

the GLENCOE QUARTERLY

Community Newsletter

Winter 2014-2015

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VILLAGE
OF GLENCOE

GLENCOE
PARK DISTRICT

GLENCOE
SCHOOL DISTRICT 35

FAMILY
SERVICE OF GLENCOE

Don't Miss the Park District's Winter Special Events!

See Page 9 for more details...

Village President

Lawrence R. Levin

Board of Trustees

Bruce Cowans
Andrew Hayek
Barbara Miller
Scott Pearce
Joel Solomon
Dale Thomas

Village Manager

Philip A. Kiraly

Village of Glencoe

675 Village Court
Glencoe, IL 60022

Public Works: 847-835-4111

Public Safety: 847-835-4112

Finance Department: 847-835-4113

Village Manager's Office: 847-835-4114

Website: www.villageofglencoe.org

Find us on Facebook and Twitter!



Coming Events & Key Dates

Saturdays of the Season

December 6, 13 & 20
Downtown Glencoe

Glencoe Caucus Town Hall Meeting

Tuesday, December 9 | 7:30 p.m.
Central School Young Auditorium

Glencoe Community Holiday Drive

Through Friday, December 12
Collection Boxes at Village Hall & Takiff Center

Christmas Day - Village Hall Closed

Thursday, December 25

New Year's Day - Village Hall Closed

Thursday, January 1

Martin Luther King, Jr. Celebration

Sunday, January 18 | 4:00 p.m.
St. Paul AME Church

Curbside Holiday Tree Recycling

Wednesdays - January 7, 14, 21 & 28

Holiday Lights Recycling

Through Wednesday, April 1, 2015



VILLAGE PRESIDENT'S MESSAGE

Dear Neighbor:

Our existing water plant will soon celebrate its 90th birthday! With this in mind, an important priority over this past year has been to begin investigating the options to ensure our Village has a secure, clean and affordable supply of water for many years to come. As you know from my past updates on this subject, the Village staff has been engaged in a methodical process to help collect the data necessary to understand the pros and cons of each of the potential alternatives for achieving this.

We took a major step forward when we hired Strand Associates last year to commence a thorough study of the many aspects involved in such a complex project. These included analyzing alternatives to the Village maintaining its own processing and pumping facility, and the suitability and feasibility of various site locations, both outside or within the Village, for a Village processing and pumping facility. As you can imagine, the amount of time and work required to complete this type of due diligence is quite lengthy as we need to look at a variety of factors. These include engineering, technical matters, and costs associated with processing, pumping, and distribution facilities and systems, relative to the different development sites, and potential short- or long-term interconnections with neighboring communities.

In connection with the Strand work, we have also had discussions with our neighboring communities to explore opportunities to potentially share costs and/or some of the infrastructure required to supply water to our Village in emergencies or on a regular basis. We expect Strand to complete its report in the first quarter of 2015. Strand's report should include a preliminary set of recommendations relative to all of these alternatives, which will allow the staff and the Village Board to start the process of sharing with you what has been learned and to initiate the

public dialogue on the best way forward.

While our Village has been pursuing its study, the Northwest Water Commission has been pursuing its own strategic study. The Northwest Water Commission expects to finish its study about the time that Strand finishes. At that time we expect to have a clearer picture of where the Northwest Water Commission fits into our deliberations. Sometime in the first quarter of 2015 we hope to know if the Northwest Water Commission still desires to move forward with discussing our Village supplying raw water to their system.

I am working closely with our Village Manager, Phil Kiraly, to develop a communications plan to keep you informed and abreast of any developments related to the water plant project. Once we have the Strand report and related information, we will share this information with you so you will know what we have learned so that you can participate in an informed dialogue.

There is no pressing deadline by which we need to make a decision which permits the time needed for the community to learn about the alternatives and have ample opportunities to participate in discussion of what is the best way to ensure our Village has a secure clean affordable supply of water for many years to come. We are confident that our process will continue to uphold our values of community engagement and transparency. I look forward to sharing more information as it becomes available.

In the meantime, we can all feel a sense of pride and enthusiasm with respect to the many good things our Village has accomplished this year. From celebrating the groundbreaking of Writers Theatre in October to implementing a state-of-the-art online communications alert system through Glencoe Connect, we continue to build a strong sense of community. As we approach the holiday season, I feel particularly proud and grateful to be part of this very special Village. I wish you and yours a festive holiday and healthy New Year. ■

Sincerely,

Larry Levin

Village President

Holiday Refuse and Recycling Collection Schedule

THANKSGIVING - Week of November 24-28, 2014

Thursday Collection will be on Friday, Friday Collection will be on Saturday

CHRISTMAS - Week of December 22-26, 2014

Monday and Tuesday Collection will be as usual
Thursday Collection will be on Friday, Friday Collection will be on Saturday

NEW YEAR'S - Week of December 29-January 2, 2015

Monday and Tuesday Collection will be as usual
Thursday Collection will be on Friday, Friday Collection will be on Saturday

**Also note - the last Yard Waste Collection of the year will be on Wednesday, December 10*

Capital Improvements Update

The 2014 construction season included the completion of capital improvement projects funded by infrastructure improvement bonds approved by voters in the fall of 2012. The \$8.55M bond approval included \$5.5M for three major storm sewer improvements serving drainage basins central to Elm Place, Greenwood Avenue & Oakdale Avenue, and Harbor Street & Linden Street.

- The Elm Place Basin Improvements began in early summer and were completed in September. The project involved installation of new large capacity storm sewer beginning just south of the intersection of Forestway Drive and Sycamore Lane, and following a route north and east through residential streets to an end point near the intersection of Valley Road and Elm Place.
- The Greenwood Basin Improvements started in September of 2013 and concluded in early summer 2014. This project involved installation of new large capacity storm sewer from the intersection of Greenwood & Oakdale Avenues south and west through residential streets to an outfall at the west end of Ivy Lane to the East Diversion Ditch.
- The Harbor Basin Improvements involved the installation of new storm sewer from the intersection of Harbor Street and Linden Avenue east on Harbor Street to a new outfall structure at Lake Michigan. This project was finished in November of 2013.



All three of these projects were designed and constructed to increase the capacity of existing storm sewer systems and will relieve significant and recurring flooding that has affected these neighborhoods in recent years.

Other capital improvements completed as part of the 2012 Infrastructure Improvement Bonds included the maintenance resurfacing of 42 streets, sanitary sewer lining and sidewalk replacement. ■

2012 Bond Issue Infrastructure Improvements - Final Expenditures

Project	Start	Finish	Cost
Engineering			\$300,000
Harbor Basin	2013	November 2014	\$2,180,000
Greenwood Basin	2013	June 2014	\$1,500,000
Elm Place Basin	2014	September 2014	\$2,010,000
Storm Water Management Total			\$5,990,000

Project	Start	Finish	Cost
Street Resurfacing	2013	2014	\$2,000,000
Sanitary Sewer Lining	2013	-	\$370,000
Sidewalk Replacement	2013	2014	\$200,000
Infrastructure Maintenance Total			\$2,570,000
		TOTAL	\$8,560,000

Storm Water Management

At its June meeting, the Village Board received a staff report on the May 12, 2014 flooding event and its impact throughout the Village. The report highlighted the positive performance of storm sewer system improvements completed by the Village in recent years and it also identified five specific areas of concern in the Village that continue to experience flooding issues. These five areas were impacted by storms that took place on May 12, June 21 and June 30. The Board authorized staff to hire a storm water engineering firm to study the five areas. The study was completed in the Fall and presented to the Village Board and the impacted neighborhoods at the October 16 and November 20 Village Board meetings. The conclusions and recommendations from the 2014 Storm Water Drainage Study are under review by the Board for possible consideration as part of a bond issue referendum in April 2015. ■

Holiday Recycling Programs

Lights: The Solid Waste Agency of Northern Cook County (SWANCC) and the Village offer a holiday lights recycling program. Residents can drop off old string lights at the Public Works Service Building, 320 Hazel Ave., Monday - Friday from 8:30 a.m. - 3:30 p.m., through April 1, 2015. Materials accepted include: mini-lights (or Italian lights), C7 lights, C9 lights, rope lights, LED lights and extension cords.

Trees: The Village will be collecting Christmas trees from the curb every Wednesday during the month of January. This special collection does not require a landscape waste sticker. Please note, the Village cannot accept live garland and wreaths due to the significant wiring used in their assembly. These should be placed in your regular garbage.

For more information, please contact the Public Works Department at 847-835-4111. ■

Village Employee Spotlight

Edward Blatnick

Public Works Maintenance Equipment Operator



When did you start working for the Village?

I started in June of 1988. That September, I had the opportunity to go on a garbage route and have been picking up garbage ever since. Back then we didn't have scooters, we did a lot of walking on the route.

What is the best part of your job?

Doing my garbage route. I really love what I do.

Describe a typical work day.

Everyday is different. Winter months and bad weather days are obviously harder than a beautiful spring day when it comes to working an outside job.

What do you like to do in your spare time?

I enjoy collecting antique wood working tools, I like horseback riding, and I am very involved with my Church.

Describe yourself in three words.

Dependable, strong, and sometimes pretty lovable.

What advice do you have for the next generation of Village employees?

Think more about others than yourself. Give the residents of Glencoe respect and great service, because they deserve it! ■



Tee Time

with Stella Nanos
General Manager

Glencoe Golf Club

621 Westley Road | 847-835-0250
www.glencoe golfclub.com



Glencoe Residents,

As another successful golf season comes to a close, the Glencoe Golf Club staff would like to thank you for your ongoing support and patronage. Even though it is cold outside, it is not too early to think about next year's golf season. Visit our website to get your tee times and programs in place for the spring or stop by the clubhouse to work on your game this winter.

This is the year to treat yourself to a guaranteed round of golf every weekend at your neighborhood golf course. Permanent weekend tee time packages are now available for the 2015 season. The membership package includes 19 weeks of reserved weekend tee times beginning the weekend of May 2nd/3rd. If you are a single or twosome looking to join a group please contact the golf shop to be put on a pairing list.

The Glencoe Golf Academy will be teaching indoor lessons this winter utilizing video analysis and a FlightScope 3D simulator. Winter lesson packages as well as clinics and special rates for junior golfers are available. Schedule your lesson today by contacting one of the PGA teaching professionals on staff.

Summer golf camp registration is now open! The Glencoe Golf Club will be offering camps for junior golfers of all ages and ability levels. Our professional staff will concentrate on the fundamentals of the game while offering students the unique ability to test their swings on the golf course. All campers will receive a golf pass for five **FREE** rounds of golf as well as a 'Get Ready to Golf' starter kit. Sign up today to guarantee your child's participation on the most popular summer camp dates.

Give the gift of golf during the holiday season! The golf shop will remain open with seasonal hours during the winter months. Gift cards, merchandise, and golf lessons can be purchased by visiting the shop. Gift cards can also be purchased from the comforts of your own home and mailed to you. For winter hours or to place your gift card order please call the golf shop at 847-835-0250.

The Glencoe Golf Club wishes you a safe and happy holiday season! ■



Snow & Ice Control: Important Facts and Information for Residents

The Village has a Snow and Ice Control Plan that is implemented each year by the Public Works Department. The goal is to have all streets cleared and pavement in a safe and passable condition within 8 hours following the conclusion of any snowfall event. The Plan divides the Village into six separate plowing and salting routes. Within each route, streets are assigned a priority with the objective that major streets are cleared first followed by side streets and cul-de-sacs.

The Village Plows and Salts Streets on a Priority Basis. Priority one streets, which include Dundee Road, Sheridan Road, Green Bay Road, etc. are cleared and salted first to maintain safe collector



routes for all vehicular traffic. Side streets are cleared next and salt is used primarily at intersections, curves and hills. The Village's policy is to control salt usage to reduce the impact on infrastructure, equipment and the environment, while still maintaining safe winter driving conditions. Cul-de-sacs and dead end streets are Priority 3 streets and are plowed using smaller trucks.

Residential sidewalks are plowed by the Village only after a snowfall of 3 inches or more. Like street plowing, priority is given to sidewalks along major street routes and sidewalks around schools and in the downtown business district. Residents are encouraged to clear snow from the sidewalk around their homes.

Driveways are often impacted by snow removal efforts on the street. Village crews will try to clear snow to the curb as soon after the storm as possible; however, during heavy snowfalls, plows may run as many as 3 or 4 passes to clear snow, resulting in snow being pushed across the base of all driveways. Consider this before you begin to clear your driveway. Also, remember to throw snow being removed from your driveway to the "downstream" side (the right side as you face the street). This will reduce the impact that street plowing has on your driveway access.

Winter Parking Restrictions: Parking on Village Streets during a snow emergency is prohibited. A snow emergency is any accumulation of two or more inches of new snow/ice in a 24-hour period. Vehicles parked on the street make it difficult for Village crews to plow. Please assist in keeping the streets clear.

Help Keep Fire Hydrants Clear of Snow: The Village asks that residents help to keep fire hydrants accessible for the Public Safety Department by clearing space around all sides of any hydrant in proximity to your home as you complete your shoveling or snow blowing. Your private contractor can help in this effort as well. Fire hydrants that are buried or blocked by piles of snow may result in the Public Safety Department not being able to locate the hydrants in a timely manner during emergency situations.

For more information regarding the Village's snow and ice control practices, please contact the Public Works Department at 847-835-4111. ■

Holiday Fire Safety Reminders

The Department of Public Safety advises residents to be aware of fire safety hazards during the holiday season. The National Fire Protection Agency (www.NFPA.org) notes that many holiday tragedies are a result of problems with Christmas trees and holiday decorations. According to NFPA data, most Christmas tree fires result from natural products, not artificial trees.

The Glencoe Department of Public Safety Fire Prevention Bureau reminds you that it is important to remember that natural Christmas trees are not living and therefore it is essential that they be kept as moist as possible. Officials recommend placing the base of the tree in water and re-cutting the trunk of the tree at a 45 degree angle to increase water absorption.

As fire hazards increase during the holidays, Public Safety recommends the following guidelines to reduce the risk of a holiday fire:

- Always ensure that decorations and presents are kept away from heat sources
- Never leave lighted candles unattended or use lighted candles as Christmas tree decorations
- Always turn holiday lights off before leaving home or going to sleep
- Carefully inspect light strings, cords, plugs and receptacles, and dispose of damaged items
- Don't overload electrical circuits or extension cords
- Use only lights which have been tested and labeled by an approved testing laboratory
- When replacing a bulb on a light string, ensure the voltage and/or wattage marked on the light set is compatible with the replacement light and unplug the light string before replacing the bulb so there is no danger of shock
- Install working smoke alarms and practice home escape plans

For more information contact Lt. Lee Weinzimmer at 847-835-4112 ext. 1149 or lweinzimmer@villageofglencoe.org. ■

Glencoe Caucus Town Hall Meeting

The Village Caucus and School Board Caucus will present their slates for Village Board, Park Board, Library Board and School Board at a **Town Hall Meeting on Tuesday, December 9th at 7:30 p.m.** at Central School's Young Auditorium. Glencoe residents who are registered voters are strongly encouraged to attend. The meeting will provide a chance to meet the candidates and sign petitions to put their names on the ballot for the April 2015 election. ■

IMPORTANT!

Sign up for [Glencoe Connect](#) to Receive Village Alerts

Sign up today to receive emergency and non-emergency alerts from the Village through Glencoe Connect. All home phones are automatically subscribed for emergency alerts. Signing up allows you to also receive non-emergency alerts to cell phone and work phone numbers and also by text and email.

Non-emergency alerts have most recently been used to share power outage updates and estimated restoration times with residents after a storm, as well as to share a message from the Department of Public Safety regarding recent residential burglaries. If you had not already created a personalized account for Glencoe Connect you would not have received these messages! Visit www.villageofglencoe.org to sign up today - click "Sign Up for Glencoe Connect" in the bottom right corner, then click "Don't have an account? Sign up" at the bottom of the page. ■

Interested in Serving on a Village Commission?

In Glencoe, knowledge, interest, and participation are vital ingredients to the delivery of top quality public services. As such, residents are encouraged to participate on various boards, commissions, committees and task forces relevant to Village issues. These boards and commissions provide leadership, establish policies and oversee budgets while working hard to ensure an open and responsive government.

Presently, there are nine boards and commissions to assist the Village in its policy-making decisions and to address specific projects, policies and issues. The Village President and Board of Trustees are preparing to appoint new residents to these committees in 2015.



Serving on a board or commission requires work and commitment, and can be a very rewarding experience. The most important qualifications for serving are an interest and willingness to serve.

If you are interested in being considered for appointment, please visit the Village website at www.villageofglencoe.org to view a list of current commissions, general service requirements and to obtain an application.

Completed applications, which may be supplemented with a resume or a letter of interest, can be returned to the Village Manager's Office in Village Hall, 675 Village Court, or via e-mail at info@villageofglencoe.org.

Applications are welcome at any time and will be kept on file in the event of future vacancies. Due to staggered terms, the Village is always looking for candidates! For more details, contact the Village Manager's Office at 847-835-4114 or info@villageofglencoe.org. ■

Chamber of Commerce Report Holiday Happenings in Glencoe

Glencoe kicks off the holiday season with the traditional *Light the Village Lights* on Friday, November 28 at 5:00 p.m. at the corner of Park and Vernon Avenues. Then, the Chamber of Commerce keeps the festivities going in December with our "Saturdays of the Season", December 6, 13 and 20. Come to the uptown business district to enjoy treats, music and singing with Santa. Please check posters around town, ads in the *Glencoe News* and the Chamber website for updates and specifics about the activities on each Saturday.

And while you are having fun on those Saturdays, be sure to patronize our stores and businesses. They will be stocked with gifts, entertaining needs, food and beverages, decorations - whatever you'll want to make your holidays delightful. It's close, convenient and stress-free to "Shop Glencoe". Please remember that a portion of your sales tax remains in the Village, so its a financial advantage to our town when you "Shop Glencoe".

The members of the Glencoe Chamber of Commerce wish you, your friends and family a very happy holiday season! ■

Board of Park Commissioners

Hilary Lee, President
Seth Palatnik, Vice President
Steve Gaines, Treasurer
Robert Kimble, Commissioner
Andre Lerman, Commissioner

Executive Director

Lisa Sheppard, CPRP

Glencoe Park District

999 Green Bay Road
Glencoe, IL 60022

Phone: 847-835-3030

Fax: 847-835-4942

Website: www.glencoeParkDistrict.com



Coming Events:

Skate-a-Thon

Friday, November 28 | 6:00-8:00 p.m.
Watts Ice Center

NEW! Merry & Bright Flashlight Night

Friday, December 5 | 6:00-7:00 p.m.
Takiff Center

Family Skate: Hawaiian Night

Friday, December 12 | 7:00-9:00 p.m.
Watts Ice Center

FREE! Santa's Calling

Tuesday, December 16 | 5:00-7:00 p.m.

Itty Bitty New Year

Wednesday, December 31
11:00 a.m.-12:30 p.m. | Watts Ice Center

Teen Skate Nights

Friday, January 9 & February 20
7:00-9:00 p.m. | Watts Ice Center

Watts Below Zero

Monday, January 19
10:00 a.m.-12:00 p.m. | Watts Ice Center

Blackhawks Night

Friday, January 30 | 7:00-9:00 p.m.
Watts Ice Center

Once Upon A Dream: Daddy/Daughter Dance

Sunday, March 1
5:00-7:00 p.m. | Takiff Center

FREE! Family Fun Fest

Sunday, March 15
1:30-3:30 p.m. | Takiff Center



FROM THE PARK BENCH

Dear Glencoe Friends and Neighbors:

While it feels as though I'm still new to town, this winter marks my second year as the Executive Director of the Glencoe Park District. In two years, we've introduced many new traditions to Glencoe, including: *Harvest Fest*, *Itty Bitty New Year*, *Sunset on Summer*; revamped favorite events (*Boo Bash*, *Spring Egg Hunt*, *Watts Below Zero*); updated Friends Park; unveiled a new website and registration system; and invoked a spirit of community with record attendance at special events and programs. I'm delighted in what we have accomplished so far, but also excited for many more things that are in the works!

In this issue of *The Glencoe Quarterly*, we are introducing the Park District's new vision, values, and mission statement. The staff and Board of Commissioners worked together to create these statements, and I'm very proud of the results. Together, the vision, values, and mission statement will help guide strategic plans and future decisions for the Park District. With our new Master Plan ALMOST completed, a variety of exciting projects await. Using the mission and vision statements as our guide, the Master Plan will include a prioritized list of upgrades, improvements, and new amenities that the Park District can undertake in a fiscally-responsible manner.

Throughout the planning process, I've been impressed with Glencoe's community involvement. Participation in focus groups, stakeholder interviews, online forums, and our community survey exceeded our expectations. From sending us emails to attending Board meetings, it is clear that Glencoe prides itself in creating a better place to live and work. We hope your enthusiasm will continue as we move to the final step: the Community Input Meeting. Visit www.glencoeParkDistrict.com for meeting information.

As we move into the new year, remember to play! ■

Sincerely,

Lisa Sheppard, CPRP
Executive Director



Website Makeover

Have you visited www.GlencoeParkDistrict.com lately? The website has a bright new look! Using bright colors, photos of Glencoe residents, and a responsive design style, the site is both inviting and mobile friendly. Each page was developed with the user in mind, so the site is faster, cleaner, and easier to navigate.

Visit the site to explore Glencoe's 22 parks on the new Google map, register online, look at photos of rental spaces, or check the calendar for upcoming special events. ■

Mission, Vision, and SPIRIT!

As part of the Park District's Master Planning process, Barbara Heller led Park District Commissioners, managers, and staff through a series of small-group exercises and activities to develop a shared mission, vision, and values statement.

The mission statement describes the Park District's overall purpose; what we do, who we do it for, how and why we do it. It also answers the question: what is our business? The mission statement sets the boundaries of the organization's activities and is the starting point for developing a shared vision.

Mission Statement: *Enriching lives and creating memorable experiences by providing exceptional services, parks, programs, and facilities.*

The Vision Statement describes an ideal future and reflects the essence of the organization's mission and values. It is a cohesive statement that answers the question: what impact do we want to have on society? Ultimately, the Vision Statement unites an organization in a coherent, strategic direction. The Vision Statement conveys a larger sense of purpose, so employees see themselves as "building the castle" rather than "laying stones."

Vision Statement: *We are committed to become the most innovative, customer-driven, and fiscally-responsible park district for current and future generations.*

The team also developed a list of organizational values, which represent "the way we work together." After creating a list, the team selected six values that represent the Glencoe Park District culture and the way employees work together. Together, the values form the acronym "SPIRIT":

- **Safety:** We work toward reducing or eliminating risk from injury or harm, and creating a safe environment for our customers and staff.
- **Passionate:** Our passion for what we do makes our parks, services, and recreational programs the best in the industry.
- **Integrity:** We do what we say we are going to do. We are trustworthy and demonstrate strong moral values.
- **Responsiveness:** We respond and follow through in a timely manner to our internal and external customers.
- **Innovative:** We continuously find better ways of doing things.
- **Team Oriented:** We are an empowered staff, communicating effectively in a collaborative and fun working environment.



The new mission, vision, and values statements will be incorporated into employee training and recognition programs, performance appraisals, and visuals. It is the heart behind the Master Plan, and will be used to guide important decisions as the Park District plans for the future. ■

Watts Ice Center Public Skate Hours

Visit www.glencoe parkdistrict.com for changes to the daily public skating schedule as well as holiday hours.

Regular Hours

Monday-Friday	1:30-3:00 p.m.	Parent-Child Skate
Monday-Thursday	3:00-5:15 p.m.	Public Skate
Saturday/Sunday	1:30-4:30 p.m.	Public Skate

It's a Watts World!

Winter in Glencoe has always meant one thing: skating! Long before Watts Center was constructed and the outdoor artificial ice rinks were installed, Glencoe residents enjoyed outdoor ice skating during the winter months. In the 1950s and 1960s, the park district flooded a natural ice rink in the park near Central School. Today, the professional-grade refrigerated rinks at Watts Center offer a smooth skating surface during the winter months.

Watts Ice Center's two outdoor ice-skating rinks open the day after Thanksgiving and stay open through March 1, weather permitting. Public skate takes place Monday–Thursday from 1:30 p.m. to 5:15 p.m. and Saturday–Sunday from 1:30 p.m. to 4:30 p.m. There are extended public-skate hours over winter break (December 23–January 3).

The Watts season kicks off with our annual Skate-a-Thon, which encourages residents to skate for a cause on November 28. Admission fees collected on opening day will be given to the Ann & Robert H. Lurie Children's Hospital of Chicago.

The first week of December, our experienced instructors will begin teaching skating and hockey classes seven days a week. From beginning skating to adult hockey, there is something for every age! If you do not want to commit to a full session of skating, be sure to check out our mini learn-to-skate sessions during the months of January and February.

Throughout the winter, Watts Center will offer special events, family and teen skating nights, and more. For more information or to register, visit www.glencoe parkdistrict.com. ■



Meet Our Skating Director

Toni Cantagallo is a trained dancer, competitive individual skater and accomplished synchronized skater. She has performed professionally throughout the United States and Italy. Toni's past positions include working as a skating director, choreographer and a competitive coach. Along with coaching, Toni is a certified personal trainer and nutritionist, and has created her own conditioning for skaters program. She specializes in Freestyle, Choreography, Power Skating, MIF, Off-Ice Conditioning, and Dance for Skating. Toni coaches United States Figure Skating (USFS) and Ice Skating Institute (ISI) competitive and recreational skaters. At Watts Ice Center, Toni directs and teaches figure skating classes for all ages. ■



Play Platform Tennis

Through an agreement with the Winnetka Park District, Glencoe residents receive resident rates at the Winnetka Platform Tennis Club.



One of the only public platform facilities in the Midwest, Winnetka's Platform Tennis Club features six courts complemented by the state-of-the-art Paddle Hut. Enjoy lessons, court reservations, and paddle events through the Winnetka Park District.

For more information, call Winnetka Park District at 847-501-2060 or visit winpark.org/platform-tennis. ■



What's that for?

A Park District mini-bus is now cruising the streets of Glencoe. The 14-passenger vehicle will be used for a number of recreational programs, including providing transportation for certain after-school program participants, shuttling for School Day Off Fun field trips, and acting as a support vehicle for special events like Park-N-Play.

"We hope providing safe transportation will enhance our programs and create enriching experiences for all participants," said Dave Figgins, Director of Recreation and Facilities.

The Park District also hopes to use the vehicle for something new: senior field trips. The group trips may include short visits to museum exhibits, theatrical performances, concerts, or outings to Chicagoland destinations. The Park District is set to begin senior field trips in the spring of 2015; if you have a field trip you would like to see the Park District offer, please contact bkorzyniewski@glencoeParkDistrict.com or 847-835-7538. ■



Winter Preview: Adult Programs

This winter, dive into a new project! If you have always wanted to try something new, our introductory classes for adults are the perfect creative outlet. Each class is taught in a casual, relaxed manner so you can explore your artistic side at your own pace.

Want to keep track of your thoughts? Learn to create a visual record of images, ideas, dreams and events at Glencoe Park District's new **Visual Journaling** class. Each week, new techniques will be introduced that emphasize color, texture, shape, line and images. Together, participants will draw, letter, paint, collage, stamp and embellish journal pages. (Mondays, 9:30-11:30 a.m., January 26-April 6 at Takiff Center)

Interested in playing games? Be part of the millions of players that enjoy **Mah Jongg!** It is a fascinating rummy-like game played with tiles rather than cards. In a small amount of time, you will learn the elementary principles of the game. At the completion of this class, every student will know the Mah Jongg basics. (Thursdays, February 12-March 19, 1:00-3:00 p.m., Takiff Center)

Want to play with clay? Explore form and surface through **Ceramics**. Make objects using methods of hand building and wheel throwing for functional and nonfunctional projects. The challenge for participants is developing finishing techniques through experimentation that make the work pop! (Wednesdays, January 28-March 18, 10:00 a.m.-12:00 p.m. or 6:00-8:00 p.m., Takiff Center)

Food more your passion? Join us as we mesh our senses and watch a movie while eating food inspired by it in our new **Food and Film** series. Watch *Today's Special* while Chef Susan Taves cooks up a four course Indian feast, which will be served during the screening (Friday, January 30, 7:00-9:00 p.m., Takiff Center) or enjoy the trials and tribulations of family, food, betrayal, and business in *Big Night*, over a four course Italian meal (Thursday, February 19, 7:00-9:00 p.m., Takiff Center).

Love flowers? Join Lake Forest Flowers' Eileen Weber, AAF, for a **Hands-On Floral Workshop** giving you solid grounding in color theory, while highlighting the latest contemporary color combinations (Wednesday, January 14, 6:00-7:30 p.m., Takiff Center).

Are you secretly an artist? **Painting on Canvas** is an introductory class for adults who want to gain confidence in their art skills by painting on canvas. Experimentation will be done with acrylic paint to better understand color, composition and various techniques. Each student will be able to work at their own pace in a casual, relaxed environment (Mondays, February 2-March 23, 6:00-8:00 p.m., Takiff Center).

To join on the new adult programs at the Glencoe Park District, please register at www.glencoeParkDistrict.com. ■



Special Events this Winter!

SKATE-A-THON

Friday, November 28 | 6:00 - 8:00 p.m. | Watts Ice Center | \$10/person (no season passes)

Join us on opening day and skate for a cause! Your admission fee helps to further the good work of the Ann & Robert H. Lurie Children's Hospital of Chicago.

NEW! MERRY & BRIGHT FLASHLIGHT NIGHT

Friday, December 5 | 6:00 - 7:00 p.m. | Takiff Center | Free

On a dark night in December, we'll use flashlights to search for elusive treats and reindeer feet! We'll also decorate festive bags, share stories, and enjoy hot cocoa. Recommended kids 2-8 years old; please bundle up and bring a flashlight! Children must be accompanied by an adult.

FAMILY SKATE: HAWAIIAN NIGHT

Friday, December 12 | 7:00 - 9:00 p.m. | Watts Ice Center | Daily fee or season pass

Island music, flower leis, and tropical snacks will make you remember warm weather again! The whole family is invited to join in for an open skate theme night, with broomball on the studio rink.



SANTA'S CALLING

Tuesday, December 16 | 5:00 - 7:00 p.m. | Free

Santa Claus is ready to telephone all of his Glencoe friends! He'll make a personal call to children on December 16. To arrange for a Santa call, please fill out a phone call flyer at the Takiff Center December 4th through the 12th. Our elves will forward the information to the North Pole. Local calls only, please!

ITTY BITTY NEW YEAR

Wednesday, December 31 | 11:00 a.m. - 12:30 p.m. | Watts Ice Center

\$5/10 R/NR per child (no season passes)

Ring in the new year with dancing, crafts, and a countdown at noon, complete with a balloon drop! Fee includes admission to open skate, which starts at 12:30 p.m. (skate rental \$4). Advanced registration required by December 26; recommended for children ages 2-6. Children must be accompanied by an adult.

TEEN SKATE NIGHTS

Fridays, January 9 & February 20 | 7:00 - 9:00 p.m. | Middle School Students

Watts Ice Center | Daily fee or season pass

Skating, broomball, and a DJ! Bring your friends for a fun night on the ice, co-sponsored by the Glencoe Junior High Project and Glencoe Youth Services.

WATTS BELOW ZERO

Monday, January 19 | 10:00 a.m. - 12:00 p.m. | Watts Ice Center | Free

Celebrate everything winter with arts and crafts, carnival games, dog sled team demonstrations, sledding, ice sculpting, s'mores, and more! Throughout the day, we'll be giving away Blackhawks memorabilia!

BLACKHAWKS NIGHT

Friday, January 30 | 7:00 - 9:00 p.m. | Watts Ice Center | Daily fee or season pass

Let's skate with Tommy Hawk! Wear your team colors and join us for a night dedicated to Chicago's favorite hockey team. Throughout the night, we'll be giving away Blackhawks tickets and memorabilia!

ONCE UPON A DREAM: DADDY/DAUGHTER DANCE

Sunday, March 1 | 5:00 - 7:00 p.m. | Takiff Center | \$95/105 per couple | \$30 Each Additional Child

Join us for an evening that dreams are made of! Enjoy a delicious buffet, dance to a DJ, meet your favorite princesses and have fun making memories. Advanced registration required by February 16; recommended for girls ages 2-7 years and their special guest.

FAMILY FUN FEST

Sunday, March 15 | 1:30 - 3:30 p.m. | Takiff Center | Free

Join us for games, crafts and activities to celebrate Family Service of Glencoe Month. Visit www.glencoeParkDistrict.com for details.

SPRING EGG HUNT

Saturday, March 28 | 10:00 - 11:00 a.m. | Watts Park | Free

Bring your basket and get ready for an egg hunt! We're hiding eggs, filled with surprises, throughout Watts Park.

After the hunt, wander inside for crafts, games, and photos with the Spring Bunny. In case of inclement weather, the egg hunt will be relocated to the Takiff Center; for weather related updates, call 847-835-7538. Reminder: Bring your camera!

BISCUITS, BONES, & BUNNIES: HOUND HUNT

Saturday, March 28 | 11:00 a.m. - 12:00 p.m. | Watts Park | Free

Egg hunting is for the DOGS! Let your pup search for eggs filled with doggie treats and pose for pictures with the Spring Bunny. Don't forget to dress your pup in a festive hat to join the Spring Bonnet Parade! In the event of inclement weather, the event will be canceled; for weather related updates, call 847-835-7538. Please note: All dogs must be on a leash during the event. ■





Glencoe District



SCHOOL DISTRICT BOARD MESSAGE

Board of Education

Julie Ackerman
Robert Bailey
Edward Chez
Marc Glucksman
Jean Hahn
Gary Ruben - President
Nancy Shaw

Superintendent

Cathlene Crawford

Contact Information

Board of Education
Glencoe School District 35
620 Greenwood Avenue
Glencoe, IL 60022

Phone: 847-835-7800

Fax: 847-835-7805

Website: www.glencoeschools.org



Coming Events:

West School Chorus Club Concert

Thursday, December 4
6:30 p.m. | Misner Auditorium

South School Family Literacy Night and PTO Book Fair

Wednesday, December 10
Reading Event: 6:00 - 7:00 p.m.
Book Fair: 5:30 - 7:30 p.m.

6th Grade Dinner and Music Concert

Thursday, December 11 | 6:30 p.m.

Winter Break

Monday, December 22 - Friday, January 2

Teacher Institute Day

Friday, February 13 | No School for Students

Presidents' Day

Monday, February 16 | No School

Kindergarten Registration

Wednesday & Thursday, February 18 & 19
9:00 - 11:30 a.m. & 1:00 - 3:00 p.m.
South School Library Learning Center

5th Grade Sharing Concert

Thursday, February 19 | 6:30 p.m.

WE CARE FOR OUR WORLD

Wednesday, February 25
5:00 - 6:00 p.m. | South School

As the brilliant colors of this Fall season's tapestry fade, we bid farewell to autumn, prepare for winter and anticipate the hopes of the upcoming year. Likewise, the Board of Education must say goodbye to our present Superintendent, the fabled Dr. Cathy Crawford. We must garner our skills to choose a new educational leader for District 35 and help transition the new superintendent during the first half of 2015. The task at hand is an important endeavor, one not recently pursued due to the prominent and admirable 17-year tenure of our current leader. We do not wish to consider her future absence but as Winston Churchill said, "It is no use saying, 'We are doing our best.' You have got to succeed in doing what is necessary."

The Board of Education seeks to be as diligent, comprehensive, transparent, and thoughtful as possible. We are sharing information in the broadest manner possible through various venues. Last Spring, we engaged a consultant to facilitate three public community meetings hosted by your Board of Education. Our Board members also met one-on-one with all members of the administrative team to solicit their input. For three weeks, we had a well-publicized online survey for feedback from our residents and utilized the district intranet for faculty and staff to submit their feedback. Since early spring 2014 we have had a dedicated email address (Supt_Search@glencoeschools.org) for your comments or questions.

During the summer, a candidate profile, job description, and online application questions were developed as a result of incorporating all input from the information we collected. We cast the widest possible net in our nationwide search, using multiple print and online resources for the best possible candidates. The Board of Education received a wonderful response, working in October reviewing and accepting applications in order to generate a qualified applicant pool. At the time of this writing, we are setting up a round of face-to-face interviews to select potential Superintendents that would be a "best fit" for the district.

Additional information can be obtained on our dedicated website that is very easily located from the banner on the right side of the District 35 homepage www.glencoeschools.org. Thus far, we are on target with our timeline and aim to insure a smooth transition over the winter for a July 1 start for our new superintendent.

If you are reading this column, more than likely you are a stakeholder in District 35, and as such you are cordially invited to our monthly Board of Education meetings. In general, we meet the first Monday of the month at 7:00 p.m. The Board of Education thanks our entire community for your continued support and we wish you a healthy and most joyous holiday season and a new year full of wonder. ■

Sincerely,

Marc Glucksman

Board of Education Member



Kindergarten Registration for 2015

District 35 will hold kindergarten registration for the 2015-2016 school year on February 18 and February 19, 2015. Registration will be in the South School Library Learning Center during the hours of 9:00 - 11:30 a.m. and 1:00 - 3:00 p.m.

To be eligible for registration, children must be 5 years of age on or before September 1, 2015. An original birth certificate and proof of residency in District 35 must be presented at the time of registration. Information on residency requirements may be found on the South School page of the District 35 website www.glencoeschools.org. (Under "Resources" on the right side of the South School page.) Please call the school office at 847-835-6400 with additional questions regarding kindergarten registration. ■

2014 Tax Levy Hearing

The 2014 Tax Levy hearing will be held on December 1, 2014, during the Board of Education meeting. In the Intent to Levy Report, the District 35 Director of Finance and Operations, Jason Edelheit, recommends the District adopt a tax levy increase of 5.52%. Mr. Edelheit estimates the operating tax extension will constitute an increase of 1.5% (\$354,151) over the 2013 tax extension. The proposed 5.52% levy allows for significant new growth while increasing existing property taxes for operational purposes by the tax cap limitation of 1.5%.

The tax levy is a request for dollars converted by the county clerk into actual amounts once the value of all old and new property in a school district is determined. Tax cap laws limit the increase to either 5%, or the Consumer Price Index, whichever is less. ■

The Next Generation Science Standards in our Schools

The development of the Next Generation Science Standards (NGSS) was a joint effort of the National Research Council, the National Science Teachers Association, the



American Association for the Advancement of Science, and Achieve. The standards were developed to focus on the big ideas in science and emphasize the common practices that scientists use daily, such as planning investigations, developing models, and designing solutions. The Illinois State Board of Education formally adopted the NGSS on February 19, 2014. As a school district, we have begun our work to realign our science instructional units to the new grade level standards. Within each new unit, we are considering the integration of STEM (science, technology, engineering and math) as we develop hands-on experiences for our students. The standards require us to rethink our development and planning of instructional units. How have we challenged our students to be scientists? Have we provided opportunities for our students to engage in exploration, make claims and consider evidence to support or refute their claim?

The standards define the learning goals for what our students should know and be able to do at each grade level. Standards are not curriculum and do not tell teachers how to teach; rather, they are used as a tool to help teachers know what to teach and to help teachers know what to assess.

For example, a second-grade learning goal is for students to construct an argument that some changes caused by heating and cooling can be reversed, while other changes are irreversible. As a component of the instruction, our teachers will lead students in a hands-on investigation of several materials at different temperature ranges. Students will observe the materials and consider changes in properties over time. What occurs when we place an ice cube on the counter for a few hours? Do we observe a change in the properties? Is this a reversible or irreversible change? Our 2nd grade teachers are preparing for these new investigations with a new Changes unit to explore the structure and property of matter.

The Next Generation Science Standards integrate three dimensions of learning into each topic of study:

- *science disciplinary core ideas* (the content, for example, properties of matter);
- *scientific practices* (how science is conducted in the real world, such as through planning and carrying out investigations); and
- *cross-cutting concepts* (science ideas, such as cause and effect).

Within each grade level we are launching one newly aligned unit this year. We will continue the process with our life, earth and physical science units at each grade level. The new standards have challenged our teams to consider our practice and methods to engage our students in meaningful investigations. Watch our new Curriculum Corner of our district website as we will share updates on our NGSS work in the months ahead. ■

Curriculum Corner

A new section has been added to the District web page,



Curriculum Corner. Each quarter this section features information on a topic of interest to our school community. This quarter features information about the Common Core Learning Standards. An explanation of the standards, Frequently Asked Questions, and links to parent guides are provided. To access the Curriculum Corner go to www.glencoeschools.org/curriculum_corner/. ■

South School Playground

Playgrounds are an essential part of a school community. This year brought several changes and improvements to the South School playground. One of these changes, Peaceful Playgrounds, is adding to the fun and interest of recess.

As a part of the Peaceful Playgrounds program, the blacktop area has a number of painted spaces offering a structured play area and opportunities

for different games such as hopscotch, around the world, number and letter grids and other games that use both motor and physical skills. The games are engaging, distribute students more evenly throughout the play area, and reduce recess injuries. The program's objective is to engage students in healthy, educational, and purposeful play.

Peaceful Playgrounds is based upon the concept that well-marked areas and games provide increased motivation for children to enter into an activity and become engaged in purposeful play. First and second grade students are learning new games to play on the painted areas and additional play areas will be added to the asphalt in the future. District 35 thanks the Glencoe PTO for their generous purchase of the Peaceful Playgrounds program for South School.

In addition to the new game options each 1st and 2nd grade student has the opportunity to participate in Playground Pals. This program is designed to extend the inclusive philosophy taught in District 35's Social Emotional Learning curriculum to the playground. The program offers opportunities for all students to feel socially connected, interact positively with classmates, and demonstrate appropriate social skills and responsible behavior.

This voluntary peer recess buddy program started several years ago and remains a popular program for South School students. Once a week, on a three-month rotation, students serve as Playground Pals, easily identified by their vests. Any student can approach a Playground Pal and know he or she will be included in the game or have someone to play with during recess. Playground Pals receive training and suggestions for including everyone in games and are then assigned to a designated zone on the playground.



The South School playground area itself has undergone a recent upgrade. The subsurface under the artificial turf has been removed, replaced, and repacked. The turf has been reattached and the surface is now ready for another 10 years of use by students and community members. ■

WE CARE FOR OUR WORLD

The sixth annual WE CARE FOR OUR WORLD event will be held on Wednesday, February 25th from 5:00 – 6:00 p.m. This one-hour of service is open to all District 35 students, parents and community members. A variety of service learning activities that benefit others will be available for participants. We welcome you to join us at South School on February 25th. ■

South School Family Literacy Night and Book Fair

South School students and parents are invited to a Family Literacy Night on Wednesday, December 10th. Reading activities are planned from 6:00 - 7:00 p.m. and the PTO Book Fair will be open from 5:30 - 7:30 p.m. These events will be held at South School.



The South School Book Fair will also be open on December 9th and 11th from 8:30 a.m. - 3:30 p.m. and the Central

School Book Fair will be February 18 - 20. ■

South School Movie Night

Get ready for South School's 2nd Annual Movie Night on Friday, January 30th.

The PTO hosts this evening for students and families featuring dinner at 5:30 p.m. followed by a movie beginning at 6:00 p.m. In December South School students will vote to select the movie to be shown. This year's choices include; *Aladdin*, *Everyone's Hero*, and *Bears*.

Parents may preorder dinner on the PTO website. Please note an adult must accompany all children attending the movie night. ■

Veteran's Day Activities

Central School students honored our nation's veterans in an all school assembly followed by participation in a service project. Students and staff members met in Misner Auditorium for the program, which included a flag ceremony by Boy Scout Troop 28, a musical number by the Central School 7th and 8th grade band, and a guest speaker. This year's speaker was former Board of Education member, parent, and veteran of the Marine Corp, Mr. James Burnham.

Following the assembly students worked in grade level teams completing service projects for veterans in various hospitals, homes, and support groups. District 35 thanks Mr. Burnham for his

message to the Central School student body, the Kindness Connection for their coordination of the service projects, students in Boy Scout Troop 28 and the Central School Band for participation in these events honoring our nation's veterans, and the Glencoe PTO for partnering on these service projects. ■

Show Some Respect

South and West School students attended assemblies by Imagination Theater with the focus upon reinforcing Social Emotional Learning concepts and skills. The actors performed skits and invited students to participate as they addressed topics such as showing respect, the difference between friendly and hurtful teasing, including others, and skills to use when upset with others. Our thanks to the Glencoe PTO for making these assemblies possible for students. ■



Pink Day

An International "Say No to Bullying" Day began when two high school students in Nova Scotia, Canada witnessed a new classmate bullied for wearing a pink shirt. They bought all of the pink shirts they could find and distributed them at their school for others to wear and show that bullying wasn't okay. Throughout the world school communities carry on this tradition by celebrating Pink Day. Please join us on December 12, 2014 and February 27, 2015 as we encourage students, staff members, and community members to wear pink and Say No to Bullying. ■



Learning and Leading from Within

On February 13, 2015 District 35 staff will participate in a Teacher Institute Day with in-house conference sessions presented by District staff members and community partners. Staff will select from over 35 sessions addressing a range of topics in the following main strands: Common Core State Standards (CCSS) for English Language Arts and Mathematics, Next Generation Science Standards (NGSS), Social Emotional Learning, Meeting the Needs of All

Learners, and Technology Integration. Examples of sessions include Integrating iPads in Modern Language, Google Overdrive, The PARCC Perspective, Assessments in Action, Formative Assessment with Technology, Aligning Phonemic Awareness with CCSS, Differentiation in the Common Core Classroom, Sensory Education, Aligning IEP Goals with CCSS, Inclusive Classrooms, Social Thinking and much more.

Planning for this Professional Development Day began over a year ago. Our thanks to the District Professional Development Committee, under the guidance of Dr. Catherine Wang, for their continued work to provide these learning opportunities. ■

The Sounds of Music

Throughout the school year music can be heard in our school hallways and classrooms. Students are given musical experiences and opportunities beginning in kindergarten and continuing through eighth grade. Through the years, students have the opportunity to develop musical skills, knowledge, understanding, and an appreciation for the arts.

The goal of our music program is to allow each child to participate in a variety of music experiences, and through these experiences nurture a love and appreciation of music as a medium for expression, creative play and personal achievement. Students develop an understanding, enjoyment and appreciation of music through both listening and performing.

Please join us for the following performances and events in the coming weeks:

West School Music Week
December 1st - 5th

West School Chorus Club Concert
Thursday, December 4th at 6:30 p.m.
Misner Auditorium

6th Grade Dinner and Concert
Thursday, December 11th at 6:30 p.m.
Central School Gymnasium

New Trier Jazz Festival
Saturday, February 7th
New Trier High School - East Campus

5th Grade Sharing Concert
Thursday, February 19th at 6:30 p.m.
Misner Auditorium



Board of Directors

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Rabbi Steven Lowenstein
Lois Scheyer
Robert Sideman
Wendi Williams
Reverend David Wood

FSG Office Locations

675 Village Court
and

361 Park Avenue
Glencoe, IL 60022
847-835-5111

www.familyserviceofglencoe.org

Executive Director

Susan E. Cowen, LCSW



EXECUTIVE DIRECTOR'S MESSAGE

Dear Friend and Neighbor:

As we enter the season of giving, we find delight in annual traditions shared with family. We join the hustle and bustle of yearly school programs and festive gatherings. Many of us look forward to shiny packages filled with treasured gifts for loved ones. In the midst of your holiday preparations, let's be mindful that someone in our neighborhoods, offices, or faith communities may be experiencing loss or sadness at what should be a happy time of year. Let's show our support with sensitivity and kindness. Offer a listening ear or surprise someone with a simple gift. We might be the best part of that person's holiday celebration.

At Family Service of Glencoe, we are part of the giving team. We provide guidance and encouragement to those who are hurting. We assess scholarship needs so Glencoe youth can participate in afterschool activities. We coordinate financial gifts to Glencoe seniors to help cover tax and utility bills. We distribute food baskets so that those who are in our own backyard receive care. It is our joy to serve Glencoe, and by doing so, we make our community stronger.

We give our heartfelt thanks to those who have been part of our nonprofit family for our first 100 years. Your continued financial support allows us to give. We wish you a sweet celebration with family and friends. ■

At the heart of our community,



Susan E. Cowen, LCSW

Executive Director
Family Service of Glencoe
scowen@familyserviceofglencoe.org
847-835-5111

The Glencoe Community Holiday Drive

How You Can Help:

- **Toy Drive** – Donate new unwrapped toys to collection boxes at Village Hall or the Takiff Center
- **Food Drive** – Donate non-perishable food items or paper goods to collection boxes at Village Hall or the Takiff Center or purchase at Grand Foods on collection days
- **Care Package** – Purchase a care package at Grand Foods for low-income seniors and disabled adults
- **Giving Tree** - Donate funds or gift cards by depositing into the white Village mailbox, make checks payable to Village of Glencoe and write "Holiday Drive" in the memo
- **Adopt a family** - Contact Margot Flanagan at manddkaps@aol.com to adopt a family
- **Volunteer** - help collect, wrap, sort or deliver gifts by joining The Glencoe Community Holiday Drive committee

Donations will be accepted until December 12, 2014.

Contact colleenh604@aol.com for more information.

Thank you to Grand Foods for their support! ■



Providing
for our
neighbors
in need
this
Holiday
Season!

Staying in the Moment with your Grandchildren

This holiday season, the greatest gift you can give your grandchildren is the gift of your time and undivided attention.

“The idea of *mindfulness*, or living in the present moment, has a positive impact on you personally, as well as everyone around you,” explains Joan Merlo, LCSW, Psychotherapist at Family Service of Glencoe.

“But before you can be a mindful grandparent you need to first work on becoming a more mindful person,” Merlo points out. The first step is learning how to quiet your own mind, and notice what’s in front of you, rather than being distracted by the multitude of concerns of daily life including the intrusiveness of the media. In order to strengthen your ability to be more present, Merlo recommends a combination of self-reflection, relaxation, and mindful awareness techniques. This includes psychotherapy and journaling, meditation and deep breathing, as well as taking time in nature. These are good methods for helping you understand and handle the thoughts that occupy your mind.

Mindfulness is a proven method to help alleviate anxiety, depression and stress. Research has shown that it can even improve sleep problems, lower blood pressure, and strengthen relationships.

While it seems like such a simple thing to do, in this day of multi-tasking and overscheduling, it is more challenging than one would think. So how do you get started?

Try this simple exercise. Looking at your watch, for the next 60 seconds, focus all your attention on your breathing. Leave your eyes open and breathe normally. If your mind wanders off, catch yourself, and return gently to your breathing. The technique is doable with intentional small steps. Recognize your need to relax and take a walk or simply look out the window. These are great ways to begin.



Merlo, mother of three and grandmother of seven, adds that another important part of mindful grandparenting is being empathic. “You need to understand, without judgment, what your grandchildren might be going through.” The best way to do this is to listen to your grandchildren, paying close attention to their words and body language. Aim to develop a habit of understanding them, while delaying your own judgments or criticisms.

“Being a grandparent is a second chance to do what you may not have been able to do as a parent,” says Merlo. “It’s also an opportunity to open up in a new way to your adult children—showing your respect and admiration for their parenting choices.”

As a mindful grandparent, you can cultivate positive thinking in your family, and help promote a peaceful and calm holiday season.

If you would like to explore the benefits of mindfulness therapy, contact FSG at 847-835-5111 for more information. ■

The Faces of FSG: Joan Merlo

In continuation of our series to help our community get to know the therapists of Family Service of Glencoe, this quarter we are featuring Joan Merlo.

You have been a therapist for more than 20 years. What do you most enjoy about your job?

I have always felt so privileged and energized to be part of the transformative kind of relationship that is at the heart of psychotherapy. It involves



partnering in a very special, mindful way and focusing on a client’s wish and need to cope, change, grow or heal—often during a time of challenge or crisis. Collaborating together involves co-creating an atmosphere of trust, care and open dialogue. Through this confidential connection and teamwork, clients can develop a new sense of clarity and start to envision possible changes. Facilitating an environment in which this kind of personal growth can take shape is deeply rewarding and meaningful. On a daily basis, I am impressed by the courage, resilience and creativity of my clients. After 20 plus years, I am more grateful than ever that my profession allows me to share in such inspiring and energizing work.

What is the focus of your practice and the services you provide?

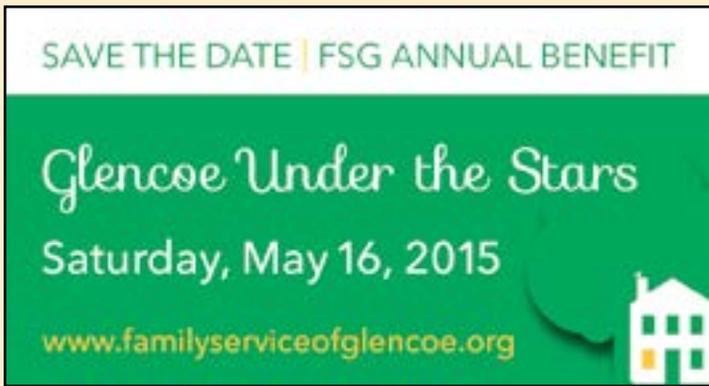
As mentioned above, my focus is an interpersonal, mindful and collaborative one. I’m a general practitioner working with individuals, couples and groups and have been on staff part-time at Family Service of Glencoe since 2000. In addition to working as a clinical therapist, I also conduct adult education, workshops and seasonal retreats. Some of the most recent programs have focused on mindful parenting/grandparenting and growing in times of loss.

How is FSG making a difference in our community?

Family Service of Glencoe makes a vital contribution and difference in our community by being a responsive and pro-active force in envisioning, planning, and delivering top quality services addressing the psychological and emotional well-being of our community. It’s a wonderful, dynamic and caring team to be a part of.

Is there anything you’ve found that surprises people about FSG?

When I began working at FSG, many referred to it as “the best kept secret in Glencoe.” It always provided quality services, but people didn’t know much about it. But over the past few years there has been a gradual paradigm shift. The growth of concerned interest from our community in addressing mental health and well-being issues, which affect us all in varying ways, has worked synergistically with FSG’s attuned outreach in sponsoring new groups and programs. I’m glad I’ve had the chance to witness and share in the evolution and that we are a hidden treasure no more! ■



How To Take Care of Yourself and Others During the Holidays

The holidays can be a magical time for many people. For some, despite the festive atmosphere filled with parties and decorations, depression, grief and isolation overshadow the season's joy.

Often, our friends and loved ones put on a cheerful face to mask their pain. Expectations are high during this time of year. One can feel like a failure for simply not being happy.

How can you take care of yourself during the holidays? What can you do to help others who are struggling?

Decide what is important to you. Celebrate in ways that help you feel fulfilled, which may be different from how you celebrated as a child. It's okay to make your own traditions. Amid the festivities, stick to your routines. Lack of exercise and sleep can exacerbate stress and depression.

Invite conversation. Just because your friend is not talking about her struggles, that doesn't mean she isn't thinking about them. Often, simply acknowledging someone's feelings brings comfort. If your friend is grieving the loss of a loved one, be supportive. He or she may want to celebrate differently this year as usual traditions may prove too difficult. Offer to cook, decorate, shop, or just spend time with a grieving friend or relative.

Make connections. If you are feeling alone and isolated, volunteer. Focusing on others takes the focus off of oneself. The elderly often feel especially alone this time of year, as do divorcees. Be cognizant of the fact that the holidays can be especially stressful for those on a limited budget. Remember that experiences, not possessions, bring satisfaction. A drive to look at the holiday lights can be more fulfilling than the latest "must-have" item.

Overall, make the holidays your own rather than an idealized version of how you think they should be. ■

Serving Glencoe Seniors

Family Service of Glencoe and the Committee for Senior Housing Aid in Glencoe are caring for seniors in need. The senior housing program enables long-time residents to remain in Glencoe, where they have raised families and lived much of their lives. Qualified seniors receive a \$2,500 grant to help pay property taxes or monthly rent. This program is in its 34th year because of your generosity. Please consider a financial gift so that these seniors can always call Glencoe home. Call Janet Sorensen at 847-835-5111 for more information. ■

Have you visited the Family Service of Glencoe website lately?



GPC Corner

Connect. Discuss. Support.

Glencoe Parent Connection (GPC) parent discussion groups are built on the premise that by connecting with and supporting each other, parents can work to build an emotionally healthy community for themselves and their families. Glencoe parent group members meet monthly in a confidential environment to connect on parenting issues, discuss experiences and provide each other with emotional support. Parent groups are professionally

facilitated, and over time become cohesive mini-communities that allow parents to learn with and from each other.

If you are the parent of a kindergartener, we are currently building two discussion groups—one for parents of boys, the other for parents of girls. If you are interested or have questions, please contact Kathy Livingston at kathy@familyserviceofglencoe.org.

Interested in Connecting and Supporting Glencoe Families?

To learn about joining the GPC program committee, or more about GPC events, email: glencoeparentconnection@gmail.com or visit our new website at <http://familyserviceofglencoe.org/web/parent-connection/>. ■

Local Postal Patron
Glencoe, Illinois 60022

Glencoe's Downtown Tune Up

Share your ideas at www.glencoetuneup.com



Residents of all ages are thinking about Downtown Glencoe as part of the Plan Commission's ongoing effort to promote the Downtown Tune Up planning process. In September and October the Glencoe Library hosted a fun activity for children encouraging them to share their ideas for downtown and its future through the interactive felt 'Imagine Glencoe' wall. This popular activity followed the Candy Chang "ideas chalkboards" that were located on Wyman Green this summer.

Recently a banner was installed in a vacant storefront window on Park Avenue that includes a combination of historic and current photos of downtown buildings, street scenes, people, and activities. In addition to enlivening a vacant storefront, it is the hope of the Plan Commission



that the photos will be nostalgic for longtime residents and informational for new residents – in all cases encouraging the community to ponder downtown.

As you reflect on downtown Glencoe, please share your ideas, hopes, dreams, or concerns via the project website - www.glencoetuneup.com – by clicking on the **Share an Idea** icon. See what others have written and add your own thoughts. A free mobile app is also available and can be downloaded from the project website. These resources provide everyone an easy opportunity to engage in the Plan Commission's downtown planning process.