



ROTARY CLUB OF WESTON HONORS CITY LEADERS FOR SUPPORTING THE *GET FIT WESTON* INITIATIVE

The **Get Fit Weston** initiative prompted by the Rotary Club of Weston in partnership with the City of Weston, Cleveland Clinic Florida and the YMCA of Broward County truly invoked an energetic spirit for healthy living throughout the Weston community.

At the February 22, 2011 City Commission meeting, Rotary member and Get Fit Co-Chair Martin Gould, accompanied by Rotary President Dan Young, Past President Larry Herman and Get Fit Co-Chair John Massaro, presented Mayor Eric Hersh, City Manager John Flint, Assistant City Manager/COO Jeff Skidmore and Director of Parks and Recreation Don Decker, with awards of gratification for their dedication to supporting the program. In addition, Indian Trace Elementary School Principal, Wanda Ross accepted a \$500 check as Indian Trace Elementary garnered the most participation for the Mayor's Get Fit Cup Challenge.



Mayor Eric Hersh is presented with his award of gratification from Get Fit Weston Co-Chair Martin Gould

The **Get Fit Weston** citywide health initiative began October 11, 2010 and ended with the "Billy Beck III Run for Tomorrow 5k and Half Marathon" on December 12, 2011. The program embraced the components of the *Let's Move!* campaign, a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity. **Get Fit Weston** made it

possible for residents to learn the facts, eat healthy, get active and take action with a special emphasis dedicated to helping families teach their children how to adopt healthier lifestyles and habits.

On November 15, 2010, a "Resolution Related to the Let's Move Campaign" was adopted by the Weston City Commission, supporting policies that focus on health and wellness, continuing education, and healthier lifestyles in all communities.



Weston City Commission with Principal Wanda Ross and Weston Rotary Club members



To ensure the tools for leading a healthy lifestyle are provided to our children, funds raised from **Get Fit Weston** will be used to provide physical activity programs during after-school care at Weston's elementary schools, supplementing physical education within our schools which has recently been cut back due to budgetary restraints. This program will be administered by the YMCA of Broward County through their affiliation with the nationally recognized SPARK physical education training program, which is approved by the Florida Department of Education.

Over 300 participants took advantage of the **Get Fit Weston** program and over 1,300 patrons participated in the 5K run and half marathon. *The Get Fit Weston* program provided participants with:

- Unlimited access to training programs and exercise classes at three fitness facilities in Weston
- Free or reduced cost health evaluations and screenings
- Free access to online fitness and wellness tips, videos and other support materials to help participants to adopt a healthier lifestyle and become more physically fit
- Free educational workshops and seminars from Cleveland Clinic Florida
- Healthy dining alternatives at Weston-area restaurants
- Free entry into the Rotary Club's annual 5K walk/run and half-marathon race
- A Fitness Festival with free health screenings, presentations and programs, entertainment and family fun



THE SHEINBERG FAMILY YMCA OF WESTON INVITES KIDS AND PARENTS TO COME PLAY!

HEALTHY KIDS DAY
SATURDAY, APRIL 16, 2011

The Sheinberg Family YMCA of Weston invites kids and parents in Weston and West Broward County to make a play date at the YMCA's Healthy Kids Day - the nation's largest health day for kids, families will enjoy:

Aerobic demonstrations - Safe Start information - Drowning prevention - Swim safety demonstrations - Local sports teams activities and mascots - Child fingerprinting - Summer Camp Open House and Registration - Child safety seat check - Fun giveaways



In addition, Weston City Commissioners will lead "Blow the Whistle on Childhood Obesity" at 12 Noon. There will also be raffle prizes, bounce houses, local restaurants and health and wellness information from various community partners.



Healthy Kids Day will take place on Saturday, April 16, 2011 from 11:00 a.m. to 2:00 p.m. There will be a fantastic pool party and splash event at the YMCA pool from 2:00 p.m. - 4:00 p.m. Activities are FREE and open to all!

For more information, please contact Stephanie Brassie, Member Relations Director, at 954-424-9622 or email, sbrassie@ymcabroward.org. You may also visit www.ymcabroward.org for more information on this fantastic event as well as other events and programs offered by the YMCA.

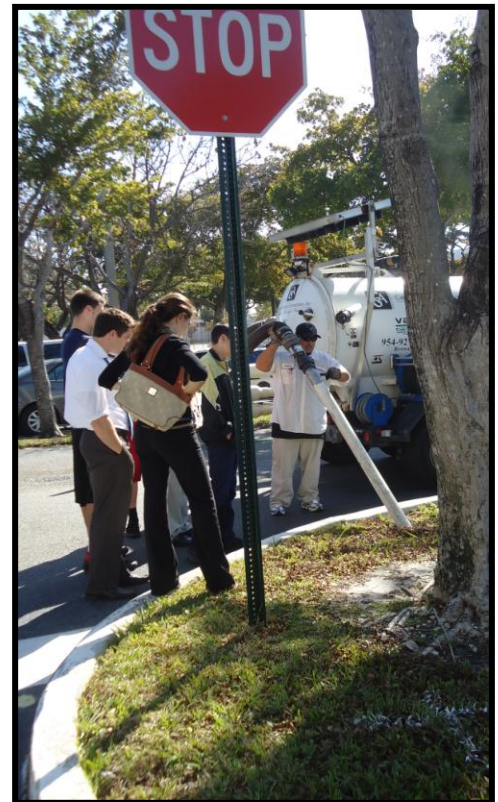
**The Sheinberg Family YMCA of Weston is located at 20201 Saddle Club Road inside the Weston Regional Park.
(954) 424-9622**



WESTON UNIVERSITY CLASS 2011 VISITS CALVIN, GIORDANO & ASSOCIATES

Students participating in this year's Weston University program received a candid look into the world of development services for their February 2011 program day. The class traveled east to Ft. Lauderdale to the offices of Calvin, Giordano & Associates (CGA), the City's contract provider for planning, zoning and engineering services. The day provided students with an insightful experience hosted by professionals in the field, as well as a multitude of career opportunities that are available in the many disciplines that fall under the scope of development services.

Students began the day at 8 a.m. at Weston City Hall where they were greeted by City Manager John Flint, who provided a brief overview of the industry. At the offices of CGA, the students were mesmerized by the various career possibilities that they had not contemplated before including, landscape architecture, engineering, traffic engineering, 3D graphic multi-media artist and many more. In addition to meeting the development professionals that work with the City and gaining insight into their daily job functions, students also gained valuable practice for their upcoming City Commission simulation, by receiving a crash course regarding the legislative process for site plan approval. There were stumbles and plenty of laughs along the way, but who says government can't be fun!







5TH ANNUAL ARTWALK AND SHOWTIME EVENT *A GREAT DISPLAY OF THE ARTS IN OUR COMMUNITY*

Patrons from all over Broward County visited Weston Town Center on Sunday, February 27, 2011 for the 5th Annual ArtWalk and Showtime event. Presented by the Arts Council of Greater Weston and sponsored by the City of Weston, there was everything from live entertainment and jewelry artisans to artists, sculptors and photographers.

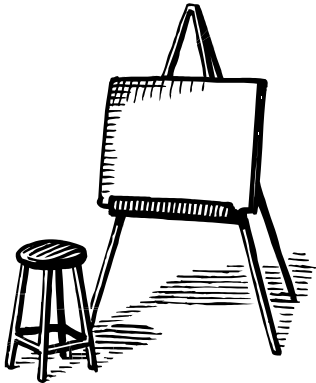


In addition to paintings lining the streets, there were beautifully crafted pieces of jewelry including intricately beaded necklaces and bracelets and sterling silver earrings and rings. Gifted young artists from Cypress Bay High School were also on hand to display their work, a true testament to the variety of talent here in Weston. If art work wasn't your passion, there were musicians and student dancers adding to the entertainment of the day. All in all, the 2011 Art Walk and Showtime was a remarkable showcase of talent. Weston is fortunate to have such wonderfully gifted artists as our neighbors and friends.

Together, the City of Weston and the Arts Council of Greater Weston, once again displayed their great recognition of the importance of the arts and artists in our community.

For more information about the Arts Council of Greater Weston, as well as their calendar of events,
<http://artscouncilwestonfl.com>.







TIPS TO GO GREEN AT HOME



- **PURCHASE ENERGY STAR APPLIANCES** – Look for **Energy Star** rated products in more than 40 categories, including TVs, refrigerators, dishwashers, and air conditioners.

ENERGY STAR is a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy helping us all save money and protect the environment through energy efficient products and practices.

- **CHANGE A LIGHT** – Replace your five most frequently used light bulbs with compact fluorescent bulbs. An individual can save more than \$65 a year in energy costs. Energy Star qualified bulbs use 75 percent less energy and last up to 10 times longer than incandescent bulbs.

FUN FACT: On February 1, 2011, the City of Weston began replacing city-owned street light fixtures with LED fixtures on public roadways. Over 1,000 LED lights will replace the old lights, which will save the city approximately \$150,000 a year on electricity costs due to their energy efficiency. More than 50% of the project cost is funded by a federal energy conservation grant. Drivers should note that trucks and workers will be along Weston roadways and there may be temporary lane closures as the lights are replaced.

- **USE LESS HOT WATER** - Wash only full loads in your washing machine and take shorter showers. The water heater is a large user of energy in most homes. About 90% of the energy used to wash clothes is from heating the water. Saves over 100 lbs. of CO2 per year.



- **ADJUST YOUR THERMOSTAT** – Cool your home at 78° or warmer with the thermostat fan set to “auto”. Raise the temperature to 82° or warmer when you’re away from home. Saves 2,000 lbs. of CO2 per year and approximately \$180 a year on the electric bill.
- **CLEAN AIR CONDITIONING FILTERS** – Clean your A/C filters monthly to save energy and money on cooling costs.
- **SEAL THE DEAL** - Improve energy efficiency and comfort by finding and sealing air leaks to the outside. Can follow the Energy Star home sealing recommendations.
- **UNPLUG UNUSED ELECTRONICS** – When electronic devices are turned off but still plugged in, they continue to use energy (sometimes called vampire power). Unplugging unused electronics saves over 1,000 lbs. of CO2 per year.

For more information about [ENERGY STAR](#) as well as a complete list of ENERGY STAR Appliances visit www.energystar.gov.



UPCOMING EVENTS & PROGRAMS AT THE SHEINBERG FAMILY YMCA

PARENTS' NITE OUT – MARCH 5th



Parents can drop off their children at the YMCA and enjoy a night out, while the kids enjoy a pizza party, rock climbing, arts and crafts, sports and more. **Saturday, March 5, 2011 for children ages 3-12 from 5 p.m.-10 p.m.** Please contact Ben Freeman at 954-424-9622 or bfreeman@ymcabroward.org for more information or you may register on-line at www.ymcabroward.org.

FREE WATER SAFETY DAY AT THE Y – MARCH 15th



Calling all children ages 3-5, join the Y on **Tuesday, March 15, 2011 from 9:30 a.m.-11:30 a.m.** for a fun and educational FREE water safety day! There will be interactive games, swimming, education stations and a FREE lunch. Please pre-register at www.ymcabroward.org or contact Scott Hendry at shendry@ymcabroward.org for more information.

Y WINNERS YOUTH BASKETBALL LEAGUE



Boys and Girls ages 4-17 register now for the YMCA Spring Basketball League. Please register on-line at www.ymcabroward.org or contact Lamar Silvera at lsilvera@ymcabroward.org for more information.

Register on-line at www.ymcabroward.org or contact the YMCA at 954-424-9622 for additional information regarding programming.

The Sheinberg Family YMCA is located at 20201 Saddle Club Road inside the Weston Regional Park.



MARCH 2011 EVENTS

Mark Your Calendar...

Saturday, March 5th from 1:30 p.m. & 3:00 p.m.



FREE Professional Puppet Show - "Doodles the Clown"

The Weston Community Center (20200 Saddle Club Boulevard)

This is an enchanting story about a lonely clown who builds his own dog. Adventure abounds: an attempted dog-napping, a chase and a dramatic rescue! Self-esteem, courage and friendship are central themes in this original upbeat show. This show is appropriate for children ages Pre-K thru 2nd grade. **For more information please call 954-389-4321.**

Saturday, March 5, 2011 at 7:30 p.m.



FREE Moonlight Movie in the Park – "Shrek Forever After"

Event Stage, Weston Regional Park (20200 Saddle Club Road)

Bored and domesticated Shrek pacts with deal-maker Rumpelstiltskin to get back to feeling like a real ogre again, but when he's duped and sent to a twisted version of Far Far Away – where Rumpelstiltskin is king, ogres are hunted, and he and Fiona have never met – he sets out to restore his world and reclaim his true love.

Bring lawn chairs and blankets and enjoy this FREE full length feature film under the stars. **For additional information call 954-389-4321.**

Sunday, March 6, 2011 at 9:00 a.m.

Paintball Tournament

Extreme Range (6401 Sheridan Street, Hollywood)

The Broward Sheriff's Office is hosting a Paintball Tournament to benefit the Special Olympics Florida. The cost is \$50 per person that includes entry, breakfast, lunch, all equipment and paint. Teams will play a minimum of 5 games, individual players (ages 9 and up) welcomed, teams are limited to 7 players. Prizes will be awarded to the top 3 teams! **For additional information or to register contact Deputy Kari Pallotto at 954-389-2030 or kari_pallotto@sheriff.org.**



Monday, March 14, 2011 at 5:00 p.m. & 7:15 p.m.



Weston Foreign Film Series – “As in Heaven”

Weston 8 Cinema, 1338 SW 160th Avenue in Sunrise.

A Swedish romance. A successful conductor suddenly interrupts his career to return to his childhood village. He makes friends and enemies in the process but what about love? **Tickets:** \$7 and are available at the Weston Community Center, Friends Bookstore at the Weston Branch Library & Community Bank of Broward. **For more information, please visit** www.artscouncilwestonfl.org

Saturday, March 19, 2011 at 7:00 p.m.



FREE Rock & Pop Masters Outdoor Concert in the Park

Event Stage, Weston Regional Park (20200 Saddle Club Road)

Presented by The City of Weston and the Rotary Club of Weston, this is a Classic Rock Dance Party. Rock and Pop Masters brings all hit music from the 70's and 80's sung by the original lead singers!

RPM will feature: Larry and Lance Hoppen of Orleans; Chris Barron of the Spin Doctors; Skip Martin formerly of Kool & the Gang; Wally Palmer of the Romantics; Jimmy Hall from Wet Willie featured with the Allman Brothers, plus John Jorgenson and Charlie Morgan from the Elton John Band and many more! Bring the family, bring lawn chairs or blankets and come out to enjoy this FREE outdoor concert. **For more information, please call 954-389-4321.**