



CITY MANAGER'S NEWSLETTER



Volume II Issue 25

June 20, 2014

COMPLETE STREETS POLICY

The City of Woodstock received a “We Choose Health” grant from the McHenry County Department of Health to develop a “Complete Streets” planning policy. This policy provides guidelines for safe access to streets for all users, regardless of age, ability or mode of transportation. It is intended to make the street network safer for drivers, transit users, pedestrians and bicyclists by accommodating pedestrian and bicycle traffic in all new or substantially rehabbed transportation projects, whenever appropriate, through infrastructure improvements like new sidewalks, additional crosswalks, bicycle lanes, bicycle parking and places for pedestrians to rest.

The “Complete Streets” policy was approved by the Woodstock City Council at their June 17, 2014 Council meeting.

For further information about “We Choose Health” or the “Complete Streets” policy, go to <http://www.idph.state.il.us/wechoosehealth/> or contact the Department of Public Works at 815-338-6118.

FOURTH OF JULY HOLIDAY WILL IMPACT GARBAGE SERVICE



As a reminder, the Fourth of July Holiday will alter the garbage pickup schedule for residents during the week of June 30th through July 4th. With the Fourth of July

falling on a Friday, residents with Friday pick-up will need to place their garbage out on Saturday. Any questions should be directed to the City’s garbage contractor, MDC Environmental Services at 815-334-0014.

IN THIS ISSUE...

- 2 Peace Park**
- 3 Recruitment News**
- 4 Recruitment News Continued**
- 5 Health & Safety News**
- 6 Challenge Race**
- 7 Sports Camp**

Illinois Department of Public Health

Pat Quinn, Governor



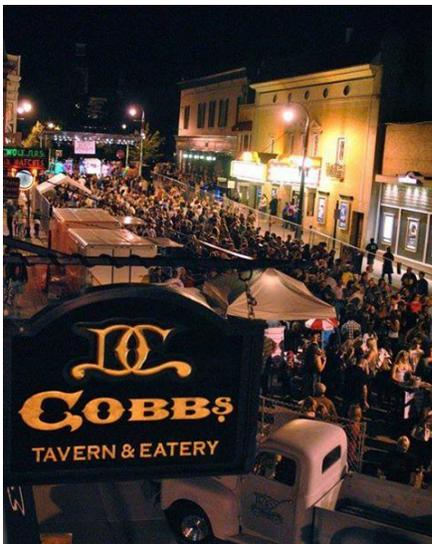
Promoting safe and healthy communities for Illinois families

MUSIC FEST 2014

Once again this year DC Cobb's will be hosting Music Fest on the historic Woodstock Square. Benton Street will be closed between Cass Street and the railroad tracks; and E. Judd Street will be closed between Benton Street and Jefferson Street from 6:00 AM on Saturday, June 21 until 6:00 AM on Sunday, June 22, 2014 to accommodate the preparation and festivities. This year's event is on Saturday from noon until 11:00 PM. Many of the establishments on Benton Street, including The Pour House, The Cabin, Town Tap, Off the Rails, as well as DC Cobb's, and Liquid Blues on E. Judd Street will be involved in the Festival.

The event will include a line-up of live music, featuring "Too White Crew", along with selections of food and beverages. For more information, go to <http://www.dccobbs.net/>

Be safe and have fun!



CHILDREN'S PEACE PARK & PATHS

The Bull Valley Garden Club and representatives from School District 200's Challenge Corps Program will partner with the City of Woodstock to create a **Children's Peace Park & Paths** within Dick Tracy Way Park. Funding for these park improvements include a \$10,000 grant from the

McHenry County Community Foundation (MCCF) along with contributing funds totaling \$2,300 from D200's Challenge Corps Program and \$5,000 from the Bull Valley Garden Club. Organizers plan for this project to involve the community with work being completed by volunteer groups, individuals, and students. This project is an excellent example of a public benefit that would never happen without the combined efforts of several creative and dedicated parties, and the Foundation's generous funding support.

The Peace Park portion of the project consists of a restful circular garden area, approximately 40 feet in diameter, with concrete pathways designed in the shape of a large peace sign, surrounded by native perennial grasses and flowers, benches and symbolic artistic sculptures, along with educational signage. Joined to the Peace Park will be a labyrinth that is approximately 60 feet in diameter. The labyrinth walking paths were researched and proposed for implementation by the Bull Valley Garden Club as part of their civic outreach efforts, with planning assistance from Countryside Garden Center.

The path portion of the project will include a global/social awareness garden and sitting area with a professionally-landscaped walking and meditative labyrinth. Both areas will be ADA accessible and will serve children and adults of all ages.

Construction of the Peace Park will begin this summer with an anticipated opening day in mid-September, assuming favorable construction weather conditions. The City hopes to open the labyrinth for public use on or around the end of May, 2015.

If you have any questions about the **Children's Peace Park & Paths**, please contact the Department of Public Works by phone 815.338.6118 or e-mail pwdept@woodstockil.gov

RECRUITMENT NEWS

The **Woodstock Police Department** welcomes two new employees this week. **Keith Lee** is the new part-time **Community Service Officer**, with duties including evening oversight and assistance for activities on the busy Woodstock Square. **Keith** is a Woodstock High School graduate and recently served our country as a squad leader in Iraq. In addition, **Nancy Shepherd** has signed on as a **substitute Telecommunicator**. **Nancy** currently serves in a similar capacity with the Harvard Police Department and will provide on-call duty for Woodstock as available.

The following position has been re-posted and is open for application:

Woodstock Opera House Production Manager

Due to retirement, the City of Woodstock is seeking qualified applicants for **Production Manager** with the **Woodstock Opera House**, a renowned historic year-round performing arts theatre and concert venue. This full-time exempt position coordinates technical theatrical scenery, lighting and sound for all public performances in the Opera House, Stage Left Café and Square Park Bandstand; organizes and assigns personnel and equipment; supervises personnel training; purchases and maintains production equipment. Work is performed under the direction of the Opera House Managing Director.

Min. Qual.: Bachelor's degree in Theatre Production, Theatre or Fine Arts (MFA degree in Theatre preferred); 5 years' theatre scenery, stage lighting, sound and design production experience, at more than one venue; valid driver's license with good driving record; ability to obtain CPR and first aid certifications, and to be federally licensed to manufacture, possess and use pyrotechnic materials. **Salary Range:** \$59,654 - \$80,000 DOQ, with full benefits package of group health & dental insurance, benefit time and IMRF retirement plan.

A completed City of Woodstock job application, current resume and cover letter—clearly outlining relevant experience and education—should be emailed to: humanresources@woodstockil.gov no later than **Friday, June 27, 2014**. Formal applications for this position are available on the City's website or will be sent via e-mail upon request. The City reserves the right to select only the most qualified applicants for an interview. EOE

The process to establish a new **Patrol Officer Eligibility List** is currently underway:

City of Woodstock PATROL OFFICER

Woodstock, NW Chicago suburban community of 24,770, on Metra rail and McHenry County seat, seeks dedicated public servants to establish a Patrol Officer Eligibility List. Min qual: 21-34 yrs old (age waiver for experienced officers); US citizen; HS grad or equiv., with preference points awarded for bachelor's degree any major; for associate's degree in criminal justice, law enforcement, fire service or emergency medical services; or, for prior military service with honorable discharge; valid driver's license and good driving record; no felony convictions. FY14/15 starting salary: \$52,025 with comprehensive benefits package. Application packet can be saved to your computer and/or printed from www.woodstockil.gov under Employment Opportunities, or emailed by contacting: humanresources@woodstockil.gov Completed applications must include \$35 processing fee (cash, check, or money order) and be submitted to City of Woodstock HR Dept., 121 W. Calhoun St., by 5:00 pm **Tuesday, July 15, 2014**. Mandatory Orientation and Testing to be held Saturday, 7-26-14. Current valid POWER card will be accepted in lieu of physical testing at Orientation. EOE.

The following position recruitment closes today:

PT Young Adult Library Assistant

The City of Woodstock is accepting applications for the part-time position of Young Adult Library Assistant with the Woodstock Public Library. Examples of duties include: assisting with development and conducting programming efforts aimed at middle school and high school aged library patrons; providing assistance with library resources; promoting teen programming through webpage and publicity development; enforcing policies for library behavior; and other related duties as assigned. Bilingual ability is desirable. Position works 20-28 hours per week with the following as minimally scheduled hours: Mon., Wed., Thurs. 2 – 7 PM and Tues. 4 – 9 PM, plus occasional daytime meetings and weekend work.

Minimum Qualifications: Bachelor's degree in Elementary Education or similar field; experience working with students, especially teens, in school setting or public library youth services department; excellent communication skills, including proficiency using computers, research databases, social media and Internet; Spanish language fluency is highly desirable. Pay rate: \$17.20/hr. with prorated time off benefits, IMRF membership and non-City subsidized health insurance. Contact City of Woodstock HR Department at humanresources@woodstockil.gov for required application. Deadline to apply: **Friday, June 20, 2014. EOE.**

SUMMER DANCE CLASSES BEGIN

The **Recreation Department's** *Little Dancers, Ballet, Hip/Hop, Poms, Popstars and Kidz Pop* programs started the summer session last week with ten different classes.

Little Dancers teaches students basic ballet and jazz steps while having fun expressing themselves through creative movement. The Ballet class is a beginner ballet that teaches participants ballet terms and positions while improving the child's balance, movement and flexibility. Hip/Hop, Kidz Pop and Poms all teach popular dance moves to the current popular music.

These popular six-week classes are led by Ellie Powell, Leslie Behrns, Robin Sobel, Bridget Saladin and Eden Powell.

Recreation Coordinator Renee Torrez and the instructors are busy planning classes for Fall.



HEALTH & SAFETY: PROTEIN POWER UP FOR ALL DAY ENERGY

We've all heard the old adage: "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." But there are sound medical reasons



for that advice. A new study shows, for optimum performance, we need to consume adequate amounts of protein at each meal of the day to keep muscles at their best. However, most Americans get uneven amounts of protein, with too little at breakfast and lunch and too much at dinner.

This "upside down effect" means we're not taking enough protein early on for efficient muscle building and repair during the day, and at night we're often taking in more than we can use. We run the risk of having this excess oxidized and ending up as glucose or fat. Many Americans would benefit greatly from balancing their daily protein consumption, the researchers said. It isn't necessary to eat massive amounts of protein to maximize muscle synthesis, but being a little more thoughtful with how much is eaten at each meal can make a big difference.

For breakfast, consider replacing some carbohydrates, the usual cereal or baked goods, with high-quality protein. Throw in an egg, a glass of milk, peanut butter or yogurt to get closer to 30 grams of protein. Add cheese to your lean meat sandwich at lunch; snack on nuts or cheese sticks during the afternoon; then eat more veggies and fruit at dinner to moderate the amount of protein on your plate. Do this, and over the course of the day, muscle protein will be synthesized more effectively, resulting in sustained strength and energy.

A TWISTING GOOD TIME AT CORKSCREW GYMNASTICS



The **Recreation Department** has partnered with **Corkscrew Gymnastics** in McHenry to offer a variety of tumbling/gymnastics classes.

Pictured is a little gymnast in the *Mini-Twisters* class for participants who are three years old. Other classes that are running this session are *Parent-Tot Gymnastics* (ages 1-2 years), *Mighty Twisters* (ages 4-5 years) and *Beginning Gymnastics* (ages 6-17 years).

Classes are held at Corkscrew Gymnastics facility where participants can build strength on the floor, balance beam, vault and bars. The participants' favorite part of the class is the Tumbl Trak, a long trampoline that provides all the benefits of tumbling, without the wear and tear on the joints.

The second summer session for gymnastic classes begins the week of June 23 and there are still some spaces available. Sign up at the Recreation Department or online at www.woodstockrecreationdepartment.com.

CHALLENGE RUNS SMOOTHLY FOR OVER 400 PARTICIPANTS

The sunny and warm temperatures were great for swimming after the race for the 400+ runners who participated in the **Recreation Department's** 37th annual *Woodstock Challenge Road Races* last Saturday.

The Recreation Department would like to thank all the City departments that assisted with the event including the **Police Department**, the **Opera House** and the **Parks Division**. Thanks also to the Fire/Rescue District, County Sheriff's Department, the State Police, the corporate sponsors, and the 50+ volunteers who made the event a success.



START SMART SPORTS CAMP OFF AND RUNNING

The summer session of the **Recreation Department's Start Smart Sports Camp** is running smoothly. The instructor, **JD Fuller, a 4- year Playground Program Counselor**, is a second-generation instructor, JD's dad Jay Fuller taught Start Smart for many years. The Start Smart class focuses on teaching kids and parents the fundamentals of kicking, passing, and ball handling, while working on developing the fundamental motor skills of the participants.

MEETINGS NEXT WEEK...

No Meetings Scheduled

QUOTE

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

Anonymous



NEWS

FOR IMMEDIATE RELEASE

June 16, 2014

For Information Contact:

Sgt. Rob Pritchard

815-338-2131

rpritchard@woodstockil.gov

Woodstock Police Department begins Independence Day crackdown on drunk drivers

(Woodstock, IL) – Woodstock P.D. today announced plans for July 4th traffic enforcement, focusing on drunk drivers. The intensified enforcement effort will focus on late-night hours as statistics show a disproportionate number of traffic deaths occur late at night and involve a drunk driver and/or unbuckled motorist. The crackdown is part of the statewide, Independence Day *Drive Sober or Get Pulled Over* effort.

“Summer is in full force, and so is the summer travel season. All too often, that means more traffic and more traffic crashes and Independence Day can be one of the deadliest summer travel times,” said *Sgt. Rob Pritchard*. “Too many people die each year due to those who choose to drive after drinking, so our officers will be out in full force this Independence Day showing zero tolerance for drunk drivers.”

Woodstock P.D. will join the Illinois State Police and hundreds of police and sheriff’s departments in a statewide enforcement effort that begins June 23 and runs through July 6th.

(more)

To avoid a potential crash or drunk driving arrest, the **Woodstock P.D.** recommends designating a sober driver and not letting friends or family members drive drunk. Other important tips include:

- Plan ahead. Designate a sober driver before going out and give that person your keys;
- If you are drunk, call a taxi, use mass transit or call a sober friend or family member to get you home safely;
- Use your community's designated driver program;
- Promptly report drunk drivers you see on the roadways to law enforcement by pulling over and dialing 911;
- Make sure everyone in your vehicle wears their seat belt. It is your best defense against a drunk driver.

The law enforcement crackdown is funded by federal traffic safety funds through IDOT's Division of Traffic Safety. The crackdown runs concurrently with a media campaign that reminds motorists, "Drive Sober or Get Pulled Over" and "Click It or Ticket."