the GLENCOE QUARTERLY

Community Newsletter

Spring 2015

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VILLAGE OF GLENCOE

GLENCOE PARK DISTRICT

GLENCOE SCHOOL DISTRICT 35

FAMILY SERVICE OF GLENCOE

Village President
Lawrence R. Levin

Board of Trustees
Bruce Cowans
Andrew Hayek
Barbara Miller
Scott Pearce
Joel Solomon
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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

Daylight Savings Time Begins
Sunday, March 8
Spring Forward One Hour

Glencoe Community Garden Event
The Veggie Starter: Garden 10
Jeanne Nolan : The Organic Gardener
7:00 - 8:00 p.m. | Monday, March 16
Takiff Center

Illinois Local Consolidated Election Day
Tuesday, April 7
Polls Open 6:00 a.m. to 7:00 p.m.

Spring Clean-Up
Wednesdays, May 6 & 13
See Page 3 for Details

Memorial Day Parade & Service
Monday, May 25
Parade: 10:30 a.m. beginning at Central School
Service: 11:00 a.m. at Veteran's Memorial Park

Glencoe Grand Prix
Saturday, May 30

VILLAGE PRESIDENT'S MESSAGE

Dear Friends,

One of the Village Board's most important roles is providing financial stewardship. The foundation of any good financial plan is a sound and responsible annual budget.

In February, the Board adopted the budget for Fiscal Year 2016 ("FY2016") which began on March 1, 2015. This budget provides for the myriad of services our Village delivers, and does so prudently and with an eye to the future. Modest increases in fees (1.5%) for refuse collection, water service and the like account for the increased cost of providing these services, and a modest uptick in the Village's portion of the property tax bill (also 1.5%) ensures the sustainability of services such as public safety and public works that our residents rely upon. I wanted to update you on some of the budget's more important aspects.

In concept, even through the recent recession, the Board worked to provide what in every day vernacular one would call a "balanced budget," where operating expenditures were no greater than revenues. We have a policy of maintaining a reserve fund balance of not less than 10% of operating expenditures, or $1.4 million, whichever is greater, to protect against a major unforeseen event which might require cash in excess of current revenues. We also have a policy, that reserve fund balances in excess of this amount, may be treated as a source of revenue just like taxes or fees for budget purposes. The reason for this policy is a simple one.

Rather than increasing fees and property taxes to generate revenue, it is better to leave those funds in our residents' hands than in the Village's, when we have excess fund balances available. Technically, if a budget expends more than what accountants view as expected revenues, it is a "deficit" budget. Drawing down our excess reserve fund balances doesn't qualify in an accountant's view as expected revenue. That is why the Board sometimes refers to a technical "deficit" when we really think of the budget as "balanced," i.e. not exceeding available revenues including excess reserve fund balances.

Let me use our FY2016 budget to illustrate. This budget totals $22.4 million across all funds. General Fund expenditures total $16.5 million. This budget is a "deficit" because its expenditures exceed expected revenues (excluding the excess reserve fund balances) by approximately $526,000 in the General Fund. Since FY2008, seven out of the eight budgets the Board approved, projected such "deficits" ($3.6 million in the aggregate).

Only three of those projected "deficit" budgets actually turned out to have expenditures greater than that year's actual revenues, with the difference being made up out of the excess reserve fund balance. In fact, during that time, the actual excess reserve fund balance increased by over $650,000. Currently, our reserve fund balance stands at approximately 18.9%, or 8.9% above our 10% target. By applying the "deficit" concept made up out of the excess reserve fund balance, the Board was able to adopt the FY2016 budget maintaining our service levels while asking our residents for $526,000 less in taxes and fees than would have otherwise been necessary.

The "bottom line" is that our little Village remains in excellent financial condition. We continue to show positive fund balances each year and possess a AAA bond rating from Standard and Poor's, attesting to the Board's careful cash management and prudent fiscal policies.

This is no accident. Since last May, the Board has been extensively reviewing and discussing our community's needs and the means by which to meet them. The Board earlier this year approved a Strategic Work Plan jointly developed by the Board, staff and an outside consultant. Central to this work plan, are the six *Strategic Priorities* – **Financial Sustainability, Commercial Vitality, Infrastructure Replacement, Operational Effectiveness, Organizational Development, and Community Engagement.**

The methodology used to generate our FY2016 budget is part of a long term process to more directly link resource and expenditure plans to strategic priorities. This budget contains the initial steps to permit the Village to meet anticipated future challenges, and fund improvements to technology and give needed attention to how the Village as a municipal corporation is operated.

Of particular note in this budget, the Board has authorized three new public safety officers, including the reinstatement of a needed second deputy chief. Certainly public safety is a top priority in our Village, and we believe expanding our staff in this area is a prudent and necessary investment to maintain the service levels our residents expect as a substantial number of our officers reach retirement age.

2016 is also a year in which each of you will have an opportunity to vote during the April 7, 2015 municipal election on two important referendum questions to provide $10 million in bond funding for providing necessary storm water management, roadway improvements, sanitary sewer improvements and long- needed replacement of HVAC equipment in the Village Hall. Maintaining the quality and excellence of Village services requires capital investments from time to time, and I encourage you to learn more about these proposed investments by reviewing information in this publication and others that the Village will provide. ■

Sincerely,

Larry Levin

Village President

Watch for Village Referendum Question on April Election Ballot

After considerable study and review of the Village's long-term capital needs, the Village Board has voted to place referendum questions on the April 7, 2015 General Election ballot seeking authority to issue $10 million in new bonds to fund much-needed infrastructure, facility improvement and maintenance needs. As a non-home rule community, the Village of Glencoe requires voter authorization to issue these bonds.

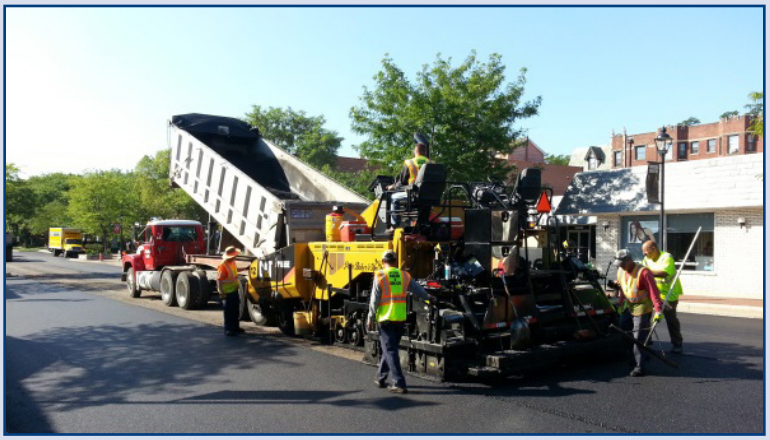
The referendum will present two questions asking residents to fund storm sewer improvements and sanitary sewer maintenance upgrades ($6.5 million), village hall HVAC improvements ($2.5 million), as well as street resurfacing and sidewalk replacement work ($1.0 million). In discussion about these projects, the Board heard from staff and several qualified consultants confirming the need to make these investments to ensure the continued performance of our Village infrastructure. The street resurfacing improvement will address nearly 10% of the Village's streets that are in most need of repair. The HVAC improvements include the complete replacement of the original 1956 Village Hall system equipment. The storm sewer improvements include targeted projects to reduce severe and recurring flooding in five separate drainage basin areas. The sanitary sewer maintenance upgrades include the re-lining of pipes and manholes to reduce basement backups. These sewer improvements, much like the projects completed in the last 15 years, are considered essential to reducing the impacts of flooding and sewer backups, as well as maintaining emergency access to neighborhoods during times of flooding.

The Village Board has determined that these projects are suitable for 20-year bond financing given they have a long-term life expectancy of 20 years or more. Because of the pending reduction in the Village's scheduled annual debt cost in 2016 due to the retirement of past (existing) debt, the initial impact to property tax bills in the first year of the bond issue is reduced from $100 for each $10,000 in total property taxes paid to $71 for each $10,000 in total property tax paid. For the remaining 19 years of the debt schedule, a property owner will pay approximately $100 for each $10,000 in property tax paid.

For more information, please visit the Village's website at *www.villageofglencoe.org*. Also, look for a special mailing on this subject in the next few weeks. ■

Capital Projects Update

The primary capital improvement project for 2015 is the maintenance resurfacing of Green Bay Road between Park Avenue and Lake-Cook Road. The scope of work for this improvement includes grinding off the existing asphalt surface, some spot curb replacement and pavement base patching, new asphalt surface and pavement striping. The project will also include construction of a new landscape median at the south end between Tudor Court and Lincoln Avenue. Construction on the Green Bay Road maintenance resurfacing project is anticipated to begin in the Spring and be completed by mid-summer. Check out the Village website at *www.villageofglencoe.org* for regular project construction updates. ■



Get Ready for Spring Clean-Up

The Village will again offer the one-day annual Spring Clean-Up service in early May to provide residents an opportunity to dispose of items that are not generally included with normal garbage collection service. The dates for this year's Spring Clean-Up are:

Wednesday, May 6 *- for Monday & Tuesday Primary Garbage Collection Days*
Wednesday, May 13 *- for Thursday & Friday Primary Garbage Collection Days*

Look for more information about this popular Village service and a list of permitted disposal materials on the Village website. For more information, please contact the Public Works Garage at 847-835-4134. ■

Disposal of Sharps and Prescription Drugs

"Sharps" is the term generally used for medical instruments such as needles and syringes. Sharps materials generated by residential users should be properly disposed of in a biohazard sharps container and NOT in your regular trash. Unprotected sharps in the residential waste stream expose Village garbage collection personnel to potential needle stick injuries. Glencoe residents can dispose of sharps materials at the Village Hall every Wednesday from 8:00 a.m. - 4:30 p.m. Free biohazard containers are available at the drop-off site.

Recent research by the U.S. Environmental Protection Agency and the U.S. Geological Survey revealed that there is a substantial amount of antibiotics and steroidal hormones present in rivers & lakes, primarily the result of people flushing medications down a toilet or down a sink drain. Expired and unused prescription drugs and medications can be properly disposed of Monday – Friday at the Public Safety Department drop-off located at Village Hall.

The Village encourages residents to take advantage of both of these valuable service programs. ■

Tee Time

with Stella Nanos
General Manager

Glencoe Golf Club
621 Westley Road | 847-835-0250
www.glencoegolfclub.com

Village Residents,

The Glencoe Golf Club is your neighborhood golf course. Join us to take advantage of the best conditioned golf course on the North Shore-right in your backyard. Competitive daily greens fees, junior golf camps, professional golf lessons, and club fittings are available along with a full menu for you to enjoy in our restaurant. The Club is also hosting two new exciting events this season and has increased the benefits for the Senior Membership Program. We encourage everyone to come out and take advantage of your first class golf facility minutes away from home.

The Glencoe Golf Club has been chosen to be a Qualifying Site for the 66th Illinois Open Championship on June 8th. A full field of 120 competitors is expected along with exceptional scores; the top 15 qualifiers will advance to the championship. The event is open to any legal resident (professional or amateur) of the State of Illinois. The public is welcome to walk the golf course to cheer on the best golfers in the state as they compete.

A new competition for this year will be the 2015 Summer Solstice Shootout, on Friday, June 19th. Nine holes will be transformed into Par-3's and there will be a variety of contests including; low score, closest to the pin, beat the pro competitions, and hole-in-one contests for prizes including cash, cars, and vacation packages. Please contact the golf shop or visit our website at *www.glencoegolfclub.com* for more information or to register.

Seniors will enjoy savings at the Club all year by becoming a member of the senior membership program. This $25.00 membership will allow senior golfers, 60 years old and up, to play at a discounted rate every day of the week with some restrictions. New for the 2015 season Senior Members will save on power carts every time they play at their special rate. Membership cards are now available, so start saving with your first round of the season.

Summer junior golf camps begin the week of June 9th and offer a variety of skill levels to fit your child's ability. Half day camps take place Tuesday-Friday and all camps are taught by PGA instructors and include training time on the golf course to teach course management and etiquette. Each participant will receive 5 FREE rounds of golf or 10 large range buckets for use during the season to practice their new skills. Sign up today to reserve your preferred week of camp.

Guarantee your spot on the first tee by joining the Weekend Permanent Tee Time Program. The 2015 Permanent Tee Time package offers 19-weeks of reserved tee times, walking, on either Saturday or Sunday mornings. The season will begin on the weekend of May 2nd / 3rd and continues through the weekend of September 5th / 6th. There are still prime tee times available so contact the pro shop today to book your weekly golf escape.

We hope to see everyone out at the course this season!

Very truly yours,

Stella Nanos

Public Works Information & News

Village Sewer Facts & Information

Sewer Backup Maintenance: If you experience a sanitary or storm sewer backup this spring, remember to call Public Works before calling a plumber. This simple action may save you the expense of an unnecessary service call. Public Works staff will check the Village's collector sewers to make sure they are flowing properly. Owners of pre-1960 homes typically have clay pipe for their sewer services, and it is advisable to have these services rodded out on a regular basis.

For problems during the regular business day, call the Public Works office at 847-835-4111 between the hours of 8:00am – 4:30pm. At all other times, call the Public Safety non-emergency number at 847-835-4112 to report a problem. An on-call Public Works Supervisor will be paged to respond.

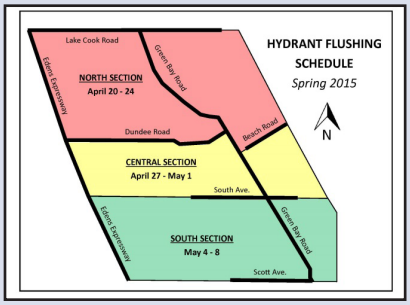
Sewer Maintenance - Do's & Don'ts: The Village operates and maintains two separate sewer systems: sanitary and storm. The sanitary sewer system transports sewage from the plumbing in your home through a larger system and ultimately to a treatment plant outside the Village. Be careful what you flush into the system from your home. Handi-Wipes, disposable diapers, rags, and cleaning products or cooking grease should not be flushed as they do not break down and can clog sewer mains and critical lift station pumps. You should place these types of materials in your trash. The storm sewer system transports runoff from rain events to either Lake Michigan or the tributary to the North Branch of the Chicago River. Trash and litter that enters the street catch basins is carried to these natural waterways. An increasing problem in the Village is dog walkers depositing plastic bags with dog waste into the Village's street storm basins. In addition to polluting the environment through our natural waterways, the bags can expand and catch other debris in the sewer pipe and cause blockages and backups. Please place all trash and debris in a proper trash receptacle.

Cross Connection Control Program

If your property has an underground sprinkler system, swimming pool, hot tub, fire suppression system, or hot water heating system, you are required by State Law to have a backflow prevention device installed on these systems. In addition, it is mandatory to have the backflow prevention device tested annually to assure it operates properly. These requirements have been instituted to safeguard against contamination of the Village's public drinking water supply. Please visit the Village's website at *www.villageofglencoe.org* for more details or contact the Village's Water Plant Superintendent at 847-835-4183.

Hydrant Flushing to Start in April

The Public Works Department will be conducting annual fire hydrant flushing between April 20 and May 8. The purpose of this important maintenance program is to ensure fire hydrants are fully operational and to remove accumulated sediment from the water main system. Some discoloration of water may occur during fire hydrant flushing. If you experience discolored water while fire hydrant flushing is underway, run your faucets until the water runs clear. For more information, visit the Village website or contact the Public Works Water Division at 847-835-4183.



Participate in the 50/50 Tree Planting Program

Each year the Village shares the cost of planting parkway trees with interested residents through the annual tree planting program. If your parkway is full or unsuitable for planting, you may want to consider donating a tree for another public right-of-way location. You can suggest a location or leave that decision to Village staff. In either case, Village staff will handle the details. Beginning in 1996, trees were offered for planting on private property as well. While the resident bears the full cost and an additional planting fee for private property planting, you will find that the prices are still very competitive. In general, any of the trees offered this year should be planted no closer than 25 feet to any other tree and no closer than 10 feet to any structures. The trees will be planted in the Fall and guaranteed for 2 years. Call the Public Works office at 847-835-4111 for more information or visit the www.villageofglencoe.org and search Tree Programs. ■

Celebrate Arbor Day on April 24th

The Village of Glencoe has been proud to receive the Arbor Day Foundation's Tree City USA award for the past 21 years. The Arbor Day Foundation is a nonprofit conservation and education organization of nearly one million members, with a mission to inspire people to plant, celebrate and nurture trees. The Foundation plants and distributes more than 10 million trees each year. The Foundation recognizes more than 3,300 communities through the "Tree City USA" program, which honors cities and towns, including Glencoe, that are committed to planting and nurturing trees.

Arbor Day is an excellent opportunity for all property owners to take inventory of their trees and plan for the future growth. Besides their most important role of providing oxygen and removing carbon dioxide from the atmosphere, trees also improve the look of your property and provide protection from wind and heat.

Glencoe will celebrate Arbor Day with the Annual Arbor Day Tree Planting Ceremony at Central School. Please visit the Village's website in early April for complete details. ■

Landscape Waste Collection

Curbside Landscape Waste Collection runs from April 1 through December 15 each year. Landscape waste is defined as leaves, grass cuttings, twigs, small shrubbery clippings, dead plants and flowers. Landscape waste is collected on Wednesdays from the curb and needs to be contained in biodegradable paper bags (not plastic bags) or placed loose in reusable plastic or metal 44 gallon containers and display a current yard waste collection sticker. Stickers can be purchased at Village Hall or Grand Foods. The Village will also collect stickered, bundled tree branches and sticks of 4-inch diameter and 4-foot length maximum. The bundles should be bound with biodegradable string or twine, cannot exceed 24 inch maximum diameter with a yard waste collection sticker attached to each bundle.

Annual Yard Waste Collection Subscription allows subscribers to place up to four cans, bags, bundles or landscape waste material at the curb each week for the duration of the yard waste season from April 1 through December 15 without the need for yard waste stickers. The Annual Subscription Fee is $120, and is nonrefundable and included on quarterly Village utility bills. To request this service contact the Finance Department at 847-835-4113. ■

Chamber Corner

During the winter, the Glencoe Chamber of Commerce Board is very busy planning for the events and activities starting in the spring and continuing in the summer season. As we move through the seasons, please check the Glencoe Chamber website for news and updates at *www.glencoechamber.org*.

In May, all residents and businesses will receive the Glencoe Chamber Community Guide, filled with valuable contact information for all Chamber members and information on Village services and local organizations. It's a "one-stop shopping" reference guide.

And speaking of shopping, our stores are full of new merchandise for March travel and April holidays. Glencoe residents will need to stock up on necessities for trips, decide on entertaining needs for the April holidays, Passover and Easter, and find gifts for Mother's Day in May. For all your springtime needs, be sure to visit Glencoe's shops and businesses. In other words…

GO GLENCOE; GO SHOPPING; GO SHOPPING IN GLENCOE! ■

Local Business Spotlight

International Silver Plating, Inc.

Address: 364 Park Avenue
Phone: 847-835-0705
Years in Glencoe: 38
Services: metal and silver repair, restoration, fabrication, refinishing, plating, polishing, and lacquering.

The International Silver Plating Shop is a full service metal and silver repair and restoration shop. In addition to clientele from the North Shore, customers from all over North America patronize the business. A staple in Downtown Glencoe for 38 years, the shop is currently working on a project for the Glencoe Historical Society and has assisted with numerous projects throughout the Village. Being only one of five full service silver plating shops in North America, International Silver Plating, Inc. is truly a gem in Downtown Glencoe. Be sure to stop by and look at the more than 1800 examples of work on display! ■

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: 847-835-7972
Website: **www.glencoeparkdistrict.com**

Coming Events:

FREE! Family Fun Fest
Sunday, March 15
1:30-3:30 p.m. | Takiff Center

Spring Egg Hunt and Hound Hunt
Saturday, March 28
10:00 a.m.-12:00 p.m. | Watts Park

Meet the Fleet
Tuesday, May 19
5:30 - 6:30 p.m. | Takiff Center

Save the Date:

GJHP Beach Bash
Thursday, June 4
*subject to change

Family Beach Camp Out
Friday, June 26-27

Independence Day Celebration
Saturday, July 4

Pirates at the Pier
Wednesday, July 22

Sunset on Summer
Tuesday, August 4

FROM THE PARK BENCH

Dear Glencoe Friends and Neighbors:

After a busy winter, it's finally time to think spring!

We spent the winter months finalizing our Master Plan. During the last stages of the planning process, the Board of Commissioners was asked to prioritize a list of preferred strategies. From there, a timeline was built. The comprehensive document includes policy, facility, program, and park plans for the next eight years.

In January, we hosted a Town Hall Meeting to share our ideas with the Glencoe community. Our consulting team, who host similar meetings for communities across the United States, told us to expect nine or ten residents at the meeting. We were surprised (and thrilled) when over sixty residents joined us at the Takiff Center for our Town Hall Meeting. During the meeting, residents talked about walking paths, preserving open space and developing new amenities. Overall, it was exciting to listen as the Glencoe community and shared their ideas for our future. Keep reading this issue for more about the twelve-month planning process and the proposed Master Plan.

This summer, we will bid our longtime Director of Parks Rick Bold farewell as he retires after a thirty-eight year career at the Glencoe Park District. Rick serves as our in-house historian, conservation expert, and all-around authority on all things Glencoe. We wish Rick all the best as he moves forward.

As the weather warms up, remember to play!

Sincerely,

Lisa Sheppard, CPRP
Executive Director

Congratulations, Rick Bold

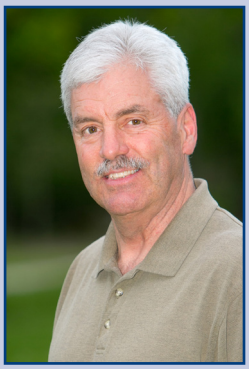
After 37 years of service at the Glencoe Park District, Director of Parks and Maintenance Rick Bold is retiring.

"Rick's service, dedication and leadership abilities have been an asset to the Glencoe Park District through a period of rapid growth," said Executive Director Lisa Sheppard. "We wish him well as he prepares for future endeavors."

"I am most proud of the dedication my staff shows in the caring of our parks," said Rick.

In college, Rick studied horticulture and forestry at Eastern and Southern Illinois universities. His dream of becoming a forester evolved into park district management when he started at the Glencoe Park District in 1978.

During Rick's tenure, he assisted with renovations at the Takiff Center, Watts Ice Center, Glencoe Beach, and Glencoe Youth Services. He was part of the renovation team for nearly every park and playground in Glencoe, including Kalk Park, Shelton Park, Lakefront Park, and Watts Park. Most recently, he supervised the renovation of Friends Park, recently named the 2014 IPRA Outstanding Park. Rick is a certified Arborist, Sports Field Manager, Playground Inspector, IPRA Leisure Professional, National Safety Council Safety Inspector, and Pesticide professional.



When Rick retires in June, he is looking forward to spending time with his family, traveling, and moving somewhere warm for the winter.

The Glencoe Park District will host a retirement party for Rick in June. The Park District is now interviewing candidates for a new Director of Parks and Maintenance.

Master Plan Update

On January 27, more than sixty Glencoe residents gathered at the Takiff Center to preview the Master Plan and share feedback. The Town Hall Meeting, which was open to the public, was one of the final steps of the Master Planning process. Over the course of twelve months, the Master Plan team took great care to gather data and community feedback to create a roadmap for the next eight years. Here's a snapshot of what the Master Planning team accomplished:

Opportunity Analysis (Winter, 2014)
The consulting team kicked-off the planning process with a staff in-service to establish a shared vision and set of expectations. The team then conducted inventories of the Park District's parks, facilities, operations, and reviewed agency information and community demographics. Utilizing GIS technology, the team mapped out assets and land-uses to identify surpluses and deficiencies within the community.

Needs Assessment (Spring-Summer, 2014)
A series of workshops, focus groups, and interviews were conducted with Board members, staff, key leaders, stakeholders, community organizations, and residents participating. An online portal, entitled Re|creation, elicited ideas and feedback from 400 internet users. Finally, a statistically valid household survey was sent to a random sample of 2,000 Glencoe households and earned a 22% response rate.

Alternative Strategies (Fall, 2014)
Utilizing the data gathered in the first two stages, the team defined multiple, non-prioritized categorical options. During this phase, the team conducted an internal charrette to synthesize the data gathered against planning objectives. The team also led a workshop to develop a new mission, vision, and values statement for the Park District.

Final Master Plan (Winter, 2015)
When completed, the Master plan will include refined recommendations by category for the Park District as well as specific recommendations for facilities, parks and open spaces, trail corridors, maintenance facilities, administration, operations, and fundraising. The plan will include a rank recommendation of short-term, intermediate, and long range projects, as well as a eight-year action plan.

Throughout the Master Plan process, the Park District has received tremendous community support and input. Our goal is to gain a consensus on preferred strategies and an implementation road map that is clear and attainable. The end result will outline steps to create places and systems that are not only more attractive and user-friendly, but are genuinely sustainable - not just environmentally, but functionally, culturally, and economically as well.

Proposed Master Plan Strategies

Below is a list of strategies proposed by the Master Plan team. As the Park District approaches each strategy, community input will be solicited before any project starts. After further exploration, some of the proposed strategies may not be included in final construction projects. The complete plan is available at *www.GlencoeParkDistrict.com.*

Short-Term Goals

- Improve the parking lot at the Takiff Center
- Add a fitness area to the Takiff Center
- Develop a new maintenance facility
- Add walking paths and picnic amenities to Takiff campus
- Improve Central Park baseball field
- Add playground, shelter, and other amenities to Central Park
- Design and construct a dog park
- Enhance open space, walking paths, and playgrounds

Mid-Term Goals

- Replace the Watts Ice Center cooling system
- Add parking to Watts Ice Center
- Consider playground improvements, trail connections, warming house, or splash pad at Watts Park
- Develop a Master Plan for all open space along Old Green Bay Road and connect parks to Green Bay Trail
- Add an interactive fountain to Veterans Park
- Improve Kalk Park gazebo
- Enhance open space, walking paths, and playgrounds

Long-Term Goals

- Construct a new teen center and restrooms/shelter at Central Park
- Expand swimming area at Glencoe Beach
- Add shade structures, picnic amenities, basketball and native plantings to Glencoe Beach/Lakefront Park
- Enhance open space, walking paths, and playgrounds

Ongoing Projects

- Construct signage for park properties
- Implement capital replacement plan for playgrounds and facilities
- Consider funding improvements through grants

Spring Special Events

FREE! Family Fun Fest: 1:30-3:30 p.m., March 15, Takiff Center

FREE! Spring Egg Hunt and Hound Hunt: 10 a.m.-12 p.m., March 28, Watts Park

FREE! Meet the Fleet: 5:30-6:30 p.m., May 19, Takiff Center

Save the Date!

- GJHP Beach Bash: June 4 (subject to change)
- Beach Campout: June 26-27
- Independence Day Celebration & Fireworks: July 4
- Pirates at the Pier: July 22

Summer 2015 Camps!

Spend the summer running, swimming, exploring, and creating! Glencoe Park District's summer camps offer your child's favorite activities as well as exciting field trips and special events. This year, each camp has eight, four, or two week sessions available, and most camps will start a week after school ends to accommodate summer schedules (June 16).

Registration is now open at *www.GlencoeParkDistrict.com* for all camp sessions, extended care options and specialty camps. Half day options are available for summer school participants.

Glencoe Park District will host a Camp Open House on Wednesday, June 10 for parents and children to learn more about the summer schedule, groups, and leadership team.

NEW! SUMMER'S EXTENSION CAMP (ENTERING GRADES K-5)
Start and end the summer with us! Single day camp options are available the first and last week of the season to accommodate your summer schedule! Kids will have a blast participating in sports, arts and crafts, cooking, swimming, and outdoor activities.

NEW! SURVIVOR CAMP
Discover the world of outdoor education - a blend of physical skill building, positive social interactions, and time in nature. We'll participate in activities that promote nature awareness, camping skills, orienteering, biking, conservation, and plant and bird identification. Our adventures may include excursions to high ropes courses, The Grove, and Skokie Lagoons.

NEW! PLAYHOUSE SUMMER PROGRAM
Kids will rehearse and perform an original musical in this unique summer program. Taught by expert instructors, Sarah Hall and Melissa Briskman, kids are encouraged to work collaboratively on a final performance using improvisation, acting, singing, and dancing. Kids will leave the Playhouse more creative and more confident.

TEDDY BEARS (AGE 2)
Two's and not-quite two's join the summer fun in this friendly first-camp program. Our experienced teachers keep things relaxed with careful attention and sensitivity to these first time campers. Singing, cooking, painting, and playtime keep your little ones happy and busy as they make friends and take steps toward independence.

PANDA BEARS (AGE 3)
Summer fun means arts and crafts, making friends, music, cooking, and lots of playtime. Add a little running in the sprinklers, a little digging in the garden, and a satisfying dose of paint and glitter, and you've got the recipe for a happy camper!

KOALA BEARS (AGE 4)
Koala Camp ramps up the summer fun with water play, music, field trips, and theme days. Each camp includes days of sunshine and splashing at the beach, field trips to nature preserves and fun indoor play spaces, and musical performances.

KINDER KORNER CAMP (KINDERGARTEN, AGE 5)
A high-energy camp for almost-kindergartners, Kinder Korner is a great place to make friends, move muscles, and challenge imagination. Cooking, singing, games, and crafts are based on weekly themes custom-made for busy 5-year-olds. Kinder Korner hits the trail with weekly beach days and field trips, by bus and on foot, to The Grove, local parks, and more!

SAFETY TOWN CAMP (AGES 4-5)
The world can be a big and scary place for a child, but our Safety Town Camp helps children move through the world with confidence. Campers learn safe crossing skills, sign recognition, water safety, and car and bus safety.

SUN FUN (ENTERING KINDERGARTEN - GRADE 3)
Every day brings something new for our active campers as they rotate through arts and crafts, sports, and exciting special events. With access to softball and soccer fields, an indoor gym, ceramics and art studios, a stage, enrichment rooms, and much more, the Takiff Center provides an opportunity for lots of active play!

CAMP ADVENTURE (ENTERING GRADE 4 - 5)
Want more adventure? Camp Adventure is the place to be! At the Takiff Center, young athletes have full use of the gym and Jerry Reinsdorf Field to participate in basketball, soccer, baseball, floor hockey, and much more. Artistic campers enjoy a dedicated space for arts and crafts, as well as drama activities. Campers enjoy "Camper's Choice," a portion of the day in which they can participate in activities of their choice.

ACTIONQUEST (ENTERING GRADES 6-9)
If you've always wanted to try activities like scuba diving, rock wall climbing, and sailing, this is the place for you! Campers are constantly on the go, enjoying three weekly field trips, excursions to area water parks, and visits to Glencoe Beach for sailing lessons, swimming, and beach volleyball. We'll spend a night camping at Glencoe Beach. On select days, camp extends into the evening for trips to a Cubs game and Great America so campers truly have a full day of fun with their friends.

BEACH VOLLEYBALL CAMP
Camps concentrate on the fundamentals of passing, setting, serving, and spiking. You will learn to overhand serve and play organized games. The lesson plan directs individual training that helps each participant reach a new level.

TENNIS CAMPS
During this exciting four week-long, three-day-a-week camp, kids learn and improve their tennis skills. Whether you are a beginner or an advanced player, this camp is for you. Participants receive instruction on forehand, backhand, court position, footwork, singles and doubles play.

Friends Park Named State's Outstanding Park

Given Illinois Park & Recreation Association's 2014 Outstanding Park Award

Friends Park was awarded the prestigious Outstanding Facility and Park Award by the Illinois Parks and Recreation Association (IPRA) on Wednesday, December 10.

The Outstanding Facility and Park Award recognizes public agencies for exceptional and unique achievements in design and development. Friends Park scored the highest total points among entries submitted across the state of Illinois in 2014.

Playing off its location in the center of town, the design recognizes the park's proximity to Lake Michigan, the downtown business district, and the Glencoe train station. The playground is loosely themed around a train trip that travels through a downtown (large composite structure), past a boat docked at the water's edge and ending at a mountain (net climber). The poured-in-place surface reinforces the idea of the train trip, with "water", "sand" and "train tracks" cut into the play area.

"Friends Park is a place for kids to play, parents to gather, and strangers to become friends," said Lisa Sheppard, Executive Director. "The park, and now the award, serve as a symbol of the friendship and bond our community shares. Winning the Outstanding Facility and Park Award solidifies our belief that Friends Park is special place for the Glencoe community."

Friends Park is located at the corner of Vernon and Tudor Court. The Glencoe Park District team, under the direction of RGC Design, took special care to ensure Friends Park exceeded ADA-standards. The park includes interactive features, poured-in-place surfacing, and elements accessible to children of all abilities. The completed Friends Park provides a safe play place and engages children of all abilities in theatrical/imaginative, social, and physical play.

The award was presented to the Glencoe Park District at the IAPD/IPRA Conference Awards on Friday, January 23, 2015.

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:

Spring Break
Monday, March 30 – Friday, April 3

Student Attendance Day
Monday, April 20
Snow Day Make-up

4th to 5th Grade Parent Orientation
Tuesday, May 12
6:30 p.m. | Central School

1st and 2nd Grade Family Open House
Friday, May 13 | 6:00 p.m

2nd to 3rd Grade Parent Orientation
Tuesday, May 19
6:30 p.m. | West School

8th Grade Graduation
Tuesday, June 2
7:00 p.m

Glencoe District 35

SCHOOL DISTRICT BOARD MESSAGE

Providing a safe and secure learning environment continues to be a priority for our District. While events across our nation have resulted in increased attention to safety and security in our schools, we have a long history of addressing these issues. In the wake of recent school shootings, the District has taken many steps to reevaluate the safety and security of our students and faculty. As part of this effort, the Glencoe Board of Education established the District Safety and Security Committee in 2013. The Committee's objective was to assess and enhance the safety practices and procedures of the District 35 schools.

As recommended by the Committee, the Board engaged three private firms to conduct safety audits of the District 35 schools to ensure that the Committee had objective, professional assessments of our safety practices. The audits reviewed our current practices with safety drills, visitor procedures, physical aspects of our schools, alarm systems, partnership with Glencoe Public Safety, and historical data on criminal activity in our school community.

The Committee held several open meetings from January 2013 through June 2013 to review safety practices, consider the third-party audits, and develop recommendations to the Board of Education. The Board considered and acted upon these recommendations, and continues to assess our security strategy and initiatives on an ongoing basis. To see a more detailed list of security enhancements, please visit *www.glencoeschools.org/images/district/Safety_and_Security_Initiatives_Projects2015.pdf.*

The following are some commonly asked questions regarding safety and security in our schools:

1. Did the Glencoe Board of Education, Glencoe Public Safety, or the Village of Glencoe request placement of the advisory referendum question on the April 7, 2015 election ballot?

No. None of the public entities requested the advisory referendum question be placed on the April 7, 2015 ballot. The request was the product of a petition circulated by an independent, privately funded organization self-branded as "Glencoe School Safety Project".

2. Is the "Glencoe School Safety Project" affiliated with Glencoe School District 35?

No. This independent organization is not affiliated with either the Glencoe Board of Education or Glencoe School District 35.

3. What is a School Resource Officer (SRO) and do they carry a weapon?

A School Resource Officer is a law enforcement officer who is assigned to one or more schools and carries a gun.

4. Has Glencoe Public Safety recommended placing a School Resource Officer at one or more of the district schools?

No. Glencoe Public Safety has not recommended placing a School Resource Officer at one or more of the Glencoe schools. Glencoe Public Safety was misquoted in a report that has since been corrected.

5. Has the District #35 Safety and Security Committee recommended placing a School Resource Officer at one or more of the district schools?

No. The District Safety and Security Committee, comprised of stakeholders with varying roles in our school community, including a representative from Glencoe Public Safety, unanimously decided against recommending to the Board of Education that Glencoe Public Safety assign an SRO to any of our District's schools. This decision was based upon several factors, including:

- Glencoe Public Safety is located in close proximity to each of the District schools, allowing for rapid deployment of multiple officers in the event of an emergency;
- Glencoe Public Safety officers are currently in the District's schools on a regular basis with no burden to the community's existing law enforcement resources;
- Concerns by the committee that an armed officer in our schools would compromise the warm climate the District nurtures for our students;
- The opinion of the committee that alternative safety enhancements would better meet the identified security needs of all students, faculty and staff;
- The District already devotes significant resources to student and faculty's social emotional well-being and physical wellness, including having a registered nurse at each school for medical emergencies; and
- Glencoe Public Safety and District 35 have a relationship that includes continuous review and improvement of security plans and activities.

6. What types of services does Glencoe Public Safety currently provide for the Glencoe School District?

Glencoe Public Safety Officers currently offer frequent and regular ongoing strategic and tactical support in our schools to ensure the safety of our students, faculty, and staff.

Their assistance during regular school hours includes unannounced visits, building walk-throughs, security procedure checks, and safety drills (including fire, weather, lock-down, building penetration, etc.). Participation during non-student attendance days includes active shooter drills and safety system inspections (fire panel, sprinklers, video and panic alarms, etc.).

Glencoe Public Safety also currently provides continuous support and guidance to staff throughout the year, including security training sessions, quarterly planning meetings, and staff development programs. Additionally, they deliver educational programs to students on topics of Fire Safety, Bike Safety, Halloween Safety, Stranger Danger, and Teens and the Law.

Glencoe Public Safety swiftly assists District administrators with necessary individual student, family, or visitor situations.

7. What resources does the District have to promote safety through supporting the social and emotional well being of our students?

Glencoe School District supports students' social and emotional well being through a variety of programs and services, including:

- Two full time Social Workers at Central School, one full time Social Worker at West School, and one full time Social Worker at South School
- One full time School Psychologist at Central School and one full time School Psychologist for South and West Schools
- Social Emotional Curriculum (SEL) taught in each Central School advisory group and also in the South and West classrooms. Current research on school safety identifies SEL programming as a proactive measure to help prevent school violence.
- Family Services of Glencoe and North Shore Special Education District (NSSED) work with District 35 to provide programming for parents and services to individuals and/or families as needed.

8. How is the District prepared for physical injury or emergency that occurs at school?

Each of our schools has a full-time registered nurse in the building every day who is available in the event of an emergency. If it is necessary to transport a student to a hospital by ambulance, the schools will contact Glencoe Public Safety.

In addition, our nurses support our students with daily health and medical needs as well as preventative education on diverse health topics including nutrition, healthy choices, allergies, and unique health issues.

9. Do other New Trier Township feeder districts have SROs in each of their schools?

- Kenilworth, Sunset Ridge, and Winnetka do not have SROs.
- Wilmette has one SRO assigned to cover the 11 public and private schools in the village (including Avoca School District).

10. Who were the members of the District Safety and Security Committee?

Board of Education members: Julie Ackerman, Rob Bailey, Eddie Chez, Marc Glucksman, Jean Hahn, Gary Ruben, Nancy Shaw and Keith Stauber
District 35 administrative team: Cathy Crawford, Catherine Wang, Jason Edelheit, Valerie Lamberti, Ryan Mollet, Eddy Kim, David Rongey and Kelly Zonghetti
Teachers and members of the Glencoe Education Association: Karen Leeds, Kristen Hanna, Lisa Salzman (community member), and Jennifer Schreiber
Community members (also serving in support positions in our school offices): Dawn Kaminski and Laura Supeter
Glencoe Public Safety: Al Kebby
Glencoe Public Safety Commission: Amy St. Eve and Andrew Berlin

We thank our parent community for continuing to support our security initiatives. Individuals with questions about safety and security in District 35 are encouraged to contact either members of the Glencoe Board of Education or members of the District 35 administrative team.

The Board of Education Members,

Julie Ackerman, Rob Bailey, Eddie Chez, Marc Glucksman, Jean Hahn, Gary Ruben, Nancy Shaw

Celebrate Dr. Crawford!

After 20 years of exemplary service as South School Principal and Superintendent of our District, Dr. Cathlene Crawford is retiring at the end of June. Please join us for an ice cream social to celebrate Dr. Crawford and her years of leadership in our schools. Come as an individual or as a family to share thanks with Dr. Crawford.

Date: May 17, 2015

Time: 3:00 p.m. - 5:00 p.m.
(A special presentation is scheduled for 4:15 p.m.)

Location: Central School Large Gym

Visit the event website at *http://celebratecrawford.glencoeschools.org* to purchase tickets and learn more about ways you may honor the work of Dr. Crawford in our schools. We encourage all who have been touched by her leadership to participate in this event.

Congratulations Dr. Wang

At the January 5, 2015 monthly meeting of the Board of Education, a resolution was unanimously approved appointing Dr. Catherine Wang as the new Superintendent of Schools. Dr. Wang will assume her new leadership role on July 1, 2015.

Please join us in congratulating Dr. Wang as she transitions into her new leadership role in our District.

Thank You Mrs. Phipps-Crank

Many of you know Denyse in the Board of Education Office. Since 1998 Denyse has been a staff member in the Superintendent's Office offering support to students, parents, staff members, and community members. On March 31, 2015 Denyse will be retiring from her position. We thank her for her service to our school district and wish her all of the best in the future.

Summer Explorations 2015

Enriching and exciting courses await Glencoe students participating in District 35's Summer Explorations. The summer school program will run each morning from June 8th to July 3rd. The majority of classes will be hosted at West School.

Online registration for District 35 Summer Explorations will begin on **Wednesday, March 11, 2015 at 9:00 a.m.** Visit *http://summerschool.glencoeschools.org* for a preview (beginning March 4th) of the Summer Explorations catalog. Registration will end on **Friday, April 24, 2014 at 3:30 p.m.** Some classes have limited space, therefore, early registration is encouraged.

Please note on January 5, 2015 the Board of Education approved a change in fees for the Summer Explorations classes. The fee for a one-hour classes will be $175.

If you have questions, please contact Christine Pasquesi at 847-835-7803, or *pasquesc@glencoeschools.org.*

9th Annual Glencoe Grand Prix

Saturday, May 30th marks the ninth running of the Glencoe Educational Foundation's Glencoe Grand Prix bike race. This annual event is a joint effort between Glencoe Public Works, Glencoe Public Safety, and the Village of Glencoe. Thanks to the support of numerous corporate sponsors this annual community event benefits the Glencoe School District.

We encourage you to enjoy this day with your family as world-class cyclists race through the streets of Glencoe. Details regarding the Glencoe Grand Prix can be found at *www.glencoegrandprix.com.*

School Nurses

Glencoe School District is fortunate to employ a full time registered nurse at each of our schools. The services provided by our nurses are varied and vitally important to the students, staff members, and families of our District. There are many behind the scenes tasks completed by our school nurses to ensure the well being of our students and staff.

Examples of the school nurses responsibilities include:

- Providing emergency care when children are ill or injured and dispersing medications at school;
- Preparing, distributing, obtaining, and maintaining health and emergency information for students and staff;
- Interpreting medical and other health information concerning students;
- Working with individual students regarding their unique health needs;
- Meeting with classes of students to discuss topics such as nutrition, healthy choices, allergies, unique health issues, etc.;
- Providing regular training for staff in the areas of first aid and CPR;
- Acting as the liaison for the school district with physicians and medical providers;
- Participating as members of the building Pupil Services Team and building Crisis Teams;
- Participating in parent conferences as appropriate;
- Maintaining student attendance records for the building and contacting parents when students are absent without school notification.

Additionally, our school district nurses conduct annual vision and hearing screenings for new students, students participating in special education programs, and students in the following grades:

Vision – 1st, 2nd, 3rd, 4th, 6th and 8th grades; and
Hearing – Kindergarten, 1st, 2nd, 3rd, 4th, 6th and 8th grades

Parents are contacted by the school nurse when a child's screening performance identifies a concern or it is determined additional testing may be warranted.

May 6, 2015 is National School Nurse Day. Please take a moment to thank our school nurses for all they do each day for the students, staff members, and families of our school district.

South School – Fay Kovar
West School – Jill Moss
Central School – Susan Ross

South School Renovations

The Board of Education is reviewing renovation options that will result in the relocation of South School's office and modify the way visitors gain entrance to the school. The goal is to create an entrance that more closely resembles those at West and Central Schools. In those buildings a visitor gains entrance into the main part of the school by being buzzed from the vestibule into the school office. While the exterior of the school will not be altered the location of school offices, a classroom and several support services offices will change. Funding sources and timing are being considered by the Board of Education.

5Essentials Survey for Parents

Under recent legislation (Senate Bill 7, PERA) the Illinois State Board of Education mandated that each school district must offer a learning conditions survey on a biennial basis. The 5Essentials survey is provided by the State of Illinois at no cost to school districts and made available to teachers, students in grades 6-12, and parents. This voluntary survey asks students questions about experiences, attitudes and activities in school. Teachers are asked questions about a variety of topics including instruction, professional development and the school workplace climate. The parent survey asks questions about the parent's overall relationship with the school. Parents who would like to participate and complete the 5Essentials survey should go to the following web site and complete the survey for the school attended by their child. (*https://survey.5-essentials.org/illinois/*)

Illinois 5Essentials Survey
Organizing Schools for Improvement

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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

FAMILY SERVICE of GLENCOE 100 YEARS

EXECUTIVE DIRECTOR'S MESSAGE

Dear Friend and Neighbor:

Thank you, Glencoe, for a remarkable centennial year. We appreciate your tremendous support for our organization and your commitment to a healthy, safe and strong place to live and work. Please take a moment to review our annual report located on the "give" tab at www.familyserviceofglencoe.org.

As we begin our next 100 years, we will continue to support residents through highly confidential services that prevent and treat emotional and psychological problems. Glencoe's well-being is our priority as we evaluate current programs and plan for the future. We are currently sharing the results of the community-wide needs assessment with local leaders to address needs and serve you better. We will keep you up to date on new programs that arise from the survey results.

Our agency strives to be a community asset—connecting resources and engaging in positive conversations. We recently coordinated the efforts for a mental health and crisis intervention training. Glencoe Parent Connection has several upcoming discussion-based programs relevant to the ever-changing needs of our kids. Education and knowledge helps us interact with each other better. If we can be a resource to you, please contact us.

We hope to see you at one of our upcoming community events. Join us Sunday, March 15 for our annual Family Fun Fest with new and engaging activities for young families. Also, mark your calendars for our annual benefit Glencoe Under the Stars on Saturday, May 16. Our country chic backyard barbecue will include fine eats and live music . . . all for a great cause. ■

At the heart of our community,

Susan E. Cowen, LCSW

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

The Faces of FSG: Brian McHugh

In continuation of our series to help our community get to know the staff of Family Service of Glencoe, this quarter we are featuring Brian McHugh.

How long have you worked at Family Service of Glencoe, and what is your role?

I've worked for FSG for about five years. I have two main roles with the organization. I co-facilitate a domestic abuse group that meets weekly. Our goal is to provide skills and strategies to end domestic abuse. I am also part of FSG's crisis team working alongside Glencoe Public Safety team to support residents in times of crisis.

How does FSG's partnership with Glencoe Public Safety work?

FSG partners with Glencoe Public Safety to provide psychological support to families in crisis around the clock. I respond to public safety calls 24/7 to meet with a family or even an individual who is passing through our village. The calls could be for a mental health situation or domestic issues. My role is to offer emotional support and connect those in need to helpful resources. I also follow up with these individuals a few days later to answer questions and make sure they have all that they need to move forward.

What is your background?

I completed my master's degree in social work from the University of Illinois at Chicago, Jane Addams School of Social Work. I've been working in the social work field for 15 years. I enjoy helping people and view it as a privilege to come into a person's life at a vulnerable time. This type of work is important to me and I strive to provide quality service.

Where do you see FSG having the biggest impact on our community?

FSG is a beacon of light in a time of darkness. Glencoe is rich in history and resources and our community is filled with families who care. FSG is part of this. Our staff makes personal connections with families and will always be available to help and support. ■

Building Awareness and Preparedness in our Community, while Fostering a Culture of Respect, Service and Safety

As part of our ongoing commitment to helping build a stronger, safer community, FSG organized a special training session on January 15. Participants included employees from FSG, the Village of Glencoe, Glencoe Public Safety, Glencoe Park District, Glencoe Public Library and the Glencoe Public Schools. Led by the Milwaukee-based firm, CPI, this interactive seminar was designed to provide helpful techniques on how to safely resolve situations when confronted by anxious, hostile, or potentially violent behavior at work.

"The organizations that participated in this training session all have front desk staff that interact directly with the public," explained Suzy Cowen, Executive Director of Family Service of Glencoe. "Sometimes they deal with people who are angry, irrational, or even with mental health issues, and if handled the wrong way, could lead to dangerous situations. This course taught us how to better understand mental illness, and interact with sensitivity, respect, and compassion." The firm that led the course, CPI, has been providing training of this sort since 1980 to over 10 million human service professionals around the world.

"We were thrilled to have the chance to work together with so many other Glencoe organizations," said Cowen. "Not only did we come away with some valuable strategies we can use at work, but also, we gained a deeper understanding of mental illness, and this is sure to have a positive impact on the people we serve." ■

Volunteers & Donations Needed

We are currently recruiting volunteers in the following areas: advisory committee members, North Shore Exchange retail help, community events, clerical projects and photography.

We are looking for a donation of a sofa and armchair; and two matching arm chairs to make our counseling offices welcoming and comfortable for clients. ■

Glencoe Parent Connection
An Affiliate of Family Service of Glencoe

GPC Corner

Connect. Discuss. Support.

A parent-powered, community outreach program of Family Service of Glencoe, GPC connects parents with parents, schools and resources to help us raise emotionally healthy kids within a supportive community. GPC offers several "We Need to Talk" programs each school year. These programs are supported by FSG's youth and family team with clinicians present for all events. We hope you can join us!

Friday, April 17 – Transition to First Grade
Friday, April 24 – The Social Explosion
Wednesday, May 6 – PreK to Kindergarten Transition
Friday, May 15 – Transition to Central

Interested in Connecting and Supporting Glencoe Families?
GPC events are organized by a dedicated group of parent volunteers from the preschool, South, West and Central school communities. To learn about joining the GPC program committee, or more about GPC events, email: *glencoeparentconnection@gmail.com* or visit our website at *http://familyserviceofglencoe.org/web/parent-connection/*. ■

Join Us for Our Annual Family Fun Fest with the Park District March 15

Looking for a great way to connect as a family on the weekend and get out of the cold? We hope you and your family will join us for our Family Fun Fest event with our partners the Park District and The Grand Food Center on Sunday, March 15 from 1:30 to 3:30 p.m. at the Takiff Center.

The event will feature family yoga and mindfulness sessions, health and wellness resources, tennis lessons, healthy snacks and cooking demonstrations, art projects, dance lessons, karate and performances by the North Shore School of Dance Company. There is something for everyone in the family. Admission is free and open to the public. We hope to see you! ■

Helping Our Kids Manage Anxiety

All of us experience anxiety from time to time. However for kids, anxiety before a test or a game (soccer, football, etc.) can actually help them do well. Anxiety that interferes with a child's ability to function, such as going to school, eating normally, sleeping normally or interacting with peers, is anxiety that warrants attention. How can you help your child manage anxious feelings and the physical symptoms that accompany those feelings?

The first step is to be able to identify the feelings and symptoms in your child. Kids manifest anxiety in three ways: physically, mentally and behaviorally. Physical symptoms may include stomachaches, headaches, panicky feelings, clammy hands, a racing heart or, in extreme cases, a full blown panic attack. These warning signs can tip you off that your child is experiencing anxiety.

Types of mental anxiety can include difficulty concentrating and worrisome thoughts. Kids will ask themselves "what if" questions – "What if my Mom doesn't pick me up from school?" or "What if that kid is mean to me on the playground today?" These types of worries can occupy a child's thoughts to distraction.

As a result of these symptoms, some children ask to stay home from school or miss activities as a way to avoid anxiety-provoking situations. Others seek reassurance from their parents to curb the "what if" thoughts. While avoidance and promises that all will be okay may calm a child's anxiety at the moment, they are not effective long-term solutions. So what can you, as a parent, do to help your anxious child?

First, listen to your child's thoughts and fears. Simply acknowledging them can bring comfort. Ask questions so you understand the specific thoughts your child is having that are frightening. Next, normalize the fears so the child knows that he or she is not alone in feeling this way – we all feel fearful at times. You can also model ways in which you have faced fears in the past.

Teach your child deep breathing or "realistic thinking" -- how to challenge the scary thoughts. You can ask, "What is the likelihood that the scenario you describe will really happen?" Most of all, do not rush your child into fearful situations. It can be helpful to talk about a potentially fear-inducing situation so your child knows what to expect and can plan beforehand how to handle it. Praise children for their efforts in facing their fears.

Leaders from our January 30 "Winning Over Anxiety" program (left to right): Kathy Livingston, FSG Therapist; Ruchira Hantsman and Jean Rounds, Center for Children and Families at the Erikson Graduate School of Child Development; Judy Gordon and Lee Seftenberg, GPC West School co-chairs.

Seeing your child unhappy or struggling is very hard. We wouldn't be parents if we didn't want to swoop in and take care of everything. However by attempting to "fix" the problem, we miss the opportunity to help our kids develop their own toolbox so they can build confidence.

If you notice that your child's anxiety is increasing or interfering with eating, sleeping, or school performance, it may be time to talk with a professional counselor. FSG is here to help through our expert staff as well as resource lists of helpful articles and books on the subject. For additional information or to talk to one of our therapists, call 847-835-5111. ■

Want to learn more?

Check out these quality resources on anxiety...

The Whole Brain Child by Dr. Daniel Siegel

The Friendship Factor by Alan Loy Mcginnis

The Mindful Child by Susan Kaiser Greenland

Mindful Monkey, Happy Panda by Lauren Alderfer ■

the GLENCOE QUARTERLY
675 Village Court
Glencoe, Illinois 60022-1699

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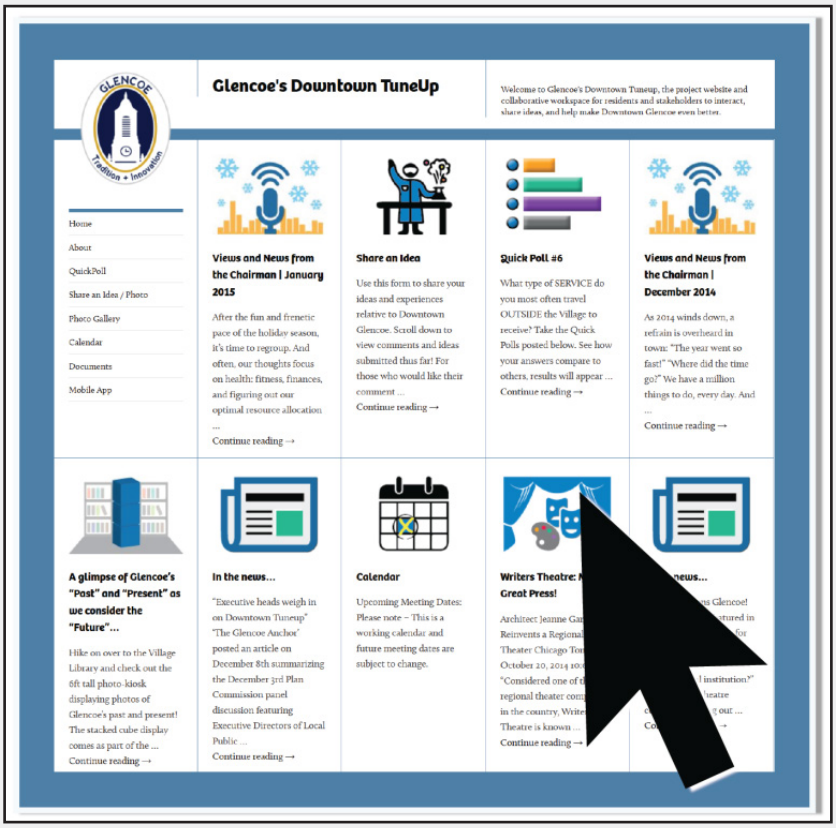
Stay Connected to the Downtown TuneUp
Visit www.glencoetuneup.com

Residents are encouraged to participate in the Downtown TuneUp planning process through the project website and mobile app where you will find several interactive features that allow you to remain tuned in.

- **Share an idea/photo**
  Make your voice heard: share an idea, opinion, or concern and see what others are saying. Photos are welcome too.
- **Answer a Quick Poll question**
  What are your perceptions relative to downtown shopping, services, and parking? Vote now and see how your answers compare to others.
- **Read the Chairman's recent post**
  See what Plan Commission Chair Caren Thomas has to say in her own words – Views and News from the Chairman.
- **Attend a meeting**
  Follow the project calendar to see when Plan Commission meetings are scheduled and what topics will be discussed.
- **See what's in the news**
  Read about the Downtown TuneUp as reported in the Chicago Tribune, Glencoe News, Glencoe Anchor, and the Glencoe Patch.