

PG PULSE



February 2023

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OFFICE NUMBERS

Administration	801.785.5045
Fitness Center	801.785.6172
Library	801.785.3950
Police (non-emergency)	801.785.3506
Public Works	801.785.2941
Senior Center	801.785.2818

CITY MEETINGS

All meetings are held in the Community Room at the Public Safety Building at 108 E 100 S

Planning Commission:

February 9 and 23 at 7PM.

City Council:

February 7 and 21 at 6 PM Work Session beginning at 4:30. Live Stream of City Council meeting link [here](#).



Additions in the Fire Department

The year 2022 has been an exciting and busy year for the fire department. First of all, we were able to take delivery of a new fire engine. This engine replaces a 22 year-old fire apparatus that is now going to be used as a reserve engine for the department. We have also taken delivery of a new ambulance which replaces one of our three ambulances that had a 18 year-old patient compartment box on it. Just a couple of months ago, we received a new brush truck; this will be used to protect our wild-land interface for the city.

These purchases will help the department keep up with new technology and will enable us to provide the best possible service to the citizens of Pleasant Grove.

With the support of the mayor and council, we were able to hire two more full-time employees to our staff. This brings the tally of full-time employees to 17. This is the first time we have been able to increase our staffing for the department since we went full time 15 years ago. In the last 15 years the city's call volume has doubled. Add to that, over the past three years we have had a 7% increase each year. This last calendar year we had 1,897 medical/fire calls. So, these two new employees are going to be essential in providing emergency services.

Keep a watch on our website for CPR classes that will be held at the fire station. We hope to have those up and running with in the next couple of months. We will offer certified and non-certified classes.

During 2022, firefighters were able to enjoy meeting with close to 8,000 of you in some form or another during public relations contact opportunities including station tours, classes, or other activities. We love the opportunities we have to visit with you, and we have been thrilled to see the interest in this beautiful new fire station. We have loved having literally thousands of you in for a tour.

If you have a group that would like to visit the fire station for a tour of the facility, please call the station to schedule at (385) 248-0070

Stay safe and healthy

Chief Engemann

PG Players



Don't miss a FANTASTIC price for PG Players 2023 Season Tickets! Support your local Pleasant Grove community theater and secure your seat for all 3 of this year's shows for \$5 off the cost of purchasing tickets separately. Visit PGPlayers.com to purchase season tickets.

Beautification Commission

Being "water wise" means conserving water as an individual, family, and community. By doing our part, we can make a BIG difference for our current and future community.

So far this year we have experienced quite a mild winter. As responsible citizens we need to take precautions now so we can minimize our water usage in all areas.

Here are three examples of winter "water wise" tips:

- Winterize outdoor spigots before temperatures dip below freezing to prevent pipes from leaking or bursting.
- Direct the runoff from gutters & downspouts to your plants and trees.
- Don't use running water to defrost food. For water efficiency and food safety, defrost in the refrigerator.

Our Beautiful Yards and Gardens Workshop Series will continue this year with new and revisited topics. Stay tuned for a schedule of when the workshops will be. If you missed any of Our Beautiful Yards and Gardens Workshop Series from 2022, you can access the recordings of any workshop through this link: <https://www.plgrove.org/beautiful/yards-gardens/>



To laugh or not to laugh... it's not even a question! The PG Players Spring comedy, The Complete Works of William Shakespeare (abridged) (revised), takes the best of the Bard and combines it into one night of zany, fast-paced wit sure to keep you chuckling, nay, laughing out loud as our actors lead you on a merry romp through some of the most classic literature! Whether a fan of Master Will or one left puzzled by his words, his complete works will leave you realizing that all the world truly is a stage, and you might as well start playing on it! Written by Adam Long, Daniel Singer, and Jess Winfield, plays April 21 - May 15. Use the code, "Twofer", to purchase 2 tickets for the price of 1 the opening weekend, April 21-22. Use the code, "PGNEWS" for \$2 off tickets to any show. Click to purchase tickets. PGPlayers.com



The Green House Center for growth and learning

The Green House Center is hosting a free course for Stepfamilies. The course is in partnership with Healthy Relationships Utah. This is an evidence-based course that will help those in stepfamilies learn relationship skills, communication, co-parenting, legal issues, parenting skills, and helping children thrive in stepfamilies. The course is 6 sessions and is completely free to those who sign up.

Course Dates Are:
February 1, 8, 15, 22, March 1, 8
6:00 PM- 8:00 PM
to register contact linda@greenhousecenter.org
Space is limited

PLEASANT GROVE CITY
CHOOSE KINDNESS
 MONTH *February 2023*



Kindness is one of the most forgotten yet most wonderful gifts you can give. It heals wounds and brightens days. It brings us together and reminds us that we are more similar than we are different. Sometimes it is easier to be cold and distant and harder to be warm and vulnerable. **CHOOSE KINDNESS** anyways. Be an encourager. Be someone who helps others. Give love. Have compassion. Stay humble. It is the little acts of kindness that make the biggest difference.

When we are **KIND** it inspires others to be **KIND** and it creates a ripple effect that spreads outwards. Just as a pebble creates waves when dropped in a pond, so acts of **KINDNESS** ripple outwards, touching lives and inspiring **KINDNESS** everywhere the wave goes.

FEB	1	Choose Kindness! Cut out Hearts and "Heart attack" someone's door. Show Genuine love all day!
FEB	2	Write someone a LOVE note! Do something kind for someone you know is going through a difficult time.
FEB	3	Lend an elderly person a hand, or do an act of service for an elderly person in our community. Or visit a Care Center as a family and serve!
FEB	4	Give someone a HUG that really needs it.
FEB	5	Hide a note of encouragement on a Family members pillow.
FEB	6	Choose to Be Kind at SCHOOL today. Write a thank you note to a teacher who is making a difference. Take time to listen to a friend. Look for someone who needs YOU today!
FEB	7	Make peace with someone that has hurt you. Apologize and forgive.
FEB	8	Invite someone new to eat lunch with you today. Enlarge your circle and be inclusive.
FEB	9	Start up a conversation, or pay a genuine compliment to a stranger today. Make a new friend.
FEB	10	Pay for someone behind you in line in a drive through, or drop off cans of food to Tabitha's Way.
FEB	11	Take time to say thank you to someone who has helped you in your life. Express sincere gratitude. Make lunches for homeless individuals and drop them off in SLC.

FEB	12	Host a game night for your family or with a family in your neighborhood.
FEB	13	Choose to be Kind to your Family. Make a meal together and eat all together!
FEB	14	Look UP and SERVE others with genuine LOVE today. LOOK UP and notice the HEART on the mountain overlooking PG. Look UP and SMILE today!
FEB	15	Start your morning today by texting a friend who has made an impact on you. Tell them you LOVE them.
FEB	16	Make a HOPE ROCK today and drop it off on the Murdock canal for others to find. Look on Insta @the.ripple_effect and @choosekindnesspg for ideas!
FEB	17	Random Acts of Kindness day! Comment something positive on someone else's social media account. Be Genuine!
FEB	18	Call your Grandparents and tell them you LOVE them.
FEB	19	Say thank you and please as generously and often as possible today. BE GRATEFUL!
FEB	20	Choose to be KIND to yourself. Read positive affirmations. Exercise. Do something YOU love.
FEB	21	Encourage someone who may be at a low point in life. Motivate them, love them, take time to serve.
FEB	22	Write a note of gratitude to the Mayor or a city council member, or send them a DM for the good they are doing in our community.
FEB	23	Read a book to a child, or a person living at a care center. Drop off Used Books for children in need to Manila Elementary drop off box.
FEB	24	Drop off a SWIG or drink from FRIENDS to a friend who could use some LOVE!
FEB	25	Join us for a COMMUNITY service project at the Rec Center today from 10-11:00 a.m.
FEB	26	Text 3 people you have not been in contact with for awhile this morning and tell them you were thinking of them and to have a great day!
FEB	27	Choose to BE KIND to your COMMUNITY today as you do an act of service for someone in PG, support a local business, or take dinner to a family in need.
FEB	28	Post something positive on your own social media account today for other's to read. #thepositiverippleeffect

Follow along on Instagram @the.ripple_effect and @choosekindnesspg

Open Mic Night

Looking for a fun and entertaining date as we prepare for Valentine's Day? The next Open Mic at Grove Station events are scheduled for February 7th and March 7th. Come enjoy local musicians performing music entertainment in a casual, family-friendly environment. Each month, the event will include food trucks from a variety of vendors, as well as a tantalizing specialty drink bar at Grove Station.

The open mic event will take place the first Tuesday of every month at Grove Station Event Center (273 S. 2000 W. Pleasant Grove, UT) from 6:00pm-8:00pm. Open Mic at Grove Station is a free event open to the public to support and listen to our local music community, and also free for local musicians to perform for a captive audience.

Musicians interested in performing at a coming open mic event are invited to pre-register through the Pleasant Grove Arts website (www.plgrove.org/arts). Onsite performance sign-ups are also available at the event monthly.

We look forward to seeing you at Open Mic at Grove Station!



LOCAL ARTIST SPOTLIGHT - Leo Hoggard

With a flair for old western and country music, and a knack for energy-driven rockabilly favorites, Leo Hoggard is a seasoned musician with notable honors and a caring neighbor that lives just around the corner. This month, we had the pleasure of sitting down with Leo to hear all about his life story and his passion for music.

From his earliest memories of his family singing the Unicorn Song by the Irish Rovers and winning accordion lessons at the age of seven, to receiving Jazz Band honors playing the bass guitar in high school and performing during the 2022 Salt Lake City Winter Olympics, Leo has a rich history with music. And he's just getting started.

Read the full artist spotlight at: <https://www.plgrove.org/arts/docs/musician-interview-leo-hoggard.pdf>

Recreation Center

Women's Spring Volleyball

Registration: January 1- February 24 or until filled

Coaches Meeting: Tuesday, March 16 @ 6:00pm PG Recreation Center (547 S. Locust Ave.)

Season Begins: Week of March 22 – Mid May

League Options: Tuesday - Competitive Women's League

Wednesday - Competitive Women's League

Thursday – Mixed Recreational/Competitive Women's League

Number of Games: 10 league games with two matches per night and a double elimination tournament at the end of season play. Fee: \$280

Kindergarten - 1st Grade Co-ed Jr Jazz Instructional League

Registration: January 1 – January 27 or until filled

Season: March (Weekdays and Saturdays)

This is an 7 game instructional league and is designed to help boys and girls learn basic skills and rules of the game. Games will be officiated by the coaches. Games days will start with 15 minutes of practice time and then end with game.

Resident Fee: \$41 Non-Resident Fee: \$61

For more information on league rules go to quickscores.com/plgrove

Spring Soccer (Boys 5-6th Grade, 7-9th Grade, Girls 5-6th Grade, 7-9th Grade)

This soccer league is designed to assist in skill building, learning good sportsmanship, fair play and most of all to have fun.

Registration: January 1 – February 24

Games: Saturdays, some weeknights

Season: April—May

Pleasant Grove Resident Fee: \$51 (includes jersey)

Non Resident Fee: \$71 (includes jersey)

League: combined with other cities, games in PG will be played at Manila Park

Futsal (Indoor Soccer) (COED 4 year old-K, COED 1st-2nd Grade, COED 3-4th Grade)

FUTSAL is great for footballing development. With a smaller field, smaller goals (no goalie) players are encouraged to think quicker and should develop better ball control.

Registration: December 1st – January 28 - OPEN SPOTS AVAILABLE

Games: Saturdays at PG REC

Pleasant Grove Resident Fee: \$36 (includes jersey)

Non Resident Fee: \$56 (includes jersey)

Season: 6 Game Season, April 15-May 20

BOYS YOUTH BASEBALL LEAGUES

Registration: January 1st – February 24

A tryout/draft will be held for ALL players in the Mustang thru Pony leagues. Colt participants will all be drafted at a coaches-only draft.

Youth Baseball Leagues	Resident	Non Resident	Tryout/Draft	Start
Mustang 3rd & 4th Grade	\$85	\$105	March 21	April
Pinto 5th & 6th Grade	\$85	\$105	March 22	April
Pony 7th & 8th Grade	\$105	\$125	March 23	April
Colt 9th thru 12th Grade	\$105	\$125	March 8	April

Recreation Center (continued)

MARCH PROGRAM REGISTRATION:

Girls Softball, 8 yr. old Machine Pitch, 9-10 yr. old Machine Pitch, T-Ball, Coach Pitch and Track Club

Men's Spring Basketball

Registration: January 1 – until filled

League Fee: \$508

Number of Games: 8 regular season games, then a double elimination tournament

Game Days: Mondays (Tournament will be played any night of the week)

Season Begins: Monday, March 27

Meeting: TBD

Game Times: 6:15, 7:15, 8:15 & 9:15

Men's Spring Slow Pitch Softball

Registration: February 1 – until filled

League Fee: \$584

Game Format: Double Headers

Number of Teams: 24 teams

Number of Games: 16 games Double Header Format (includes tournament)

Game Days: Monday nights at Shannon Fields

Season Begins: April 17th

Mandatory Coaches Meeting: TBD

Game Times: 6:15, 7:15, 8:15 & 9:15

Youth Fishing Program

Registration: March 1 until filled

Fee: \$21.00

Ages: 7-14 years

Activity: Wednesday Nights, Manila Creek Pond, Pleasant Grove

Season: April-May

Funshine Early Learning Center

Public Registration: Online beginning March 7th

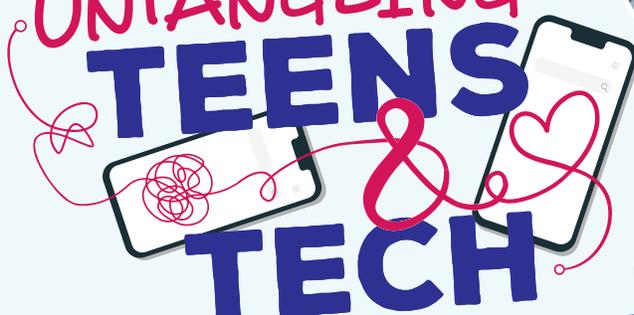
Non-Refundable Registration Fee: \$60.00

Ages: 3-4-Year-Old Class (T/TH) & Pre-K Class (MWF or T/TH)

Morning and Afternoon class offered

PG CARES COMMUNITY CONNECTION EVENT

UNTANGLING TEENS & TECH



with **ANDREA DAVIS**
 Andrea Davis is a former secondary ed teacher turned screen-time-navigator. She is the founder of Better Screen Time where she shares family-tested ideas from the (tech) trenches as a mom of five. She is on a mission to help parents worry less about tech, and connect more their kids.

Better Screen Time
 betterscreentime.com

At this free parent event, you'll learn how to support teens as they discover what a healthy relationship with tech looks like. Through connection and open conversations, you can give your teen a sense of self stronger than any screen.

wednesday, february 22
 PLEASANT GROVE HIGH SCHOOL AUDITORIUM
 700 E. 200 S., PLEASANT GROVE

6:00pm doors open—visit resource booths & enjoy refreshments
6:45pm presentation starts
8:00pm q&a panel
8:30pm prize drawings
9:00pm resource booths close

first 100 people to arrive get a family package of PG-famous Cam's Cookies

RESOURCE BOOTHS

- +Provo Canyon Behavioral Health
- +Center For Change
- +Utah County Health Department (Safekids.org)
- +American Fork Communities that Care
- +Digital Respons-ability
- +Saprea
- +Project Shine (Miss PG-Savvy Allen)
- +The Sharing Place
- +Peak Psychiatry
- +BYU Comprehensive Clinic
- +In Focus
- +Addict To Athlete
- +Hope4Utah
- +Grandfamilies
- +Summit Counseling Solutions
- +Family Haven

....and more!

THANK YOU TO OUR SPONSORS:



Lions Club

The eyes have it!

Thanks to the volunteers who helped sort the recycled glasses we have collected. We sorted eyeglasses in preparation for them to be cleaned, read, packaged and labeled. Glass cases and damaged glasses were thrown away. The eyeglasses will be taken on the next humanitarian trip Utah Lions participate in.

High school seniors, it's time to fill out your application for the Pleasant Grove Lions Club Academic Service Scholarship. The deadline is April 15. This is one of our favorite annual projects.

Miss Pleasant Grove

SCHOLARSHIP COMPETITION



Young Women ages 17-24

Must be a resident of Pleasant Grove or Lindon
If 17, must be a senior in High School

Information Meeting
Tuesday, February 28, 2023

Application Deadline
Thursday, March 2, 2023

Orientation Meeting
Saturday, March 4, 2023

Competition Date
Saturday, April 22, 2023

Meetings and workshops will be held at the City Office
at 108 South 100 East in Pleasant Grove.



INSTAGRAM

For information and applications please email
Kym Wilson at pgwilson238@gmail.com
or call/text (801) 824-8836

Applications are also online at pgcity.org



PGCITY



Taste of the Arts truffle tasting

Dates: February 8 & 9, 2023
Time: 7:00-8:30 pm
Location: The Truffle Cottage (45 S Main St, Pleasant Grove)
Cost: \$5 per person



Thank you to everyone who participated in the ballroom dance activity in January. We had a lot of fun learning the Tango and Rumba from Alison Wakefield. In preparation for Valentine's Day, our next Taste of the Arts activity is Truffle Tasting on February 8 and 9, from 7-8:30pm, downtown at the Truffle Cottage (45 S Main St, Pleasant Grove). Sign up quickly! There is a 20-person limit per tasting. Visit plgrove.org/arts for more information and to register for the event.

Library Calendar of Events

For Everyone

Twilight Tales

Thursdays at 6:30 p.m. at the library
A wonderful weekly story hour for the entire family.

Family Night at the Library: Valentine Cup Stacking Challenge and Craft

Monday, February 6 at 6:30 p.m.
Use your cup stacking skills to see how many "Kisses" tall you can make your tower. Also, a bead necklace craft.

Family Spanish Story Time/Hora de Cuentos Para Familias- Monday, February 13 at 6:30 p.m.
Celebrate the Spanish language and culture and the love of reading with Spanish stories, songs, activities, and crafts.

Saturday Morning Movie: Gnomeo & Juliet
Saturday, February 11 at 10:30 a.m.
Children under the age of 12 must be accompanied by an adult. Treats are welcome. Bring a camp chair, blanket, or pillow for comfortable seating.

For Adults

Best Books of 2022- Wednesday, February 8 at 7:00 p.m.
Presenting our annual best book recommendations of the past year. Notable titles for adults, teens, and children. All adults who attend will receive a free book.

2023 Adult Winter Reading Challenge
January 1 – February 28
Read or listen to 3 books (75 pages or more each) and complete one activity (listed on entry form) during January and February to be entered for a prize drawing.

Handmade at the Library: Chicken Scratch Embroidery
Tuesday, February 7 at 6:30 p.m.
Join us as we learn the old stitching art called Chicken Scratch. Supplies are limited. Ages 18+

BookEnders Book Group
Wednesday, February 22 at 7:00 p.m.
The book being discussed this month is A Year in Provence by Peter Mayle. Copies of the book can be picked up at the front desk.

Pleasant Grove Library Write-In
Friday, February 17 from 6:00 – 8:30 p.m.
Join us for a quiet night of writing at the library. Please bring your own laptop and headphones, we will provide the space and moral support. For ages 12+.

For Teens

Teen After Hours: Theatre Masterclass
Friday, February 10 at 6:30 p.m. Join us at the library for a Masterclass in everything theatre-related! We will explore what makes up a theatrical production, and teens will practice what they learned at the end.

Teen Game Night- Friday, February 24 at 6:30 p.m.
Looking for a fun time at the library? Come play Munchkin, Pandemic, Mille Bournes and more!

2023 Teen Winter Reading Challenge
Read or listen to 1 book (75 pages or more) in the month of February to be put in for a prize drawing. More info on our website.

For Children

1,000 Books Before Kindergarten Celebration
Wednesday, February 15 at 6:30 p.m. A "We Are the Dinosaurs" celebration for all children birth to 5 years and their families. Enjoy hands on activities and prizes for program finishers.

Rhythm and Song- Mondays at 10:00 and 11:00 a.m.
For children ages 3-6.
Music, instruments, movement, and books.

Preschool Story Time- Tuesdays and Wednesdays at 10:00 and 11:00 a.m.
For children ages 3-6
Puppets, songs, and shenanigans!

Wee Read- Thursdays at 10:00 and 11:00 a.m.
A fun story time geared towards children ages 18 months to 3 years. Enjoy stories, fingerplays, and music.

Spanish Story Time- Fridays at 10:30 a.m.
For native or non-native Spanish speakers. Stories and songs in Spanish and English and a simple craft.

After School Adventures- Tuesday, February 21 at 4:00
"When I grow up, I want to be.... a sound mixer for films." Learn what sound equipment is needed and which techniques are used to capture audio for the movies and T.V. you watch. For children in grades 1-6.

Great Reads for Kids- Thursday, February 9 at 4:00 p.m.
A book club for kids ages 8-14. Read great books then meet as a group for a fun discussion and activities. The book being discussed this month is Heartbeat by Sharon Creech of Spanish stories, songs, activities, and crafts.

