



Count-e-Line

Vol. 6 Issue 24

e-newsletter for Palm Beach County employees

November 20, 2015

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more information about the My Brother's Keeper Initiative, please contact James Green at jgreen1@pbcgov.org or call (561) 242-5713.



Many network participants were recognized and thanked for their involvement.

My Brother's Keeper Network Celebrates First Year

On November 10, the Youth Services Department's My Brother's Keeper (MBK) Network celebrated its first anniversary.



James Green welcomes the enthusiastic group.

More than 150 representatives from Palm Beach County government, the Palm Beach County School District, law enforcement agencies, nonprofit and faith-based organizations, and elected officials, community and business leaders, mentors and students attended the event.

Guest speaker Trabian Shorters, CEO of BMe, discussed ways to change the narrative around boys and young men of color. Newly recruited mentors, community partners, and volunteers were recognized for their contributions.

The network's accomplishments to date were noted, the vision for the future expressed, and there was discussion of various ways for participants to continue their involvement.

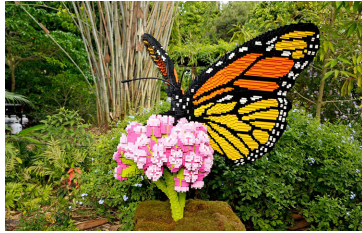
To sign up as a mentor or request



About 150 people attended the celebration in the commission chambers.

News

See Nature Connects Art LEGO Exhibit at Mounts Botanical Garden



The dazzling Nature Connects Art with LEGO® Bricks blockbuster exhibit is on display at Mounts Botanical Garden through February 14, 2016. The exhibit features nearly 500,000 LEGO bricks transformed by artist Sean Kenney into amazing sculptures set in whimsical garden displays throughout the garden's 14 beautiful acres. Visitors can reflect upon a blending of the art of sculpture with the art of horticulture.



Mounts Botanical Garden is located at 531 N. Military Trail, West Palm Beach. Visit our website, www.Mounts.org for more information on additional activities related to our Nature Connects exhibit. Don't miss this unforgettable experience!

Tickets can be purchased at the gates: Mounts Garden members free; adults \$10; seniors/veterans/university students \$7; children 3-12 \$5, 2-under free.

Prescribed Burns Planned in Okeehetee Park Natural Areas

Over the next 11 months, the Palm Beach County Parks and Recreation Department will be conducting a series of prescribed burns within the Okeehetee Park Natural Areas, located north and south of Forest Hill Boulevard in West Palm Beach.

From November 16, 2015 until May 31, 2016, controlled burns will be conducted in the north natural area and until October 31, 2016, in the south natural area.

The purpose of these burns is to reduce dead and dense vegetation and improve native habitat. County officials will be assisted by the Florida Forest Service and or Palm Beach County Fire Rescue. Each prescribed burn will be completed in one day. The burns will occur pending appropriate weather conditions.

For additional information, please contact Parks Operations Superintendent Greg Atkinson at 561-963-6736 or visit our [website](#).

BCC Briefs

At the November 17, 2015, Board of County Commissioners meeting, the board took the following action:

moment of silence -- observed a moment of silence in honor of the victims of the terrorist attacks in Paris, France.

reorganization -- recognized and thanked Commissioner Shelley Vana for her year of service as county mayor, then elected Commissioner Mary Lou Berger mayor and Commissioner Hal Valeche vice mayor of the BCC; each will serve a one-year term.

meeting procedures -- legal staff was directed to bring back three proposed changes to the rules of procedures: 1) no BCC meetings scheduled at night; 2) hold workshops for staff presentations and discussion on complex/controversial issues prior to addressing them as regular agenda items with public comment; 3) issue staff directives in the form of a motion voted upon and approved by a majority of board members.

planning -- adopted a resolution in support of the Federal Metropolitan Planning Enhancement Act introduced by U.S. Rep. Lois Frankel. The legislation would increase the amount of available funding to designated high-performing metropolitan planning organizations.

sea level rise -- adopted an updated unified sea level rise projection for southeastern Florida prepared by the Southeast Florida Regional Climate Compact. The projection is intended as a planning resource for a variety of audiences and disciplines including elected officials, urban planners, architects, engineers, developers, resource managers and public works professionals.

affordable housing -- approved the issuance of up to \$50 million in Housing Finance Authority (HFA) homeowner revenue bonds for the Single Family Homeowner Program. It provides low-interest financing to qualified buyers of single-family residential units within the HFA's operation area. No county funds or its taxing power, faith or credit are involved.

Motorola Solutions -- approved a contract with Motorola Solutions, Inc. in the amount of \$20.17 million for the P25 trunked simulcast countywide public radio system. The Illinois-based company was chosen by a selection committee following an RFP process.

Max Planck – approved budget amendments in the amounts of \$18.805 million and \$323,713 for the sale of 10-year Series 2015B bonds to fund the county’s grant commitment to the Max Planck Florida Institute for Neuroscience in Jupiter. The annual debt service is \$2.176 million; an interest payment of \$323,713 begins Fiscal Year 2016.

Solid Waste Authority -- sitting as the Governing Board of the Solid Waste Authority, commissioners approved the following: lease extension for a cellular tower on 45th Street; transfer of operating permits from Southern Waste Systems to Waste Management, Inc.; and replacement of a generator at Renewable Energy Facility No. 1.

Things To Do:

Library System Book Life Event: “Frankenstein: Penetrating the Secrets of Nature” Exhibition and Family Fun Day

Fans of Frankenstein, science enthusiasts, and the curious are invited to explore the mysterious and intriguing world of Mary Shelley’s novel, “Frankenstein; or the Modern Prometheus,” with a Family Fun Day and a special exhibition.

For six weeks, the Palm Beach County Library System will be hosting the travelling exhibit, “Frankenstein: Penetrating the Secrets of Nature.” This exhibit explores how Shelley’s novel provides a framework for discussions of medical advances that challenge our traditional understanding of what it means to be human, as well as the transformation of the “monster” in popular culture.

As part of its Book Life series, the Library System will be kicking off the exhibit with a Family Fun Day on Saturday, November 21, 10 a.m. to 5 p.m., at the Acreage Branch Library. This electrifying day will include a movie, a make-your-own Frankentoy, a mad scientist lab, Haunted Craft Mansion, scavenger hunt, face painting, “selfie” photo booth, Monster Mash costume contest for all ages, plus refreshments and prize drawings.

The exhibition runs from November 21 through January 3, 2016. It was developed and produced by the National Library of Medicine, National Institutes of Health, and curated by Susan Lederer, PhD. Support for Family Fun Day and other Book Life events are provided by The Friends of the Palm Beach County Library System.

The Acreage Branch Library is located at 15801 Orange Blvd. in Loxahatchee. More information about the exhibit can be found at: <https://www.nlm.nih.gov/exhibition/frankenstein/index.html>

What’s Happening at Daggerwing Nature Center

Daggerwing Nature Center is operated by the Palm Beach County Parks and Recreation Department and is located in Burt Aaronson South County Regional Park at 11435 Park Access Road, off Cain Boulevard between Glades Road and Yamato Road, west of Boca Raton. Visit our [website](#) for more activities. All programs are by reservation only, unless otherwise stated. Please call (561) 629-8760 or visit the nature center to make program reservations. Fees (if applicable) are due the day of the program by cash or check only. All participants are required to sign a participation form. If you are more than 5 minutes late, your spot may be given to a person on the waiting list.

ANIMAL FEEDINGS daily, 3:15-3:30 p.m. all ages, free (reservations not required)
3:15 p.m. is feeding time. Listen to a short talk about one of Daggerwing’s resident animals and then watch while it’s fed.
Wednesday - alligator; Thursday - snake; Friday - skunk; Saturday - alligator

MOTHER NATURE & ME: FALL HARVEST Tuesday, Nov. 17, 10 & 11:15 a.m. ages 2-5 w/ guardian, \$4/child
Introduce toddlers and preschoolers to nature through experiential and interactive learning that is fun for grownups too!

NIGHT HIKE Friday, Nov. 20, 5:30 p.m. all ages, \$5/participant
Join a naturalist on a guided boardwalk tour at night to look for the shining eyes of nocturnal wildlife and listen for the calls of both predators and prey that use the darkness to their advantage. This program offers a new perspective on the wetlands surrounding Daggerwing Nature Center. Be sure to bring bug spray and a flashlight.

PYTHON CHALLENGE Saturday, Nov. 21, 10:30 a.m. & 2 p.m. all ages, free
Daggerwing Nature Center is proud to host the Florida Fish and Wildlife Conservation Commission’s Python Challenge™ training. Sign up at www.pythonchallenge.org. The program focuses on protecting the Everglades ecosystem by activating people to remove Burmese pythons from natural habitats. Participants will learn how to identify, report, and safely and humanely capture Burmese pythons and distinguish pythons from native snakes.

FISHING FUN Wednesday, Nov. 25, 10 a.m. 8+, \$10/participant
Learn the basics of freshwater fishing and practice new skills. Class includes fishing pole basics, casting tips, freshwater fish identification, and fish habits. All fishing supplies are provided. Please bring sun protection, a water bottle, and wear closed-toed shoes (or water shoes) that can get wet/muddy.

What's Happening at Okeehetee Nature Center

Okeehetee Nature Center is operated by the Palm Beach County Parks and Recreation Department and is located in Okeehetee Park at 7715 Forest Hill Boulevard, west of West Palm Beach. Visit our [website](#) for more activities. All programs are by reservation only, unless otherwise stated. Please call (561) 233-1400 or visit the nature center to make program reservations. Please make reservations at least 2 days in advance. Fees (if applicable) are due upon arrival to the program. All participants are required to sign a participation form. If you are more than 5 minutes late, your spot will be given to a person on the waiting list.

SCIENCE FOR SENIORS: Owl Pellet Dissection Tuesday, Dec. 1, 9:30 a.m. adults 50+, \$5/person
Meet some of the nature center's live owls, and learn about their natural history. Then, dissect an owl "pellet" to see what they've eaten to discover their role in the food web.

STORY TIME Tuesday, Dec. 8 and Dec. 22, 10 a.m. ages 2-5, \$2/child
Introduce little ones to Mother Nature through stories. Class activities may include live animals, games, nature walks and/or crafts specifically designed for toddlers and preschoolers. Class is approximately 30 minutes long, and the topic varies for each class.

ARCHERY FOR BEGINNERS Saturday, Dec. 12 and Dec. 26, 9:30 a.m. ages 8+, \$10/person
Learn the basics of archery from safety to shooting and develop a great new skill during this 2-hour program. Equipment is provided, and space is limited. Please wear close-toed shoes, and bring water and sun protection.

ARCHERY OPEN RANGE Saturday, Dec. 12 and Dec. 26, 1:30 p.m. ages 8+, \$10/person
*Prerequisite: Must have completed the Archery for Beginners course at Okeehetee Nature Center.
Practice those new-found archery skills in this expansion of the archery program. Work on your precision and accuracy with a compound bow. Equipment is provided, and space is limited. Please wear close-toed shoes, and bring water and sun protection.

SCIENCE FOR SENIORS: Cartesian Divers Tuesday, Dec. 15, 9:30 a.m. adults 50+, \$5/person
Enjoy a hands-on entertaining activity. Participants are not swimming or diving, but experimenting with buoyancy by making Cartesian divers. How do Cartesian divers relate to animals? RSVP and find out.

OKEEHETEE AFTER HOURS: "Beneficial Bats" Friday, Dec. 18, 7 p.m. ages 8+, \$5/participant
Join guest speaker Sydelle Dombrowsky as she tells us all about the only flying mammal: bats. After a short talk, head out on a brief night hike to view some of the nature center's bat houses and look for the nocturnal creatures.

DEER & RAPTOR WALK Saturday, Dec. 19, 10:30 a.m. families/all ages, \$3/person
Go on a behind-the-scenes- tour of the deer and raptor compounds, see the animals up close, and learn about these unique critters. Please note: This program is not stroller or wheelchair accessible.

Riverbend Park December 2015 Program Guide

Riverbend Park is operated by the Palm Beach County Parks and Recreation Department and is located at 9060 Indian-town Road, Jupiter. Visit our [website](#) for more activities. All programs are by reservation only. Please call (561) 741-1359 to make program reservations. Payment (cash or check) is due the day of program. Programs require a minimum number registered participants. For every program, participants/guardians are required to sign a participation form. All children must be accompanied by an adult. Please register in advance by 2 p.m. the day before. All programs run approximately 90 minutes, depending upon experience level of participants. Please bring drinking water, sunscreen, and insect repellent to each program.

NATURALIST WALKS Saturdays & Sundays, 8 a.m. all ages, free
Join a naturalist for a guided walk exploring the trails of Riverbend Park. It's a great way to become familiar with the plant and animal communities, trails and historic events of Riverbend.

GUIDED PADDLE TOUR Saturday & Sunday, Dec. 5 & 6, 9:30 a.m. all ages, \$10/person
Enjoy Old Florida by canoe or kayak and explore the backwaters of Riverbend with a naturalist as a guide. If needed, canoes and kayaks are available to rent from Canoe Outfitters (561) 746-7053. When renting, mention the program name.

GUIDED NIGHT HIKE Friday, Dec. 11, 6:30 p.m. all ages, \$5/person
Join a naturalist for a guided walk exploring the trails of Riverbend Park at night. Search for nocturnal life in the park and learn about them.

LOST-COMPASS NAVIGATION PROGRAM Saturday & Sunday, Dec. 12 & 13, 9:30 a.m. all ages, \$10/person
Learn basic orienteering skills from a park naturalist with a compass; craft included.

FULL MOON BIKE RIDE Friday, Dec. 18, 6:30 p.m. all ages, \$10/person
Discover the trails of Riverbend at night with a naturalist guiding the way. This tour is a leisurely pedal of the trails. Enjoy looking for wildlife and stopping occasionally at points of interest. If needed, bicycles are available to rent from Canoe Outfitters (561) 746-7053. When renting, mention the program name.

PEDAL PUSHERS Saturday & Sunday, Dec. 19 & 20, 9:30 a.m. all ages, \$5/person
Discover the trails of Riverbend with a naturalist guiding the way. This tour is a leisurely pedal of the trails. Enjoy looking for wildlife and stopping occasionally at points of interest. If needed, bicycles are available to rent from Canoe Outfitters (561) 746-7053. When renting, mention the program name.

GUIDED PADDLE TOUR Saturday & Sunday, Dec. 26 & 27, 9:30 a.m. all ages, \$10/person
Enjoy Old Florida by canoe or kayak and explore the backwaters of Riverbend with a naturalist as a guide. If needed, canoes and kayaks are available to rent from Canoe Outfitters (561) 746-7053. When renting, mention the program name.

Tickets on Sale for Marmot Boca Raton Bowl

Get your tickets now to the football event of the year! The 2015 Marmot Boca Raton Bowl will be played at FAU Stadium on Tuesday, December 22 at 7 p.m. The game will be carried live on ESPN.

Tickets are now on sale. County employees receive discounted tickets and great seat selections as sponsorship partners in the Bowl Game.

Advance tickets are \$47 and \$27. County employees can use the promotion code TDC to get \$7 off each ticket. To reserve your tickets, please visit the Marmot Boca Raton Bowl [website](#).

United Way

Youth Services Donates Food for Project Thanksgiving

Palm Beach County Youth Services joined the fight against hunger in Palm Beach County by hosting a food drive to benefit United Way's Project Thanksgiving.

Seven full boxes of non-perishable food such as canned yams, sweet potatoes, boxed stuffing, macaroni and cheese, potatoes, and onions were collected.

This year, in collaboration with CBS12 and the Palm Beach County Food Bank, United Way is celebrating 25 years of ensuring that the entire community enjoys a healthy, hearty Thanksgiving meal. Thank you for all of your generous donations and for making a difference in Palm Beach County!



Natalie Diaz, United Way campaign coordinator for Palm Beach County Youth Services, celebrates the department's successful food drive.

Consumer Affairs Says "Tanks a Lot"

On November 5, the Consumer Affairs Division of the Public Safety Department held its second annual Dunk 'Da Boss fundraiser for the United Way. The dunk tank was set up in the Four Points parking lot, and in just three hours nearly \$700 was raised.

There were 15 "dunkees" representing many departments within the county. There was plenty of food, fun, and PBC employee fellowship as well. More than 100 county employees, family members and friends attended the event, either as fire-balling contestants or enthusiastic spectators.



Brad Merriman said he enjoyed his last dunking event before retiring in May.



Deputy County Administrator Jon Van Arnam takes his best shot at Assistant County Administrator Brad Merriman



Cliff Battles of Parks and Recreation winds up and fires a strike.



Sporting her signature swim cap, Stephanie Sejnoha of Public Safety prepares to get wet.



Parks and Recreation Director Eric Call heckles the crowd to entice more participants.

Wellness

4th Annual PBC Kicks Asphalt 5K Fun Walk/Run January 23 at Okeeheelee

Join your fellow Palm Beach County employees on January 23, 2016, for the fourth annual PBC Kicks Asphalt Employee & Family 5K Fun Run/Walk sponsored by the Palm Beach County Employee Wellness Program in partnership with Cigna Health Care. Registration is now open at <https://www.surveymonkey.com/r/PBC5K>. Please complete a separate registration for each participant.



The event will be held at the Micanopy Pavilion in Okeeheelee Park, on Forest Hill Blvd. in West Palm Beach. Participation is free and is open to all Board of County Commissioners employees and their Cigna-covered spouses/dependents (age 7+).

Check-in starts at 6:45 a.m. Race starts promptly at 8 a.m. There will be free health screenings, free mini-massages, prizes, and lots more. Start off 2016 on the right foot and gear up for a year of good health with your family. This is a USATF certified 5K course with Chronotrack chip timing.

Contact the Employee Wellness Program at (561) 233-5451, wellness@pbcgov.org with any additional questions or concerns.

For Your Benefit

Coaching the Mature Driver Classes at County Centers

Florida law calls for drivers 55 and older to receive a discount on their auto insurance for three years when they take this course. Some insurance companies grant the discount to drivers 50 and older. The Safety Council of Palm Beach County is offering driver improvement classes for the mature driver at the following county-owned facilities:

Dec. 17 9 a.m. – 4 p.m. South County Civic Center, 16700 Jog Road, Delray Beach

Dec. 18 9 a.m. – 4 p.m. North County Senior Center, 5217 Northlake Blvd., Palm Beach Gardens

This class is designed for senior drivers to review the effects of aging and driving and how to compensate for physical and mental changes to promote defensive driving. The class fee is \$12 per person or \$20 if you complete the course online.

For more information, please contact the Safety Council at 561-845-8233 or visit www.safetycouncilpbc.org.

Free Tri-Rail Shuttle Bus

to and from Palm Beach International Airport

Now
Operating!



Flying out of Palm Beach International Airport just got a whole lot easier. Tri-Rail now offers non-stop shuttle bus service between PBI and the West Palm Beach Station. The WPB-1 shuttle starts running as early as 5:30 a.m. and takes approximately 10 minutes each way.



For schedule information, log onto www.tri-rail.com or contact our Customer Service Department at 1-800-TRI-RAIL

Green Scene

PBC Volunteer Wins University of Florida Master Gardener Award



Palm Beach County's Master Gardener booth at the Delray Green Market

The booth was designed and created for the purpose of getting the educational message out that Master Gardeners are trained through the University of Florida Cooperative Extension Service to assist the public with researched-based gardening information and recommendations. For more than 21 years, Finst has manned the Master Gardener information booth nearly every Saturday at the seasonal Delray Green Market.

For more information on becoming a Palm Beach County Cooperative Extension Service Master Gardener volunteer, please call 233-1750.

On November 5, Deborah Levulis, extension horticulture agent and Master Gardener coordinator for the Palm Beach County Cooperative Extension Service, presented Master Gardener volunteer Alice Finst with the 2015 University of Florida Master Gardener Educational Display Award.

Palm Beach County's Master Gardener green market display won the award at the Florida Master Gardener Continuing Education annual conference in Kissimmee in October.



Alice Finst (right) accepts the 2015 University of Florida Master Gardener Educational Display Award from Deborah Levulis in the Mounts Botanical Garden

Farm Your Backyard Workshop: Vegetable Gardening

Learn the secrets of vegetable gardening in South Florida with Arthur Kirstein, UF/IFAS Extension coordinator. The focus of this workshop is to implement successful agricultural techniques to manage small vegetable projects. Tips and techniques on site preparation, seedling establishment, planting, maintenance and harvesting will be covered.

What: Farm Your Backyard workshop

When: Saturday, January 9, 2016 9 a.m. – noon

Where: Clayton Hutcheson Agricultural Center, Exhibit Hall A
559 North Military Trail, West Palm Beach

Cost: PBC School District teachers, free; members and Palm Beach County employees, \$20; non-members, \$25

To register or for more information, please contact Program Coordinator Rochelle Wolberg at (561) 233-1730.

Announcements

Welcome New Hires

The following county employees were hired between October 17 and October 30, 2015:

<u>DEPARTMENT</u>	<u>EMPLOYEE</u>	<u>POSITION</u>
Airports	Laura Caswell	communications specialist
Community Services	Elcana Dantzler	community outreach specialist I
Cooperative Extension	Matthew Vanweelden	extension agent
Engineering & Public Works	Tay Gaines	project coordinator I
Economic Sustainability	Stacey Amodio	special projects coordinator
Equal Opportunity	Mitchell Vinokur	compliance investigator I
Facilities Devel. & Operations	Jose Chaves	general maintenance mechanic
Fire Rescue	Marcus Jones Jr.	computer specialist I
Information Systems Services	Angel Alvarez	programmer
Parks & Recreation	Kelly McConchie	ocean lifeguard
	Gabriel Concepcion-Varela	park ranger
	Matthew Jiggins	park ranger
	Justin Dickerson	maintenance worker I
	Alisha Ensign	maintenance worker I
Water Utilities	Richard Yanzanis Cruz	utility maintenance worker
Youth Services	Katie Breeden	licensed family therapist



There are many animals available for adoption at Palm Beach County Animal Care and Control located at 7100 Belvedere Road, West Palm Beach. Visit the website for information and to see the current [Pet of the Week](#). To view all animals available for adoption, visit them at www.pbcgov.com/snap.



Classified Ads

You can [post](#) your own classified ads with pictures on the intranet.

On The Bulletin Board

PALM BEACH COUNTY  SPORTS COMMISSION



DECEMBER 22, 2015
FLORIDA ATLANTIC UNIVERSITY
LIVE ON ESPN 7:00PM

PURCHASE TICKETS TODAY AT
MARMOTBOCARATONBOWL.COM

Join the Palm Beach County Employee Wellness Program for

YOGA

****Please bring your own yoga mat****

Where: Therapeutic Recreation Center ***Fountains Building***

(2728 Lake Worth Rd, Lake Worth, FL 33461)

Date: Tuesday Evenings

November 3rd through December 15th

****No Class on Tuesday, November 17****

Time: 6pm – 7pm

Instructor
Matthew
Ruggiero
returns!!



FREE for Employees of Palm Beach County Board of County Commissioners and their Cigna covered spouses and dependents ages 14+.

IMPORTANT: Due to space limitations in the Fountains Building, registered employees will be asked to confirm their attendance **weekly** and the class will be accessible on a first come, first served basis each week.

Register here: <https://www.surveymonkey.com/s/FitnessClasses2015>

or call Wellness Coordinator Joanna Matwieczuk at (561) 233-5451








Always consult a doctor before starting any exercise program.

Palm Beach County Employee Wellness Program

wellness@pbcgov.org

(561) 233-5451

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NOV 2015	2 Zumba 6 - 7 pm Westgate Rec Center 3691 Oswego Ave West Palm Beach	3 Yoga with Matthew 6 - 7pm TRC - Fountains Building 2728 Lake Worth Rd Lake Worth, FL 33461	4 Mid-Day Meditation 2:15pm Four Pts, Rm. 1N-142N 50 S Military Trail	5 Mid-Day Meditation 12:10pm Gov Center 7 th Floor OFMB Conf Room	6 4th Annual "PBC Kicks Asphalt" PBC Employee & Family 5K Fun Walk/Run Saturday, Jan. 23, 2016 Okeeheltee Park Register now at: surveymonkey.com/r/pbc5k 	7
8 	9 Zumba 6 - 7 pm Westgate Rec Center 3691 Oswego Ave, WPB	10 Mid-Day Meditation <i>*Stay ahead of holiday stress!</i> 12:15pm Airport Center, 1 st Floor 100 Australian Ave Yoga with Matthew 6 - 7pm TRC - Fountains Building 2728 Lake Worth Rd	11  Veteran's Day Holiday	12		
15 Did you know? All fitness classes offered are FREE for BCC employees and their Cigna-covered spouses/dependents ages 14+	16 Healthy Holidays Cooking Demo 12:30pm Vista Center Rm. 1E-58/59 Zumba 6 - 7 pm Westgate Rec Center 3691 Oswego Ave, WPB	17 Mid-Day Meditation <i>*Stay ahead of holiday stress!</i> 12:10pm Vista Center, 2300 N Jog Rd Rm. 3W-12 *No Yoga Class tonight!*	18 Mid-Day Meditation 2:15pm Four Pts, Rm. 1N-142N 50 S Military Trail Quit Smoking Hypnosis <i>presented in collaboration with the Employee Assistance Program</i> 5:30 - 7pm Airport Center 100 Australian Ave 1 st Floor Training Room	19 Mid-Day Meditation 12:10pm - Gov Center 7 th Floor OFMB Conf Room Great American Smoke Out  Commit to QUIT today!	20 Did you know? You can earn a \$25 wellness incentive by completing your Health Assessment for 2015 at www.mvsigna.com *You will need current biometric health numbers from a past health screening or annual physical with your PCP.	21
22	23 Zumba 6 - 7 pm Westgate Rec Center 3691 Oswego Ave, WPB	24 Yoga with Matthew 6 - 7pm TRC - Fountains Building 2728 Lake Worth Rd	25	26  Wishing you a happy and healthy Thanksgiving holiday!	27	28
29	30 Zumba 6 - 7 pm Westgate Rec Center					

Register for fitness classes: www.surveymonkey.com/r/fitnessclasses2015

Join the Palm Beach County Employee Wellness Program for



Where: Westgate Recreation Center

(3691 Oswego Avenue, West Palm Beach, FL 33409)

Date: Monday Evenings

October 26th through November 30th

Time: 6pm – 7pm



FREE for Employees of Palm Beach County Board of County Commissioners and their Cigna covered spouses and dependents ages 14+.

Sign up at: <https://www.surveymonkey.com/s/FitnessClasses2015>

or call Wellness Program Coordinator Joanna Matwiejczuk at (561) 233-5451



*Always consult a doctor before starting any exercise program.

TRAIL RUN/WALK WINDING WATERS



**OPEN TO COUNTY EMPLOYEES
AND THEIR FAMILIES**

**SUPPORTS UNITED WAY OF
PALM BEACH COUNTY**

**OVERALL WINNERS RECEIVE
GUIDED NATURAL AREA TOURS**

Saturday, December 5, 2015

Winding Waters Natural Area

Check In - 7 am / Race or Walk - 8:30 am

Get your heart pumping while running or walking around a 170-acre wetland teeming with wildlife. First, second, and third place Men's and Women's finishers will receive a unique "natural" award.

REGISTRATION FEE

\$15 donation to Palm Beach County United Way

Limited to 100 runners / walkers

Register online by December 3

SIGN UP NOW AT

pbcportal/erm/sitepages/5K.aspx



Palm Beach County Board of County Commissioners

**Shelley Vana, Mayor, Mary Lou Berger, Vice Mayor, Hal R. Valeche,
Paulette Burdick, Steven L. Abrams, Melissa McKinlay, Priscilla A. Taylor**





Saturday, December 5th 7:00 p.m. @ Canyon

GL Commercial Presents:

Sid Parker Orchestra

A free concert featuring "The Sid Parker Orchestra" performing jazz and swing.

FREE ADMISSION

Saturday, December 12th 7:00 p.m. @ Canyon

GL Commercial Presents:

"All I Want for Christmas"

Enjoy a movie under the stars.

Lawn chairs and picnic baskets welcome.

FREE ADMISSION

Saturday, December 19th 7:00 p.m. @ Canyon

GL Commercial Presents:

"Miracle on 34th Street"

Enjoy a movie under the stars.

Lawn chairs and picnic baskets welcome.

FREE ADMISSION

Canyon Amphitheater is located in Canyon District Park at **8802 Boynton Beach Blvd., Boynton Beach, FL 33437**

"Like" us on Facebook: www.facebook.com/canyonamphitheater

For more info please visit <http://www.co.palm-beach.fl.us/parks/amphitheaters/portlets/Intro.htm>

4th Annual PBC Employee and Family 5K Fun Walk/Run – PBC KICKS ASPHALT

Saturday, January 23, 2016

FAQs

Who can participate?

All Palm Beach County Board of County Commissioners employees and their Cigna-covered spouses and dependents over age 7. Participation in the 5K is limited to *individuals ages 7 and up on the day of the race*.

Cost

It is **free of charge** for all those eligible to participate (see above).

What is the deadline for registration?

Participants must register online at <https://www.surveymonkey.com/r/PBC5K> by Wednesday, January 14, 2016. Please note that each person in your family must complete a separate registration. If you need assistance completing a registration form, please contact wellness@pbcgov.org or by phone at (561) 233-5451.

How long is the course?

Participants can walk and/or run our 5km (3.1 mile) course in Okeeheelee Park. This is a USATF certified 5K course and chronotrack timing is provided.

What time does the race start?

Check-in for the race begins at 6:45am and the race begins promptly at 8am. Please note there will be road closures, so plan your arrival time and parking needs accordingly.

Race Packets

Packets will be delivered to your department in January prior to the event. 5K race participants will each receive a shirt. Please register early to ensure your requested shirt size. Race numbers (bibs) will be given at check-in starting at 6:45am on Saturday, January 23.

Will there be food and drink? Can I bring my own?

5K participants will be welcome to water throughout the course (at mile 1 and mile 2) as well as bagels, bananas, and more water upon completion at the finish line. You are welcome to bring your own snacks/beverages, but will also be required to observe Okeeheelee Park's rules and regulations:

<http://www.pbcgov.com/parks/general/picnicpavilions/>

Are pets allowed?

Pets will not be allowed to participate with their owners in the 5K run/walk.

Animals are allowed in Okeeheelee Park per park rules and regulations:

<http://www.pbcgov.com/parks/general/picnicpavilions/>



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