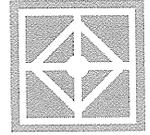


# CITY MANAGER'S NEWSLETTER



Volume XXII, Issue 9

March 2, 2012

## **SPRING IN A JAR! BROUGHT TO YOU BY BULL VALLEY GARDEN CLUB AND WPL**



The Bull Valley Garden Club and the Woodstock Public Library partnered to provide the program; *Spring in a Jar!* Over 50 people came to this program.

## **TEEN TECH WEEK**

This year's Teen Tech Week is March 4 through 10. This is a national initiative sponsored by the Young Adults Library Services Association designed to inform teens that the library is a trusted resource for accessing information and that librarians are the experts who can help them develop the skills they need to use electronic resources safely, ethically, effectively, and efficiently. Teens in grades 6 through 12 are invited to take part in our Tech Scavenger Hunt. Pick up an entry form in the YA area, complete it, and turn it in for a chance to win a \$15 iTunes card.

## **HAVE A HEART FOOD DRIVE A HUGE SUCCESS!**

Thank you to all of our patrons who showed us how big their hearts are by making the library's annual *Have a Heart Week* a huge success. Our goal for our Blood Drive was 20 units which we exceeded with 25 donations and 3 deferrals. We also collected an entire truckload of items to take to the Woodstock Food Pantry. A special thank you goes out to Trudie and Dave Dreyer, who delivered the multitude of canned and packaged foods as well as toiletries that were so generously donated by our community members.

## **FEBRUARY AT THE CAFÉ**

Seniors were busy on Tuesdays this past month during *Coffee at the Café*. On the first Tuesday of the month, Stampin' Up Consultant Bridget Wand put together a card and gift bag craft for each senior. As the cards were being made, many seniors reminisced about making Valentines when they were in school. Bingo day fell on Valentines Day and plenty of chocolates were eaten and heart shaped prizes were awarded to the lucky winners. Everyone enjoyed pizza from Napoli's during our Taste of Woodstock. At the last gathering of the month, Physical Therapist Mallory Schug from Adult Child and Rehab discussed fall prevention and demonstrated strengthening exercises. Each month is planned and organized by **City Manager Office Assistant Monica Amraen** and **Recreation Program Coordinator Becky Vidales**.

*Thursday Thread*, is a joint effort event with the City of Woodstock, Hearthstone Communities and Senior Services held on the 4<sup>th</sup> Thursday of each month. This month the event was at Hearthstone Communities with **City Planner Nancy Baker** presenting a slide show on the History of the Woodstock. Over 50 seniors were in attendance. The next *Thursday Thread* event is a Luau on March 22 at **Stage Left Café**.



## **IN THIS ISSUE...**

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## **RECRUITMENT NEWS**

Interviews for **Playground Program Counselors** were held this week, while interviews for **Woodstock WaterWorks**-related positions will be held next week, on Wednesday, March 7<sup>th</sup>. All candidates will be notified of possible employment following review and decisions by the **Recreation Department** supervisors.

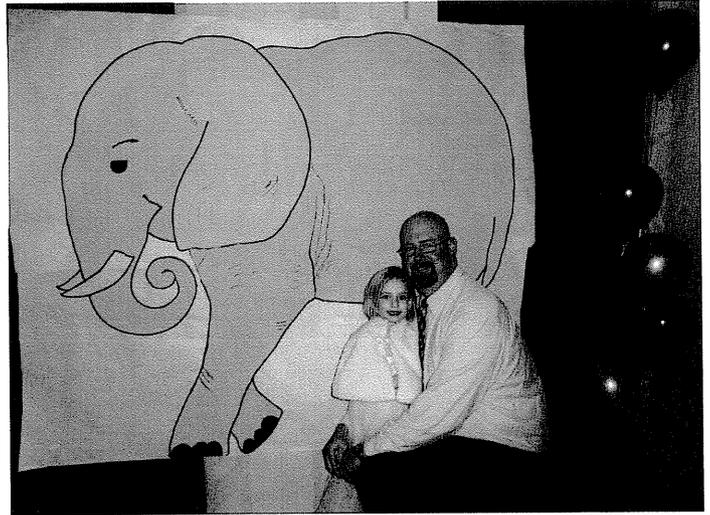
The opening for **Public Works Office Manager** created by **Susan Gullotto's** well-earned impending retirement has been shared on an internal basis only for discussion with any interested current City of Woodstock employees. Employees are encouraged to contact **HR Director Deb Schober** before the end of the day, Friday, 3/2/12, if interested in discussing their qualifications for this full-time opportunity.

## **MEETINGS NEXT WEEK:**

Monday, March 5 – Board of Fire and Police –  
5PM, Council Chambers

Tuesday, March 6 – City Council, 7PM, Council  
Chambers

Thursday, March 8- Adjudication Court, 9:30AM,  
Council Chambers



## **JUNGLE BOOGIE**

Pictured are **IT John Burns** and his daughter Cassidy, one of over 80 couples who danced the night away at the **Recreation Department's** "Jammin in the Jungle" Daddy/Daughter Dance on Saturday, February 25<sup>th</sup> at the Rec Center gym and multi-purpose room.

The night included a variety of snacks, candy and everyone's favorite, the chocolate fountain, along with great music by Music in Motion DJs, and photos by DeWane's Studio.

This was the eighth year the **Recreation Department** hosted the dance and participation has more than doubled since the first year.

This event was coordinated by **Program Coordinator Renée Torrez** and was a success due to the help of several Recreation Department staff. Many thanks to **Program Coordinators Becky Vidales** and **Alan Dunker**, **Recreation Center Manager Mary Lynn Lisk** and her husband **Larry Lisk**, **Recreation Center Front Counter Staff Ron Schmitt** and his wife **Ruth**, **Estee Forst**, **Matt Rampey**, **Arturo Diaz** and **Ruby Santana** all of whom volunteered their time to help set up, serve food and clean up after the dance.

## **Quotation**

**"Sooner or later we all  
quote our mothers."**

**– Bern Williams**

## **HEALTH & SAFETY MESSAGE: STRESS FIRST AID KIT**

We all know the benefits of eating right and exercising...but when “life happens” sometimes that’s just not enough to keep stress under control. Additional tips include:

- ◆ **Listen**—enjoying music is the number one thing people around the world do to combat stress; it may also increase spatial reasoning, the type of intelligence used for problem solving.
- ◆ **Breathe**—sounds simple, right? But correct breathing involves slow, rhythmic breaths from the lower abdomen, not short, shallow breaths from the chest like many of us often take. Short rapid breathing actually increases heart rate and contributes to more anxiety, not less. Breathe in and expand the abdomen, then slowly exhale and tighten for maximum relaxation.
- ◆ **Laugh**—studies show that even anticipating watching something funny can reduce stress significantly. Laughter is proven to ease pain and boost immunity as well.
- ◆ **Smile**—okay, sometimes it’s not totally appropriate to laugh out loud. But one study indicates that the act of smiling in itself can send a message to your brain that you are happy.
- ◆ **Whine**—it’s completely normal and cathartic to just need to unload sometimes. But it’s especially helpful to balance these negatives by wrapping up this type of conversation with positive, hopeful comments as well.
- ◆ **Soothe**—aromatherapy sends calming messages to the brain; try lavender hand lotion for relaxation or a peppermint spray for freshness.
- ◆ **Hydrate**—water keeps everything well-oiled and ready for action; don’t wait to be thirsty...benefits come when you drink more than you think you need, more often than you may feel necessary.

## **FITNESS BUCKS BRING IN MEMBERS**

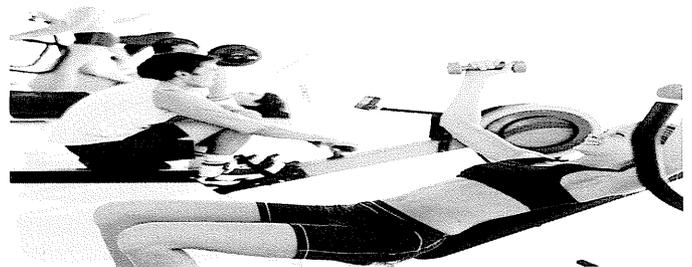
The latest promotion of Fitness Bucks, a new program at the Rec Center, took place during Leap Year. Anyone that paid for a yearly membership on February 29 received ten Fitness Bucks. A total of thirteen yearly memberships were sold that day!

The benefit to paying for a whole year up front is that the initiation fee of \$99 is waived and there is a 10% savings of the total dues for twelve months, which is basically one free month.

As part of the **Recreation Department’s** Strategic Plan, one of the Recreation Center’s 2012 promotions is **Fitness Bucks**. The Bucks can be earned by members, daily visitors or punch card holders by participating in designated Rec Center programs and special events throughout the year. Bucks can be redeemed for Rec Center items including guest passes, water bottles, gym bags, T-shirts, and even a fee month’s dues!

Promotions for March included wear green on March 7 for ONE buck, double buck day is March 11, attend March Madness workout on March 17 for TWO bucks, attend Spring into Group Fitness classes on March 20 for TWO Fitness Bucks, attend the last Friday Family Fun Night on March 30 for ONE buck per family member.

The Fitness Bucks promotion is the brainchild of **Recreation Director Becky Vidales** and has proven very popular with Rec Center members.





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

Chief Lowen will present a program on Personal Safety and Crime Prevention.

# Coffee with the Chief



March 12, 2012  
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.