

COMMUNITY LINK

FEBRUARY 2008

CITY OF
CHATFIELD

STATE OF THE CITY— MAYOR SORENSON KICKS OFF HEALTH AWARENESS

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At the January 28th meeting of the Chatfield City Council, Mayor Sorenson provided some goals that he is suggesting the City pursue in 2008. Those goals include, 1.) Develop agreements and facilitate the development of the new school, Hilltop Estates and the high level water system, 2.) Determine how the current elementary school site might be re-used and how Potter Auditorium will be preserved and enhanced, 3.) Develop a health & fitness initiative that will encourage healthy living throughout the community, 4.) Create an arts council, and 5.) Discuss the possible redevelopment of Twiford Street, from Third Street to Division Street. The extension of Burr Oak Avenue is also slated for this year. These goals offer guidance to the City Council and staff and also provide the public an excellent insight to the priorities that are being considered at the City.

The article provided below, courtesy of the Mayo Clinic Women's Healthsource newsletter, is a good fit to the Mayor's wellness initiative. Reducing one's weight can decrease the possibility of hypertension, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and some cancers. Get more active—be healthy!!

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What does it take to make a change?

You want to lose weight, stop smoking, start an exercise program or make another positive lifestyle change. But you keep putting it off ... because you're just not motivated right now.



MFMER

Motivation is an important part of making a lasting lifestyle change. You can't buy motivation at the grocery store, but you can create it. Think of it as a two-part process. First, increase your internal motivation – your personal drive to succeed. Second, boost your external motivation by using outside support and inspiration.

To help increase your internal motivation:

- *Examine how you think about the change.* Do you believe that "exercise" means a pain-filled 60 minutes at a gym? Challenge those beliefs. For example, remind yourself any physical activity is beneficial – whether it's a neighborhood walk, an hour of gardening, an afternoon of golf or a night of dancing.

- *Focus on the positive.* Make a list of all the possible positive outcomes of making the change. For example, instead of focusing

on your weight, notice if your clothes fit better, you feel more energetic or your doctor says you've reduced your risk of diabetes. If you stop smoking, remind yourself that your children will no longer be exposed to secondhand smoke, you'll save money and you'll reduce your risk of numerous health problems.

- *Make it personal.* Choose an approach that works for your personality. For example, if you hate to jog but love to dance, create an exercise plan that includes dance classes or aerobic dance DVDs. If counting calories doesn't appeal to you, focus on choosing appropriate foods and portion sizes.
- *Set realistic goals.* As the Chinese proverb says, "The journey of a thousand miles begins with one step." Pick one achievable action that takes you toward your goal. If you want to lose weight, maybe you can start by skipping the cookie at break time today. If you aren't ready to quit smoking, perhaps you could just stop smoking in your car. Review and recommit to your goals daily or weekly.

To step up your external motivation:

- *Develop a support system.* Yes, you are responsible for changing. But as with any important project, don't you want a strong team working with you? So enlist support: a co-worker, friend, significant other or your health care provider. Having others to encourage you can help you stay inspired.
- *Reward yourself with something that matters to you each time you reach a goal.* It might be anything from having a pedicure after a good week's workout to buying yourself new golf clubs after you've stopped smoking for a month.

One final point: You'll probably have days when your best intentions go out the window. Don't feel guilty or blame yourself if that happens. Recognize it as part of making a change, and use the strategies above to return to your desired healthy behaviors.



CITY OF CHATFIELD

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In Case of Emergency:

9-1-1

Ambulance (Non Emergency)

507-867-4446

Police (Non Emergency)

507-867-3331

Chatfield Public Library

507-867-3480

COMPREHENSIVE PLAN

All cities in Minnesota operate under the guidance of a "Comprehensive Plan." A Comprehensive Plan provides the framework and vision for a community's future and includes all elements of a community, such as land uses, recreational goals, housing issues, employment needs, public services and so forth.

Chatfield's current Comprehensive Plan was adopted in 1999 and, since then, our city has expanded to include more property and people. Updating the Plan will provide a process for residents to participate in redefining and reprioritizing what the City's goals and policies should be for the next twenty years.

Public participation is vital to achieving citizen-based priorities. The City will hold several workshops, an open house, and a public hearing in order to identify important issues and talk about the strengths and weaknesses of our community. This is one of the best ways for people to influence the future of the community. Take advantage of this opportunity and get involved!!

The details for these meetings will be announced in the Chatfield News and on our website in the upcoming months. If you would like to participate in this process please contact Kristi Clarke. She can be reached at 867-1519 or by email at kclarke@ci.chatfield.mn.us.

FEBRUARY 2008

- **Mon Feb 4th— Planning & Zoning 7:00 pm**
- **Mon Feb 11th— City Council 7:00 pm**
- **Wed Feb 13th-Cable Television Board 7:00 am**
- **Tue Feb 19th- Heritage Preservation Commission 7:00 pm**
- **Mon Feb 25th- City Council 7:00 pm**
- **Thu Feb 28th– Economic Development Authority 5:30 pm**

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YOUR UTILITY BILL

The Wastewater Treatment Facility has been operating welland it was one year ago when we informed you of a rate increase...well, it's that time of year, again.....

To begin with, it should be made clear that the water rates and the garbage rates will not be increased at this time. In fact, the water rates have not increased since 2003 and the garbage rates have not changed for awhile, either. But, unfortunately, the sewer rates do need to be increased.

The base sewer bill (for those who use 2000 gallons or less) will go to \$30.39, an increase of \$2.76. A resident who uses 5000 gallons each month will get a bill of \$49.65, which is an increase of \$4.50.

The rate increase is due to the increased debt associated with a new treatment plant. The need to pay off a debt of \$6.5 million simply causes rates to increase. Instead of dramatically increasing rates all at once, the Council decided to increase rates gradually over time. It was hoped that a series of smaller, but more frequent, rate increases, would be easier to fit those increases into personal budgets.

Even though the rate increase is unavoidable, the City still regrets the need to do so and would appreciate your understanding.

A Clear Path

There is a black touch pad on your home that the guys who read water meters need access to each month (generally between the 15th and 20th of the month). These black touch pads are generally on the side or back of your house next to the other utility boxes.

Please make sure that these touch pads are easily accessible. If you have a fence / gate around your back yard please make sure the gate can be opened during these winter months. Please keep this in mind, too, when choosing where to tie out your dog - make sure that the guys can access the pad while remaining out of the dogs range!

EMT TRAINING

Become part of this "Caring Team". The Chatfield Ambulance Service invites you to join the Service. Classes begin March 11th, right here in Chatfield. EMTs are needed. Please call 867-4446 for information or stop in the office. This is an exciting way to serve your community!!!