



## VILLAGE OF RIVER FOREST E-NEWS

Thank you for taking the time to read the Village's E-News. These messages are sent approximately once per month and include timely information regarding Village events, news and other useful information. We strive to keep the content brief and relevant to the issues that matter most to the community.

### Message from the Village President



Dear River Forest Residents,

Happy New Year and welcome to 2018.

#### Here is what happening in River Forest.

First off, I want to take a moment to allay your questions over crime in our community. The Village Board of Trustees and I pledged to ensure the safety of those who live, work, have businesses and attend our schools in our village. Two years ago, the Village Board and I began the initiative to install better, brighter and more cost-efficient street lighting. Installation was completed last summer on an accelerated schedule because of grants that were received from the Illinois Clean Energy and the Illinois Department of Commerce and Economic Opportunity. Please read this article from the Chicago Tribune for some [details](#).

#### BY THE NUMBERS:

- The total cost of the project was \$346,360. The Village received state grant money totaling \$230,241; the remaining \$116,119 was funded by the Village
- In all, 1,157 street lights have been upgraded to LED.
  - 340 on Thatcher, Division, Chicago, Lake and Washington.
  - 55 viaducts lights.
  - 87 on North Ave, Harlem Ave, and Madison Street.
  - 675 on side streets.
- The average lifespan of an LED light is 14.3 years (the old mercury vapor and metal halide lights had an average lifespan of two to five years).
- The Village has experienced an average of 40% reduction in energy usage so far with the LED lights.

The Village's new comprehensive plan will identify other safety-

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related upgrades to improve Village thoroughfares by preventing unnecessary traffic and speeding through our neighborhoods. The Village Board will discuss this in the coming months.

As always, we suggest you lock your car doors, your garage, and the windows and doors on your home when you are away. Of course, if you have a home alarm system, use it. For more, please [click here](#).

### **Here's what happened during our December board meetings.**

On December 11, we said farewell to Greg Weiss, who retired last month after 30 years in the department, six of those as Police Chief. Greg was an outstanding example of public service, and we wish him the best. James O'Shea will be sworn in as Chief on January 8. Jim has served with the department since 1995 and rose to the rank of Deputy Chief in 2013. In the coming months we will have a Q & A with our new Chief, which will spell out a little bit about him and what he would like to see happen in the department and for the village.

Also during the Committee of the Whole meeting on December 11 the Village Board of Trustees and I set out our goals for Fiscal Year 2019. These initiatives will be included in the budget for the next fiscal year, which begins May 1. These goals can be used to help prioritize projects and prepare the Village's annual capital improvement plan (CIP) and budget.

### **Here's what's coming up.**

On Monday, January 22, Trustees will approve the capital improvement plan. In addition, the Village Board will consider the work plan for the Sustainability Commission. We look forward to learning more about what our newest volunteer group would like to accomplish.

On Wednesday January 31, the Oak Park/River Forest Resilient Communities Forum will be held at 6:30 p.m. at the 19th Century Club, 178 Forest Ave., in Oak Park. Participants can hear the latest sustainability news from the North American Mayor's Summit in Chicago, the Chicago Community Climate Forum, and the UN climate talks in Bonn, Germany. We'll also get an update on the significant work already happening in our communities. The event is free and open to the public.

We are excited to learn that Kristin Vogen, one of our residents and a strong proponent for sustainability, will be taking a position with the Chicago Community Trust. As CEO of the Oak Park and River Forest Community Foundation, Kristin saw to it that sustainability, along with other vital issues, were essential to strengthening our communities. We wish her the best of luck.

Historic Preservation Commissioner Al Popowits has prepared a narrated presentation highlighting the historic and architecturally significant homes in River Forest. I invite you to learn more about the rich architectural heritage of our community by viewing the video [here](#). Please join me in thanking Commissioner Popowits for donating his time in preparing this video.

Remember to check out our new user-friendly [website](#), and do let us know what you think of it. If you are on [Facebook](#), "like" our page.

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Sincerely,



Cathy Adduci  
Village President

## **Holiday Wreaths, Trees and Garland Collection Schedule**

Roy Strom will collect Christmas trees, wreaths, and garland on **Tuesdays in January**:

- January 9
- January 16
- January 23
- January 30

Residents should remove all decorations, lights, metal wiring and place holiday greens on the parkway by 7 AM on the above days. Please note - this does not include yard waste and/or leaves.

## **Know the Code!**

During the winter months, the Village would like to remind you:

- Village code requires residents and business owners to remove snow and ice from sidewalks in front of and adjacent to their property within 24 hours after an event.
- Snow or ice frozen on sidewalks that cannot be removed without injury to the pavement should be treated with an abrasive material until weather permits further clean-up.
- Parking on Village streets is prohibited after snow exceeds two inches in depth, and for an eight hour period following the cessation of the snowfall.
- Snow removal contractors are prohibited from using snow blowers between the hours of 1 a.m. and 5 a.m.
- The placement of snow or ice on any Village owned street, alley or sidewalk is prohibited.

## **Cold Weather Tips - Prevent Frozen Pipes**

If you are concerned about frozen pipes, or know your system is prone to frozen pipes, see below for tips on how to navigate the cold weather.

- Keep garage doors closed if you have water supply lines in your garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household

chemicals up out of the reach of children.

- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing. This may add a small cost to your water bill but it can prevent costly repairs and inconvenient disruptions to your water service.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home. Set your thermostat to a temperature no lower than 55° F.

## Safety for the Season

[Click here](#) to read safety tips from the River Forest Fire Department!



**Pluggie would like you to help him identify any leaking hydrants. In cold temperatures a hydrant will freeze solid if not repaired. Please report any leaking hydrant to the River Forest Public Works Department at 708-366-8500 ext. 358**



## Message from OPRFHS D200

### Imagine OPRF Wants YOUR Input!

The Imagine OPRF Work Group is the team creating a long-term facilities plan for the high school. It includes 30 of your fellow community members, who'd like to hear your feedback as options are considered and refined. We hope you'll plan to attend our upcoming series of community meetings:

**All meetings at 7:00 PM at OPRF High School, 201 N.**

Scoville Ave.

- **February 27, 2018 – Conclusions:** What has Imagine OPRF learned during six months of research and data collection? What conclusions have we drawn?
- **April 16, 2018 – Options:** Based on research and community input, we have facilities options to share. What do you think?
- **May 21, 2018 - Refined Options:** We'd like community feedback as we get close to making recommendations to the Board.

Questions? Contact Communications Director Karin Sullivan [ksullivan@oprfs.org](mailto:ksullivan@oprfs.org).

## Message from River Forest D90

### Join the Conversation

District 90 in partnership with its PTOs is hosting several upcoming events as part of its One District/One Book initiative. All River Forest residents, District 90 families, faculty, staff, and students are encouraged to read and join in the discussion of *Mindset: The New Psychology of Success*, by Carol Dweck. The Mindset approach offers a framework to advance one's efforts in the classroom (for students), at work, with personal relationships, and in the community.

Please join the discussion about adopting and/or supporting a growth mindset. The upcoming events will explain the growth mindset philosophy and its importance to school success. Suggestions and practical tips will also be provided to help participants support a growth mindset approach to work, relationships, community service, and in classroom learning.

**Thursday, January 11**

**Lincoln School, 511 Park Avenue**

**7 PM – 8 PM**

A keynote address by Dr. Ann Batenburg of Mindset Works will discuss the benefits of a growth mindset for adults and children. Audience members will learn practical tips that can support students in adopting a growth mindset as they identify their own personal mindset approach and ways to strengthen or transform it.

**Saturday, February 3**

**Roosevelt Middle School, 7560 Oak Avenue**

**11:30 AM – 2:30 PM**

Dr. Ann Batenburg of Mindset Works will hold an interactive presentation that will help everyone deepen their understanding of the benefits of applying the growth mindset concepts to the workplace, community service, personal relationships, and students in the classroom. Participants are invited to continue the conversation following Dr. Ann Batenburg's presentation by joining facilitated breakout sessions afterward.

All events are free and open to the public.

## GREEN NEWS

**Holiday Light Recycling - 12/1-1/15**

The Village of River Forest is collecting holiday lights. Please drop off working and non-working lights/cords on Central Avenue in the container by Village Hall. No CFL or fluorescent bulbs - only holiday lights please. These include italian mini-lights, traditional lights, extension cords, rope lights, and LED lights.

## RIVER FOREST LIBRARY SPOTLIGHT

### Adults

#### **Sunday, 1/21, 2-3:30 PM, World War II Radio Hour**

Let Nostalgia Entertainment take you back in time! Featuring favorites such as *Boogie Woogie Bugle Boy*, *Bei Mir Bist Du Schon*, *In the Mood* and *Don't Sit Under the Apple Tree*, our costumed and piano-accompanied trio reenact a 1940's radio hour!



### Teens

#### **Monday, 1/15, 2-3:30 PM, Hot Cocoa Creations, Grades 5-12**

When the weather turns cold, nothing beats curling up with a nice cup of hot cocoa and a good book. Join us to design your own signature cocoa recipe. [Advanced registration required.](#)

#### **Thursday, 1/25, 3:30-5 PM, Overcooked Xbox One Tournament, Grades 5-8**

Working as a team, you and your fellow chefs must prepare, cook and serve up a variety of tasty orders before the baying customers storm out in a huff. Sharpen your knives and dust off your chef's whites, there isn't mushroom for error and the steaks are high in these crazy kitchens! [Sign up a team](#) of two for this fun competition today!

### Children

#### **Saturday, 1/13, 1/20, 1/27, 10-11 AM, Winter Warm Up Story Time, birth-5 years**

Come in from the cold and warm up at this special winter Saturday morning story time. Story time begins at 10 AM. Family social time is from 10:30-11 AM. Ages birth-5 years old with parent/caregiver.

### Children and Teens

#### **Saturday, 1/27, 2-4 PM, Sanctuary City Post Cards, 5-14 years**

The Oak Park Art League invites young artists to participate in a postcard project that explores human rights and diversity through a creative lens. Join us in expressing what it means to be welcoming in words and images. Postcards will be included in a

May 2018 exhibit titled *Sanctuary*.

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## PARK DISTRICT SPOTLIGHT

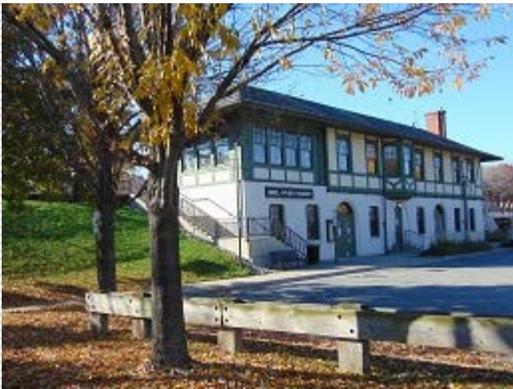
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### Depot Building Closed for Renovation

The Depot will be closed December 18, 2017 - May 31, 2018 due to renovation work in the building. During this time, the Park District Administration Offices will be temporarily relocated across from The Depot, at 411 Thatcher. Birthday Parties and Rental Space will not be available during this time.

Please go to [www.rfparks.com](http://www.rfparks.com) for updated information on renovation progress and new program opportunities in the newly renovated facility.

Available June 2018 - Check out our new improved Rental and Birthday Party Spaces!



### Job Openings

The River Forest Park District is now hiring **Summer Staff!** [Click here](#) for a list of available positions. They are also looking for a **Dance Instructor**. [Click here](#) for details.

### Upcoming Programs

#### Bridge for Beginners - I

**Fridays, January 12 - March 2, 10:00 AM - 12:00 PM, Ages: 18 & up**

Contract bridge is a partnership card game. Learn the basics of bidding, playing, and scoring through lecture and supervised play. *Bridge Basics 1: An Introduction* by Audrey Grant is included in the fee of the class.

#### Bridge for Beginners - II *New!*

**Tuesdays, January 9 - February 20, 6:30 PM - 8:30 PM, Ages: 18 & up**

Participants should be familiar with the mechanics of bidding, playing, and scoring American Standard bridge. Competitive bidding will be the primary topic presented through lecture and supervised play. *Bridge Basics 2: Competitive Bidding* by Audrey Grant is included in the fee of the class.

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## TOWNSHIP SPOTLIGHT

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## **New “Movement and Memory” Class Starting Up for Seniors**

Movement is life! Teacher Gloria Araya leads a fun exercise class specially designed with seniors in mind, featuring music from popular artists such as Ella Fitzgerald and Frank Sinatra. Sign up for the six week session, **Wednesdays, 1:30-2:30 PM**, beginning February 7 at the River Forest Community Center. \$50 per session. Registration through the RFCC is required. Offered in partnership with River Forest Township. Call Cathaleen for more information at 708-771-6159, x234.

## **Sign up for Encore Chorale’s Winter/Spring Season**

Oak Park-River Forest Encore Chorale, for singers age 55 and up, will start its winter/spring rehearsals on Tuesday, January 30. The local Encore group is part of the largest chorale organization for older adults in the country. All are invited to join this musically talented group; no audition is required. Rehearsals are Tuesdays, 9:00-10:30 AM at Trinity High School. For more info, contact [Linda Crabtree Powell](#). Need-based scholarships for River Forest resident Encore members are available through River Forest Township.

## **Volunteers Needed to Assist with Income Tax Prep**

River Forest Township supports a local initiative by Triton’s RSVP Program to provide free income tax preparation for low-moderate income seniors (age 60+). To become a volunteer tax preparer for this program, contact Kay Frey [via email](#) or at 708-456-0300, x3603.

Free training sessions for volunteers will be held on Saturdays, January 6-February 3, 8:30 AM – 3 PM, at Triton. For more info or to register for the training, call 708-456-0300, x3835 or 3603.

## **Tax Counseling for Low-Moderate Income Seniors**

Triton’s RSVP Program is once again offering free income tax preparation for low-moderate income seniors (age 60+).

Starting the last week in January, call 708-456-0300, x3895 to see if you qualify and to make an appointment. Time slots fill very quickly.

## **Announcing the Winter Sibshops Schedule**

Sibshops is a program specially designed for siblings of kids with disabilities and mental/physical health challenges. Siblings engage in fun activities and share conversation with each other and trained Sibshop facilitators.

Sibshops will be held on **1/20, 2/3, 2/17, 3/3, 3/17, 4/7, 4/21. 11:30 AM - 1:30 PM**, at Thrive Counseling Center, 120 S. Marion St. in Oak Park. Lunch is provided.

Pre-registration is required. \$10 per session. Space is limited. Need-based scholarships are available. For more info, please [email Carla Sloan](#), River Forest Township Supervisor or call

708.366-2029.

## **New Support Groups for Those Who Lost a Loved One to Suicide**

Two new monthly drop-in support groups are starting up in River Forest for those suffering the loss of a loved one to suicide. Groups are hosted by LOSS (Loving Outreach to Survivors of Suicide) and are led by a licensed clinical social worker.

- **Teen Support Group:** For teenagers 13-18, third Thursday of each month, 6-7:30 PM. Next meeting January 18.
- **Adult Support Group:** For adults 18 and over, third Mondays of each month, 7-9 PM. Next meeting January 15.

Held at River Forest Township (located at the River Forest Community Center), 8020 Madison Street. Please call 312-655-7283 for more information and to register, or visit [www.catholiccharities.net/loss](http://www.catholiccharities.net/loss).

All are welcome to try the groups. LOSS is a completely non-denominational program of Catholic Charities.

## **Seeking New Members on the Township Youth Services Committee**

The River Forest Township is looking for energetic and passionate River Forest residents to fill openings on the volunteer Oak Park and River Forest Township Youth Services Committee (YSC). You can share in the process of funding local youth programs and address issues related to youth in the Oak Park and River Forest community. The YSC meets the first Wednesday of each month at 6:45 PM. Experience in youth-related areas is helpful but not required. If you are interested or have questions, please contact River Forest Township Supervisor Carla Sloan [via email](#) or at 708-366-2029.

## **Safe Disposal of Prescription and Over-the-Counter Medications**

Safely dispose of unused or expired medications in the secure box in the basement of River Forest Village Hall, 400 Park Avenue. Pills/tablets only. No liquids/creams/hazardous items; no loose items. Pills can be disposed of in bulk in re-closeable plastic bags.

This safe action removes potentially dangerous medications from the home and helps the environment. The program is sponsored by the Cook County Sheriff's Department and is hosted by the River Forest Fire Department. A second secure collection box is located in the lobby of the Oak Park Police Department at Oak Park Village Hall, 123 Madison Street.

## **"Celebrating Seniors™ All Year Long" Programs in the New Year**

Seniors: Join us for these informative and engaging free programs, held at the River Forest Public Library!

- **Sunday, 1/21, 2 PM** – Venture back in time with

the *World War II Radio Hour*, featuring a costumed trio from Nostalgia entertainment

- **Thursday, 2/1, 6:30 PM** – *Dining Out in Chicago: A Breezy History from Beaubien's Tavern to Tasting Menus* with Max Grinnell

Co-sponsored by River Forest Township and River Forest Library. People of all ages from all communities are welcome!

## Seniors: Warm Up with Coffee Mondays

Coffee Mondays continue at the River Forest Library on the **first Mondays at 10 AM**, Coffee provided by Blue Max; co-sponsored by the Township and Library.

- **January 8**- Start off the new year with exciting reading recommendations from our librarians
- **February 5**- Learn about cultural and educational opportunities for seniors at our local universities.

## “Connect with Tech”: Learn how to use those holiday gifts!

Are you a senior who wants to get more out of your smartphone, eReader, tablet or personal computer? Would you like to explore better ways to connect electronically with family and friends? Come to “Connect with Tech”, which helps beginner tech users in a small, intimate group setting. Bring your questions and devices, or use one of the laptops provided. No need to sign up, just drop in anytime during the session to learn.

The newly revamped “Connect with Tech” program, formerly known as Computer Learning Lab, is offered in partnership with the River Forest Library.

“Connect with Tech” is held on **January 10**, at the River Forest Library, 10-11:30 AM. Call 708.366.5205 for more information.

## Caregiver Support

Whether you are caring for a family member or are a paid caregiver...whether you are caring for a senior, grandchild, or person with special needs...support is available.

- **Concordia University: 2nd and 4th Mondays, 4 PM**, Koehneke Community Center/Concordia Campus. Sponsored by Concordia’s Center for Gerontology (in partnership with River Forest Township). Contact Dr. Lydia Manning, [via email](#) or at 708-209-3218.
- **Township Senior Services: 2nd and 4th Fridays, 10 AM**, Oak Park & River Forest Township Senior Services, 130 S. Oak Park Avenue. Contact Steve Smith, 708-383-8060.

## New Information Assistance Program for Seniors and their Caregivers

Trained staff from Oak Park and River Forest Township Senior Services are available to talk with seniors and their caregivers

about various local, state and federally funded senior-related programs, on Thursdays at two locations:

- **Thursday, January 11 and 25, 10 AM – 12:30 PM**, West Suburban Medical Center, 3 Erie Court, Oak Park, first floor, room 1062.
- **Thursday, January 18, 10 AM – 12:30 PM**, River Forest Medical Campus, 7411 Lake Street, River Forest, Building A, Community Room, Office-1104.

Please call to register for an appointment: 844-794-4301.



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