

RIVER FOREST

Proud Heritage • Bright Future

The Village of River Forest Newsletter | May, 2022



New Solid Waste Contract Benefits Residents

The Village approved a new solid waste collection contract with Lakeshore Recycling Systems, LLC (LRS) on May 1, 2022. This new contract brings many additional benefits and cost savings for residents. Among them are a one-year garbage and recycling collection rate freeze, as well as three different options for compost collection. Residents can also take advantage of two at-home collections of household hazardous waste, and two at-home collections of electronics recycling, both at no additional charge. LRS will provide one additional staff member to ensure that customer requests and questions are addressed in a timely manner.

LRS purchased the Village's former waste hauler, Roy Strom Refuse and Removal Services, Inc. (Strom) in 2020. Residents will notice that many of the Strom-branded trucks and carts are still in service. To view the new agreement, which can be found starting on page 153, click [here](#).

Below are the current rates for residents, which come at a lower cost than the previous contract:

- 96-gallon cart: \$17.00 per month
- 64-gallon cart: \$15.00 per month
- 35-gallon cart: \$13.00 per month



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From Village President Cathy Adduci

Dear River Forest residents,

First, I'm thrilled to share that the Village's 96th annual parade will be returning on Monday, May 30 at 9:30 a.m. to honor Memorial Day. The parade will end at Keystone Park with a ceremony honoring local servicemen and women, followed by a free hotdog lunch. If you would like to nominate a resident to be included in the 2022 Memorial Day Roll Call, please click [here](#). The deadline to make a nomination is Monday, May 23. For more information about all of the Memorial Day festivities, including the parade route, click [here](#). We look forward to joining with mayors and leaders from area communities to recognize all who have served our country and made the ultimate sacrifice for our freedoms.

This month marks National Police Week, which this year is observed from May 15-21. This proclamation was originally signed by President John F. Kennedy in 1962 and designated May 15 as Peace Officers Memorial Day, and the week in which that date falls as Police Week. This time is meant to honor, and also to remember, law enforcement professionals who have lost their lives in the line of duty, and to show support to their families and communities. To learn more, click [here](#).

It is important to note that May is also **Mental Health Awareness Month** and offers an important reminder to ensure we are all addressing our mental and emotional needs, and the needs of those around us. Residents seeking mental health services or support are encouraged to contact **THRIVE Counseling Center** for assistance. This mental health center is located right here in our community, and offers a wide range of counseling services for both individuals and groups.

Sincerely,

Cathy Adduci, Village President
Village of River Forest

Village Board Trustees



Erika Bachner



Kathleen Brennan



Lisa Gillis



Ken Johnson



Robert O'Connell



Respicio F. Vazquez

Village Clerk

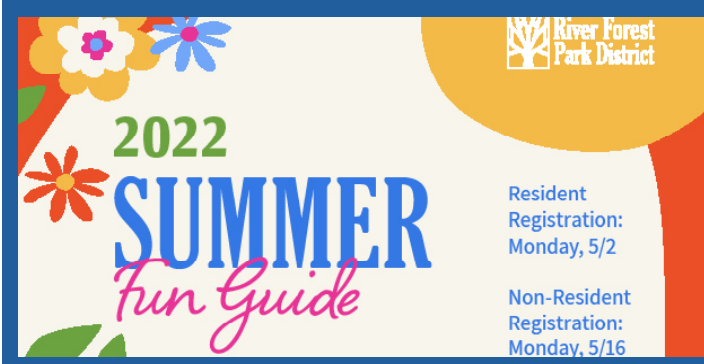


Jonathan Keller

To contact the Village Board to submit a comment or question, click the button below

Contact the Village Board

News Around Town



River Forest Park District Summer Fun Guide

The River Forest Park District Summer Fun Guide is available on rfparks.com and registration has begun for Village Residents. The Fun Guide features programs from June through early September. Among the events and activities are a Party in the Park, sports leagues for youth and adults or the Makin' Tracks 5k. For information on sponsorship opportunities, [click here](#).

Police Department Presentation

At the April 11 Village Board of Trustees meeting, Crime Prevention and Community Policing Officer Benjamin Ransom and Police Department Training Supervisor Sergeant Michael Swierczynski provided information about the Police Officer training program to the Village Trustees. The presentation informed elected officials and those in attendance at the meeting on the training police officers undergo regularly to keep the community safe. Officer Ransom also provided education about the Active Bystandership for Law Enforcement program, which educates officers on how to successfully intervene to prevent harm to people and property, and creates a culture that supports successful intervention techniques. To view the presentation, [click here](#).



Pictured from left to right: Sergeant Michael Swierczynski, Commander James Greenwood, Chief Jim O'Shea, Officer Oscar Gonzalez, and Officer Martin Dosen).



Farewell to Beth Kirchenberg, Middle School and Teen Librarian

The Library said farewell to long-time middle school and teen librarian Beth Kirchenberg, who will be taking a new position at the Glen Ellyn Public Library. Beth provided outstanding reader advisory services to the Village's tween population, shared her incredible creativity in tween programs, and managed the tween collection. She will be deeply missed.

Volunteers Needed

The Village is looking for volunteers to serve on our Diversity, Equity and Inclusion committee and would like to encourage all of our residents to consider joining the committee. Click [here](#) for the committee's goals and objectives. Please consider volunteering your time.



Business Corner

River Forest Animal Hospital (RFAH) has been caring for pets in our community for more than 50 years. It strives to deliver personalized care to all patients, and its services and facilities are designed to assist in routine preventive care for young, healthy pets. RFAH has started renovating the entire hospital and plans to add a new dental suite, updated equipment, and more exam rooms. Visit the [website](#) or call (708) 366-8370 to schedule an appointment.

Village Department News

Police Department

Officer Graduations

Officer Martin Dosen and Oscar Gonzalez graduated from the Suburban Law Enforcement Academy on April 8, 2022. Both officers attended the Academy for 14 weeks and began their Field Training and Evaluation Program on April 11, 2022 for an additional 14 weeks of training.

Officer Dosen is a graduate of California State University-San Bernardino where he earned a Bachelor's Degree in Business Administration. He played baseball while attending college and grew up in the suburbs of Chicago. Officer Dosen additionally earned the Physical Fitness Award for his high performance at the academy.

Officer Gonzalez earned his Associate's Degree in Criminal Justice Administration at Triton College and grew up in Chicago and the surrounding suburbs. He played professional soccer for a few years in Colombia.

Join the Village in congratulating both Officers Dosen and Gonzalez on their graduation from the academy and completion of their training - and welcome them to the Village when you see them around town!

Fire Department

The Fire Department would like to remind residents that Village Code requires that approved numbers or addresses on residences be in a position where they are plainly visible and legible from the street fronting the property. When a garage abuts a public alley, approved house numbers should be affixed to the face of the garage, with a minimum height of 4 inches, in a plainly visible location. Numbers should be a color that contrasts with the background so they stand out and don't blend into their background.

For more information please call the Fire Prevention Office at 708-714-3562.

Fire Safety Tips

A house fire is a devastating experience that nobody ever expects to happen to them. Please review the below safety tips to help ensure you and your family do what you can to prevent a fire in your home:

Smoke Alarms

Smoke alarms should be mounted inside every bedroom, outside each sleeping area and on every level of your home, including the basement. Replace all smoke alarms when they are 10 years old. Smoke alarms older than 10 years should be replaced with alarms that have sealed, extended life batteries. New extended life smoke alarms still need to be tested monthly to ensure they are functioning properly. All alarms need occasional cleaning and can be vacuumed to keep dust and dirt away that could affect their functionality.

Candles

According to the National Fire Protection Association, candles start more than 8,000 home fires each year. To prevent potential fire

hazards, never leave a burning candle unattended or near anything that could catch fire. Keep candles out of the reach of children and pets, and do not use candles near a person who is on home oxygen - due to the fact that oxygen intensifies the burning process.

Make an Escape Plan

Make a home escape plan with the whole family to be prepared and practice your home escape plan twice a year in the case of a fire. Look around your home and identify any potential obstacles that may block you and/or your loved ones from exiting your home safely. Also, choose a family meeting place in front of your home and once your plan is finalized, post it on your refrigerator or in a place that is easily accessible to all family members.

Public Works/Development Services

Why we need building codes?

All communities need building codes to protect their residents from disasters such as fires, and weather-related events including floods and structural collapse. Building codes are an optimal way to help ensure the protection of homes, offices, schools, stores and all buildings. For example, building codes contain specific venting requirements on gas appliances for safe operation, as well as proper use and electrical wiring installation. See below for additional information about codes and how they relate to appliances and electrical cords.

Appliances: Gas appliances, such as water heaters, furnaces and boilers, need plenty of air to operate safely. Otherwise, they can produce excessive and deadly carbon monoxide (CO). Carbon monoxide is odorless, colorless and toxic so it cannot be seen, tasted or smelled which has given it the nickname of the silent killer. It causes headaches, dizziness, disorientation, nausea and fatigue. Carbon monoxide can also be deadly, so be sure to maintain your gas appliances. Follow the safety tips below:

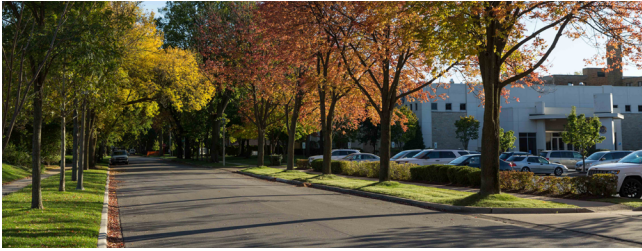
- Schedule an annual appliance inspection, cleaning and tune-up by a qualified specialist.
- Have vents and chimneys inspected by a qualified expert at least once a year.
- Have a technician check the combustion air provisions for your appliances.
- Store combustibles and flammables far away from gas appliances

Electrical Cords: Overloaded receptacle outlets and undersized electrical extension cords can cause a fire or electrocution danger. Never overload electrical cords or power strips because both have a designated load capacity. Be sure the total amount of energy used by appliances and lights plugged into the cord or strip does not exceed that capacity.

- Use only listed power strips that have integral overload protection and have been tested by a product safety laboratory.
- Do not use appliances that have damaged cords.
- Extension cords should not be used as a substitute for permanently wired receptacle outlets.

For more information, visit www.buildingsafetymonth.org.

Commission Spotlight



Board of Fire and Police Commissioners

The Board of Fire and Police Commissioners derives its authority and mandate from chapter 65 of the Illinois Compiled Statutes. The Board consists of three members appointed by the Village President, with the advice and consent of the Board of Trustees. Members serve 3-year terms and are required to reside in the Village. Each April, the Board selects a chairperson and secretary to serve until the end of the Village fiscal year, or until their successors are elected and qualified. The chairperson is the presiding officer at all Commission meetings. The secretary records the minutes of each meeting.

The purpose of the Board is to test, screen, and appoint new members to the Village Fire and Police departments, excluding command staff of both departments. Additionally, commissioners conduct competitive testing for promotional positions, such as fire lieutenant and police sergeant. The testing process includes background checks, credit checks and oral interviews.

The Commission also has the authority to hold hearings to investigate allegations of misconduct that may merit disciplinary action, in accordance with the Illinois Compiled Statutes enacted by the State legislature.

Someone to Know

Michael T. Trucco is the Chairperson of the Board of Fire and Police Commission. He has served as the Chair since 2015. He moved to the Village in 1989, where he lives with his wife. His favorite aspect of River Forest is that it is a community where people from all walks of life and varied backgrounds live together, and individual interests and pursuits are welcomed and fostered.

Chairperson Trucco believes the commission has two critical roles. One is its role in interviewing, hiring and promoting police officers and firefighters who possess the experience, integrity, enthusiasm and humanity required of the unique jobs. Another is that they act independently of Village administration and the command staff of the Police and Fire departments. In working as an independent Commission of residents, the commission helps to ensure that persons hired and promoted reflect the Village's values and are best suited to meet the needs of Village residents.

Professionally, Chairperson Trucco works as a trial attorney who specializes in civil litigation defense with the law firm of Stamos & Trucco LLP. In his spare time, he participates in many charitable causes. He and his wife, Kim, are Board Members with Catholic Charities, St. Luke Parish and School and Fenwick High School.

River Forest Sustainability

Spring is in the air! It is the perfect time to start bicycling for fun - and instead of driving your car whenever possible! Bicycling is good for both your health, and the health of our planet.

The Village adopted its first [Bicycle Plan](#) on July 22, 2019 and began implementation in April, 2021. The Plan utilized bicycle crash data and survey responses, as well as community and Task Force input to map preferred routes for bike lanes, marked shared lanes and signed posted routes.

Where can you go bicycling? Check out these options:

- Around town, enjoy riding the tree-lined residential streets or look for the [marked shared routes](#) established as part of the Bicycle Plan. For more information, including an explanation of "sharrow" markings, visit the [River Forest Bicycling](#) webpage.
- Nearby, check out the [Des Plaines River Biking Trail](#) which you can access from Evans Field on Thatcher Avenue, north of North Avenue, or Sunset Bridge Meadow on North Avenue, west of Thatcher. Or explore the [Illinois Prairie Path](#) which you can access from First Avenue south of Madison Street, or between the Forest Park CTA station and the Maywood Courthouse. The Des Plaines River Biking Trail will be extended through River Forest to connect to the Illinois Prairie Path and Forest Park Transit Center in the future.
- If you're looking for some longer rides in the Chicago area, take a look at these [nine rides recommended by TimeOut](#).
- Have you ever heard of the [bike park at Big Marsh](#)? It features adventure biking in the form of dirt singletracks, pump tracks and jump lines!

Don't forget to review the Bicycle Rules of the Road to ride safely. If you recently got a new bike, click here for the [Bicycle License Registration form](#) – it's free and helps the police return found bicycles.



Michael Trucco
Board of Fire and Police
Commissioners

Organizations Serving River Forest



Township

Many Township services and programs are returning to meeting in-person. To learn more, visit RiverForestTownship.org, the River Forest community calendar at rfhappenings.com, or email Supervisor Carla Sloan at supervisor@riverforesttownship.org.



Celebrating Seniors Week is Back May 12-19!

Celebrating Seniors Week is back IN-PERSON May 12-19! This 10th Annual celebration will be filled with fun and informative activities available in River Forest, Oak Park and Forest Park. Programs include pickleball, tai chi, memoir writing, chair yoga, and the Illinois Secretary of State Super Senior event.

A preview event on Wednesday, May 11 is a Healthy Aging Fair at Grace Lutheran Church from 11:15 a.m. – 2 p.m. A post-event will be on Friday, May 20 and is a pancake breakfast with the Fire Department at [The Sheridan](#), 8 – 10 a.m.

For more information, visit celebratingseniors.net, riverforesttownship.org, or contact Betsy Kelly via email at bkelly.rftownship@gmail.com or by calling 708-366-2029 x13.

Senior Housing Forum on May 14

All are invited to attend a Housing Forum to learn from the experts about *Aging in Our Communities: Housing Accessibility, Affordability & Possibilities*. The event will take place on Saturday, May 14 from 9 a.m. – 1 p.m. Lunch will be provided, and the doors open at 8:30 a.m. The event will be held at [Concordia University](#), Kretzmann Hall on the 1st floor in room 225. Parking is available in the parking garage on Bonnie Brae. This event will be co-hosted by River Forest Township, Arbor West Neighbors, the Concordia University Department of Gerontology and the Kott Foundation - and is part of Celebrating Seniors Week!

VOLUNTEER



Volunteers are Needed

Calling all volunteers: you are needed to help serve lunch to seniors at the [Township Senior Services dining room](#), as the senior meal program returns to in-person dining. Volunteers are also needed to deliver meals to homebound individuals throughout River Forest and Oak Park. For more information, or to volunteer, please contact Laura Valcour, Nutrition Program Manager via email at lvalcour@oakparktownship.org or by calling 708-383-8060 x134.

riverforesttownship.org - 708-366-2029 x11

Park District



River Forest Memorial Day Celebration: Parade, Ceremony & Community Picnic

The River Forest Park District, the Kiwanis Club of River Forest-Oak Park and the Village are proud to present the 96th annual River Forest Memorial Day Parade, Ceremony and Community Picnic on Monday, May 30. The parade kicks off at 9:30 a.m. beginning at Augusta Street and Ashland Avenue, traveling south on Ashland Avenue to Lake Street, then west to Keystone Park. The parade will end at Keystone Park with a ceremony and free community picnic. More than 100 entries participate annually in the parade, with thousands of residents lining the route, making this day one of the highlights of the year in River Forest.

The mission of the parade is to recognize and honor the men and women of the U.S. Armed Forces, and especially those who have made the ultimate sacrifice.

The deadline to enter the parade as a float or walking group is Monday, May 23. Click [here](#) to view the parade route, download the entry form, or learn about sponsorship opportunities.

rfparks.com | 708-366-6660

Library

May 15-19 is Celebrating Seniors Week and the River Forest Library has some special programs available which are listed below. See everything the Library has to offer by visiting the [library website](#).

Why Mindfulness Matters on Sunday, May 15 from 2-3:30 p.m.

Mindfulness coach Chris George provides an introduction to this therapeutic practice, offering an overview of what mindfulness is, and teaching simple strategies to help us all be more present and connected in our lives. The program will blend information with guided meditation and is brought to you in partnership with River Forest Township.

Adult Coloring Club on Monday, May 16 from 10-11 a.m

Coloring isn't just for kids! Studies have shown that coloring has mental health benefits for adults. It's relaxing, fun and an opportunity to socialize at the library. The Library will provide materials, so residents just need to bring themselves.

riverforestlibrary.org | 708-366-5205

Organizations Serving River Forest



Oak Park and River Forest High School



Roosevelt Middle School



Willard Elementary School



Lincoln Elementary School

District 200

You're Invited! Community Open House

After two postponements due to the pandemic, Oak Park and River Forest High School is delighted to invite the community to see its most significant renovations in 50 years.

Project 1 Community Open House

The Project 1 Community Open House event will take place on May 9 from 5:30-7:30 p.m.

The event also offers a chance to tour the current physical education spaces that are part of Project 2, the next phase in the high school's long-term capital projects plan. Project 2, which is not yet approved by the Board of Education, includes multi-use gyms, a multi-purpose dance gym and PE classrooms, in addition to all-gender and boys locker rooms. There is also an accessible elevator, athletics offices, an expanded treatment room for athletic trainers and a 25- x 40-yard pool. The renovated spaces are part of Imagine OPRF Project 1 and include the Student Resource Center, Student Commons, South Cafeteria, and Welcome Center.

The Board has been discussing Project 2 at its public meetings, including potential funding options. In 2018, when a high-level design was initially created, Project 2 was projected to cost \$65 million. For more information, click [here](#).



oprfs.org | 708-383-0700

District 90



Registration for Returning District 90 Students Begins

As of May 1, students who will be returning to District 90 in the fall are now able to begin the registration process by accessing their PowerSchool accounts. Families of incoming kindergarteners and new students who have been in contact with the District will receive information about opening a PowerSchool account and how to begin the formal registration process. All returning student registrations will be processed electronically via PowerSchool, which will have all forms and information needed for registration. If you have an incoming Kindergarten or new student and haven't been in touch with the District, please contact District Registrar Josephine Ribaud via email at ribaudoj@district90.org. For more information about registering returning students, visit the [District 90 website](#).



Early Student Dismissal and Schools Closed for Memorial Day Weekend

Students in District 90 will be dismissed early from school on Friday, May 17 for professional development for the faculty and staff. The District office and all schools will be closed on Monday, May 30 in honor of Memorial Day. Schools will reopen on Tuesday, May 31. Please watch for students as they journey throughout the Village during the long weekend.

district90.org | 708-771-8282

Sustainability Commission Proposes Ordinance Change

Proposed Ordinance Change Sustainability Commission



The Sustainability Commission will hold a public meeting (in-person and on Zoom) Tuesday, May 10 starting at 7 p.m. at Village Hall regarding a proposed ordinance for single-use foodware. The proposed ordinance would require that food establishments and places that distribute beverages or food sold for human consumption only hand out single-use foodware for take-out and delivery orders at the customer's request, meaning customers would "opt-in" to receive them. Notably, this proposed ordinance would not tax nor prohibit the distribution of single-use foodware. Rather, its purpose is to limit the unnecessary distribution of single-use plastics, which generates a significant amount of waste in our landfills.

A list of businesses that would be subject to this change, and more information can be found [here](#). Businesses are also being contacted directly by the Village to notify them of this proposed change. All are welcome to attend this public meeting to learn more and/or to provide comments on this proposed ordinance.

Community Health and Wellness Fair Returns

Community Health & Wellness Fair

Presented by:

 **RUSH**
OAK PARK HOSPITAL

Sunday | May 15
11am - 2pm
FFC Oak Park, 1114 Lake Street



Reconnect with your health & wellbeing.

The Oak Park River Forest Chamber of Commerce proudly announces the return of the **Annual Community Health & Wellness Fair** on Sunday, May 15 from 11 a.m.- 2 p.m. at **Fitness Formula Clubs Oak Park**. This free event, last held in 2019, is presented by Rush Oak Park Hospital and offers the area's most extensive health and wellness fair. The public is invited to enjoy free fitness classes, complimentary screenings, family activities, healthy snacks and excellent giveaways from more than 50 area health and wellness exhibitors.

Registration is required and can be done in advance [online](#). Vendor and sponsorship information can be found [here](#). Want to learn more about this event? Click [here](#) to view a video from the previous event.



Follow the Village on Social Media



Sign Up For Email and Alerts



River Forest Events



Village Contact Information

Village Administration
708-714-3520

Village Administrator
Brian Murphy

Finance Department
708-714-3524

Director Rosemary McAdams

Fire Department
708-714-3560
Chief Tom Gaertner

Public Works and Development Services

708-714-3551

Director Jeff Loster

Police Department
708-714-3540

Chief James O'Shea

Emergency Services
Dial 911

400 Park Avenue River Forest, IL 60305

708-366-8500

708-366-3702 (fax)

Monday 8 a.m. – 7 p.m.

Tuesday- Friday 8a.m. – 4:30 p.m.