



CITY MANAGER'S NEWSLETTER



Volume II Issue 35

August 29, 2014

LABOR DAY SCHEDULE

In observance of Labor Day, all non-emergency City offices will be closed on Monday, September 1st.



Have a safe and happy holiday weekend!

LABOR DAY IMPACTS GARBAGE SERVICE

As a reminder, the Labor Day holiday will alter the garbage pickup schedule for residents during the week of September 1st through September 5th. With Labor Day falling on a Monday, all residents will be required to place their garbage out one day later. Residents that normally have garbage pickup 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.



HYDRANT FLUSHING BEGINS

The fall 2014 hydrant flushing has been scheduled for:

Tuesday, September 2 through Wednesday, September 10 – west of Illinois Route 47

Thursday, September 11 through Friday, September 19 – east of Illinois Route 47

No scheduled hydrant flushing will take place on Saturdays or Sundays.

During these three weeks, some loss of pressure and discoloration of water may occur. This condition will not present any health hazards and will only be temporary. Due to this discoloration, residents are urged to check their water quality **prior** to doing laundry and to avoid doing any laundry when hydrants will be flushed in your area. If you have any questions regarding the hydrant flushing, or when flushing will occur in your neighborhood, please contact the Department of Public Works at 815-338-6118, or via e-mail at pwdept@woodstockil.gov.

IN THIS ISSUE...

2 MFT Program

3 Health Message

4 Senior Program



AARP DRIVER SAFETY PROGRAM TO BE HELD AT WPD



The very popular AARP Driver Safety Program will be held at the Woodstock Police Department on September 15th and 16th from 10:00AM to

2:00PM each day. Participants must attend both days to receive credit for the class. The cost is \$15.00 for AARP members and \$20.00 for non-members.

Participants who successfully complete the program may be eligible for a reduction in their vehicle insurance rates.

For further information or to register for the class, please contact **Administrative Office Manager Tamara Reed** at 815-338-6787.

FALL CITY SCENE MAILED THIS WEEK

The Fall City Scene was direct mailed today to over 15,000 residents in the 60098 zip code and the west side of Wonder Lake (District 200 boundaries).

The 56-page brochure is compiled by the **Recreation Department** with submittals from various City departments. In addition to the general information about City services that are published in each edition, there is also program information for the Challenger Learning Center, **Opera House**, NISRA, **the Recreation Center**, and the **Recreation Department**.

If you live in the 60098 zip code and have not received your City Scene, contact the Rec Department at 815- 338-4363.

RECRUITMENT NEWS

Phil Groh has been offered the opportunity to serve as **Temporary Mechanic** based on his interest and qualifications, effective August 24, 2014. He will return to his role as **Maintenance Worker/Sewer & Water** at the end of this temporary assignment.

Interviews have been scheduled for Thursday, September 4th, with 6 internal and external candidates for the posted position of **Production Assistant** for the **Woodstock Opera House**.

2014 MFT PAVEMENT MAINTENANCE PROGRAM

A pre-construction meeting was held at the **Department of Public Works** on Monday, August 25 with Geske & Sons, Inc. to discuss the upcoming 2014 MFT Pavement Maintenance Program. The contractor is scheduled to begin saw cutting damaged curbs, gutters and sidewalks on Friday, August 29 and begin removal and replacement after the Labor Day weekend.

After the concrete work is completed, road surface pulverization, road surface milling and final resurfacing on selected streets will begin. Some traffic delays are expected during the resurfacing process; all resurfacing is expected to be completed by October 15, weather permitting. Once the resurfacing is completed, final pavement striping will be done on those streets.

If you have any questions about this project, please contact the Department of Public Works at 815-338-6118.

AMERICANS ARE WALKING MORE TO IMPROVE THEIR HEALTH

Improve your health by increasing your physical activity. Start with walking more as part of your daily routine.

Most everyone knows that physical activity is important for good health, but not enough actually do it. Obstacles abound, not the least of which is limited time. Fitting regular physical activity into your daily schedule may seem difficult at first, but the *2008 Physical Activity Guidelines for Americans* are more flexible than ever, giving you the freedom to reach your physical activity goals through different kinds of activities. It's easier than you think!



Adults need two types of physical activity each week—muscle strengthening and aerobic. Aerobic activities make you breathe harder and make your heart and blood vessels healthier. Brisk walking is the most popular aerobic physical activity among adults in America.

Walking briskly for 2 hours and 30 minutes each week—easily broken up into 5, 30-minute walks—helps you meet the *Physical Activity Guidelines* and gain health benefits. Add in 2 days that include muscle strengthening activities—things like sit-ups, push-ups or weight lifting—and you are one of the growing number of adults getting healthier by increasing their physical activity. Congratulations!

Join the crowd.

More and more Americans are choosing walking as their regular form of physical activity each day. More than 145 million adults now include walking as part of a physically active lifestyle. So if you're not as active as you would like, why not consider walking more each day?

Walking is free, requires no special skills or facilities, and can be done indoors and outdoors—alone or with others.

Every step counts.

Increasing physical activity is an important step towards a healthier life. People who are physically active can live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Even if you are inactive, you can benefit from becoming active. Doing some physical activity is better than none.

Commit to walking more each day than you did the day before.

Here are a few tips for adding more walking into your day.

- Park the car at the shopping center and walk to all your nearby errands.
- Find a walking buddy. Meet at the same time most days to go for a brisk walk.

August 29, 2014

Page Four

- Host a Walking Meeting—walk and talk over problems with your colleagues for the first 20 minutes then hit the conference room to write down ideas and finish up.
- Make a Walk-and-Talk date with a friend or family member. Skip the latte and do a loop around the neighborhood instead.
- Take a walking lunch break at work. Keep extra shoes and socks in your filing cabinet.
- Walk while you are waiting. Instead of sitting on the bleachers while your child's at practice, walk around the field. Walk outside the restaurant as you wait for your table to be ready.
- Find a convenient walking path near your home, kids' activities, or work (http://www.startwalkingnow.org/start_walking_paths.jsp).

Why choose walking?

Increased walking has the potential to enliven communities by getting more people out on the streets. It allows you to meet and interact with people, making communities stronger.

© 2014 Centers for Disease Control and Prevention (CDC).

BEAUTIFUL DAY FOR A PICNIC



Seniors from Hearthstone Communities and Coffee at the Café attended an afternoon picnic at Emricson Park this past Thursday. They were served lunch with **Mayor Brian Sager**, **City Manager and Griller Roscoe Stelford** and CEO/President of Hearthstone Communities Terry Egan. **City Manager Assistant Monica Amraen** and **Program Coordinator Becky Vidales** plan events once a month with Hearthstone. Coming up in the fall; Old World Wisconsin, Winery Tour and a Christmas Luncheon.



MEETINGS NEXT WEEK...

Tuesday, September 2 – City Council, 7PM,
Council Chambers

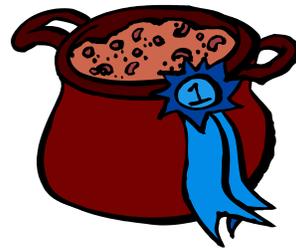
Thursday, September 4 – Library Board, 7:30PM,
Library

Quote

*When it is obvious that the goals
cannot be reached, don't adjust the
goals, adjust the action steps.*

Confucius

CHILI COOK-OFF



Get your recipes ready and mark your calendar for Thursday, October 2 for the Chili-Cook-Off. The event will be held in the Police Department parking lot from 4-7PM. Each department is asked to submit one or more chili dishes for judging. Appetizers and desserts would also be appreciated.



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

Detective Sergeant Jeff Parsons of the WPD Investigation Unit will discuss the ever growing problem of sexting among today's youth.

Coffee with the Chief

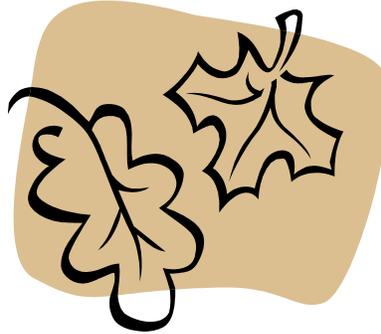


Monday, September 8, 2014
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.

Dance into

Fall Fitness



Labor Day

Monday, September 1

Open from 7 am to 1 pm

(Play Room available)

8-8:30AM

Zumba Gold with Pam

8:30-9:00AM

Zumba with Judy

9:00-9:30AM

MIXXEDFIT with Angela

9:30-10:00AM

Piloxing with Molly



WOODSTOCK
RECREATION CENTER