

# OCTOBER

# Lakeside BULLETIN

Cedar  
Lake  
OCTOBER '16

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1 Siren Testing at noon
2  Yoga @ 6:00pm-7:00pm at Town Hall	3  Leaf pickup begins	4Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am  No Town Council Meeting	5  Plan Commission Meeting @ 7:00pm	6Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am	7	8
9  Yoga @ 6:00pm-7:00pm at Town Hall	10  Columbus Day Town Hall is Open  Redevelopment Commission Meeting @ 6:00pm	11  Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am Police Commission Meeting @ 7:00pm	12	13Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am  Board of Zoning Appeals @ 7:00pm	14	15  Trunk or Treat @ 10:00am – 1:00pm @ Town Grounds Residential Dumpster Access at Public Works 9am-1pm
16Cedar Lake Fire Department Pancake Breakfast @ 7:00am to Noon  Yoga @ 6:00pm-7:00pm at Town Hall	17  Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am	18Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am  Town Council Meeting @ 7:00pm	19  Unsafe Building Meeting @ 6:30pm  Plan Commission Meeting @ 7:00pm	20  Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am	21	22
23  Yoga @ 6:00pm-7:00pm at Town Hall	24	25Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am  Storm Water Board Meeting @ 7:00pm	26	27  Fitness for All @ 8:00am Easy Does It Fitness @ 9:15am	28	29
30  Yoga @ 6:00pm-7:00pm at Town Hall  Cedar Lake Museum closes for the season	31  Halloween Trick or Treat @ 5:00pm-7:00pm					

SAVE THE DATE

November 19th Parade of Lights



## TRUNK OR TREAT

Come join us on Saturday, October 15th at the Town Grounds, 7408 Constitution Avenue from 10:00 am till 1:00 pm for plenty of fun, games, prizes. Be sure to dress in your costume to collect treats. Bring us non-perishable foods, and we'll treat you to lunch.

## Halloween SAFETY TIPS!

- |   |   |    |  |    |  |
|---|---|----|--|----|--|
| 1 | Children should trick-or-treat during daylight hours.               | 10 | Give wrapped homemade treats only to children you know.                | 18 | All costumes should be made of light-colored, fireproof material.    |
| 2 | Children should never be allowed to go out alone on Halloween.      | 11 | Instruct children not to stray from their group.                       | 19 | Children should wear proper fitting, comfortable costumes and shoes. |
| 3 | Children should never eat any treats until they have been examined. | 12 | A responsible adult should escort children while trick-or-treating.    | 20 | Props such as toy guns or swords should be made of pliable material. |
| 4 | All fruit should be cut and closely examined before eating.         | 13 | Adult escorts should carry flashlights.                                | 21 | Realistic replica firearms should never be used.                     |
| 5 | Advise children that they should never enter strangers' homes.      | 14 | Don't leave your home unattended on Halloween night.                   | 22 | Masks should not be worn if they impair vision.                      |
| 6 | Never invite children into your home.                               | 15 | Keep pets inside your home, or other safe place on Halloween night.    | 23 | Wigs should be fireproof and should not restrict vision.             |
| 7 | Children should never accept rides from strangers.                  | 16 | Children should walk, not run, during their trick-or-treat activities. | 24 | Children should always use sidewalks, not the street, for walking.   |
| 8 | Children should never take shortcuts through backyards or alleys.   | 17 | Parents should know what route their children will be taking.          | 25 | Children should look in all directions before crossing the street.   |
| 9 | Set a time limit for your children to be out on Halloween night.    |    |  |    |  |

Cedar Lake Trick or Treating will be from 5pm - 7pm

## INSIDE THIS ISSUE:

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Hydrant Flushing



# FIRE PREVENTION WEEK

OCTOBER 9-15, 2016

Cedar Lake Fire Department reminds residents: Change your smoke alarms every 10 years! Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries.

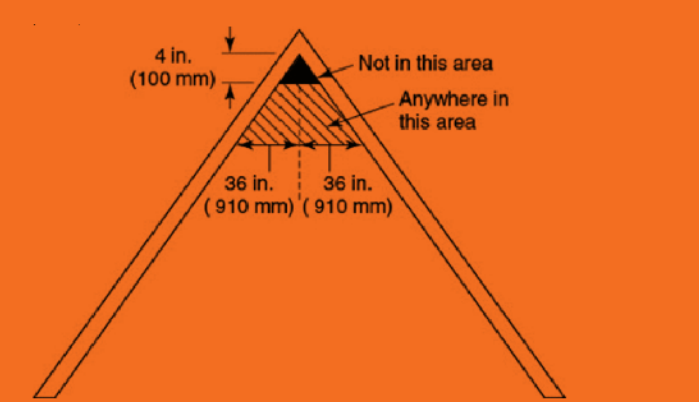
Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

## Here's what you need to know!

- A closed door may slow the spread of smoke, heat and fire. Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one sounds, they all sound.
- Test your smoke alarms at least once a month.
- When a smoke alarm sounds, get outside and stay outside.
- Replace all smoke alarms in your home every 10 years

## Installing smoke alarms

- Choose smoke alarms that have the label of a recognized testing laboratory.
- Install smoke alarms inside each bedroom, outside each sleeping area and on every level of the home, including the basement.
- On levels without bedrooms, install alarms in the living room (or den or family room) or near the stairway to the upper level, or in both locations.
- Smoke alarms installed in the basement should be installed on the ceiling at the bottom of the stairs leading to the next level.
- Smoke alarms should be installed at least 10 feet (3 meters) from a cooking appliance to minimize false alarms when cooking.
- Mount smoke alarms high on walls or ceilings (remember, smoke rises). Wall-mounted alarms should be installed not more than 12 inches away from the ceiling (to the top of the alarm).
- If you have ceilings that are pitched, install the alarm within 3 feet of the peak but not within the apex of the peak (four inches.)



To find out more about Fire Prevention Week programs and activities in Cedar Lake, please contact the Cedar Lake Fire Department at 219-374-5961. To learn more about smoke alarms visit NFPA's Web site [www.firepreventionweek.org](http://www.firepreventionweek.org)



## Cedar Lake Fire Department Pancake Breakfast

Cedar Lake Fire Department's annual Pancake Breakfast will be Sunday, October 16th from 7:00am until noon. Along with fire prevention information the Fire Department will also demonstrate how they do an extraction from a car at 11:00am. There will also be a jump house for the little ones. Come out and show your support for our Fire Department. They are there when you need them, now they need you.



## Leaf Collection

The Cedar Lake Public Works Department collects leaves more frequently than we did branches, weather permitting of course. Leaf vac trucks will be out each week for the duration of leaf-pick-up season which starts Monday, October 3rd and ends December 16th.

Leaf piles must be no more than 6 feet from the street (due to the length of the vac truck hose) and without blocking any waterways or storm drains.

Residents are welcome to dispose of leaves at the Public Works Department, Mondays through Fridays from 7am to 3pm. If you'd like to dispose of your leaves at Public Works, please stop in the main office first and present your driver's license or your most recent Cedar Lake utility bill.

## Leaf Collection Guidelines

- Place the leaf piles along the curbside within six (6) feet of the street.
- Do not park vehicles within ten (10) feet of the leaf pile.
- Do not block waterways or drainage.
- Do not mix leaves with yard waste, branches, stones or branches; leaf piles will be bypassed if any improper items are noticed.
- If you wish to bag leaves, use brown yard waste bags; we will not pick up leaves in any other container.
- Calling when yard work is completed is not necessary.
- Public Works has a regular route starting at one end of town and continuing to the other end of town until the entire town is picked up/serviced; the department will then start their route over again.
- Do not place leaves by mailboxes, trees, power line guide wires or utility poles.

## Lake Of The Red Cedars Museum

October 22nd Jeff Manes returns to the museum for another reading from his book, "ALL WORTH THEIR SALT" and book signing. The Lake of the Red Cedars Museum will be closing for the season on October 30th. The museum will reopen May 4, 2017.

## At The Clubhouse

Cedar Lake Clubhouse, 9800 W. 129th Avenue

## Fitness for All

Want to become stronger and overall healthier? Designed to be energetic, safe, effective, and FUN! Be ready to engage and improve your strength, flexibility and range of motion.

When: 8:00am – 9:00am, Tuesday and Thursday

Cost: \$5.00 per class

What to bring: Hand weights, a mat and water.

Daycare is not provided but children are welcome.

## Easy Does It – Gentle Exercise

For those who need a more gentle exercise – try sitting while working out. It's easy and you still get the benefits of a work out.

When: 9:15am-10:00am Tuesday and Thursday

Cost: \$5.00 per class

What to bring: Hand weights and water. We provide the chair.

## YOGA

Yoga is now at the Town Hall meeting room on Sunday's from 6:00pm to 7:00pm. Cost is \$8.00 per class. Appropriate for all ages. Bring a mat, bottle of water and a small towel. Classes are led by a registered yoga teacher, Kandi Bredar.

## Hydrant Flushing

October will be the start of the hydrant flushing season. We will be starting on the east side in Robin's Nest subdivision. The Water Department will be posting signs the day before flushing the hydrants, as well as posting notices on the town's web site & Facebook page. You may not want to wash clothes on flushing days. If you encounter discolored water, open an outside faucet and run the water until it clears up. Thank you for your patience. - Cedar Lake Water Department

## Cedar Lake/ Midwest Partnership Upcoming Classes

Registration fee is waived when signing up through Cedar Lake. **Tots-learn to skate-beginner skating lessons** (Ages 3-5) (\$80 for 4 classes)

Days: Dates: Times:

**Thursdays** Nov. 3 - 24 5:15pm - 6:00pm  
\* We will be closed on Thanksgiving Day. If you choose this session, your 4th class will be on  
**Saturday** Nov. 26th from 9:00am - 9:45am.  
**Saturdays** Nov. 5 - 26 9:00am - 9:45am  
**Thursdays** Dec. 1 - 22 5:15pm - 6:00pm  
**Saturdays** Dec. 3-24 9:00am - 9:45am  
\* There will be no classes on Saturday, Dec. 24th. If you choose this session, your 4th class will be on  
**Thursday** Dec. 29th from 5:15pm - 6:00pm.

**Pre-alpha – beginner skating lessons** (Ages 6 & older) (\$80 for 4 classes)

Days: Dates: Times:

**Thursdays** Nov. 3 - 24 5:15pm - 6:00pm  
\* We will be closed on Thanksgiving Day. If you choose this session, your 4th class will be on  
**Saturday** Nov. 26th from 9:00am - 9:45am.  
**Saturdays** Nov. 5 - 26 9:00am - 9:45am  
**Thursdays** Dec. 1 - 22 5:15pm - 6:00pm  
**Saturdays** Dec. 3-24 9:00am - 9:45am  
There will be no classes on Saturday, Dec. 24th. If you choose this session, your 4th class will be on  
**Thursday** Dec. 29th from 5:15pm - 6:00pm.

**Blackbirds Youth Hockey Development Program** (Ages 3 & Up) (\$140 for 8 classes)

Days: Dates: Times:

**Fridays** 4-5pm & **Saturdays** 10-11 am Nov. 4-26  
**Fridays** 4-5pm & **Saturdays** 10-11 am Dec. 2-24  
\* There will be no class on Dec. 24th. If you choose this session, your 8th class will be on  
**Friday**, Dec. 30th from 4pm - 5pm.

**Preschool Artistic Gymnastics** (Ages 3-5) (\$85 for 4 classes)  
**USA Gymnastics Development Gym of the Year!**

Days: Dates: Times:

**Tuesdays** Nov. 1 - 22 5:00pm - 5:55pm  
**Tuesdays** Dec. 6 - 27 5:00pm - 5:55pm

**Morning - Preschool Artistic Gymnastics** (Ages 3-5) (\$45 for 4 classes)  
**USA Gymnastics Development Gym of the Year!**

Days: Dates: Times:

**Wednesdays** Nov. 2 - 23 11:30am - 12:25pm  
**Fridays** Nov. 4 - 25 11:00am - 11:55am  
**Wednesdays** Dec. 7 - 28 11:30am - 12:25pm  
**Fridays** Dec. 2 - 23 11:00am - 11:55am

**Beginning Artistic Gymnastics Classes** (Ages 6 & Older) (\$85 for 4 classes)  
**USA Gymnastics Development Gym of the Year!**

\*NO ADDITIONAL ATTIRE COSTS!

Days: Dates: Times:

**Tuesdays** Nov. 1 - 22 5:00pm - 6:00pm  
**Tuesdays** Dec. 6 - 27 5:00pm - 6:00pm

For more information contact Patsy Casassa, (219) 374-7400 ext. 119 or [patsy.casassa@cedarlakein.org](mailto:patsy.casassa@cedarlakein.org)