



VILLAGE OF RIVER FOREST E-NEWS

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

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Message from the Village President



Dear River Forest Residents,

I hope you all had a restful and safe Fourth of July. It has already been a busy summer with much to report.

We welcome you to join us during our next Village Board meeting, to be held at 7 p.m. Monday at the Roosevelt Middle School Auditorium, when we will honor four individuals for their outstanding service to River Forest. They are:

- **Jim Eggert**, who will retire after 13 years as the River Forest Fire Chief. He will remain on board on a contractual basis to mentor his replacement, Kurt Bohlmann.
- **Mary Anne Brown**, former executive director of Hephzibah Children's Association, for her 40 plus years of dedication to children and families in need.
- **Ron Sherman**, who led the River Forest Citizens Corp, our volunteer emergency response team, for six years.
- **Char and the late Joe Madden**, long- time residents who have given so much of their time and energy to improving our community. We will be giving Joe's award posthumously.

Trustees also will deliberate on a draft resolution declaring River Forest a welcoming community. The Board began discussions during a Committee of the Whole meeting on June 19. The audio recording from that meeting is available [here](#).

The Historic Preservation Commission will present the Laurel McMahon Historic Preservation Award to two outstanding examples of returning the exterior of a structure to its original design and condition. The awards will be presented on July 26 at 7:00 p.m. at the River Forest Village Hall. The award was recently renamed to honor Ms. McMahon, who was one of River Forest's most eloquent and passionate proponents of preserving the community's architectural and historic landscape. Information on the award-winning projects is available [here](#).

When I delivered my State of the Village address in early May I emphasized the need to do more for the senior citizens living in River Forest. I am pleased to report that our Police Department employees will soon begin receiving training to identify and assist residents with Alzheimer's or dementia. Our police already

Useful Links

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assist people in crisis but this training will help augment their work. The importance of this issue will grow as our population ages and more may be in need of assistance.

I hope you have checked out our newest business, [Fresh Thyme Farmer's Market](#), which opened in late June at the former Dominick's Finer Foods site at 7501 W. North Ave. Please join me in welcoming this much anticipated business to the community.



By the time this newsletter goes to "press" we are anticipating that the General Assembly will have overridden Governor Bruce Rauner's veto of a state budget and spending plan. We do not yet know the impact that this budget will have on our share of state revenue but will keep you apprised.

Sustainability Commission Chairwoman Kathleen Brennan and Commissioner Mary Masella had the pleasure of visiting with Mrs. Burns's Lincoln School class to view their Native Garden in early June. Please visit their [website](#) to learn more about this impressive project.



I also joined Cook County Commissioner Pete Silvestri and Board President Toni Preckwinkle in celebrating 85 years of nature education and programming at the [Trailside Museum of Natural History](#) that is located here in River Forest. The facility is run by the Cook County Forest Preserve, which is headquartered in

River Forest, and offers a variety of family-friendly [events](#) for all ages.



Best,

Cathy

Cathy Adduci
Village President

Building Department Consultations- Help Us Help You!

Construction and improvement projects can be time and resource intensive. Property owners typically want to see their projects started and completed as quickly as possible for their own enjoyment and for those who live nearby. Property owners and their contractors should consult with Building Department staff early in the design process and before a permit application is submitted.

Whether it's a fence replacement or new home construction, consultations held early in the process can identify challenges and code requirements that are more easily resolved during the design phase of a project. Schedule an appointment to consult with the River Forest Building Department by calling 708-366-8500 and help us help you complete a successful project.

Property owners and their contractors can also use the Village's website to view a list of [work that requires a permit](#), download [permit applications](#), learn more about [contractor licensing requirements](#), [building](#) and [zoning](#) code requirements, [plan review timeframes](#), [fees](#), [inspections](#), and other pertinent information about the plan review and permit acquisition process.

2017-2018 Vehicle Stickers

Vehicle stickers are now available for purchase and must be affixed to your windshield by **July 14** to avoid late fees and citations. All vehicles registered in the State of Illinois with a River Forest address must also be registered with the Village through the purchase of a vehicle sticker license. Payment may be made as follows:

- Online at the Village Website by [clicking here](#).
- By mail using the envelope received from the Village (the application can also be downloaded [here](#)).

- In person at the Village Hall during regular business hours or after hours using the drop box located outside the Village Hall.

Stickers cost \$45 for passenger vehicles and \$25 for motorcycles, antique vehicles and senior citizens (one senior citizen vehicle sticker per household). For additional information please contact Village Hall at 708-366-8500 or [click here](#).

Safety for the Season

The River Forest Fire Department would like to provide everyone with these timely reminders. Please take time to read the following safety tips:

- [Grilling by the Numbers](#)
- [Grilling Safety Tips](#)
- [Pool Safety](#)
- [Gasoline Safety Tips](#)

Know the Code!

The Village would like to remind all residents to be mindful of the following Village Code item during the summer season!

Section 5-8-4 of the Village Code states that any tree/shrub that hangs over the sidewalk, street or public place in the Village in a way that impedes/interferes with travel must be trimmed by the property owner. Further, if a tree or tree limb appears likely to fall on or across a public street, sidewalk or public property it must be removed by the homeowner.

Keeping these areas clear for passage ensures that a wheelchair can travel down the sidewalk unimpeded, for example. It can also help to ensure that a compromised tree branch does not become a fallen tree branch during the next storm.

As always, residents can access the Village code via the Village website or by [clicking here](#).

"Even if it's small, CALL" - Don't be afraid to call 911

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples include:

- A fire.
- A crime or suspicious activity, especially if in progress.
- A car crash, especially if someone is injured.
- A medical emergency, especially symptoms that require immediate medical attention.
- A disturbance or reckless driving.
- A lost child or confused person.

If you're not sure whether the situation is a true emergency, the River Forest Police Department recommends calling 911 and let the call-taker summon the appropriate response.

When you call 911, be prepared to answer the call-taker's questions, which may include:

- The location of the emergency, including the street address.
- The phone number you are calling from.
- The nature of the emergency.

A license plate or description and last direction of a suspicious car.

- Details about the emergency, such as a physical description of a person who may have committed a crime, a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency

Remember, the call-taker's questions are important to get the right kind of help to you quickly. Be prepared to follow any instructions the call-taker gives you. 911 centers can tell you exactly what to do until help arrives, such as providing step-by-step instructions to aid someone who is choking or needs first aid or CPR. Do not hang up until the call-taker instructs you to.

If you dial 911 by mistake, or if a child in your home dials 911 when no emergency exists, **do not hang up**—that could make 911 officials think that an emergency exists. Instead, simply explain to the call-taker what happened. Generally, officers will respond regardless, just to verify everyone is ok.

GREEN NEWS

Next Meeting for the River Forest Sustainability Commission - Tuesday, July 11, 7PM at Village Hall

One item on the agenda will be a discussion on keeping/or not bees and chickens (non-domesticated animals) in River Forest. All are welcome to attend.

Learn More About Having a Healthy, Pesticide-free Lawn at Party in the Park-July 20

The Midwest Pesticide Action Network along with members of the River Forest Sustainability Commission will be on hand during the Park District's Party in the Park on July 20, 6-7:30 PM. We will have games for the kids and adults along with information on how you can have a lawn like the Park District-pesticide free! Stop by our table and learn more and enter to win Patagonia merchandise.

Join the many River Forest residents and the **River Forest Park District** who have made a commitment to a sustainable and resilient lawn. In doing so, you will contribute to a healthier environment for your family, pets, insect pollinators and the Des Plaines River. [Click here](#) for more.

It's Green Block Party Season

When reserving your Block Party check the box and make it GREEN. Green Block Party participants will enjoy a demonstration by Sugar Beet School House and create seed bombs for your garden. There is also a choice of a honey tasting or making a refreshing lavender lemonade. [Click here](#) to learn how to make your party green.



Having a Party?

The Village has three **Zero Waste Stations** that are available for residents to borrow for neighborhood events. Waste Stations allow participants to sort their trash, recyclables, and compost materials into separate bags and then dispose of all the bags as part of the Village's weekly trash, recyclable, and compost pickups. The Waste Stations include the foldable waste station, bags, and instructions on how to sort the waste. Waste Stations can be reserved using the [Village of River Forest website](#). Once reserved, the waste station can be picked up and returned at Village Hall Monday through Friday, between 8 AM and 4:30 PM.

RIVER FOREST LIBRARY SPOTLIGHT

Children

Monday, 7/10, 2-3 PM, Circuits, Grades K-4

Interested in how things work? Explore and build machines with Snap Circuits. [Advanced registration required.](#)

Tuesday, 7/11, 2-3 PM, Magic Trick Workshop, Grades K-4

Professional magician Gary Kantor teaches you how to do some of his most successful tricks. Each participant gets to take home a real magic kit. Kids are encouraged to stay for the magic show immediately following the workshop. [Advanced registration required.](#)

Tuesday, 7/11, 3:30-4:30 PM, Magic Show with Gary Kantor!, Kids of All Ages

Watch professional magician Gary Kantor wow you with this amazing magic show. This program will be held outside, weather permitting. Rain location: RMS gym.

Wednesday, 7/12, 3-4:30 PM, Just Dance Wii Tournament, Grades K-4

Can you move and groove to the music? Test out your dancing skills at this fun Wii game tournament. [Advanced registration required.](#)

Thursday, 7/13, 2-4 PM, The LEGO Batman Movie, Kids of All Ages

Take a break from the hot summer sun and visit the Library for a viewing of The LEGO Batman Movie. Snacks will be served and LEGOs will be available to play with during the movie.

Monday, 7/17, 3-4 PM, Marionette Puppet Show, Kids of All Ages

Dave Herzog brings his wonderful marionettes to life in this engaging live show, Captain Cranky and His Crew: A Pirate Adventure. Prepare to be wowed. This program will be held outside, weather permitting. Rain location: RMS gym.



Wednesday, 7/19 & 7/26, 3-4 PM, Light Circuits, Grades K-4

Interested in how bright things work? Explore and build flashy machines with Snap Circuits Lights. [Advanced registration required.](#)

Tuesday, 7/25, 2-3:30 PM, Drive-In Movie, Kids of All Ages

Design your own custom vehicle out of boxes and supplies and then settle in for a fun movie. [Advanced registration required.](#)

Teens

Thursday, 7/13, 6-8 PM, Pizza 'n' Pillows, Grades 5-12

Snack on pizza while crafting your own cuddly slice. [Advanced registration required.](#)

Tuesday, 7/25, 4-5 PM, T Shirt 'Transfer'mations, Grades 5-12

Turn everyday wear into a work of art using a few simple ingredients. Transfer your own artwork onto a t-shirt. Please bring a white t-shirt. [Advanced registration required.](#)

Thursday, 7/27, 3:30-5 PM, Harry Potter Potions, Grades 5-12

Boil, boil, toil and trouble! Make some spectacular potions and crafts ... Harry Potter style! [Advanced registration required.](#)



Monday, 7/31, 6:30-8:30 PM, Fantastic Beasts and How to Make Them, Grades 5-12

Join us for a screening of Fantastic Beasts while making your own pet bowtruckle. [Advanced registration required.](#)

Adult

Saturday, 7/8, 1-2:30 PM, Foreign Film Forum, Adult

Join us for a free screening of Swept away (Travolti da un insolito destino nell'azzurro mare d'agosto). Set against the backdrop of the beautiful Mediterranean, Swept Away is Lina Wertmuller's most famous and controversial film about sex, love, and politics. In Italian with English subtitles. Rated R. Delicious snacks will be served.

Friday, 7/14, 7:30-9 PM, Dooley Brothers Concert, Adult

Join us on the library lawn for our annual Dooley Brother's Concert! The Dooleys have been entertaining Chicagoland for over 30 years with their delightful banter and wide musical repertoire. And they are River Forest natives! This program is brought to you in partnership with the River Forest Township.



Thursday, 7/20, 2-3 PM, Public Library Day @ the Chicago Botanic Garden, Adult

[Attendees must register by July 12.](#) Meet us at the Lenhardt Library, in the Regenstein Center of the Chicago Botanic Garden, for a rare book viewing and gallery talk on the Lenhardt's current exhibition. River Forest cardholders registered for this event gain free admission and complimentary parking by showing their library card at the Chicago Botanic Garden Gatehouse. Attendance is limited to 25 people.

Multi-Age Programs

Tuesday, 7/18, 3-4:30 PM, Edible Architecture, Grades K-8

Design your own edible buildings at this tasty program. [Advanced registration required.](#)

Thursday, 7/20, 2-4 PM, Totally Tie Dye, All Ages

Bring your own clothing items to tie dye and we will provide vibrant colors and tips on how to make the best designs. This program will be held outside, weather permitting.

For online registration and a complete listing of programs, visit the [library website.](#)

TOWNSHIP SPOTLIGHT

River Forest Township: Building on 100 Years of Vital Human Services

River Forest Township turns 100 in 2017! Your Township funds and supports a full array of **vital human services** to youth, seniors, those with mental health needs, and those in financial need...in addition to our **active Assessor's office.**

In April 1917, River Forest (with a population then of 3,000) voted by referendum to create its own township, thereby separating from Proviso Township. The River Forest Village Board passed the necessary resolution in June 1917 in support of the referendum. The Cook County Board formally approved the new River Forest Township in October 1917, making it official.

Fun fact #1: Your Township funds transportation options for seniors, including the senior bus and cab coupon books. **Fun fact #2:** Your Township funds provide care support for children with developmental disabilities, to give parents and caretakers much needed respite.

Your Township continues to ensure that funds are preserved and allocated for the necessary human services and assessor services in our community. For more info, please call 708-366-2029 or visit www.riverforesttownship.org.

Join the Township's 100th anniversary celebration at various events around River Forest during the late summer and fall. Updates will be in this newsletter and

at www.riverforesttownship.org.

Township Assessor Update

The Second Installment tax bills were mailed out around July 1st. Payment is due 30 days after that date. Due dates are printed at the top of the tax bill. Please review your tax bill. The second installment should include all of the exemptions for which you have applied. Exemptions are listed in the "Tax Calculator" area on your tax bill. Check to ensure that you have received all the exemptions to which you are entitled. If you have any questions or if you are missing an exemption, please call Township Assessor Pamela Kende at 708-366-2787.

July 17-21: Voter Registration Week for Persons with Disabilities

The American Association of Persons with Disabilities (AAPD) has designated July 17-21 as a special voter registration week for persons with disabilities. AAPD volunteers will be registering persons with disabilities to vote:

- **July 17, 19 and 21, 10 AM-2 PM**, River Forest Township offices, 8020 Madison Street (the River Forest Community Center), 2nd floor.
- **July 17 and 19, 10 AM-2 PM**, UCP Seguin, 322 Harrison Street, Oak Park.

Registrants must be 18 or older; please bring valid ID (state issued ID or license preferred). Please call 708-366-2029 for more information.

Safe Disposal of Prescription and Over-the-Counter Medications

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

This safe action helps the environment and gets potentially dangerous medications out of your home. The program is sponsored by the Cook County Sheriff's Department and is hosted by the River Forest Fire Department.

New Information Assistance Program for Seniors and their Caregivers

Trained staff from Oak Park and River Forest Township Senior Services are available to talk with seniors and their caregivers about various local, state and federally funded senior-related programs, on Thursdays at two West Suburban Medical Center locations:

- **Thursday, July 20, 10 AM – 12:30 PM**, River Forest Medical Campus, 7411 Lake Street, River Forest, Building A, Community Room, Office-1104.
- **Thursday, July 13 and 27, 10 AM – 12:30 PM**, West Suburban Medical Center, 3 Erie Court, Oak Park, first floor, room 1062.

Please call to register for an appointment: 866-938-7256.

"Celebrating Seniors™ All Year Long" Programs

Join us for these informative and engaging programs at the River Forest Public Library throughout the summer:

- **Friday, 7/14, 7:30 PM – Dooley Brothers Concert** on the library lawn
- **Thursday, 8/3, 7 PM – Solar Eclipse is Coming** with Michelle

Nicholas

Programs are free of charge; co-sponsored by River Forest Township and River Forest Library. People of all ages from all communities are welcome!

Seniors: Iced Coffee Anyone?

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

- **August 7** – snacks and summer conversation
- **September 11** - update on the new Historical Society of Oak Park & River Forest by local historian Jan Dressel (held on 2nd Monday due to 9/4 Labor Day)

“Connect with Tech” this Summer!

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

The newly revamped “Connect with Tech” program, formerly known as Computer Learning Lab, is brought to you in partnership with the River Forest Library. Held most Wednesdays on a drop-in basis at River Forest Library, 10-11:30 AM. Call 708-366-5205 for more information.

Sign up for Encore Chorale’s Fall Season

Oak Park-River Forest Encore Chorale, for singers age 55 and up, will start its fall season on Tuesday, September 5. The local Encore group, over 40 members strong, is part of the largest chorale organization for older adults in the country. All are invited to join this musically talented group; no audition is required. Rehearsals are Tuesdays, 9:00-10:30 AM at Trinity High School. For more info, contact Linda Crabtree Powell [via email](#). Need-based scholarships for River Forest resident Encore members are available through River Forest Township.

Seniors: Navigate the Health Insurance Maze

Free SHIP counseling (State Health Insurance Program) services are available for all River Forest residents aged 60+. Trained counselors will answer questions about accessing Medicare, Medicare Supplement choices, and Medicaid. Whether you are a first time Medicare applicant, or are choosing a supplement plan, call for an appointment, held on Fridays at the Township Senior Services building, 130 S. Oak Park Ave, Oak Park, 708-383-8060.

Get on the Bus!

Seniors 60+ and residents with disabilities: accessible small buses and vans are ready to take you where you need to go in River Forest and Oak Park and some surrounding areas. Reservations required at least 24 hours in advance; rides available Monday-Friday during the day. \$1 per ride suggested but not required. Please call 708-383-4806 for more info.

Try the Senior “Dine-Out Program”

Oak Park and River Forest Township Senior Services’ “Dine-Out Program” offers seniors a tasty, affordable, well-balanced meal at these local restaurants: Geppetto’s, Robinson’s Ribs, Cozy Corner and Grape Leaves.

Purchase Dine-Out Program coupons for \$4/meal at Township Senior Services

(130 S. Oak Park Ave, Oak Park). Use coupons to purchase meals at participating restaurants from a pre-approved healthy menu.

Register first at Township Senior Services in Oak Park and obtain a program ID. Purchase coupons there on Tuesdays, Wednesdays or Thursdays from 9 AM-noon, or by mail.

Only coupons can be used to pay for Dine-Out Program meals, but please consider tipping the wait staff. Questions: please call Township Senior Services at 708-383-8060.

Condo Association meeting? Block Party? Distribute ICE Packets to Seniors!

If you have a condo association meeting or a block party coming up soon, your Township staff is happy to attend and deliver free ICE Packets for senior residents.

What is an ICE Packet? The ICE (In Case of Emergency) Packet contains a Medical Information Form which seniors fill out and store in the freezer...right where the RF paramedics know to find it! A decal is provided for the front of the freezer to alert paramedics that a completed ICE Packet is inside.

ICE Packets are also available at the Township offices (at the River Forest Community Center), Village Hall and the River Forest Public Library. Questions? Please contact Carla Sloan, River Forest Township Supervisor, [via email](#) or at 708-366-2029.

Free Legal Document Preparation for Qualifying Seniors

Attorneys from the Center for Disability and Elder Law (CDEL) are available to prepare "advanced directive" documents for seniors (60+) and persons with disabilities, with qualifying income. This free legal service includes Powers of Attorney for both Health Care and Property, as well as Living Will Declarations. 2nd and 4th Tuesday afternoons, Township Senior Services, 130 S. Oak Park Ave, Oak Park. By appointment only; call 708-383-8060 for questions and to pre-register.

Caregiver Support Groups

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

- The support group at Concordia University will not meet in May, June and July. **Meetings will resume in August on the 2nd and 4th Mondays, 4 PM**, Koehneke Community Center/Concordia Campus. Sponsored by Concordia's Center for Gerontology (in partnership with River Forest Township). Contact Dr. Lydia Manning, [via email](#) or at 708-209-3218.
- The support group at Township Senior Services will continue to meet during the summer on 2nd and 4th Fridays, 10 AM, Oak Park & River Forest Township Senior Services, 130 S. Oak Park Avenue. Contact Steve Smith, 708-383-8060.

PARK DISTRICT SPOTLIGHT

Summer Camps are in Full Swing! Register today!

There are a few spaces still available for our popular half-day morning camps - Kidz Camp, Ultimate Sports Camp, and Thrill Zone Camp. There are five weeks of camps left - camps continue through the week of August 7. Tot Camp is full.

In addition to the half-day morning camps, we offer a large variety of afternoon camps. Each week, different arts camps, fun camps, and sport camps are available. There's something for everyone!



[Click here](#) for more information on our Summer Camps.

Party in the Park, Thursday, July 20, 6:00 - 7:30 PM, Constitution Park

Performance by: **Ben Tatar & the Tatar Tots**

This jazzy, funky band is fun for kids and offers great tunes for grown-ups! The Tots bring a variety of instruments and fun activities to the party: a horn section, Conga lines, freeze dance and more!

In addition to the live entertainment, there will be face painting, a balloon twister, grilled hot dogs, and frozen treats.

Free! For All Ages. **Bring a blanket or lawn chairs.



2017 Community Bank Makin Tracks 5K Run/Walk

Registration for the 2017 Community Bank Makin' Tracks 5K Run/Walk is now open. The event is September 16, 2017, 8:00 AM, starting at Concordia University Chicago.

[Click here](#) for more information on this event.

[Click here](#) to register.



Safe Sitter® Essentials with CPR

New and Improved Curriculum!

Saturday, July 15, 9:30AM - 4:00PM, Ages: 11 - 15

Safe Sitter® prepares students to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue.

The fee includes a Student Handbook with completion card.

Register Today! [Click here](#) to register for programs.

Basic Photography for DSLR Cameras (co-op with Forest Park)

Thursday, July 27, 6 - 9 PM Ages: 16 & up

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

This class is for people new to photography. This class is not for people with Point and Shoot Cameras.

Register Today! [Click here](#) to register for programs.

The [Summer Fun Guide](#) is available online!

The **Fall Fun Guide** will be online the week of July 31 and delivered to residents' homes the week of August 7.



If you no longer wish to receive this email please email unsubscribe@vrf.us.