



CITY MANAGER'S NEWSLETTER



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POLICE ANNOUNCE OCTOBER TRAFFIC INITIATIVE



The **Woodstock Police Department** will engage in a special traffic enforcement initiative targeting center lane/median/no passing

zone violators during the month of October. This violation occurs when a vehicle travels within the center turn lane and the striped area preceding the left turn lane at an intersection.

As always, the enforcement effort is intended to educate motorists as well as reduce the number of traffic collisions that occur on our city streets because of center lane/median/no passing zone violations. The ultimate goal is to change driving behaviors and encourage motorists to voluntarily comply with traffic laws.

Any questions regarding the initiative should be directed to **Sergeant Dennis Leard** at 815-338-2131 or dleard@woodstockil.gov.

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WINDY CITY MOG – CAR RALLY

This Sunday, about ten members of Windy City MOG (Morgan Owners Group) are having a car rally and will be on the Woodstock Square. Their beautiful vehicles will be parked in front of *La Petite Creperie* from approximately 11:00AM until 1:45PM.

The group encourages spectators and welcomes questions. Come out to see this amazing display!

For further information on Windy City MOG, go to <http://www.windycitymog.org/>



TIF DISTRICT SIDEWALK IMPROVEMENTS TO BEGIN

A portion of the TIF funds will pay for sidewalk improvements in the defined area again this year. Hard Surface Contractors, LLC, has been awarded a contract to complete those improvements with work scheduled to begin Monday, October 7, 2013, weather permitting.

On Thursday, October 3, the City conducted a pre-construction meeting with the contractor to set guidelines and expectations for the work that will take place in the public rights-of-way adjacent to private property. This project is to be completed within 25 calendar days of starting.

Residents can call the **Department of Public Works** at (815) 338-6118 if they have questions or if they need additional information about this project.

AARP DRIVER SAFETY PROGRAM AVAILABLE

The **Woodstock Police Department** will be hosting the AARP Driver Safety Program on **Tuesday, October 22, 2013** and **Wednesday, October 23, 2013**. The Program will be held in the Training Room of the Woodstock Police Department located at 656 Lake Avenue. Classes will be held on each day from 9:00AM to 1:00P.M. 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 in their auto insurance. Participants are charged a minimal fee of \$12 for AARP members and \$14 for non-members.

Class size is limited to 26 participants; 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.

ALEX'S LEMONADE STAND A SUCCESS

The **Woodstock Recreation Center** and **Woodstock Water Works** will donate over \$900 in a combined effort to raise money for childhood cancer research during September Childhood Cancer Awareness Month. Woodstock Water Works held a lemonade stand this past summer and the Recreation Center raised money during a month long campaign entitled "Get Your Workout, Get the Word Out," by selling "lemons" and hosting a lemonade stand.

Proceeds will be donated to Alex's Lemonade Stand Foundation through Woodstock resident Kelly Tafoya who will run the Chicago Marathon on October 13 for the ALSF charity in memory of Hope Fuller (1997-2010).

Alex's Lemonade Stand Foundation (ALSF) emerged from the front yard lemonade stand of cancer patient Alexandra "Alex" Scott (1996-2004). In 2000, 4-year-old Alex announced that she wanted to hold a lemonade stand to raise money to help find a cure for all children with cancer. Since Alex held that first stand, the Foundation bearing her name has evolved into a national fundraising movement, complete with thousands of supporters across the country carrying on her legacy of hope.

Pictured are *Recreation Center Front Counter Staff* **Arturo Diaz** and **Scott Hicks** as they open the Lemonade Stand on Monday, September 30. Special thanks to all of the Rec Center members and staff for their generosity!



RECRUITMENT NEWS

A big City of Woodstock welcome to **Tami Soto**, who began work this week as **Telecommunicator** at the **Woodstock Police Department**, and to **Clarissa Ihssen**, who is a new **Library Shelver** at the **Woodstock Public Library**.

The position shown below remains open for application:

Seasonal Leaf Crew

The City of Woodstock has openings for temporary workers for **Leaf Crew** duties this fall. Positions work Monday - Friday, 7:00Am – 3:30PM., up to 40 hours per week, approx. 10/28 through 11/22/13. These are manual labor positions with no driving required. Candidates must possess physical strength and mobility to spend full days walking, bending and lifting. Positions pay \$11.00/hr. with no benefits. Please contact humanresources@woodstockil.gov, or visit the Human Resources Department at Woodstock City Hall, to request an application. The City reserves the right to select only the most qualified candidates for an interview. **Application deadline: Friday, 10/11/13.** EOE.

INCENTIVES TO PARTICIPATE IN CARE 4 BREAST CANCER 5K

If you plan on walking or running in the Care 4 Breast Cancer 5K on Sunday, October 20th at Woodstock North High School, register under the Woodstock Recreation Center Team and receive two complimentary day passes to the Rec Center.



As an added bonus to City employees, **Recreation Director Dave Zinnen** will donate \$10 in your name if you beat his time in the 5K.

To register, go to www.hpclinic.org and remember to register under the Woodstock Recreation Center Team.

ANNUAL EMPLOYEE SERVICE AWARDS COMING UP SOON!

Congratulations once more to all those dedicated individuals who are celebrating 5-year incremental anniversary dates as City of Woodstock employees. Email reminders were sent this week to this year's 25 service award recipients, and their supervisors, confirming their desired attendance at the public recognition opportunity with the Mayor and City Council members. This recognition will occur at the next City Council meeting on Tuesday, October 15, at 7:00PM in Council Chambers. Recipients are asked to call or email the **HR Department** and advise them if they are unable to attend this annual awards ceremony.

MEETINGS NEXT WEEK...

Tuesday, October 8 – Economic Development Commission, 8AM, Council Chambers
Thursday, October 10 – Adjudication Court, 9:30AM, Council Chambers

WHAT'S HAPPENING IN WOODSTOCK...

Saturday, October 5 – Haunted Square, Park in the Square Kids Day
Saturday, October 5- Farmers Market, 8:00AM, Park in the Square

HEALTH & SAFETY MESSAGE: SIT BACK, RELAX, CHANT "OM"

Unless you've been living on another planet, or off in a cave somewhere, it's no secret life is just a little stressful these days. Like it or not, our bodies are biologically wired to respond to stress. Our heart and breathing rates increase, and our body releases stress hormones. We also have a physical stress response when we have anxiety-inducing thoughts about the future or past. Long-term release of these stress hormones puts us at risk for heart disease, depression and digestive disorders.

Mainstream medicine is waking up to the healing powers of daily meditation; it's another resource everyone should consider trying, to both treat and prevent stressful times. Research shows that meditation reduces stress, blood pressure and pain, improves attention span and the ability to focus, and may even stimulate new brain cell growth.

There are dozens of types of meditation, but all help the mind to quiet down and heart rates to slow down. A popular type called mindful meditation has no religious affiliation. The breath is used as a guide to focus on the moment. Beginners are taught to focus on the sensation of breathing. When the mind wanders off, simply notice where thoughts have gone to, let go of those thoughts and bring attention back to the breath.

Eventually, students work their way up to 45 minutes of controlled focus. You can do it sitting in a chair or lying down. It's just important that you're comfortable and in a quiet setting. Closing your eyes is a good way to focus inwards, but it's not required. Begin by meditating a few minutes in the morning before the start of your day. Experts say, for the best results, expect nothing. It's the need to have the "perfect" experience or result that negates the purpose of letting go of stress. So, relax! All you need to do is make meditation a daily habit to reap the most benefits.

RECREATION CENTER REPLACES SAUNA HEATER

The **Woodstock Recreation Center** replaced the sauna heater this week with a new, much more efficient unit. Pictured is **Recreation Center Maintenance Staff** member **Ron Schmitt** putting the finishing touches on the installation. Hopefully, this unit gets close to the estimated 30 years of service the last unit lasted.



Quotation

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.

[Norman Vincent Peale](#)