



CITY MANAGER'S NEWSLETTER



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SCHOOL DAYS

The **Department of Public Works' Street Division** has been updating street signs in preparation for Woodstock schools to open their doors on Monday, August 17th.

The Street Division checked signs throughout each school zone. Crews have replaced eight faded "School Zone", "School Zone Ahead", and "End of School Zone" signs.

Should you notice any issues with street signs throughout town, please contact the Department of Public Works at 815-338-6118 or pwdept@woodstockil.gov

Have a safe and happy school year!



POLICE ANNOUNCE AUGUST TRAFFIC ENFORCEMENT INITIATIVE



The **Woodstock Police Department** has announced that the Special Traffic Enforcement Initiative for August will target crosswalk and stop sign violations. As always, the

ultimate goal of the initiative is two-fold, both to prevent injuries that may occur as a result of dangerous driving behaviors such as failure to come to a full stop or yield the right-of-way, and to encourage motorists to voluntarily comply with traffic laws.

With school starting on Monday, August 17th for District #200 and on Thursday, August 27th for Marian Central Catholic High and St. Mary Elementary Schools, it is especially important to pay attention to stop and yield signs, and crosswalks as many students walk or ride bicycles to school each day.

Questions regarding this or any other traffic enforcement issue should be directed to **Sergeant Rob Pritchard** at 815-338-2131 or at rpritchard@woodstockil.gov.

MEETINGS NEXT WEEK...

Tuesday, August 18 – City Council, 7PM, Council Chambers

Wednesday, August 19 – Transportation Commission, 7PM, Council Chambers

2. Mosquito Control
3. AARP Driving Program
4. Walnut/Ash Improvements
5. Fence Repairs at Emricson
6. Playground Program
- 7.-8. Loving Exercise

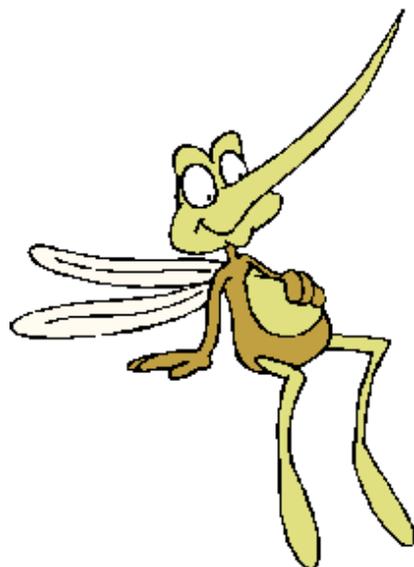
CITY-WIDE MOSQUITO CONTROL

The City of Woodstock has administered an annual Mosquito Control Program for a number of years. The City's program has been contracted through Clarke Mosquito Control which has proven to be a huge benefit. The City's annual Mosquito Control Program has two main components; larvae control and adult population control. The mosquito larvae control portion of the program is the most effective in reducing the mosquito population by killing the larvae before it hatches. Here in Woodstock, larvae treatment is in the form of four (4) applications throughout the year of a slow release tablet that is dropped into 2,300 storm sewer inlets / structures and 15.5 acres of designated open water and standing water areas on public property within the City. Another component of the annual mosquito abatement program is adult mosquito control. The most effective way to control adult mosquitoes is with a spray, but that spray has to physically make contact with the nuisance mosquito in order to kill it. As a result, spraying is limited to those periods when the majority of the public is complaining about nuisance mosquitoes affecting their quality of life. Adult mosquito spraying will only reduce the number of nuisance mosquitoes for a brief period of time because after the event, mosquitos hatch and others may simply just move into the area.

Thus far in 2015, Clarke has completed three larvae treatments to catch basins throughout the community, three back pack larvicide applications to mosquito breeding sites, and two city- wide sprayings for the control of adult mosquito populations. City wide sprayings were authorized on June 29th and August 5th. Despite the City's efforts, Clarke has confirmed that mosquito populations throughout McHenry County remain high. As a result, the City has authorized a third spraying for adult mosquitoes which is scheduled for next Tuesday, August 18th. The only thing that may delay a spray event would be rain. If that occurs, the application would be deferred to a later date that week.

For your own protection from these pests, it is recommended that you use insect repellent for extra protection.

For further information about Clarke Mosquito Control, such as services and products for home use, go to their website <http://www.clarke.com/>



McNPNC MIXER SET FOR STAGE LEFT CAFÉ NEXT WEEK

Area non-profits are invited to a new networking group mixer designed to connect programming partners, reduce costs and maximize results, to serve McHenry County residents better! McNPNC, McHenry County Non-Profit Networking Coalition, will meet next at Stage Left Café on the Woodstock Square on Thursday, August 20th from 5-7pm. Registration is appreciated at: dmorgan.maneinheaven@gmail.com.

Grant Writer Terry Willcockson participated on the Steering Committee for this start-up venture, based on previous experience with collaborative programming when serving with the City of Chicago Cultural Affairs Department many years ago. The positive benefits resulting from collaborative public service agency interaction can be seen in projects the City has done recently with The Land Conservancy, at Ryder's Woods and at the Hennen Conservation property, and with D200, to mentor students working on designing the wetlands walkways for the Donato Conservation area. Any City Department members wishing to connect with non-profit leaders from around the County are encouraged to attend!



Nothing makes a person more productive than the last minute.

Unkown

AARP DRIVER SAFETY PROGRAM AVAILABLE

The **Woodstock Police Department** will be hosting the *AARP Driver Safety Program* on

Monday, September 21, 2015 and **Tuesday, September 22, 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 is still room available. For more information or to register for the class, please contact **Tamara Reed** at the Woodstock Police Department at 815-338-6787.



CITY EARNS CDBG GRANT TO MAKE IMPROVEMENTS TO WALNUT/ASH AREA

The City of Woodstock has been awarded a grant totaling \$250,157, for Phase I of a three-year plan, for the completion of storm sewer improvements to benefit an older north side neighborhood that is negatively impacted during periods of heavy rain. Several homes in the Walnut Drive/Ash Avenue area were built in a topographic “bowl”, resulting in the ponding of water in and around private property during heavy rain events. Improvements are estimated to total \$1 million, an expense the City could not afford to pursue without significant financial assistance.

Funds for this project were awarded through the Federal HUD-sponsored Community Development Block Grant (CDBG) program that is administered locally by McHenry County’s Planning & Development Department. CDBG funds are made available to improve the lives of residents specifically in low/moderate income areas, and storm water management projects are an identified priority in McHenry County’s 5-Year Consolidated Plan. As submitted by **Grant Writer Terry Willcockson**, the competitive application for the Walnut/Ash Storm Sewer Project scored a 98% rating, increasing the chances that Phases II & III are also likely to receive CDBG funding to ensure the project’s successful completion.

The project includes adding storm sewer piping from the affected area at the intersection of Walnut & Ash, down adjoining Tappan Street, to allow drainage into Silver Creek one mile north. Infrastructure projects of this size and complexity are necessarily budgeted over a multi-year period. Engineering for the Walnut/Ash project has begun and construction on Phase I is planned to commence next spring. CDBG funding is available in annual cycles and will be pursued for Phases II & III, with continuing sections of piping completed in 2017 and 2018. Residents will recognize the benefit of these improvements once completed, however during periods of heavy rain, precautions should still be made to protect private property from flood damage.

HR NEWS

RECRUITMENT

Assistant Public Works Director: The City of Woodstock is now seeking candidates for the position of Assistant Public Works Director. This position reports to the Public Works Director and is responsible for directing, training, planning, assigning and supervising the Public Works Superintendents with the goal of assisting the Director in managing the department. The position shall be required to perform the Director’s duties in his/her absence. The position shall provide general oversight and management for maintenance and construction projects related to the maintenance of vehicles and equipment, buildings, public rights-of-way, snow removal, parking lots, forestry, parks, sewer collection, water distribution, wastewater treatment, water treatment, and storm water systems.

Minimum qualifications: Bachelor’s degree in Public Administration, Business Administration, Civil Engineering or related field, with three (3) to five (5) years public works experience, or any combination of education and experience that provides equivalent knowledge, skills and abilities. Engineering background preferred but not required. A valid motor vehicle operator’s license and good driving record required. Salary Range for the position is \$72,330.54 (minimum) - \$92,318.86 (midpoint) - \$112,329.78 (maximum) with excellent benefit package.

Application Deadline: Friday, August 28, 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 opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

FENCE REPAIRS ON BALLFIELDS AT EMRICSON PARK

The City initiated fence repairs on fields B, C, and Dream at Emricson Park. Over time, frost heaves the concrete poured around the fence posts to a point that they become hazardous to those utilizing the fields. Fence was repaired this past week via the setting of new posts and resetting of fence fabric. The City's first priority is safety, and these repairs will allow for safer playing conditions on the fields throughout Emricson Park.



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



ANNUAL MAINTENANCE PROJECTS UNDERWAY AT REC CENTER POOL

Pictured are **Recreation Coordinator Alan Dunker** and Matt Zinnen painting the **Rec Center** pool shell this week. Last Friday, the whirlpool, pool, and sauna were closed for various maintenance procedures. During the annual summer shutdown, the following projects will or are completed:

- The pool was drained and acid washed.
- The pool shell, lap lane lines and steps were repainted.
- The whirlpool was drained and the shell acid washed.
- The whirlpool was re-grouted and sealed.
- The benches and floor in the sauna were replaced.
- Areas of epoxy floor in the men's locker room and the pool deck were repaired having been damaged when an underground leak occurred last winter.

After the requisite drying time for the pool paint and epoxy, the locker room is open, the sauna is scheduled to open Saturday morning and the pool on Monday once the water is heated and the chemicals are balanced.

During the period the pool is closed, the Rec Center water aerobics classes are being held at **Woodstock Water Works**.

PLAYGROUND PROGRAM

Over 300 Playground Program participants and their families enjoyed the festivities at the **Recreation Department's Year-End Family Picnic** held at the Main Pavilion last Friday.

Playground Program Coordinator Renéé Torrez, the Playground Program counselors, including **Site Supervisors Elissa Limbaugh, Emily Draffkorn and JD Fuller** worked diligently throughout the morning to prepare for the highly attended event. Many thanks to the **Parks Department** for all of their help.

The morning included music by Music in Motion DJ, the Counselor Challenge and plenty of pizza donated by **Papa Murphy's**.

The seven-week program, which served over 300 kids ages five to twelve, provided supervised activities including arts and crafts, sports and games, nature walks, picnics, story-time, science experiments, swimming at Woodstock Water Works, splash mornings at the Olson Park spray feature, and socializing with new friends. Participants also enjoyed a variety of guest speakers including a presentation by several **Woodstock Fire Department** staff.

The Rec Department reduces the program's subsidy by soliciting corporate sponsors. Thanks to the contributions from several businesses, over **\$3,000** was raised to offset the cost of supplies, field trips, entertainers and T-shirts for the participants.

Thanks to our sponsors **Papa Murphy's, Mercy Health Systems, Northwest Healthcare Center, Schmitt Engineering, Centegra Health Systems, Indepth Graphics, Zukowski Rogers Flood & McCardle, BMT Development INC, Frett Double Headers, and Mark Mitchell State Farm Insurance.**



5 STEPS TO LOVING EXERCISE...OR AT LEAST NOT HATING IT

We all know the benefits of regular physical activity – increased energy, better cardiovascular health, reducing the risk of heart disease and stroke and looking more svelte.



But about 80 percent of Americans don't make exercise a regular habit, and, according to a 2012 American Heart Association website survey, 14 percent say they don't like exercise.

So how do you overcome an exercise aversion? Mercedes Carnethon, Ph.D., associate professor of preventive medicine at Northwestern University's Feinberg School of Medicine, has some tips to help you incorporate exercise into your life – and maybe even learn to like it:

1. Exercise That Suits You

Find an exercise that best fits your personality, Dr. Carnethon said. If you are social person, do something that engages you socially – take a group exercise class, join a kickball team or walk with a group of friends. Or, if you prefer having time alone, walking or jogging solo might be a better fit for you. Finding a peer group is the perfect way to connect with others who share your goals, lifestyles, schedules and hobbies.

Try some of these ideas to help you get moving – at home, at work or at play.

2. Make it a Habit

It can take a little while for something to become a habit, so give yourself the time to create a regular routine. One way is to try to exercise around the same time each day. "Exercise can become addictive in a positive way," said Dr. Carnethon, who is also an American Heart Association volunteer. "Once it becomes a habit, you'll notice when you aren't doing something."

3. Build Exercise into Your Lifestyle

Be honest with yourself. If you don't live close to a gym, it may be harder to become a habit for you. Likewise, if you are not a morning person, don't plan on somehow getting up at the crack of dawn to make a boot camp class.

"The key is building activity into your lifestyle so it is not disruptive," Dr. Carnethon said.

There are many ways to fit exercise into your life, and it doesn't mean you have to make a big financial investment.

You can borrow exercise videos from the library or DVR an exercise program. Do weight or resistance training with items around your home (for example, use canned goods as light weights). Walking is great option, as well. The only investment is a good pair of shoes.

4. Do Bouts of Exercise

It's OK to break up your physical activity into smaller segments, Dr. Carnethon said. The American Heart Association recommends 30 minutes a day of exercise most days, but if that sounds overwhelming, try three 10-minute workout sessions.

You could do a quick calisthenics routine when you wake up, take a brief walk after lunch at work and, if you commute with public transportation, get off a stop earlier and walk the rest of the way.

5. Keep Going

If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.

"It doesn't take too long to get back on track," Dr. Carnethon said. "It's easy to make something a habit again. You will see same benefits before. Any little bit you can fit in will show benefits."

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LAST NIGHT FOR TWEENS AT WOODSTOCK WATER WORKS

This past Wednesday was the last night for *Tween Night* at **Woodstock Water Works**. Each week, over 100 tweens went to the pool to swim and hang with their friends.

Beginning Saturday, September 5th, *Tween Night* will move to the **Recreation Center** on the first Saturday of each month throughout the fall and winter. Tweens can swim, play in the gym, play games and participate in various scheduled activities. There is a \$4 drop in fee.

**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 815-338-4363 or visit www.woodstockrecreationdepartment.com for more information.