

The Cottage Grove Recreation Department ~ August 2010

8020 80th St. So., Cottage Grove, MN 55016 ~ 651-458-3400 ~ www.cottage-grove.org

Adventure Camp

Each camper will be placed on one of four different colored teams during Adventure Camp. Along with their team, they will be experiencing a variety of exciting outdoor adventures. Adventures include arts and crafts, cooking lunch for the camp, nature skills, game challenges, and much more. Everyday is packed with plenty of new and exciting events. This is a great way to complete your summer fun with the Recreation Department. The cost of the program includes lunches. Bring a white t-shirt the first day of camp to tie-dye your team color.

Ages 5 – 12
Dates..... August 23 – 27, 2010
Time 9:30 a.m. – 3:30 p.m.
Place Woodridge Park, 9000 90th St.
Cost \$70 – includes lunches

Extended Hours
Time 8:00 a.m. – 4:30 p.m.
Cost \$90

Home Alone...

Are you going to be staying home alone before or after school? Sign up for our Home Alone class so that you are prepared for everything. We will be covering the mentioned topics and any questions you have.

- Going Straight Home After School & Snacks You Can Make
- How to Contact an Adult & Emergency Phone Numbers
- Peer Pressure from Friends & Appropriate Behavior
- Answering the Door & Phone
- Appropriate Computer & Television Use
- Calling 911 & Basic First Aid & Medicine

Ages 8 – 13 years old
Date September 2, 2010
Time 5:30 – 8:00 p.m.
Place Peter Thompson Park, 6327 Highland Hills Blvd.
Cost \$25

Introductory Lacrosse Camps

Lacrosse Camps are designed for boys and girls of all ages regardless of skill or ability. Greg Rinzel, Cottage Grove Lacrosse Coach, will teach the fundamental skills of lacrosse using small group activities, scrimmages, and fun games.

Individual skills taught include: catching, throwing, scooping, and cradling. They will also focus on helping the kids learn the rules of lacrosse while working on team play and sportsmanship. All necessary equipment will be provided; participants may bring their own sticks. Participants should also bring water and wear clothes suitable for running/high activity.

Ages 7 – 11 years old
Time 6:00 p.m. – 8:00 p.m.
Place..... Hillside School Elementary Lacrosse Field
Cost \$45

Session 1 August 16 – 20, 2010
Session 2 August 23 – 27, 2010



Fall Carpetball League

Get your friends, family, and co-workers together for another fun season of Carpet Ball at the Lamar Softball Complex. Weekday game times are from 6:00– 9:00 p.m. The league will begin on August 17, 2010. Games are played with a “carpet” placed behind home plate and the manager from the team at bat acts as umpire. Teams are allowed two homeruns per game. “League Champion” t-shirts will be awarded to the champions of each league. There is a \$25 fee for all teams which roster four or more non-residents. All players must be at least 16 years old. Registration is due before August 6, 2010.

League..... Day Fee
Women’s..... Tuesday \$225
Men’s Wednesday \$225
Co-Ed..... Thursday \$225

Skating Skills for the Beginner Hockey Player

Join the Cottage Grove Ice Arena for a fun beginner skating clinic for the beginner hockey player. Liatra Oss, ISI certified skating instructor, will provide an introduction to the fundamentals of skating to help prepare for the hockey season. Skaters will focus on basic skating skills that include: Standing/falling, balance, forward and backward glides, power turns, crossovers, various stops and starts, and how to change direction. This clinic will help improve the beginner hockey player’s skating skills which will allow them to increase their confidence on the ice. Skaters may be divided into groups according to skill level. A 15 to 30 minute free time is scheduled with each lesson to provide skaters the opportunity to practice skills learned or play hockey.



Session One

Dates..... August 23 – 27, 2010
Lesson..... 10:00 – 10:30 a.m.
Free Time 10:30 – 11:00 a.m.
Cost..... \$45

Session Two

Dates..... September 13 – 17, 2010
Lesson 4:30 – 5:00 p.m.
Free Time 5:00 – 5:15 p.m.
Cost \$45

Growth Partners Awards Go to Four

Four firms were recognized at Cottage Grove's annual EDA Golf tournament for being good community partners in terms of ongoing development in the City. Lennar Homes constructed 24 new houses in 2009 which was 36% of our total housing units in that year. This totaled \$5,929,069 in total building permit value. K. Hovnanian Homes was recognized as the home builder with the highest per unit building permit value at \$328,235/unit average with a total of \$2,975,674 in total permit value.

On the commercial side, Health Partners opened their new clinic at 7500 80th Street South in 2010 (but with a 2009 building permit) which is now one of 22 locations in the Twin Cities. They were also recently named one of the Top 100 Workplaces in the Twin Cities Metro. This honor was bestowed upon Werner Electric Supply as well; this Industrial Park tenant was also recently recognized by Philips Lighting Company for being a leader in the Sustainability Movement through Philips Lighting's Green Leadership Program. This program recognizes electrical distributors who have demonstrated an outstanding commitment to driving environmentally responsible, sustainable business through their business practices as well as the products and solutions they offer to their customers. Congratulations to all!

3M Incinerator Update

From Mayor Myron Bailey

There has been ongoing deliberation and media reporting within the community regarding the operations of the 3M corporate incinerator at the 3M Cottage Grove campus. I'd like to provide an update as to where the city is relative to this issue. While it is



our desire to protect the health and welfare of our residents, it is necessary to remind the community that the operation of the 3M incinerator is regulated by the Minnesota Pollution Control Agency, not the City of Cottage Grove. I'd also note, however, that 3M has voluntarily worked with the City of Cottage Grove to propose an air monitoring plan to measure air quality within the community.

We will be updating our web page www.cottage-grove.org and Facebook page as more information on environmental issues becomes available.

Watch the Heat

According to the CDC several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat



quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.

Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

CG Becoming Beyond Yellow Ribbon City

The City of Cottage Grove and members of the Beyond the Yellow Ribbon Committee invite all Cottage Grove residents, businesses and their employees to a **community meeting** to participate in the ideas and implementation stages of our BTYR journey. We will be submitting our "**Action Plan**" to the National Guard in the next few weeks and will then await approval and recognition from the Governor. Our next meeting is Tuesday, August 31, from 6:00 p.m. to 9:00 p.m. at the National Guard Armory, 8180 Belden Blvd. in Cottage Grove.

A Beyond the Yellow Ribbon City means volunteers within a city have taken it upon themselves with the help of local officials, church leaders, business leaders, medical professionals, educators, public safety personnel, youth & youth volunteer organizations, veterans groups and the Minnesota National Guard, to assist individuals and families with the day-to-day issues stemming from military deployment and reintegration (i.e. snow shoveling, mowing, house repairs, child care, etc.)

The BTYR Committee is looking for residents to sign up to help out our families with deployed loved ones. To offer your services and ideas please attend a scheduled BTYR meeting or contact Ken Smith at 651-458-2882 or ksmith@cottage-grove.org.

Volunteer Opportunity – Become a CG Commissioner

The City of Cottage Grove is accepting applications to fill the following vacancies on various Advisory Commissions:

Human Services/Human Rights

Commission – 2 youth seats

Public Works Commission – 2 youth seats

Public Safety, Health and

Welfare Commission – 2 regular seats

Anyone interested in volunteering to serve and wishing to submit an application, please contact Joe Fischbach, at 651.458.2883. The application form is also available on the City's web site located at www.cottage-grove.org, click on the "eForms" tab.

