

Centerville CSD

January 2018

Happy New Year!



Board of Directors

- ◆ Joy Willis - Board President
- ◆ Larry Whitehead - Vice President
- ◆ Walt Richison
- ◆ Eric Woodstrom
- ◆ Don Newman

District Manager:

Chris Muehlbacher

Executive Assistant:

Tina Teuscher

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District Office:

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1 pm - 5 pm

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Board of Directors Annual Reorganization Session

The Board of Directors voted in a new slate of officers for the 2018 calendar year. Starting January 1, 2018, Director Joy Willis will serve as President of the Board and Director Larry Whitehead will serve as the Vice President. President Willis will announce the 2018 Standing Committees at the January 2018 Board Meeting.



2018 Water Conference



Bureau of Reclamation Mid-Pacific Region Water User's Conference January 17-19, 2018, Reno, Nevada:

Director Richison and District Manager Chris Muehlbacher will attend the Mid-Pacific Region Water Users Conference. The annual Conference is attended by Managers, Directors, Consultants and Government Agency Representatives from Districts served by the U.S. Bureau of Reclamation (USBR) facilities in California, Nevada and Oregon. It is a great opportunity to discuss USBR operations, contractor issues, and other concerns and items of interest. The Bureau will also

provide a status report on reservoir levels, inflow and discharge measurements and the Initial Water Supply Outlook for the 2018 water year.

Call Before You Burn!

In many areas, homeowners may be required to get a burn permit prior to burning natural vegetation on their property. After obtaining any necessary permits, ensure that burning is not currently restricted in your area by calling the Burn Information Line 224-8777.



How to Safely Burn Landscape Debris

- Landscape debris piles must be in small 4 feet by 4 feet piles.
- Maximum pile size is 4 feet in diameter.
- Clear all flammable material and vegetation within 10 feet of the outer edge of pile.
- Keep a water supply and shovel close to the burning site.
- A responsible adult is required by law to be in attendance until the fire is out.
- No burning shall be undertaken unless weather conditions (particularly wind) are such that burning can be considered safe.

It is important for residents to stay mindful of current weather conditions when burning. If it's windy and the surrounding vegetation is very dry, it may be best to wait and burn landscape debris another day.

For additional information on how to create Defensible Space, as well as tips to prevent wildfires, visit www.ReadyForWildfire.org.

HAVE A SAFE AND HAPPY NEW YEAR!



Keeping New Year's Resolutions

We all make New Year's Resolutions that we don't end up keeping. It's time to break that habit. Here are a few tips to help you be successful this year.

Start Small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change One Behavior At a Time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk About It

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't Beat Yourself Up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask For Support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

American Psychological Association



HAPPY New Year

Holiday Schedule

The District Office will be closed:

January 1st - New Year's Day

and

January 15th - Martin Luther King Jr.

Average Water Usage

Compare the usage on your water bill with the average of the District.

December's Average: cubic - feet.

Our Annual Coat Drive was yet again a success! Thank you for all your donations!



SCHEDULED BOARD MEETINGS:

The next scheduled Board of Director's Meeting will be held Wednesday, January 24th at 7:00 pm, at the District Office.

The public is always welcome.