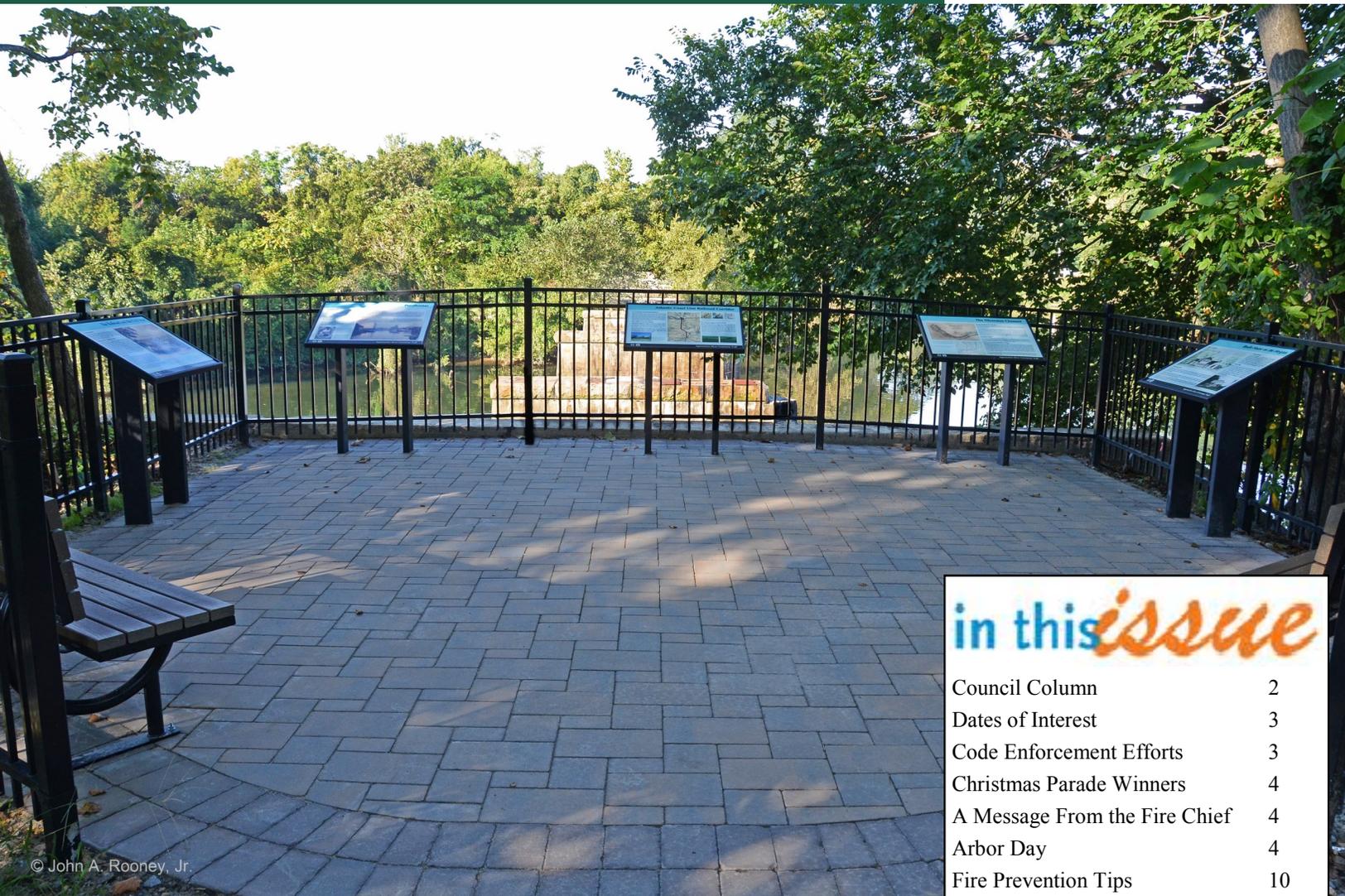


The City Focus

Official Newsletter for the City of Colonial Heights



Spring 2015



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The City Focus is produced quarterly and mailed to each household in Colonial Heights.

REC-happenings, the Recreation & Parks Department program listing, begins on Page 5 of the City Focus.



City of Colonial Heights Council Members



T. Gregory Kochuba
Mayor
kochubag@colonialheightsva.gov

Diane Yates
Vice-Mayor
yatesd@colonialheightsva.gov



Milton E. Freeland, Jr.
Councilman
freelandm@colonialheightsva.gov

W. Joe Green, Jr.
Councilman
greenj@colonialheightsva.gov



John E. Piotrowski
Councilman
piotrowskij@colonialheightsva.gov

John T. Wood
Councilman
woodj@colonialheightsva.gov



Pamela Wallace
City Clerk of Council
wallacep@colonialheightsva.gov
(804)520-9360

Contact the City Manager



Thomas L. Mattis
City Manager
City Hall
201 James Avenue
mattist@colonialheightsva.gov
(804)520-9265



COUNCIL COLUMN

To the Citizens of Colonial Heights, I thank you for allowing me to serve you as I am in my second term on Council. Since I have lived here my entire life of 57 years, I could not imagine living anywhere else. As I serve you it gives me great pleasure when you ask me a question about the City and

I am able point you in the right direction or am able to explain the situation to you.

One of the things I get asked on a daily basis is “when is the Boulevard going to be finished”? I also read on social media many reasons why people think the project is behind. The truth of the matter is that this is a 22 month project with a scheduled completion date of January 2015. Once the completion date arrives and if it is not complete then a schedule could be negotiated for make up of rain days. At this writing, the project is not behind schedule. I have also read that the project encountered underground tanks that were not contemplated in the engineering. The fact of the matter is that bad soil was found in a particular area and has been removed and replaced. By construction standards the temperature has to 40 degrees and rising to place concrete or lay asphalt.

I have been asked by several people about the surfacing of Bruce Avenue which runs between the Boulevard and Battery Place. I am happy to report that Council approved the last two phases of the drainage project in the Western/ Southern end of the city. In that project is the construct of Bruce Avenue and completion of curbing behind the New Courthouse on Battery Place. This huge project has been put out to bid, bonds have been sold and construction is slated to begin in March 2015.

Yes Kroger is still coming. The project is set to close in March and is still on point to be finished in December 2015.

Several other projects are in the pipeline and underway, such as on Charles Dimmock Parkway. Behind Sonic is the construction of Aldi Grocery Store. The old Kia dealership is being converted into doctor’s offices very similar to the completed Colonial Orthopedics building. That old dealership was remodeled with the main building housing the Orthopedics facility and then several more doctors’ offices were added around the perimeter of the building. In front of the old Kia dealership is a new Steak N Shake restaurant under construction. A second left turn lane from Temple to Charles Dimmock has been completed along with the filling in of the roller coaster on Temple Avenue. That great ride sure will be missed. A contract has been issued to extend the right turn lane from West Bound Temple to North Bound Conduit. Once that lane is completed, it is designed to alleviate the traffic backup every afternoon. The Round About on Temple Avenue is still scheduled to start in 2016. There are a number of other projects coming that I do not have enough space to write about but you will see them in future issues of the City Focus or online at www.colonialheightsva.gov.

As you can see there is a lot going on in Colonial Heights. It gives me great pleasure to serve you and to try and assist you with your inquires. I can be contacted to help you at 804-720-4522 or via E-Mail at frenierk@colonialheightsva.gov. You can also contact the City help line at 804-520-9266.

Kenny Frenier, Councilman

frenierk@colonialheightsva.gov





Dates of Interest

Mar 3	Planning Commission 7:00 pm - Council Chambers
Mar 10	Council Meeting 7:00 pm - Council Chambers *Presentation of Proposed 5-Year Capital Program
Apr 3	City Holiday - Good Friday
Apr 7	Planning Commission 7:00 pm - Council Chambers
Apr 14	Council Meeting 7:00 pm - Council Chambers *Public Hearing on 5-Year Capital Program *Presentation of the FY15-16 Annual Operating Budget
May 5	Planning Commission 7:00 pm - Council Chambers
May 12	City Council Meeting 7:00 pm - Council Chambers
May 25	City Holiday - Memorial Day

On the Cover...

This photo was taken at the Overlook on the Colonial Heights Appomattox River Greenway Trail - Phase III and is courtesy of John A. Rooney, Jr.

Three of the four phases of the two mile trail are completed, and the fourth should be constructed in 2015. The trail concept has led to the creation of an overall long range plan for pedestrian circulation within the City .

For more information on the trail, please visit the website at www.colonialheightsva.gov.

CITY RE-PRIORITIZES CODE ENFORCEMENT EFFORTS

Over the past year, the City Council conducted a comprehensive review of city policies and procedures related to all matters of city code enforcement – tall grass & weeds, junk vehicles, unsightly properties, rental inspections, etc. The primary goal of this effort is to achieve a mutual understanding among Council, city staff, and the general public as to the city’s overall priorities and objectives with code enforcement services.

Throughout this period of review, the Council also received and considered input from a wide range of residents and citizens groups relating to this topic.

As a result of this detailed analysis, the Council determined that the overall issue would require a continuing, sustainable effort over a long period of time; and was not something that could be addressed with a ‘quick-fix’. To that end, the Council formed a consensus as to initial policy direction on the following goals and objectives to city code enforcement:

- **Given the numerous financial constraints facing the City at this time, the City Council is not currently supportive of significantly increased spending to upgrade code enforcement services.**
- **The Council has determined that top priority for code enforcement efforts will be grass & weeds and inoperable vehicles.**
- **The Council has directed staff to continue to exercise good and fair judgment relating to code enforcement rules and requirements; focusing on achieving the spirit of the law, not the literal enforcement of every law. It is also Council’s direction, however, for staff to be more aggressive in all code enforcement efforts.**
- **As further evidence of the commitment to enhance code enforcement services in a cost effective manner, the Council is supportive of a reduction in resources devoted to building inspection services.**
- **In another measure focused on the appropriate utilization of available resources, the Council supports the indefinite suspension of the City’s Rental Inspection Program.**
- **The Council does not support a formal city code amendment nor requesting authority from the General Assembly to require all inoperable vehicles be stored in an enclosed building or structure.**

For more details on the City’s re-focused approach to code enforcement and our plans for operational implementation of these enhancements, go to www.colonialheightsva.gov or call the Planning & Community Development Department at 520-9297.



City of Colonial Heights
Christmas Parade

Congratulations to the 2014 Parade

Award Winners:

Mayors Award

Medallion Pool Company with Brittany Marie

Judges Choice

1st Place -- Genia Johnson Dance Company

2nd Place -- Dance Xplosion by Michelle

Float Category

1st Place -- Hootin' Nanny's Barnyard Adventures

2nd Place -- VFW Auxiliary Post 2239/Fort Lee

832nd Ordnance Battalion

Band Category

1st Place -- Colonial Heights High School Marching Band

2nd Place -- Hopewell High School Marching Band

Dance Category

1st Place -- Dance Kraze

2nd Place -- Traylor Dance

We would like to thank all parade participants and we look forward to seeing everyone in next year's parade.



As a life-long resident of Colonial Heights and a member of the Fire & EMS department for over 33 years, I can say without a doubt that you have a well-trained and dedicated fire and EMS department ready to serve and protect you at a moment's notice. Whether you are in need of emergency assistance or just have a question or concern, the men and women that comprise the Colonial Heights Fire & EMS Department stand ready to help.

Nationally, the fire service has emphasized, for years, the importance of having properly installed and maintained smoke alarms in your home. This emphasis is no different in Colonial Heights and the message is clear - **smoke alarms save lives!** Yet, our experience shows that it is still an all-too-common occurrence

to find residences with non-working smoke alarms or no smoke alarms at all. This is not an acceptable risk to us in the fire and EMS service and it does not have to be a risk that you and your loved ones have to accept. A phone call is all that it takes to make sure that you, your family, and loved ones have working smoke alarms in your home. If you need help testing, changing batteries, installing or replacing your smoke alarm, or just have questions, we are there to help as well. Remember, 65% of home fire deaths occur in homes with no working smoke alarms. Why live with this statistic when you do not have to? Call 520-9387 for assistance.

When you "spring forward" on Sunday March 8, 2015 - don't forget to change your smoke detector batteries!

A.G. Moore, Jr.
Fire Chief



Stay Up to Date on Colonial Heights News and Information with "Notify Me"

Keep informed about City happenings with our online "NOTIFY ME" feature! Sign up to receive email and/or text notifications of current City events, news items, notifications and media releases.

Visit www.colonialheightsva.gov and click on the Notify Me button to subscribe to City news categories of interest to you.

Join the City in celebrating its eleventh Arbor Day!

Date: April 24, 2015

Time: 10:00 a.m.

Location: To Be Determined

More details coming soon! The website will stay updated as the date approaches.



COLONIAL HEIGHTS RECREATION AND PARKS DEPARTMENT

Office Hours: Monday - Friday 8:00am - 5:00pm

P.O. Box 3401 / 901 Meridian Avenue

Colonial Heights, VA 23834

www.colonialheightsva.gov/recandparks

Recreation and Parks Office (804)520-9390
 Recreation and Parks Fax (804)520-9203
 Senior Activities & Classes (804)520-9220
 Senior Transportation (804)520-9219
 Teen Center (804)524-8717
 Weather Cancellation Line (804)524-8788
 Violet Bank Museum (804)520-9395



REGISTER BY MAIL

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks
 P.O. Box 3401
 Colonial Heights, VA 23834

REGISTER IN PERSON

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office
 Shepherd Stadium
 901 Meridian Avenue
 Colonial Heights, VA 23834

REGISTER OVER THE PHONE

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.

REGISTER ONLINE



To register online, please visit us online at www.colonialheightsva.gov/recandparks and click the register online link.

AFTER HOURS DROPBOX

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

PAYMENT OPTIONS

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time. Please make checks payable to: "City of Colonial Heights". \$35 fee may apply for returned checks

CONNECT WITH US...



YOUTH BASEBALL/ SOFTBALL REGISTRATION

Ages: Boys 4-18 (as of 4/30/15)
 Girls 4-15 (as of 1/1/15)

Registration for 2015 youth baseball and softball leagues will begin on February 7th, 2015. We will have extended office hours on Saturday February 7th from 9am-12pm at Shepherd Stadium. The deadline to register is March 6th. To register you must be a City of Colonial Heights resident. Practices begin mid-March. Practice times will vary depending on the amount of teams in each league.

Fee: \$20 until March 6th; \$30 after March 6th and as space permits, children registered after March 6th may be placed on a waiting list.

Coed:

Rookie League (Instructional) ages 4-5
 Coach Pitch (Instructional) ages 6-8

Boys:

AAA League ages 9-10
 Major League ages 11-12
 National League ages 13-15
 Big League ages 16-18

Girls:

Angels ages 9-10
 Pony Tails ages 11-12
 Belles ages 13-15

ADULT COED VOLLEYBALL LEAGUE

Ages 14+

Colonial Heights Recreation will be offering a Co-Ed Volleyball League in the Spring of 2015. Registration for this League will begin in January 2015 and Deadline to Register a team will be April 3, 2015. Games will be played on Thursday evenings and Sunday afternoons at Tussing Elementary School Gym. Game schedule will be determined by number of teams entered in the league.

Fee: \$200 per team

Matches begin April 16 and run through May 28. Thurs matches are at 6:30 & 8pm. Sunday matches are at 3 & 4:30pm.

ADULT SOFTBALL LEAGUE

Ages 16+

Registration is currently being accepted for the Men's Open Leagues & Church Leagues for the 2015 Spring/Summer Adult Softball Leagues. Registration Deadline for the Spring/Summer season will be Friday, March 13, 2015.

Fee: \$600 (Payable in two checks - \$300.00 to City of Colonial Heights and \$300.00 payable to, VA USSSA

Primary Game Nights:

Church Divisions – Tue & Thur nights

Men's Division – Mon, Wed & Thur nights

Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Balls must be USSSA Classic M or USSSA Classic M Plus.

YOUTH GOLF LESSONS - STICKS FOR KIDS

Ages 7-17

Colonial Heights Recreation and The First Tee of Chesterfield are



partnering together with the Sticks 4 Kids program to offer golf lessons to youth in the area. Participating youth will learn: safety, etiquette, rules of the game and planning that comprises the Sticks 4 Kids and The First Tee of Chesterfield philosophies. Instructors are certified professionals and affiliated with The First Tee of Chesterfield. Participants must dress in appropriate golf clothing (polo type shirt and khakis) and must wear golf shoes (soft spikes only) or tennis shoes. *** Transportation is not included or provided. Participants needing golf clubs may pick them up the Tuesday before class and may keep them until 1 month after classes have ended. Choose which day works best for you.

Tu	3/24-5/26	5:30pm-6:30pm
We	3/25-5/27	5:30pm-6:30pm
Th	3/26-5/28	5:00pm-6:00pm
Sa	3/28-6/6	9:45am-10:45am
\$25	First Tee of Chesterfield 6736 Hunting Creek Drive Richmond, VA 23237	

YOUTH TENNIS CLINIC

Ages 6-12

Join our Tennis Instructor Anthony Davis for an introduction to the sport of tennis. Clinic will go over the basics of Tennis. All levels are welcome!

Mo/We	6/15-6/17	5:00pm-6:00pm
\$10	CHHS Tennis Courts	

Classes & Activities

TENNIS LESSONS

Ages 6-Adults

The Colonial Heights Recreation Department will again be offering Summer Tennis Lessons. Lessons will be under the Direction of longtime Tennis Instructor Anthony Davis. Morning lessons take place at Colonial Heights Middle School Tennis Courts and evening classes take place at Colonial Heights High School Tennis Courts.

6-10 Year Old Lessons

Mo/We	6/22-8/10	9:45am-10:45am (CHMS)
Mo/We	6/22-8/10	6:00pm-7:00pm (CHHS)
Mo/We	6/22-8/10	7:00pm-8:00pm (CHHS)
Tu/Th	6/23-8/11	9:45am-10:45am (CHMS)

\$40

11-Adult Lessons - \$45

Mo/We	6/22-8/10	8:00am-9:30am (CHMS)
Tu/Th	6/23-8/11	8:00am-9:30am (CHMS)
Tu/Th	6/23-8/11	6:30pm-8:00pm (CHHS)

\$45

YOUTH TRACK & FIELD

Ages 7-14

Colonial Heights Recreation Department and Colonial Heights High School Track Team are offering a Track & Field Program. The program is designed to allow youth the opportunity to learn track & field events as well as practice the skills needed to become a successful track athlete.

Mo/We	3/25-4/29	5:30pm-6:30pm
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\$20 CH Football Stadium

There will be a local Track meet at the end of the season with the top finishers advancing to a District Track meet in Caroline.

Local Track Meet :

We	4/29	5:30pm
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FREE CH Football Stadium Track

PLAN YOUR SUMMER FOR SPORTS CAMPS

Below is a listing of our Summer Sports Camps offerings for your convenience and scheduling purposes for this Summer. Look for the Summer edition of the City Focus around the middle of May for a detailed description of camps. For more information or to register for Summer Sports Camps contact 520-9391.

FIELD HOCKEY CAMP

4th-7th Graders	
Mo-Tu	6/15-6/16 9:00am-12:00pm \$25
8th-12th Graders	
We-Th	6/17-6/18 9:00am-12:00pm \$25

BASKETBALL CAMP

Ages 6-11	
Mo-Th	7/13-7/16 9:00am-11:30am \$40
Ages 12-17	
Mo-Th	7/13-7/16 12:00pm-3:00pm \$40

VOLLEYBALL CAMP

Rising 6th-12th Graders	
Mo-Th	7/13-7/16 6:00pm-8:00pm \$25

GIRLS BASKETBALL CAMP

Rising 5th-12th Graders	
Mo-Th	7/20-7/23 9:00am-12:00pm \$25

GIRLS SOFTBALL CAMP

Rising 5th-12th Graders	
Mo-Th	7/20-7/23 6:00pm-8:00pm \$25

CHEERLEADING CAMP

Ages 5-13	
Mo-Th	7/27-7/30 6:00pm-7:00pm \$20

FOOTBALL CAMP

Ages 6-13	
Mo-Th	7/27-7/30 6:00pm-8:00pm \$20

ZUMBA

Ages 18+

Zumba is a fusion of Latin and International music. Dance themes are used to create a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Mo/We	3/2-3/30	6:00pm-7:00pm
Mo/We	4/1-4/29	6:00pm-7:00pm
Mo/We	5/4-5/27	6:00pm-7:00pm

\$30 North Elem. Gym

OKINAWAN KARATE

Children's Class (ages 5-9)

The focus of this class is on respecting others, self control, self discipline, and avoiding confrontation. The Karate techniques that are taught begin with basics such as falling, tumbling, balance, flexibility, agility and coordination. Once a student is proficient in all the basics, they may move up to the next class. No class during Spring Break or on May 25.

Mo/We	3/2-3/30	5:00pm-5:45pm
Mo/We	4/1-4/29	5:00pm-5:45pm
Mo/We	5/4-5/27	5:00pm-5:45pm

\$30 Lakeview Elem. Gym

Youth/Teen Class (ages 10-17)

Children under the age of 10 may be moved up by the instructor. This class moves at a faster pace and more advanced techniques are taught. New students accepted in January, June and September for this class. No class during Spring Break or on May 25.

Mo/We	3/2-3/30	6:00pm-7:30pm
Mo/We	4/1-4/29	6:00pm-7:30pm
Mo/We	5/4-5/27	6:00pm-7:30pm

\$40 Lakeview Elem. Gym

LADIES/TEEN

SELF-DEFENSE CLASS

Ages 13+

The objective of this class is to give women and young ladies the tools and confidence to survive in a life-threatening situation. Topics to be covered: awareness; easy, realistic and practical self-defense techniques; body pain response; weapons of opportunity; and gun and knife defense. Must register by March 9th. City of Colonial Heights employees pay only \$20, this includes School staff.

Sa	3/14	12:00-2:00pm
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\$25 Community Center



Southern Women's Show
Richmond Raceway Complex
Friday, April 17, 2015

Transportation on Senior Van \$5.00
 Depart from Senior Center at 11:00am

\$10.00 admission at door

CALL TODAY FOR MORE INFORMATION 520-9220 OR 520-9390

BELLY DANCING

Ages 13+

This class is designed to teach the traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthens your core as well as your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome. Classes meet the 1st, 2nd, and 4th Thursdays and the 3rd Friday of each month.

Th	3/5-3/26	6:00pm-7:00pm
Th	4/2-4/24	6:00pm-7:00pm
Th	5/7-5/29	6:00pm-7:00pm
\$30	Community Center	

CPR & AED: FOR THE COMMUNITY & WORKPLACE

Ages 16+

The community CPR and AED course teaches the basic techniques of CPR and the use of an AED. Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies – heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. Price includes all needed materials.

Sa	5/16	8:30am-12:30pm
\$30	Community Center	

BASIC FIRST AID COURSE

Ages 16+

The First Aid course teaches lay responders the knowledge and skills necessary to give care in an emergency; help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. Price includes all needed materials.

Sa	5/16	1:00pm-5:00pm
\$30	Community Center	

The CPR/AED and Basic First Aid classes are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department.



For questions, contact the Recreation Dept. at 520-9390. Register for both

BABYSITTER'S CERTIFICATION COURSE

Ages 11+

An American Red Cross Babysitting Skills Course is being offered to any interested middle/high school students. All participants, who complete the course satisfactorily, will receive an American Red Cross certification card. In order to receive this card, you MUST attend ALL classes and demonstrate certain skills to the instructor. NO TEST IS REQUIRED! The classes are fun, and include many "hands on" activities. Youth will learn about basic care, safe play, first aid, and responsibility. All materials are included.

Mo/Th	5/18 & 5/21	4:00pm-6:30pm
\$96	Community Center	

YOUTH PAINTING CLASSES

Ages 8+

Learn to create a masterpiece from start to finish while learning the techniques of painting. Classes teach painting techniques through the use of various bases such as canvas, fabric, pots, wood, and glass as well as various mediums such as acrylic and oil. Fee includes all needed supplies.

Sat	3/7, 3/14, 3/21	10:00am-11:30am
Sat	5/2, 5/9, 5/23	10:00am-11:30am
\$45	Community Center	

YOUNG REMBRANDTS SEA CREATURES

Ages 6-10

Sea creatures come to life when artists learn to draw them with success. From the mighty killer whale and amazing seahorse to the giant octopus and king crab ... our step-by-step process will teach you how to draw them all. You will also have a super fun time learning to cartoon many of our under sea friends. Have a friend sign up too ... you will LOVE this program!

Tu	4/21-5/19	3:10pm-4:15pm
\$72	Tussing Elem. School	

Th	4/23-5/21	3:10pm-4:15pm
\$72	Lakeview Elem. School	

CHESS

Ages 7-11

Boys and girls have fun playing the game of chess and learning to be better players! Playing chess helps kids think more clearly, and improves math and reading skills. Classes include both instruction and play time. * Younger participants who have the knowledge and skills for this class can participate with Recreation staff permission.

Tu	4/14-6/2	5:00pm-6:00pm
\$96	Community Center	



May 15, 16 & 17, 2015

Friday—Saturday—Sunday

\$80.00 per day

ALL SUPPLIES INCLUDED

Colonial Heights Senior Center

Colonial Heights, Virginia

\$50.00 deposit due at registration, balance due April 1, 2015

You may register by check, cash or credit card, checks made payable to the City of Colonial Heights. You may register at the Recreation/ Senior Center Department or by mail to P.O. Box 3401, Colonial Heights, Virginia 23834.

For more information call the Senior Center

Phone: 804-520-9220

E-mail: childersb@colonialheightsva.gov

SPRING BREAK CAMP

Grades K-6th Grade

The Spring Break Camp is a supervised day camp. Campers can enjoy games, crafts, active play, and trips. All campers must be registered for this program. Program participants can come every day or choose which days they would like to come. Registration deadline is April 1, 2015. Trip and daily activity schedule is available at the Recreation Office at Shepherd Stadium or online at www.colonialheightsva.gov/recandparks. You can choose to attend the whole week or pick and choose which days. There will be a trip each day.

Mo-Th 4/6-4/9 8:00am-5:30pm
Community Center

Fees:

Full week	\$95
Monday 4/6	\$30
Tuesday 4/7	\$20
Wednesday 4/8	\$40
Thursday 4/9	\$30

SUMMER PLAYGROUND PROGRAM

Ages 6-12 (As of 7/1/15)

The Summer Playground Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. Program participants can come every day, can come once a week or once during the whole program. All youth who have completed Kindergarten are eligible for camp enrollment. Registration and activity calendars are available April 1, 2015. Camp registration fee includes camp t-shirt & wristband. Weekly trip costs vary and campers pick, choose and pay for the activities they will attend.

Mo-Th 6/22-7/31 8:00am-5:30pm
\$30 to register child for camp

Locations (60 max at each site)
Lakeview Elem. School
North Elem. School

Playground Parent Orientations

All parents who attend will receive \$15 off the cost of their Summer Playground Program Camp Registration.

Tu	5/5	3:30pm-4:30pm
Th	5/21	4:00pm-5:00pm
We	6/3	5:30pm-6:30pm
FREE		Community Center

Visit our website at
www.colonialheightsva.gov/recandparks
to view info on our parks & facilities.

SUMMER TOTS PROGRAM

Ages 3-5 (As of 7/1/15)

The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty-trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get used to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Th 6/22-7/30 8:30am-11:30am
Fr 6/26-7/31 10:30am-12:30pm
Tussing Elem. School

Fees:

All weeks	\$100
Per week	\$20

Non-residents may enroll, as space permits, starting 6/15/15. \$120 for all weeks, \$35 per week.

Trips

RIVERSIDE THEATER FREDERICKSBURG, VA

For the following performances, we will depart from the Senior Center at 10:00am and return back to the center at approximately 6:30pm on all dates. Price includes transportation on vans, ticket to show, and lunch. Sign up early, limited tickets!

NINE TO FIVE (9-5)

Pushed to the boiling point at their workplace, three female co-workers concoct a plan to get even with the sexist, egotistical, hypocritical bigot they call their boss. In an ingenious conspiracy to gain control of the company, the girls discover that there's nothing that they can't do, even in a late-1970s man's world. Adapted from the hit movie with music and lyrics by Dolly Parton.

We 4/22 10:00am-6:30pm \$60

the Teen
FLASHLIGHT
easter egg hunt

Tuesday March 31, 2015
Shepherd Stadium

Come out and enjoy this fun teen event.

Registration:
7:50PM

Hunt Begins:
8:10PM

All teens must bring a basket /bag and a flashlight. Please no 9-volt flashlights.

FREE

Sponsored by the Colonial Heights Quarterback Club

Teen Center

TEEN CENTER

The Teen Center is located inside the Community Center at 157 Roanoke Ave. Participants must be City of Colonial Heights residents and eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for all guests.

The Teen Center features an Xbox 360, PlayStation 3 and PlayStation 4, Wii, 3 big screen TVs, computers, arcade basketball and foosball. Contact the Teen Center at 524-8717 for more information.

Hours of Operation

Monday - Friday	3:00pm-8:00pm
Saturday	1:00pm-8:00pm
Sunday	Closed

C.I.T.– COUNSELORS IN TRAINING PROGRAM

Ages 14-17

CIT's will learn about responsibility, teamwork, safety, customer service, crafts, games, financial planning, resume writing, and job readiness skills. All individuals who wish to become a CIT must attend a 3 week training program which includes homework assignments and interactive participation. All teens who complete the training program will receive additional training, and volunteer hours working in our Summer Youth programs.

Tu/Th	6/7	3:00pm-4:30pm
FREE	Community Center	

2015 PETE'S PLACE SCHOLARSHIP

In memory of Francis P. "Pete" Coleman, the Colonial Heights Teen Center will present an individual with a \$100.00 scholarship. This scholarship will be awarded in the memory of "Pete" Coleman, a key advocate in the creation of the Teen Center as well as a long time advocate for youth in Colonial Heights.

Scholarship applications with the list of eligibility requirements and required supporting documents are available at the Recreation Office located at Shepherd Stadium, 901 Meridian Ave, Colonial Heights, VA 23834 or online at www.colonialheightsva.gov. The application deadline is April 10, 2015. For more information contact the Recreation Department at 520-9390.

TEEN CENTER TEST DRIVE

Ages: Rising 6th Graders



Come check out the Teen Center before you enter Middle School. Teens will get to play video games, dodgeball, and basketball with other rising 6th graders.

Su	6/7	3:00pm-5:00pm
FREE	Community Center	

Senior Center

SENIOR CENTER

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted.

SENIOR TRANSPORTATION

The Transportation Department operates 8am-4pm Monday-Friday, except City Holidays. Senior Citizens sixty (60) years of age or older that are City of Colonial Heights residents, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

QUILTS FOR VETS

This quilting group is open to all and meets the last Tuesday of each month. You have the opportunity to volunteer your time to help piece or tie tops of which we will provide the fabric and batting. If you would like to make a donation, we are always in need of fabric, thread, and binding. Sponsored by the Colonial Heights American Legion in conjunction with the Senior Center. Quilts are distributed to veteran's at McGuire Hospital in Richmond.

Last Tue each month	2:00pm-8:00pm
Senior Center	

SENIOR CITIZEN CLUB

The Senior Citizen Club was organized in 1968 and is sponsored by the Department of Recreation and Parks. It is open to Senior Citizens 50 years of age and older who are City Residents. The Club meets at 1:15 pm on the first three Thursdays of the month at the Community Center and on the fourth Thursday of the month at Golden Corral Restaurant. For information on being part of this Club contact the Senior Center at 520-9220.

ACTIVITY & FITNESS MONTHLY CLASS SCHEDULE

Monday

8:30am	Muscles in Motion
9:30am	Tai Chi
9:30am	Bowling (<i>League Fee</i>)
10:00am	Strength & Stretch
11:00am	Interactive Watercolor Class
11:30am	Tennis or Table Tennis
2:00pm	Computer Class (<i>sign up</i>)

Tuesday

9:00am	Yoga
10:00am	Sit & Let's Get Fit
11:00am	Sit & Let's Get Fit
12:30pm	Duplicate Bridge
1:00pm	Bingo
2:00pm-8:00pm	Quilts for Vets (<i>Last Tues</i>)
6:00pm	Quilting

Wednesday

8:30am	Muscles in Motion
10:00am	Strength & Stretch
10:00am	Crochet & Knitting Group
10:00am	Computer Class (<i>Free</i>)
11:30am	Wellness Wed (<i>1st Wed</i>)
1:00pm	Party Bridge
1:45pm	Walking Club
2:00pm	Painter's Group

Thursday

9:00am	Yoga
10:00am	Sit & Let's Get Fit
11:00am	Sit & Let's Get Fit
10:00am	Sing-A-Long
1:15pm	Senior Citizens Club Mtg.
1:30pm	TRIAD (<i>3rd Thurs</i>)
2:00pm	Watercolor

Friday

8:30am	Muscles in Motion
10:00am	Strength & Stretch
10:00am	Open Painting
12:00pm	AARP Luncheon (<i>2nd Fri</i>)
1:00pm	Computer Class (<i>sign up</i>)
2:00pm	Computer Class (<i>sign up</i>)
6:00pm	Oil Painting
7:00pm	Senior Dance (<i>2nd Fri - \$6</i>)

Saturday

9:00am	Splash of Color (<i>3rd Sat</i>)
9:00am	Oil Painting (<i>1st Sat</i>)



Fire Prevention Tips

Lawn mowing sounds like a simple task. You just gas up the mower, yank the cord, walk or ride around in rectangles for a while, and the deed is done. However, cutting the grass also involves storing, and dispensing gasoline for your mower. Fuel spills or releases using gasoline to kindle fire, and gasoline too close to a heat source were the leading factors contributing to the ignition in home structure fires. In 2003-2006, municipal fire departments responded to an estimated 2,400 gasoline structure fires in U.S. homes, annually. These fires resulted in 110 civilian deaths, 313 civilian injuries and \$105.9 million in direct property damage. Almost three-quarters of civilian injuries resulted from unintentional causes.

Here are some simple steps to prevent these-type fires:

- ◇ Keep gasoline out of children's sight and reach. Children should never handle gasoline. Children can be injured by gasoline; it is a mild corrosive and highly flammable.
- ◇ If fire does start while handling gasoline, do not attempt to extinguish the fire or stop the flow of gasoline. Leave the area immediately, and call the fire department. When gasoline burns it is the vapors that are burning, using water or stepping on the fire will only cause it to spread.
- ◇ Do not use or store gasoline near possible ignition sources (i.e., electrical devices, oil or gas-fired appliances, or any device that contains a pilot flame). Gasoline only needs a small flame or spark to ignite. Gasoline vapors are heavier than air so they can travel along the ground to a pilot light on an appliance or an electrical circuit.
- ◇ Store gasoline outside your home in a tightly closed metal or plastic container approved by an independent testing laboratory or local or state fire authorities. Never store gasoline in glass containers or non-reusable plastic containers (i.e., milk jugs). Keep containers locked in a garage or shed, isolated to theft. You do not need to give an arsonist a tool to commit a crime.
- ◇ Store only enough gasoline necessary to power your equipment, and remember to always let machinery cool before refueling it. Never refill your equipment while running because a small spark could easily ignite the vapors.
- ◇ Clean up spills promptly, and discard clean-up materials properly. You can isolate the spill and allow it to evaporate. The hotter the temperature outside the faster it will leave the area. Remember to eliminate any potential ignition sources, and call the fire department.
- ◇ Do not smoke when handling gasoline. Smoking is only adding an ignition source to a highly flammable environment. Leave the area where gasoline is being stored, dispensed, or used before smoking.
- ◇ Never use gasoline in place of kerosene. Appliances are specifically designed to work with certain flammable or combustible liquids. Gasoline is a highly flammable liquid, while kerosene is classified as a combustible liquid. Using gasoline will cause excessive heat and a fire.
- ◇ Use caution when fueling automobiles. Do not get in and out of the automobile when fueling. Although rare, an electrical charge on your body could spark a fire especially during the dry winter months. Always stay with the nozzle, and monitor for potential problems. If you must reenter the vehicle, touch the vehicle first to remove any possible static charge, then remove the nozzle from your vehicle.
- ◇ Always fill portable gasoline containers outdoors. Place container on the ground before filling, and never fill containers inside a vehicle or in the bed of a pick-up truck. All containers need to be grounded to prevent this from occurring. Follow all manufacturers' instructions when using electronic devices near gasoline.

* Information provided by the National Fire Protection Association.

"Showcasing Spring Blooms"

The Colonial Heights Beautification Committee invites you to explore some of our city's lovely and unique gardens and landscaping, on Sunday, May 3, 2014 from 1:00 – 5:00 p.m.

Tickets are available for \$10 beginning March 1 at the following locations:

Colonial Heights Public Library
Colonial Heights Chamber of Commerce
Colonial Heights Department of Parks and Recreation

Tickets may be purchased the day of the event at any of the garden sites. Proceeds from the ticket sales will be spent on Beautification projects throughout the City.

For more information please contact:

Jessica Sears Younce

Phone: 526-8541

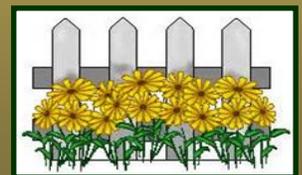
Email: jilcnsears@aol.com

or

Chris and Elaine Kollman

Phone: 526-1886

Email: kollman5@verizon.net



3rd Annual Sunshine

5K Run/Walk &

Kids 1 Mile Fun Run

Platinum Event Sponsor:

Saturday

May 2, 2015

Fun Run:

8:00 am

5k Run/Walk:

8:30 am



Lodge 1783

\$15.00

Race Before April 10th

\$25.00

Race After April 10th

\$25.00

Couples by April 17th

\$10.00

Kids 1 Mile Fun Run

White Bank Park

Colonial Heights, VA 23834



For More Information Call: 804-520-9390
 Proceeds from the Run/Walk and Fun Run will be earmarked for future replacement of playground equipment at Lakeview Park located at 503 Lake Ave.



2015 Fort Clifton

Art • Music • Crafts Festival



Photo Courtesy of Virginia Department of the American Civil War Commemoration

Dates & Time

May 9, 2015 10:30 a.m. - 5:30 p.m.
 May 10, 2015 10:30 a.m. - 5:30 p.m.

HOLLYWOOD
Casino
 AT CHARLES TOWN RACES



Monday April 27, 2015

\$ 48.00 per person

(\$20.00 Free Slot Play per person)

depart 7:00 am return approx. 9:30 pm

WILL DEPART FROM THE CORNER OF ROANOKE AND MERIDIAN AVE

motorcoach transportation

Breakfast stop at Hardee on the way (on your own)

Minimum of 40 required

CALL TODAY FOR MORE INFORMATION 520-9220 OR 520-9390

RINGLING BROS. & BARNUM & BAILEY
 THE GREATEST SHOW ON EARTH
 PRESENTS
LEGENDS
 Friday March 13th—7:00pm
 Richmond Coliseum
 \$35/person

No transportation is provided
 Contact us at 520-9390 for your tickets.

City of Colonial Heights Government Directory

Department	Main Phone Line
Animal Shelter	520-9397
Building Inspections	520-9297
Circuit Court	520-9364
City Assessor	520-9272
City Attorney	520-9316
City Manager	520-9265
Clerk of Council	520-9360
Commissioner of the Revenue	520-9280
Commonwealth's Attorney	520-9293
Community Corrections	520-9389
Economic Development	898-3002
Emergency	911
Finance	520-9332
Fire Administration	520-9387
Fleet Maintenance	520-9374
General District Court	520-9346
Health Department	520-9380
Human Resources	524-8749
Information Technology	524-8716

Department	Main Phone Line
Juvenile & Domestic Relations Court	451-0213
Juvenile Probation	520-9355
Library	520-9384
Planning & Community Development	520-9297
Police (<i>non-emergency</i>)	520-9300
Public Works Admin/Engineering	520-9334
Public Works Maintenance	520-9372
Purchasing	520-9333
Recreation & Parks	520-9390
Registrar	520-9277
School Board	526-0811
Senior Center	520-9220
Senior Transportation	520-9219
Sheriff	520-9352
Teen Center	524-8717
Treasurer	520-9320
Utilities	520-9393
Utility Billing	520-9288
Youth & Human Services	520-9286

THE CITY FOCUS

City of Colonial Heights
 Office of the City Manager
 Post Office Box 3401
 Colonial Heights, Virginia 23834-9001
www.colonialheightsva.gov

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