



CITY MANAGER'S NEWSLETTER



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FREEZIN' FOR A REASON

On Sunday, February 22nd, the Woodstock Police Department will participate in the 2015 ILETRSO Polar Plunge to raise funds for Special Olympics. The WPD Team is called "Woodstock PoL-Ice." Team Captain **Sergeant Constantino "Tino" Cipolla** has set an ambitious goal of \$10,000 for this year (more than twice the amount raised last year!) But this hardy band of volunteers comprised of WPD personnel, Police Explorers, family and friends is more than up to the task; they take the plunge with heart and a lot of style (last year they dressed up as superheros!)

The event will take place at Lakefront Park located at 71 Nippersink Boulevard in Fox Lake with plunging starting at 1:00PM.

If you'd like to make a donation to the cause, go to <http://soill.donordrive.com>. For information on how to join the team, contact Sergeant Cipolla at 815-338-2131 or ccipolla@woodstockil.gov.



GROUNDHOG DAYS



This Friday, January 30th, the Woodstock Moose Lodge is hosting the Groundhog Day Dinner / Dance from 6:00PM – midnight. Come out to enjoy the festivities and get the weekend started. Or, head over to Donley's

Village Hall Banquets in Union on Saturday night for Groundhog Mardi Gras from 6:00PM – 11:00PM. This is a fundraising event to benefit Woodstock District 200 Education Foundation, which will include dinner, music, auctions, and raffles.

In addition to the evening events, there are many family-friendly events included throughout the weekend. On Saturday join award-winning storyteller & writer, Jim May, for "Groundhog Tales" at Home State Bank beginning at 10:00AM. And, on Sunday, February 1, Mixin' Mingle is hosting "Woodstock Willie's Family Fun Day," a Groundhog Day-themed fun fair, from 9:00AM – 2:00PM.

For the complete schedule of Groundhog Days' Events, go to their website www.WoodstockGroundhog.org or call 815-334-2620.

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FROZEN PIPES & FREEZING WEATHER

Winters can be harsh on household plumbing so don't forget to protect the water meter and pipes from freezing temperatures. Those located on outside walls, in basements or in crawl spaces, are particularly vulnerable to the cold. They can easily freeze and break during cold spells and lead to costly repairs.

- Check the meter periodically to see if there is damage and contact us if you detect a crack.
- If a sink is located against an outside wall, open the cabinet doors overnight to allow warm air to reach water pipes.
- If you have had problems with frozen pipes in the past, keep a trickle of water running from the highest faucet in your house. During extremely cold periods, this trickle should be the size of a pencil point. You will be billed for the water used but this procedure may help prevent more costly plumbing repairs resulting from broken pipes.

Thawing Frozen Pipes

Partial water service indicates that a pipe is frozen somewhere in the house. A complete lack of water service can be the result of a frozen water meter or a frozen pipe leading from the water main in the street to the house. A meter or water pipe that feels extremely cold is most likely frozen. It's important to clear frozen blockages as soon as possible to minimize the danger of pipes bursting in some inaccessible spot. The resulting leak could cause serious property damage.

Follow the important steps outlined below to help thaw frozen pipes. In some instances, it may be best to call a licensed plumber.

Indoors

- If a water pipe has frozen and burst, turn off the water at the main shut-off valve in the house.
- Open a nearby faucet slightly so the pipe can drain as it thaws
- Thaw pipes and meters by applying hot air from a hair dryer, electric heater or by using a heating pad.
- Do not use electrical appliances in areas of standing water because you could be electrocuted
- Never use hot water or a blowtorch on a frozen pipe or water meter.
- Frozen underground pipes running into the house may require the application of electric current or other thawing devices. A licensed plumber must address this problem.
- If frozen underground lines outside the house are an annual problem, consider lowering them in the spring to a point below the frost line.



RECRUITMENT

Congratulations to **Leslie Cabrera** who has been offered and has accepted the position of **Limited Part-Time Playroom Attendant**.

Interviews for chosen qualified applicants for the **Limited Part-Time Finance/Accounting Intern** were held on Thursday, January 22nd. Information on the position will be released shortly.

Interviews for chosen qualified applicants for the **Limited Part-Time Library Shelver** were held on Thursday, January 22nd. Information on the position will be released shortly.

The following active positions are currently posted on the City of Woodstock's website:

CDL-Licensed Maintenance Worker I – Public Works Streets Division: General responsibilities with a Sunday through Thursday work schedule include: performs a wide variety of manual labor and operates vehicles and equipment in the maintenance and repair of City streets, rights-of-way, and other City-owned property. **Application Deadline: Friday, February 20, 2015 at 5:00PM (DEADLINE EXTENDED).**

American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides (2015 SUMMER SEASONAL): 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. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Playground Program Counselors (2015 SUMMER SEASONAL): 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. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Public Works Seasonal Maintenance Workers (2015 SUMMER SEASONAL): 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 Supervisors and/or Foremen for the respective divisions of the Public Works Department. **Application Deadline: Friday, March 6, 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 opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

HR NEWS



Thank you to everyone who attended the **2015 Wellness Screening Program**, which was held on January 14th and January 22nd. The program was available at no cost to all employees, spouses and dependents ages 18+ and retirees on the City of Woodstock's health plan.

Historically, participation in the program dramatically improved the health of many participants.

The program was a great success – attendee totals included 114 employees; 6 retirees; 29 spouses.

CHRISTMAS TREE COLLECTION UPDATE

The **Department of Public Works** has completed their curbside collection of live Christmas trees. As in years past, trees were collected for a period just over 3 weeks. This year just over 800 trees were collected, a somewhat higher amount than last year's collection.

The City plans to keep this tree collection on the calendar each year as a service to our residents.

If you still have a tree, or you notice a tree by the curb in your neighborhood, please contact the Department of Public Works at 815-338-6118.



Quotation

If you do not change direction, you may end up where you are heading.

Lao Tzu



MEETINGS NEXT WEEK...

Tuesday, February 3 – City Council, 7PM, Council Chambers

Thursday, February 5 – Library Board, 7:30PM, Library

LITTLE CHANGES FOR BIG HEALTH IMPROVEMENTS

If you could make a few lifestyle changes that would have a big impact on your health and wellbeing, what would they be? QualityHealth.com polled doctors, dentists, personal trainers, nutritionists and other lifestyle experts to find out their favorite tips. Many of their suggestions are easy and inexpensive to implement, yet they can bring a host of mental, emotional, and physical benefits.



Advice from the Experts

Here are eight simple changes that can make a big difference:

1. **Drink More Water.** “Of all the things you could do to immediately improve your health and wellbeing, [upping your water intake] could be the most important,” says Arek Long MA, CSCS, owner of WorkoutLA and a certified personal trainer. “On the one hand, dehydration is the leading cause of fatigue and headaches. On the other, maintaining proper hydration will immediately improve focus, increase energy, and rev up your metabolism,” he explains. “You don’t need any special equipment, and this super food is affordable on any budget.” He recommends aiming for half your body weight in ounces. This means a 200-pound person should drink 100 ounces of water every day.
2. **Practice Mini Meditations.** Meditating “stops the stress response and brings us to the present moment,” says Kathy Gruver, PhD, LMT, RM, author of several award-winning books, including *Conquer your Stress*. “We know long-term it can help with a myriad of diseases, dysfunctions, and disorders.” You don’t need a lot of time or ability to practice meditation. In fact, Gruver says she incorporates “mini meditations” throughout her day. To try this yourself, she recommends you “concentrate on the breath, the rise and fall of the chest. On the inhales think, ‘I am’ and on the exhale, think, ‘at peace,’ and repeat.” She says she does this multiple times a day, whenever she’s feeling stressed, anxious, or needs to focus.
3. **Walk More.** Over time, regular walking can reduce stress, lower blood pressure, improve cardiovascular health, and help you maintain a healthy weight. You can start by taking short strolls and work your way up to bigger goals. By tracking your progress, you’ll probably be motivated to keep walking for longer amounts of time and to cover more extensive distances. “Buy a pedometer—it will likely be the best \$5 you’ll ever spend,” says Tim Horrigan, MD, Chief Medical Officer at Iowa’s UnityPoint Health–Waterloo. He suggests setting a goal of 10,000 steps per day and watching the steps add up throughout the course of your activities.
4. **Eat More Whole Foods.** “What we put into our bodies every day is the significant determining factor of our health,” says Larry D. Cook, healthy lifestyle coach. “By simply changing our diet to a mostly whole foods, organic diet, our health will improve.” He explains that this means eliminating fast food and most processed foods, like pasta, bread, TV dinners, muffins, diet products, and foods with chemicals in it. “Instead, learn how to cook at home with fresh, whole organic food found mostly in the produce section, preferably from a health food store,” he says.

5. **Sleep Better.** If you aren't getting enough zzz's, this can take a toll on your body and your metabolism over the long term. "Studies show that people often use their phone, watch TV, play video games, or use social media on a computer, all within an hour of trying to fall asleep," explains Tate Hancock, MD, of Hancock Spine and Rehab in Wichita, Kansas. He points out that using these devices can over stimulate the brain, which makes it harder to calm the nervous system down and fall asleep. "If you have difficulty falling asleep or staying asleep, consider keeping electronics out of the bedroom and turning them off—especially those used at close range—for at least an hour before bed," he says.
6. **Floss Every Day.** "In my practice, there's no question the healthier and happier people are the ones with healthy teeth," says Kenyon Glor, DDS, a dentist in Wellington, Ohio. "Even if there are other medical issues, patients will tell me of the meals shared with family and friends. Those experiences would be difficult or impossible if there were ongoing dental issues. As low tech as it sounds, flossing and [dental] checkups are the single best way to prevent dental disease."
7. **Have a Sense of Humor.** It's easy to get thrown off course when things don't go your way. A traffic jam, being stuck in line in the store, or a disagreement with a friend, colleague or family member can be upsetting, but Barb Schmidt, founder of a nonprofit called the Peaceful Mind Peaceful Life and author of *The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness*, suggests finding the humor in the situation rather than taking things too seriously and letting them ruin your day: "Shakespeare said all the world's a stage, so keep this in mind," as you go through life, she says. "Seek out opportunities to be entertained by your fellow players on whatever stage you are on: whether in the grocery store, in long lines at the mall, at the dinner table, or at the office party. Seize opportunities to laugh with others and imbue your experiences with a delightful sense of levity."
8. **Keep a Journal.** "Putting the pen to the page every day provides the healthy 'me' time that people need daily in pursuing their mental, emotional, physical, and spiritual health and wellness goals," says Mari McCarthy, a journaling therapy guide. "It's a high benefit, low cost, inner health habit for everyone," she adds. Consider designating a few minutes every evening (or wherever you can fit it in) to follow this practice. The best part of journaling is you get to decide how and when you want to do it and what you want to get out of the process.

And to Make These Eight Little Changes, Set Realistic Goals

With these and any other changes you make to your routine, you'll need to have a realistic expectation as to when and how you'll see results. Remember that many things build over time, so you'll have to pace yourself and understand that worthwhile changes require time and patience, but in the end, your health—and state of mind—will benefit from your efforts.

**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.

Joe Rosner, a crime prevention and self-defense expert with military, law enforcement and professional bodyguard experience will speak on personal safety.

Coffee with the Chief



Monday, February 9, 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.