



# Moving Forward

## March 2017

PUBLIC CITY NEWSLETTER FOR THE CITY OF SEDALIA

IN THIS ISSUE

### City - Community Partners to Celebrate Arbor Day April 7, 2017

Sedalians truly appreciate their trees and the City of Sedalia is dedicated in helping preserve and promote our tall, leafy friends by participating in the Tree City USA program, supporting a City Tree Board, participating in the Missouri State TRIM grant program and hosting a new program each year in observance of Arbor Day.

This year's Arbor Day Celebration will be held at the Bothwell Lodge State Historic site located at 19350 Bothwell State Park Road, on April 7, 2017, starting at 3:30 p.m. The City of Sedalia Tree Board will recognize area businesses that have participated in past Arbor Day celebrations. They will also recognize businesses that have included trees in their landscaping throughout green spaces and/or parking lots.

The Missouri Department of Conservation will be providing tree seedlings to the public. The selection will be Shell Bark Hickory, White Oak and Hazel Nut.

The public will also have the opportunity to participate in a program called Shinrin-yoku. According to the website, www.shinrin-yoku.org, "Shinrin-yoku is a term that means 'taking in the forest atmosphere' or 'forest bathing.'

It was developed in Japan during the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. The idea is simple: if a person simply visits a natural area and walks in a relaxed way there are calming, rejuvenating and restorative benefits to be achieved.

Some of the scientifically proven benefits of Shinrin-yoku include:

- \*Boosted immune system functioning, with an increase in the count of the body's Natural Killer (NK) cells.
- \*Reduced blood pressure
- \*Reduced stress
- \*Improved mood
- \*Increased ability to focus, even in children with ADHD
- \*Accelerated recovery from surgery or illness
- \*Increased energy level
- \*Improved sleep"

Lindsee Godsey, an official Shinrin-yoku guide, will be holding forest walks at the Arbor Day Celebration for a \$20 per person fee. Please contact Ellen Cross in the Public Works Department for more information: (660) 827-3000 x 1166.

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#### VISION STATEMENT

Dynamic life and  
Comfortable living in  
Greater Missouri

#### MISSION

The City of Sedalia is committed to meeting the needs of our community through professional leadership and operational excellence.

We deliver efficient, quality municipal services, create opportunities for growth and protect the quality of life that makes our community a desirable place to live.





Spring has sprung and for many of us that means it's time to start thinking about cleaning out those unwanted items in the garage or attic. Garage sale regulations include items that have normally accumulated in ordinary dwelling usage. The City of Sedalia has an ordinance which contains the regulations for garage sales and listed below are some basic Questions & Answers you might need to know.

- **How many sales can I have in a year?** – No permit shall be issued to any person more often than 3 times in any one calendar year, nor shall any permit be issued for any sale to be held on the same premises more often than 3 times in any one calendar year except for certain organizations.
- **Exemptions for certain organizations** – Organizations may have up to four rummage sales per year on the same or different premises, provided that such premises are owned by the organization, or are not zoned R-1 to R-3 inclusive, nor used as residential property and provide proof:
  1. Organizations operating under Section 501 of the Internal Revenue Code
  2. Not-for-profit corporations operating under State Statute
  3. Organizations registered with the Attorney General of the State -charitable solicitations
- **How many days can I have a sale?** – No sale shall be held or scheduled for more than 2 calendar days.
- **How much does a permit cost?** – They are free of charge.
- **When is a permit not needed?** – Garage Sale permits shall not apply to any person conducting any such sale under and pursuant to a valid merchant's license issued by the city, nor to any sale by the executor, administrator or guardian of an estate.
- **What information is needed for a permit?** – Permits include the name of the person having the sale, the physical address of the sale; date(s) of sale; and a contact phone number.
- **Where do I obtain a permit?**
  - Permits may be obtained in person at the City Clerk's Office.
  - On line on the City's website: [www.cityofsedalia.com](http://www.cityofsedalia.com).

Once you are on the website, click on "Departments" tab, "City Clerk" and go into the "Garage Sale Permit Application". Once on the application, fill out the required information and click submit. When the application is submitted, an email is sent to the City Clerk's Office for processing and once the application is processed, a permit will be emailed to the requestor. If you would like more information, please contact the City Clerk's Office at (660) 827-3000.

## SEDALIA ANIMAL SHELTER STAFF PIC



The Sedalia Animal Shelter staff invites you to share some of your luck and love with a shelter pet during the month of March.

Daisi, pictured left, is a 2 year old female beagle/mix and Hank, pictured right, is a 3 year old male boxer/mix. Stop by to visit Daisi, Hank and their friends at the Sedalia Animal Shelter at 2420 S. New York Avenue, Sedalia, Missouri.

## SHELTER STATS

The month of February was very successful at the Sedalia Animal Shelter. They had 42 adoptions. They also returned 12 pets to their owners and transferred 5 pets to rescue.



March 23, 2017  
is  
National  
Puppy  
Day!

# Playin' at the Park

**YOUTH BASEBALL**

Ages 5 – 14  
 Register by March 15  
 \$45  
 Coaches and sponsors needed!

**PRINCESS PARTY**

Friday, March 24  
 6-7 p.m.  
 Ages 2-7  
 \$8  
 Register by March 21

**SPRING ADULT VOLLEYBALL LEAGUES**

Early Bird Registration: Feb. 27 - March 10 (\$75)  
 Open Registration: March 13-17 (\$90)  
 Tuesday: Women's Recreation or Intermediate  
 Thursday: Co-Ed Recreation or Intermediate

**FLASHLIGHT EGG HUNT**

Friday, April 7  
 8:30 p.m.  
 Ages 8-14  
 \$8  
 Register by April 4

**ADULT SCAVENGER HUNT**

Friday, March 31  
 Ages 16+  
 One digital camera/phone required per team  
 \$30 per team of 4  
 Register by March 24

**ADULT SUMMER SOFTBALL LEAGUES**

Early Bird Registration: March 13-31  
 Open Registration: April 3-18  
 Fees vary per league

Please visit [www.sedaliaparks.com](http://www.sedaliaparks.com) for more information

**March 2017 Meetings**

**Rental Inspection Committee Meeting**  
 March 1

**Planning & Zoning Commission Meeting**  
 March 1

**Park Board Meeting**  
 March 2

**City Council Meeting**  
 March 6

**Public Library Board Meeting**  
 March 13

**City Council Budget Work Session**  
 March 13

**Sedalia Historic Preservation Commission Meeting**  
 March 14

**Citizens Traffic Advisory Commission Meeting**  
 March 15

**Citizens Committee for Smart Growth Meeting**  
 March 16

**CBCD Board of Directors Meeting**  
 March 16

**City Council Meeting**  
 March 20

**Public Works Board Meeting**  
 March 22

**Bothwell Regional Health Center Board of Trustees Meeting**  
 March 28

**St. Patrick's Day Celebration**  
*March 18, 2017*

Thanks to the VFW Post 2591 Auxiliary, there will be plenty of 2017 St. Patrick's Day activities:

- Cake Walk:** 8:00 a.m. – 9:30 a.m.
- Silent Auction:** Starting at 8:00 a.m. and ending 1:00 p.m.
- Parade:** Downtown Sedalia  
 Lineup at 7<sup>th</sup> and Ohio begins at 9:30 a.m.  
 Parade starts at 10:00 a.m.
- Irish Stew and Chili:** 11:00 a.m.

Parade entry forms are available at the VFW Post 2591, 121 S. Ohio Avenue, Sedalia, Missouri.

For more information, please call: (660) 826-4543.



**Moving FORWARD**

City of Sedalia  
 200 S. Osage Avenue  
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[www.cityofsedalia.com](http://www.cityofsedalia.com)

