



CITY MANAGER'S NEWSLETTER



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FUN EASTER FESTIVITIES FOR THE FAMILY



This Sunday, March 29 the Woodstock Jaycees will be hosting their 51st annual Easter Egg Hunt from noon until 3PM. The event is held for kids 10 years of age & younger and will be held at Hilltop Pavilion in Emricson Park. The event will include games, egg hunt, raffles, a visit from the Easter Bunny, music and more.

To register your children go to: <http://www.woodstockiljaycee.org/easter-egg-hunt.html>



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APRIL IS SAFE DIGGING MONTH

Now that spring has arrived, many of us are making plans to begin outdoor projects. As a reminder, no matter how big or small your digging project may be, always call JULIE for utility line locates before you dig. Most electric, gas, water, sewer and telecommunications companies are delivering utility services underground. And, state law requires you to call JULIE before digging. Having lines located before digging is the best way to prevent injury and avoid damage to underground wires.

There are four important steps to every safe project:

1. Call JULIE at 8-1-1 or go to their [Web Site](#) (below) to enter your own request;
2. Wait the required amount of time (two business days);
3. Respect the marks; and
4. Dig with care.

Always call JULIE, Inc. before you dig, # 811; Illinois one-call system. Both the phone call and the locate service are free. For further information, go to their website: <http://www.illinois1call.com/>



INNOVATIVE WOODSTOCK PROGRAMS SUPPORTED BY MCHENRY COUNTY COMMUNITY FOUNDATION



The McHenry County Community Foundation, in cooperation with The Chicago Community Trust, has facilitated two projects of benefit to the entire Woodstock community with grant awards announced this week.

City Manager Roscoe Stelford, Grant Writer Terry Willcockson, Library Director Nick Weber and Circulation Manager Pam Moorhouse attended the Foundation's annual Grant Awards Breakfast to receive a check for the first project, entitled *Creative Connections: Public Art Encounter at Woodstock Public Library*.

The front entrance to the Library will be redesigned to reduce the current expanse of concrete and be more welcoming and maintenance-friendly, with initial work performed by Public Works and planned for late summer. This newly-designed space will offer the opportunity to include elements of public art, a medium that is not well-represented in Woodstock.

One such interactive public art piece will be a long curving Art Tile Bench, incorporating hand-painted, glazed art tiles that will be created by students in the Library's summer reading program and other community members. This project is made possible in part through cooperation with D200 and Jeriel McGinness, Art Instructor at Creekside Middle School, who will help fire the tiles using the school's kiln. The City of Woodstock was awarded \$15,000 to help develop this original and fun addition to the Library's cultural offerings.

The second project is *Ryder's Woods Restoration & Ecology Education*, submitted by The Land Conservancy of McHenry County as a collaborative proposal. TLC has spent the past several years clearing brush and invasive species from the 23-acre in-town nature park owned by the City of Woodstock. Unfortunately, a small area of the park remains impassable and unattractive due to segments of concrete dumped there many years ago. The City will assist with removing the concrete and leveling this area, while The Land Conservancy will provide soil, plant materials and other amenities to rehabilitate the site.

A trail will be added, connecting an additional planned parking lot in the NW corner of Ryder's Woods to a new entryway on the north side of the park. This entryway will connect Ryder's Woods to the Dick Tracy Way playground and the Peace Park & Paths outdoor attraction, the second phase of which will be completed this summer. Signage will maximize awareness of these newly-connected areas, making visits to this area a comprehensive family or student experience. The Land Conservancy will further offer ecology education workshops, publicized through *City Scene*, with scheduling of classroom visits during the school year, as well as summer family sessions. The Land Conservancy was awarded \$13,600 to realize this project in collaboration

with the City of Woodstock. To discover ways to be involved in local nature park restoration activities, call The Land Conservancy at 815-701-9253 or visit www.conservemc.org.

During a year of tight budget restrictions due to proposed reductions in municipal reimbursements from the State of Illinois, it is the support of funders like McHenry County Community Foundation and others that allow new projects to bring added enjoyment and benefit to the Woodstock community.

YARD WASTE REMINDERS

- Each year MDC Environmental Services begins curbside collection on April 1 through November 30.
- All grass clippings, leaves and yard waste must be placed into biodegradable yard waste bags with a “yard waste” sticker attached.
- Yard waste and refuse stickers may be purchased at Woodstock City Hall, 121 W. Calhoun Street; the Department of Public Works, 326 Washington Street; and Woodstock Public Library, 414 W. Judd Street.
- You may also use a 32-gallon container for yard waste disposal; be certain to mark the container with a large “X”, and affix a “yard waste” sticker to the container.
- The bags or containers should be placed curbside by 6:00AM and will be picked up by MDC Environmental Services on your regular garbage collection day.
- Branches should not be placed into a bag or container, but should be cut to no longer than 3 feet in length and no larger than 4 inches in diameter. The branches should then be tied with twine in bundles weighing no more than 25 lbs. and placed at your curb.

If you have any questions regarding yard waste or garbage collection, please contact MDC Environmental Disposal, 815-568-7274 or visit their website <http://www.mdces.com/>



RECRUITMENT

The deadline for the City of Woodstock's **2015 Summer Seasonal Positions (American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides, Playground Program Counselors, and Public Works Seasonal Maintenance Workers)** has closed. Interviews for chosen qualified applicants will be scheduled shortly for the above noted positions.

WOODSTOCK FEATURED ON HOMETOWN FRIDAY!

On Friday, March 27, Jake Hamilton and the FOX32 crew were in Woodstock broadcasting live segments featuring Woodstock on its regular "Hometown Friday" spot. The 7:45AM segment featured Classic Cinema Woodstock. Mayor Brian Sager and Cinema owner Willis Johnson gave a tour of the beautiful new theater complex and talked with Jake about Woodstock's cinematic history. At 8:45AM FOX visited Ethereal Confections where owner Sara Koepnik highlighted candy-making and the delightful confections and events they offer. Finally at 9:45AM, Mayor Sager talked with Jake about the many wonderful events held in Woodstock and then they were joined by Keith Johnson and Dave Woodruff of the Woodstock Farmers' Market who displayed some of the market's wares and invited everyone to come out to Woodstock. At noon, a compilation of the three segments was featured along with some footage that the crew took of the historic Square during their visits!

MEETINGS NEXT WEEK...

Thursday, April 2-Library Board, 7:30PM, Public Library

DEVELOPMENTAL YOUTH BASKETBALL LEAGUES COMPLETES SEASON

Pictured is the team coached by Kent Jones that won the Recreation Department's Developmental Program's 5th/6th Grade Girls Post Season Tournament last weekend. Jeff Ellegood's team won the 5th/6th Grade Boys Tournament and Sean Sivore's team won the 4th Grade Boys Tournament.

There were four boys' leagues this year and three girls' leagues for kids in first through sixth grade encompassing 40 teams and 380 kids.

Approximately 65 team practices were scheduled throughout the week at various D200 schools with 20 games played every Saturday utilizing Mary Endres, Olson, Prairiewood, and Creekside gyms. In total, over 700 practices were scheduled and over 225 games were played

The program was directed by **Recreation Director Dave Zinnen** with assistance from **Recreation Coordinator Alan Dunker**.

A big thank-you to the D200 school office managers, custodians, and athletic directors who helped the program run smoothly.



LEARN TO BECOME A BETTER LISTENER

You may think you're really listening when your spouse, child, or friend is talking to you. You may even look as if you're hearing every word. But the truth is (yes, admit it!), you often tend to zone out and not really focus on what the other person is saying.



Really giving your full attention to another person can be difficult, but it can go a long way toward promoting trust and respect.

“When you genuinely listen to your partner or another person, it is an act of empathy,” says Lauren Mackler, author of *Solemate*. “It shows a willingness to step out of your shoes and into the other person’s.”

If you are not really mentally there when someone close to you is speaking to you, it can be upsetting for the person, says Gilda Carle, Ph.D. “When you don’t give someone your full attention, it can be interpreted as that you don’t care,” she explains.

Here are some strategies for starting to really listen, not just look like you’re listening:

For a spouse or partner: If you’re feeling really angry at the other person and don’t want to listen to whatever he [she] has to say, close your eyes and imagine him [her] as a small child. “Try to put yourself in his shoes and really to tune in to what he [she] is thinking,” Carle says.

“Paying close attention to your spouse when he [she] talks shows that the two of you are emotionally connected,” Carle says. When you and your partner are having a conversation, turn off your phone and make eye contact, advises Rapini.

“Tell him [her], ‘I am here for you and I want to hear what you are going to say,’” she says. “That is a powerful message.”

You should listen closely enough that when your partner is finished, you can tell him [her] what he [she] just said, Rapini says. “But active listening is not mimicking,” Rapini says. “You should be able to repeat back not just what you heard, but the feelings that went along with it.”

For a friend: Keep in mind that most people find it hard to sit and give their full attention to someone for very long, Carle says. “Most listeners drop in and out and are looking for key buzzwords to pick up,” she explains. “It’s easy for other things to get in the way – you need to go pick up someone, or you left water boiling on the stove.”

Pretend that you are a journalist trying to get information from a source for a story you are writing. “You have to listen very intently if you are trying to get information,” Carle says. “You need to listen so you won’t miss any key points.”

For a child: How many times have you appeared to be listening as your child told a story about something that happened to him that day – when really you were thinking about what to make for dinner or how to respond to a work colleague’s email? Maybe your child even called you on it – and then you felt guilty.

It’s tough to focus on what your kid has to say when you’re having a bad day. To make it easier, make a concerted effort to clear your mind so you’ll be receptive to what your child has to say. Sit down beside him or facing him, and make eye contact.

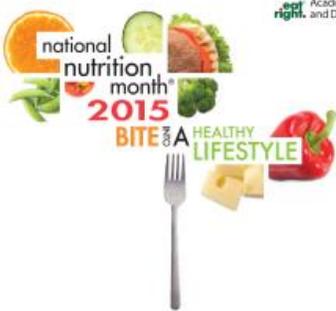
If the conversation you are having may end in an argument, don’t start mentally planning your rebuttal before your child is even finished having his say. Consciously focus on his statements, and then formulate a response once he’s done talking.

Children whose parents really listen to them actually build better self-esteem, says Rapini. “You want your children to understand that you are really interested in what they have to say,” she says. “This means not just nodding your head, but asking your child questions related to what they are saying.”

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MARCH 2015 IS NATIONAL NUTRITION MONTH

In honor of **National Nutrition Month**, this week we are pleased to provide you with the following food, nutrition and health tip article from the Academy of Nutrition and Dietetics: **Power Up with Breakfast**. You can view the article in the attached PDF at the end of this week’s newsletter.



Quotation

It does not matter how slowly you go as long as you do not stop- Confucius



**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

for more information.



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

Permanent Beat Officer Adam Schraw will conduct an overview of activity in Beat #22 (the northwest quadrant of the city) including recent crime statistics and trends, as well as provide crime prevention safety tips.

Coffee with the Chief



April 13, 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.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



Springtime Cereal

Makes 2 servings

$\frac{3}{4}$ cup wheat and barley nugget cereal

$\frac{1}{4}$ cup 100% bran cereal

2 tsp toasted sunflower seeds

2 tsp toasted almonds, sliced

1 tbsp raisins

$\frac{1}{2}$ cup bananas, sliced

1 cup strawberries, sliced

1 cup raspberry or strawberry yogurt,
low-fat

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information per serving:

Calories: 352

Fat: 6 g

Saturated fat: 1 g

Carbohydrate: 69 g

Sodium: 272 mg

Fiber: 8 g

Find more healthy eating tips at:

www.kidseatright.org

www.eatright.org/nutritiontipsheets

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by: