



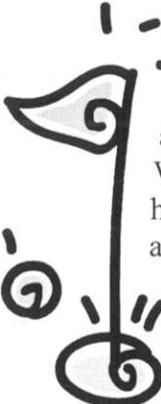
# CITY MANAGER'S NEWSLETTER



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## **LIBRARY NEWS – LET'S PLAY GOLF!**



The **Woodstock Public Library** will again be transformed by the Friends of Woodstock Public Library into an 18-hole miniature golf course on March 15 and 16. The course will travel all three levels of the library and includes a water hole, a trip up the elevator and down the back stairs. There will also be a 19<sup>th</sup> hole where anyone may stop by and enjoy a slice of pizza or a refreshing drink. This year, the event is spread over two days!

### **Library After Dark: Friday, March 15 7-9PM**

Experience the fun of Mini Links while relaxing with a glass of wine and appetizers. Must be 21 years or older to attend. Tickets are \$25 per person and may be purchased at the library front desk. Advance Ticket Sales Only.

### **Mini Links in the Library – Fun for the Whole Family: Saturday, March 16 10AM to 3PM (last tee time)**

Admission is \$5 for adults and \$3 for children 8 and under. Tickets may be purchased at the door.

### **BENEFITS CORNER: ALLIED FLEX BENEFIT CARDS TO HAVE PIN NUMBERS**

As was shared via email to most employees this week, in accordance with changing Federal regulations that are effective April 1, 2013, Allied Benefits will be assigning PIN identification numbers to each of their Flex Debit Card participants.

In the past, Flex cards could be swiped and charges signed for, similar to credit card usage, but with only specified funds available, like a debit card. New regulations require these debit cards to use PIN numbers, and signatures may no longer be needed. Allied will be contacting the **HR Department** prior to April 1<sup>st</sup> with additional information on how employees can obtain these assigned numbers.

## **FAITH IN ACTION VISITS CWTC**

The next Coffee with the Chief will take place on Monday, March 11, 2013 at 7:00PM in the training room at the **Woodstock Police Department**. The speaker will be Sarah Ponitz, Executive Director of Faith in Action of McHenry County, a non-denominational not-for-profit organization that serves seniors age 60 and over who live in McHenry County or Sun City in Huntley.

Their mission is to help seniors maintain their independence, dignity and quality of life by remaining in their own homes or the home of a loved one for as long as possible.

Volunteers provide services such as transportation to life-sustaining as well as life-enriching destinations, friendly visits, minor home repairs, yard work and short-term respite care all at absolutely no charge to the senior.

**Chief Robert Lowen** will be on hand as always to answer questions or address concerns residents may have regarding their neighborhood or the community. All are welcome to attend.

### **IN THIS ISSUE...**

- 2 PD Hosts AARP Driving Program**
- 3 Health & Safety Message**

DAYLIGHT SAVINGS TIME BEGINS AT 2AM ON SUNDAY - DON'T FORGET TO "SPRING FORWARD" THIS WEEKEND!

### **POLICE HOST AARP DRIVER SAFETY PROGRAM**



Last week, **Woodstock Police Department** hosted a two day *AARP Driver Safety Program* in their training room. Thirty participants

ranging in age from 51 to 87 took part in the refresher training that when successfully completed may entitle them to a reduction in their insurance costs. AARP Instructor Mr. LeRoy Gray led the class.

Mother Nature played a role in the proceedings as well; instead of the scheduled two day class run consecutively, the inclement weather caused a cancellation on Wednesday. The class resumed on Friday with 25 participants; the remaining 5 will make up the second day in another local class.

### **SUPER STRIKERS SOCCER**

Thirty-five kids were enrolled in the winter session of the **Recreation Department's Super Strikers Soccer** program. These classes, taught by the instructors at Skills First Soccer, covered fundamental soccer skills such as dribbling, turning, passing and shooting through a series of fun games such as Sponge Bob and Scooby Doo.

The three & four-year-old class, which had 21 participants met from 9:00 – 9:45AM and the five & six-year-old class, which had 14 participants met from 10:00 – 10:45AM on Saturdays for six weeks at the Rec Center.

Watch for more Super Striker classes in the Summer City Scene.



### **EMPLOYEES RECEIVE USEFUL INFORMATION FOR UPCOMING TURF MAINTENANCE SEASON**

**Parks Division** employees **Phil Mass** and **Tim Spring** attended a full-day seminar sponsored by Conserv F.S. This seminar was attended by professionals serving the turf maintenance and lawn care industry. Presenters who are responsible for turf maintenance at major universities, at sports fields utilized by the Chicago Cubs and Chicago Bears, the Illinois Department of Agriculture, and the Chicago Botanic Gardens shared their knowledge, experience, and general practices with those in attendance. Examples of sessions that employees attended are as follows:

- Turf stress update from drought conditions in 2012
- New engineered infield mixes for ball diamonds
- Eco-friendly alternatives for controlling weeds
- Turf weed control
- Controlling Algae and Aquatic weeds
- Utilization of granular Calcium for healthier Turf

These two employees will utilize and share the knowledge they received from this seminar with fellow employees within the Division in an effort to keep the turf within the City's 550 acres of parkland in great condition.

### **MEETINGS NEXT WEEK...**

Tuesday, March 12-Economic Development Commission, 8AM, Council Chambers

Thursday, March 14 – Administrative Adjudication, 9:30AM, Council Chambers

### **POLICE POLAR PLUNGE EARNS COLD HARD CASH**



On Sunday, February 24<sup>th</sup>, members of the Woodstock Police Department along with various friends, colleagues and family members participated in a fundraiser benefiting the Special Olympics – the Polar Plunge! Over \$2,500 was raised in support of the Illinois Special Olympics and the WPD team won 2<sup>nd</sup> place in the law enforcement division!

Plungers included: **Sergeant Constantino Cipolla, K-9 Officer Ray Lanz, Officer David Dempsey, Officer Michael Karnath, Officer Kevin Tietz** and his fiancée, Barbara Ann Pinc, **Officer Michael Niedzwiecki**, and **WPD Explorers Courtney Dalton, Stephanie Kroll and Brandy Jenkins**. McHenry County Sheriff's Deputy Theresa Harper and her guest, former Special Olympian Ryan Bates, joined the WPD team and took the plunge right beside them into icy Fox Lake.

Those in attendance to support the plungers and their worthy cause included Sandy Lamendola (Officer Dempsey's mother); Zofia Niedzwiecki (Officer Niedzwiecki's mother), Laura, Rebecca and Ray III (Officer Lanz's family); **Detective Sergeant Jeff Parsons**, his wife, Mani, and daughter, Alyssa; and Kim and Steve Kroll (Explorer Kroll's parents.)

Many thanks to Sergeant Cipolla for also organizing and leading the WPD team. Congratulations to everyone who took the plunge in support of the Illinois Special Olympics – and to those who supported them with their donations and presence!

### **RECRUITMENT NEWS**

Another friendly reminder that the period for summer **Seasonal Recreation** and **Public Works** applications is now closed. Please do not encourage friends or neighbors to call or visit regarding these opportunities, until they are posted again for application next year!

### **POLICE DEPARTMENT GOT GAME**

**Chief Robert Lowen** and fellow members of the **Woodstock Police Department** traveled on Thursday, February 28<sup>th</sup>, to the Misericordia Home in Chicago to participate in a sporting event with its residents. **Detective Sergeant Jeff Parsons, Sergeant Josh Rapacz, Detective George Kopulos, and Detective Rob Branum** joined Chief Lowen's son, **Matt**, Detective Kopulos' wife, **Brittany**, and **Monica Amraen's** son, **Steve**, to volunteer their time to play basketball with residents for a few hours. Ranging in age from their teens to their mid-forties, residents thoroughly enjoyed the interaction with police personnel and volunteers and a good time was had by all. Chief Lowen took t-shirts as gifts for the residents to commemorate the now annual event.

### **HEALTH & SAFETY MESSAGE: HAPPY IS AS HAPPY DOES**

It has often been said that "Happiness is the process, not the place." It has also been firmly established that we can in fact increase our happiness quotient throughout our lives. However, like any other life changes, this doesn't occur automatically, but with specific effort. Try these two especially effective exercises for yourself and see what happens:

- 1) Every night before going to sleep, think of "three good things" that have happened that day, and analyze why they occurred. Even skeptics report that this simple task is immediately rewarding; it erases negative thoughts, instills a sense of control of one's life, and often results in even longer lists of things we should be happy about.
- 2) A second approach requires some self-assessment. Choose 5 personal strengths—skills that have been developed over time, or innate talents that come easily and enjoyably--and then every day for a week, apply one of them in a new way. For example, use a love of literature to read at a senior citizens home, or practice sports with a younger neighbor down the block. Start a blog, or cook dinner for a group of friends. Such activities add a whole new experiential level when enjoying one's natural interests.

The positive effect of these exercises is greater the longer they are practiced, and often continues over time. Just like long-term improvements made from dieting or exercise, our outlooks can change for the better as well.