



CITY MANAGER'S NEWSLETTER



Volume III Issue 10

March 11, 2016

AARP SMART DRIVER COURSE AVAILABLE

The Woodstock Police Department will host the *AARP Smart Driver Course* on **Monday, March 21, 2016** and **Tuesday, March 22, 2016**. 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 2:00 PM. Participants *must* attend both sessions.

The AARP Smart Driver Course 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.



DAYLIGHT SAVING TIME STARTS THIS SUNDAY MARCH 13TH AT 2 AM

The weather begins to warm up, the birds reappear, bulbs poke out from the ground – and its time for your clocks to be set ahead one hour. Daylight Saving Time occurs on Sunday, March 13, 2016 at 2:00AM. If your clock has an Electric Time Company automatic clock controller the time will be automatically reset for you. Grab a lawn



chair and a warm blanket, have an extra cup of coffee, and await that 2:00AM reset show. Or, do what the rest of us do – check it when we get up in the morning!

Happy Spring. Contact Electric Time for an update if your clock has the old Daylight Saving Time Rules.

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RECRUITMENT

Front Desk Cashier (Part-Time) – Woodstock Recreation Center: The City of Woodstock is accepting electronic submissions for the position of **Front Desk Cashier** with the Woodstock Recreation Center. The position works up to 28 hours per week, with possible scheduling for work periods that may include: Monday – Friday 4:30AM – 9:00AM, 8:00AM – 3:00PM or 3:00PM – 9:00PM; Saturday and Sunday 7:00AM – noon or Saturday and Sunday noon – 5:00PM.

Pay rate is \$8.46 per hour; benefits include prorated vacation, holiday, and sick leave and IMRF pension.

Application Deadline: Friday, April 1, 2016 at 5:00PM.

Play Room Attendants – 2 Positions (Limited Part-Time) – Woodstock Recreation Center: The City of Woodstock is seeking limited part-time Play Room Attendants (2 positions) with the Woodstock Recreation Center. Position works up to 18 hours per week, with possible scheduling for work periods that may include: Monday – Saturday mornings 7:45AM – 11:00AM, Monday – Friday 3:45PM – 8:00PM or Sunday 9:00AM – 11:00AM. **NOTE: These are not seasonal positions; ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years.** Pay rate is \$8.25 per hour with no additional benefits. Application Deadline: Friday, March 25, 2016 at 5:00PM.

School Crossing Guard (Limited Part-Time/Seasonal) – Woodstock Police Department: The City of Woodstock is accepting electronic submissions for the position of **School Crossing Guard** with the Woodstock Police Department. **We are seeking two (2) regular School Crossing Guards and one (1) relief School Crossing Guard.** The crossing guard staff is responsible for six (6) dedicated school crossings in the City of Woodstock, providing for the safe transit of our community's children to and from school. Guards work Monday through Friday at a designated location during the school year. Most positions are scheduled in two shifts, 1 - 1 ½ hours in the early morning and 1-1 ½ hours mid-afternoon. Salary: \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, March 21, 2016 at 5:00PM.**

Water Meter Technician I – Public Works Department: The City of Woodstock is accepting electronic submissions for the position of **Water Meter Technician I** with our Public Works Department. The position performs a wide variety of manual labor duties and operates vehicles and equipment as required to read, install, and repair water meters; assists with sanitary sewer collection and water distribution maintenance; performs routine maintenance tasks; and other related duties as assigned. The position normally works Monday through Friday, 7:00AM – 3:30PM., with on-call assignments and overtime, as required. **English-Spanish bilingual ability is required for this position.** Salary: Starting salary rate is \$16.51 per hour in accordance with current Union contract. Position includes eligibility for full benefits package of group health insurance, benefit time and IMRF retirement plan. **Application Deadline: Friday, March 11, 2016 at 5:00PM.**

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

ME AND MY SHADOW

On Tuesday and Wednesday this week, the **Woodstock Police Department** hosted two high school students participating in the District # 200 *Job Shadowing Program*. Salvador Ruiz and Austin Ellegood, both interested in possibly pursuing careers in law enforcement, spent their school day “shadowing” a day in the life of a Woodstock Police Officer.

Salvador rode with **Officer Bill Lintner** and Austin spent the day with **Sergeant Dan Wesolek**. Each enjoyed a “ride along” in the Officer’s squad car, accompanying him on his calls for service and getting an up close and personal chance to see how an Officer spends his day.

City Manager Roscoe Stelford spent Thursday morning with his ‘shadow’, Kelly Read. Kelly is interested in politics and government, and she was able to spend time in several of the departments at City Hall. Roscoe explained how local government operates and how all the departments work closely together to assist the residents of Woodstock.

City Manager Roscoe Stelford, Police Chief Robert Lowen and the City of Woodstock are committed to partnering with District #200 for this worthwhile program.

Best of luck to our shadows!



PHONE SCAM

Phone scams involving callers who claim to be ComEd representatives seeking payment of unpaid bills are on the rise, according to a recent article in the [Chicago Tribune](#).

Multiple local business owners have contacted the City of Woodstock after receiving similar phone calls, concerned that others in the community will fall victim to the fraudulent demands.

As a reminder to residents, as well as the business community, ComEd does not call you for payment, nor will a representative threaten to shut off your electricity.

For additional information on how to identify a fraudulent call, here is a direct link to the ComEd website concerning phone scams:

<https://www.comed.com/customer-service/Pages/scam-alert.aspx>

If you have been targeted by the phone scammers, call 815-338-2131 immediately following the call to file a report with the **Woodstock Police Department**. If you wish to file a report on a previous incident, please contact the Police Department at their non-emergency number (815) 338-2131.

MEETINGS

Monday, March 14 – ZBA, 7PM, Council Chambers

Tuesday, March 15- City Council, 7PM, Council Chambers

Wednesday, March 16 – Transportation Commission, 7PM, Council Chambers

DEPARTMENT OF PUBLIC WORKS GEARS UP FOR SPRING!



Street Sweeping

A sure sign that spring is right around the corner is the appearance of street sweepers back out on the City's streets. Removal of debris and leaves from the City's gutters and storm drain inlets is an immediate way to make any street look cleaner and more appealing. However, did you realize street sweeping also provides the following benefits?

- Removes microscopic waste like metal and petroleum products that end up in local waterways via the City's storm system
- Increases asphalt life by removing sand and gravel before it has a chance to wear down the pavement
- Decreases the likelihood of localized flooding during heavy rain events by opening up storm drains along the curb line

The City of Woodstock has two street-sweepers. Generally, one unit sweeps the northern portion of the City and the other unit sweeps the southern portion. Ultimately, the Department aims to make four complete passes through the city each year.

Potholes

As you drive throughout the county this time of year you are bound to encounter one of winter's unwanted gifts...potholes. A pothole forms when water on the road gets underneath the asphalt and weakens it. Vehicles drive over these areas and weaken them further. If the wear and tear continues, the asphalt crumbles away forming a pothole.

You can assist the Department in the following ways:

- If you see a pothole, please call (815) 338-6118 or email pwdept@woodstockil.gov with the location.
- There might be up to two Street crews patching on any given day. If you do come across one of them, please be patient! They are in the process of making your City streets smoother and safer.



Landscape Wastes & Tree Debris

Milder weather inspires residents to begin their *outdoor* “spring cleaning”. Frequently, callers need information regarding disposal of leaves, yard debris, and small branches or limbs stored over the winter months. While the Department of Public Works does not maintain a facility to accept these items our local waste hauler, MDC Environmental Services will beginning April 1st. Residents can place yard waste consisting of leaves, weeds, or organic debris (free from soil) in brown paper bags with an orange “Landscape Waste” sticker attached (preferred method) or a 32- gallon garbage can clearly marked with a large “X” along the curb on their regular garbage day. Branches and sticks no larger than 4” in diameter and no longer than 3’ in length are also accepted. Tie all branches and sticks together with twine in bundles weighing less than 25 lbs. If you have any questions regarding disposal of landscape wastes, please visit <http://www.mdces.com/> or contact MDC Environmental Services at (815) 568-7274. You may purchase orange landscape waste stickers at the following locations:

- Woodstock City Hall – 121 W. Calhoun St.
- Department of Public Works – 326 Washington St.
- Woodstock Public Library – 414 W. Judd St.
- Jewel/Osco – 145 S. Eastwood Dr.



HR NEWS

HEALTH DEPARTMENT TO OBSERVE KICK-BUTTS DAY – NATIONAL DESIGNATION ON MARCH 16TH



WOODSTOCK IL –
McHenry County
Department of Health
joins young people in
McHenry County and
across the Country in
observing Kick-Butts
Day on Wednesday,

March 16. Kick-Butts Day is a national day of activism encouraging young people to take action and speak out against tobacco use. According to Mike Hill, Administrator for McHenry County Department of Health, “Kick-Butts Day creates a focus for ongoing efforts that take place all year long.”

Smoking is the leading cause of preventable death in the United States. According to the Centers for Disease Control and Prevention (CDC), tobacco companies do not want you to know these facts:

- Yearly, around half a million people die from a smoking-related illness – 42,000 of these are from second-hand smoke.
- One in every 5 deaths from all causes is smoking related.
- The average smoker dies 10 years earlier than a nonsmoker.
- Each day, more than 3,200 people younger than 18 smoke their first cigarette.

If the statistics haven't gotten your attention, let's talk about cost. A pack of cigarettes in today's market averages \$5.50. In one year, a pack-a-day smoker burns \$2,007. At this rate, after 35 years, the smoker sets fire to \$70,262! But cigarettes are not the only cost. Smokers often pay more for insurance than nonsmokers and spend more on doctors' visits and medications for coughs, colds, ear infections, etc.

There are many reasons to quit, but it is hard to think of one good reason to remain a smoker. As Theodore Roosevelt once said, “Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty...” Whatever your incentive, MCDH wants you to choose this year to quit. For tips to help with quitting, call Dominic at 1-815-334-4525.

2ND CHANCE OPPORTUNITY...HAWA HEALTHPOINT CHECK-UP: VISIT A LAB

For those of you and your spouses who may have missed the onsite wellness HealthPoint Checkups...It's not too late!! You still have time to visit a lab for your HealthPoint Check-up.

Who is eligible? All Employees and their Spouses on the City's Medical Plan.

What does the Check-Up include? 35-panel blood draw including Vitamin D test, PSA for men 40 years and over, and an HgA1c for anyone with an out of range Glucose Level.

Request your lab order by emailing support@healthasweage.com stating you would like to visit a lab along with your name, date of birth, and promo code 4500.

You must complete your lab visit by March 15, 2016.

HAWA PERKS

If you participated in the HealthPoint Check-Up, **March 15th** is the deadline by which 100 points must be earned to receive a full calendar year's worth of applicable premium reductions (if 100 points are earned after this date, the premium reductions will be prorated by the number of full calendar months remaining in 2016).

To obtain a 2% premium reduction, you must earn 100 points by completing the following:

- Finishing your HAWA Profile (25 points)
- Complete your Medical History (25 points)
- Complete HealthPoint Check-Up (50 points)

Questions? Contact the HR Department: **Deb Schober** at ext. 11203 or **Jill May** at ext. 11206.

Quotation

Learn to pause ...or nothing worthwhile will catch up to you.

Doug King



REC DEPARTMENT OFFERS HORSEBACK RIDING LESSONS WITH JOHN WHITE STABLES

The **Recreation Department** has partnered with Lisa White and John White Stables to offer *Youth and Adult Horseback Riding Lessons*.

The focus of the lessons is to provide our riders with confidence, self-esteem, a sense of achievement, and an understanding of horses and horsemanship in a safe environment.

As their skills develop, riders will be encouraged to participate in local academy shows where they will compete against other beginning riders.

The third session of classes for the winter/spring session started this past week.

More sessions of Horseback Riding are available in April. Youth lessons are offered on Monday and Tuesday evenings and adult lessons are on Wednesdays at 5:30PM. Registration is available at www.woodstockrecreationdepartment.com.

For more information about John White Stables, visit the website www.johnwhitestables.com.

THE HEALTH RISKS OF VAPING

Puffing on electronic cigarettes, or vaping, is a relatively new practice that's gaining in popularity, especially among young people. And while some claim it's a safer and healthier alternative to smoking traditional cigarettes, experts remain unconvinced. Here are four things you should know about vaping:



1. E-cigarettes Contain Nicotine, Which Is Addictive

It's true that regular cigarettes contain many more components, some of them—like formaldehyde, arsenic, and ammonia—quite toxic. But e-cigarettes still contain nicotine, which in addition to being toxic, is highly addictive. This is a particular worry when it comes to adolescents.

Teens may try vaping simply because ads make it seem glamorous, but they're becoming hooked in increasing numbers. Current use of e-cigarettes by middle schoolers increased from 0.6 percent in 2011 to 3.9 percent in 2013, according to Sophie J. Balk, MD, a pediatrician at the Children's Hospital at Montefiore Medical Center and professor of clinical pediatrics at Albert Einstein College of Medicine, both in New York. High schoolers saw an even bigger jump: 11.9 percent used e-cigarettes in 2013, up from 1.5 percent in 2011.

2. Vaping May Lead to Smoking Regular Cigarettes

Not only can you become dependent on e-cigarettes, you might also turn to regular cigarettes to fulfill your nicotine cravings. "There is a risk that using electronic cigarettes among nonsmokers could be the first step on a trajectory [path] towards established smoking," says Robert McMillen, PhD, associate professor of psychology and associate director of the Social Science Research Center at Mississippi State University in Starkville. "Studies of adolescents and young adults found that nonsmokers who had tried e-cigarettes were more open to trying smoking than those who had not tried e-cigarettes."

3. We Still Don't Know the Health Risks

One big problem with e-cigarettes is that many of the chemicals in them are a mystery, as are the consequences of smoking them.

"Some of these things are generally recognized as safe for ingestion, but we just don't know about inhalation," says Balk. "[E-cigarettes are] not just water vapor." The government doesn't oversee the product, and because e-cigarettes are so new, few studies explore long-term health risks.

4. Young Children Are at Risk of Liquid Nicotine Poisoning

Although toddlers aren't likely to vape, they face the very real danger of being poisoned if they ingest the liquid nicotine that's used to refill e-cigarettes. In response to the 2014 death of a New York toddler after swallowing liquid nicotine that had been left in an open container, Congress passed a bill known as

the Child Nicotine Poisoning Prevention Act of 2015, which requires liquid-nicotine containers to have childproof packaging.

The bottom line? Don't vape. "E-cigarettes are relatively new, but it's important for people to realize that there are definite hazards," says Balk. "As a pediatrician talking to teens, I strongly advise them to stay away from e-cigarettes." That's good advice for anyone of any age.

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**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.



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

Susan Borucki, Emergency Response Facilitator, McHenry County Department of Health, will present a program entitled "*Preparedness & You – Getting the Whole Community Ready.*"

Coffee with the Chief



Monday, March 14, 2016
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.



American Red Cross Lifeguard Training Certification 16 Years & Up

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.

Prerequisites:

- Must be 16 years of age
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds starting in the water,
- Swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point.
- Exit the water without using a ladder or steps.

Instructor: Leslie Behrns, ARC Instructor

Fee: \$220 Resident/\$240 Non-Resident

Location: Pool - Woodstock High School, 501 W South Street
Class – Woodstock Police Department, 656 Lake Avenue

You will be required to attend all classes listed.

<u>Day/Date</u>	<u>Time</u>	<u>Location</u>
Mon/Apr 18	8:30-9:30 pm	WHS Pool - Precourse Swim
Fri/Apr 22	6:30-9:30 pm	WPD
Sat/Apr 23	Noon-4:00 pm - POOL; 4:00-8:00 pm - WPD	
Sun/Apr 24	Noon-4:00 pm	WPD
Tue/Apr 26	7:30-9:30 pm	WHS
Wed/Apr 27	6:00-9:00 pm	WHS
Thu/Apr 28	7:30-9:30 pm	WHS

Registration Accepted online at www.woodstockrecreationdepartment.com or at Woodstock Recreation Center, 820 Lake Avenue. Please call 815-338-4363 for more information.