



CITY MANAGER'S NEWSLETTER



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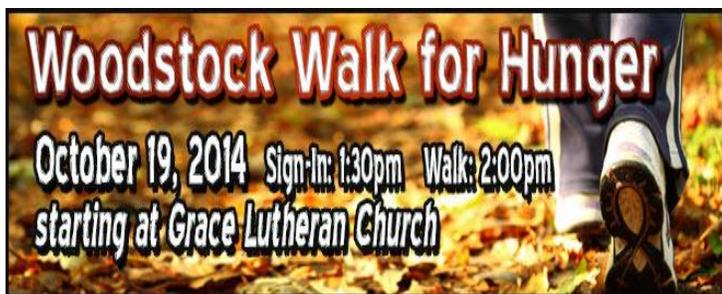
WOODSTOCK WALK FOR HUNGER

This Sunday, October 19, the Woodstock Area Community Ministries (WACM) will be hosting a Walk for Hunger. Registration begins at 1:30PM at Grace Lutheran Church, 1300 Kishwaukee Valley Road; the Walk begins at 2:00 PM.

All are welcome to join the group for a pleasant 5K walk through beautiful Emricson Park to raise awareness, and funds, for those that are hungry, and to find ways to combat hunger. The route is fully marked, stroller & pet friendly, and police escorted. Restrooms and water stations will be available along the way. Runners are welcome!!!

All proceeds support people in need in the Woodstock & Wonder Lake communities; **on average WACM helps 120 children & 111 adults each month.**

Registrations and donations are being accepted in person before the walk, or online at www.wacmgroup.org



IN THIS ISSUE...

- 2 Leaf Collection
- 3 Rob Branum Honored
- 4 IEPA Certification
- 5-6 Fall Allergies
- 7 Rec News



Bring your family & friends out this Sunday morning, October 19 for a great event to benefit a worthy cause.

The CARE4 Breast Cancer 5K Run/Walk is a race held annually to benefit the women of McHenry County by providing Breast Cancer Care through The Family Health Partnership Clinic. All proceeds from the Care4 5K Run/Walk go to the Family Health Partnership Clinic's Breast Cancer Fund and support the women of McHenry County:

- a) Increase public awareness of breast cancer issues in McHenry County.
- b) Improve access to screening and treatment resources for women in McHenry County.
- c) Provide greater access to mammograms for women in McHenry County.

ALL FUNDS STAY LOCAL!"

This event is located at Woodstock North High School, 3000 Raffle Road in Woodstock.

“The entire course is on the street surfaces of Woodstock along Raffle Road and within the Sonata and Sweetwater Subdivisions.”

If you're unable to attend this year's event, but you wish to donate, simply go to their website www.hpclinic.org click on the Care4 Breast Cancer icon; then click on GENERAL DONATION.

For further information about the event, go to www.hpclinic.org

LEAF COLLECTION IS APPROACHING

It's almost time for the City's **fall leaf collection**. The Department of Public Works will begin collecting bulk leaves curbside the week of Monday, October 27. As in past years, leaf collection will begin with all streets north of the railroad tracks; streets south of the tracks will begin the following week. Remember, do not rake leaves into the street; keep leaves in the parkway (between the sidewalk & street).

Leaf collection information is available in the Fall City Scene and on the City's website.

If you have questions, please contact the **Department of Public Works** at 815-338-6118.



HR NEWS



Keep Your Benefits on Target – City of Woodstock 2015 Open Enrollment Benefits Fair:

The City of Woodstock open enrollment event will be held on **Wednesday, October 22nd** from **10:30AM– 6:00PM** at City Hall, 2nd Floor. **Spouses**

are welcome!

A **presentation on benefits** will be held at **11:00AM, 2:00PM and 4:30PM**. **Representatives from various benefit services will be on hand to answer questions and help guide you through your decision-making.** Benefit representation includes:

- UMR Health Insurance/CBC Insurance Brokers
- UnitedHealthcare® Vision
- VSP® Vision Care (VSP is back!)
- Flex Spending Accounts
- Aflac® - Supplemental Insurance Coverage
- ComPsych® - Employee Assistance Program (EAP)
- Lincoln Life® Supplemental Life Insurance
- NCPERS - Optional Life Insurance

Please note that **all** 2015 Benefit Forms are due in the HR Office **NO LATER** than **Wednesday, November 12th, 2014**.

DETECTIVE ROB BRANUM HONORED FOR ARSON INVESTIGATION

Woodstock Police Department Detective Rob Branum was honored last year by the Woodstock Moose Lodge as Police Officer of the Year for the outstanding work he did as Lead Investigator on an Aggravated Arson Investigation that occurred in April 2013. Detective Branum went on to be honored by the McHenry County Chiefs of Police as well for the same investigation which resulted in the arrest of an individual for the arson. Recently Chief Robert Lowen nominated him for further recognition in the first inaugural Officer of the Year Award from the American Society of Industrial Security (ASIS.)

The award ceremony and appreciation dinner was held at the *Abruzzo* restaurant in Deerfield on October 9th. Detective Branum, his wife, **Jenny**, and his Supervisor, **Detective Sergeant Jeff Parsons**, attended the event. Detective Branum was the only law enforcement officer from McHenry County honored by the international organization.

Congratulations once again to Detective Branum on this well-deserved recognition of a job extremely well-done!



Congratulations

RECRUITMENT

The posting for the **Public Works Department's internal** transfer opportunity of **Fleet Maintenance Division: Mechanic** has closed.

In addition, the postings for the **Maintenance Worker** positions have closed. Interviews for chosen qualified applicants will be scheduled shortly for the above noted positions.

The posting for the Part-Time Library Desk Assistant will close at 5:00PM today, Friday October 17, 2014. Interviews for chosen qualified applicants will be scheduled shortly.

Interviews were held on Wednesday, October 8th for the **City Clerk** position. Information on the position will be released shortly.

MEETINGS NEXT WEEK....

Tuesday, October 21 – City Council, 7PM, Council Chambers



Quotation

It is wise to keep in mind that no success or failure is necessarily final.

-Anonymous

WASTEWATER TREATMENT EMPLOYEE RECEIVED IEPA CERTIFICATION

Dan Bolda, Plant Operator II for the City's Wastewater Treatment Division, recently obtained his Certificate of Competency as a Class 3 Wastewater Plant Operator from the Illinois Environmental Protection Agency. In order to determine competency, the Illinois EPA must evaluate whether applicants for certification possess the necessary skills, knowledge, ability, and judgment to properly operate and maintain the facilities entrusted to their care. Therefore, applicants for certification must meet specific experience, education, and examination requirements in order to qualify for certification. There are four certification levels that can be achieved through the IEPA. Woodstock's facilities are Class 1 facilities; which is determined by the type of treatment process as well as the size of facility, which is dependent upon the community served by the treatment plant(s).

The Wastewater Operator Certification Program is intended to protect public health, environmental quality, and the financial investment of wastewater facilities.

Congratulations to Dan for his hard work and this achievement.



CONGRATS, Dan!

TWEENS TRAVEL TO TIMBER RIDGE LODGE

No better way to spend a day off of school than with your friends at a water park. Last Thursday, during D200's fall break, **Recreation Program Coordinators Alan Dunker, Renee Torrez and Becky Vidales** accompanied 17 tweens to the Timber Ridge Lodge Water Park in Lake Geneva. They spent the day at the 50,000 square foot indoor water park and arcade. Lunch was included in the trip as well.

The next event for the 5th-8th grade age group is Saturday, November 1 from 6:30-8:30PM for Tween Night at the Recreation Center.



THE MOST COMMON FALL ALLERGIES

Come fall, while others are thinking about pumpkins, football, and raking leaves, you're thinking about your ragweed misery. Get help to control your fall allergies.

Seasonal **allergies**, including fall allergies, affect more than 35 million Americans and cost the U.S. economy more than \$7 billion in lost productivity.



Fall Allergies: Understanding Allergens.

“Inhalant allergens are substances that can

trigger allergy symptoms when inhaled by sensitive people,” explains Bruce Gordon, MD, an ear, nose, and throat allergy specialist at Cape Cod Hospital in Hyannis, MA, and an instructor at Harvard University in Cambridge, MA.

“Inhalant allergens are divided into two types on the basis of their persistence: perennial and seasonal,” Dr. Gordon says. “Perennial allergens are present throughout the year, with little variation. Seasonal allergens have distinct periods of time in which they are present in the environment in large quantities.”

Gordon says that plants typically pollinate in three seasons: “These seasons vary in length as a function of the growing season. In the spring, trees pollinate. In the summer months, especially in early summer, grasses pollinate. Finally, in late summer and into fall, weeds pollinate.”

Fall Allergies: Ragweed. One of the main contributors to **fall allergies** is the ragweed plant. A single plant can produce one billion pollen grains per season. Ragweed grows abundantly throughout the South, North, and Midwest, and its lightweight pollen grains can travel up to 400 miles in the wind.

“Ragweed pollen has a very distinct season from late summer to mid-fall,” says Gordon. “East of the Rocky Mountains, ragweed is the predominant cause of outdoor fall allergy symptoms.” Ragweed can be found growing in vacant lots, along the road, and in open fields. “In areas with colder temperatures, the first frost usually occurs at about the time ragweed pollination ends. In Southern regions, ragweed may pollinate through the winter,” notes Gordon.

Fall Allergies: Other Weeds. In various parts of the country, goldenrod, curly dock, lamb’s quarters, pigweed, sheep sorrel, and sagebrush can all cause fall allergies. “Goldenrod blooms at the same time that ragweed does, but it is insect-pollinated [as opposed to wind-pollinated] and is not a significant allergen for most individuals,” Gordon says. “The bright goldenrod flower, however, does alert everyone that the more inconspicuous ragweed is also blooming.”

Fall Allergies: Molds. Outdoor molds are another cause of fall allergies. They first appear in early spring, but thrive until the first frost. They are common in soil, compost piles, and in the leaves that cover the ground during the fall. “In temperate climates, mold spores form a distinct fall season in mid to late fall, after ragweed season is over. Mold spores are common airborne allergens. They are light, very small, and easily inhaled into the lungs. Spores rise high in the atmosphere during the warming of the day, falling back to the ground with the cool of evening,” says Gordon.

Fall Allergies: Protecting Yourself. If you have fall allergies, you should be extra cautious on windy days and in the morning. “Wind-pollinated plants such as ragweed have specialized male flowers that produce huge amounts of buoyant pollen, easily released into the wind. Pollen is most often released in the mornings,” Gordon says, cautioning that people who are allergic to pollen have strong sensitivities in the morning.

Here are some other precautions you can take:

- Use a face mask when you are outside, especially between 5 and 10 a.m. and on windy days.
- Remove pollen from your skin and hair by showering frequently.
- Keep your windows closed and turn on the air conditioner.
- Dry your clothes inside in the dryer instead of hanging clothes outside.
- Have decaying leaves removed from your yard and gutters.
- If you rake leaves in the fall, wear a face mask.
- When you first turn on your car air conditioner, leave your windows open and avoid breathing the air for several minutes until mold spores can disperse.

Fall Allergies: Don't Suffer in Silence. If your symptoms of sneezing, runny nose, or itchy and watery eyes get worse in the fall, you probably have an outdoor fall allergy. Eighty percent of people with seasonal allergies complain about these symptoms as well as problems with sleeping, being tired, having poor concentration, and decreased productivity at school or work. But treatment is available. “Many [people] can be helped with modern medical treatments, if they would only complain to their doctors and **get tested to detect possible allergies,**” urges Gordon.

PIYO TRAINING AT THE RECREATION CENTER

On Sunday, October 12, the Recreation Center hosted a PiYo certification class, taught by master trainer Susanna Kalnes. Approximately 35 group fitness instructors in the area attended the certification.

PiYo is a fast paced, low impact workout that combines the core benefits of Pilates and flexibility of Yoga. It is currently the best-selling home fitness program by Beachbody (creator of Insanity and P90X). The Recreation Center plans to offer the class sometime next year.



CANVAS CRAZE

The walls will be a little spookier with the adorable painting of a “Night Owl”, created by the participants in the *Woodstock Recreation Department’s* Canvas Craze class on Saturday, Oct11 where an instructor from *MUSE ART* instructed the group of twelve, step by step, through this cute painting.

The next Canvas Craze class will be held on Dec 6 from 10:30AM-12:30PM at the Rec Center. Space is still available-sign up at the Recreation Department today!



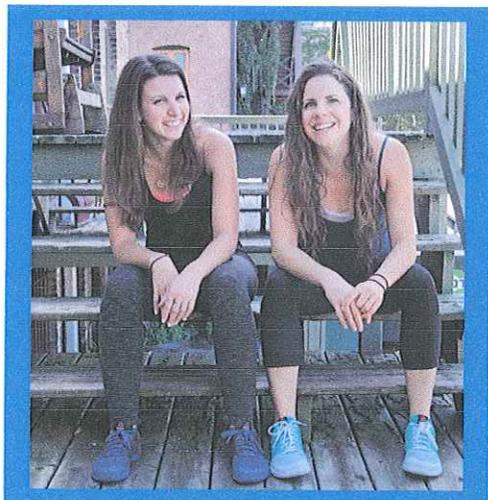


STATES IN A YEAR



because not all who wander are lost

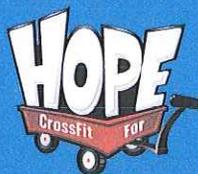
Hi, we are Katie & Samantha!
We are setting out on a charity fundraising adventure which we call 50 States In A Year.
We hope you'll join us!



Email: 50statesinayear@gmail.com
Twitter/Instagram: [@50statesinayear](https://www.instagram.com/50statesinayear)
Facebook: [facebook.com/50statesinayear](https://www.facebook.com/50statesinayear)
Donate: [gofundme.com/50statesinayear](https://www.gofundme.com/50statesinayear)

Charity:

CrossFit for Hope



Objective

We are setting out on a charity fundraising tour. Over the course of a single year we will travel to all 50 states and document our travels in an online blog called 50StatesInAYear.com. Throughout the year, we will be raising funds for the CrossFit for Hope charity while spreading the message of health, wellness and fitness. The more we can raise, the more we can donate at the end of the year!

Who/What/When/Where

WHO: We will be traveling together, meeting up with friends and family, as well as all of the many new friends we will meet throughout the year.

WHAT: We will be traveling for 365 days (hopefully in an RV), visiting every state in the United States. While in each state we will be hosting fundraising events to bring awareness to our charity, CrossFit for Hope, spreading the message of health, wellness and fitness and seeing what this beautiful country has to offer while sharing our travels in an online blog.

WHEN: We are setting out on this journey November 1st, 2014 and returning October 31st, 2015.

WHERE: All 50 states in the United States of America, making stops at CrossFit boxes, National Parks, various cities and any other places we feel like finding adventure and sharing our mission. We will be setting up fundraising events throughout the country and hope to get our sponsors involved in those as well!

Why

The real question is why not? We love being able to combine fitness, adventure and giving back into one amazing mission!

How

With your help! Whether it's a donation, product sponsorship or a place to park the RV, every little bit helps us reach our goal, save money and ultimately have more to donate to CrossFit for Hope!

50STATESINAYEAR.COM

We are 50 States In A Year!



My name is Katie Arnold and I'm a 27 year-old healthy-living and fitness fanatic, music industry professional and enthusiast, freelance writer and blogger. I'm an adventure-seeking creator, dreamer and entrepreneur.



My name is Samantha Laufer and I'm a 24 year-old yoga-loving and nutrition-focused foodie. I love cooking and helping others learn to fuel their bodies with clean, healthy foods.

JOIN US as we spread the message of health, wellness and fitness while raising money for charity!

50statesinayear.com



Join the Woodstock Jaycees for a fundraising event to help 50 States In A Year!

WHAT IS 50 STATES IN A YEAR? 50 States In A Year is a year-long charity fundraising tour led by Katie Arnold & Samantha Laufer spreading health, wellness and fitness across the country. As they visit all 50 states, the girls will be hosting events raising money for the CrossFit for Hope charity.

WHAT IS CROSSFIT FOR HOPE? CrossFit for Hope is the official fundraising arm of the CrossFit Foundation. They are a driving force in the fight against children's cancer, help provide educational opportunities and relief from hours of daily water cartage in Kenya, leverage the expertise of Infant Swim Resource to stop infant drowning, and elevates learning for dozens of students by providing educational opportunities to those in need.

WHY ARE WE DOING THIS? We have both completely changed our lives for the better by adopting a healthy and active lifestyle so when we saw an opportunity to bring together our communities (near and far) to give back to an amazing cause while also spreading the health, wellness and fitness message, we couldn't pass it up!

SAVE THE DATE!

WHEN: Thursday, October 23rd @ 8pm

WHERE: Woodstock Recreation Center, 820 Lake Ave, Woodstock, IL

WHAT: We are raising money to help cover our costs that we can't get covered by our sponsors on our GoFundMe page (gofundme.com/50statesinayear).

For every \$10 raised 10/17-10/23, one of us will do a burpee.

WHY: We want OUR community to feel like a part of this and this is one way for YOU to join us. Come hear our stories, find out more about this amazing trip and cheer us on as we do burpees to say THANK YOU for your support!

50statesinayear.com

