



# Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

June 2016

## A Letter from Mayor Dave Wood



About a year ago the City of Mishawaka, was contacted by Saint Joseph Health System (formerly known as Saint Joseph Regional Medical Center) to see if the City would be interested in receiving a replica of the World Trade Center Memorial that is located in the lobby of their building on Douglas Road. I was thrilled to have this opportunity to showcase a Memorial such as this at one of our very own City buildings and on April 26, 2016, this Memorial was presented to myself, first responders and the City of Mishawaka at Mishawaka Fire Station #4.

On September 15, 2011, a 2.5-ton piece of steel and concrete wreckage from Tower 1 of the World Trade Center (WTC) was guided along the way from its former habitat at Hanger 17, JFK airport in New York City to St. Joseph Health System in Mishawaka. An escort of Military Motorcycle Riders from the Vietnam Veterans of America Chapter 1027 and Marine Riders from the Marine Corps League #95 accompanied the WTC piece from New York City to the hospital in Mishawaka. A private ceremony was held on the hospital campus which was attended by many veteran groups. Since that date, St. Joseph Health System has created a 9/11 Memorial in the lobby of their building with this 2.5-ton piece of steel. A yearly ceremony is held on 9/11 to pay tribute to the victims and first responders from the WTC terror attacks.

The City of Mishawaka Memorial is a display pedestal consisting of two pieces of the WTC Memorial from the original piece that was delivered to the hospital in 2011. These two small pieces represent the towers. It also has a scrolling I-Pad that displays the names of the victims of the 9/11 tragedy. This Memorial is located in the lobby of Fire Station #4, 3000 East Harrison Road, Mishawaka and I encourage everyone to stop by and pay homage to the victims. I would like to acknowledge Jim Schuster, Chief of Fire Prevention, for his coordination of the placement of this display. If you have not been to the Memorial at St. Joseph Health System, I would encourage you to visit the display that is there to honor the victims and first responders from the 9/11/2001 terror attack. This is a part of our history that will be forever displayed in the City of Mishawaka.



On May 19, 2016, I had the honor of announcing the appointment of Bryon Woodward as Fire Chief of the Mishawaka Fire Department. Bryon is replacing Chief, Dale Freeman, who will be retiring on

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## Finding Your Fountain Of Youth!

*Health Information from Saint Joseph Regional Medical Center*

Finding your fountain of youth isn't any secret. In fact, it is much easier than you might think! Just because you have a few grey hairs doesn't mean you should give up that quest or stop aiming to feel your best. Sure, the more days that pass the more likely you are to experience changes and challenges. But with a few simple guidelines, your fountain of youth can be within your reach.

"Paying attention to your whole self is the key," says Dave Stahl, Wellness and Fitness Director at Saint Joseph Health System, St. Paul's. "That includes your physical well-being, as well as your mental and spiritual sides."

Stahl, a certified wellness coach, helps seniors every day meet their potential and reach for their personal fountain of youth. His advice is to keep moving, keep doing and focus on eating the right foods. "Sometimes we have the idea that retirement is about sleeping in or taking it easy," notes

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### UPCOMING EVENTS!

- Jun 24-25 Summerfest 2015
- Jul 20 Kamm Island Fest
- Aug 27-28 Renaissance Festival

### EBERHART - PETRO GOLF COURSE

- Jun 4 B&G Memorial Golf Outing
- Jun 18-19 Mishawaka Men's 25-26 Metro
- Jun 21 St. Joe Valley Women's Invitational
- Jun 27 St. Joe Junior Tour

### DISC GOLF

George Wilson Park  
Daily 10am - Dusk

### PUBLIC SWIM HOURS *(Weather Permitting)*

Merrifield Pool  
Daily 12-4pm; 6-9pm

Mary Gibbard Pool  
Sun & Wed 6-9pm  
Mon, Tue, 11am - 5pm  
Thu, Fri, Sat

### ONLINE ACCESS

- <http://mishawaka.in.gov>
- <http://facebook.com/cityofmishawaka>
- <http://mishawaka.in.gov/communicator>
- <http://mishawaka.in.gov/parksandrecreation>

## A Letter from Mayor Dave Wood *(continued)*

June 13, 2016 after a 36-year career. Freeman served the last 19 years of his career as Fire Chief having been appointed on May 12, 1994.

Woodward is a 20-year veteran of the Mishawaka Fire Department, having joined the department in October of 1995. During his tenure with the Mishawaka Fire Department he has been promoted to the ranks of Lieutenant, Captain and has served as Battalion Chief since 2013 when the Mishawaka Fire Department made the transition from two shifts to three. Placed in charge of the newly created third shift, Woodward has been very successful in building a highly effective team. Woodward is a State of Indiana Instructor II/III, Emergency Medical Technician – B and Fire Officer II along with many other certifications. He is a graduate of Mishawaka High School, holds an A.A.S. in Fire Science from Ivy Tech and is currently finishing a Bachelor's Degree in Fire Science from Columbia Southern University. He was also recognized as Mishawaka Firefighter of the Year in 2003.



Bryon Woodward

I have great confidence in Bryon Woodward. His professional experience, leadership ability, steady temperament and infectious optimism for the future of emergency medical service and fire service in Mishawaka will serve our citizens and the department very well. I would also like to thank Fire Chief, Dale Freeman, and his leadership team for guiding the department through its growth and leaving the department better off than they found it. The mark and legacy of any true leader is to develop talent and nurture future leaders to follow you. Bryon's official date of appointment as Chief of the Mishawaka Fire Department is June 14, 2016.

*Mayor Paul*

## Finding Your Fountain Of Youth *(continued)*

Stahl. "That's exactly the opposite of what we should do. Keep challenging yourself just as you did in your earlier years. It's even more crucial as we age because sometimes it can feel like our bodies are working against us."

- **Keep moving.** Whether it be routine exercise, like regular walks with a neighbor, or small movements throughout the day such as chair squats during commercials of your favorite TV show, even simple movements can help fight against the natural decline of our strength, flexibility and balance.
- **Keep doing.** Keeping your mind sharp is a large part of feeling young. Social interaction and engagement are keys to this guideline.
- **Eat the right foods.** Eating the right foods can help us feel better about ourselves and even give our mood a boost. Try to select foods that are not processed or altered with additives or food coloring.

Talk with your physician to help create your plan toward your personal fountain of youth.

## Summer Concert Series 2016

### Battell Park Bandshell Mondays 7:00-8:00pm

June 6 Dick and Debbie  
June 13 Michiana Concert Band  
June 20 The Anchors  
June 27 Ain't Misbehavin'  
July 11 Michiana Concert Band  
July 18 The Whateverly Brothers  
July 25 Jazz Assemblage

### Beutter Park Thursdays 6:30-8:30pm

June 2 The B Side  
**FRIDAY** "Concert for a Cure"  
June 3 w/The Whistle Pigs  
June 9 Top Secret  
June 16 HiFi2WiFi  
June 30 Billy 'Stix' Nicks & the Motown Machine  
**MONDAY** Melodious Funk  
July 4 *(fireworks to follow)*  
July 7 The Mongo Catz  
July 14 Hey Annie  
July 21 Memberz Only  
July 22 Notre Dame Shakespeare Festival  
July 28 Soul Funkshun

### Eberhart-Petro Fridays 7:30-9:00pm

June 10 Ground Control  
June 17 Dazed and Confused  
July 1 The Sandbar Bums  
July 8 Southside Denny and the Snyders  
July 22 Marcus Clingaman  
July 29 Steve Michaels

### Family Movie Nights Movies begin at Dusk

July 30 "Aladdin"  
*(Beutter Park)*  
Aug 13 "Finding Nemo"  
*(Merrifield Pool)*  
Aug 27 "Remember the Titans"  
*(Merrifield Park)*

### Code Enforcement News

A reminder to property owners of their responsibility where alleyways are concerned. Property owners are responsible for maintaining the grass, bushes and any overgrowth into the alleys. Vehicles can be scratched (and trash, utility and emergency vehicles can be restricted access) by bushes and other growth extending out into the alleys.

It is helpful and suggested that homeowners display their house numbers at the alleyways.

Questions regarding any of these issues can be directed to the Mishawaka Code Enforcement Department by calling (574) 258-1612 between 7:30am-4:45pm Mon-Fri.



Send your questions, comments, or concerns to [communicator\\_feedback@mishawaka.in.gov](mailto:communicator_feedback@mishawaka.in.gov)