



MAYOR'S CORNER

QPR (QUESTION, PERSUADE, REFER)

Some weeks ago on a snowy winter evening, I, along with eight other Weber County Mayors, attended QPR Training at the library in Ogden Valley. QPR Training, like CPR, helps us to save lives. QPR is suicide prevention training. The training we received was expertly taught by the Weber County Sheriff's Office. I was very impressed with the training and felt that it was important to make it available to the residents of our community. I came away from the training with a better understanding of how to recognize someone who is contemplating suicide, what questions to ask and "not ask" and how to get them the needed help. Suicide is all around us. People of all ages are having struggles with life and are considering suicide. Our police officers are dealing with it on a regular basis, often three to four times a week. It is estimated that deputies from the county sheriff's office deal with at least one call a day. It is a problem that is real. The following is an invitation from Deputy Mike Aschinger, who will be a major part of the free training planned for April 13th, 7:00 p.m. at the Riverdale Senior Center.



QPR = Suicide Prevention

Join us for an amazing meeting on Thursday, April 13th at 7:00 p.m. at the Riverdale Senior Center, 4433 S 900 W in Riverdale. QUESTION-PERSUADE-REFER...you can save a life. Please join us. The training will last approximately 1½ hours.

The Weber County Sheriff's Office in partnership with the City of Riverdale and Live Hannah's Hope are proud to present free training to assist the public in understanding and preventing suicide. As someone who may be in the best possible position to prevent a suicide, you will find that QPR is designed to help you save a life. QPR consists of these three skills: 1. QUESTION, a person about suicide 2. PERSUADE someone to get help and 3. REFER someone to the appropriate resource. Much like CPR or the Heimlich maneuver, the fundamentals of QPR are easily learned. As with CPR and the Heimlich maneuver, the use of QPR may save a life!

Respectfully,
Deputy Mike Aschinger
Patrol Deputy, Weber County Sheriff's Office

I would hope that you will join us on April 13th for this very informative and much needed training! I look forward to seeing you there!

Sincerely,
Norm Searle, Mayor

Q P R

Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.

Riverdale City, in conjunction with the Weber County Sheriffs Office and Live Hannah's Hope, presents a free QPR training event to assist the public in understanding and preventing suicide.

When: April 13th at 7:00 p.m.

Where: Riverdale Senior Center, 4433 S. 900 W.

Who: Anyone interested in learning about suicide prevention.

Please join us for this important event. For additional details please see the Mayor's Corner on this page.

SPRING CLEANUP

For the spring cleanup this year, we will be doing a curbside pickup. Residents will be allowed to put their items out on the curb beginning April 14th. Curbside pickup will begin on April 17th. Items must be placed on the curb by 7:00 a.m. on the 17th for pickup, as we cannot return.



The following rules will be enforced:

- All material must be loadable by hand without the use of heavy equipment.
- Please have items bundled together or bagged.
- Tree branches must be cut in lengths of 5' or less and must be tied together in tight bundles not to exceed 50 lbs. Tree limbs not tied in bundles will be rejected.
- Loose items such as leaves, weeds, grass and shrub trimmings need to be placed in bags or suitable disposable containers.
- Individual refuse items must weigh less than 50 lbs.
- Not accepted: construction material, wood, sheetrock, concrete, sod, soil, rocks, highly volatile material, lead products, asbestos, hazardous waste, refrigerators.
- Do not block mailboxes or fire hydrants.
- Items not meeting requirements will not be picked up.

The city appreciates your cooperation in the cleanup. If you have any questions please call 801-394-5541 ext. 1201.

EASTER EGG HUNT

Plan now to bring your children to the Riverdale City Easter Egg Hunt on Saturday, April 15th at 10:00 a.m. sharp! The event will be held at the Riverdale Park, 4200 South Parker Drive. Kids ages 18 months to 11 years old are invited to come join!



Please be sure your children are at the park and in place before the 10:00 a.m. start time. The hunt is sponsored by the Riverdale Youth City Council.

RIVERDALE LIVE FIT

Join us for our April Live Fit events. To register for Live Fit visit our website at www.riverdalecity.com. Registration is free and open to all ages. Our April events include:



Million Mile Month - All Live Fit participants are invited to register for the Million Mile Month In April. Any Live Fit participant who participates and completes 30 miles in the month of April will receive a Live Fit t-shirt!

Live Fit 5K - Come participate in our Live Fit 5K Fun Run. This 5K is open to all ages. It will be on April 17th at 6:00 p.m. at the Riverdale Park.

Suicide Prevention - Join us April 13th for free QPR Training at the Senior Center at 7:00 p.m. The class is for anyone interested in learning about suicide prevention.

80's Fitness Night - We are hosting an '80's themed group fitness night at the Community Center on April 27th at 7:00 p.m. Dress up in your '80's gear and win some fabulous prizes!

Check out our Facebook page under Riverdale City Utah #LiveFitRiverdale. You may also scan the QR code to the right to access the page.



RECREATION NEWS

INTRAMURALS

Our April activity is called Two-Man Carry. It is a combination of Kickball and Dodgeball. This is a fun game to play for all youth ages 6 to 13. The start date for this activity is March 27th, but there is still time to sign up and join us. The cost is \$5.00 for residents. Sign up online or at the Community Center. For more information call 801-621-6084.

OLD GLORY DAYS REGISTRATIONS

Registrations for our annual Old Glory Days activities will begin on April 15th. Check the city website at www.riverdalecity.com for details and to register.



A volunteer is needed to be in charge of the Kid's Games. If you are interested please contact the Community Center at 801-621-6084.

SUMMER ACTIVITIES REGISTRATIONS

With summer just around the corner, registrations for Summer Fun, Archery, Tennis, and Track Camp will begin on April 15th. Registration is available at the Community Center or at www.riverdalecity.com. Check out the website for more details.



BASEBALL DRAFT EVALUATIONS

Boys Baseball Draft Evaluations for those who registered to play baseball will take place at Friendship Park, 655 E. 5500 S., South Ogden on the following dates:

Minors (3rd/4th grade) – Monday, April 10th at 5:00 p.m.

Majors (5th/6th grade) – Tuesday, April 11th at 5:00 p.m.

In case of bad weather, the draft evaluations will be moved inside the South Ogden Jr. High School Gym.



SAFETY TIPS

By Riverdale Police Chief Scott Brenkman



As the seasons change and warmer temperatures are upon us, the following tips will help keep you safe and your property secure.

- As the water runs high on the Weber River, please keep your children and animals away from the water, it is swift and cold and ground surrounding the river could be unstable due to water saturation.
- As you use the trail system and parks throughout the city, please do not leave valuables inside your vehicle that are in plain sight and if at all possible remove valuables at all times from your vehicle. This also applies to vehicles parked at your residence and in parking lots while you shop.
- Don't leave items of value unsecured outside your residence that are easy targets for thieves.
- Suspicious activity should be reported to the police department. We are more than happy to check on things that don't seem right.
- Please consider donating to local homeless shelters, or other organizations that help the homeless rather than giving to panhandlers to ensure your donation is used in the right way.
- Keeps dogs on a restraint while on the trail and in the parks and clean up after them. This will insure a more pleasant experience for everyone and keep us from issuing a citation which will certainly ruin your day.

We look forward to upcoming block parties and getting to interact with as many of you as possible throughout the summer!

BIKE PARK DIG DAY

Residents have scheduled a community dig day at the Riverdale Bike Park on April 29th. Everyone that would like to help give the bike park a little TLC is invited to participate. Details are on their Facebook page at www.facebook.com/RiverdaleBikePark.



CLASSES OFFERED

The Weber Basin Water Conservancy District is offering classes and tours during the spring and summer. All of the classes and events are free and everyone is welcome to attend! The class schedule and registration can be found at weberbasin.com/conservation or call 801-771-1677.





DEVELOPMENT ACTIVITY REPORT

Ongoing Developments

Riverdale Town Square

The Riverdale Town Square, a new large scale retail development, is currently under construction at 801 W. Riverdale Road. Announced businesses include:



Security Service Federal Credit Union will move into the old Wells Fargo building at 890 W. Riverdale Road.



Farmers Insurance will open a new office in the Brookhaven office building at 4933 South 1500 West.



Target is undergoing a large scale remodel of the interior and exterior of their store located at 1135 W. Riverdale Road.



Wasatch Front Kia is remodeling their dealership located at 770 West Riverdale Road.

COMMUNITY RESOURCES

LIONS CLUB DINNER



The Riverdale Lions Club will hold their annual Spaghetti Dinner on Friday, April 28th at Riverdale Elementary School from 5:00 to 8:00 p.m. Cost is \$20/family or \$5/person. Proceeds are donated to charity.

SAFE KIDS DAY



The Weber-Morgan Health Department and the YMCA are sponsoring a Safe Kids Day & Healthy Kids Day on Saturday, April 29th, 10:00 a.m. - 3:00 p.m. at the Newgate Mall. The free event includes fun activities and booths to learn ways to lead healthy and safe lives. For more information contact 801-399-7186 or visit facebook.com/safekidswebermorgan.

SENIOR NEWS

RIVERDALE SENIOR CENTER

4433 South 900 West 801-621-6086

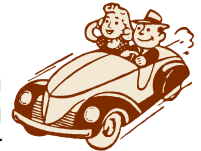
Open 8:00 a.m. to 4:00 p.m. Monday thru Friday.

Stop by the Senior Center for a daily schedule or go to www.riverdalecity.com.



AARP DRIVERS SAFETY CLASS

Drivers 55 and older can qualify for a discount on their car insurance by participating in the upcoming AARP Driver Safety Class. It will be held at the Senior Center on Thursday, April 27th from 10:00 a.m. to 2:30 p.m. with a break for lunch. The cost is \$15 for AARP members and \$20 for non-members. Those who wish to attend must pre-register with the Senior Center, 801-621-6086, or call Marie at 801-389-7179.



SENIOR CENTER YARD SALE DONATIONS NEEDED

The Senior Center is accepting good, clean, usable items as donations for their annual yard sale. The funds raised from the yard sale will go to help support the Senior Center programs. Please drop off your items at the Senior Center, 4433 South 900 West, Monday thru Friday, 8:00 a.m. to 4:00 p.m. **The yard sale will be held on Saturday, June 17, 2017.**

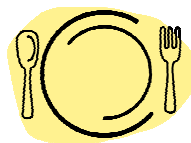


LUNCH MENU

Lunch is served at noon weekdays for seniors 55 and older for \$3.00.

April

- 3 - Homemade Combo Pizza
- 4 - Turkey Pork Roast
- 5 - Baked Chicken
- 6 - Salmon
- 7 - Sloppy Joes
- 10 - Spaghetti
- 11 - Chicken Salad Sandwich
- 12 - Country Fried Steak
- 13 - Salisbury Steak
- 14 - Baked Ham
- 17 - Turkey Steaks
- 18 - Chicken Pillows
- 19 - Meatloaf
- 20 - Orange Chicken
- 21 - Stroganoff
- 24 - Beef Enchilada
- 25 - Hawaiian Haystacks
- 26 - Fried Chicken
- 27 - Alfredo
- 28 - Turkey Sub



FRONT DESK VOLUNTEERS

Volunteers are always welcome to help out at the Senior Center. We currently need volunteers to help out at our front desk. It only requires one day a week for three hours. This is a great opportunity to help others and meet new people. If you would like to volunteer please contact the Senior Center at 801-621-6086.



UPCOMING EVENTS

- **April 13th** - Foot clinic at 9:30 a.m. The cost is \$10.
- **April 21st** - Ensure pickup.
- **May 3rd** - Blood pressure and glucose checks at 11:30 a.m. by CNS.
- **May 11th** - Foot clinic at 9:30 a.m. The cost is \$10.

Come Join the Fun!

RIVERDALE CITY DIRECTORY

Mayor / City Council

Mayor Searle 801-392-2122
 Councilor Arnold 801-627-4343
 Councilor Ellis 801-394-8936
 Councilor Griffiths 801-393-0183
 Councilor Hansen 801-390-3715
 Councilor Mitchell 801-627-2321

Civic Center

4600 South Weber River Drive
 801-394-5541

City Administrator

Rodger Worthen 801-436-1233

Department of Business Administration

4600 S. Weber River Drive 801-394-5541

Community Center

4360 S. Parker Drive 801-621-6084

Senior Center

4433 S. 900 W. 801-621-6086

Justice Court

4600 S. Weber River Drive 801-394-9314

Department of Community Development

4600 S. Weber River Drive 801-394-5541 x1215

Department of Public Works / Utilities

4600 S. Weber River Drive 801-394-5541 x1201
 After Hours Dispatch 801-629-8221

Police Department

4580 South Weber River Drive
 911 Emergencies
 801-394-6616 Business Line
 801-629-8221 Weber Dispatch
 801-394-6616 Animal Control

Fire Department

4334 South Parker Drive
 911 Emergencies
 801-394-7481 Business Line
 801-629-8221 Weber Dispatch

Riverdale City Offices
4600 S. Weber River Dr.
Riverdale, UT 84405

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CITY CALENDAR

April / May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 April	3	4 City Council Meeting* 6:00 p.m.	5 Garbage Day Red Recycle Day	6	7	8 Community Center Scrapbooking Day
9	10	11 Planning Commission* 6:30 p.m.	12 Garbage Day Blue Recycle Day	13 QPR Suicide Prevention Meeting, 7:00 p.m. at the Senior Center	14	15 Easter Egg Hunt 10 a.m. Sharp at Riverdale Park
16 Easter	17 Spring Cleanup Pickup Live Fit Riverdale 5K Run / Walk	18 City Council / RDA Meeting* 6:00 p.m.	19 Garbage Day Red Recycle Day	20	21	22
23	24	25 Planning Commission* 6:30 p.m.	26 Garbage Day Blue Recycle Day	27 80's Fitness Night at the Community Center, 7:00 p.m.	28	29
30	1 May	2 City Council Meeting* 6:00 p.m.	3 Garbage Day Red Recycle Day	4	5	6

*Agendas for the meetings are posted in the Civic Center foyer prior to the meetings and on our website, www.riverdalecity.com.