

Self-Defense Course Offered

The Windsor Heights Police Department is currently seeking information from area residents who may be interested in participating in a women's education and self defense course called Rape Aggression Defense (R.A.D.). Dates of the course have tentatively been set for Tuesday and Wednesday evenings in October (October 1, 2, 8 and 9) from 6:00-9:30 pm at the Windsor Heights Community and Event Center. Class size will be limited to 20 students and attendance at all classes is recommended to complete the program successfully. There will be a one-time registration fee of \$25 due prior to the first class along with pre-event paperwork and waivers. Returning students are welcome at no charge.

The RAD program for women's basic self defense is the largest nationally recognized women's self defense organization in the world (www.rad-systems.com). Classes encompass twelve hours of education and awareness topics mixed in with hands-on, active self defense techniques and strategies. The final class in the series is a culmination of the material presented where three separate, active simulation scenarios are given to students to apply what they

have learned in the classroom.

Participation in this course does encourage a moderate level of activity; however, women of all ages and abilities are encouraged to attend. The philosophy of RAD instructors is that this program should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations.

Chief McDaniel of the Windsor Heights Police Department, and long-time certified RAD instructor states, "The objective of the basic RAD program is to develop and enhance the options of self defense so that they may become viable options for a woman who is attacked. We work with our students to educate them on general awareness issues and also strive to create confidence in the application of some basic self defense techniques."

Interested women, high school age and above, may contact Officer Woods at the Windsor Heights Police Department during normal business hours at (515) 645-6829 or e-mail her at awoods@windsorheights.org with questions. To register for the course, please come to City Hall, 1133 66th St, Windsor Heights.

Importance of Fire Hydrants

The City of Windsor Heights collaborates with Des Moines Water Works to properly maintain fire hydrants. There are more than 10,000 hydrants in the Des Moines Water Works distribution system, and while fire hydrants are a familiar sight, we should all be aware of the importance of each hydrant to the community – not only for firefighting, but also for operation and maintenance of the water system.

Because they are so important, the fire hydrants in Des Moines Water Works distribution system receive a lot of attention. Each public fire hydrant receives regular maintenance on a three-year rotating schedule. In addition, each year in the fall, every fire hydrant is inspected to ensure it is not holding water that could freeze and to confirm that it has not been hit by vehicles or damaged in some other way. Most hydrants in the system are designed to break away if they are hit by a vehicle. This reduces damage to the vehicle and the hydrant and allows the hydrant to be returned to service quickly.

Des Moines Water Works is responsible for maintenance of the fire hydrants that fire fighters use to protect our community. Help the local fire department and Des Moines Water Works by following these simple tips to keep fire hydrants working properly and accessible when they are needed:

- Keep cars, bikes, toys and other objects away from fire hydrants at all times.
- During winter months, shovel snow away from fire hydrants.
- Mow and trim grass or weeds around fire hydrants near your property.
- Do not plant flowers or shrubs around fire hydrants.
- Do not paint fire hydrants – the color of the fire hydrant is indicative of water flow available for fire protection.

Unauthorized use of a hydrant can cause significant damage to the distribution system, the hydrant and your home or business plumbing. Additionally, it may cause damage to our water supply. Any unauthorized use of a fire hydrant may result in a \$1,500 fine and misdemeanor charges.

If you notice a damaged fire hydrant or witness suspicious activity near a fire hydrant, please call Des Moines Water Works at (515) 283-8700. Your call is important to the fire protection of your home, business and others around you.

Fire Prevention Week

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on October 8, 1871. This tragic conflagration killed some 300 people, left 100,000 homeless and destroyed more than 17,000 structures.

The first official fire prevention week was proclaimed by President Calvin Coolidge in 1925 to commemorate the 40th anniversary of the Great Chicago Fire.

NFPA (National Fire Protection Association) has announced its theme for 2013 Fire Prevention Week: Prevent Kitchen Fires. Cooking is the number one cause of home fires, and a significant contributor to home fires deaths. From October 6-12, we'll be highlighting the dangers of unattended cooking and risky kitchen habits. Visit firepreventionweek.org for information.

More information at www.windsorheights.org

City of Windsor Heights

AMERICA'S CROWN COMMUNITY NEWSLETTER

CONTENTS

- 2 Cowles Montessori Garden
- 3 Note from City Admin.
- 4 Self-Defense Class
- 4 Fire Hydrants

Children's Contest Sponsored by Chamber

The Windsor Heights Chamber is sponsoring a contest asking children to describe what they want to do for a career when they grow up. "What do you want to be?" invites entrants in grades K through 5 in Windsor Heights and the Des Moines metro area to submit art work or written pieces sharing what they are interested in doing for a future vocation and why. Submissions will be accepted through October 31. The entry form can be printed online at www.windsorheightschamber.com. Submissions can be hand-delivered to the Windsor Heights City Hall, or mailed to Windsor Heights Chamber 1133 66th St. Windsor Heights, Iowa 50324.

All entries will be judged based on creativity of design for visual pieces and verbal content for written work with three top prizes being awarded of \$100 first place, \$75 for second and \$50 for third, monies for each winner to launch toward savings for their future education. The top winners will also be given the opportunity to shadow or visit with a professional doing the work they wish to do when they grow up. Numerous other entrants are expected to be recognized with honorable mention certificates. Prizes will be awarded, and submissions will be on display at the Shop Where You Roost Buy Local Expo, held November 7, from 5 to 9 p.m. at the Windsor Heights Community and Events Center.

The Windsor Heights Chamber wants to engage young people to consider the wide range of vocations and entrepreneurship that are open to them in their futures, and particularly how education goes hand-in-hand with reaching career dreams. All contest details can be found at www.windsorheightschamber.com.

The Shop Where You Roost Expo will feature local area merchants and professionals set up to provide information, samples and shopping for visitors. Sample, shop, enjoy and celebrate the art and written work. Concessions provided by Hy-Vee.

Election Campaign Signs

As the November 2013 election is approaching, the City wants to remind everyone of campaign sign requirements:

1. Signs can be located in any zoning district.
2. Signs cannot be located in the street right-of-way. (This is considered to be 12.5 feet back from the curb line)
3. Signs cannot be placed on a property without the permission of an owner or lessee.
4. Residential use signs can be no larger than 10 square feet.
5. Commercial use signs can be no larger than 100 square feet.

If there are any questions related to campaign signs and the requirements, please call the City Inspector/Zoning Administrator at 645-6826.



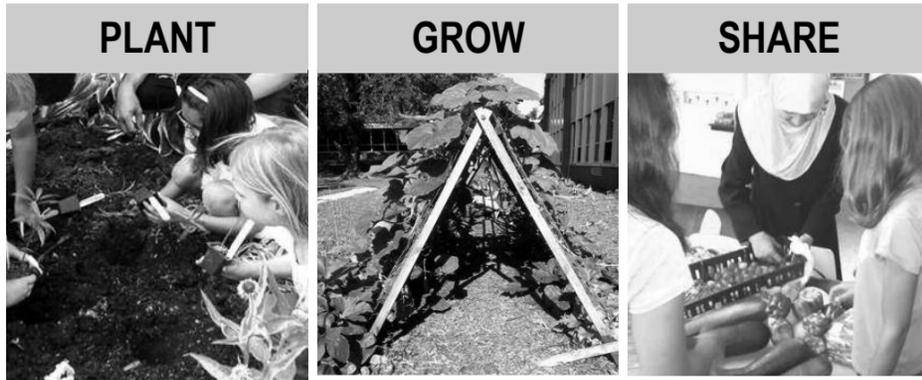
City of Windsor Heights
the heart of it all

1133 66th Street
Windsor Heights, IA 50324
(515) 279-3662
www.windsorheights.org

Cowles Montessori Gardens

Cowles Montessori School students harvested over 2,200 pieces of produce from their garden. The students then donated almost 1,500 pieces of produce to various organizations, including Trinity Methodist Church, Windsor Presbyterian Church's Burundian African Group and Catholic Workers House.

Thanks to Darren Fife, Mary Scarcello, Wright Outdoor Solutions, and Public Works for helping with the project!



CONTACT US! City of Windsor Heights

Emergency Phone Numbers

Fire Department911
Police Department911

Non-Emergency Phone Numbers

Police/Fire286-3632
City Hall279-3662

MayorJerry Sullivan

Council Members:

- Diana Willits
- Charlene Butz
- Betty Glover
- Dave Jenison
- Dave Burgess

City AdministratorJeff Fiegenschuh

Chief Financial Officer.....Carrie Kruse

Fire ChiefChristopher Cross

Police ChiefDennis McDaniel

Public Works Director Jason Van Ausdall

Police Department:

Police Dispatch286-3632
Police Admin./Records277-4453
Police Investigations277-4455

Fire Department279-3662

Public Works Dept.279-3662

Colby Park Reservations645-6821

Building Inspector279-3662

Animal Control286-3632

2 City Council Meetings are held the 1st and 3rd Mondays of every month at 6:00 p.m., unless posted otherwise.

OCTOBER & NOVEMBER 2013						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Oktoberfest 2-6 p.m. (Colby Park)
6	7 City Council Meeting 6 p.m. (City Hall)	8	9	10	11	12
13	14	15	16	17	18	19
20	21 City Council Meeting 6 p.m. (City Hall)	22	23 Planning & Zoning Meeting 4:30 p.m. (City Hall)	24	25	26 Hazardous Waste Drop-off 7:30am-12:00pm (Colby Park)
27	28	29	30 Beggars Night 6-8 p.m.	31	1	2
3	4 City Council Meeting 6 p.m. (City Hall)	5	6	7	8	9
10	11	12	13	14	15	16
17	18 City Council Meeting 6 p.m. (City Hall)	19	20 Planning & Zoning Meeting 4:30 p.m. (City Hall)	21	22	23

NEWS BRIEFS

Rain Barrels for Sale

The City of Windsor Heights still has rain barrels for purchase at \$50. We are limiting them to one per household. Interested persons can come into City Hall, purchase and take home a rain barrel the same day. Just make sure you can fit one in your vehicle! They can easily fit into the backseat of a standard sized car. If there are any questions, please contact Sheena Danzer at 515-645-6826 or sdanzer@windsorheights.org.

Beggars Night

Ghosts and goblins will be in the neighborhood for trick-or-treating on Wednesday, October 30, from 6:00- 8:00 pm. Turn on your porch light if you would like to host little visitors. Please be extra careful while driving at this time as well.

Leaves and Stormwater

With autumn around the corner, leaves will be falling from the trees will be a familiar sight. Residents are asked to help keep the stormwater intakes free and clear of leaves and grass clippings by please avoiding racking leaves into the street. This is because leaves in the street eventually end up in the storm sewer, clogging pipes and causing flooded streets. Windsor Heights stormwater flows to underground culverts and creeks, and eventually find its way to the Raccoon River, which is the source for all drinking water. Clean stormwater runoff not only helps keep drinking water clean and safe, it also helps protect aquatic life.

Iowa One Call

Residents undertaking projects involving digging and excavating are reminded to call Iowa One Call. Under Iowa statute, if you plan to dig deeper than 12 inches, you are required to make the toll-free call at least 48 hours before digging. The service is FREE to anyone who requests it. Before any digging or excavation starts, call Iowa One Call at 1-800-292-8989 to have utilities marked.



From the City Administrator

Autumn is upon us and soon the weather will begin to cool. I know everyone is in the mood for football, but don't forget the great pennant races that are still to come in MLB! Looking back, it's been a great summer at the City. In August, I held my first of many "Coffee with the City Administrator" forum. Although turnout was light, our group had some great discussions on the City budget and future City projects. Two of the topics where most of the discussion centered included continuing to support our business community and the condition of some of our City streets.

City staff has begun meeting monthly with the leadership of the Chamber of Commerce to find where the City can continue to support chamber programs and business retention. The City is actively involved in monthly chamber business meet-ups and we are working to put together an economic development summit this winter.

The City Council and staff began working on a major street resurfacing plan that will begin next spring. Staff will present the list of streets to the Council in October and begin the process of issuing General Obligation bonds in November. Ideally, we hope to bid this project out in February or March. There will be more to come on both projects in the coming months.

Finally, the City recently joined the ICMA Center for Performance Measurement. This program helps cities to step back and quantify their efforts in providing essential services and in turn gives elected officials and staff the tools to help make improvements if necessary. The three core areas the City is participating in include Police Services, Fire/EMS and Code enforcement. Windsor Heights will be part of a program that compares these services between cities nationwide. Our goal is to use this comparative data as a way to improve our service delivery. The results of this year's program will be presented during the FY 15 budget to the City Council and will be available online.

I appreciate everyone's warm wishes during the past nine months. We have accomplished so much in this short amount of time, with much more work to be done. As always, feel free to contact me at City Hall with any questions or concerns you have.

Regards,
Jeffrey A. Fiegenschuh, ICMA-CM
City Administrator