



WESTON ELEMENTARY STUDENTS PARTICIPATING IN 2ND ANNUAL MAYOR'S CUP CHALLENGE

Weston Mayor Eric Hersh has once again thrown down the gauntlet with a challenge to all Weston elementary students: Sign up for the **Mayor's Get Fit Challenge Cup!**

The "Mayor's Get Fit Challenge Cup" and a \$500 check will be awarded to the school with the most participants.

The elementary school with the largest participation as a percentage of the schools enrollment will be the winner.

Weston Mayor Eric Hersh invites every student enrolled in a Weston elementary school AND their parents to participate. Get Fit Weston is an initiative to promote a lifestyle change that includes more physical exercise – The Mayor's Challenge Cup is an added bonus!

The Mayor's Challenge Cup is a 1-mile walk or run, beginning at **9:00AM on Sunday, December 11, 2011 at the Weston Town Center.**

Date: Sunday, December 11, 2011

Start Time: 9:00 a.m.

Place: Weston Town Center, Bell Tower Lane

Register online:

www.getfitweston.com

How can students walk?

\$15 registration fee, includes numbered race bib, T-shirt, after-walk breakfast and certificate for a free lunch or dinner at Carolina Ale House.

**Parent or guardian is permitted to walk with their child for free but will not receive a race packet or breakfast*

How can adult family & friends walk?

\$20 registration fee includes numbered race bib, T-shirt, after-walk breakfast AND the 2-month Get Fit Program benefits.





FROM THE LAND DOWN UNDER TO THE CITY OF WESTON ROTARY INTERNATIONAL GROUP STUDY EXCHANGE TEAM VISITS CITY HALL FROM AUSTRALIA

On Thursday, November 17, 2011, the City of Weston welcomed Rotary International Group Study Exchange (GSE) members from Australia. Weston Mayor, Eric Hersh and City Manager John R. Flint greeted the GSE team from down under, as they discussed the City of Weston, its form of government and tourism. Weston staff members Denise Barrett, Director of Communications and Bryan Beard, Parks and Recreation, along with Don Decker, Director of Parks and Recreation, and Laurie Menekou, Assistant Director of Communications also met with the group. Both Laurie and Don are GSE Alumni, past participants of the Rotary Exchange Program. Sponsored by the Weston Rotary Club, Don visited Italy in 2007 and Laurie traveled to Argentina in 2008.

Exchange group participants are professionals, between the ages of 25-40, that each work in various industries in both the public and private sectors in their native country. GSE participants travel to a foreign country for three weeks to participate in a cultural exchange of ideas.

This is the tenth year in a row that Weston Rotary Club has arranged for a Rotary International Group Study Exchange team to visit Weston City Hall. Participants from countries all across the globe such as South Africa, Argentina, the Philippines and now Australia have made the much anticipated annual visit to Weston City Hall for a cultural exchange, professional discussion and warm welcome.



From Right to Left: Jack Woods, Bryan Beard, Mayor Eric Hersh, Helen Schmidt, Joanne McLane, George Truman, Michelle Cameron, Vicki Kembery, Don Decker, Laurie Menekou.



DEEP FRYING YOUR THANKSGIVING TURKEY? SAFETY TIPS FROM BSO & THE CITY OF WESTON

A popular item that is used at holiday time is the propane gas turkey fryer. These are readily available and inexpensive but can be unsafe, according to the National Fire Protection Association (NFPA) and Underwriters Laboratories (UL). The NFPA discourages the use of turkey fryers except by properly trained professionals using professional quality equipment. Underwriters Laboratories does not certify any of these appliances with their UL mark. New on the market is a similar outdoor unit that does not use oil and should be considered as an alternative to the oil-containing fryers.



Since deep fried turkey is a longtime favorite food, especially in the southern United States, people will continue to use the deep fryers. Consumer-grade turkey fryers use a substantial quantity of cooking oil at high temperatures and pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property. BSO echoes the NFPA suggestion that those who prefer a deep-fried turkey simply purchase one prepared from a grocer, food retailer or restaurant that prepares them using professional equipment.

Dangers:

1. Units can easily tip over, spilling boiling hot oil over a large area.
2. An overfilled cooking pot or even a partially frozen turkey will cause cooking oil to spill.
3. A small amount of oil coming in contact with the burner can cause a large fire.
4. Without thermostat controls, deep fryer have the potential to overheat the oil to the point of combustion.
5. The sides of the pot, lid and pot handles can get dangerously hot, causing severe burns.

If You Do Fry a Turkey

- Fryers should always be used outdoors, on a solid level surface a safe distance from buildings and flammable materials.
- Never use a fryer on a wooden deck, under a patio cover, in a garage or enclosed space.
- Do not overfill the fryer.
- Never leave the fryer unattended because, without thermostat controls, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use or after use as the oil can remain hot for hours.
- Use well-insulated potholders or oven mitts and wear long sleeves and safety goggles to protect from splatter.
- Make sure the turkey is completely thawed before it is placed in a fryer.
- Keep all-purpose fire extinguishers nearby and immediately call 9-1-1 if fryer catches fire.



BSO reminds residents that Thanksgiving is the top day for cooking fires to happen. An estimated 2,000 Thanksgiving Day fires in residential buildings occur annually in the U. S., resulting in an estimated average of 5 deaths, 25 injuries and \$21 million in property loss. By far, the leading cause of Thanksgiving Day fires in residential buildings is cooking. These fires occur most frequently between noon and 4 p.m.

Be extra careful:

Avoid cooking over a stove with loose clothing/sleeves

Never leave stove top foods that cooking, unattended

Keep pot handles turned in toward the stove





Stuff the Turkey, Not your Pet! Broward County Animal Care Cautions Against Overfeeding Your Pet this Thanksgiving

Thanksgiving time is almost here and Broward County Animal Care and Adoption, reminds all pet owners to keep their dogs and cats safe during the holiday weekend.

With much of Thanksgiving centering around food and eating, people are often tempted to feed a traditional Thanksgiving meal — complete with turkey and stuffing — to their pets. However, such a meal can get your dog or cat very sick or can even be lethal.



Here are ten important safety tips to ensure that your pet stays healthy and safe.

1. **Keep your pet on its regular feeding schedule.** Whatever time you normally feed your pet, stay with that routine.
2. **Feed your pet its regular food.** Giving pets Thanksgiving scraps can cause abdominal pain, diarrhea and vomiting.
3. **Do not feed your pet any part of the turkey.** While people may think that turkey is safe, often the seasoning from the turkey drippings, along with the skin and gravy can cause pancreatitis — inflammation of the pancreas.
4. **Do not give your pet bones!** Turkey bones are particularly dangerous since they can splinter and cause intestinal damage.
5. **Secure the garbage pail!** Table scraps, food wrappings, bones and other items can be tempting to your pet. Even simple items like aluminum foil and the string from the turkey can be consumed since your pet will smell the food and seasonings on them. Be sure that all trash containers, both inside the house and outside, are securely closed so that animals cannot tear through the garbage for a private Thanksgiving feast.
6. **Keep your pet in another room during dinnertime,** so that they cannot sit and beg at the table. In addition, guests will not be tempted to give them any food.
7. **Do not give pets chocolate!** Chocolate is toxic and can affect the heart and nervous system.
8. **Do not give your pet alcohol or eggnog to drink.** Alcohol can cause coma and death in animals. Eggnog is extremely rich and can cause diarrhea.
9. **Do** make sure that your pet has plenty of fresh water at all times.
10. **Most important,** make sure that your pet is wearing proper identification. Pets can easily escape through the front or patio doors when guests come to your home. This is the best way to ensure that your pet is reunited with you if he or she becomes lost during the Thanksgiving holiday.



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SHEINBERG FAMILY YMCA **UPCOMING PROGRAMS & EVENTS**



YMCA Parent's Night Out – Saturday, December 17th

Can't find a babysitter for date night? Children ages 5 – 12 can come out for a night of fun. Parents can drop off their children for a night out, while the kids enjoy a pizza party, swimming, arts and crafts, sports and more.

YMCA Family Members: \$35/per child and Non-Members: \$45/child. Pre-registration required. Register on-line at www.ymcabroward.org or call 954.424.9622 or stop by the Member Services Desk at the YMCA.

YMCA WINTER BREAK CAMP

The Y offers an action packed camp during the Winter Break! Children will swim, play sports, create crafts, and have fun! Sign up daily or weekly between December 19-23 and December 26-30. For boys and girls ages 5-12.

Pre-registration required. Register on-line at www.ymcabroward.org or contact Wendy Milordis at wmilordis@ymcabroward.org or 954.424.9622 or stop by the Member Services Desk at the YMCA.

Y WINNERS NFL FLAG FOOTBALL

Sign up for NFL Flag Football which begins in January 2012! Register your child (ages 4-16) now, spaces are limited in each league. Season starts in January and runs until March.

Register on-line at www.ymcabroward.org or contact Dan Caliento at dcaliento@ymcabroward.org or 954.424.9622 at the Sheinberg Family YMCA of Weston.



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

It is a 42,500 sq. foot family center dedicated to enhancing healthy lifestyles through programs that build mind, body and spirit. The staff and volunteers are committed to helping children and youth deepen positive values, their commitment to service and their motivation to learn.



UPCOMING EVENTS



NOW – December 10, 2011

Get Fit Weston

Get Fit Weston is back for the second year and better than ever. Sponsored by the Rotary Club of Weston and the City of Weston this fitness initiative is amazing but true, and for a good cause too! For just \$20, you can choose from 44 workout programs every week provided by 11 great fitness centers. Choose one class or take them all!

Fitness Partners: The YMCA of Broward County, Ultimate Sports Institute, Midtown Athletic Club, Orange Theory Fitness, Billy Beck III, CrossFit Ripped, Weston Yoga, Z's Bike and Fitness, The Gridiron Club, Kidokinetics and Fitness 21.

Classes offered include: Cardio training, boot camp, water fitness, spinning, circuit training, family training, fight club, body pump, Zumba, bike ride, yoga, Step class and more! Sign up today at www.getfitweston.com



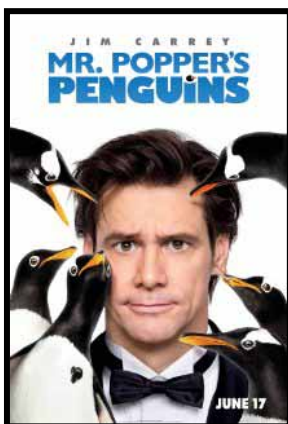
Saturday, December 10th, 1:30PM

Santa's Holiday Revue

Professional theater for children

Santa's Holiday Revue is a fast-paced rollicking musical that takes a joyous 'round the world tour of the dances, songs and stories from Christmas, Hanukkah, Kwanzaa and many more. Kids will sing, clap and tap along as they learn new and old traditions, customs and folklore that instill the magic of the season. A heart-warming experience that celebrates the spirit of cultural diversity.

Tickets are \$5.00 in advance, \$10 at the door. Pre-sale tickets are sold at the Weston Community Center. The performance is held at Cypress Bay High School.



Saturday, December 10, 2011 – 7:30PM

Moonlight Movie in the Park – MR. POPPER'S PENGUINS

The life of a businessman begins to change after he inherits six penguins, and as he transforms his apartment into a winter wonderland, his professional side starts to unravel. FREE event. Bring lawn chairs or blankets and relax. Full-length feature films are projected onto a giant inflatable screen.

The movie will begin at 7:30 p.m. at the event stage in **Weston Regional Park**, 20200 Saddle Club Road. For more information, please call 954-389-4321.



Sunday, December 11, 2011 – 6:30AM

**Run for Tomorrow
Half Marathon & 5K Run/Walk**

This annual Half Marathon and 5K Run/Walk sponsored by the Rotary Club of Weston and Billy Beck III is co-sponsored by the City of Weston begins at 6:30AM at the Weston Town Center

5K Run: 8 and under, 9-10, 11-12, 13-14, 15-19 with 5 year groupings to 80 and over
Half Marathon: 19 and under, 20-24 with 5 year groupings to 80 and over.

Click link to register: <http://www.active.com/running/weston-fl/weston-rotary-run-for-tomorrow-2011#Summary>



Sunday, December 11, 2011 – 9:00AM

Mayor's Get Fit Challenge Cup Walk

All Weston elementary students are invited to participate in a special 1-mile *Mayor's Challenge Walk*. The "Mayor's Get Fit Challenge Cup" and a \$500 check will be awarded to the school with the most participants.

Register online today at www.getfitweston.com

The Mayor's Challenge Walk takes place at the Weston Town Center.

How can students walk?

\$15 registration fee includes numbered race bib, T-shirt and after-walk breakfast. **Parent or guardian is permitted to walk with their child for free but will not receive a race packet or breakfast*

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\$20 registration fee includes numbered race bib, T-shirt, after-walk breakfast **AND** the Get Fit Program benefits.



Sunday, December 11, 2011 9AM-2PM

**Get Fit Fest
Weston Town Center**

Stay for the Fun! Weston's Health & Wellness Festival. A day full of free activities for kids, adults & families, including over 40 exhibitors, demonstrations and live entertainment.



Monday, December 12, 2011

Weston Foreign Film Series – Si Puo Fare

Nello loses his job and ends up managing a group of ex-mental patients. When they are denied psychiatric help, he invents new occupational roles for each of them. This film walks a fine line between farce and compassion, and comedy and drama. Italy/2008/110 Minutes.

Movies will be at 5:00 p.m. and 7:15 p.m. at the Weston 8 Cinema. Tickets are \$7 per film. All foreign Language films have English subtitles.

Ticket Sales: Available at the Weston Community Center (checks only), Community Bank of Broward (cash/checks), and the Friends Book Store (cash/check) in the Weston Branch Library. **For information on single tickets, please visit www.artscouncilwestonfl.com or call 954-389-4321.**