

Mayor's Wellness Challenge 2013

Are you ready to have some fun?!!! The Mayor's Wellness Challenge is back, beginning August 15th with free activities for 32 days! Sign up online at www.mountvernonwa.gov for our Wellness Challenge reminder emails that contain a wellness tip each day, and list the event for that day and the next. New events this year include: Pickleball, Geocaching, "Take your loved one for a walk", and a Volunteer Fair.

At most events, we will have an information table with a community survey. The City of Mount Vernon would like to know how we are doing! Mount Vernon residents are encouraged to fill out the 30 question survey, and then receive a Mayor's Wellness Challenge water bottle!

A big THANK YOU to our major sponsors: Skagit Regional Health & the Medical Staff of Skagit Regional Health!

* Please note that due to the large number of events scheduled, there may be changes. Check our website or sign up for the Mayor's Wellness Challenge e-newsletter for the most up to date information.

Recent changes:

- Bark Fest on August 17 has been cancelled
- KIRO Radio's Seattle Kitchen on August 17 will be from 12-3 pm
- Anytime Fitness (205 W Steward Rd, 873-8377) is a participant in Free Gym Day on August 27

Capital Improvement Plan

The City of Mount Vernon plans for the future in a variety of ways – all of which you can learn about as a member of the public.

The City's Capital Improvement Plan (CIP) is revised each year, and projects needs 6 years into the future. Since the passing of the Growth Management Act in 1992, cities are required to provide capital planning that is submitted to the city's Planning Commission and adopted by City Council. This Plan will map a future for our City that will provide a stronger tax base, improve infrastructure and basic services, and enhance quality of life for our residents and business community. With this plan in mind, the CIP projects are prioritized based on need, potential funding, and their relationship to other improvements planned in our community. (continued on page 2)



Shakespeare Northwest performs for the Wellness Challenge

Please note that there will be no Mayor's Coffee Hours during the Mayor's Wellness Challenge from August 15 - September 15, 2013

Coffee Hours will resume on Friday, September 20

Thank You

Thank you to all the businesses and groups that have partnered with the City to make the 2nd annual Mayors Wellness Challenge so awesome!

Mount Vernon Downtown Association

Skagit Valley College

Mount Vernon School District

Community Action of Skagit County

Skagit Valley Food Co-op

Skagit Regional Health

Safe Kids Skagit-Island

Sea Mar

Mount Vernon Farmers Market

Mount Vernon Boys & Girls Club

Anytime Fitness

Curves

Riverside Health Club

Urban Fitness

Mount Vernon YMCA

Mt. Baker Crossfit

Mount Vernon Chamber of Commerce

Jim Grenz & friends

Skagit Flats Farm

J4 Ranch

Ralphs Greenhouse

Living Rain Farm

Mount Vernon Senior Center

Mount Vernon Trailbuilders

Mira Vista Care Center

Tom Wenzl

Camille Drotts

Eli Ramos

Carmen Marttila

Peter Browning and family

Mayor Jill Boudreau

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(continued from page 1) Our document encompasses a wide variety of capital projects that the City of Mount Vernon plans or desires to undertake. For example, projects that enhance parks and recreation facilities, public safety, and infrastructure. The recent addition of self checkout machines at our Library is a Capital Improvement Plan project. A project for the Wastewater Treatment Plan to purchase a double walled chemical storage tank is included in the plan.



Ribbon cutting for new Library Express Checkout machines

The CIP shows a substantial future investment in capital expenditures by the City, totaling \$138,027,000. It is important to note that our CIP includes projects that are *funded and unfunded*. Additionally, when the City applies for State or Federal grants it is often times a requirement that the project is included in our CIP document. Remember, this is a planning document and includes visionary projects and basic infrastructure items. Unfortunately, most of these projects are unfunded. It is still imperative that we plan, have a vision for what we'd like to accomplish, and continue to look for funding resources to accomplish our plans.

How can you be involved? We'd like to know what priorities are important to you. For example, are better roads, better parks, or better police facilities a higher priority in your mind?

You can view the CIP plan on our website: www.mountvernonwa.gov or visit our library or finance department to read through a copy. The City Council will be reviewing the document in the next few months – remember Mount Vernon City Council meets on Wednesdays at 7pm.

Volunteer Fair

Visit us in the Haggen parking lot on Monday, August 19 for the City of Mount Vernon and Community Action of Skagit County Volunteer Fair! We have invited non-profit groups to participate from 11am – 1pm – providing information for interested volunteers. You can learn about your opportunities to give back to your community.

The Mount Vernon City Library has a great need for volunteers to help restock shelves and other duties. Would you be interested in giving 4 hours a week to help? Call 336-6209 for more information.

Skagit County Jail Permitting Process

Skagit County is moving forward with a planning process to locate a new Skagit County Jail in the City of Mount Vernon. This involves public input – and we invite you to learn more at www.skagitcounty.net OR www.mountvernonwa.gov. You may make your opinion known by contacting the Community and Economic Development Department at 360-336-6214 or email: janah@mountvernonwa.gov