



CITY MANAGER'S NEWSLETTER



Volume III Issue 21

May 22, 2015

CITY OBSERVES MEMORIAL DAY



In observance of Memorial Day, all non-emergency City offices will be closed on Monday, May 25th.

The annual Memorial Day Ceremony will begin at 10:00AM in the Park in the Square followed by the Memorial Day Parade.

Have a safe and happy holiday!

MEMORIAL DAY IMPACTS CITY'S GARBAGE SERVICE

As a reminder, Memorial Day will alter the garbage pickup schedule for residents during the week of May 25th through May 29th. With Memorial Day falling on a Monday, all residents normal garbage pickup will occur one day later. In addition, those residents who normally have garbage picked up on Friday will need to place their garbage out for collection on Saturday. Any questions should be directed to the City's garbage contractor, MDC Environmental Services at 815-334-0014.



SAVE THE DATE!

Officer Fred Eiselstein will present an overview of activities in Beat # 21 (the northeast quadrant of the City) at Coffee with the Chief on Monday, June 8th at 7:00PM. Officer Eiselstein is the Permanent Beat Officer for Beat # 21 working the Afternoon Shift from 4:00PM to 12:30AM. The meeting will be held in the training room at the Woodstock **Police Department** located at 656 Lake Avenue. Chief Robert Lowen will host the event, answer any questions or concerns and provide "highlights" of the previous week's calls for service.

SERGEANT WESOLEK GRADUATES

Chief Robert Lowen and **Detective Sergeant Jeffrey Parsons** will represent the **Woodstock Police Department** today at the Graduation Ceremony of **Sergeant Daniel P. Wesolek** from Northwestern University Center for Public Safety 2015 School of Police Staff and Command Class. They will join family and friends in honoring the achievement of Sergeant Wesolek and his fellow graduates.

Congratulations on successfully completing this rigorous program, Sergeant Wesolek!

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PEACE PARK LABYRINTH - CORRECTION

Correction: The City of Woodstock, in cooperation with the *Bull Valley Garden Club*, has performed renovations to the Peace Park location. Currently, the **Parks Division** is excavating an area to the south of the Peace Park “peace walk” in preparation for the City’s first Labyrinth to be installed. Over the next few weeks the Division will be working on excavating the site so that on May 30, 2015, with a rain date of June 6, 2015, the Woodstock Garden Club can host a community ‘help’ day at the park. During the community ‘help’ day volunteers will be invited to assist with installing the brick labyrinth.

If you have any questions, or if you’d like to participate in the ‘help’ day, please contact the **Department of Public Works** at 815-338-6118.



RECRUITMENT

The City of Woodstock is accepting applications for the position of **Economic Development Director**. Primary responsibilities of this position include planning, developing and implementing business retention and recruitment activities, serving as City liaison/ombudsman to the business community, analyzing and evaluating economic factors affecting the local business climate and market, and overall promotion of the City. **Application Deadline: Friday, May, 29, 2015 at 5:00PM**

Please refer to the City’s website at www.woodstockil.gov and click on the **Employment Opportunities** section for further details and the application process on the above opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

Quotation

Memorial Day this year is especially important as we are reminded almost daily of the great sacrifices that the men and women of the Armed Services make to defend our way of life.

[Robin Hayes](#)



STREET SHOULDERING WORK

The **Department of Public Works' Street Division** used the Tiger Claw shouldering implement to reclaim gravel along our rural roadsides throughout the City of Woodstock.

The benefits to this operation include:

- ✓ the recovery of gravel which will reduce replacement gravel costs,
- ✓ the increase in traffic safety by reducing drop off from paved to non-paved surfaces,
- ✓ extended pavement life by supporting pavement edges,
- ✓ the prevention of water seepage under edges, undermining pavements, and
- ✓ aiding in proper storm water runoff flow.

This work was completed with no additional staff or equipment expenses. If you have any questions about this process, please contact Public Works at 815-338-6118 or pwdept@woodstockil.gov



Recreation Program Coordinator Becky Vidales along with **Pool Managers Leslie Behrns, Melissa Canto, Larin Carlson, and Rebecca Ortmann** have been busy this past week meeting, cleaning and organizing the bathhouse, ordering uniforms, organizing staff and planning events to prepare for the **Woodstock Water Works 2015** season.

This year a total of 18 new lifeguards and cashiers will join the staff bringing the total to 60. Pictured, are a few of the newest staff at the New Staff Orientation this past Thursday, learning the proper way to scrub out the locker rooms, a daily job performed by the lifeguards at Woodstock Water Works.

The pool opens on Saturday, May 23. New this year, open swim in the baby pool and zero depth pool will begin at 11:00AM for season pool pass holders. Daily admission will be taken, beginning at noon.

SUMMER SAFETY TIPS

Be Sun Savvy: Apply sunscreen early and repeat. Sunscreen should be applied 30 minutes prior to sun exposure. Reapply every two hours and after swimming or sweating. Dress in protective clothing and hats. Keep infants out of the sun. Avoid peak-sun hours (10AM to 4PM) as much as possible. Take a break from the sun, when needed.

Water Rules: Adults and care givers; don't allow yourself to get distracted when your kids are in the water. Know water safety skills and never let your kids swim alone. Have kids attend swim lessons. Drain kiddie pools after each use. Fencing should be at least four feet high and surround the pool on all sides, with doors that close and self-lock.

Beware of Bugs: Spray exposed skin and clothing, repeat when needed. Check for allergic reactions; seek medical attention if a reaction occurs. To prevent ticks from attaching themselves, check kids thoroughly after outside activities, shower within two hours of coming indoors. Ticks can come in on clothing; wash clothing and use the dryer. Contact your doctor if a rash or fever develops.

Prevent Dehydration: Kids should drink 12 ounces of fluid 30 minutes before any activity begins and take fluid breaks every 20-30 minutes during activities.

Head off Injuries: Wear a properly fitted helmet during biking, skateboarding, etc. Remember to always fasten the chin strap.

Never wait in a Hot Car: It only takes 10 minutes for a car to heat up by 19 degrees, even when the temperature is in the 50's. Children are at a greater risk for heat stroke because their bodies heat up three to five times faster than an adult's does. Cracking a window is not a solution.

Create a Summer Survival Kit: include items such as a cell phone, water, medications for chronic conditions, bandages, antibiotic cream for cuts & scrapes, crushable icepack for bruises, Benadryl, an epi-pen for a person with known allergies, sun protection, hats and sunglasses, insect repellent, and tweezers.



MOSQUITO PREVENTION

Eliminate their breeding sites:

- **Eliminate standing water in containers** around the home, including water in cans, plastic containers, potted plant saucers, buckets, garbage cans, barrels, wheelbarrows, and any other container that holds water for more than a few days. Empty the water and then either: invert, cover, punch drainage holes in, or dispose of these containers.
- **Change water in birdbaths** and pet water dishes at least once a week, preferably every 2 to 3 days.
- **Fix leaky outdoor faucets and sprinklers**, and don't over water your yard. Any standing water can produce mosquitoes.
- **Recycle tires or store them so they do not collect water.** Tires are extremely hard to drain, and each one can produce thousands of mosquitoes.
- **Keep roof gutters clean** so water drains; otherwise mosquitoes can breed in the leaf and water mixture.
- **Don't dump yard waste into street gutters, storm drains, or creeks.** It can impede the flow of water, allowing mosquitoes to breed. The decaying organic matter then provides food for dense numbers of growing mosquito larvae.
- **Drain plastic wading pools or fountains when not in use**, or cover tightly to deny access to mosquitoes.
- **Keep swimming pools and hot tubs chlorinated and filtering.** When not in use for extended periods, cover pools or tubs tightly. One unattended pool or hot tub can breed enough mosquitoes to affect a whole neighborhood.

Protect yourself:

- **Install screens on windows and doors** and keep them in good repair.
- **Certain species of mosquitoes are attracted to light, so keep outside lighting to a minimum near entry doors;** keep those doors screened or close them at sunset.
- **Wear long sleeves and long pants** when mosquitoes are biting. Learn the times of day when mosquitoes are most active in your area and avoid outdoor activity at those times.
- **Use insect repellents.** Studies show that DEET-based repellents are the most effective.* (DEET has been in use for 40 years. After nearly 8 billion human applications, fewer than 50 cases of serious toxic effects have been documented in the medical literature.)



JULIE ONE-CALL SYSTEM

In 2002, the City of Woodstock was required by law to join the JULIE Illinois One Call System; JULIE stands for Joint Utility Locating Information for Excavators. This system requires all companies who have and maintain underground utilities to be a part of this notification system. JULIE neither owns nor marks any underground lines.

Anyone planning on digging for any reason is required to call JULIE at 811, prior to the start of excavation, to request locates for the utilities in the areas they want to dig in. JULIE operates a call center where the information is received as to the location of where the excavation will take place and what type of work will be done there. This could be for a water main break, landscaping, installation of a cable drop to a home, etc... Once the call is made, the caller receives a Dig #, in which they have 14 days to start their excavation. If you do not call and subsequently damage any underground utilities, you are subject to fines under State law.

The City receives requests from JULIE by e-mail during normal business hours. After 5:00PM. and before 7:00AM on weekdays, and on the weekends, the Police Dispatchers receive the notifications from JULIE; they notify the Department of Public Works of these requests. There are two types of requests that can be made; one being a normal request in which the City has 2 business days to mark our utilities, or an emergency request which we have 2 hours to respond. On average, the City receives approximately 250 to 350 JULIE requests each month, a majority of them are completed during normal working hours Monday thru Friday.

JULIE now allows you to submit your locate requests online. Please go to www.illinois1call.com for all the details.



MEETINGS NEXT WEEK...

Tuesday, May 28-Plan Commission, 7PM, Council Chambers

The Importance of Updating Your Other Insurance Information

with UMR

As a reminder, if you receive health insurance coverage with the City through UMR/United Healthcare, every year you will need to update your “Other Insurance Information” on UMR’s website or by calling UMR’s customer service number.

This ensures proper coordination of benefits. Even if you do not have other insurance, it is critical to let UMR know that you have no other coverage.

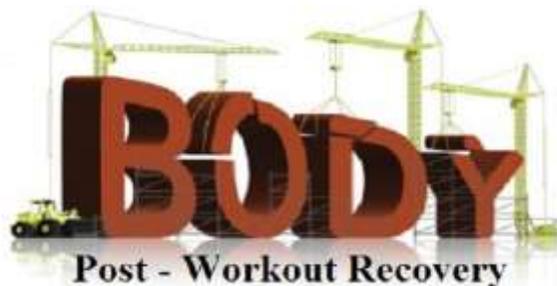
The update should occur on an annual basis. As an example, if you updated your other insurance in January 2015 you should update your other insurance information again in January 2016. Likewise, if you updated your information in December you will want to update your information the following December.

Updating other insurance information with UMR is easy. You can update it with a phone call by using UMR’s automated phone number (1-866-586-0613). You can also visit www.umar.com and log into your member account. You may also speak to a customer service representative during regular business hours by calling the customer service number on the back of your ID card.

If you have any questions, please do not hesitate to contact Deb Schober or Jill May in HR at 815.338.1172

POST-WORKOUT RECOVERY: 4 THINGS YOU SHOULD DO AFTER EXERCISE

You’ve nailed the workout; now reap the benefits of recovery. Post-workout recovery consists of cool-down exercises, nutrition, hydration and rest. A cool-down following your workout will allow your heart, blood, and muscle processes—and your hormones—to gradually return to resting levels. Proper nutrition allows you to replenish muscle fuel used during exercise, while hydration, especially important when exercising in hot temperatures, is critical for replacing lost body fluids. Rest, in the form of lighter exercise, and plentiful sleep is equally important for full muscle recovery and reducing the buildup of lactic acid, a chemical associated with muscle fatigue. Here’s how to incorporate all four components:



Cool down. Slow jogging, walking and stretching are good ways to cool down after intense exercise.

Eat right. After your workout, eat balanced meals and snacks that contain protein, fat, and especially carbs, which provide fuel for muscle replenishment and recovery. A slice of whole-grain toast with nut butter and a glass of orange juice, or whole-grain cereal with chopped nuts, sliced banana, and milk are good examples of quick, easy meals that are high in carbs and contain a little protein and fat. Many studies have found consuming protein along with carbohydrates improves muscle restoration. Examples include foods like lentils and yogurt, which are high in carbs, but also contain significant amounts of protein.

Hydrate. Drink plenty of fluids to rehydrate your muscles. Besides water, sports drinks and 100-percent fruit juices are a quick and easy way to combine fluids and carbs and get important electrolytes (important minerals in the blood, such as calcium and magnesium). Chocolate milk has been singled out in a number of studies as a post-exercise beverage for muscle recovery that is as effective as commercial sports drinks.

Rest. Take it easy for at least 8 to 24 hours between strenuous workouts. This allows your muscles to store carbs before you exercise again. During this period, get plenty of sleep or participate in “active recovery” in the form of light exercise. Active recovery, as opposed to rest only, significantly helps decrease lactic acid build-up in muscles from endurance exercise.

Although sports massage is a popular post-exercise recovery tool, there is limited evidence that it reduces lactic acid in the muscles or otherwise aids in muscle recovery after intense exercise.

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**Want to Start to Get Healthy with an
Exercise Program?**

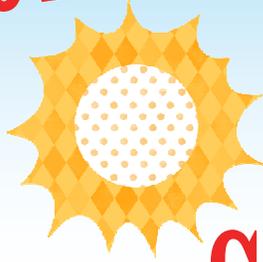
City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.**

Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 8138-4363 or visit

www.woodstockrecreationdepartment.com
for more information.

City of Woodstock

Employee & Family



Date: Wednesday, June 3, 2015

Time: 3:30pm - 8:00pm

Location: Woodstock Water Works
(In Emricson Park)

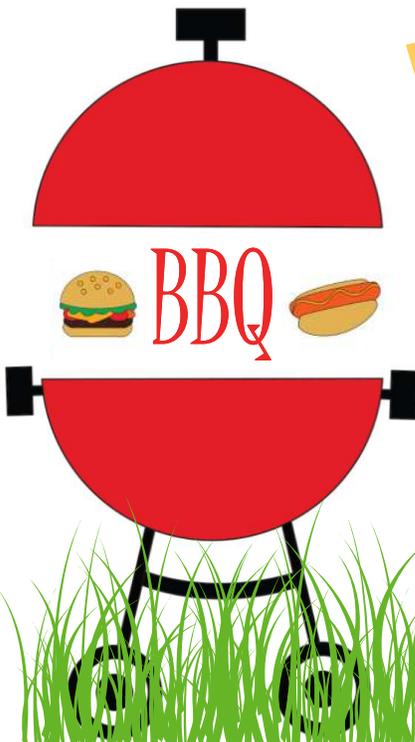
1313 Kishwaukee Valley Road
Woodstock, IL 60098

Food & Drink: Hamburgers, Hot Dogs,
Brats, Chips, Dessert, Water & Pop

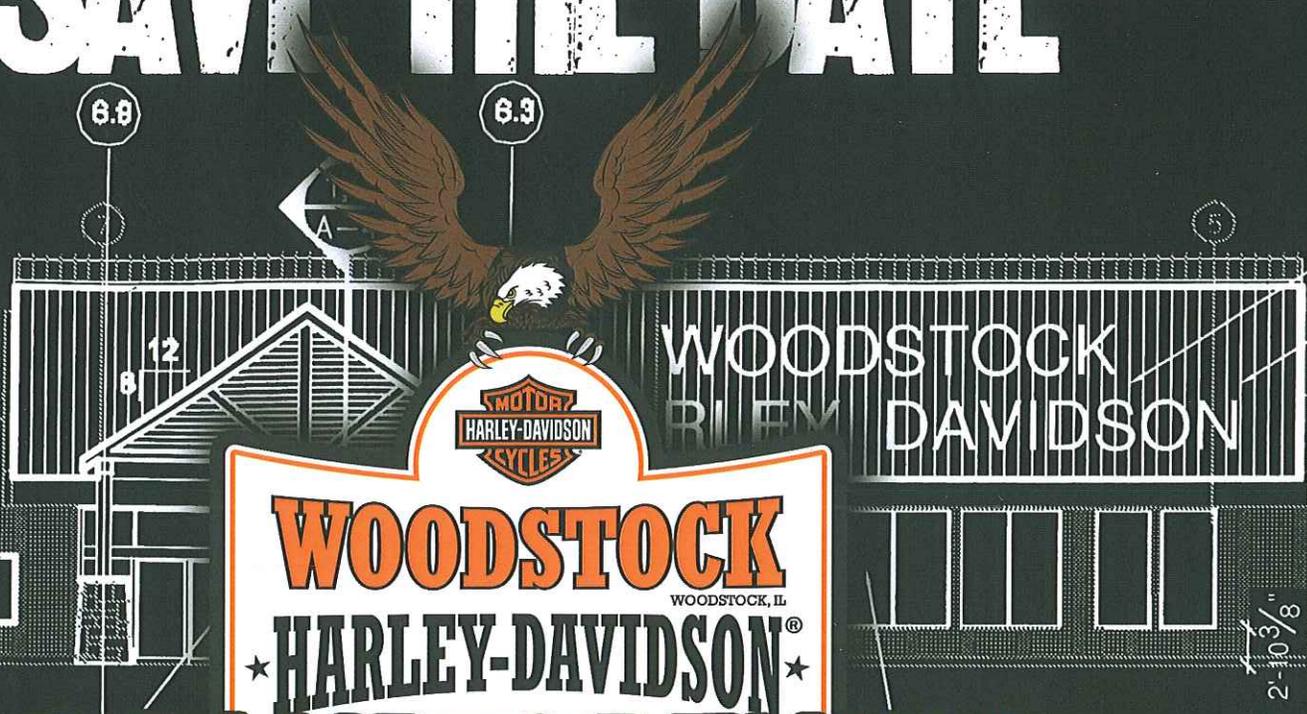
Raffle Prizes*:

- 1 Floating Holiday
- 4 Tickets to a Cubs Game with Parking
- Fitbit
- \$30.00 Chamber of Commerce Gift Certificate
- Woodstock Water Works Pool Pass

*Winners do not have to be present at time of drawing.



JUNE 6TH SAVE THE DATE



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GRAND OPENING CELEBRATION

2235 S. Eastwood Dr.
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VENDORS
HUGE GIVEAWAYS

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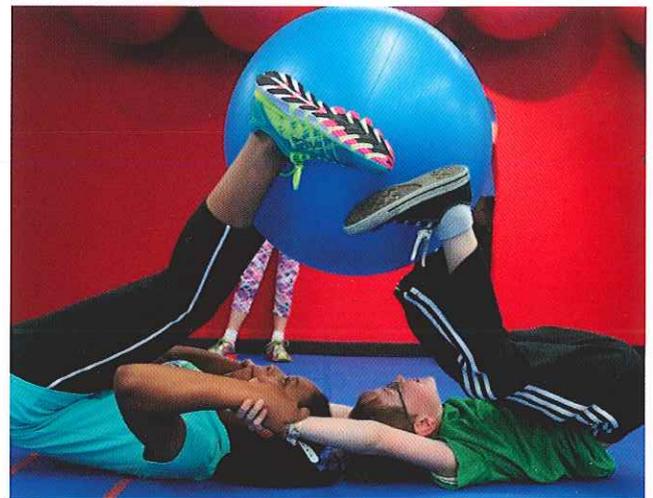


BEER* & FOOD BY



*PLEASE DRINK AND RIDE RESPONSIBLY.

YOU DON'T WANT TO MISS THIS PARTY



Young Masters New Summer Youth Program!

Drive



For Ages: 9 - 14

Monday, Wednesday and Friday 11:15am - 12:00pm
At Young Masters Fitness Studio 1st session June 1st - July 3rd
2nd session July 13th - August 14th

\$95.00 / session

Call Young Masters at 815-206-2222

or register on line at www.YoungMastersFitness.com

Drive is our new summer youth program designed to empower kids through confidence building, fun physical activities and sound nutritional tips! Today more than ever kids are faced with difficult decisions regarding their own health. At Drive your kids will get to experience exciting new ways to keep their bodies healthy and strong. Lead by John Zymali, (a 3rd degree black belt) with over 7 years experience, teaching children of all ages. John's motivating energy and passion for health and wellness is contagious and inspiring. Using a variety of equipment and teaching methods John will provide a safe place for kids to learn how their unique personalities and personal choices can impact the health and wellness of their future self. Drive's goal is to teach kids that physical exercise can and should be fun! We want kids inspired, confidence filled, knowing that they are all awesome, strong individuals with the power to make healthy choices!