

Countryside CONNECTIONS

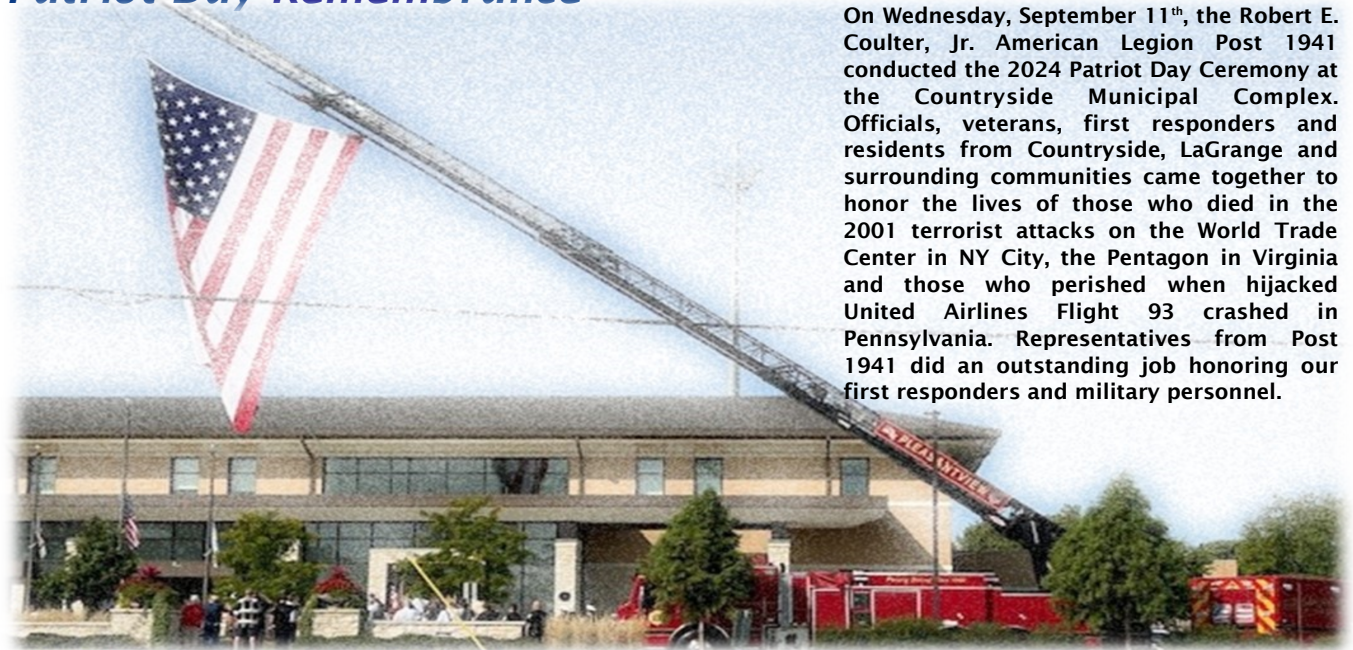
FALL 2024

www.countryside-il.org



Patriot Day Remembrance

On Wednesday, September 11th, the Robert E. Coulter, Jr. American Legion Post 1941 conducted the 2024 Patriot Day Ceremony at the Countryside Municipal Complex. Officials, veterans, first responders and residents from Countryside, LaGrange and surrounding communities came together to honor the lives of those who died in the 2001 terrorist attacks on the World Trade Center in NY City, the Pentagon in Virginia and those who perished when hijacked United Airlines Flight 93 crashed in Pennsylvania. Representatives from Post 1941 did an outstanding job honoring our first responders and military personnel.



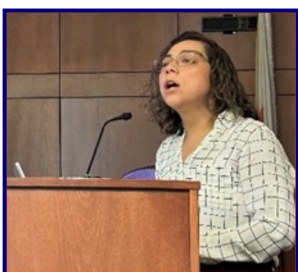
The Ceremony Included Ringing the Bell-Return to Quarters, Posting of Colors, Invocation, Placement of Memorial Wreath, Rifle Salute, Playing of Taps and Amazing Grace Played by Bagpiper, Steve LaRue

FALL / 2024

Coffee with the Mayor - December 7th from 10-11 a.m.



Residents joined Mayor Sean McDermott for coffee and refreshments on Saturday, 9/7. Isla Lopez, Behavioral Health Community Outreach and Engagement Coordinator for Pillars Community Health, was the guest speaker. Pillars' mission is to improve the health of the communities it serves and empower individuals through compassion and whole-person care. It currently has 11 locations throughout the western suburbs including Countryside at 5220 East Avenue. Pillars provides health services including medical and dental to income eligible individuals; behavioral health and support services including childhood bereavement and substance use disorder services; domestic and sexual violence services including 24-hour hotlines; and prevention, health education, and outreach. Pillars believes in Communities where all people have access to the care they need, when they need it. To donate, volunteer, or get more information visit www.pillarscommunityhealth.org.



Impact Dance Studio located at 6475 Joliet Road took the National title for the 9th time. CONGRATS to all of our Countryside Impact dancers on another successful competition season! Impact Dance Studio's Competition Team attended The Dance Awards National Finals, held at the Hyatt Regency in Orlando this July 6-13th. We could not be more proud of your hard work.



Police Department Updates

Tip A Cop Fundraiser a Great Success!



On August 19, 2024, the Countryside Police Department partnered with our local Texas Roadhouse to host a Tip-A-Cop event benefitting Illinois Special Olympics, a not-for-profit organization offering year-round training and competition in 18 different sports to a community of more than 55,000 participants with intellectual disabilities. Special Olympics enables these athletes to realize their full potential in sports and in life by enhancing physical fitness, motor skills, self-confidence, social skills, and family support. Once again, Countryside showed up in force to back this worthy cause. In fact, of all 19 communities participating in this initiative, ours was the largest grossing event in Illinois with \$4,858.00 being raised in one spectacular evening. Many thanks to our partners at Countryside Texas Roadhouse for their warm hospitality and to The Home Depot, Fullers, Five Below, and Popshef for their generous sponsorship of this year's efforts.



Firearm Safety is a Community Mission

Did you know that guns are the leading cause of death for children and teens in America? The safe storage of firearms plays an essential role in the overall safety of our community. The BeSMART for Kids organization was developed to normalize conversations about gun safety and the safe storage of guns. We encourage parents to always ask about the presence of unsecured firearms when their kids are going to another house and to insist those weapons be safely secured at all times. The most effective way to prevent children from accessing firearms is making sure all guns are stored, unloaded, locked, and separate from ammunition. Guns are not stored securely when they're placed in an unlocked dresser or nightstand drawer, under a couch cushion, mattress or pillow, in an unlocked closet, on a high shelf, or on top of the refrigerator. **A hidden gun isn't a securely stored gun.**

Homes are not the only place children can access unsecured guns. We must make sure firearms are not left unsecured and accessible in vehicles as well. Guns should NOT be left under car seats, in unlocked glove boxes, in center consoles, or in door compartments.

One of the smartest things adults can do to keep kids, classrooms, and communities safe from gun violence, is to raise awareness about secure gun storage. Go to besmartforkids.org for more information and gun safety recommendations.



BE SMART

Secure
all guns
in your home
and vehicles

Model
responsible
behavior
around guns

Ask
about the
presence of
unsecured guns
in other homes

Recognize
the role
of guns
in suicide

Tell
your
peers to
be SMART

For more information on what you can do to keep kids safe, visit
BeSmartForKids.org

**4.6 million children
in the US live in a
household with at
least one loaded,
unlocked gun.**

**Don't let your child
be one of them.**

BE SMART

Learn more about secure gun storage
BeSMARTforKids.org

Matthew Adler and Deborah A. Adger, "Firearm Storage in US Households with Children: Findings from the 2021 National Firearms Survey," JAMA Network Open 6, no. 2 (2023): e2148823.

Driveway Apron Snow Removal Program

Citizens 62 and older and disabled residents may sign up each year to have their driveway aprons plowed if more than 2-inches of snow falls. This removal will be done **ONLY** after all City streets are cleared. Please note that the City is **NOT** responsible for any driveway damage. To receive this service, please fill out the form below and return to the City Clerk's office. Allow 48 hours for processing.

City of Countryside Senior/Disability Snow Removal Program Application

Name: _____

Address: _____, Countryside, IL 60525

Home Phone #: _____ Mobile Phone #: _____

Email: _____

How many driveways do you have? _____

What street is your driveway on? _____

Basis of Application (initial where applicable)

_____ I am 62 years or older.

_____ I have enclosed: (1) medical certification from my doctor confirming my disability and inability to shovel/remove snow; or (2) A copy of the Secretary of State License Disability Placard or registration of disability through Social Security.

Please note that once we receive your form, it will take up to 48 hours to be registered.

By submitting this documentation, I hereby voluntarily release protected health information to the City of Countryside that is otherwise protected by law, including but not limited to the Health Insurance Portability and Accountability Act of 1996 (HIPPA).

The resident(s) hereby release and hold the City, its officers, officials, and employees harmless from any damage to property or other liability which arises directly or indirectly from the City's snow removal program.

I state that, to the best of my knowledge, the information contained in this application is true, correct and complete.

Applicant's Signature

_____/_____/_____
Date

What is/isn't included in this program:



Public Works Reminds You . . .

Fall Leaf Pick-Up (October 7 - November 29)

Crews will be collecting leaves on a continuous cycle throughout the entire program period. The leaf collection program provides residents with an alternate way to dispose of leaves. Instead of bagging or mulching, residents may rake leaves onto the parkway.



In order for this program to be successful, we ask all residents to observe these guidelines:

- Leaves **SHOULD** be raked onto the parkway near the street.
- Leaves should **NOT** be raked into the street.
- Do **NOT** deposit branches, sticks, garbage, or other debris into the leaf pile. This can damage the equipment and cause a dangerous situation for our employees.

Please allow 7 to 10 working days between pick-ups as it typically takes a week or more to do a full cycle of the City.

Benefits of Mulching Leaves

Don't rake them, mulch them! Mulching is a great fall clean up option that eliminates large leaf piles and returns nutrients to your soil. Mulching leaves is simple: Just shred the leaves with your lawn mower as much as possible soon after they fall. Check to make sure that the mulched leaf material left behind is not excessive.

Mulching leaves has many benefits, not just for the lawn but for the environment. Mulching leaves saves landfill space, prevents leaves from clogging sewers, and keeps them away from surface water where the broken-down nutrients from the dead leaves can cause algae blooms. The leaves that collect on your lawn cover the grass, reducing air flow and sunlight that would have otherwise reached the grass blades. This accumulation of leaves can cause the grass underneath to suffocate and die off.

Brush Pick-Up

Branch and brush pick-up will be provided through **November 1st**. Crews will be covering the City on a weekly basis. If you have questions, please call the Public Works Department at (708) 354-3390.

Pisa Pizza Ribbon Cutting

On January 1st of 2024, the beloved establishment of Pisa Pizza in Countryside, IL was purchased by two local entrepreneurs, Michael Gurican and Bryan Ritter, both of LaGrange Park, IL. The opportunity to take ownership of a legacy like Pisa Pizza and further engrain the pizzeria in the surrounding communities was too good to be true.

In the past 8 months, new ownership has guided Pisa through the modernization efforts, including upgrading the kitchen for continued efficiencies, and an improved work environment. There is also a transformation in the waiting area with a new mural painted by Michael's talented wife, and a streamlined menu with a focus on pizza. Continued efforts to build on the menu, refine cooking techniques, and improve the quality of all the food served at Pisa will be ongoing.



Pisa Pizza has always been a family affair, and the new ownership is looking to continue with that tradition in mind. Pisa Pizza will continue to expand its offerings as it finds more opportunities to offer Countryside and its surrounding neighbors the highest quality, creative, and value focused menu items throughout the seasons.

Bluegrass & Brews Festival

The Bluegrass and Brews Fest is a perfect blend of music, culture, and craft beer. On August 24th, the City of Countryside came alive with the rhythmic melodies of four talented bluegrass bands - the Don Stiernberg Trio, Terrapin Flyer, Chicken Wire Empire, and the Anderlik, Otto, and Church Band. The festival also showcased the craftsmanship of BuckleDown Brewing and Imperial Oak Brewing that offered a delightful selection of brews to complement the foot-stomping music. It was an unforgettable day of great music and delicious food from our four food vendors: Ledos, Monks, Grz Grub, and Ricobene's. Whether you're a die-hard bluegrass fan or a casual festival-goer, this event had something for everyone, making it a highlight on the calendar of music and beer lovers alike.



Back to School Health and Resource Fair

The third annual Back to School Health and Resource Fair, hosted by The City of Countryside and School District 105 (D105), was held on August 17th, 2024 at Ideal School. 40 vendors supplied hygiene kits, mental health material for school age children, and back packs filled with school supplies. 500 local D105 families benefitted from this event. We would like to thank our sponsors - the City of Countryside, the Greater Chicago Food Depository, D105, the Community Memorial Foundation, the Leader Shop, and U Chicago Medicine.



City Launches Water Refill Station Initiative to Boost Sustainability Efforts

In an effort to advance its ambitious sustainability plan, the City of Countryside has introduced a new initiative to have water refill stations at all summer events. The initiative, which aims to reduce single-use plastic consumption and promote environmental stewardship, is a significant step toward achieving the City's zero-waste and carbon neutrality goals. The water refill station was debuted at the Back to School Fair in August. City staff and volunteers handed out 250 reusable water bottles to the participants.



Flagg Creek Golf Course Updates

The Flagg Creek Golf Course continues to see dramatic growth in course utilization. In the first four months of the fiscal year the course experienced two consecutive months with more than 8,000 rounds which has never been achieved historically. Despite this heavy volume the maintenance department has done a remarkable job keeping the course in great shape. In addition, the City and the Pleasant Dale Park District have remained committed to new capital investment in the golf course infrastructure. As reflected in the picture, the pond on hole #1 was restored with rip rap that provides both erosion control and enhanced aesthetics. This fall, cart paths will be reconstructed and seal coated to complement the parking lot restoration that was completed last year. In total the golf course has committed to new capital investment this year of approximately \$475,000 inclusive of infrastructure improvements and equipment replacements.



Fall Golf Scramble

DATE: Sunday, October 20th

TIME: 2:00 pm shotgun start

COST: \$280 per foursome

The fee includes golf, cart, food, & prizes.



Breakfast with Santa

PLACE: Flagg Creek Golf Course
6939 S. Wolf Road

DATES: Saturday, December 14th
Sunday, December 15th

TIME: Reservations required to attend



Chicks with Sticks League Year-End Disco Party



Healthy Countryside

Healthy Countryside is a new resident-driven initiative to improve the health of people who live, work, and play in Countryside through health education, access to resources, and social support to make healthy lifestyle choices easier.

Rethink Your Drink. Healthy Countryside and La Grange School District 105 launched a *Rethink Your Drink* campaign to raise awareness of the benefits of consuming drinks without added sugar. According to the CDC, sugary drinks are the leading source of added sugars in the American diet. People who have sugary drinks often are more likely to experience health problems like weight gain, obesity, Type 2 diabetes, heart disease, cavities, and gout.



Dr. Laura Laskonis, a pediatrician at Countryside's All Star Pediatrics, notes that many children have calcium and vitamin D deficiencies, which can lead to weaker bones and increase the risk of developing osteoporosis later in life.

Sugary drinks include regular sodas, fruit drinks, sports drinks, energy drinks, sweetened waters, and flavored coffees. Choose drinking water or calcium-fortified beverages such as soy, oat, or almond milk to improve your health!

A colorful graphic for a health seminar. At the top, it says 'HEALTHY COUNTRYSIDE PROUDLY PRESENTS' in white text on a green background. Below that, in large blue letters, is 'HEALTH BENEFITS OF PLANT-BASED NUTRITION'. To the right of this text is a green circle with the words 'Live Spanish Interpretation'. Below the main title, it says 'Thursday, Oct 17 6:30-8PM' in white and orange text. To the right of this, it says 'Ideal School Gym 9901 W 58th Street Countryside, IL'. At the bottom, it says 'Sponsored by:' followed by logos for 'UChicago Medicine' and 'Advent Health La Grange'. There is also a small logo for 'COUNTRYSIDE' with the tagline 'THE DIOS DIFFERENCE'.

Health Benefits of Plant-Based Nutrition. What you eat also plays a vital role in your health. Eating more whole plant foods (vegetables, fruits, beans, nuts, seeds, and herbs) lowers the risk of chronic diseases like heart disease, diabetes, dementia, and cancer. Consuming more plant-based foods is a trend among health-conscious individuals.

Join us **October 17th, 6:30-8pm**, at **Ideal School gym** for the first free adult seminar, **Health Benefits of Plant-Based Nutrition**, with presentations by:

- **Dr. Terry Mason, MD**, host of the *Doctor in the House* radio show and former urologist and COO of Cook County Department of Public Health
- **Meryl Fury, MS, RN**, certified in plant-based nutrition by eCornell and President/CEO of Plant Based Nutrition Movement, www.pbnm.org

Upcoming Holidays

Please note that City Hall will be closed in observance of the following holidays:

Veteran's Day - Monday, November 11, 2024

Thanksgiving Day - Thursday, November 28, 2024

Friday after Thanksgiving - November 29, 2024



Christmas Eve - Tuesday, December 24, 2024

Christmas Day - Wednesday, December 25, 2024

Welcome to Countryside

Johnson Equestrian Center

10101 5th Avenue Cutoff

Horse boarding, lessons, clinics & shows

Fluffheads Dog Grooming

909 W. 55th Street

Dog Grooming

Bens Sports Shop

6568 Joliet Road

Retail sporting goods

Cornerstone Caregiving East

5504 S. Brainard Ave., Unit A

Home care services



Community Events

Angel Tree Program

Are you looking for an opportunity to make a difference in your community? Do you know of a Countryside resident or family that could use a little help this holiday season? After many years of success, the City of Countryside is once again hosting our Angel Tree Program.



Beginning November 11th, our beautiful Angel Tree will be on display in the City Clerk's office. Generous sponsors are invited to select an individual or family from the tree and purchase gifts from their wish list. All gift recipients are anonymous. The donated gifts should be returned to the Clerk's Office by December 16th. Gifts will be distributed to families from December 16th through the 20th.

The Angel Tree Program is an excellent opportunity for residents, families, community groups, and coworkers to spread holiday cheer to others who may not otherwise receive a gift this year. Check out our website at www.countryside-il.org/special-events or contact the Clerk's Office at (708) 354-7270 for additional information.

CHILDREN'S CHRISTMAS PARTY
Saturday, December 7, 2024
Premier Catering & Events
6240 Joliet Road
TIME: 9:30 A.M.

WINTERFEST
City of Countryside
PLACE: Flagg Creek Golf Course
6939 S. Wolf Road
DATE: Saturday, January 18, 2025
TIME: 1-4 P.M.
Fun activities for children of all ages. For more details, call (708) 485-2595 or visit www.countryside-il.org/special-events.

3-8 PM **Oct. 31**
TRICK-OR-TREAT HOURS



City staff get in the Halloween spirit each year. The Clerk's Office and Community Development staff dressed up as the Adams family in 2023. The City Hall welcomes trick-or-treaters during regular business hours. Have a safe holiday.



Upcoming Meetings

OCTOBER

1	Plan/ZBA Commission	7:15 p.m.
9	City Council	7:30 p.m.
15	Flagg Creek Admin. Board	6:00 p.m.
23	City Council	7:30 p.m.

NOVEMBER

12	Plan/ZBA Commission	7:15 p.m.
13	City Council	7:30 p.m.
19	Flagg Creek Admin. Board	6:00 p.m.

DECEMBER

3	Plan/ZBA Commission	7:15 p.m.
10	Fire & Police Commission	5:00 p.m.
11	City Council	7:30 p.m.
17	Flagg Creek Admin. Board	6:00 p.m.



City of Countryside
803 Joliet Road
Countryside, IL 60525

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OFFICIALS

Mayor

Sean McDermott

Clerk

Elizabeth Kmet

Treasurer

Courtney Bolt

Aldermen

Mark Benson

John Finn

Tom Frohlich

Thomas Mikolyzk

Scott Musillami

John Von Drasek



Websites to Know

City of Countryside

www.countryside-il.org

Cook County Clerk

www.cookcountyclerk.com

Flagg Creek Golf Course

www.flaggcreekgolfcourse.org

Pleasant Dale Park District

www.pdparks.org

Pleasantview Fire Protection District

www.plvw.org

IMPORTANT PHONE NUMBERS

EMERGENCY 911

City Hall/Clerk's Office:

Main: (708) 354-7270

Fax: (708) 354-9445

Hours: Mon. - Fri. 8:30 a.m. - 4:30 p.m.

Community Development:

Main: (708) 354-1860

Fax: (708) 354-9445

Police Department:

Main: (708) 352-2171 (non-emergency)

Fax: (708) 352-1032

Public Works:

Main: (708) 354-3390

Fax: (708) 354-9445

Water Billing:

Main: (708) 485-2465

Fax: (708) 354-9445

Disclaimer: If you attend a local festival or City function and the event is photographed, your image may be used for news and promotional purposes.