

City of Miami Springs

News Bulletin



The City of Miami Springs pays for the News Bulletin

City Officials:
Mayor Xavier Garcia
Vice-Mayor Billy Bain

Councilman Michael Windrem
Councilman George Lob
Councilman Jaime Petralanda

201 Westward Drive, Miami Springs, FL 33166 • City Hall: 305.805.5000 • Police: 305.888.9711 • Water/Sewer Emergencies: 305.274.9272 • Fire & Rescue: 911

OCTOBER 2013

IMPORTANT CALENDAR DATES

MONDAY, NOVEMBER 11, 2013
VETERANS DAY HOLIDAY
CITY HALL CLOSED!

TUESDAY, NOV. 12, 2013 • 7:00 P.M.
CITY COUNCIL REGULAR MEETING.

MONDAY, NOV. 25, 2013 • 7:00 P.M.
CITY COUNCIL REGULAR MEETING.

THURSDAY, NOVEMBER 28, 2013
THANKSGIVING DAY HOLIDAY
CITY HALL CLOSED!

FRIDAY, NOVEMBER 29, 2013
DAY AFTER THANKSGIVING HOLIDAY
CITY HALL CLOSED!

RECYCLING:

WEDNESDAY, NOVEMBER 6th
WEDNESDAY, NOVEMBER 20th

Voice your views!

U.S. Congresswoman

Ileana Ros-Lehtinen's Outreach Program:
Ms. Lourdes Ruiz from Congresswoman Ileana Ros-Lehtinen's office will be available in the Council Chambers in City Hall every Tuesday from 10 a.m. to 1 p.m. Citizens may contact her at 305.934.9441 or Lourdes.ruiz@mail.house.gov.

SPOTLIGHT ON ... our Miami Springs Shuttle, the Free-Bee

You have probably noticed the little white bus marked "City of Miami Springs Shuttle" cruising through your neighborhood.

Did you know that this free community bus service is funded by the Miami-Dade County People's Transportation Plan? Local shuttle services are funded by the County to extend the reach of public transit to neighborhoods that are not on a bus route.

A map of the current shuttle route may be found on page 93 of the River Cities Gazette's 2012-13 Miami Springs Area Directory, on our website at www.miamisprings-fl.gov/community/ride-free-bee-shuttle, at the Community Policing Office and at the City Hall Information window. The Free-Bee has designated bus stops, and will also pick up passengers who hail it along the route except on NW 36th Street, so hop on board! The shuttle has bicycle racks, and is wheelchair accessible. In the event of a hurricane warning, all services will be cancelled.

Hours of operation are Monday through Friday from 7 a.m. to 6 p.m., with no service on weekends or City-observed holidays.

Schedule (Fall, 2013)

1.	The Circle (Canal St.)	On the hour (H)
2.	N. Royal Poinciana & Oriole Ave.	H:03
3.	Miami Springs Senior High School	H:05
4.	Recreation Center	H:10
5.	Senior Center	H:11
6.	Virginia Gardens City Hall	H:17
7.	Senior Center	H:20
8.	Recreation Center	H:21
9.	Miami Springs City Hall	H:22
10.	Miami Springs Middle School	H:25
11.	Lee Dr. & S. Royal Poinciana	H:26
12.	Sheridan Dr. & N.W. 36th St.*	H:27
13.	Holiday Inn*	H:32
14.	Oakwood Dr. & East Dr.	H:35
15.	Fairway Dr. & Eldron Dr.	H:39
16.	Miami Springs Country Club	H:40

* Pickup at designated stop only.



ELDERLY SERVICES DEPT.
305.805.5160 SENIOR CENTER,
343 PAYNE DRIVE

SENIOR CENTER NEWS

The Miami Springs Senior Center, located on Prince Field at 343 Payne Drive, offers a variety of activities and services to older residents every Monday through Friday from 9:00 a.m.--5:00 p.m. Current financial and programmatic support comes from: the City of Miami Springs; the Alliance for Aging, Inc. and the Florida Department of Elder Affairs; the Village of Virginia Gardens; the Miami Springs Adult & Community Education School; the MSVG Optimist Club; participant donations; local organizations, civic groups and countless volunteers. Residents of Miami Springs, age 60 and over, are eligible to participate in a variety of services and activities offered at the City's senior center.

CONGREGATE MEALS: Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

NUTRITION EDUCATION: Counseling and nutrition education programs are provided monthly by the program's consulting Registered Dietician or the Project Director.

HEALTH SUPPORT ACTIVITIES:

- **Free CHAIR YOGA CLASSES** for seniors, provided by the Miami Springs Adult and Community Education School, are held on Mondays and Wednesdays from 9:00--10:30 a.m. at the City's senior center. Instruction is provided by Natasha Salmon-Cogno, a Certified Yoga Instructor and Personal Fitness Trainer. Participants must complete school enrollment forms by registering at the senior center.

- **CHAIR EXERCISE CLASSES** are offered at the senior center on Mondays and Wednesdays from 10:30--11:00 a.m. Free instruction includes the use of weights and strengthening exercises while in a sitting position.

- **Free SENIOR YOGA CLASSES**, which includes weight training exercises, are provided to local residents, age 60 and over, through a partnership with the Miami Springs Adult & Community Education School. Classes are taught by Natasha Salmon-Cogno, a Certified Yoga Instructor, and are held at the City's Community Center every Tuesday and Thursday morning from 9:00--10:30 a.m. Participants must register at the senior center and complete school enrollment forms.

- **"LET'S DANCE" EXERCISE CLASSES**, free to area seniors, are offered on Tuesdays and Thursdays from 10:30--11:00 a.m. at the City's Community Center by the M.S. Adult and Community Education School. Perspective students must Pre-register at the senior center.

- **Free LINE DANCING CLASSES** are offered every Thursday morning from 9:30--10:45 a.m. and are taught by local volunteer Denise Gishler.

TRANSPORTATION: Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to an area grocery store and assistance is given with shopping and carrying packages. Field trips to local stores and other places of interest are planned each month.

RECREATION: Social and recreational activities planned for November include: Needle Craft Classes, facilitated by volunteer Elizabeth King, on Tuesday mornings from 10:30--11:30 a.m.; Bingo games (11/4, 11/15, 11/18 and 11/25); a Miami Springs/Virginia Gardens Senior Citizens' Club business meeting



It's a "full house" at the Senior Center for Natasha Salmon-Cogno's popular Chair Exercise class!

(11/5); field trips to Wal-Mart (11/7) and to Fairchild Tropical Botanic Gardens (11/13); a rummage and baked goods sale (11/19); the monthly birthday and anniversary celebration (11/21); and the annual Thanksgiving Day Luncheon, complete with pumpkin pie (11/27).

HEALTH SUPPORT & EDUCATIONAL PROGRAMS:

Programs are scheduled each month at the City's senior center through the sponsorship of numerous community service organizations and businesses. The following programs are scheduled for November:

- **"PROGRAMA DE MANEJO PERSONAL DE LA DIABETES"**

- A free, six week course for Spanish speaking seniors with Diabetes will be offered on Friday mornings, from 9:00--11:30 a.m., beginning November 1st. Students will learn practical ways to deal with their disease, discover better nutrition and exercise choices, and be able to improve their health, and their life, by making a step-by-step plan to be in control. Call the Elderly Services Department at (305) 805-5160 to register.

- **"ARTHRITIS EDUCATION"** - On 11/6 at 12:15 p.m., Palm Plaza Medical Center will sponsor a program on the leading cause of disability in the United States.

- **"FIRE and LIFE SAFETY"** - The Miami-Dade Fire Rescue Department will discuss the importance of installing a smoke alarm in one's home, as well as offer other fire and life safety tips, during their presentation scheduled for 12 noon on 11/8. A limited number of FREE SMOKE ALARMS will be provided to attendees of this program.

- **CRIME WATCH PROGRAM** - Officers Capote and Simon, from the MSPD's Community Policing Office, will alert seniors about criminal activities affecting the local area and provide tips on how to avoid becoming a victim during a presentation scheduled for November 12 at 12:15 p.m.

- **FREE TELEPHONES FOR THE HEARING IMPAIRED** - On November 14th from 11:00 a.m.--1:00 p.m., a representative from the Hearing and Speech Center of Florida will be at the City's senior center to administer testing and distribute amplified telephones at no charge to those with verification of hearing loss and proof of Florida residency.

- **"8 HEALTHY TIPS for DIABETES MANAGEMENT"** - Simple dietary strategies that can help keep diabetes under control will be presented on November 20th at 12:15 p.m.

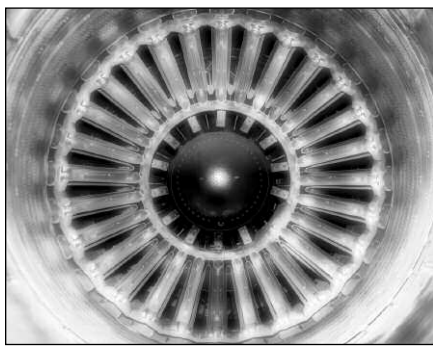
For further information on any of the services, activities, or special programs offered, or to volunteer your time or talent, please contact the Elderly Services Department office at (305) 805-5160.

WELCOME

The City of Miami Springs welcomes the following new businesses to our City, and wishes them every success:

The Pelican Group, Inc.
4485 N.W. 36th Street
Import / Export

Art in City Hall



Armando Mato, Untitled, photo on canvas, 18" x 24"

Photographs by photographer Armando Mato will be featured for "Art in City Hall" during the month of November, 2013.

A graduate of Miami Springs Senior High, Armando is also the Creative Director for Curtis Publishing Company, publishers of the River Cities Gazette. Armando's love of photography dates all the way back to his high school days and led him to study the medium at Florida International University. Among the varied subject matter that interests him is his love of aviation, a fitting theme for Miami Springs. The photos on display consist of the inner workings of a variety of aircraft.

The general public is invited to a reception to meet the artist on Friday, November 8, 2013 from 6:30 to 8:30 p.m., or to stop by and enjoy these pieces between the hours of 8:00 a.m. and 4:45 p.m. Monday through Friday. If you live or work in Miami Springs and feel you have some special contribution to make for a future exhibit, please contact Barbara Robinson in the City Manager's Office for information about exhibit requirements and scheduling. You may reach Barbara at 305.805.5010.

POLICE DEPARTMENT
305.888.9711

Bicycle & Pedestrian Safety

As the weather turns cooler, many take to bike riding and walking in the dusk and evening hours. The Miami Springs Police Department would like to remind everyone that evening activities in the dusk and evening hours do make it a bit more dangerous for the unprepared strollers and bike riders. Motorists should vigilantly be on the lookout for pedestrians and bicyclists. Many bicycle and pedestrian accidents happen during dusk or at night, due to rush hour traffic and poor overall visibility. Walking or riding your bike at night is dangerous without proper safety gear and will increase your risk of injury and accidents. We have provided a few safety tips to help avoid injury and accidents by following the rules of the road.



but visibility and personal safety should be at the forefront of your mind as you walk out the door.

Reflective Clothing

Wear light-colored clothing and/or reflective clothing when walking at night. The more reflectivity, the better: dark clothing is invisible to drivers at night, even when they're close to you. Shoes with reflective straps or flashing lights are helpful, as are reflective ankle straps and arm bands. You can also purchase reflective tape for your clothing.

Lights

Lights or strobes are especially important while walking on dark side streets. Carry a flashlight, or better yet, wear a headlamp. Small flashing lights that clip on a belt provide lightweight visibility. Glowsticks are also great for visibility; there's a reason kids carry them on Halloween! If you're walking your dog, you can also purchase a flashing collar and/or leash.

Defensive Walking

Walk in well-lit, active locations. Use sidewalks whenever possible, and realize that cars can't always see you. If no sidewalk is available, walk on the left side of the road so you can see oncoming traffic. When walking through a crosswalk (or near a driveway), make eye contact with the driver to ensure they see you. Whenever possible, avoid walking alone at night. If you plan to take a long walk at night, let someone know where you're going and when you plan to return. Better yet, take that person along with you! Always be aware of your surroundings. If you feel something is not right, trust your instincts and call the Miami Springs Police Department at 305-888-9711 to report any suspicious incidents.

Biking at Night

Visibility should be your chief concern when riding at night. Florida State Law requires night cyclists to be equipped with a lamp in front exhibiting a white light visible from 500 feet to the front and both a red reflector and a lamp on the rear exhibiting a red light visible from 600 feet to the rear (flashing is often better for visibility). Additional lighting is permitted and recommended. Carry extra batteries or a spare lamp in case yours breaks down. On your bike, make sure to angle your rear reflectors and lights so cars can see them. Place reflectors and reflective tape on the frame and any moving parts of the bike. Also wear light or brightly color clothing, put reflective tape on your helmet, and don't hesitate to wear some on yourself! Day or nights, always ride with flow of traffic, not against it. Walking by moonlight sounds romantic,

PARKS & RECREATION DEPT.
305.805.5075/76 1401 WESTWARD DRIVE
FOLLOW US ON TWITTER @MIAMISPRINGSREC

FACILITY RENTAL:

The Multi-Purpose Room is available for rentals. The 10x10 Pavilions at Prince Field are available for rentals. Contact the main office at the Community Center for availability & pricing. 305.805.5075

SCHOOL HOLIDAY PROGRAM

Registration for our School Holiday Program is open. The registration fee is \$35.00, unless registered for ASC; cost is \$20.00 per day. SHP is available for: Teachers Work Days, Christmas Holiday & Spring Break from 7:00am – 6:00pm

GYMNASIUM:

Open Gym Basketball Hours: Saturday 7:00 a.m. - 8:30 p.m. & Sunday 9:00 a.m. - 7:00 p.m. open play, 17 & under Free 18 & over \$4

Open Gym Volleyball: is offered every Friday night from 6:30 p.m. – 9:30 p.m. 18 & over \$4.00, 17 & under are free.

Walking Club: Register Now! Members will be rewarded for miles completed. We'll not only walk on the Indoor Jogging/Walking Track in our Gymnasium, we'll also do different trails located throughout the Miami Springs area. For additional information, contact Caitlin Smith.

FITNESS:

Fitness Room & Jogging Track Hours: Monday – Friday 6:00 a.m. – 9:30 p.m., Saturday 7:00 a.m. – 8:30 p.m. & Sunday 9:00 a.m. – 7:00 p.m.

Fitness Room Memberships are NOW AVAILABLE:

- Adults: 18 & over \$150.00
- Senior: 60 & over \$75.00
- Youth: 13 – 17, \$150.00 (must be accompanied by a PARENT)
- Family of 2: \$188.00
- Family of 3: \$263.00
- Additional family members \$75.00*
- *Immediate Family Members ONLY

YOGA: YOGA is held Monday and Wednesday evenings from 7:15pm- 8:15pm and Saturday mornings at 8:45 a.m. The cost is \$95.00 for an 8 week session. The next YOGA registration will be held on Monday, November 4th at 6:45pm at the Miami Springs Community Center at 6pm. Please call the Community Center for details.

We are now offering a Saturday drop in YOGA class. The cost per class is \$5.00 and starts at 8:45 a.m.

JAZZERCISE:

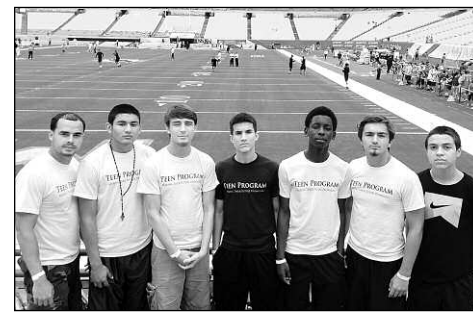
Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt tone and lengthen muscles for maximum fat burn.

Monday through Thursday: 6:00 p.m.
Saturday: 10:00 a.m.

Jr. Jazzercise: is a fitness class for girls ages 5-11. The format combines dance and aerobics with group games & special activities to make the class fun and challenging.

Tuesday & Thursday: 5:00 p.m.

For information visit jazzercise.com or call 305-888-7625



Miami Springs Teen Program participants toured the stadium and got up close to watch the Dolphins beat the Atlanta Falcons

AQUATICS:

Pool Hours: Monday-Friday: Lap Swimming 11:00 a.m. – 1:00 p.m., Open Swim 3:00 p.m. – 8:00 p.m. **Saturday:** Open Swim 1:00 p.m. – 5:00 p.m. Sunday: 1:00p.m. – 5:00 p.m., weather permitting

Swimming Lessons: With certified American Red Cross Instructors, and an outstanding facility, the Miami Springs Aquatic Center welcomes all children, ages six months and up, to join our American Red Cross Learn-to-Swim program.

Sessions run every two weeks and swim classes are offered year round. Our prices are \$45.00 per session and we offer various types of classes.

Class Times: 6:00p.m., 7:00p.m.

Water Aerobics: Monday and Wednesday: 7:00 p.m. - 8:00 p.m. Tuesday, Thursday and Friday: 10:00 a.m. -11:00 a.m.

Cost: \$40.00 for 8 classes, per participant

Pool Memberships are NOW AVAILABLE:

- Adults: 18 & over \$80.00
- Child: 17 & under \$40.00
- Senior: 60 & over \$40.00

SPECIAL EVENTS

The Parks and Recreation Department will be hosting story time, at the Miami Springs Community Center. Children and Parents will enjoy stories and activities that will encourage the JOY of reading.

Story time will be held on Thursday, November 21st, 11am - 12pm for children ages 2 - 4.

The 4th Annual 5K Turkey Trot is set for Saturday November 23rd! As always this is not just a 5K, but a time to give back to those in need. In addition to the \$10 registration fee you will also need to turn in 2 canned goods (but we will gladly accept more) which will be given to the local churches to be distributed as needed. If you would like to register prior to the 23rd, TROT on over to the Community Center to turn in your registration form and canned goods!

Christmas at the Gazebo will be held Saturday, December 14th. The parade will begin at 5:45pm in front of City Hall and will drop Santa off at the Circle. The fun on the circle will be from 6:00pm – 9:00pm. Be sure to bring your wish list to give to Santa and your camera to have your picture taken with Santa too! Mark your calendar; you don't want to miss out on another festive year of cheer. For more information please call 305-805-5075.

Miami Springs Golf Course
305.805.5180

MSGC is looking good! If you haven't been out to visit us recently, much grooming and improvement has taken place this summer at the course and will be completed over the next two weeks, just in time for "the season". On Monday afternoon, October 21st, our lush tropical Golf Course and Country Club was the setting for filming an episode of the Russian version of The Bachelor. Now, we can't promise that you'll find true love on our greens, but we can promise that you'll love the renovations, so come on down!

PUBLIC WORKS DEPARTMENT
305.805.5170

NOTICE OF ROAD WORK IN HAMMOND DRIVE AREA

The City of Miami Springs Public Works Department has contracted sidewalk and roadway milling and paving work in the area of Hammond Drive from Westward Drive to Lafayette Drive.

The work being completed will add ADA access and repair damaged sidewalks leading to and from the Miami Dade County Transit Bus and Miami Springs Shuttle Services. In addition, the roadway will be getting much need milling and resurfacing to allow for a much smoother ride.

For questions or concerns please contact the Miami Springs Public Works Department at 305-805-5170.



BUILDING & CODE COMPLIANCE DEPT.
305.805.5030

THANKSGIVING IS COMING

Thanksgiving is almost here. It is a time when we are supposed to remember our blessings and give thanks for them. We here at the Building and Code Compliance Department are very thankful to be working in and for such a great City. Miami Springs is unique in all the world and the people who live here have much for which to be thankful. We are grateful to all of the people who applied for permits this past year.

We had a great year thanks to you all. Homes are being improved throughout the City and new homes are being built. How much more could we ask? We are also thankful for all

of the people who complied with our Codes when they were notified of a violation, and the vast majority of people who we never have to notify about a violation. Together we are making Miami Springs more beautiful! We wish all of our residents and property owners a great Thanksgiving.

We are thankful for you! For forms and information about the Building Department, please visit our web site at: <http://www.miamisprings-fl.gov>. Click on the "City Departments" tab and select "Building" You can then look at general information, download applications and forms, check on permit status and inspections and see pictures of your favorite Building Department staff!

HUMAN RESOURCES DEPT. 305.805.5009

NOVEMBER BIRTHDAYS:

Happy Birthday and Best Wishes to the following City employees:



11/1	Steven Griffin	11/14	Armando Torre
11/4	Frank Perez	11/16	John Mulla
11/5	Mason Kegley	11/19	Omar Luna
11/11	Jerry Balester Jr.	11/20	Daisy Garcia

Recognizing long term employees:

The following employees had their anniversary date in October

Peter G. Baan	completed 39 years of service.
Patricia A. Bradley	completed 30 years of service.
Rene O. Alonso	completed 26 years of service.
Janice Simon	completed 15 years of service.
Leah Q. Cates	completed 12 years of service.
Jorge L. Romeo	10 years of service.

Thank you for your loyal service to the City of Miami Springs.

NOVEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CITY OF MIAMI SPRINGS	OFFICE OF THE CITY CLERK				1	2
3	4 BOARD OF ADJUSTMENT/ ZONING: 7:00 P.M.	5 CODE ENFORCEMENT: 7:00 P.M.	6 Curbside recycling	7	8	9
10	11 VETERAN'S DAY! CITY HALL CLOSED!	12 CITY COUNCIL MEETING: 7:00 P.M.	13	14	15	16
17	18	19 EDUCATION ADVISORY BOARD: 6:30P.M.	20 Curbside recycling	21	22	23
24	25 CITY COUNCIL MEETING: 7 P.M.	26	27	28 THANKSGIVING DAY! CITY HALL CLOSED!	29 DAY AFTER THANKSGIVING! CITY HALL CLOSED!	30