



CITY MANAGER'S NEWSLETTER



Volume III Issue 10

March 6, 2015

AARP DRIVER SAFETY PROGRAM AVAILABLE

The Woodstock Police Department will be hosting the *AARP Driver Safety Program* on **Monday, March 16, 2015** and **Tuesday, March 17, 2015**. The classes will be held in the Training Room at the **Woodstock Police Department** located at 656 Lake Avenue. Classes will be held on each day from 10:00AM to 2:00PM. Participants *must* attend both sessions.

The AARP Driver Safety Program is the nation's first and largest classroom course designed especially for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment.

Successful completion of the course may entitle the participant to a discount on their auto insurance. Participants are charged a nominal fee of \$15 for AARP members and \$20 for non-members.

There are still places available. For more information or to register for the class, please contact **Tamara Reed** at the Woodstock Police Department at 815-338-6787.

- 2 Flooding Tips**
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JULIE ONE-CALL SYSTEM

**Know what's below.
Call before you dig.**

In 2002, the City of Woodstock was required by law to join the JULIE Illinois One Call System;

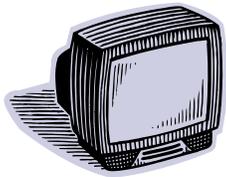
JULIE stands for Joint Utility Locating Information for Excavators. This system requires all companies who have and maintain underground utilities to be a part of this notification system. JULIE neither owns nor marks any underground lines.

Anyone planning on digging for any reason is required to call JULIE at 811, prior to the start of excavation, to request locates for the utilities in the areas they want to dig in. JULIE operates a call center where the information is received as to the location of where the excavation will take place and what type of work will be done there. This could be for a water main break, landscaping, installation of a cable drop to a home, etc... Once the call is made the caller receives a Dig #, in which they have 14 days to start their excavation. If you do not call and subsequently damage any underground utilities, you are subject to fines under State law.



The City receives requests from JULIE by e-mail during normal business hours. After 5:00 p.m. and before 7:00 a.m. on weekdays, and on the weekends, the Police Dispatchers receive the notifications from JULIE; they notify the Department of Public Works of these requests. There are two types of requests that can be made; one being a normal request in which the City has 2 business days to mark our utilities, or an emergency request which we have 2 hours to respond. On average, the City receives approximately 250 to 350 JULIE requests each month, a majority of them are completed during normal working hours Monday thru Friday.

JULIE now allows you to submit your locate requests on-line. Please go to www.illinois1call.com for all the details.



ELECTRONICS RECYCLING UPDATE

The Village of Lakewood has partnered with Universal Recycling Technologies to offer an electronics recycling site. City of Woodstock residents now have access to this Electronics Recycling drop off bin, which is located behind Lakewood's Public Works Garage at 6570 Haligus Road (toward the back of the parking lot). There is a large sign above the bin which reads "Electronics Recycling". **Items can be dropped off Monday through Friday from 7:00AM until 3:00PM.**

Acceptable items include:

- Televisions
- Computers
- Laptops
- Monitors
- Printers
- Scanners
- Fax machines
- Calculators
- Cell Phones
- Keyboards / Mice
- Radios / Stereos
- Telephones
- Cables / Power Supply Wire
- DVD, VCR & CD Players
- Microwaves



Universal Recycling Technologies, an electronics recycling company in Janesville, Wisconsin "processes all materials in full compliance with the best practice industry standards." For further information, please go to <http://www.village.lakewood.il.us/>

Go to <http://www.mchenry.edu/recycling/greenguide.pdf> for McHenry County's Official Recycling Directory, 2014 Green Guide.

If you have any questions about electronics recycling, please contact the **Department of Public Works** at 815-338-6118.

TIPS TO PREVENT FLOODING



As temperatures rise and we enter the 'rainy' season, the danger of flooding increases.

Following are a few tips to prevent flooding and minimize damage:

- Contact your insurance agent to find out if you should have flood insurance in addition to your homeowner's insurance coverage.
- Install a sump pump if you don't already have one. If you do have one, be sure that it is in proper working order by pouring some water into the pit. Also, make sure the sump pump discharge hose is cleaned out. During heavy and/or frequent rain events, sump pumps work constantly and are more prone to failure. Consider having a backup sump pump available in case your primary sump pump fails and you need to do a quick replacement.
- It's also a good idea to have a generator on hand in case of a power outage. This will ensure that your sump pump can continue doing its job.
- Before or during heavy rain events remove debris such as leaves, sticks & twigs from storm drain inlets near your home to allow proper drainage.
- Clean out your gutters and downspouts; be certain that they are free of leaves and other debris.
- Seal walls in basements with water-proofing compounds to prevent ground water or floodwater from seeping in.
- Consider having a sewer backflow valve installed to prevent sanitary sewer lines from backing up into your home through drain pipes.
- Before or during rain events, use temporary barriers such as sandbags to prevent floodwater from getting into your home.

If you have any questions, please contact the **Department of Public Works** at 815-338-6118 or pwdept@woodstockil.gov

RECRUITMENT

The following active positions are currently posted on the City of Woodstock's website:

American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides (2015 Summer Seasonal): These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Playground Program Counselors (2015 Summer Seasonal): Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Public Works Seasonal Maintenance Workers (2015 Summer Seasonal): These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Supervisors and/or Foremen for the respective divisions of the Public Works Department. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Please refer to the City's website at www.woodstockil.gov and click on the **Employment Opportunities** section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

MEETINGS NEXT WEEK...

Tuesday, March 10 – Economic Development Commission, 8:00AM, Council Chamber

Want to Start to Get Healthy with an Exercise Program?

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center. The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.**

Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 8138-4363 or visit

www.woodstockrecreationdepartment.com for more information.

REAP THE BENEFITS OF TAI CHI

In Mandarin, tai chi literally means “ultimate fist,” but there’s nothing hostile about this gentle practice. In its initial form, tai chi was a martial art; legend has it that it was developed by a twelfth century Taoist after observing a crane preying on a snake in China’s Wu Dong Mountains. Early practitioners were taught to use an attacker’s aggression against him, rather than meeting it head on. But over time, tai chi has evolved into a slow-paced exercise that emphasizes balance, strength, and flexibility.



Andrew T. Gannon, PhD, professor of biology at Birmingham Southern College in Alabama, teaches a martial arts course that incorporates tai chi and has been an enthusiastic practitioner for three decades. “Tai chi is considered a soft martial art since the focus is on internal power—using your mind in a focused way—rather than external or physical force,” he explains.

Tai chi movements are performed in a smooth, continuous fashion some describe as dance-like. Practitioners follow a teacher and move their arms rhythmically as they shift their weight from one leg to another. The benefits of this low-impact, weight-bearing activity includes:

- Increased flexibility and muscle strength
- Better stability from improved balance
- Improved sleeping patterns
- Pain relief in joints from diseases like osteoarthritis
- Stress relief

“In my experience as a teacher, the biggest rewards of tai chi come when you start to feel the effects of aging,” says Gannon, who adds that it’s fairly common to see groups of older folks participating in tai chi every morning in parks near Asian communities. “Tai chi is a wonderful way to improve coordination and balance since the movements enable the muscles in the legs and hips to function in a more coordinated manner.”

Research on Tai Chi

Scientific research on the health benefits of tai chi has been limited but noteworthy. In the US, several studies have identified tai chi’s ability to help prevent falls and increase heart health in the elderly. Gannon says some studies have indicated that tai chi enhances recovery from heart surgery and may help patients with chronic obstructive pulmonary disease (COPD). “It’s also been shown to be helpful for Parkinson’s patients and other people suffering from balance problems.”

In addition, the National Center for Complementary and Alternative Medicine (NCCAM, part of the US Department of Health and Human Services) notes that tai chi may help improve older people’s immune systems and a review of research found that the practice helped reduce study participants’ blood pressure.

Getting Tai Chi Into Your Life

Gannon, who started tai chi in his 20s, says it can be practiced at any age but is especially well suited to older individuals because it is gentle and low impact. “The other advantage is that tai chi requires no special equipment and can be done indoors or out,” Gannon explains. “It’s also inexpensive, which is another big plus.”

In fact, the toughest part of studying tai chi may be finding a good instructor, since the practice is not regulated by any government agencies. In traditional tai chi, instructors are trained by a tai chi master, and even though more than two million people participated in tai chi last year, according to NCCAM, teachers do not have to be licensed.

So what’s the best way to find a qualified teacher? Gannon recommends good, old-fashioned word-of-mouth: “Other people’s recommendations are often the best way to go about it, but to be sure the instructor is right for you, you need go to a few classes and see how it feels,” Gannon advises. “Talk to any potential instructors and be sure they are interested in helping you improve yourself, because that is what tai chi is meant to do.”

Gannon starts his day with a short tai chi session because, like many practitioners, it makes him feel great. “Tai chi requires patience to learn the movements, but it’s worth the investment of time. Give it a year and you will enjoy more increased and peacefulness,” he says. “I started tai chi as a way to improve the flow of my martial arts practice, but 30 years later, I value the energy and peace tai chi brings me much more than when I started.”

Perhaps one of his students described it best when he said, “Doing tai chi is like taking Valium, except you have energy.”

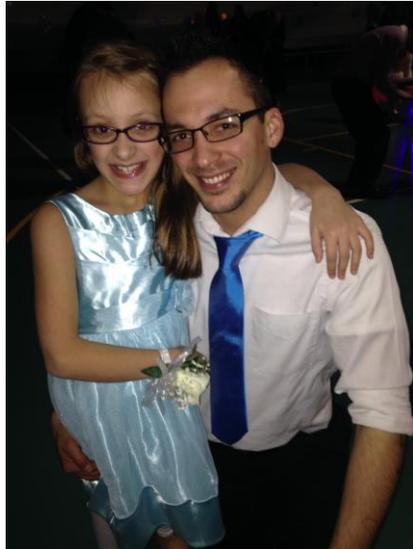
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Fortune befriends the bold.

[Emily Dickinson](#)

THE REC CENTER IS TRANSFORMED INTO A WINTER WONDERLAND FOR THE DADDY/DAUGHTER DANCE



Pictured are David and Sage Rowe, who were one of over 80 couples who danced the night away at the **Recreation Department's** *"Winter Wonderland" Daddy/Daughter Dance* on Saturday, February 28th at the Rec Center gym and multi-purpose room.

The night included a variety of snacks and sweets. Dads and daughters alike danced to fantastic music by Music in Motion DJs. Each couple will receive a photo taken by DeWane's Studio.

This was the 11th year the **Recreation Department** hosted the dance and participation was as popular as previous years.

After the event a parent posted on the Woodstock Recreation Department's Facebook page the following statement, *"My husband said that Woodstock Rec went all out. He was very impressed! He had attended two similar events at the BIG gyms and they did not do as wonderful of a job as you all did. Thanks again to all who were involved with this event."*

This event was coordinated by **Program Coordinator Renée Torrez** and was a success due to the help of several Recreation Department staff and volunteers. Many thanks to **Program Coordinators Becky Vidales and Alan Dunker, Recreation Center Manager Mary Lynn Lisk, Recreation Center Front Counter Staff Ron Schmitt, Karina Fuentes, Jorie Karafa, Erin Sarich, Jessi Bloniarz, Leah Baird, and Ruby Santana, and volunteers Maya Torrez, Kellyn, Kiara, and Kyla Carey** all of whom volunteered their time to help set up, serve food and clean up after the dance. The dance is a success due to all of their time and talents!!

DADDY DAUGHTER DANCE PICTURES





You are cordially invited to join Chief Robert Lowen at the Woodstock Police Department for coffee, conversation, and an informative program.

Hans Mach, Development Director at Turning Point Domestic Violence Agency and Chairman of the Continuum of Care to End Homelessness in McHenry County will present a program on homelessness in McHenry County.

Coffee with the Chief



Monday, March 9, 2015
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.

McHenry County Department of Health

Prostate Cancer Screening

Cost: No Charge

The McHenry County Department of Health is offering the Prostate Antigen Screening (PSA) for no charge through a grant from the Illinois Department of Health. The test is being offered to all men age 50 and above. For men over age 70, PSA testing is recommended only if they are in excellent health and have a life expectancy of 10-15 years. Men ages 40-49 should be screened ONLY if they are African American or have an immediate family member with a history of prostate cancer. The screening will also include Heart Age analysis and general health education information. Fasting is not required.

Date/Time	Day	Name	Location
3/4/15 9:30-11:30am	Wednesday	Cary Library	1606 Three Oaks Road Cary, IL 60013
3/6/15 3:30-6:00pm	Friday	McHenry County Department of Health Woodstock	2200 Seminary Avenue Woodstock, IL 60098
3/18/15 4:00-6:00pm	Wednesday	McHenry County Department of Health Crystal Lake	100 N Virginia Crystal Lake, IL 60014
3/28/15 9:00-11:00am	Saturday	American Legion	1101 W Algonquin Rd Lake in the Hills, IL 60156
4/2/15 4:30-6:30pm	Thursday	Greenwood Township	5211 Miller Road Wonder Lake, IL 60097
4/15/15 2:30-5:30pm	Wednesday	McHenry Veterans Association	5330 W Elm Street McHenry, IL 60051
4/16/15 5:00-7:00pm	Thursday	Harvard Library	900 E McKinley Harvard, IL 60033

Appointments can be made online at www.mchd.info or by calling 815-334-4851.



McHenry County Department of Health

Dell recommends Windows.



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