



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

September 2017

A Letter from Mayor Dave Wood



You may have noticed many poles that seemingly popped out of the ground in Central Park recently and wondered; "what the heck is going on?" No, they are not for a new construction project, a zip line or an adventure park. They are for a different type of adventure for trained municipal electric lineworkers from all over Indiana. On September 15-16, 2017, the City of Mishawaka Electric Department will host the 7th Annual IMEA Lineworkers' Rodeo. You may recall that this event was held downtown at Beutter Park back in 2014 and showcased the talents and ability of municipal lineworkers from all over the State. That event was so successful and popular that the IMEA could not wait to get back to Mishawaka. This year's event, "The Rodeo on the River", will be held in popular Central Park and promises to draw thousands of spectators. We

hope that you will consider attending.

Here is a little history about the Lineworkers' Skills & Training Rodeo. The Lineworkers' Skills & Training Rodeo has been going on internationally for 34 years and nationally since 2001. This is a relatively new event for the State of Indiana. The International Rodeo draws about 1,000 participants from all over the world, the National Event draws around 400 participants from all over the United States and some U.S. territories, and the State Event draws around 60 participants. The ideal number of teams for a State Event is between four and ten because it keeps the rodeo with a hometown feel. This event is designed to showcase the traditional skills and knowledge of an electric lineworker. It is open to anyone who is a practicing lineworker in municipally-owned and operated electric utilities and rural co-ops in Indiana. It is a two-day event that will feature four levels of competition: journeyman team, individual journeyman, journeyman senior and apprentice single. Teams can be comprised of individuals from one utility or several small utilities can combine personnel to form a team. Events are judged on safety, work practices, neatness, ability, equipment handling, and speed. The local event offers lineworkers the opportunity to compete for professional recognition, attend a specialty training course, and practice essential skills in a safe

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Get a Workout While at Work

Health Information from Saint Joseph Health System

Many of us spend most of our day behind a desk. Did you know all that inactivity can be hazardous to your health? To maintain a healthy lifestyle, follow these tips to avoid the risks associated with remaining stationary for long periods of time.

"Sitting increases your risk of death from cardiovascular disease, cancer and other causes — even if you exercise regularly," said Dr. Abigail Battjes, family medicine physician at River Park Family Medicine in South Bend. "Breaking up your day by moving regularly not only burns calories, but it also triggers important processes related to breaking down fats and sugars."

You don't have to leave work to reduce your risks. For example, stand at your desk or go for a walk. "I even have a stand-up desk in my office and I stand most of day," said Dr. Battjes. Try to stand or move around one to three minutes every half hour. To help remember, set alarms on your phone.

Here are some easy exercises to get you moving and improve your health:

- **Wall Sit** - Stand with back against a wall. Bend at knees and slide back down the wall until thighs are parallel with the floor. Hold for 30 - 60 seconds.
- **The Lumberjack** - Stand and clasp hands together, resting them on right shoulder as if holding an ax. Gently swing the imaginary ax by straightening elbows and moving hands toward left thigh, then a swing toward the right thigh. Repeat 15 times on each side.

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UPCOMING EVENTS!

Sep 3	Mishawaka Heritage Festival <i>(Central Park)</i>
Sep 8	Family Movie Night "Moana" <i>(Battell Center)</i>
Sep 16	Mom-Mom Sale <i>(Battell Center)</i>
Sep 27	Brunch/Classic Movie "The Searchers" <i>(Battell Center)</i>
Oct 13	Family Fun Night "Hotel Transylvania" <i>(Battell Center)</i>
Oct 14	Fall Harvestfest <i>(Kamm Island)</i>
Oct 25	Brunch/Classic Movie "Bye Bye Birdie" <i>(Battell Center)</i>
Nov 10	Dinner and a Movie "Mr. Holland's Opus" <i>(Battell Center)</i>

2017 IMEA Lineworkers' Rodeo

Sept 15-16, 2017
(Central Park)

Sep 15	2:30pm Events, music, activities begin; Fireworks at dusk approx. 9pm <i>(Central Park)</i>
Sep 16	8:00am Events, music, activities begin <i>(Central Park)</i>

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>



<https://twitter.com/MishawakaMayor>



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A Letter from Mayor Dave Wood *(continued)*

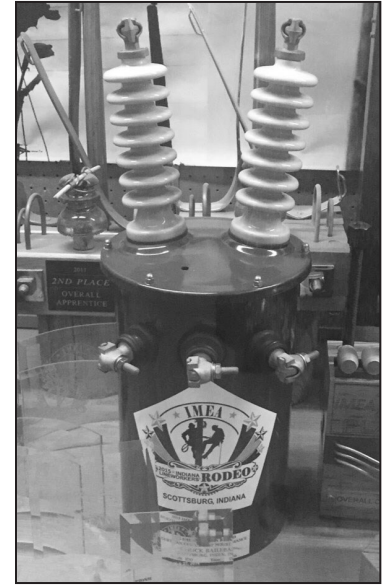
environment as well as to prepare for competition at National and International levels. All safety rules established by the Occupational Safety and Health Administration and the American Public Power Association (APPA) safety manual are observed during the events.

One of the most important skills a lineman must learn is the Hurtman Rescue. If a fellow lineman is injured when working on energized lines, only a trained lineman can save him. When working near energized lines (12,470 volts), Fire and EMS will not perform a rescue. It is the lineman's job to lower the victim and start CPR. This is a skill that is practiced at every rodeo and all linemen must perform it annually. The IMEA awards a special trophy every year to the lineman with the fastest hurtman rescue time at the rodeo. This trophy is a traveling trophy and one that every participant wants to win. Mishawaka Utilities electric workers are no strangers to winning this trophy. Having won it at last year's rodeo in Scottsburg, Indiana, it is on display at City Hall in the upstairs showcase for our citizens to view.

I am proud of the great work that our Mishawaka Utilities electric lineworkers do on a daily basis. You can totally take for granted that every time you turn on a light switch, power will be ready on demand. That is no small job and it takes a dedicated team of highly trained professionals to make that happen. Events like these offer a great way to show the public their skills and also helps them stay current with their training.

Please come out on September 15th and 16th and support your City of Mishawaka electrical linemen. This family-friendly event will also feature live entertainment, free "flights" in a 150' electric bucket truck, industry vendors with products for show and sale, food vendors, non-for profit booths, rodeo souvenirs and a fireworks show on Friday night. There will be activities for all ages and you can personally see what your electric linemen do each and every day to provide you with the world-class service the City of Mishawaka citizens have come to know and deserve. I will make sure to update you on how well our linemen placed at the rodeo in next month's communicator article.

Yours in Mishawaka.



Get a Workout While at Work *(continued)*

Health Information from Saint Joseph Health System

- **Wall push-ups** - Stand one to two feet from a wall. Lean forward and place palms on wall with arms straight and parallel to floor. Bend elbows to bring body toward wall, hold for two seconds, then push back to starting position. Complete 12 - 15 reps.
- **Hip rolls** - Try an exercise ball instead of a chair. Keep torso still while rocking your pelvis forward and backward, then side to side. Finish with a circular hip roll. Do each 10 - 12 times.

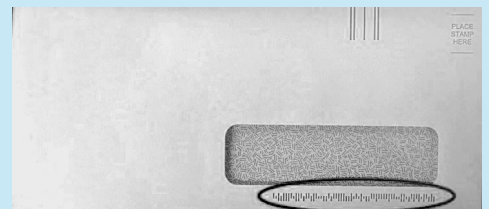
Before you start any exercise program, make sure to talk to your primary care provider.

Mishawaka Utilities Return Envelopes

Mishawaka Utilities encloses a return envelope along with their billing statements each month. The envelopes have a special bar code under the envelope window that helps the Post Office direct these envelopes to the Mishawaka Utilities P.O. Box number. Many Utility customers are using the return envelope for correspondence other than paying their utility bill.

If you have been using these envelopes for purposes and/or correspondence other than paying your utility bill, it will delay your mail getting to the proper location because it is first delivered to the Mishawaka Utilities P.O. Box and then sent from the office back to the Post Office where it gets routed to the correct address.

We would appreciate your cooperation in not using this envelope for any mailings other than paying your utility bill so this does not continue to happen in the future and delay your mail from reaching its destination in a timely manner.



Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov