



Salem City Newsletter

City Office 30 West 100 South Salem, Utah 84653 801-423-2770 www.salemcity.org May 2023

Salem City will be closed on Monday May 29th for Memorial Day. This holiday will affect Garbage pick up for the week. It will be picked up on Friday June 2nd. Please have your garbage cans curbside by 7:00am. Memorial Day Program will be at the Salem City Cemetery at 8:00am

Salem Residents,

As spring and summer approach we have opened the parks for your enjoyment. Please take time to visit our new park, Cole Park on 300 West. My family and grandchildren have enjoyed it weekly. We are currently building a splash pad at Cole Park and that should be completed sometime this fall.

We are currently building new restrooms at the Dream View Park and I ask for your help keeping an eye on all our park restrooms. We have seen a lot of vandalism in our park restrooms and it saddens me to hear about all the vandalism in one way or another. We would love to keep the restrooms open for residents use when visiting our parks. We need your help, if you see anything unusual or suspicious, please don't hesitate to call the Police.

Have a great summer! Watch out for your neighbors.

Mayor Christensen

SALEM CITY 2023 MUNICIPAL ELECTION

Open Seats: (all seats are a four-year terms) ***Three (3): 4-year city council positions

Declaration of Candidacy Submission Deadline—June 1-7, 2023 (excluding Saturday and Sunday) 8:00 am—5:00 pm, in City Recorder's Office. Interested candidates must be a US citizen, at least 18 years old, a registered voter, and a resident of Salem City for at least 12 consecutive months prior to the election.

Traditional Voting (Vote by Mail) - Municipal Primary Election Day August 15, 2023. Municipal General Election Day November 7, 2023. Please direct questions to Jeffrey Nielson, Salem City Recorder at jeffn@salemcity.org or 801-423-2770 ext 202

As we prepare to put the water in the pressurized irrigation system please make sure all valves are turned to the off position. We want to remind you there is no outdoor watering between the hours of 10:00 am to 6:00 pm. Please watch the city website for updates on the watering start date and restrictions. A great resource on watering your lawn this season is at conservewater.utah.gov



Salem Youth Council

Happy Spring! We hope you enjoyed the Easter Egg Hunt. We had over 10,000 filled eggs and it was so fun to hand out prizes to the kids. Thanks to everyone who made this event possible. We are in the process of accepting applications for our upcoming SYC year. They are due by May 5. The applications are on the city website under Salem Youth Council. Any high school age youth are welcome to apply. We are sad to say goodbye to our graduating seniors this year. Thanks for all your service to Salem and the youth council. Good luck in the future. SYC advisor, Marcie McKee

SENIOR CITIZENS—LUNCHES & ACTIVITIES

	Lunch	Activity
Tues. May 2 nd	Pasta Bake w/Meat Sauce, Green Beans, Green Salad, Garlic Roll, Seasonal Fruit Crisp	Kings in the Corner
Thurs. May 4 th	Savory Chicken Salad Wrap, Italian Pasta Salad, Kosher Pickle Spears, Diced Peaches	Kentucky Derby Party *Get your hats ready!
Tues. May 9 th	Hawaiian Haystacks, Creamed Chicken over White Rice, Peas, Pineapple Tidbits, Coconut Flakes, Cheese, Chow Mein Noodles	Senior Health Challenge Presentation/Volleyball
Thurs. May 11 th	Shepherd's Pie, Peas, Pears, Roll, Chocolate Brownie	BINGO
Tues. May 16 th	Beef Stroganoff over Rice, Carrots, Cookie Bar, Mandarin Oranges, Green Salad	BUNCO
Thurs. May 18 th	Kalua Pork, Hawaiian Rice, Peas, Pineapple Tidbits, Roll	Left, Right, Center
Tues. May 23 rd	Homemade Chicken Pot Pie, Biscuit, Cottage Cheese on Fruit, Green Salad, Brownie	BINGO
Thurs. May 25 th	Meatloaf, Garlic Mashed Potatoes & Gravy, Corn, Navel Orange	Garbage
Tues. May 30 th	Malibu Chicken w/Honey Mustard Sauce, Scalloped Potatoes, Corn, Roll, Mandarin Oranges	Heidi – Havasupai Report

Seniors 60 and older: If you would like to join us for lunch inside the Activity Center on **Tuesdays or Thursdays at noon, please let us know the day prior by 1:00pm via phone 801-423-1035.** Suggested donation of \$3.00 per meal.

Thank you to the Easter Egg Hunt Sponsors

Kurt & Janie Christensen	Revere Health	Thomas Orthodontics	Stokes	Fast Gas
B&M Storage	Outback Graphics	Watts Electric	Rick B Ainge CPA	Salem Hills Pharmacy
Martin's Collision Repair	Stone's Auto Repair	All Smiles Dentistry	Mel Hanks & Sons	All About You Salon
Seth & Rachelle Sorensen	Travel Passport	Lifeshouse Performing Arts	Woodland Dental	Alison's Pantry
Robert Nelson Construction	Hillside Medical Clinic	Capital Community Bank	Provo Land Title	Simco Electric
Cutting Edge Heating & Air	Salem Fiiz	Phil & Delys Snyder	Walmart	Salem City
Sweetbriar Cove	Mark & Allison Johnson	Evelyn Christensen	Colt Sampson Insurance	Salem City Youth Council
Mountain View Hospital	Spanish Fork/Salem Chamber	Salem City Volunteer Fire Department		

As members of the Salem community, let's take a moment to talk about an important topic that affects us all—emergency medical care. And while we hope that such situations never arise, it's important to be prepared for them. There are a few ideas we would like to suggest that would help EMS give you the best care. **DNR/POLST** These documents outline your wishes regarding medical treatment in the event of a medical emergency. By having a copy readily available, you can ensure that your wishes are respected, and EMS personnel can provide you with the care you desire. Be sure that your loved ones and caregivers know where to find these documents in case of an emergency. **MEDICAL HISTORY** Creating a medical history can be as simple as writing down any chronic medical conditions you have, including any surgeries or hospitalizations you have had in the past few years. **MEDICATIONS LIST** Keeping a record of your medications is equally important. Make sure to include the name of the medication, the dosage, and how often you take it. Also be sure to include any allergies or adverse reactions you have had in the past. If you have any questions or concerns about creating a medical history and medication list, or obtaining a copy of your DNR or POLST form, please do not hesitate to speak with your healthcare provider. We wish you all good health and safety.

Salem Library

Library Hours:

Monday— Thursday 10:00 a.m.-7:00 p.m. Friday 10:00 am -5:00 pm

Saturday 10:00 a.m.-2:00 p.m. Story Time is on Tuesday, Wednesday or Thursday at 10:30 a.m.

For a little extra after-school fun, come play **9 Square at the Library**, Monday, May 8th starting at 3:00. We will bring out the library's 9 square and a few other outdoor games we have here at the library. Like Bocce Ball, Lawn Bowling, or our Giant Jenga.

This growing season, we will offer a series of gardening workshops to help you cultivate a thriving garden. Topics include: water-use, garden beds, herb care, seed saving, fermentation and canning, and more! We literally have thousands of seeds that you can "checkout" from the library. From heirloom to organic to hybrids. We have to thank our variety of seeds donations from True Leaf Market, Mountain Valley Seeds, Baker Creek Heirloom Seeds, and High Mowing Organic Seeds.

It's **Summer Reading** time for grades K-12. Come, read, play, make friends, connect, and help make the world a better place. You can read books, the more the better, make friends, and you can also learn about your neighbors, and other new things. Reading during the summer will improve test scores, and of course, give you an added sense of accomplishment! There is also, a \$1,000 scholarship up for grabs thanks to my529. If you have participated in one our reading challenges in the past on Beanstack, you will login using the same account information. If you're new, come say hi and we can get your kids signed up, or go to salemcity.beanstack.org.

Go to our webstie: salemcitylibrary.org to see our calendar of events and sign up online for a library card!

Know before Planting trees in park strips!

Trees are a lifetime investment. Trees and sites need to be chosen wisely. Trees are a vital part of public infrastructure, reducing storm water runoff, reducing heat, enhancing property values and encouraging wildlife habitat. However, trees share space with other public infrastructure requiring thoughtful selection in the right of way.

Throughout the City, trees are being planted in restricted sites with underground storm drain chambers. The space a tree is being planted in needs to be able to accommodate the tree as it matures in size. Selecting the proper planting site helps to mitigate infrastructure conflicts, such as the roots infiltrating Storm Water chambers and constricting their efficiency along with the possibility of the tree dying. All of which are costly to repair and repairing them can damage the tree and compromise its health.

This is a very concerning and costly problem for the homeowner. Please be mindful before planting and contact Dale Carter to make sure you're not planting over Storm Chambers. Please refer to **Salem City Code CHAPTER 7 - STORM WATER DRAINAGE UTILITY** || 7-040 **Obstruction of Facilities** or contact Dale Carter at 801.423.2770 ext. 235 or dalec@salemcity.org with questions and concerns.

OUTDOOR WATER CONSERVATION/SMART WATERING IDEAS:

- Turn your sprinkler system off during or after a rainstorm and leave it off until the plants need to be watered again.
- Consider installing an automatic rain shutoff device on your sprinkler system.
- Avoid watering your lawn on windy days.

30 West 100 South
P.O. Box 901
Salem, Utah 84653
City Office Hours:

Mon—Thur 7:30 a.m.—5:30 p.m.
Friday 7:30 a.m.—12:00 noon

City Office	801-423-2770
Recreation	801-423-1035
Library	801-423-2622
Police (daytime)	801-423-2312
(after hours)	801-794-3970
Emergencies	911

City Council
May 3rd 7:00 p.m.
May 17th 7:00pm

Planning & Zoning
May 10th 7:00 p.m.

Free Senior Fitness Classes: Tuesdays @ 9:30 – Strength Training with Talia, Thursdays @ 9:30 – Strength Training with Jen. All classes are held at the Salem Activity Center, please join us!

Salem Recreation

T-ball- For kids currently in kindergarten & those who will begin kindergarten in the fall 2023. Registration ends May 2nd.

Coach Pitch- For kids currently in 1st & 2nd grade. Registration ends May 2nd. Games Begin May 19th.

Youth Tennis- For kids entering K-9th grade. Session 1 (6/5-6/16) Session 2 (6/19-6/30) Space is Limited

Girls Grass Volleyball- For girls entering 3rd-9th grade in the fall. (23-24 school year).

Reg. ends May 16th. Games Begin May 31st.

3rd-8th Grade Cheer- For girls entering 3rd-9th grade in the fall. Registration ends May 25th.

Summer Camps- Some space still available for the following camps: Craft, Ultimate Frisbee, Boys Baseball, Girls Softball, Volleyball, Basketball, Landscape Painting Class, Paleontology & Dance Camp.

Flag Football Camp- for kids' 2nd-6th grade. Registration ends August 3rd.

Pond Town Invitational Track Meets – 3rd Grade - May 3rd and 4th/5th Grade on May 10th

Opening Day at the Ballpark – Baseball and Softball – May 4th

Colt & Phoenix League Baseball/Softball – Registration Ends May 21st.

Games will begin after the high school tournaments.

Summer Flag Football- for 3rd-8th grade. Registration ends June 8th.

Summer Gymnastics Camp- for kids 3-10 years. Space is limited. Registration open.

Bizzy Buddies- for kids 3-5 years old. Space is limited. Registration open.

Tackle Football- for boys' 3rd-9th grade. Registration begins May 25th.

Fall Coed Softball- Registration begins May 26th. Space is limited.

Women's Grass Volleyball- for women 18+. Register now!

Mark your calendars for the return of the... Family Summer Concert Series @ the Knoll Park Stage!!!

Yummy Food Trucks will begin selling at 7:00pm, Concert from 7:30 - 9:00!

Monday, June 12th – Gina Osmond and The Bone Band – This is a classic rock cover band that isn't afraid to throw in a little country music here and there.

Monday, July 10th – Ridin' Shotgun – A classic country western cover band that is sure to play some of your favorites.

Monday, August 7th – Rock Daddy – Most of you know them, they are a ton of fun. We're excited to have them back!

Yoga for Healing: Monday, May 15th @ the Community Center. Classes are held at 7:00 pm. Free yoga class with experienced instructor, Cari Batty. This class is specifically geared to support the mental health of those who are dealing with anxiety, depressions, loss, or trauma. No prior yoga experience is necessary. Bring a yoga mat as mats are not provided.

Senior Health Challenge 2023: Challenge yourself to improve your health! Anyone age 50+ can complete personal health goals each week in the month of June. Participants who achieve their goals will be entered into a drawing to win prizes. We will have FREE events such as group hikes, yoga classes, activities at local Rec Centers, pickleball at Sunpro and more! Sign up for free by June 1 at magutah.org/health. Call 801-229-3821 for questions.