

ISSUE I | VOLUME 4 FEBRUARY 2020

# Ballwin *Life*



UNDERSTANDING THE BALLWIN BUDGET P.10  
NEW POLICE CHIEF P.16  
PARKS & RECREATION GUIDE P.20

# Our Mission

To protect, inform, and serve our community with diligence, respect, and transparency.

## Contact Us

### City of Ballwin

(636) 227-9000

[www.ballwin.mo.us](http://www.ballwin.mo.us)

### Code Enforcement

(636) 227-9000 \*option #3

### Ballwin Golf Course & Club

(636) 227-1750

### Municipal Courts

(636) 227-9000 \*option #4

### North Pointe Aquatic Center

(636) 227-2981

### Parks and Recreation

(636) 227-9000 \*option #6

### Ballwin Police Department

(636) 227-9000 \*option #7

### The Pointe at Ballwin Commons

(636) 227-8950

### Public Works

(636) 227-9000 \*option #2

## Report an Issue

Issues may be reported online by visiting [www.ballwin.mo.us](http://www.ballwin.mo.us) or by phone.

### Report a Pothole or Street Tree

Contact Public Works

### Report a Code Issue

Contact Code Enforcement

### Report a Tip to Police

Contact the Police Department

To report a crime in progress dial 911

## Fire Protection

### Metro West

(636) 458-2100

### West County EMS & Fire

(636) 227-9350

### Monarch

(314) 514-0900

## Utilities

### Ameren Missouri

(314) 342-1000

### Republic Services

(636) 947-5959

### Metropolitan Sewer District

1 (866) 281-5737

### Missouri American Water

1 (866) 430-0820

### Spire

(314) 621-6960

## Helpful Numbers

### St. Louis County

### Main Office

(314) 615-5000

### Board of Elections

(314) 615-1800

### Animal Control

(314) 615-0650

### Personal Property

(314) 615-5500

### Miscellaneous

### USPS - Ballwin

(636) 227-5783

### Better Business Bureau

(314) 645-3300

### Social Security Office

1 (800) 772-1213

### IRS

(314) 612-4002

### Employment Office

(314) 340-4950

### License Office

(636) 230-5041

## Social Media

### Facebook

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### @BallwinPD

### @BallwinParksandRecreation

### Twitter

@CityofBallwinMO

### @BallwinPolice

### @BallwinParksRec

### Instagram

@cityofballwinmo

### @Ballwinpd

### @Ballwinparksandrecreation

## E-Newsletters

To sign up for the e-newsletters sent by the City, click on the E-Newsletter Sign Up option under the Services Tab on our website. These newsletters will be sent straight to your inbox!

## The Trilogy Treatment

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# From Your Mayor & City Administrator

2019 proved to be an interesting and challenging year for all of us in local government. We got off to a rough start when Mother Nature forced us to extend our Curbside Leaf Collection service into February. The “Better Together” movement galvanized the Board of Aldermen and staff to adopt the position that we are “Ballwin Strong.” We were determined to retain our identity and reputation by doing everything possible to oppose this consolidation initiative. For a variety of reasons, notably your vocal support, the enemy was turned back at the gate.

Community pride was celebrated with the grand opening of our new Government Center on April 1st. Thanks to the fiscal responsibility of your elected officials, this building was constructed on City property without incurring debt obligations for you or our future residents.

Looking forward, there are many challenges and opportunities that lie ahead. The new Government Center is a jewel for our community, but we must now address the future use of our vacant building at 14811 Manchester Road. The good news is it's City owned and adjacent to Vlasis Park. The bad news is it has limited curb appeal and access to Manchester Road. A feasibility study was conducted last fall and the redevelopment options are limited. Nonetheless, this will be a top priority for resolution in 2020.

Towards the end of last year, a space and needs assessment was conducted on our Police Department's headquarters. This 1969-era structure once served the entire City staff as well as our Municipal Court and all other official public meetings. However, that was then and this is now. As a result of the architectural study, the Board has unanimously agreed that it is time for a new facility to serve the current and future needs of our police personnel. It has been determined that the new building will be constructed on City property and that it will address all ADA, officer safety, and energy-efficiency standards.

Another issue that is high on our radar screen for 2020 is annexation. We are poised to submit our first petition to the Boundary Commission and others are sure to follow. If we are successful, we are committed to continue providing the same top quality programs and services to ALL.

Finally, make sure that you are counted in the 2020 census. These numbers will impact the City in terms of revenue allocation for the next 10 years.

On behalf of the entire Board of Aldermen and all of our dedicated and hardworking employees, we'd like to thank you for your continued support.

Sincerely,



Tim Pogue



Bob Kuntz



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The Old Ballwin School House

Eckermann

Wussow

Lash

Zener

Strothkamp

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voerther

zuppman

lewsarge

Koch (oldest

of Ballwin  
(gray in 1978)  
new - last on right)

Ballwin History.  
Ballwin MO  
Pg. 11 Post.....

Ballwin School 1895

in Bush in front of school, did not  
picture taking as they Koch remember.

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# Year in Review

The City of Ballwin is honored to have received many awards in 2019. We were recognized for our safety, livability, and facilities. The Board of Aldermen and entire City staff are committed to providing all members of our community with the highest level of service, but we couldn't be where we are today without you! Each and every member of this community plays a paramount role in the success and prosperity of our City. We sincerely appreciate your attentiveness, friendliness, and participation. On behalf of the entire City, we thank you for your efforts in making Ballwin the best place to live, work, play, and learn!

**#1 “Safest City in Missouri in 2019” by the National Council for Home Safety and Security**

**#1 “Safest Place to Live in Missouri in 2019” by HomeSnacks**

**#1 “Missouri’s Safest Cities” by SafeHome.org**

**#2 “Safest Cities in Missouri for 2020” by HomeSnacks**

**#3 “Missouri’s 50 Safest Cities in 2019” by Security Baron**

**#4 “Safest Cities in Missouri in 2019” by BackgroundChecks.org**

**#4 “Best Cities to Live in Missouri in 2019” by Chamber of Commerce**

**#8 “Best Places to Raise a Family in Missouri” by Money Inc**

**#8 “Best Places to Live in Missouri for 2019” by HomeSnacks**

**#9 “Best Places to Live in Missouri, 2020” by HomeSnacks**

**#10 “2019’s Best Places to Raise a Family in Missouri” by WalletHub**

**#12 “Missouri’s 20 Safest Cities of 2019” by SafeWise**

**The Pointe was awarded “Favorite Recreation Center” by the Municipal League of Metro St. Louis**

# Election Information

## April 7, 2020 - General Municipal Election Information

December 17: Opening of candidate filings. Applications for declaration of candidacy may be obtained at the Ballwin Government Center, beginning at 8 a.m. Positions for re-election are:

- Alderman Ward 1 – One Seat
- Alderman Ward 2 – One Seat
- Alderman Ward 3 – One Seat
- Alderman Ward 4 – One Seat

January 21: Closing of candidate filings. Declaration of candidacy must be received by 5 p.m.

January 28: Closing for receiving certification of election forms by 5 p.m. See 115.125

February 25: Absentee opens. See 115.279(3)

March 11: Last day to register. See 115.135(1)

March 25: Last day (5 p.m.) absentee applications will be accepted through the mail or in person from a guardian or relative of the applicant. See 115.279(3)

March 27: Last day to file as a write-in candidate. Write-in candidates must file at the St. Louis County Election Board at 725 Northwest Plaza, St. Ann, by 5 p.m. See 115.453(4)

April 4: Office opens for absentee voting (please check for times) in the April 7 General Municipal Election.

April 6: Last day (5 p.m.) for voting an absentee ballot in person at the Election Board office.

April 7: ELECTION DAY, Polls open from 6 a.m. – 7 p.m.

For more information, please visit our website or contact the Ballwin Government Center at (636) 227-9000.

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**Minus**  
Keeping you waiting.

**Join our pack!**

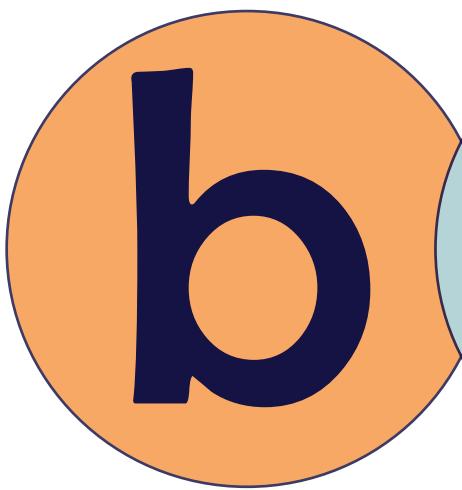
Sign up in store to become a Preferred Pet Club member and start saving today. Benefits include:

- + Freebies
- + Exclusive coupons
- + Member only pricing
- + Birthday gift for your pet

**Self service dog wash now open!**

**Pet Supplies Plus Ballwin**  
15311 Manchester Rd | 636.686.7181  
Mon-Sat: 9am-9pm • Sun: 10am-6pm



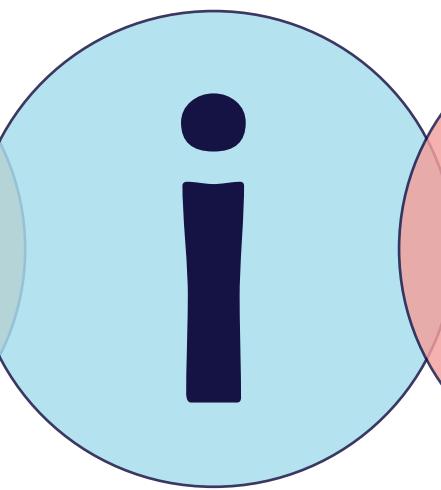


## Shop Ballwin First

Shopping locally has numerous benefits not only for the businesses, but for you, the residents of Ballwin. Shopping locally means tax dollars stay in Ballwin to support the essential services you depend on such as street maintenance, police protection, and recreation facilities.

**Residents** - take advantage of the discounts our local businesses offer to promote shopping in Ballwin first. A resident ID card (or membership key fob) from The Pointe at Ballwin Commons is all you need to get great deals. Stop in to get yours today!

**Businesses** - this is a great opportunity to promote your business to local residents. It is great advertising, you get to pick the discount and best of all, the program is FREE! Participants will also be eligible for a feature in this magazine (on a first-come, first-served basis). Contact Marketing & Communications Specialist Kennedy Robinson for more information at (636) 227-9000.

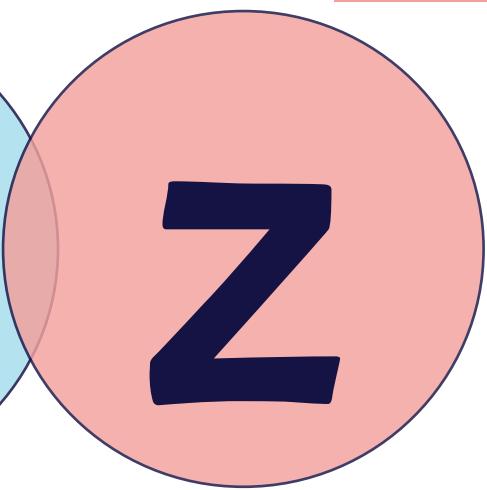


## Business Spotlight: Pet Supplies Plus



Current residents Jeanne and John Sullivan opened the Ballwin Pet Supplies Plus in 2008. Pet Supplies Plus is the “supermarket of pet supplies.” Their mission is to make Pet Supplies Plus your favorite neighborhood source for the best food, treats, toys, and supplies while living up to their central promise... minus the hassle! They offer everyday low prices, friendly service, and expertise to two and four-legged shoppers in every store. The Sullivan’s favorite thing about Ballwin is “the friendliness of the people and the professional way the City is maintained.”

**Address:** 15311 Manchester Road  
**Phone:** (636) 686-7181  
**Website:** [petsuppliesplus.com](http://petsuppliesplus.com)  
**Shop Ballwin First Discount:**  
 10% off purchase (\*some exceptions)



## Business Spotlight: 6 North Cafe



6 North Cafe has been a part of the Ballwin community since 2011. It is an independent, family-owned and operated, St. Louis business. Guests at the cafe will find an extensive menu of hand-crafted favorites for breakfast, lunch, and dinner, as well as homemade cookies, oatmeal bars, pastries, muffins, and smoothies. The Ballwin location is one of two locations, the other being in downtown St. Louis. Owner Maria Altrudo loves being in Ballwin because of the customers! “We have so many loyal customers that come in on a daily basis,” she said.

**Address:** 14438 Clayton Road  
**Phone:** (636) 527-0400  
**Website:** [6northcafe.com](http://6northcafe.com)  
**Shop Ballwin First Discount:**  
 10% off purchase (\*some exclusions)

# PEOPLE of Ballwin



## Jean Kirchner

Today, when you drive through Ballwin down the state highway most commonly referred to as Manchester Road, you'll see various restaurants, big box retailers, and local businesses. However, this wasn't always the case. Longtime Ballwin resident Jean Kirchner remembers a very different city when she moved here over sixty years ago.

"When we first moved here, Manchester Road was just two lanes. From Kirkwood to Ballwin, there was only one four-way stop sign. Can you imagine that?"

Most of us probably can't, as we have never known a time when the weekday hour of 5 p.m. didn't produce bumper-to-bumper traffic on Manchester Road. Yet for Jean, she recalled with impeccable detail exactly what Ballwin was like in the 1950s and how different it was to the city we know today.

"There were two little grocery stores in Ballwin and there was one Standard gas station," Jean described. "Schraeder Funeral Home was there. On the south side of Manchester there was a drug store and a Priess Cleaner. Where Target sits, that was just a big vacant lot. It was mostly just vacant lots on the north side of Manchester."

Jean, who grew up in Terra Haute, moved to the St. Louis area shortly after getting married. Her husband, a salesman at the time, had been offered a job in St. Louis, prompting them to pack up their life in Indiana and head west of the Mississippi.

"At the time, St. Louis was a pretty thriving city. When we moved to the area, we couldn't afford to buy a house in St. Louis. We came to Ballwin in the 1950s because it was what we could afford. I remember people saying to me, 'why would you want to move way out into the country?'" Jean laughed.

Nevertheless, Jean was expecting their first child and the newlyweds were on a tight budget, so moving out to the "country" is exactly what they did. In 1956, the Kirchners purchased their first house on Radford Lane, a place their family of seven would call home for 37 years.

"When we moved out here, we were the second or third subdivision. After that, it just kept growing and growing," Jean said.

Now, Jean lives in a condo in Ballwin's fourth ward and recently celebrated her 93rd birthday. For fun, she enjoys reading, going out to eat with her kids, and attending Holy Infant Church, which was brand new when she moved here.

As she reflected on her life, Jean was most proud of graduating from college, getting married, and of course, her five children, 10 grandchildren, and two great grandchildren. The advice she'd like to pass on to everyone? "Don't get so old," she said with a laugh. "But also, love God, love your family, and always do what's right."

Public Works

Russ Dam  
Army

Tony Ewing  
Army

Joe Gregor  
Navy

Steve Jessen  
Navy

Jon Krueger  
Army

Rich Weible  
Army

Grant Elkin  
Army

Toriano Abram  
Navy

Parks & Recreation

Greg Navarro  
Marines

Chad Schriever  
Army

Ken McAdams  
Navy

Police

Leo Bergin  
Army

Dave Fisher  
Marines

Mike Appleby  
Marines

Joe Venneman  
Marines

Jim Heldmann  
Navy

Mike Reynolds  
Navy

Ray Rader  
Army

Jeff Southward  
Air Force

Dave Wangrow  
Army

Jeff George  
Marines

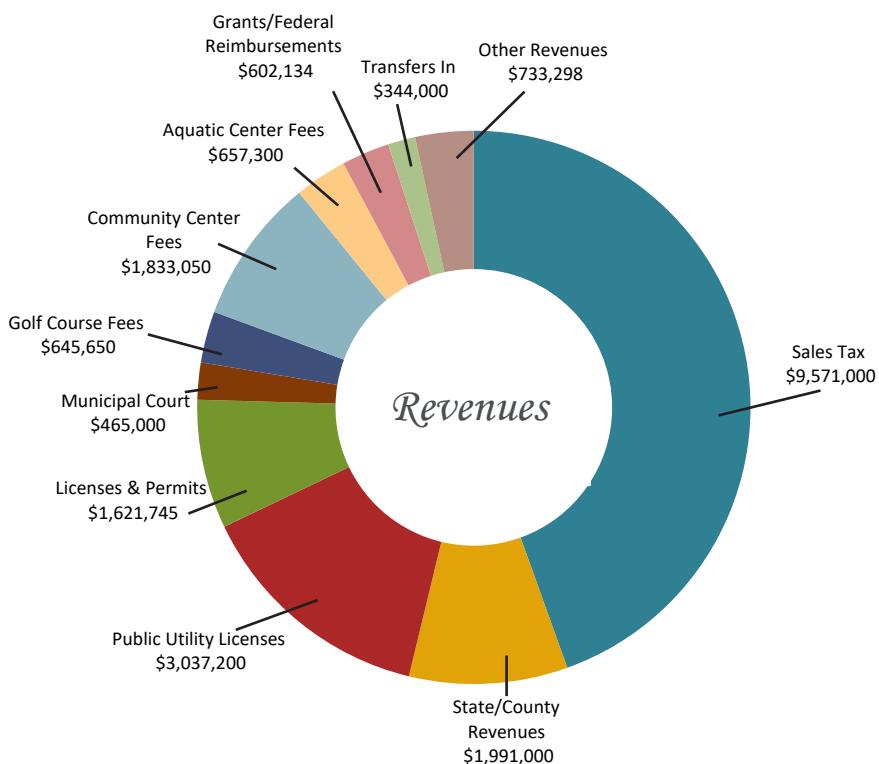
Mike Hitchcock  
Army

Charles Lancey  
Army

# UNDERSTANDING *The Ballwin Budget*

I am pleased to present the City of Ballwin's 2020 Budget. This budget serves as the City's fiscal plan from January 1, 2020 - December 31, 2020. It includes our goals, objectives, and future financial projections. I've included graphs that show the City of Ballwin's projected revenues and expenditures. To view the budget in its entirety, please visit our Budgets page on the City's website. We are committed to making the budgeting process as open and transparent as possible, so please reach out to the City directly if you have any additional questions or concerns.

- Denise Keller  
Finance Officer



Total revenues equal \$21,501,377. Major revenue for the City of Ballwin include sales taxes, public utility licenses, and community programs. The City has \$0 property tax, so it's reliant on the categories included in the chart above.



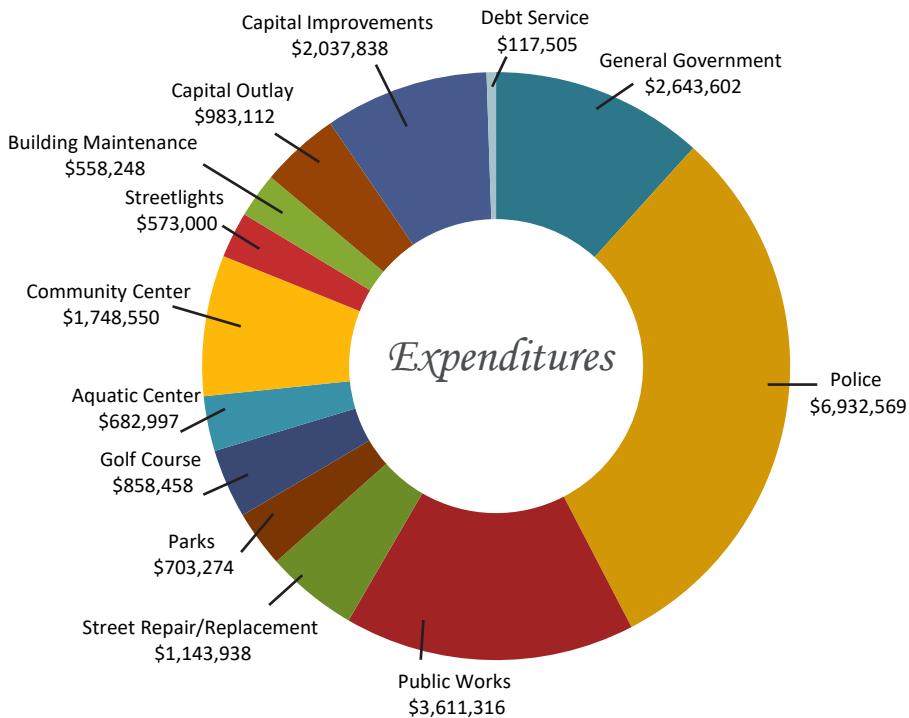
**SALES TAXES** represent \$9.6 million or 45% of General and Capital Fund revenues. Ballwin consumers pay a sales tax rate of 8.738% of which .5% is for Capital Improvements and .5% is for Parks. An additional 1.0% is distributed from St. Louis County. These revenues are highly variable depending on economic conditions.



**PUBLIC UTILITY LICENSES** represent \$3.0 million or 14% of General and Capital Fund revenues. A gross receipts tax is paid by both public and private utility companies doing business in Ballwin for use of the public right-of-way and is based on operating revenues. These companies generally pass the tax on to their customers.



**COMMUNITY PROGRAMS** represent \$3.3 million or 15% of General and Capital Fund revenues. Memberships and fees from Ballwin's community center, golf course, and outdoor water park generate these revenues. Additional sources include special programs such as race events, community festivals, and facility rentals.



Total expenditures equal \$22,594,407. Police, Public Works, and Capital Improvements make up a significant portion of the City of Ballwin's 2020 Budget.



**POLICE** represents 35% of the General Fund. Included is the replacement of four patrol vehicles and new protective equipment for officers. Body worn cameras will be added.



**PUBLIC WORKS** represents 24% of the General Fund and includes road resurfacing, sidewalk repairs, snow removal, and leaf collection. Trimming and removal of trees in the right-of-way is also performed; two laborers are added for an additional tree crew.



**CAPITAL IMPROVEMENTS** total \$2.0 million and represent all expenditures for the Capital Fund. Phase Two of the redevelopment of Ferris Park, planning and design work for the police building, and engineering for the resurfacing of New Ballwin Road from Manchester to Twigwood Drive are all planned.

Last year, the City of Ballwin was presented with a Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) for the 2019 budget. This is the fourth consecutive award for the City. This award certifies Ballwin's budget documents were of the highest quality and rated proficient in serving as: a policy document, a financial plan, an operations guide, and a communications device.

The City of Ballwin's budget document consists of its primary General Fund, a Capital Improvements Fund, and several minor funds such as a Sewer Lateral Fund, Special Allocations (TIF) Fund, TDD Fund, and a Debt Service Fund. Every fall, each department drafts an estimate of projects and their expenses to present to the Board of Aldermen for consideration, which they then work to solidify and prioritize the remainder of the year.

To view the complete 2020 Budget, as well as prior year's budgets, visit [www.ballwin.mo.us/Budgets/](http://www.ballwin.mo.us/Budgets/). Here, you will see the full breakdown of the 2020 budget, including the revenues and expenditures for each individual department.

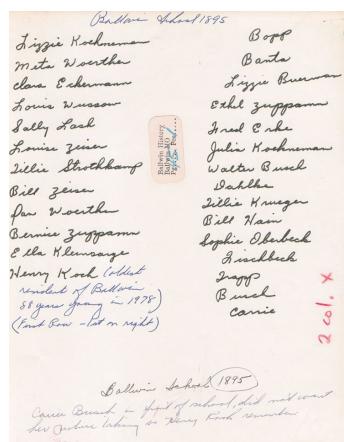
# Moment in History

Did you know that the “Old Ballwin Schoolhouse” was not really Ballwin’s first school?

Ballwin’s first school building was Salem Methodist Church built in 1855. There is a sketch of that building in the Ballwin United Methodist Church’s history book. During those years, Salem Church in Ballwin was a German Methodist Episcopal church.

The photo on the top right is of students in front of that building in 1895. It was demolished five years later to make way for what we now call the “Old Ballwin Schoolhouse.” The bottom photo is a list of students supplied by Henry Koch in 1978. Henry is the young fellow seated at the extreme right in the front row of the top photograph.

The Ballwin Historical Commission (BHC) was created with the sole purpose of promoting, educating, and illustrating the history of Ballwin, its exploration, settlement, development, and activities. They are currently looking to welcome new members and volunteers! For more information on the The Ballwin Historical Commission, visit [www.ballwin.mo.us/History-of-Ballwin/](http://www.ballwin.mo.us/History-of-Ballwin/). To volunteer, email [history@ballwin.mo.us](mailto:history@ballwin.mo.us).



## Putting you first made us #1.

**Greg Beasley, Agent**  
15212B Manchester Road  
Ballwin, MO 63011  
Bus: 636-227-4242  
[greg.beasley.b5wx@statefarm.com](mailto:greg.beasley.b5wx@statefarm.com)

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# PEOPLE of Ballwin

## Phil Woodmoore

Phil Woodmore has been a lover of music since age five. Growing up in his father's church, his childhood was soundtracked by pianos, choirs, and gospel music. At just seventeen years old, Phil's musical resume was both extensive and commendable. He was a classically-trained, gospel-trained, and jazz-trained pianist, an active member of his school's choral programs, musical theater partaker, founder of the Marquette High School Gospel Choir, and the Minister of Music at his father's church.

Although his love for music was identified at an early age, Phil wouldn't fully realize his future career in music until many years later.

"I didn't realize this was a passion of mine until I started teaching in Ferguson and Florissant. I directed the choir at my dad's church... that was fun. I sang in choirs growing up... that was fun. I started working on a music degree... that was fun," Phil stated. "But it wasn't ever career oriented. I just loved doing it. And then I went to teach and saw the impact music was having on these kids. That's what really shaped me and showed me this was going to be career level for me."

Shortly after receiving his Bachelor's degree in Marketing and Music Vocal Performance from St. Louis University,



Phil was offered the choir teaching position at Ferguson Middle School in Ferguson and Berkley Middle School in Florissant, where he taught for a year before returning to West County. In 2006, he accepted a teaching position at his alma mater, Crestview Middle School, where he would end up teaching choir for 12 years. During his time at Crestview, he received his Master's in Music Education from Webster University, started his PHD at Mizzou, grew the overall school choir from 225 to 350 students, and became a fourthward Ballwin resident.

Although it was hard for Phil to leave teaching, it was time to take his musical career in a new direction. In 2016, he was approached by the founder of Theater of War, Bryan Doerries, to compose 45 minutes of original music

for a new performance titled *Antigone In Ferguson*. The show successfully premiered in Ferguson in September of 2016 and has since been performed in Maine, Maryland, New Hampshire, Massachusetts, Greece, and Off Broadway in New York.

In addition to the "many hats" he already wears, Phil is also the Director of the St. Louis Metropolitan Police Department Choir, former Voice Coordinator for COCA, vocal coach, owner of various vocal studios, collaborator with different schools in the St. Louis area, composer, and recently named Director of Muny Kids at the Muny.

Over the next few months, Phil will be busy graduating with his PHD, collaborating on the Shakespeare Festival in St. Louis, working with the Prison Performing Arts to premier a new show, *Pirates of Penzance*, and planning his 20-year Marquette High School reunion.

"I'm truly thankful for where I am in life right now and where God has brought me, and am looking forward to what lies ahead. I am hoping this can grow in a way that these messages can touch and reach more people," Phil said. "Music is powerful and transformative. My life's mission is to share that with others."

# Winter Weather

We all know weather in Missouri is unpredictable and winter can extend far longer than desired. So this February, make sure you're staying prepared should winter weather occur!

Before an expected snow storm or freeze, our Public Works department will treat the streets with salt brine (a combination of rock salt and mostly water) during regular work hours (salt brine will not be applied if rain or freezing rain is predicted). Plowing will then begin when the snow accumulates to two - three inches and weather forecasters are predicting rising temperature. If the prediction is falling temperatures, then plowing will be delayed until the depth is four - five inches.

You can assist by remembering Ballwin's City Ordinance No. 2211, which prohibits the parking of vehicles on City streets when the City is under a snow emergency (a snow emergency occurs whenever snow accumulates to two inches or more or during freezing rain or ice). This prohibition is in effect until the street has been cleared for emergency vehicles. We ask that you remain aware of winter weather forecasts of snow or freezing rain, and remove your cars from the street. Parked vehicles impede snow and ice removal efforts, and the Police Department will strictly enforce this ordinance. Your cooperation is solicited and appreciated.

During winter snow emergencies, crews will operate around the clock until the storm ends and all streets are cleared. Major arteries will receive top priority, followed by the collector streets, and then the minor subdivision streets and cul-de-sacs.

As always, if you have questions on our Snow Removal service, visit [www.ballwin.mo.us/Snow-Removal/](http://www.ballwin.mo.us/Snow-Removal/), or reach out to our Public Works Department directly at (636) 227-9000 \*option #2.

## Family Owned - Serving Ballwin for over 45 years



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To Better Serve Our Patients



Across the street and one hundred yards to the East.

We are moving into our new building in 2020, which is located at

**14649 Manchester Road  
(formerly Johnny Mac's Sporting Goods)**

The move is tentatively the last week in February.

**The actual move date is:**

**To Be Determined**

# Springing Forward



Now that our curbside leaf collection program and, hopefully, most of our winter weather is behind us, we will be turning our attention to other programs and projects this spring. We will continue to handle work orders, but will also shift our focus towards street trees, hazardous tree removal, curb, gutter, and sidewalk replacements, and other public-related issues.

Our department is responsible for the maintenance repair of 123 centerline miles of street pavement. Our goal is to make sure these roads are safe for you, and everyone who enters our community, to travel on. That's why we created the Report an Issue feature on our website. No one knows these roads better than you, so when you see something that needs our attention, we encourage you to reach out and let us know!

The Report an Issue feature, which can be found online at [www.ballwin.mo.us/Report-An-Issue/](http://www.ballwin.mo.us/Report-An-Issue/), allows you to report a specific issue directly to the appropriate department. This includes reporting a pothole, code violation, police tip, or street tree issue. When a pothole report, street tree report, or service request comes through the Public Works system, a supervisor is dispatched to view the area. If determined to require service, the completion date will be dependent on the severity of the issue, scheduling, and, of course, weather. Weather plays a significant role in project commencement and completion because so much of our work is done outside.



Later this season, a few of our Public Works vehicles and employees will be attending the Tons of Trucks event at Target. This event is scheduled for Saturday, April 18 (see p. 23 for more details) and is something we truly enjoy attending because we get to meet all the wonderful residents we serve! It also provides the perfect opportunity for you to come learn more about what we do and see our Public Works vehicles up close!

We are excited about the projects, programs, and events taking place this spring and, as always, are interested in any ideas, input, or feedback you have for us! We look forward to another season of serving the Ballwin community.

# Meet Our New Police Chief



## Doug Schaeffler

Dear Ballwin Community,

As you read this, I have been on the job for about two and a half months. I accepted the Chief position in Ballwin knowing that this is a tight-knit community that takes pride in itself, its city leaders, and its police department. I am excited to become part of that community.

I have spent much of the past couple of months getting to know the department and the police officers who serve you. It became very apparent to me why the Ballwin community supports and appreciates their police department. The officers of this agency work very hard to deliver a level of service that far exceeds your expectations. Your police officers are smart, professional, and well trained.

Prior to my arrival, the police department worked very hard to build the relationship between you (the community) and themselves. I can see that this hard work has paid off. There is a high level of trust and caring between you and the department. We will continue to strengthen that relationship as we address not only crime and traffic enforcement, but all quality-of-life issues.

As for me, I have been a police officer for over 30 years and have loved every day of that time. Being able to put on a badge is a privilege that is bestowed on only a handful of special people and I consider it an honor to be among them.

We at the Ballwin Police Department want everyone to know that we are not just another city department that serves the community. We are part of the Ballwin community. We will continue to care for each other. And as always, if you need us, we will be there.

- Chief Doug Schaeffler

### Training

Chief Schaeffler was professionally trained by the Greater St. Louis Police Academy and the FBI National Academy.

### Experience

Chief Schaeffler served with the Richmond Heights Police Department since 1988 and was their Chief of Police from 2016-2019. Before joining Richmond Heights, he was a Police Officer for the St. Louis Lambert Airport PD.

### Education

Chief Schaeffler holds a Master's Degree in Criminology and Criminal Justice from the University of Missouri - St. Louis. He received his Bachelor's Degree in Criminal Justice Administration from Central Missouri State University.

### Organizations

Chief Schaeffler is involved in many professional and civic organizations, including the St. Louis Area Police Chief Association, the FBI National Academy Associates, and more!



**Q: When did you know you wanted to be a police officer?**

A: I've wanted to be a police officer since I was six years old. I knew when I went to college I was going to study criminal justice and when I graduated I was going to be a police officer, and it just all fell into place. I had a lot of help along the way to get to where I am today and I look forward to the rest of my career in law enforcement.

**Q: On Saturday morning, what can we find you doing?**

A: Having coffee with my wife.

**Q: Favorite movie?**

A: Full disclosure... I really love the Fast and Furious series.

**Q: Tell us about the National Academy. What was that like?**

A: The FBI National Academy Associates is sponsored by the FBI and it is a specialized training for law enforcement executives from around the world. It is also the largest law enforcement networking group in the world. I attended the

10-week session in 2014 along with 225 other police executives from over 25 countries. It was really cool getting to know people from different areas.

**Q: If you were an ice-cream flavor, which would you be and why?**

A: I'll go with Rocky Road... that sounds more compelling than vanilla. I say Rocky Road because on the outside you think it's going to be rough and there's too much going on. But as soon as you take a bite you realize it's really good and really smooth!

**Q: What is one thing most people don't know about you?**

A: I really consider myself to be an open book, so once you get to know me I will tell you all about myself given the chance. However, there's a lot of stuff I've done that most people might not know. I used to skydive and have almost 300 skydives under my belt. I've done motorcycle rides from St. Louis to Niagara Falls and back

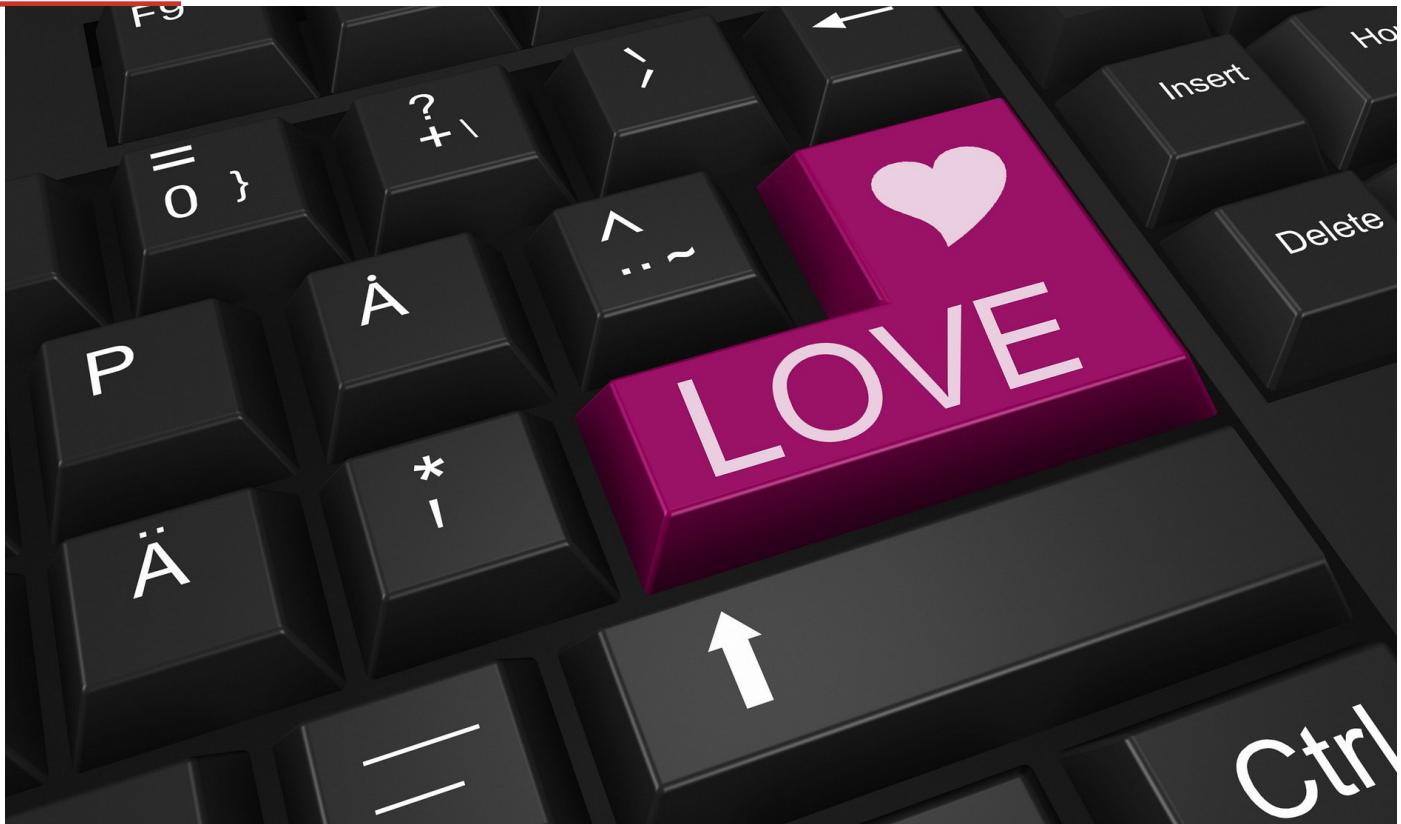
in 33 hours. I've hiked the Grand Canyon and spent the night at the bottom a few times. I wouldn't consider myself an adventure nut, but I really like new and unusual experiences.

**Q: Favorite book?**

A: I typically prefer to read non-fiction, but my favorite fiction book would be The Road by Cormac McCarthy.

**Q: Why are you most excited to be here in Ballwin?**

A: Honestly, I was not looking to retire from my last job. Then I saw the City of Ballwin was looking for a new Police Chief. I know that Ballwin is a great community with awesome residents and the Police Department is truly a top notch organization that does great work. And I just really wanted to be a part of the Ballwin family. I thought, 'If I'm going to move to another job, this is a great place to be.' This is the only job I've applied for in 30 years and I'm just lucky enough that I got it.



*“Before you marry someone you should first make them use a computer with slow internet to see who they really are.” - Will Ferrell*

The days of meeting that special someone randomly at the grocery store are quickly becoming memories of the past. First off, groceries are now being delivered, or picked up like a drive thru, more and more frequently. But more importantly, dating is done online or via apps now more than ever.

Although once a rare occurrence, it is now not uncommon to know a couple who met online, in fact for many, it may seem odd to know a couple who met and started dating through more traditional means. There are areas for concern with all methods of dating. Online dating is no different, but the vulnerabilities are. Keeping a watchful eye on what information you provide on your profile is very important. Yes, it makes sense that your future loved one needs to know that you like long walks on the beach, but it is not a great idea to let them know that you like long walks at the Ballwin Pointe from 9 - 10:30 a.m. on Tuesday mornings. Less is more.

Something else to look out for is scams. Dating online is a way for those who are older and less mobile to connect with others. However, with that connection comes the opportunity for some to exploit the good nature of others. This can be done by convincing the victim that they are in a relationship and just need money for airfare to visit. Or other schemes to have money sent to a third party, often out of state, or even out of the country. Take a minute and try to determine if what is being asked is a reasonable request. If you wouldn't normally send money to someone you haven't met in person, don't do it on the internet or over the phone either.

Finally, always have a plan and let others know what your plan is when meeting a new person. Go to public places, drive yourself, have an exit strategy, and never hesitate to ask for help if you need it.

- Ballwin PD

# Beware: Tax Season

The only guaranteed things in life are death and... taxes. Tax season is fully upon us and to make matters worse, some of you will be dealing with tax-related identity theft. This crime has been present for many years now and occurs when someone uses your stolen personal information to file a tax return. This information can be obtained in numerous ways and you may not even know you have been compromised until you receive a letter from the IRS or are rejected while e-filing.

The IRS gives the following warning signs:

- You receive a letter from the IRS inquiring about a suspicious tax return that you did not file.
- You are unable to e-file your tax return because of a duplicate SSN.
- You receive a tax transcript in the mail that you did not request.
- You receive an IRS notice that an online account has been created in your name, or an IRS notice that your existing online account has been accessed or disabled when you took no action.
- You receive an IRS notice that you owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer for whom you did not work.
- If you are the victim of tax-related identity theft, the IRS recommends that you respond immediately to any IRS notice by calling the number provided. There are of course a couple of forms to complete (Form 14039 and the Identity Theft Affidavit) in order to start the resolution process with the IRS.

The IRS also recommends visiting [FTC.gov](http://FTC.gov) to complete IRS identity theft paperwork.

Currently, there is no need to file a report with the Ballwin Police, but you can always call us if you have any concerns on the legitimacy of correspondence or if you need guidance on who to contact.





**I love this town.**

**Steve Martinez Ins Agcy Inc**  
Steve Martinez, Agent  
104 Holloway Road  
Ballwin, MO 63011  
Bus: 636-227-7888

**Thanks, Ballwin Residents.**

I love being here to help life go right™ in a community where people are making a difference every day. Thank you for all you do.

**State Farm®**

1601485      State Farm, Bloomington, IL

# The Pointe at Ballwin Commons



## Information

#1 Ballwin Commons Circle  
Ballwin, MO 63021  
(636) 227-8950

## Hours of Operation

Monday - Friday	5:15 a.m. - 10 p.m.
Saturday	7 a.m. - 8 p.m.
Sunday	8 a.m. - 6 p.m.

## Holiday Hours

Feb. 17:	5:15 a.m. - 10 p.m.
April 12:	CLOSED

## Pointe Play Center (3 months - 10 years)

Monday - Friday	8:30 a.m. - 12 p.m.
Monday - Thursday	5 p.m. - 8 p.m.
Saturday	8 a.m. - 12 p.m.

## 20-Visit Swipe Cards

Youth, 3 - 18	\$110	\$170
Adult, 19 - 61	\$130	\$170
Senior, 62+	\$110	\$170
Hero	\$40	\$60

## Memberships

See table on the next page for our current membership rates. To receive resident rates, you must have a current resident ID Card. If a card is needed, bring a utility bill to The Pointe's welcome desk. Additional information:

- 1) Monthly options involve a \$20 activation fee.
- 2) Family memberships may include children living at home through the age of 23, and may not have more than two adults per household.
- 3) Senior Couple memberships only require one person be 62 or older.
- 4) Hero (Police, Fire, EMS, Veterans, and Active Military) memberships are only available for individuals.

## Personal Training Fees

1-Hour Sessions:	VIP	Reg
1 Session	\$60	\$75
5 Sessions	\$280	\$345
10 Sessions	\$490	\$615
20 Sessions	\$860	\$1,075
30-Minute Sessions:		
1 Session	\$35	\$45
5 Sessions	\$165	\$200
10 Sessions	\$290	\$350
20 Sessions	\$515	\$605

Personal Training Group pricing is also available on our website at [www.ballwin.mo.us/Personal-Training/](http://www.ballwin.mo.us/Personal-Training/). You can also see our list of current personal trainers by visiting that link.

## Indoor Pool

The indoor pool at The Pointe features three Lap Lanes, a two-story water slide, an indoor water playground, lazy river, and vortex. The Pointe offers swim lessons, water aerobics, swimming clinics, and more. Please review the Indoor Pool Schedule on our website to ensure the pool is open for the purpose you wish to use it.

## Fitness Classes

Our fitness center offers a number of different classes available to both patrons and guests. Group Fitness classes are included with any membership. They are provided on a first come, first served basis and do not require registration. Visit our website for more information or to view the current Group Fitness and Specialized Fitness Class Schedules.



Residents	Pointe Monthly*	Pointe Yearly	Platinum Monthly*	Platinum Yearly	Annual Pool Pass	Daily Visit
Youth (3-18)	\$20	\$216	\$33	\$372	\$97	\$6
Adult (19-61)	\$33	\$372	\$49	\$564	\$125	\$7
Senior (62+)	\$19	\$204	\$36	\$408	\$97	\$6
Senior Couple	\$26	\$288	\$46	\$528	\$153	N/A
Single+ One	\$41	\$468	\$71	\$828	\$205	N/A
Family	\$46	\$528	\$78	\$912	\$239	N/A
Hero*	\$19	\$204	\$36	\$408	\$97	\$5

Nonresidents	Pointe Monthly*	Pointe Yearly	Platinum Monthly*	Platinum Yearly	Annual Pool Pass	Daily Visit
Youth (3-18)	\$31	\$348	\$46	\$528	\$153	\$9
Adult (19-61)	\$50	\$576	\$70	\$816	\$216	\$9
Senior (62+)	\$32	\$360	\$50	\$576	\$153	\$9
Senior Couple	\$43	\$492	\$66	\$768	\$233	N/A
Single+ One	\$63	\$732	\$84	\$984	\$341	N/A
Family	\$70	\$816	\$100	\$1,176	\$364	N/A
Hero	\$32	\$360	\$50	\$576	\$153	\$8

## Membership Specials

### February

- Receive two (2) additional visits when you buy a 20-visit card
- Early Bird pricing for North Pointe pool passes (10% discount)
- Personal training discount of packages (5% off 5 visits, 10% off 10 visits and 15% off 20 visits)

### March

- Get 10% off when you purchase an annual Platinum or Pointe membership
- Early Bird pricing for North Pointe pool passes (10% discount)

### April

- Get 10% off when you purchase an annual Platinum or Pointe membership
- Early Bird pricing for North Pointe pool passes (10% discount)
- Junior Golf and Swim Passes are on sale (unlimited use at both North Pointe and the Golf Course)

# Parks & Recreation Programs

## Daddy Daughter Dance

The sweetheart in your life is ready for a special evening! Daddy and Daughters will enjoy a night full of music, dancing, a professional photo booth, snacks and an ice cream bar. Each participant needs to register. Registration deadline is Sunday, January 26.

Date: February 7

Time: 6 - 8 p.m.

Fee: VIP \$10, Reg \$15

Ages: 3+

Location: Golf Course

## Mother Son Dance

\*New this Year!\* We have all heard of Daddy Daughter Dances, but moms, we want you to join in on the fun! Bring your handsome little gentleman for a night full of music, dancing, a professional photo booth, snacks, and an ice cream bar. Each participant needs to register. Registration deadline is Sunday, January 26.

Date: February 8

Time: 6 - 8 p.m.

Fee: VIP \$10, Reg \$15

Ages: 3+

Location: Golf Course

## Fish Tales

Looking for a fun way to spend your late morning with your toddler? Join us at The Pointe for story time, a craft/experiment and a light snack before heading to the pool for Little Splashers. Guardians must accompany their child for the entire time of the program including being in the water actively supervising their child in Little Splashers.

Dates: February 13 - May 28

Days: 2nd & 4th Thursday

Times: 9:30 - 11:30 a.m.

Fee: VIP \$40, Reg \$45

Ages: 0.5 - 5

Location: The Pointe

## Rock N Roll Bingo

Come out and support Ballwin Parks and Recreation at the First Annual Rock N Roll Bingo! Do you consider yourself a music expert? Apply that knowledge to the rapid fire song clips that replace traditional letters and numbers on your bingo card. Registration is by table. Beer and soda will be provided. A cash bar is available for other drinks and bring your own snacks.

Date: March 6

Time: 6 - 11 p.m.

Fee: VIP/Reg \$160

Ages: 21+

Location: Golf Course

## Kids Night Out

NO PARENTS ALLOWED!! We will have a blast playing games, doing arts and crafts, and swimming. Pizza and drinks will be provided as a snack. Pre-register required online or at The Pointe. Day of registration will not be taken. Please bring a swimsuit & towel.

Dates: March 13, April 10

Time: 6 - 9 p.m.

Fee: VIP \$10, Reg \$12

Ages: 7-12

Location: The Pointe

## Spring Break Camp

Spend spring break at The Pointe! Children will participate in themed days that include sports, arts and crafts, games, swimming, and more. Be sure to bring a lunch, swimsuit, and towel. Club AM is available from 7-9 a.m. (VIP \$25/Reg \$30) and Club PM is available from 4-6 p.m. (free but must pre-register).

Dates: March 16 - 20

Times: 9 a.m. - 4 p.m.

Fee: VIP \$140, Reg \$160

Ages: 5 - 13

Location: The Pointe

## Adult Egg Hunt

Adult Egg Hunt and Bonfire at Schroeder Park! Bring your flashlight, basket, and refreshments. This event is co-hosted by the parks and recreation departments of Ballwin, Manchester, and Ellisville. The egg hunt will be held rain or shine. To register, please see the Manchester Parks and Recreation website or call (636) 391-6326. \$8 per person until March 27th, then \$12 per person. Check in begins at 7:30 p.m.

Date: April 3

Time: 7:30 - 10 p.m.

Fee: VIP/Reg \$8

Ages: 21+

Location: Schroeder Park

## Youth Easter Egg Hunt

Ballwin Parks and Recreation is proud to present the 2020 Youth Easter Egg Hunt. The hunt will take place at Vlasis Park beginning at 10 a.m. SHARP! The Easter Bunny will be on hand for pictures so make sure you bring your camera! Registration is not required.

Date: April 4

Time: 10 a.m. SHARP

Fee: VIP/Reg FREE

Ages: 2-7

Location: Vlasis Park



## Underwater Egg Hunt

Join us for a pool egg hunt! Grab your swimsuit and towels and get ready to hunt underwater for eggs. Children will have the opportunity to win awesome prizes and candy. After the hunt, kids can swim and listen to the latest tunes. Swimmers, please check in at the front desk between 7:30 - 7:50 p.m. Parents, if you are planning to stay, please watch the activities from the observation deck or designated area. Age groups will be 8-10 and 11-14. 8-10 group will start at 8 p.m. and 11-14 years old will start at 8:15 p.m.

Date: April 4  
Time: 8 - 9:30 p.m.  
Fee: VIP \$5, Reg \$10  
Ages: 8 - 14  
Location: The Pointe

## Family Nerf War

Grab your friends, family, and head to The Pointe for this exciting event! Each participant needs to bring a Nerf gun. Soft tip darts will be provided along with safety glasses. Light snacks and drinks will be served at the end.

Date: April 18  
Time: 9 - 11 a.m.  
Fee: VIP \$8, Reg \$10  
Ages: 4+  
Location: The Pointe



## Tons of Trucks

Come join us in the Ballwin Target parking lot for a day of family fun with an up-close look at some very BIG vehicles. The parking lot will be filled with trucks and other vehicles of all shapes and sizes for you to admire, wander around, climb on and sit in! There will be a siren-free, quiet hour from 1 - 2 p.m. See you there! Registration is not required.

Date: April 18  
Time: 11 a.m. - 2 p.m.  
Fee: VIP/Reg FREE  
Ages: All  
Location: Ballwin Target

## Dirty Spokes

The 10th Annual Dirty Spokes mountain bike race is on the trails of Castlewood State Park. This race is open to all skill levels. Helmets are required and course maps may be downloaded at [www.ballwin.mo.us](http://www.ballwin.mo.us).

The race is divided into three categories:

- Category A: Reserved for the advanced, experienced rider.
- Category B: Reserved for the intermediate rider.
- Category C: Reserved for the beginner.

Register by Sunday, March 29 to guarantee your shirt size. Registration fee is \$30 through March 29th and increases to \$40 on March 30th.

Pre-registration ends Friday, April 24 at 12 p.m. Race Day Registration begins at 7:30 a.m. Need volunteer hours? Email [matt.struemph@ballwin.mo.us](mailto:matt.struemph@ballwin.mo.us).

Date: April 26  
Time: 9 a.m. - 12 p.m.  
Fee: VIP/Reg \$30  
Ages: 10+  
Location: Castlewood



## HabitNu

Make lasting lifestyle changes with HabitNu's Medicare approved Diabetes Prevention Program. You will have the support of a lifestyle coach and a small group of individuals sharing the same challenges and goals as you. HabitNu is a fully covered benefit for Medicare Members. Take a short quiz at [habitnu.com/pointeatballwincommons](http://habitnu.com/pointeatballwincommons) to start.

Dates: Tuesdays (ongoing)  
Time: 3 - 4 p.m.  
Ages: All

## Additional Programs

### Youth

Ballet, Tap & Jazz  
Get Golf Ready: Jr (see p. 24)

Hip Hop Dance  
Infant Self Rescue (see p. 28)  
Tennis: Future Stars

Tennis Jr  
Tiny Toes Dance  
Summer Camps (see p. 26)

- Camp Little Feet
- Day Camp
- The Middle Camp
- Harry Potter Camp
- Spa and Fashion Camp
- Let's Get Chemical Camp
- Basketball Camp
- And more!

Group Swim Lessons (see p. 28)

- Seahorse
- Tadpoles
- Barracuda
- And more!

### Family

Balance Barre  
Basic Training

Golf Open House (see p. 24)  
Parent/Child Golf Tournament (see p. 24)

Pickleball  
Red Cross Lifeguard  
Taekwondo: Beginner  
Taekwondo: Intermediate  
Tennis Adult: Beginner

### Adult

Ballwin Historical Commission Meetings (see p. 12)  
Bridge Club

Get Golf Ready: Adult (see p. 24)  
Lunch and Bingo  
LOAP  
Mixed Couples Scrambles (see p. 24)  
St. Pat's Open (see p. 24)  
Valentine's Yoga Workshop

Visit our website to find more information on, or to register for, one of the programs listed above. For additional program information, please contact our Parks and Recreation department at (636) 227-8950.

# Ballwin Golf Course

## St. Pat's Open

This annual, 18-hole, three-person team scramble is a fun way to celebrate the upcoming St. Patrick's Day Holiday. The entry fee includes carts and greens fees, food and beverages, and prize fund. With an anticipated full field, the scores will be broken into three flights for triple the chance of winning. Put on your favorite green costume and come out and enjoy the day! Register online at [www.ballwin.mo.us](http://www.ballwin.mo.us). The tournament can be found under the Activity Registration tab.

Date: March 14  
 Time: 10 a.m. (shotgun start)  
 Fee: \$165 (per 3-person team)  
 Ages: 18+  
 Location: Ballwin Golf Course

## Get Golf Ready: Adults

Ready to learn to play golf this year? If so, these five sessions are for you. Taught by Ballwin's PGA Professional, David Furlong, these sessions will cover everything you need to learn to get you started: rules and etiquette, grip and stance, alignment, putting basics, chipping and pitching, as well as the full swing and getting the ball to go to your target. Clubs can be provided upon request. Each participant will need to provide their own range balls (med. bucket \$10). Register online.

Dates: March 21 - April 18  
 Day: Saturday  
 Time: 9 - 10 a.m.  
 Fee: Res \$89, Non-Res \$99  
 Ages: 18+  
 Location: Big Bend Golf Center

## Ballwin Golf Course Open House

As our way of saying "thank you" for choosing our course – enjoy 50% off greens fees all weekend. There will also be free snacks and beverages along with hourly drawings for prizes and free rounds of golf.

Dates: April 4 - 5  
 Time: 8 a.m. - 4 p.m.  
 Ages: ALL  
 Location: Ballwin Golf Course

## Get Golf Ready: Juniors

Get Golf Ready Juniors is designed to get aspiring junior golfers out onto the course in four easy lessons. Rules and etiquette, grip and stance, alignment, putting, and how to send the ball to the target with a correct swing will all be covered. Each participant will need to supply their own range balls (med. bucket \$10). Clubs can be provided upon request. Register online.

Dates: Various (see online)  
 Time: Various (see online)  
 Fee: Res \$59, Non-Res \$69  
 Ages: 8-18  
 Location: Big Bend Golf Center

## Tuesday Junior League

This is for junior golfers (age 12-17) looking for more than a scramble format! Each week will have challenging individual and team events for fun and prizes! Some golfing experience and rudimentary knowledge of the rules is required. This league is on Tuesdays (June 9 - July 28). Time, fees, and more detail can be found on our website.

## Mixed Couples Scrambles

Teams will need two male and two female golfers. The nine-hole, scramble format allows golfers of all skill levels to have fun and enjoy being out on the course. Applicable greens fees, cart fees and tournament fees are all payable on the day of the event. Pre-registration is required, entries close at 5 p.m. on the Friday before. Call the Pro Shop at (636) 227-1750 to register

Dates: April 19, May 17, more!  
 Day: Sunday  
 Time: 2 - 4 p.m.  
 Ages: 18+  
 Location: Ballwin Golf Course

## Parent/Child Tournament

Come out and play in our "New" Parent/Child Tournament on Saturday June 20! All ages are welcome! It is a nine-hole, two-person, alternate-shot event with tee times starting at 10 a.m. The format: both players tee off, select the best tee shot and then the team member whose ball is not selected hits the second shot. Continue alternating between the two players hitting the ball and advancing it towards the hole.

Date: June 20  
 Time: 10 a.m. (tee times start)  
 Fee: \$20 (per 2-person team)  
 Location: Ballwin Golf Course

## Monday Junior Scrambles

On selected Monday afternoons (June 8 - July 27) we will be hosting junior, nine-hole, scramble events for interested juniors. Both male and female golfers (10-17) of all skills are welcome to play. Time, fees, and more detail can be found on our website.



#### Course Fees

Visit [www.ballwin.mo.us/Fees/](http://www.ballwin.mo.us/Fees/) to view our current Ballwin Golf Course fees. As of January 1, 2020, we have added a new “Hero” discounted rate for all Police, Fire, EMS, Veterans, and Active Military Personnel.

#### Permanent Tee Times Available Now!

Pre-book your favorite tee time and enjoy it all season without the hassle and stress of booking each week or waiting for the tee sheet to open for that day. A limited number of times are available on Saturday and Sunday mornings. To get your permanent tee time you must have four golfers and the cost is \$200 for a nine-hole time (for the foursome) and \$300 for an 18-hole time. The Permanent Tee Time Season runs from the first Saturday in April to the last Sunday in October. Call PGA Professional David Furlong for more information at (636) 227-2532.

#### Junior Golf and Swim Pass

Unlimited swimming at North Pointe pool and unlimited golfing at the Ballwin Golf Course this summer are available with the Junior Golf and Swim pass (valid May 4 – September 3). The passes go on sale April 1, 2020 for ages 17 and under. The cost is \$241 for residents and \$309 for non-residents.

**333 Holloway Road  
Ballwin, MO 63011  
(636) 227-1750**

#### Upcoming Hours

##### **February**

Weekday - 10 a.m.  
Weekend - 10 a.m.

##### **March**

Weekday - 9 a.m.  
Weekend - 8 a.m.

##### **April**

Weekday - 8 a.m.  
Weekend - 7:30 a.m.

# Ballwin Summer Camps



## No Cape Required: 2020

CALLING ALL HEROES... Ballwin Summer Camp needs you! The 2020 summer camp theme, No Cape Required, is centered around both iconic superheroes and our modern, everyday heroes! Each week, Day Camp, The Middle, and Camp Little Feet will follow a theme based around a different hero. Day Camp and The Middle will also go on a field trip each Wednesday and spend Fridays at North Pointe Aquatic Center.

If you're looking for a safe, affordable, convenient, and FUN place for your child this summer, look no further than the City of Ballwin! This summer, we'll be bringing back fan-favorite camps such as Harry Potter Camp and ARTVenture Camp. We'll also be introducing a ton of new camps including Let's Get Chemical Camp, Star Wars Camp, Spa and Fashion Camp, Culinary Camp, and more! Use the camp master list on the next page to see everything we have to offer this summer.

For more information on our Summer Camps, we encourage you to stop by The Pointe to pick up a hard copy of our 2020 Summer Camp Guide. An electronic version of this guide can also be accessed on our website at [www.ballwin.mo.us/summercamps/](http://www.ballwin.mo.us/summercamps/). Registration is officially open and you can register online or in person at The Pointe. Registration closes at midnight the Monday before your camp selection is scheduled to begin.

At Ballwin Summer Camps, it is our mission to provide campers with an unforgettably fun summer experience while ensuring safety, introducing new friends, encouraging physical activity, and promoting responsibility. For additional questions, contact Recreation Manager Dan Eastham at (636) 207-2357 or [deastham@ballwin.mo.us](mailto:deastham@ballwin.mo.us).

Week 1: June 1-5	Camp Little Feet	Superman/Superwoman		2-5	9am-1230pm	Neither
	Day Camp	Superman/Superwoman	Grants Farm	5-10	9am-4pm	Both
	The Middle	Superman/Superwoman	Grants Farm	11-13	9am-4pm	Both
	Aqua Camp	Superman/Superwoman		7-13	9am-4pm	Both
	Spa/Fashion Camp			7-13	9am-4pm	Both
	Basketball Camp			7-13	9am-3pm	AM
Week 2: June 8 -12	Camp Little Feet	Police		2-5	9am-1230pm	Neither
	Day Camp	Police	Epic 6	5-10	9am-4pm	Both
	The Middle	Police	Epic 6	11-13	9am-4pm	Both
	Aqua Camp	Police		7-13	9am-4pm	Both
	Harry Potter Camp			7-13	9am-4pm	Both
	Cheerleading/Dance Camp			7-13	9am-4pm	Both
Week 3: June 15 -19	Camp Little Feet	Ironman		2-5	9am-1230pm	Neither
	Day Camp	Ironman	Science Center	5-10	9am-4pm	Both
	The Middle	Ironman	Science Center	11-13	9am-4pm	Both
	Aqua Camp	Ironman		7-13	9am-4pm	Both
	Survivor			7-13	9am-4pm	Both
	Star Wars			7-13	9am-4pm	Both
Week 4: June 22 -26	Camp Little Feet	Military		2-5	9am-1230pm	Neither
	Day Camp	Military	Zoo	5-10	9am-4pm	Both
	The Middle	Military	Zoo	11-13	9am-4pm	Both
	Aqua Camp	Military		7-13	9am-4pm	Both
	Let's Get Chemical			7-13	9am-4pm	Both
	Camp Little Feet	Captain America		2-5	9am-1230pm	Neither
Week 5: June 29 - July 3	Day Camp	Captain America	Picnic/Inflatables	5-10	9am-4pm	Both
	The Middle	Captain America	Picnic/Inflatables	11-13	9am-4pm	Both
	Aqua Camp	Captain America		7-13	9am-4pm	Both
	Movie Camp			7-13	9am-4pm	Both
	Culinary Camp	Captain America		7-13	9am-4pm	Both
	Camp Little Feet	Firefighters		2-5	9am-1230pm	Neither
Week 6: July 6-10	Day Camp	Firefighters	Crestwood Pool	5-10	9am-4pm	Both
	The Middle	Firefighters	Crestwood Pool	11-13	9am-4pm	Both
	Aqua Camp	Firefighters		7-13	9am-4pm	Both
	Harry Potter Camp			7-13	9am-4pm	Both
	Tennis Future Stars			4-6	9-10am	Neither
	Tennis Camp			7-10	9-10am	Neither
	Tennis Camp			11-15	9-10am	Neither
Week 7: July 13-17	Camp Little Feet	Batman/Batwoman		2-5	9am-1230pm	Neither
	Day Camp	Batman/Batwoman	Wildwood B&B	5-10	9am-4pm	Both
	The Middle	Batman/Batwoman	Wildwood B&B	11-13	9am-4pm	Both
	Aqua Camp	Batman/Batwoman		7-13	9am-4pm	Both
	ARTventure			7-13	9am-4pm	Both
	Brick Video Game Design			7-13	9am-12pm	AM
Week 8: July 20-24	Camp Little Feet	Doctors		2-5	9am-1230pm	Neither
	Day Camp	Doctors	Bowlero	5-10	9am-4pm	Both
	The Middle	Doctors	Bowlero	11-13	9am-4pm	Both
	Aqua Camp	Doctors		7-13	9am-4pm	Both
	Set Design/Costumes 101			7-13	9am-4pm	Both
	Camp Little Feet	Spiderman		2-5	9am-1230pm	Neither
Week 9: July 27-31	Day Camp	Spiderman	DEFY St. Louis	5-10	9am-4pm	Both
	The Middle	Spiderman	DEFY St. Louis	11-13	9am-4pm	Both
	Aqua Camp	Spiderman		7-13	9am-4pm	Both
	Theater Camp			7-13	9am-4pm	Both
	Camp Little Feet	Athletes		2-5	9am-1230pm	Neither
Week 10: August 3-7	Day Camp	Athletes	Field Day/Pizza Party	5-10	9am-4pm	Both
	The Middle	Athletes	Field Day/Pizza Party	11-13	9am-4pm	Both
	Aqua Camp	Athletes		7-13	9am-4pm	Both
	Board Games/Game Show			7-13	9am-4pm	Both
Week 11: August 10-14	Aqua Camp			7-13	9am-4pm	Both

# Swim Lessons & More!



Ballwin Group Swim Lessons are designed for infants, children, and adults six months and older. The program teaches water safety skills, all four primary strokes, and much more in a safe and fun environment. Lessons are taught in a 5:1 ratio so that time is optimized with each participant. If there are more than five participants, an instructor will be added. We offer eight distinct levels on Tuesday/Thursdays and Saturdays. Saturday sessions have a ninth option with adult group swim lessons.

## Levels

**Seahorse** - Parent/Child class for children 6 months to 3 years old.  
**Tadpoles** - Beginner Level 1 for ages 3-6.  
**Clownfish** - Beginner Level 2 for ages 3-6.  
**Otters** - Intermediate Level for ages 4-6.  
**Stingrays** - Advanced Level for ages 4-6 .  
**Seaturtles** - Beginner Level for ages 7-16.  
**Swordfish** - Intermediate Level for ages 7-16.  
**Barracuda** - Advanced Level for ages 5-16.  
**Adult** (Saturday Only) - Beginner Level for ages 16 and up.

## Schedule

**Tuesday/Thursday Classes:** 4:30 p.m., 5:15p.m., and 6 p.m.  
February 11 - March 5  
March 24 - April 16  
April 28 - May 14 (six sessions)  
June 2 - 25  
July 7- 30  
September 15 - October 8  
October 20 - November 12  
December 1 - 17 (six sessions)

**Off-Season Saturday Classes:** 9:30 a.m., 10:15 a.m., and 11 a.m.  
March 14 - May 2  
September 12 - October 31  
November 14 - December 19 (six sessions)

## Infant Self Rescue

We are excited to announce that Infant Self Rescue (ISR) swim lessons will be coming to The Pointe! This class is designed to help children, 6 months old-6 years old, learn emergency survival skills for the pool. Classes will be held one on one. Questions about pricing, or for more information, should be directed to Stacy Wistuba at (636) 686-0039 or [info@gatewayisr.com](mailto:info@gatewayisr.com).

## Red Cross Lifeguard

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Contact Liz Renaud at [lrenaud@ballwin.mo.us](mailto:lrenaud@ballwin.mo.us) for more details!

8 a.m. - 5 p.m. at The Pointe  
March Class (14th, 15th, 21st, 22nd)  
May Class (9th, 10th, 16th, 17th)

## Private Swim Lessons

All private lessons are one on one with an experience instructor. Lesson times are flexible to allow the adequate scheduling and planning. Request forms are available at The Pointe Front Desk, or North Pointe during season. Call The Pointe at (636) 227-8950 for more information.

# Swim & Dive Team

We strive to promote a positive and fun environment for swimmers and divers. The Blue Dolphin Swim and Dive Team is a recreational team with an emphasis on developing basic competitive skills. Swimmers and divers, ages 5-18 years, are welcome to participate. We welcome all skill levels on our team. The team requires a swim test (25 yards) for all new members under the age of eight. The swim test will be scheduled for Saturday, May 2 at 9:15 a.m. Please note that swim team is not a substitute for swim lessons.

In order to provide the best program possible, membership will be limited to 200 swimmers and 40 divers. All of our coaches are highly experienced in coaching swimmers and divers.

Swim Team	VIP - \$130	Reg - \$150
Dive Team	VIP - \$130	Reg - \$150
Combo	VIP - \$150	Reg - \$170

Registration meetings allow new families to walk through the registration process, introduce you to our website and give you time to ask coach and parent reps your questions. After the meeting, new families are able to register for the upcoming season. Please bring your checkbook for the check hold system for volunteer shifts. Returning families are not required to attend the registration meetings but are always welcome if they wish to attend. See dates and times below!

Wednesday, April 8: 7 p.m.  
 Saturday, April 11: 10 a.m.

#### Registration Fees and Volunteer Checks:

- All Registration Fees for Ballwin Swim and Dive Team are collected at The Pointe Welcome Desk
- All Volunteer Checks (3) for \$75 each will need to be collected at the time of registration.

For more information, please contact Aquatics Manager Liz Renaud at [lrenaud@ballwin.mo.us](mailto:lrenaud@ballwin.mo.us).



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# Fitness Blog

Foresight is 2020

By Matt Struemph

Every year resolutions are made. For 2020 why not make a prediction? Be a Nostradamus for your health. A resolution is simply a statement. A prediction, on the other hand, creates a mystical tone that can inspire you to bring that prophecy into existence. Anyone can state they are planning to complete a task. When it comes to bettering your health, it's not a single task. It is the accumulation of small tasks performed over and over to attain improved health and then maintaining it. Let's touch on some daily tasks necessary to be healthier in 2020.

**Dietary tracking** is a major component of most weight management programs.

Putting the idea of weight loss aside, it's also used in other programs that focus on disease prevention. The small task of writing down everything you eat can be tedious. There are numerous tracking apps that help make those tasks less of a burden. Finding one that works for you is the goal. A study published in the Journal of Diabetes Research noted that there is a linear relationship between those that tracked their diet and weight loss. Only those that tracked consistently ( $>66\%$  of the days) lost a significant amount of weight over a year's time.<sup>1</sup> Tracking, whether it be physical activity or diet, keeps you conscious of what you are doing (or not doing) and eating and it simply works.

**Daily affirmations**, although corny to some, are a great way to get your mind right for the day or before an otherwise anxious moment. If you want to go the Stuart Smalley route and perform a whole speech for yourself in the mirror, do so. Otherwise, simply focusing on what you accomplish and giving yourself a brief reminder that you can do the tasks it takes to be healthier will make a difference. Self efficacy is part of every successful endeavor.



**Sleep** is a natural daily task we all perform. The importance of quality sleep, however, is sometimes overlooked. The Centers for Disease Control and Prevention posts statistics on all sorts of health related topics including sleep deprivation. Short sleep duration is defined as less than 7 hours in a 24 hour period. Across the board, those that regularly perform the unenviable task of short sleep duration are more likely to either participate in less healthy activities or suffer from chronic illness. Whether a causation or correlation is of little importance. The fact is, those that don't get enough sleep are less healthy. Here are some items that particularly stand out from the latest statistics (2014).....

Health Risk Factor/Condition	Short Sleep (<7 hours) Prevalence	Sufficient Sleep ( $\geq 7$ hours) Prevalence
Obesity	33%	26.5%
Physically Inactive	27.2%	20.9%
Current Smoker	22.9%	14.9%
Diabetes	11.1%	8.6%
Heart Disease	4.7%	3.4%
COPD	8.6%	4.7%

In 2020, have the foresight to become a healthier you. The road to better health has no end. Performing the proper tasks regularly will lead you where you need to be, but they must be continued to maintain the progress you make.

<sup>1</sup>The Effect of Adherence to Dietary Tracking on Weight Loss: Using HLM to Model Weight Loss over Time.-2017

# Calendar

## February

- 7 Daddy Daughter Dance
- 8 Mother Son Dance
- 10 Board of Aldermen Meeting
- 11 Ballwin Historical Commission Meeting
- 19 Lunch and Bingo
- 24 Board of Aldermen Meeting

## March

- 4 Lunch and Bingo
- 6 Rock N Roll Bingo
- 7 St. Pat's Open Golf Tournament
- 10 Ballwin Historical Commission Meeting
- 13 Kid's Night Out
- 16 Spring Break Camp Starts
- 16 Board of Aldermen Meeting
- 17 Get Golf Ready: Juniors
- 18 Lunch and Bingo
- 21 Get Golf Ready: Adults
- 30 Board of Aldermen Meeting

## April

- 1 Lunch and Bingo
- 4 Golf Open House
- 5 Golf Open House
- 7 General Municipal Election Day
- 8 Get Golf Ready: Juniors
- 10 Kid's Night Out
- 13 Board of Aldermen Meeting
- 14 Ballwin Historical Commission Meeting
- 15 Lunch and Bingo
- 18 Family Nerf War
- 18 Tons of Trucks
- 19 Mixed Couples Scramble
- 26 Dirty Spokes Mountain Bike Race
- 27 Board of Aldermen Meeting

For a complete and updated list of City events and meetings please visit [www.ballwin.mo.us](http://www.ballwin.mo.us) and select the events tab.

Planning and Zoning Commission meetings are scheduled for 7 p.m. in the board room on the first Monday of each month, subject to petitions.

Board of Adjustment meetings are scheduled for 7 p.m. in the board room on the third Wednesday of each month, subject to petitions.

The Board of Aldermen meetings are scheduled to begin at 7 p.m. on the second and fourth Monday of each month in the board room.

Please note, all meetings are subject to change. Visit our website for the most current information.



## The Kick

Artist - Sukanya Mani

In 2018, the City of Ballwin became an official member of the Creative Community Art Alliance. This group is dedicated to the development of community art in our region. Artwork will be displayed in the City through an “art on loan” program, meaning each piece will be placed for two years before moving on to its new home. This allows new artwork to rotate into our city every couple of years. Funds for this project have been provided by revenue from the Ballwin Craft Beer Festival.

Our current piece, The Kick, was created by Artist Sukanya Mani and is located outside The Pointe.

Sukanya Mani is an interdisciplinary artist with a passion in science, anthropology, and philosophy. In this sculpture, she addresses the joy of fun and play in a dynamic silhouette.

A resident of Ballwin, Sukanya created the designs on the body after multiple discussions with City staff. Each dot is painstakingly painted on the surface of the silhouette. She addresses the daily lives of our active human selves being powered and engineered by invisible forces and energies.

“I wanted to express my feelings rather than illustrate them. Each dot is a nod to the people of Ballwin, living individual lives and coming together as a community.”

The Kick will be located at The Pointe until the summer of 2020.



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