



# CITY MANAGER'S NEWSLETTER



Volume III Issue 18

May 1, 2015

## HYDRANT FLUSHING CONTINUES

The City's Department of Public Works began flushing hydrants this past week. Hydrant flushing tests fire hydrants to make sure adequate flow and pressure is available. Flushing is also done to remove sediment from water mains in order to maintain water clarity and quality. During the hydrant flushing process, water is safe to drink. Occasionally, water becomes discolored after hydrant flushing. If this happens, run your cold water tap a few minutes until the water clears. If it does not clear the first time, wait an hour or so, then run the water again. You should not wash clothes when hydrants in your area are scheduled for flushing. Hydrants will be flushed Monday through Friday for a three week period in April / May on the following schedule:

All hydrants west of IL Route 47  
April 27 through May 5  
All hydrants east of IL Route 47  
May 6 through May 15

*No scheduled hydrant flushing will take place on Saturdays or Sundays.*

If you have any questions regarding hydrant flushing, or when flushing will occur in your neighborhood, please contact the Department of Public Works at 815-338-6118, or via e-mail at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov).



## BLOCK PARTIES

The **Department of Public Works** is happy to assist residents that wish to host a neighborhood or Block Party. A Block Party application form must be submitted, with required signatures, to Public Works at least seven (7) days prior to the requested date of the Block Party. Applications are reviewed and approved on a first-submitted, first-approved basis (there is no fee involved). Once approved, Public Works will provide barricades to close the public street during the event (if desired, by the resident) along with picnic tables and trash cans for event use. For further information, or to schedule a Block Party, please contact the Department of Public Works at 815-338-6118 or via email [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov)



## MEETINGS NEXT WEEK...

Tuesday, May 5 – City Council, 7PM, Council Chambers

Thursday, May 7 – Library Board, 7:30PM, Library

- 2 Lawn Maintenance
- 3 Yard Waste Disposal
- 4 Tween Rec Night
- 5-6 Herbs for Health

## **LAWN MAINTENANCE**

Most homeowners like to have a weed-free lawn and many people apply chemicals / fertilizers to maintain this appearance throughout the summer growing season. The question is this, does a homeowner need to apply several applications of these chemicals each year in order to maintain a beautiful lawn?

The concern of this practice is the effect to our ground water supply and runoff to ponds & streams. The Department of Public Works' Parks Division has completed soil testing at several park sites that abut detention ponds and low-lying areas to actually see what the turf needs in the way of fertilizer. It was found at all sites tested that only a low-grade nitrogen application would be necessary for healthy turf. An herbicide application is used only one time in the early spring to combat dandelions and chickweed, not every month.

Did you know...

- Lawns require 1 inch of water per week to remain green and healthy.
- Grass clippings are 90% water; if left in place, these clippings return essential nutrients back to the soil.
- Over 70 million tons of fertilizers and pesticides are applied to residential lawns annually.
- Approximately 67 million pounds of synthetic pesticides are used on U.S. lawns. The average suburban lawn received 10 times as much chemical pesticide per acre as farm land.
- Up to 2% of applied pesticides can work its way through the soil and into the ground water.
- One third of all major aquifers contain pesticides.

The Parks Division has been doing their part through proper education in the use of fertilizer and pesticide use on park land to limit ground water contamination and runoff to ponds and streams. Have you, as a homeowner, been doing your part, too?



## **ALTERNATIVE MEANS FOR YARD WASTE DISPOSAL**

The McHenry County Department of Health recommends composting, mulching and selecting native plants as possible alternatives to reduce / reuse landscape waste.

By **composting** you return organic matter to the soil in a useable form. The composting process reduces material volume by 70 – 80%. Organic material in the soil improves plant growth by:

- Enhancing soil texture
- Adding nutrients back into the soil
- Increasing the soil's ability to retain water & nutrients
- Improving soil structure by adding organic matter
- Loosening heavy soils, allowing better root penetration
- Reducing the need for fertilizers

Use your mower to shred leaves into bits which will be washed down into the soil between the grass blades during the next rain. **Mulched** leaves contribute to soil health by:

- Adding nutrients & organic content
- Encouraging earthworm activity
- Preventing soil compaction
- Conserving moisture
- Reducing weeds and soil erosion

Selecting **native plants** provides the following benefits:

- Reduce pesticide use
- Reduce use of power equipment
- Enhance wildlife habitat
- Less upkeep and watering
- Benefit local wildlife
- Reduce yard work

For further details regarding landscape waste disposal suggestions, go to [www.mcdh.info](http://www.mcdh.info) search Landscape Waste Removal Services, or call the McHenry County Department of Health, 815-334-4585.



## 2015 UNITED WAY EMPLOYEE CAMPAIGN



This month the City kicked off its' **2015 United Way Employee Campaign.**

**The community needs your help.** United Way of Greater McHenry

County is the easiest and most powerful way to help your community. A gift to United Way supports programs all across McHenry County.

Donations are tax-deductible. You can even direct where your donation will be applied! Donations may be made one-time via personal check or conveniently deducted from paychecks throughout the year.

To encourage and recognize City of Woodstock employees who contribute to these worthy organizations, we are pleased to offer the 2015 United Way Pledge Prize Drawing! Winners will be randomly drawn to win:

- 2015 WWW Family Pool Pass
- 2 tickets to a Woodstock Opera House Show
- \$30 Chamber of Commerce Gift Card
- 1 additional Floating Holiday

To be eligible for the drawing, pledge forms with your personal check or payroll deduction included, **must be turned in** to the HR Department **no later than 5:00PM Monday, May 4, 2015.**

**Note:** If you are currently making payroll contributions for the **2014 campaign**, your last deduction will be with the May 6<sup>th</sup> payroll. If you would like to continue contributing for the **2015 Campaign**, you **must** fill out a **new pledge form** for the new campaign.

If you would like to make a pledge via payroll deduction for the 2015 campaign, the first payroll deduction will be on May 20, 2015 and will

conclude with the last deduction on March 30, 2016 (26 pay periods).

If you need a pledge form or have any questions, please contact **Jill May** in the **HR Department** at ext. 11206 or (815) 338-1172.

## TWEEN NIGHT SAT NIGHT AT REC CENTER



Kids in grades 5<sup>th</sup>-8<sup>th</sup> are invited to the **Recreation Department's Tween Night** on Saturday, May 2 from 6:30 - 8:30PM for a night of fun at the

Recreation Center. The pool, gym, walleyball, whirlpool, and sauna are available.

Light refreshments will be served. Please bring a swimsuit and towel if you plan on swimming.

This is a drop-in program; no preregistration required. Fee is \$4 payable at the door.

Tween events for this summer include Tween Nights at Woodstock Water Works on Wednesday nights, Junior Lifeguard Training class, Magic Waters Trip and a Teen Kayak Trip. All information is available at [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com).



## **SPRING HERB GUIDE: 11 SEASONINGS TO BRIGHTEN YOUR MEALS**



From early spring through the summer months, you'll find more and more varieties of fresh, seasonal herbs showing up in food markets, home gardens, and on kitchen windowsills. Some spring herbs are perennials, living for many years, while others are annuals that are planted in very early spring. Depending on where you live, some spring herbs are actually available year-round.

Every herb has its own distinct flavor and aroma that is often best suited for certain types of foods and cuisines, according to Gretchen Voyle, horticulture educator at Michigan State University Extension in East Lansing. Some culinary herbs are also used as health remedies in traditional herbal medicine, but as Voyle is quick to point out, "It's never a good idea to self-medicate with herbs because there can be side effects and drug interactions if they are not used properly." In other words, speak with a doctor before you use any herb to treat a health condition.

Below are some guidelines to help you match spring herbs with the foods they best enhance:

1. **Chervil.** Often used in French cooking, chervil is similar to parsley but with a faint, tarragon-like hint of anise, or licorice. Chervil is used in seafood, poultry and spring vegetable dishes and also added to soups, sauces and green salads. As an herbal remedy, chervil can also help promote good digestion.
2. **Chives.** Chives can be used to add mild, oniony flavor to just about any dish, but are often used in egg dishes and hearty salads, such as potato, chicken, or bean salad. Garlic chives add garlicky flavor to foods. "Add either type of chives to cold dishes or at the end of cooking time for heated dishes," Voyle advises. "They lose their flavor when cooked."
3. **Dill.** "The best way to describe the taste of dill is to think of a dill pickle," says Voyle. Dill is most often used with seafood, eggs, and potatoes and in such dishes as chicken soup and Scandinavian-style pork meatballs and cheese dishes. And, of course, to flavor pickles!
4. **Lemongrass.** Most often used fresh or dried in Thai and other Southeast Asian cuisines, lemongrass adds very mild lemon flavor and citrusy aroma to soups, stir-fries, curries, and other stew-like dishes; it's also used to make herbal tea. For cooking, peel away the tough outer leaves (which can be steeped for tea) and use the inner leaves from the stalk. Whether fresh or dried, lemongrass is very woody and tough, so you must chop it into very fine pieces or add larger pieces of stalk during cooking to infuse flavor. Remove the stalks before serving your dish.
5. **Marjoram.** Common in northern Italian and other Mediterranean cooking, marjoram is similar in flavor to oregano and is most often used in soups, sauces, and meat dishes. As an herbal remedy, marjoram is used to treat stomachaches and relieve nausea, diarrhea and cramping.
6. **Mint.** The many different types of mint—peppermint, spearmint, pineapple mint and ginger mint, to name a few—are often used to make herbal teas or to flavor lemonade, fruit punch, and fruit salads. Mint aids digestion and its antiseptic qualities and pleasant flavor also make mint a good base for mouthwash and throat gargle.
7. **Oregano.** The strong, somewhat minty, and slightly bitter flavor of oregano is used in southern Italian, Middle-Eastern, Latin American, Greek, and other Mediterranean cuisines to flavor red meats, fish, roasted or grilled vegetables, and hearty salads. Oregano is often used in dried form for more concentrated flavor. In the United States, dried oregano is often sprinkled over hot pizza.

8. **Parsley.** A member of the carrot family, parsley is often used as a simple green garnish on dinner plates. But when used in greater quantity, parsley adds its mildly bitter and somewhat grassy flavor to tomato or pesto sauces, grain dishes such as tabbouleh, soups, and salads. The flavor of the sweeter, Italian flat-leaf variety is usually preferred over curly American parsley as an ingredient in cooking. In traditional herbal medicine, parsley is recommended as a diuretic to flush out the urinary tract and prevent kidney stones.
9. **Rosemary.** Widely used in Mediterranean cooking, rosemary is an evergreen herb with needle-like leaves that add intense, piney flavor to meat, poultry, tomatoes, mushrooms, breads, root vegetables such as onions, parsnips, and potatoes, and grilled foods. It is also used to flavor marinades and salad dressings. “It’s best to use fresh rosemary leaves,” says Voyle. “Dried rosemary is a bit like dried up pine needles—woody, tough, and less flavorful.” Rosemary has been used in herbal medicine to treat gas, stomach pains, bloating, and headaches.
10. **Tarragon.** Fresh tarragon adds anise, or licorice-like, flavor to seafood and egg dishes and also goes well with chicken and some vegetables, including artichokes, carrots, mushrooms, and tomatoes. The flavor and aroma of fresh tarragon leaves is strong, so it is used sparingly. Tarragon is best when fresh, since the intensity of flavor is lost when the herb is dried.
11. **Thyme.** Like rosemary, thyme is an evergreen plant that is often used in bean and egg dishes and complements vegetables such as mushrooms, peppers, carrots, and onions. There are many varieties and flavors of thyme, including lemon, caraway and lavender thyme, which add subtle hints of those flavors to food as well. As an herbal remedy, thyme has been used to treat symptoms of bronchitis, and to improve digestion and bad breath.

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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 8138-4363 or visit

[www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.

**Quotation**

I invented the cordless extension cord.- Steven Wright

*"A journey of a thousand miles  
begins with a single step."  
- Confucius*



## City of Woodstock Recreation Department Blood Drive

**Tuesday, May 12th**

**10:00 a.m. - 2:00 p.m.**

**Located at 820 Lake Avenue in Woodstock**

**On Heartland's Mobile Coach**

To make your appointment, please call the Rec Center at (815) 338-4363 or  
schedule online at [www.heartlandbc.org](http://www.heartlandbc.org)

Appointments appreciated ~ Walk-ins welcome!

Photo ID required

Heartland Blood Centers is the sole provider to the Centegra Hospital's

It's neighbors helping neighbors

**Each donor will receive a Culver's Coupon!**

Despite wearing protective gear, Chris Tracy was badly injured in a motorcycle accident in 2013, and was in traction for 3 days before having surgery to implant 5 plates and 17 screws in her shattered pelvis and hip. The day after surgery, she received 2 blood transfusions, and may require additional blood transfusions due to complications and additional surgeries. Reflecting back on being a blood donor since age 16, Chris said, "I am glad I donated for all those years, as I never thought I would be on the receiving end."



**JOIN  
OUR**



Every time you donate blood, you automatically earn points to redeem  
Gift Cards and Premium Gifts at [www.heartlandbc.org](http://www.heartlandbc.org).

Gift cards and gifts are mailed free of charge to your home.

It's our way of saying "thanks" for being a life-saving blood donor.



THE CITY OF  
**WOODSTOCK**  
*Illinois*

# 2015 UNITED WAY EMPLOYEE CAMPAIGN



## Help Build Healthy Families



Community Partner

- *Advancing Education*
- *Promoting Independence*
- *Improving Health*



### *Make A Change In McHenry County*

**The community needs your help.** United Way of Greater McHenry County is the easiest & most powerful way to help your community. A gift to United Way supports programs all across McHenry County. Donations directly impact **44 human service programs** offered through **24 local partner agencies**, including Big Brothers Big Sisters, Home of the Sparrow, Family Health Partnership Clinic, etc.

Last year, United Way of Greater McHenry County was able to help **99,000 PEOPLE** in the McHenry County area—that's **1 in every 3** residents!

**Due to the continued economic limitations our country faces, including state funding cuts, your donation is needed NOW more than ever before.**

Donations are tax-deductible. You can even direct where your donation will be applied! Donations may be made one-time via check or conveniently deducted from paychecks throughout the year.

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

Permanent Beat Officer Michael Karnath will conduct an overview of activity in Beat #24 (the southeast quadrant of the city) as well as how to avoid falling victim to mail, internet and telephone scams.

# Coffee with the Chief



May 11, 2015  
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.