



# CITY MANAGER'S NEWSLETTER



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## **SAVE THE DATE FOR CWTC!**

The program for the February Coffee with the Chief will feature **K-9 Officer Sharon Freund** and her **K-9 partner, Blue**. Officer Freund and Blue have only been on the job since November, but already they have had great success as a crime fighting duo. Come and meet them both and hear about their recent exploits on Monday, February 8, 2016 at 7:00PM. The meeting will be held in the Training Room at the **Woodstock Police Department** located at 656 Lake Avenue.



## **STAMP-A-STACK FUNDRAISER FOR DARE**

Are you creative? Would you like to be? If you enjoy scrapbooking or card making, then we have the event for you! Plus it benefits the **Woodstock Police Department DARE** program – what more could you want!

**Telecommunicator Robin Karolewicz**, who also happens to be an Independent Stampin'UP! Demonstrator, has put together a fun evening for anyone 16 and older. During the course of the evening, you will assemble three different cards (two of each including envelopes) plus two of an adorable 3-D project. If you're worried that you aren't "crafty" enough – don't! Robin will have friendly helpers available to assist you.

The event will take place on Wednesday, February 24<sup>th</sup> at 6:30 p.m. in the Community Room at the WPD located at 656 Lake Avenue. The cost is \$25.00 (\$20.00 will go directly to DARE!)

You will need to bring your own adhesive, scissors and a bone folder with you the night of the event. If you would like to order these items from Robin, please email her at [rlk4@comcast.net](mailto:rlk4@comcast.net) or call her at the WPD at 815-338-2131.

You must register for this event through the **Woodstock Recreation Department** by Friday, January 22<sup>nd</sup>. You may do so either online at [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) or in person at the Rec Center located at 820 Lake Avenue

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## **RECRUITMENT**

**Limited Part-Time Records Clerks (3 positions) – Woodstock Police Department:** Interviews for chosen qualified applicants for the Limited Part-Time Records Clerks positions were held on Thursday, January 14<sup>th</sup>. Information on the position will be released shortly.

**Summer Seasonal Positions:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late Spring.** Pay rate to be determined but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides)
- **Playground Program Counselors:** Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. Minimum age is 16. Experience working with elementary school aged children is preferred. **This position requires attendance at the training session the first week of June and the ability to work during the entire 7-week session that runs thereafter. Tentative Dates: May 31<sup>st</sup> – June 3<sup>rd</sup> (Training Week) and June 6<sup>th</sup> – July 22<sup>nd</sup> (Program).** Pay rate to be determined but will be at least: \$8.25/hour.
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM, Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least: \$8.46/hour.

**Application Deadline for Summer Seasonal Positions: Friday, March 4, 2016 at 5:00M.**

**Part-Time Library Desk Assistant – Woodstock Public Library:** The City of Woodstock is accepting electronic submissions (as outlined below) for the position of Part-Time Library Desk Assistant with the Woodstock Public Library. Examples of duties include checking in, checking out and renewing library materials, creating and renewing library cards, shelving materials, customer relations and other related duties as assigned. **Bilingual ability in English and Spanish is a requirement for this position.** Position works 25-28 hours per week, with a current schedule of Monday 9am-6pm, Tuesday 5pm-9pm, Wednesday 4pm-9pm, Friday 12pm-6pm with rotating weekends that will include some Saturdays and Sundays and other hours as needed and assigned. Starting salary for this role is \$15.06 per hour; benefits include prorated vacation, holiday and sick leave and IMRF pension. **Application Deadline: Friday, January 22, 2016 at 5:00M.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## HR NEWS

### ON-SITE HAWA MEET AND GREET

On January 19<sup>th</sup> meet HAWA, the City's New Wellness Vendor

The HAWA Team welcomes you into a world filled with opportunities to learn and grow in your knowledge of health, fitness, nutrition and your own personal wellness. **HAWA is a new exciting employee benefit available to both you and your spouse on the city's medical plan at no cost!**

HAWA provides access to a new generation of online preventive healthcare and makes it more accessible than ever thought possible to set goals, complete a preventive check-up and work with a HAWA healthcare provider via phone or secure video call.

**HAWA will be hosting a welcome presentation on January 19<sup>th</sup> at both 9:00AM and 1:00PM in the Council Chambers, 2<sup>nd</sup> floor.** They will be available in between presentations to assist you in registration and to answer any questions.

Questions? Contact the **HR Department: Deb Schober** at ext. 11203 or **Jill May** at ext. 11206.

## HELPING TO KEEP THE COMMUNITY HEALTHY

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On Monday, January 11 and Wednesday, January 13, **Jess Bloniarz and Jorie Karafa**, *Recreation Center Front Counter employees*, and *group fitness instructor*, **Jill Flores** attended the student Health Fair at both local high schools. Membership fees, fitness class schedules, and free passes were handed out to the students, as well as information on summer employment and open basketball.



Throughout the year, the Recreation staff attends several Health and Benefits Fairs, spreading the word about all the health benefits that the Rec Center has to offer the community.

Don't forget City of Woodstock employees and their families also get a discounted corporate rate at the Recreation Center! Contact **Program Coordinator Renee Torrez**, [rtorrez@woodstockil.gov](mailto:rtorrez@woodstockil.gov), for more information.



## **THE REC CENTER'S MERCY FRIDAY FAMILY FITNESS NIGHT KICK-OFF**

The **Recreation Center** partners with **Mercy Health Systems** to provide a family friendly activity during the chilly winter months to promote health and exercise. The Rec Center hosted the annual *Friday Family Fitness Night Kick-Off* this past Friday night with approximately 200 in attendance.

Families could attend demos of the Recreation Center's family-friendly fitness classes, jump in one of three bounce houses, play in the toddler gym area, play racquetball, ping-pong and swim.

Mercy Friday Family Fun Nights will be offered every Friday night from 5PM to 8:30PM until March 25. New this year is *Family Cize*, a dance fitness class for everyday people, and will be offered from 6:00-7:00PM on Fridays in the gym. The program is free for Rec Center members and their families, and \$10 per family for non-members.

## **MEETINGS**

Monday, January 18 – City Council Workshop,  
3:30PM, Stage Left Café

Monday, January 18 – Old Courthouse Advisory  
Commission, 7PM, 2<sup>nd</sup> Floor Conference Room

Tuesday, January 19 – City Council, 7PM, Council  
Chambers

Wednesday, January 20 – Transportation  
Commission, 7PM, Council Chambers

# Quotation

Temporary circumstances don't  
equal permanent reality.

Greg Hatle

## **INTIMIDATED BY FITNESS CLASSES? TRY A DEMO**

With each new season, the Recreation Center's group fitness instructors offer free demo days to demonstrate a sample of what to expect in various classes.



This past Saturday was one of three demos offered as over 40 people gathered in five different classes including Piyo, Kick Strike & HIIT, Cize, High Intensity Fusion, and Strength & Flexibility. There are two more free days of demos to attend.

Saturday, January 16 at YMMA  
Multi-Level Yoga from 7:45-9:00AM  
TRX Total Body Strength from 9:30-10:30AM

Saturday, January 23 at the Rec Center Pool  
8:00AM – Winter Warm Up  
8:30AM – Ballistic Bells  
9:00AM – Cardio Crunch  
9:30AM – Aqua Zumba

## **COLD-WEATHER WORKOUTS**

*No need to let dipping temperatures force you indoors. Discover how chilly-weather workouts can amp energy, burn more calories, and improve your mood.*



No matter what time of year it is, breathing fresh air is a boon to your body. Outdoor exercise can crank up your energy while decreasing tension, frustration, and depression, according to recent research published in *Environmental Science & Technology*. Those effects may well be intensified in the winter, says adventure-fitness consultant Sean Burch, who set a world record running a marathon at the North Pole.

“The heat and humidity in the summer can drag you down and tire you faster, but cold weather is invigorating,” he says. “It stimulates your senses, tunes you in to your surroundings—it makes you feel alive.” There’s a biological reason for that:

“All exercise can increase your levels of those feel-good hormones, endorphins,” says Kevin Plancher, M.D., head of Plancher Orthopaedics & Sports Medicine in New York City. “But because your body has to work harder in the cold, your endorphin production is boosted even more, leading to a happier state of mind.” Plus, exposure to natural light is a known depression fighter, especially for seasonal affective disorder, a condition brought on by the shorter, darker days.

Another bonus: You can burn more calories in the winter. Research published in *Medicine & Science in Sports & Exercise* found that race times are faster in cold weather than in warmer temperatures—and quicker runs torch more calories, period. That alone is worth crawling out from under your comforter. Whether you’re walking or jogging in your neighborhood, snowshoeing in the woods, or taking a trip to the slopes, it’s time to start enjoying your winter workouts. Your complete guide:

### **Map Your Route**

Stable, safe footing should be your priority when planning a winter route, says Andrew Kastor, a running coach in Mammoth Lakes, California (where he lives with his wife, U.S. Olympian Deena Kastor). For early-morning or evening workouts, scout out plowed streets and sidewalks that are well lit, to help you spot black ice. Look for a loop in your neighborhood that you can repeat as many times as you want, recommends Tracey Martinson of Running Club North in Fairbanks, Alaska. That way, if you become tired, slip on ice, or get wet, you will still be close to home and can quickly escape the elements.

### **Warm Up Wisely**

Before any workout, walk around or jog in place indoors for five minutes, recommends Olympian Jeff Galloway, coauthor of *A Woman’s Guide to Running*. When you head out, give your body time to adjust to the conditions by taking 30-second breaks every few minutes for the first 10 minutes.

## Take Cover

Try to avoid open roads and paths near water: Tree-lined trails and city blocks with tall buildings can help protect you from biting winds and snow flurries, says Olympian Lindsey Anderson, assistant track and cross-country coach at Weber State University in Utah.

## Cool—Don't Freeze—Down

To avoid getting too chilled during your cooldown, keep it brief: Slow your pace for three to four minutes, then go inside to stretch. Take off extra layers and keep moving for another five to 10 minutes before showering.

## Start Small

If you normally do four miles in the summer, start with two.

“It’s better to underestimate your ability in the cold,” says Martinson. If you have to stop, your body temp will drop rapidly, increasing your risk for hypothermia. Easing into it can also help your airways acclimate, says Burch. In subfreezing weather, it’s helpful to wrap a scarf or neck gaiter around your nose and mouth to warm the air before you breathe it in, says Martinson.

## Drink Up

You don’t see your sweat losses in the winter like you do in the summer, so most people give little thought to staying hydrated, says Burch. But you can still sweat just as much (especially if you’re bundled up). Try putting your bottle under your layers to help keep it from freezing.

## Be Flexible

You may be an a.m. exerciser, but on extremely cold days, your best (and safest) bet is holding off until midafternoon, if possible, when temps are at their highest and paths are more likely to be plowed. And yes, there is such a thing as too-lousy weather.

“Stay in if you have to battle wind, snow, ice, and darkness, because there are just too many challenges stacked up against you,” says Kastor.

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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 815-338-4363 or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.