



CITY MANAGER'S NEWSLETTER



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March 22, 2013

AND THE BEAT GOES ON...

Permanent Beat Officer Shane

Marshall will speak at the

April Coffee with the

Chief on Monday,

April 8, 2013 at 7:00

p.m. His

presentation is entitled

“Problems, Issues &

Challenges of Law

Enforcement Officers.” He

will talk about the stresses incurred, the

obstacles faced and the sacrifices made by those

who serve in law enforcement.

Officer Marshall is PBO for Beat # 24 (the southeast quadrant of the City.) He works the afternoon shift (4:00 p.m. to midnight) and has been with the department since February 5, 2004. Officer Marshall has been a PBO for 7 years, since the inception of the program and has also worked in Beats # 21 and # 23. Officer Marshall is a member of the Crisis Intervention Team (CIT); a Juvenile Officer and an Evidence Technician. He is also trained on the use of the Care Trak System and is certified in Child Safety Seat Installation. His direct Supervisor is **Sergeant Constantino “Tino” Cipolla** who coordinates and monitors the efforts of all three Beat # 24 PBO's.

Officer Marshall will also address any questions or concerns pertaining to Beat # 24. **Chief Robert Lowen** will be on hand to provide the week's highlights regarding calls for service and will gladly take questions, concerns, complaints or compliments (the latter being his favorite.)

LIBRARY NEWS...

Peeps Diorama Contest



Put your imagination to work and

coming two of life's finest

pleasures – reading and Peeps!

Find an old shoebox and use

Peeps (bunnies or chicks) to create

a diorama depicting a scene from

one of your favorite books. Prizes

will be awarded in separate age

categories. Open to all ages (yes,

even adults!) Peeps Dioramas will be on display

through April 14.

Mini-Links Thank You!

A huge thank you to all who helped

make this past weekend's Mini-

Links a huge success. Particular

thanks to all of our great

sponsors. Also, thank you to all

who came out for an exciting

18-holes of golf in the **library**.



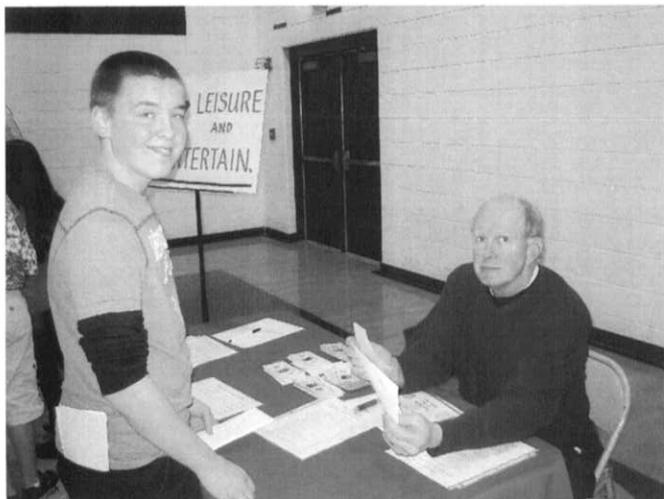
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REC STAFF PARTICIPATES IN D200 REALITY STORE



Pictured is Matt Zinnen discussing purchasing a trip to Cancun (he knows his dad won't pay for it) with **Rec staffer Ron Schmitt** at the Northwood Middle School Reality Store on Thursday. The Reality Store is a hands-on opportunity for 8th grade students to learn to budget household income and expenses based on the student's future profession, marital status, and number of children.

Students visited Ron and **Recreation Coordinator Alan Dunker** at the Leisure/Entertainment table and spent their hard-earned money on leisure activities such as vacations, movies, health club memberships, and dinner out.

MEETINGS NEXT WEEK

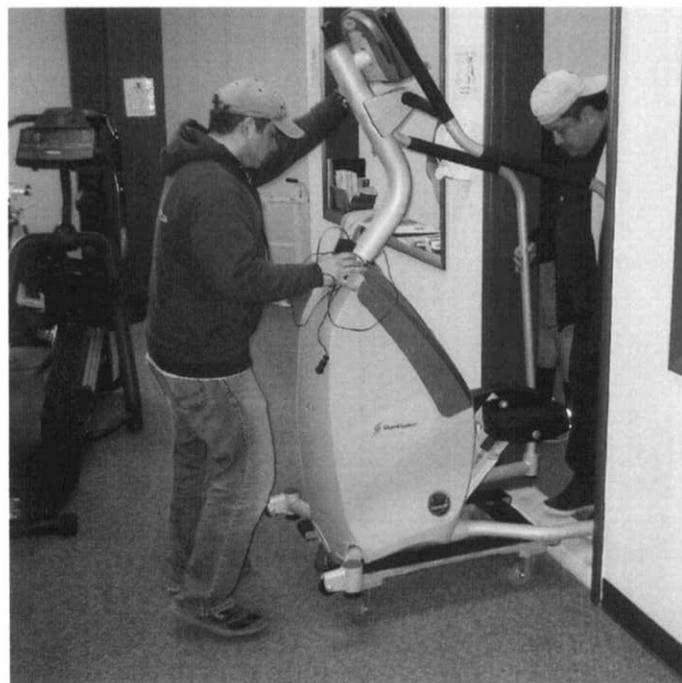
Thursday, March 28 - Plan Commission, 7:00PM,
Council Chambers

NEW EQUIPMENT AND MAINTENANCE PROJECTS COMPLETED AT REC CENTER

Pictured below is the new Stairmaster being delivered to the cardio room at the **Rec Center** last week. In addition to the Stairmaster, a new elliptical machine was also purchased and delivered. Later next month, a new treadmill will be purchased as part of the annual cardio machine replacement plan.

During the last couple of weeks a number of maintenance projects were also completed at the Rec Center. The aerobics floor and racquetball courts were refinished; an area of the pool deck that was stained and discolored was refinished; the pool drain cover was replaced to comply with Illinois Department of Public Health code; and the phone wire was installed throughout the facility for the new VOIP system.

Tomorrow the light replacement/upgrade project will be beginning and will run through next Friday.



RECRUITMENT NEWS

The executive recruitment for the position of **Public Works Director** has been posted on targeted professional and social media websites as follows:

Public Works Director

Woodstock, a charming historic community of just under 25,000 and far northwest suburb of Chicago, seeks candidates for Public Works Director. This position reports to the City Manager and is responsible for directing, developing, organizing, planning, and implementing all Public Works-related services and programs covering 7 divisions: Administration/Engineering, Streets, Parks, Sewer & Water Maintenance, Water Treatment, Wastewater Treatment, and Fleet Maintenance.

For more information about the Woodstock Public Works Director position, the position profile and how to obtain required application materials, please visit the employment opportunities section of the City of Woodstock website at www.woodstockil.gov. Application deadline: Friday, April 19, 2013, 5:00 PM. EOE.

Other Recruitment News

The recruitment for **LPT Box Office Worker/Woodstock Opera House** closes today, Friday, 3/22/13. Applications are accepted in the **HR Office** or via email until 5pm.

QUOTE

The first day of spring is one thing,
and the first spring day is another.
The difference between them is
sometimes as great as a month.

Henry Van Dyke

HEALTH & SAFETY MESSAGE: GO NATURAL & GET HAPPY

While serious depression is not something to be taken lightly, many of us may go through periods of considerable emotional distress and sadness. Medicine may be needed in long-term or critical cases, but most of us will notice overall improvement by trying some of these ideas:

- **Fish and Nuts**—sources of omega-3 fatty acids, these foods protect your brain and prevent mood swings. They also contain magnesium, which soothes the nervous system.
- **Jogging**—during aerobic exercise, your pituitary gland releases endorphins that work like opiates, and the more intense the activity, the more endorphins get released. A workout on the elliptical, bike or rowing machine works, too.
- **Vitamin B Complex**—the brain needs B vitamins to produce neuro-transmitters like serotonin and dopamine which are critical mood chemicals. Good foods include whole grains, bananas, eggs and leafy greens, but adding a Vitamin B supplement is even better. Many individuals are also found to be short on Vitamin D, which is crucial to neurological health.
- **Talk Therapy**—cognitive-behavioral therapy, sharing issues, focusing on positives, and setting goals, can be as effective as taking antidepressants. Writing about your thoughts and feelings also improves mood and outlook.

The City's health plan offers professional guidance in dealing with many of life's issues through Allied Care Solutions, at the number shown on your ID card: 1-800-440-1440. Referrals can be made to in-network counselors who can help identify problems and offer possible treatment solutions at nominal cost to covered employees and dependents.



Volunteers Needed!!

Habitat for Humanity of McHenry County is looking for volunteers to staff its ReStore— opening in Woodstock February 28th, 2013.

Habitat seeks individuals for minimum 4 hour shifts for these positions:

Cashier

Warehouse

Customer Service

Driver Helper



What is a ReStore?

A ReStore is a Home Improvement store that sells new and gently used building materials, furniture, and appliances to the public at deeply discounted prices. All proceeds go towards helping build and repair homes in McHenry County, IL.

Can You Help?

Move it, price it, sell it! There are a number of ways you can get involved at the ReStore!

Register by calling (815)334-0500 Email: volunteers@habitatmchenry.org

Or online at: www.habitatmchenry.org/volunteer