



City of Buckley Community Newsletter

www.cityofbuckley.com



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Buckley City Council

Seat 1

Lyn Rose

Seat 2

Cristi Boyle Barrett

Seat 3

Marvin Sundstrom

Seat 4

Beau Burkett

Seat 5

John Leggett

Seat 6

Milt Tremblay

Seat 7

Sandy Burkett

MAYOR

Patricia Johnson

Adults 55 +

Buckley Senior Activity Center
811 Main St., Buckley, WA
98321
360-829-0190

Veteran's Day Luncheon

Wednesday, November 11th at
 11:30 am. Free lunch provided for
 Veteran's.

Thanksgiving Dinner & Turkey Bowling

Wednesday, November 16th at 11:00am
 Join us Thanksgiving Dinner and Turkey
 Bowling. There will be free musical
 entertainment at 11:00am
 followed by a free dinner at 12:00.

Dinner includes roasted turkey, mashed
 potatoes & gravy, green beans,
 cranberry sauce, wheat roll, pumpkin pie,
 & whipped topping.

After dinner, stick
 around for Turkey
 Bowling! There
 will be prizes for the first place, second
 place, and third place.



BUCKLEY SENIOR ACTIVITY CENTER

p:360-829-0190 | Like Us On Facebook |

a: 811 Main Street, Buckley, WA 98321

BUCKLEY YOUTH ACTIVITY CENTER

p:360-829-6534 | Like Us On Facebook|

a: 251 South River Ave, Buckley, WA 98321



Volunteer Van Drivers Needed

The Senior Center is currently
 looking for substitute van drivers.

Service includes no cost
 transportation to the Senior Center to
 anyone 55+ in the White River School
 District Area every M/T/F as well as rec-
 reational trips offsite.

Valid drivers license, current CPR and
 background check are
 required.

Please call Chloe at (360) 829-0190 if
 you're interested.

To All Property Owners:

Due to some issues we have experienced regarding
 property owners not knowing about their renters
 utility bills, The City has decided to send all property
 owners copies of their renters (current and past)
 utility bills and delinquency notices so that you can
 be informed on a monthly basis. This process will
 take several months to complete so some will be
 getting copies this month and the rest will be com-
 pleted in the next several months. If you have any
 questions, please contact Devon Boyle at 360-761-
 7810 or dboyle@cityofbuckley.com.

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Rent the Youth Center

Party Rental

Looking for a place to host your next party? Consider the Buck-
 ley Youth Activity Center!

Hosted Party Rental Rates (City Staff On-Site)

1.5 Hour Hosted Party \$100 res \$110 non-res

Additional .5 Hour \$12.50

Cleaning Fee (non-refundable) \$25

Regular Rental Rates

Hourly Rate (2 hr. min) \$50 res \$55 non-res

Daily Rental Rate (8hrs) \$400 res \$440 non-res

Cleaning Fee (non-refundable) \$25

Damage Deposit (refundable) \$200

For additional information please visit www.cityofbuckley.com

City of Buckley - November 2016



SU	MON	TUE	WED	THU	FRI	SAT
		1 3:30 Science Experiments	2 Recycling 9-4pm WIC 9:00-2:00 Food Bank 1:00-3:00 Clothing Bank 3:30 pm Snack Shack	3 4:00 Youth Advisory Bd. Mtg. 5:30pm Yoga	4 9-12 Food Bank 3:00 pm Bingo and Game Day	5 10:00-12:00 Clothing Bank
6	7 2:30 Aging Mastery 3:30 Minute to Win it!	8 Election Day 3:30 Science Experiments 7:00pm City Council	9 Yard Waste 9-4pm WIC 9:00-2:00 Food Bank 10:00 Flu Shots 12:45 Bingo 1:00-3:00 Clothing Bank 3:30 pm Snack Shack 5:00pm FREE Community Soup Supper 5:30pm Chamber of Commerce Mtg.	10 4:00 Youth Advisory Bd. Mtg. 5:30pm Yoga	11 Veteran's Day—City Buildings Closed (with the exception of the Senior Center for lunch service)	12 12:30 Golden Beginnings
13	14 2:30 Aging Mastery 3:30 Minute to Win it!	15 3:30 Science Experiments	16 Recycling 9-4pm WIC 9:00-2:00 Food Bank 11:00 Thanksgiving Day Dinner 1:00-3:00 Clothing Bank 3:30 pm Snack Shack	17 4:00 Youth Advisory Bd. Mtg. 5:30pm Yoga	18 9-12 Food Bank 11:00 Birthday Party 3:00 pm Bingo and Game Day	19 10:00-12:00 Clothing Bank
20	21 3:30 Minute to Win it!	22 3:30 Science Experiments 7:00pm City Council	23 Yard Waste 9-4pm WIC 9:00-2:00 Food Bank 12:45 Bingo 1:00-3:00 Clothing Bank 3:30 pm Snack Shack	24 Happy Thanksgiving City Buildings Closed	25 City Buildings Closed	26
27	28 3:30 Minute to Win it!	29 3:30 Science Experiments	30 Recycling 9-4pm WIC 9:00-2:00 Food Bank 1:00-3:00 Clothing Bank 3:30 pm Snack Shack			

Location of Events

- = Youth Center (251 River Ave S.)
- = Senior Center (811 Main St.)
- = Buckley Hall (127 River Ave N.)
- = Buckley Library (123 River Ave S.)
- = Clothing Bank (240 C Street) Entrance in back of

City's Main Line

City of Buckley (360) 829-1921

Extensions

Mayor	7803
City Administrator	7802
Finance Director	7804
City Clerk	7801
Deputy City Clerk	7805
Recreation Services Dir.	7814
City Planner	7812
Building Official	7811
Utility Billing/ Cemetery	7810
Parks/Cemetery Caretaker	7887

Other City Buildings

Youth Center	(360) 829-6534
Senior Center	(360) 829-0190
Fire Department	(360) 829-1441
City Shop	(360) 829-1631
Police Dept. N/E	(253) 922-6633

Other Important Numbers

Chamber of Commerce	(360) 829-0975
Food Bank	(253) 266-7309
Library	(360) 829-0300
Post Office	(360) 829-0781
WR School District	(360) 829-0600

Buckley Senior Center Menu-November 2016

Mon	Tue	Wed	Thu	Fri 
		2 Tomato Soup Tuna Salad Sandwich Green Salad Melon	3 Sweet and Sour Pork Lo mein Stir Fry Veggies Dessert	4 Chicken Parmesan Angel Hair Pasta Italian Green Beans Bread Stick
Beef Tostada Homemade refried Beans Mandarin Oranges Lemon Pudding	8 Beef Stroganoff Sweet Corn Rolls Dessert	9 Chicken Margarita Egg Noodles Salad Breadsticks Apple	10 Goulash Green beans Garlic Bread Dessert	11 Veterans Day Country Fried Steak Potatoes Peas and Carrots Whole wheat roll Pears
14 Cream of Mushroom Soup Chicken Salad Sandwich Mandarin Oranges Apple Crisp	22 Shepards Pie Rolls Dessert	16 Thanksgiving Celebration Roast Turkey Mashed Potatoes and Gravy, Green Beans Cranberry Sauce Wheat Roll	17 Minute Steak Sandwich Potatoes O'Brien Carrots Dessert	18 Birthday Party Oven Fried Chicken Mashed Potatoes and Gravy, Broccoli and Cauliflower Wheat Roll
21 Beef Tips Brown Rice Spinach Corn Bread Apricots	22 Ham steak Mashed potatoes & gravy Peas Dessert	23 Fish Taco Rice Flour tortilla Black Bean salsa Chips	24 City Buildings Closed Thanksgiving	25 City Buildings Closed
28 Pork Tenderloin Bake Mashed Potatoes Baby Carrots Wheat Roll	29 Garlic Chicken Rice Pilaf Veggies Dessert	30 Sloppy Joe Tomato & Cucumber Salad Green Beans Apricots	<p>Please register in advance if you plan on joining us for lunch. You can call the Center at 360-829-0190 to do so- feel free to leave a voicemail.</p> <p>For those guests 60 years or older, there is a suggested contribution of \$3.00 per meal. If it's your birthday month, be sure to join us on the third Friday of the month at 11:00am for free musical entertainment a free meal.</p>	



Every Day SoHaPP

BEGINS NOVEMBER 1

Every Day SoHaPP, from **Science of Happiness and Positive Psychology (SoHaPP)** will be a five month effort undertaken on the plateau beginning this November, but will be a forever change to our society. Neuroscience suggests one can work toward vibrant well-being with the cultivation of three life qualities: a giving spirit, a positive outlook and a healthy brain. Time to improve our well-being!

LINCCK Civility • Compassion • Kindness seeks to inspire adults and children of the plateau communities to be compassionate to themselves and improve their mental health and level of happiness for vibrant well-being. This can be accomplished by focusing on five daily practices: Express Gratitude; Create Positive Experiences; Clear the Mind; Perform Random Acts of Kindness; and Support Physical Wellness. Long term happiness comes from within, and you must work at it with intentional acts, every day.

It is important to treat mental illness with medicine and therapy, and individuals lacking essential necessities or facing abusive situations must have their life situations addressed. However, generally speaking, it's not your genes or life's circumstances but your intentional every day activities which bring you vibrant well-being.

LINCCK asks the Plateau communities to strengthen the entire region, increasing the well-being of the practitioner and fellow community members. In little or big ways we already do these practices, but are they daily and enough? For encouragement there should be a community book read of Shawn Achor's *The Happiness Advantage*.

Make the start of these practices easy. Concentrate on just one practice a month and consciously direct yourself to do something of the practice, even if it's just a little bit, every day for a month. Small daily steps, compounding over time and intensifying with practice, achieve the greatest rewards. Before each month's practice, a detailed statement will be posted on our website www.SoHaPP.org for guidance and reasons for participating. Come celebrate on the plateau the International Day of Happiness on March 20!

NOVEMBER: *Express Gratitude*

Gratitude can be a strong relaxant, helps us bounce back from stress and brings longevity to life. Expressing gratitude fights the 'always wanting more'. Contemplate a source of gratitude and provide an outlet to express this thought of thanks. Every day say out loud to another three new things happening within the last 24 hours you are grateful for, or journal these thoughts. Directly thanking others increases their well-being. Your expressions of gratitude will bring peace and contentment—a recipe for great mental health for yourself and others. In November, Gratitude stops will appear on the Plateau, so add a reflection of thanks.

DECEMBER: *Create Positive Experiences*

Most long-term happiness is determined by how the brain processes the world you find yourself in. Interpretation of your surrounding reality changes the experience, so have a positive outlook. Is your day seen as a chore leading to stress and pressure, or as a privilege giving motivation for achievements and rewarding experiences? Start every day with a positive trigger, thinking of blessings in your life. Coming upon a positive experience—a child playing, a pretty scene—push for extra time to savor it. Consciously add three smiles and 15 minutes of fun activity daily. With specific intention teach yourself to enjoy life more.

JANUARY: *Clear the Mind*

Start off the year with daily quiet reflection to bring a single focused effort of mindfulness, and give the brain a special type of rest during the day for better performance. Minds are constantly thinking, and we are overstimulated with input. Bring stillness and peace to the brain, and you will benefit with increased immune function as well as decreased depression and anxiety. Simple breathing



and visualization techniques, and focusing on the sensations of your body, helps clear the mind, improves sensory processing and boosts productivity.

FEBRUARY: *Perform Random Acts of Kindness*

A quick way to feel immediate happiness is to perform a random act of kindness. Greater service to your community and environment, as well as altruism to strangers and friends, promotes happiness to you and the recipient. Helping someone, volunteering or donating goods and services results in a 'helper's high'—a release of endorphins with the result of joy. Pay it forward, creating a cascade of cooperation. Teach children to be givers of kindness and increase their feelings of happiness and improve their friendships.

MARCH: *Support Physical Wellness*

Brain tissue appreciates physical work-outs. Both cardio fitness programs and regular weight lifting routines will maintain a healthy brain. These workouts do not need to be intense; a brisk walk or one-pound weights may be sufficient. Daily five-minute exercises correlates to happiness similar to increases in your income. To fuel this activity, eat appropriate portions of a wide range of nutritious foods, properly balanced with each other. Get essential fats, as 60% of the brain is fat cells. Make the rest of your food intake healthy for your body and brain.