Spring Soccer is offered to children born between August 1, 1991 and July 31, 2004. Sign-up cost is \$40, \$55 after January 31.

ADULT/SENIOR PROGRAMS

AARP Income Tax Help

As 2010 winds down and you are organizing your affairs, remember that we offer AARP Tax Help beginning in January. Call after the first of the year for appointments for this free tax filing service for those senior citizens with simple federal and state returns.

Springdale Senior Citizens Club

Meet new people! The Springdale Senior Citizens group is open to residents who are at least 55 years of age. Stop by one of the Tuesday morning socials, held every Tuesday at 9:30am at the Springdale Community Center. The group participates in Chair Exercises every Tuesday at Noon and also hosts several parties and trips each year.

Chair Volleyball (Mondays from 10:00-11:30 am and Wednesdays from 12:00- 1:30 pm) Join this fun activity along with others 55 and older.

Players are seated in chairs and the serve rotates (but players don't). A beach ball is used instead of a volleyball with an unlimited number of hits to return the ball.



Badminton (Tuesdays, 10:30 a.m. - noon) All equipment is provided, just bring a positive attitude and willingness to learn!

Oil Painting (Wednesdays from 10:30 am-2:30 pm) Bring your own supplies and enjoy painting with friends. Bring a bag lunch. Drinks are available from the vending machines.

Investment Club (Second Friday of each month from 9:30-11:30 am) Adult and senior members are invited to join this group and learn about investing and the stock market. For information, contact Marti Puthoff at 870-9776.

ADULT SPORTS

Adult open gym volleyball (begins in January) Stop in on a Tuesday evening at 8:30 and play a couple of games of pick-up volleyball. Members 16 years old and older play for free, guest fees apply for non-members.

Women's Recreational Volleyball League (Wednesday nights) Rosters may include 5 non-residents. Players must be 16 years old or older and have a current Community Center membership. Non-resident teams will be accepted and pay a slightly higher fee. Resident teams will be given first preference into the league. League play begins in January. Rosters are limited to 12 players.

Free Racquetball Instruction (Saturday mornings from 10:30-11:30 am for 6 weeks for members 12 years old through adult) Learn the basic shots and rules of racquetball with Jerry Allen. Protective eyewear and a racquet are required. Register by calling the Community Center.

Prime Time Diners get together once a month and dine at some of the area's great restaurants. The group meets at the restaurant at 6 pm. Call 346-3910 or stop by the Community Center front desk to register.



Duplicate Bridge (Mondays from 12:15-3:30 pm) Contact Lew Chizer at 812-637-1441.

Party Bridge (Tuesdays from 12:30-4:00 pm) Contact Barb Slaughter at 772-2302 for information.

Canasta (Thursdays at 1:00 pm)

Euchre (Fridays from 1:00-3:00 pm) Contact Jo Ann Frech at 671-6663 for information.

Pinochle (Mondays from 1:00-4:00 pm)

500 (Thursdays from 9:30 am-12:00 pm) Contact Maria Schottelkotte at 942-2350 for information.

Corn Hole (Wednesdays from 12:30-3:00 pm) Games are played in the auxiliary gym.

FREE Blood Pressure Checks (Monthly on 3rd Tuesday from 10:30 am - 12:30 pm)

Wii Game Day (1st and 3rd Friday of the month) Try your hand at this fun interactive video game! Bowling, golf, baseball, tennis, to name a few!

L.I.F.E Class (Tuesday & Thursday 11:00 am - 12:00 pm) This FREE class focuses on improving your strength to help you safely

perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

Let's Get Fit (Monday & Wednesday 10:30-

11:30 am) The many benefits with this FREE class include working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reduces stress, enhances muscle and endurance. The class follows a video "Resisting Muscle Loss" offered by the Hamilton County General Health District.



Line Dancing With the Helts (Monday 1:00-2:00 pm) For singles or couples, this class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, this class is perfect for you! Wear comfortable soft soled shoes and enjoy learning how to line dance! Fee is \$4 per class.

Red Hat Society (1st Friday of each month) and travels to tea rooms in the area to enjoy delightful food and conversation. To join, call the Community Center 346-3910.

2011 Travel Expo (January 20 at the Community Center) Get ready to pack your bags and attend one or several of the trips planned for the year.

FITNESS & ENRICHMENT PROGRAMS

Boot Camp (Monday, 5:30-6:15 pm • Wednesday & Friday, 6:15-7:00 pm). Join Drill Sergeant Jay Dennis for a day's worth of training including sprints, lunges, weight training and aerobic activity. Start at any exercise level and train to the next level all while eliminating fat and creating muscle! This is a FREE class.

Cardio Kickboxing (Tuesday, Thursday & Sunday, 6:00-7:00 pm • Saturday, 11:00 am - 12:00 noon) A great workout that burns serious calories. Cost is \$35 per month or \$5 per class for walk-ins. Call instructor Elaine McKay at 825-7443 for information.

Guitar & Bass Lessons Adults (Tuesday evenings from 7:00-8:00 pm • Thursday from 7:30-8:30 pm • Kids guitar lessons: Tuesday 4:00-5:00 pm) The session meets for eight weeks for \$96. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 with questions. Students must provide guitar, small amplifier and headphones.

Jazzercise (Tuesday, Thursday & Saturday from 9:30-10:30 am; Monday, Wednesday & Friday

from 6:00-7:00 pm) A sweat inducing, calorie burning aerobic workout. Call Elaine Smith at 575-1620 if you have questions or for class costs.

R&B Line Dancing (Wednesday from 7:15-8:15 pm) This ain't your grandma's dance class! A fun and exciting dance class for adults. Learn the Michael Jackson, the Funki Salsa and more. This class will get you movin' and groovin'.

Slimnastics (Monday, Wednesday and Friday from 9:00-10:00 am) Join instructor Sue Smith for this FREE energetic class for women.

Taking Control (Tuesday from 12:15-1:00 pm) An exercise and stretching class for the mobility impaired. Sit or stand in this class to gain strength and balance. Take control of your life with this FREE class.

NEW

Zumba (Tuesday & Thursday from 7:15-8:15 pm) Ditch the workout, join the party! Set to Latin and other international music, this workout combines dance and aerobic moves. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body.



City of Springdale

11700 Springfield Pike
Springdale, Ohio 45246

Mayor

Doyle H. Webster

Office346-5705
Home671-4489

At-Large Council Members

Steve Galster825-6879
James Squires671-6297
Bob Diehl851-6560

Districts Council Members

1 Lawrence Hawkins III742-4295
2 Holly McQuillan-Emerson742-2418
3 Marjorie Harlow671-6916
4 Tom Vanover671-7034

Clerk of Council/Finance Director

Kathy McNear671-2510

City Administrator

Derrick Parham346-5700

Assistant City Administrator

Jerry Thamann346-5700

emailadmin@springdale.org



Prsrt. Std.
US Postage
Paid
Butler Mail
Services

www.springdale.org



NEWS IN BRIEF

Holidays will not impact trash/recyclables pick-ups

Since Christmas Day and New Year's Day both fall on a Saturday this year, there will be no impact to Springdale's regular schedule for curbside pick-ups of trash and recyclables.

Senior memberships at Springdale Community Center

Just a reminder to all Senior Resident Community Center pass holders that beginning January 2011, all Senior Resident Pool Memberships (formerly known as Senior Resident Memberships) will have a fee of \$20. This membership entitles the user to the full amenities at the Springdale Community Center. Senior Non-Resident Memberships will remain at \$20. This limited use membership is open to non-resident seniors who are 62 years of age and older. For information, contact the Community Center at 346-3910.

Healthy-U Workshop planned for adults with Type 2 Diabetes

This program is a small group workshop that will help participants learn new skills to better manage diabetes. Previous participants in the program demonstrated significant improvements and spent fewer days in the hospital when compared to people who did not participate in the program.

The six-week workshop starts on January 11 at the Springdale Community Center. Registration is required by calling 346-5725.

Flu shots still available

Flu shots are recommended for the winter months and are available through the Springdale Health Department. Shots are \$20 (free for children). The shots are available to Medicare patients with no out-of-pocket costs. Call 346-5725 for details.

Chamber membership is an investment in Springdale

Residents and business owners are encouraged to join the Springdale Chamber of Commerce, an organization which actively promotes the City.

Membership also provides an opportunity to attend educational programs, networking opportunities with business leaders, website exposure, potential inclusion in the monthly Chamber cable productions, benefits to small businesses and recreational social events.

The membership fee for an individual is \$75. Business membership fees are based on the number of employees, with companies of up to nine workers paying \$125. For more information about Chamber memberships, call 346-5712, email julie@springdalechamber.org or visit www.springdalechamber.org