



## Gibsonville Celebrates Rail Heritage

Gibsonville celebrated the Grand Opening of their revitalized Red Caboose as a train history exhibit on Monday, July 27, 2015. About 50 people attended including many dignitaries: DOT Secretary Anthony Tata, Dennis Riddell, Jon Hardister, Cheryl McQueary DOT District 7 Board member, John Spencer NC Railroad, and Mike Mills DOT. Gibsonville was once a hub of railroad activity and the refurbished caboose museum, documents where train workers would stay warm before they stepped out to place torpedoes to warn trains behind them that they were stopping ahead. Neil Bromilow Chairman of the Downtown Revitalization Committee, and Bobby Summers of Bobby's Hobbies helped with the refurbishment effort. Several Town employees were also on hand for the celebration.



Ribbon Cutting Ceremony



## Concert on the Green Series



Officer Jenkins and Sykes

The Town of Gibsonville and the Gibsonville Merchants Association hosted a "Saturday at Seven Summer Concert Series" the first Saturday of each month from May through September. These were family fun events where the public enjoyed music and interacting with Gibsonville's Police Officers.



Officers Jenkins and Sykes

## Welcome to our New Employees



Jessica Arnold—  
Library Supervisor

Jess lives in Gibsonville with her husband and two dogs. Originally from Ohio, she was raised on a produce farm and still enjoys spending as much time as she can out of doors. When she's not at the library she's probably reading a book in her hammock, working in her garden, relaxing on the front porch, or exploring country roads on the back of a motorcycle. Stop by the library sometime to say hello!

Sara lives in Gibsonville and comes to us with lots of experience in Municipal Accounting, having retired from the Town of Elon. She has a daughter Amanda and grandson Cooper who is the light of her life! Sara enjoys reading and spending time with family and friends. Welcome aboard Sara!

Sara Isley—Accounts Payable



TJ Monday—Police Officer

Welcome to the newest member of the Gibsonville Police Department! TJ comes to our agency with six years of experience in the Finance Industry. He is married with two children. TJ has wanted to be a police officer since he was a small child

## Citizens Appreciate Town of Gibsonville Employees



Officers Scott Shelton and BJ Korn

Gibsonville Police Officers **BJ Korn** and **Scott Shelton** received a compliment from **Mr. Michael Hughes** of Hillcrest Dr. in Gibsonville recently. Both officers responded to a call in which a motorcycle had fallen on the citizen. Mr. Hughes called Chief Parrish to thank Officers Korn and Shelton for their assistance and say that they had gone above and beyond the call of duty to ensure he was safe and his motorcycle was placed back inside his garage. He went on to say that in his opinion Gibsonville had one of the most professional police departments in the country. Thanks to Officer Shelton and Korn for a job well done and for their professional representation of the Gibsonville Police Department!

## Gibsonville Library 2015 Summer Reading Program



Fire Engineer Eric Apple—  
Superhero Flash Gordon

The Library hosted Summer Reading Events in July and August this summer. For four weeks, children could come hear a local hero read a story and talk about their job. Library staff would especially like to thank the **Gibsonville Police Department, Fire Department, and National Guard** for sending some volunteer heroes to participate. They helped to make Summer Reading a great success this year, with a total attendance of nearly 200 people. The kids had a great time and we hope our local heroes did, too!



Officers Korn & Shelton at the Library

On September 5<sup>th</sup>, Library staff participated in the Community Bazaar Market Day, reading train-themed stories, sending families on a scavenger hunt through the caboose, and handing out information about the library's new Story Times and contact information – including our Facebook page,

[www.facebook.com/gibsonvillelibrary](http://www.facebook.com/gibsonvillelibrary).

Our new fall Story Times started on September 16, with Miss Josie reading stories and leading crafts and activities for a variety of ages. The new days and times for these programs are:  
Pre-Kindergarten (for toddlers through age 5) Story Times on Wednesdays at 11:00 AM, and Home School Story Times (for toddlers through sixth grade) on Thursdays at 11:00 AM.

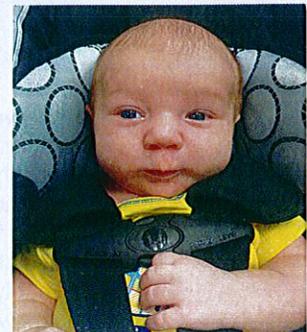
### Public Works Gets a New Logo

Town of Gibsonville Public Works vehicles are getting a new look. The colorful new Logo highlights the various functions of our Public Works Department - Sanitation, Streets and Water & Sewer are all represented.



### Kevin Graves is a Dad!

Congratulations to Officer **Kevin Graves** and his wife **Jamie** on the birth of their 9 lb. son **Holden Patrick Graves**! Holden was born on August 16, 2015, mother, dad and baby are doing fine.



Holden Patrick Graves

## TRAINING AND CERTIFICATIONS

Public Works Technician **Andy Sears** received his Class B CDL License recently. Andy was successful on the written portion and the driver's test. Congratulations to Andy!

Advanced Tech Courses  
North Carolina CDL Course



### Fire Safety Week is Coming

October 4th – 10<sup>th</sup>, 2015 is Fire Safety Week. The Fire Department does multiple classes that week and on average 30 - 35 Safety/Education events throughout the year.

Our Firefighters have been attending advanced rescue classes along with members from Mount Hope, Efland, Pleasant Garden, Greensboro, and Durham Fire Departments.



Extrication Training for Fire Department

**Ricky Wade**, Gibsonville Public Works Supervisor, recently attended a 3 day school for C-Distribution and will sit for the state exam at the end of October. Good Luck to Ricky!



### Slips, Trips & Falls Training

enviroSAFE

Envirosafe was at Gibsonville Town Hall on August 20th, to conduct Slips, Trips, & Falls training for all employees.

## 2014 Annual Benefits Statements are now Online



### Retirement Readiness Message from Steve Toole, Retirement Systems Director, NC Department of State Treasurer

It's a great time to be a part of one of the strongest pension plans in the country. As you may be aware, your employee 2014 **Annual Benefits Statements (ABS)** have been posted and you now have the opportunity to see if you are on your way to becoming retirement ready. Retirement readiness has become a mantra not just within the NC Retirement Systems, but also throughout our state and the country, as people discover the importance of helping public employees plan for a more secure

retirement. In light of that, I encourage you to view your ABS.

The ABS provides each employee with a snapshot of their projected monthly retirement benefits provided through the **North Carolina Retirement System, Social Security and, if applicable, their NC 401(k) and/or NC 457 Plan or 403(b) accounts.**

The ABS also allows employees to determine if they might possibly have a retirement income gap once they retire and, if so, provides a list of tools that may help close that gap. I believe that it is never too late to prepare for the future and, partnering with your employer, we can work together to get employees on track to replace 80 percent of

their pre-retirement income once they retire. Your agency has already had a profound impact because they offer the NC Supplemental Plans. Now I challenge you to take it a step further by viewing your annual benefits statement online. Retirement readiness success is contingent upon education, the availability of retirement planning tools like the ABS and the continued assistance of our partnering employers, like the **Town of Gibsonville**. Let's work together to take retirement readiness to a whole new level by helping close any retirement income gaps.

# 2015 Retirement Readiness Tour



My NC Retirement



Treasurer Janet Cowell extended an invitation for our employees to attend the **NC Total Retirement Readiness Tour at the Greensboro Coliseum, Oct. 7, 2015**. This is great opportunity for the **Town of Gibsonville employees** to get firsthand information on planning for retirement.

The **NC Total Retirement Readiness Tour** will feature NC Total Retirement Systems, Social Security Administration, NC State Health Plan, and State Employees' Credit Union, along with a retirement readiness planning meeting to focus on your retirement planning needs. Be sure to make the most of this experience by accessing your Annual Benefits Statement from **ORBIT** prior to the event.

The **Retirement Readiness Meeting** – set from 11am–1pm will highlight the tour. The meeting is designed to walk members step-by-step through the retirement planning process.

<b>What:</b>	<b>NC Total Retirement Readiness Tour: Triad</b>
<b>Where:</b>	<b>Greensboro Coliseum</b>
<b>When:</b>	<b>Wednesday, Oct. 7; 9:00 AM – 3:00 PM</b>
<b>Details:</b>	<b>9:00 AM – 3:00 PM Vendor Expo</b>
	<b>11:00 AM – 1:00 PM Retirement Meeting</b>

I encourage you all to take full advantage of this opportunity to learn more about planning for your retirement.



## BCBS Healthy Outcomes Program

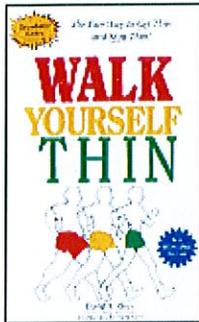
We have started on our 2015 Healthy Outcomes program. Nurse Debra has been making good progress on employees' annual bloodwork. In addition to blood sugar and lipids, the enhanced Executive Panel includes a complete blood count, Thyroid, and PSA test for men over the age of forty. The results can be used to complete your Health Assessment for this year's Healthy Outcomes! Remember employees will receive a day of PTO for meeting the target of 125 points by December 31st. Flu shots are available on Tuesdays with Nurse Debra.

## Cone Health/ ARMC October 2015 Community Events & Programs

There are several classes and workshops available to our employees and members of the community coming up in October. They are: Free Prostate Screening, Cancer Survivorship Series, Free Vascular Screening, Quit Smart Smoking Cessation Program, Weight Loss Seminar, Wellness Video-Fight Back Against Colds and Flu, Healthy Living-Food and Fitness for Strong Bones, Tuesday Night Treat Yourself. See the bulletin board at your workplace for details.

Now is the time to turn your monthly **Healthy Living Reimbursement** participation records in to Nurse Debra in order to be reimbursed for your Wellness Activity for the 3rd quarter 2015. Even if you have not completed the activity for a full three months, you can get credit for the months in which you did have participation in your chosen wellness activity. See Nurse Debra or May Hill if you need a new log for next quarter.

## “Walk Yourself Thin”



By David A. Rives

The Wellness Committee will be rolling out a walking program for Town employees. Maps and directions along with distances walked will be made available for those who would like to participate. We have also purchased “Walk Yourself Thin” by David A. Rives which will be available for employees desiring to take part in the walking program. This short book has been used by other municipalities and individuals as a fun way to get thin and stay thin. Please let us know if you are interested in a walking group either before or after work or even at lunch time. With cool weather around the corner it’s a good time to get moving! See a committee member if you have topics or ideas for Town of Gibsonville Wellness activities.

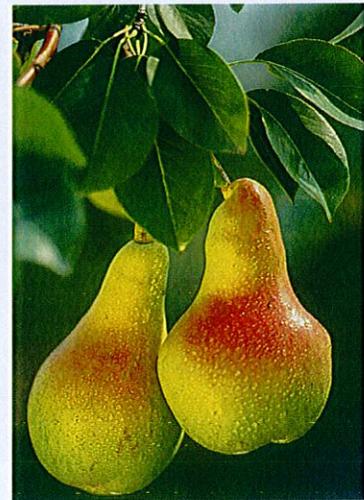
## Who to Call During an Emergency at Work

Employees who need the assistance of our Police Department during working hours should call **(336) 449-6677** or **911**. If you have a medical emergency please call **911** immediately.



## EMPLOYEE FRUIT DAY

Employees have enjoyed fresh peaches from **Buttermilk Creek Farm** this summer and handpicked nectarines from **Shirley’s Orchards** and pears courtesy of Nurse Debra. They were all nutritious and delicious – please thank Debra for picking these for us if you get a chance! As part of Gibsonville’s Wellness Activities, we hope to continue providing fresh local fruits whenever feasible. Please see May Hill or Debra Ross if you have a suggestion for an upcoming fruit day.



## Individual Nutrition Sessions

**Amy R. Hager, LDN**, a licensed Nutritionist with an office in Whitsett, NC, can help employees with their dietary needs. Amy is available for individual nutrition sessions and is in the BCBS network. One individual session counts as **40 points** towards your Healthy Outcomes. Her hours at Midtown Pharmacy in Whitsett, are Wednesdays and Thursdays from 8am – 5pm. Call her for a one on one session at (919) 272-7350. Take advantage of this wonderful opportunity to discuss how to eat to accommodate any health issues you may have. Diabetes, high cholesterol and high blood pressure, as well as being overweight are all issues that could benefit from nutrition counseling. Our BCBS coverage allows several free nutrition visits a year.

