



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,

Welcome to December.

Last month at the Board Table:

Trustees reviewed and amended regulations for residential fire sprinkler systems to make it easier for residents to make upgrades to their homes. The Village Board voted to remove regulations that required fire sprinklers to be installed in residential additions and remodels. Sprinklers will still be required for any new residential construction.

The Village Board honored two people who have made River Forest a vibrant community.

Sue Crothers has stepped down from the Sustainability Commission, and I want to thank her for her leadership toward improving our environment. The River Forest Parks Foundation and the Sustainability Commission and their many initiatives have the indelible stamp of her hard work and creativity. The One Earth Film Festival and the Young Filmmaker Contest are mainstays in raising our awareness about the value of environmental stewardship. We will miss her expertise, inspiration and dedication - she has made River Forest a better, healthier community. The Village Board [passed a proclamation](#) acknowledging her many years of volunteer service to our community. We will install a plaque in her honor by the Butterfly Wall on Central east of Keystone.

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During the Great Recession of 2008, River Forest, like many other communities, was in financial distress. We worked our way out of it, and the Village's Finance Director Joan Rock was instrumental in the organization's recovery. Thanks to Joan's hard work, professionalism, wisdom, and vision, the Village built strong financial reserves and has prospered. All of the good things we can do as an organization and community are not possible without her. As Joan retires, the Board and I, along with the staff, wish her the best.



On November 26, Rosemary McAdams became our new finance director. A River Forest resident, Rosemary previously served the Village as an accounting supervisor and most recently was the Assistant Finance Director for the Village of Schaumburg. Welcome aboard Rosey.

In December:

Trustees will review and discuss the draft report for the Safe Walking Routes to Schools initiative. This effort - to develop an overall traffic plan around schools in River Forest - has been a collaboration with Elementary School District 90. [Click here](#) to read the revised draft.

Trustees will discuss the process on the collaboration efforts toward redeveloping the River Forest Civic Center Authority Building on Madison Street.

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Coming in January:

In January, the Village Board of Trustees and I will begin to prepare for the 2020 Fiscal Year that will begin on May 1, 2019, by setting our goals for the year. We will also review and approve the Village's annual capital improvement plan (CIP).

Please join the River Forest Police Department for its quarterly [Community Crime Prevention Meeting](#), from 4:30 to 6 p.m., January 23, at Village Hall. All residents and members of the public are invited and welcome to attend. The purpose of the meeting is for residents to learn more information and become more involved in assisting the River Forest Police Department to prevent, stop, and solve crime. Specific topics for each meeting will be published on the [Village's website](#) in advance.

Mark January 30 on your calendar as I will join Forest Park Mayor Tony Calderone and Elmwood Park Village President Skip Saviano in a conversation about issues affecting our towns. It will be at 7 p.m. at the River Forest Public Library. The program is sponsored by the [River Forest Civic Association](#).

Other Thoughts:

On December 5, I presented the Village's annual report to PlantItGreen and showed that the goals of the Sustainability Commission have truly moved River Forest toward becoming better environmental stewards. The Commission will present its accomplishments to the Trustees at its first board meeting in January. Many thanks to the Commission and those in the community who made this all happen. An updated list of the Commission's goals will be on the website in the coming months.

We already have faced winter, and we anticipate seeing quite a lot more. River Forest is a community of volunteers, and please remember to pitch in and help seniors in need this winter. For more information, call the River Forest Township at 708-366-2029.

Finally, the Village Board of Trustees, Village Clerk, Village Staff and I wish you, your families and friends a warm and wonderful Holiday Season and a peaceful New Year.

Sincerely,



Cathy Adduci
Village President

Refuse Pickup Delays

Refuse will not be collected on Tuesday, December 25 or Tuesday, January 1. Refuse pickup for Tuesday and Wednesday will be delayed one day during these two weeks.

Overnight Parking Ban Lifted for Christmas and New Year's Holidays

Overnight parking will be allowed on Village streets from 12:01 AM Thursday, December 20, 2018 through 9:00 AM Wednesday,

January 2, 2018. No overnight parking waivers will be required during this period.

Reminder - parking is not permitted on any Village street after two inches of snow or more has accumulated on the street, and for up to eight hours after the snowfall ends, to allow snow plows to safely clear the street.

Holiday Season Village Hall Closures

The Village Board and staff wish all residents a very safe and happy holiday season. Please note Village Hall will be closed Monday, December 24, Tuesday, December 25, and Tuesday, January 1.

Holiday Wreaths, Trees and Garland Collection Schedule

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

- January 8
- January 15
- January 22
- January 29

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. These collections are for "holiday greens" only.

Know the Code!

With more snow on its way, 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.

Winter Driving Tips from River Forest Police Department

Tips for driving in snowy or cold conditions

- **Slow down.** Even if you have all-wheel drive, slippery conditions will reduce your ability to stop, and the faster you are traveling the longer it will take you to stop.
- **Beware of black ice.** Black ice is so dangerous because it can be hard to see, but you can anticipate it on bridges, in the shadows of tall buildings, and near intersections. In bad weather, give yourself even more time and distance to stop for intersections.
- **Avoid tailgating.** Leave as much room as you can between yourself and the car in front of you to stop in case that person brakes suddenly.
- **Don't brake during a turn.** Slow down ahead of time and take your foot off the brake in order to coast through the turn.
- **Turn into a skid.** Remain calm, take your foot off the brake and the gas pedals, and turn the car in the direction the car is skidding. For example, if sliding to the left, gently turn the steering wheel to the left. This cancels out the skid. The car corrects itself and goes straight.
- **Accident reporting.** If you are involved in an accident on a public way, you may call 911 to report the accident. If there are no injuries and all cars involved are drivable, you may be instructed to drive to the nearest police station in the jurisdiction to complete the report. Remember that if weather conditions contributed to your accident, there is a chance that those same conditions may contribute to additional accidents nearby. If safe to do so, you may move your car out of a dangerous location. If you are unable to move your vehicle, remain inside with your seatbelt on.
- **Just don't drive.** The best way to be safe during inclement weather is to simply avoid driving if possible. Be aware of weather advisories and alerts and plan ahead in order to ensure you are not on the road.

Safety for the Season from the River Forest Fire Department

Please [click here](#) to read important safety tips from the River Forest Fire Department to help to keep you and your family safe during this winter and holiday season.

Message from School District 90

The **District 90 Equity Community Learning Event** will be held on Saturday, December 8 from 8:30 AM - 11:30 AM in the Roosevelt Middle School Multi-purpose Room. This leadership

workshop is open to the public and designed to advance the District's equity initiatives. This Event is sponsored by the Board of Education Equity Committee, the District 90 Inclusiveness Advisory Board, and the National Equity Project.

The **District 90 Board of Education meeting** will be held on Monday, December 17 from 7 PM - 8:30 PM in the Roosevelt Middle School LLC.

Winter Break for District 90 schools begins on Monday, December 24, 2018, with students returning to school on Monday, January 7, 2019. The Administrative Offices will be closed December 24, 2018, through January 1, 2019, and will reopen on January 2 - January 4, with holiday hours (8 a.m. - 3 p.m.). Please have a safe and joyous Winter Break.

GREEN NEWS

Athletico Physical Therapy Helps the Body and the Earth

Visitors and patients to any of the Athletico Physical Therapy Clinics around the River Forest area will now be using compostable, earth friendly cups during their visits rather than Styrofoam cups. After a visitor to the clinic contacted Regional Manager, Kevin Hendrix, regarding alternatives to the single-use Styrofoam cup he switched cups within a week! Mr. Hendrix commented, "It was an easy change and made sense. We want to provide our patients with the best possible health options while taking care of the planet too." Thank you Athletico.

(It is estimated that Americans alone throw away 25 billion polystyrene cups a year. Consider carrying your own container. To read more about polystyrene and its effects on the planet and how you can make changes to your habits, [click here](#)).

Holiday Light Recycling

The Village of River Forest is collecting holiday lights for recycling now through January 15. 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.

Brown Bag and Curbside Compost Pick Up Switches to Every Other Tuesday

Please remember that compost and brown bag pick up switches to every other Tuesday December - March.

Welcome New Sustainability Commissioner Shannon Roberts

Shannon Roberts has been appointed by President Adduci to serve out the term of Commission Sue Crothers. We want to thank Commissioner Crothers for her leadership and hard work on many programs including, but not limited to, Healthy Lawn, Healthy Family and The Green Block Parties. The Commission looks forward to beginning their work with Shannon at the December 11 meeting.

Presentation on Safe Walking Routes to School Plan December 10

Eric Russell of engineering firm KLOA (Kenig, Lindgren, O'Hara, Aboona, Inc) will be at Village Hall on Monday, December 10 for the Village Board meeting in the Community Room. If you are interested in safe routes for schools in addition to biking and

walking in our Village you are encouraged to attend.

Biking Task Force Meeting December 10

Following the presentation by Eric Russell at the Village Board meeting the Biking Task Force will meet at Village Hall in the 2nd floor conference room. Sustainability Commissioner Andy Basney will be conducting the meeting and is open to any resident interested in improving biking in the Village.

Next Sustainability Commission Meeting

The next Sustainability Commission meeting on Tuesday, December 11, 2018 at 7PM. Village Hall, 400 Park Avenue, all are welcome.

PARK DISTRICT SPOTLIGHT

Sled Hill and Ice Rink

Keystone Park Sledding Hill

The lighted sledding hill will be open for public use starting in December, weather permitting.

Sledding Hill Hours:

- Monday - Friday: Dawn - 7:00PM
- Saturday - Sunday: Dawn - Dusk

Constitution Park Ice Rink

The Ice Rink will be open for public use beginning in December, weather permitting. Ice Rink open/closed status will be available on the Weather Hotline - 708-802-1314 and by a colored flag system at the ice rink. A green flag means the rink is open, while a red flag indicates it is closed.

Ice Rink Hours:

- Monday, Wednesday, Friday:
 - 3:00PM - 6:00PM Hockey Only
 - 6:00PM - 9:00PM Free Skate Only
- Tuesday, Thursday:
 - 3:00PM - 6:00PM Free Skate Only
 - 6:00PM - 9:00PM Hockey Only
- Saturday, Sunday:
 - 9:00AM - 12:00PM, 3:00PM - 6:00PM Free Skate Only
 - 12:00PM - 3:00PM, 6:00PM - 9:00PM Hockey Only

The Winter-Spring Fun Guide is Now Available!

To view the Winter-Spring Fun Guide, [click here](#).

Resident registration opens December 10. Non-resident registration opens December 24. To register for programs, [click here](#).

Basic Photography for DSLR Cameras

Tuesday, December 11, 6PM - 9PM, Ages: 16 & up

Learn what all those wheels and buttons do. What is ISO and Noise? What are fast lenses? What is Depth of Field? What is selective focus? How do I stop Fast Action? When should I use a tripod? After this class, you will no longer fear taking your camera out of Automatic! [Click here to register.](#)

Magic Class

Monday, December 10, 6:45 PM - 7:40 PM, Ages: 5 - 12

Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! All materials are provided, and each child will receive a magic kit to take home. Brand new tricks are taught each session, and return students are welcome! [Click here to register.](#)

RIVER FOREST LIBRARY SPOTLIGHT

Here are some highlights of upcoming programs at the Library. For a complete listing of programs, visit our website at www.riverforestlibrary.org. The Library will be closed on 12/24 and 12/25. We will close at 5 PM on 12/31 and will be closed on New Year's Day. Happy Holidays!

For All Ages

Winter Reading, 12/17-2/28

We have winter reading programs for children, teens and adults. Stop by any circulation desk to get more info or visit the website. Be rewarded for your reading this winter with prizes, raffles and more.

Children

Saturday, 12/15, 10 AM-3 PM, Stories with Santa, Ages 8 and under

Santa is visiting RFPL! Our annual holiday program for children features stories, crafts, and visits with Santa upstairs by the fireplace. Pictures taken with Santa will be posted to the RFPL website. Caregivers are encouraged to snap their own keepsake photos as well. This is a drop-in, free, fun family program. Expect to spend 1 to 1.5 hours at the library for this event. Ages 8 and under with a parent/caregiver.

Wednesday, 12/19, 4-4:45 PM, Snack Attack, Grade K-4

Learn how to make a fun seasonal snack at this after school cooking program. In December, we will be decorating gingerbread cookies. [Advanced registration required.](#)

Wednesday, 12/26, 10 AM-4PM, Thank You Note Workshop, Grades K-4

Drop by the Children's Room to write your own personalized holiday thank you cards. Supplies will be provided.

Friday, 12/28, 1-4 PM, DIY Snowflakes, 3-10 years

Visit the Children's Room to make your own snowflake. Supplies will be provided. Ages 3-10 with parent/caregiver.

Monday, 12/31, 11:30 AM-12:30 PM, Noon Year's Eve, Kids of All Ages

Happy New Year! Be the first to celebrate as you countdown to 2019 with activities, dancing, and snacks with a festive flair. For children of all ages and caregivers.

Teens

Thursday, 12/13, 3:30-4:30 PM, T-shirts to T-scarves, Grades 5-12

Create a fun, simple Infinity Scarf using nothing but an old t-shirt and scissors! No sewing required! Please bring your own shirt.

Thursday, 12/20, 3:30-4:30 PM, Teen Tasters, Grades 5-12

Try out a variety of unique foods from a different country each month in this fun taste test program. [Advanced registration required.](#)

Friday, 12/21, 2:45-4:30 PM, Holiday Film - *Elf*, Grades 5-12

Kids and teens are invited to drop in to watch a the fun holiday film *Elf*.

Wednesday, 1/2, 2-4 PM, New Year New You New Journal, Grades 5-12

Bullet journaling is a hobby to help you stay organized, unleash your creativity, and reach your goals. Learn how to set up a bullet journal and get organized this year. Bring your own journal or use one of ours to take home.

EVENTS CO-SPONSORED BY THE RIVER FOREST PUBLIC LIBRARY AND RIVER FOREST TOWNSHIP

Saturday, 12/8, 2-3:30 PM, *It's a Wonderful Life: The Making of a Holiday Classic*, Adult

Did you know Cary Grant was supposed to star in *It's a Wonderful Life*? That the gym floor turned swimming pool was real? That the movie bombed at the box office? Even if you've seen the holiday classic *It's a Wonderful Life* 150 times, you'll have fun exploring the movie's creation with Dr. Leslie Goddard, including how the script evolved, how the cast was chosen, and the technical challenges that were overcome. Enjoy rare photographs taken behind-the-scenes and find out what happened to the cast.

Sunday, 12/9, 2-3 PM, Bingo for Books, Adult

Celebrate National Bingo Month with us! Join us for fun games, light refreshments, and a chance to win book prizes.

Wednesday, 12/12, 10-11:30 AM, Connect With Tech, Adult

Are you a local 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? Concerned about internet safety? Then join us for 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.

TOWNSHIP SPOTLIGHT

Winter Sibshops Start January 19

Sibshops, a program specially designed for siblings of those with special needs, disabilities and health challenges, meets on the first and third **Saturdays, 11:30 AM-1:30 PM**, at Thrive Counseling Center, 120 S. Marion St, Oak Park. Winter session starts **January 19**. For 1st-7th grade siblings. Lunch is provided. Choose the sessions you are able to attend.

Facilitators lead fun activities, focused on sharing siblings' experiences and ideas, including crafts, games and lunch prep. Fee is \$10 per session; need-based scholarships are available. Registration is required in advance; for more info or to register, call River Forest Township at 708-366-2029 or email supervisor@RiverForestTownship.org.

Seniors: Come Play Pickleball

Pickleball is a paddle sport for all ages and abilities and is the fastest growing sport in America! It combines elements of tennis and ping pong, with rules which are simple to learn. Seniors are invited to play indoors at a specially designated time at the Tennis and Fitness Centre of OPRF, 301 Lake Street (Lake and Ridgeland), Oak Park, **Wednesdays, 1-2:30 PM (off December 26)**. Cost is \$10 for non-members/\$6 for members; equipment rental is free. **All levels are welcome, including beginners. Open to non-club members. Bring your friends; no need to register in advance.** Contact River Forest Township Supervisor Carla Sloan 708-366-2029 or cbsloan.rftownship@gmail.com with questions.

Come Sing with Encore Chorale

Oak Park-River Forest Encore Chorale, for singers age 55 and up, will hold its free fall season concert, **"Season of Light", Saturday, December 8, at 4 PM**, at Pilgrim Congregational Church, 460 Lake Street, Oak Park. **Note: This is a venue change.**

Encore will start its winter/spring rehearsals on **Tuesdays, starting January 29**. Encore is conducted by local resident and musician, Linda Crabtree Powell.

The local Encore group, now 90 strong, 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, 9:30-11 AM at the 19th Century Club, 178 Forest, Oak Park. For more info, contact Linda Crabtree Powell at crabtreepowell@gmail.com. Need-based scholarships for River Forest resident Encore members are available through River Forest Township.

Senior Wellness Groups Promote More Meaningful Living

Seniors: Gather with other older adults to share and learn ways to enhance meaningful living, including mental wellness and longevity. Oak Park and River Forest Township Senior Services is partnering with Concordia University to host a free 8-week wellness group at Concordia in the Christopher Center, 7400 Augusta Ave., room #263. **Tuesdays, January 29 – March 19**, 3:30 – 4:30 PM or 6:30 – 7:30 PM. For more info or to register, contact River Forest Township Supervisor Carla Sloan, 708-366-2029 or supervisor@RiverForestTownship.org.

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 Tax Counseling for the Elderly (TCE) program, contact Kay Frey, kayfrey@triton.edu, 708-456-0300, x3603.

Free training sessions for volunteers will be held on Saturdays, January 5-February 2, 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+), offered at multiple locations in surrounding communities.

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.

Coming Soon: Memory Café

Coming this winter to Oak Park and River Forest, a Memory Café is a welcoming place for individuals with memory changes and their care partners. Cafes provide a chance for conversation, food and enjoyable activities. They also offer a great opportunity to volunteer as a speaker, greeter, craft leader, etc. For more info, contact Supervisor Carla Sloan at cbsloan.rftownship@gmail.com.

"Support4U" App for Middle and High School Students

The "Support4U" phone app is available to all middle and high school students in Oak Park and River Forest. Support4U is a mental health-related prevention and support resource, by which students can text licensed mental health clinicians for assistance or guidance on such issues as anxiety, depression, substance use, suicidal ideation, eating disorders, bullying, or any other mental health-related topic.

Support4U is anonymous and available to students 24/7. We thank Districts 90, 97 and 200 for their support of this program on behalf of their students.

Please share this information with D90 and D200 students! Students can download the app or text 844-670-5838. D90 students will text "SAFE" and D200 students will text "CARE".

Support4U is sponsored by River Forest Township, Community Mental Health Board of Oak Park Township, the Oak Park-River Forest Community Foundation, NAMI, and the Oak Park-River Forest Rotary Club.

For more information, please contact your school administration or

Supervisor Carla Sloan at supervisor@riverforesttownship.org.

Support Group for Those Who Have Lost a Loved One to Suicide

A monthly drop-in support group is held monthly in River Forest for adults aged 18 and over who have suffered the loss of a loved one to suicide. The group is run by LOSS (Loving Outreach to Survivors of Suicide) and is led by a licensed clinical social worker.

Group meets on the third Monday of each month, 6-8 PM. Next meeting is December 17.

The previously held teen group is no longer meeting in River Forest. However, if anyone you know is interested in participating in a teen group, please contact the number below.

Hosted by 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.

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

Join the Great Neighbors Program

A local partnership, consisting of Arbor West Neighbors, Little Brothers Friends of the Elderly, and Oak Park & River Forest Township Senior Services, is introducing the **Great Neighbors Program** in the River Forest and Oak Park community. Through this program, which fosters "intergenerational connectedness", River Forest and Oak Park residents aged 18+ can volunteer to become a "Friendly Neighbor" to a senior in their neighborhood.

One or more "Friendly Neighbor" volunteers will be matched with a senior, with whom they will connect and share on a regular basis. Brief training and screening are required. The time commitment is flexible. **Great Neighbors** is a program of Little Brothers Friends of the Elderly and has had much success in Chicago!

If you are interested in becoming a "Friendly Neighbor" to a senior, or if you are a senior and would like to connect with other adult neighbors on a more regular basis through this program, please contact Supervisor Carla Sloan, 708-366-2029 or supervisor@riverforesttownship.org.

Arbor West Neighbors Hosts Walking Groups

Seniors: it can be more motivating and fun to walk with others! Arbor West Neighbors invites you to join its walking group. In good weather, meet at 8 AM every Monday for a 1-hour walk...or in snowy weather, walk indoors at the Oak Park YMCA, Fridays at 9 AM. Email Liz Swan to join the walker list, easwan@gmail.com and receive email updates about location and weather.

AWN is also looking for seniors to join a Cardio Walking Group of brisk walkers...if interested, call or text Laura Bruzas at 312-666-9979.

"SHIP" Senior Health Insurance Counseling

Free Senior Health Insurance (SHIP) counseling is available at the River Forest Township offices on the **first Friday of each**

month, located at the River Forest Community Center, 8020 Madison Street, 2nd floor. SHIP counseling is held on the other Fridays at Township Senior Services, 130 S. Oak Park Avenue, Oak Park. Call 708-383-8060 to schedule an appointment.



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