

Prospect Heights Public Library/Park District Events

Nature Speaks Program

Dana spoke with Dr. Robert Lee Zarr, Founder of Park Rx America, as a speaker for the June Nature Speaks Program.

Park Rx America is a Community Health Initiative whose mission is to prescribe parks to prevent and treat chronic disease and promote wellness by connecting patients to parks. Park Rx America is a low-cost intervention that utilizes a known, generally trusted, and accessible resource – parks – to influence positive health outcomes by way of the provider-patient relationship in the health care setting. To date, Park Rx America has developed a standardized park rating tool, recruited and trained public health students to rate parks, mapped and rated ~350 parks in DC, developed Park Pages (one-page park summaries), searchable database linked to eClinical Works (electronic health record), and officially launched the prescribing of parks at Unity Health Care, Inc. on July 1, 2013. Unity Health Care provides more than 500,000 visits per year to over 100,000 patient users. 200+ health care providers have access to full database via the treatment “window” of the electronic health record and have to date prescribed nearly 1,000 prescriptions.

Dana indicated that Park RxAmerica website was recently updated (www.parksrxamerica.com), and their program has been refined. Park RxAmerica provides physicians with information and resources to prescribe nature as a prescription to their patients.

Spring Fling – Prospect Heights Park District

Dana spoke with Marci Glinski at the Park District and confirmed the PHNRC participation with the Fly a Kite Day a part of Spring Fling. The kites will include the PHNRC logo.

The event will be held on Saturday, April 16, 2022 from 9:00am – 12 Noon at the Gary Morava Recreation Center. The Lions Club will host a Pancake Breakfast from 9:00am – 12 Noon. A \$5.00 donation per person is suggested. At 10:00am, an Egg Hunt will begin. Children must bring their own Easter basket.

Following the Egg Hunt, the PHNRC will conduct tours of the Nature Preserve, and Seth and John will present “Skins and Skulls.” River Trails must be contacted to retrieve the props

Dana encouraged Commissioners to be present particularly for the Pancake Breakfast to meet our fellow city officials and the public.

Tree Planting Day

Dana spoke with Aris Cervantes at the Morton Arboretum to receive instructions for setting up Eventbrite for registration and the copy type for the announcement for Tree Planting Day, May 27, 2022, 9:00 a.m. to 12:00 p.m. Open to the whole public but must register.

Our participation would involve using 18” auger to drill holes for planting, clean debris from the newly dug hole, plant the trees and water the trees. We will water from a normal water tank. Everyone’s participation would be appreciated.

River Trails Park District and PHPL Seed Giveaways

The River Trails Park District asked the PHNRC to participate in seed giveaways this Spring. Agnes said the PHNRC participated in something similar with the River Trails Middle School in 2014. We provided seed packets labeled as Prairie in a Packet, measuring 2" x 3" and containing 2 T. of prairie seed mix that we created. The River Trails Park District seeks receipt of 100 seed packets.

Dana said the Prospect Heights Public Library per Terri are considering a seed check out program. Anyone who visits the library would be able to take seeds from a created seed bank.

Terri inquired if the PHNRC would participate in Library Day with plant giveaways as in prior years. The Library Day will be held near the PHPD Block Party; therefore, while appreciative, Dana declined our participation this year. The PHNRC provides plant giveaways in exchange for e:mail addresses for notifications of our volunteer workdays and the Resource Journal. We could provide seed packets for e:mail exchange for the Library Day.

Slough Boardwalk Project

Dana reported that the boardwalk has definitely settled after experiencing ice and freezing temperatures this winter season. The boardwalk is much more uniform and stable.

At the first opportunity, we will evaluate the boardwalk in one month when we get ready for the planting or look at it during a spring prescribed burn in March.

The Park District provided wood chips, so we will utilize the wheel barrel and cart and place the wood chips on the walking paths or trails from the Izaak Walton pavilion (shelter) into the Slough area. It is great to have the wood chips to make the trails walkable and uniform.

Slough Boardwalk signage will be initiated and then we plant!

Pollinator Park – Landscaping Design

John recently planned the design of the solstice park utilizing the nine boulders that we purchased from Schwake Stone. In the following week, we should have favorable weather. John will arrange the delivery of the boulders, and with the warmer weather predicted, we will have thawed ground to do an excavation and ease the boulders into place in the ground.

Seth, Dana and Agnes seeded the herbicided areas around the Lake last year, removed thatch and seeded and seeded in the North end by both planting areas. We are ready for Spring!

One of the areas that was previously seeded and became woody last year is now showing a lot of Monarda seedlings. The seedlings are growing in areas where we previously seeded.

Dana reported that he is working on the signage for Pollinator Park, which has been purchased and must be developed. Dana should have the five, small round signage (“Can you find these . . .” themed signs) completed by Friday and release to Commissioners for review. Next to consider are the two, 24” x 36” signs. Once signage is received, the Pollinator Park project is concluded. Next, Dana must complete the ComEd report, which is due six months after the Project end or by June 2022.

Shoreline Restoration Project 2022

Dana said Joe Wade, City Administrator, received notice from ComEd of the Green Regions Grant. Joe encouraged the PHNRC to apply. Dana said we would bundle the shoreline project and see if could generate grant money. We would take two of the sections given for the first two years and bundle as one grant proposal and submit to ComEd to match the dollar amount, roughly \$10,000 in grant funds. The original funding from the city simply covers the erosion blankets, the staples, core logs and filter. It does not cover the carp fence or aquatic plants.

Commissioners agreed to invest the time to complete the grant application, which is due March 25, 2022. Dana will assemble the application package.

Path Maintenance at Worksite

Dana previously mentioned receipt of woods chips from the Park District for the walking paths by the Slough.

Dana reported that AT&T technicians discovered the cable that goes across the Slough at Hillside and held by the pole that we wanted to put the osprey pole next to is down probably due to a microburst. The pole took out a big snag that landed on the cable and took down two poles. AT&T replaced the pole closest to the road to reattach the cable across Hillside and get it off the ground. The pole next to the proposed osprey pole was snapped off as well. AT&T has special equipment to trek down, drill the hole, invert the pole and install the pole. We expressed to be present to ensure no damage to the area where Michigan Lilies and oaks are present. AT&T said they would consult with us before installing a new pole and will contact Dana this coming week. They understand completely and will participate with us.

Members discussed the construction of the nest for the osprey pole. Agnes said there is not enough time to have this as an Eagle Scout Project, and Dana discouraged having this activity as part of a workday. Members thought a construction day during Earth Week would be appropriate, but Dana said it must be constructed by mid-April 2022.

Peter Falcone advised us to keep Mark Roscoe of Public Works informed of these conversations with AT&T. Dana said this was a recent event, and we will advise Mark.

Spring Prescribed Burns

Dana provided Commissioners with a list of places to be burned this Spring and the days that Agnes will be available (March 16 – 31, 2022). We have a robust docket of work to complete. The list also includes who is available to assist and dates and times. Dana has assumed that Seth is available every day, and Peter is available when he is not working.

When the spring prescribed burns will occur depends upon conditions; therefore, Dana and Agnes will know one or two days in advance of a specific day to burn.

The planned worksites for a spring prescribed burn are 9 East Marion, Heron Pond, the Nature Preserve, Pollinator Park, Saint Alphonsus, the Slough, and Tully Park. Residences planned to receive a spring prescribed burn are the Eisengers at 103 Creek Court; the Harrs, 102 Creek Court; the Kamyszs at 408 Hillcrest Drive; and the Kings at 8 West Camp McDonald Road with March 26 and 27 as the preferred dates.

Dana and Agnes planned to walk each proposed burn site to craft a plan on what we want to do and where.

Dana reported that ComEd intends to conduct a spring prescribed burn at the ComEd Seeded Prairie and are considering the same timeframes as us. When it occurs depends on the proper conditions, but it is a priority. Trimming back brush with the brush hog at the Sedge Meadow will not occur because it is past season.

Seed/Greenhouse Program

Agnes has propagated all the seeds, which are germinating in the Greenhouse. Everything is nice and stable. However, Agnes is concerned with the cold weather and has placed four space heaters in the Greenhouse.

Today Agnes received a call from Mediha Abat, the Teacher sponsoring the Environmental Science Class (STEM) at Wheeling High School, requesting to bring the students out, again. This goes along with the Greenhouse Program so the students will be engaged with transplanting. These are the students who came out in the fall several times. The students will come on Wednesday, April 6. Mediha has also asked permission to come out on April 20, May 4 and May 18. Therefore, the work planned for the students is Transplanting on April 6, removing (pulling) garlic mustard on April 20; and planting on May 4 and 18.

NEW BUSINESS

Treasurer's Report

Dana said that John provided a current budget received from Peter Falcone on March 9, 2022 to Commissioners prior to the meeting.

The budget reflects a recent donation by Agnes of \$520. Agnes donated this money to make up the cost difference for the purchase of Plum Trees from Possibility Place Nursery.

Supply Expenditures total \$7,395.65 for the fiscal year and include three recent purchases: Schwake Stone (nine boulders for Pollinator Park); Natural Communities (Hyndman Donation); and Prairie Research (Hyndman Donation) (educational materials).

Our current Net Revenue is \$1,181.55, which will be expensed to cover promotional and event signage and workday signage. We plan to produce and purchase NRC t-shirts printed and NRC hats with an embroidered patch and use them as volunteer incentives. The t-shirts and hats would be provided to our longest-standing volunteers, and others must work a certain amount of volunteer workdays to achieve a t-shirt and hat. We hope this will encourage all participants.

2022 Budget

The City Council will meet on Monday, March 14, 2022 at 6:00 p.m. to review budgets. Dana encouraged Commissioners to attend this meeting either in person at City Hall or via Zoom to be available to answer questions regarding our proposed 2022-2023 Budget.

Although not yet reflected, Dana reported that Dr. Chris Wood donated \$500 to the PHNRC. The PHPD will fund the PHNRC 2022-2023 Budget with \$5,000 on May 1, 2022.

Last reading of Budgets will be conducted at the April 25, 2022 City Council Meeting. We will begin advertising for summer interns and will begin the interview process once we learn the status of our budget proposal.

Earth Week – April 18-22, 2022

Commissioners have started to plan Earth Week, April 18 – 22, 2022:

April 20, 2022: Wheeling High School Environmental Science Class and pulling or eradicating garlic mustard at the Slough and/or transplanting.

April 21, 2022: Nature Speaks Program presentation by David Schwaegler on “Lake in the Hills Fen” via Zoom Meeting at 7:00 p.m. CT.

April 24, 2022: Sunday, April 17, is Easter Sunday. Therefore, Commissioners decided to reschedule the April 17 volunteer workday to Sunday, April 24.

Any further ideas from Commissioners for Earth Week are welcomed.

PHNRC April Meeting Date

Jill mentioned that currently, the NRC current April meeting date is Thursday, April 14, which is Holy Thursday. Therefore, after a brief discussion, Commissioners decided to move the April meeting date to Thursday, April 7.

Peter Falcone said there is no meeting conflict on April 7, and we meet via Zoom. However, Peter will issue a cancellation of the April 14 meeting date and advised us to title our April 7 Agenda as a Special Meeting of the PHNRC.

City Civic Meetings and PHNRC Representation

Jill highlighted notes from the following February 2022 City Council and PHPD Board meetings:

City Council of Prospect Heights, Illinois – February 14, 2022 Workshop Meeting

Mayor Nicholas Helmer was absent. Therefore, the pro tem presider for this meeting was Wendy Morgan Adams, Alderman Ward 3.

Staff Memo (A.R-22-05) and Resolution Encouraging Prospect Heights and Wheeling Township Residents to Examine the Proposed “708” Community Mental Health Board. Alderman Quinn moved for a resolution to encourage Prospect Heights and Wheeling Township Residents to examine the proposed “708” Community Mental health Board. City Administrator Wade stated that R-22-05 regards a local community group. By statute, the City cannot take a position. The Resolution only asks that citizens consider the proposed “708” Community Mental Health Board.

Staff Memo (C.R-22-06) and Resolution Accepting the Arlington Countryside Storm Sewer Bid Recommendation of \$3,382,978.40 from Bolder Contractors, Inc. City Administrator, Joe Wade, said that this project has been 40 years in the making. Joe Wade said that this project was made possible from the \$2.2 million from the American Recovery Act funding and State of Illinois grants of about \$500,000. Gewalt Hamilton Project Engineer, Brian Wesolowski, discussed the price increase and supply chain factor of the piping that will be needed. The low bid contractor, Bolder Contractors said they will have the pipe by end of April.

Regarding the cost increase, Engineer Wesolowski said that the prices of piping have increased based upon the suppliers, as well as all of the construction work that is occurring thanks to the infrastructure legislation. A cost of \$750,000 covers the pipe material alone and is the cause of the increase.

Joe Wade added that the city anticipated about \$200,000 more of American Recovery Plan revenue than estimated. Also, he stressed that the city had applied for competitive grants for this project. Those grants are specific to this project from the State of Illinois.

Alderman Morgan-Adams inquired if the contingency amount of \$85,000, which is the 2.5% contingency for unforeseen conditions would be an additional cost to the City. Engineer Wesolowski confirmed.

The City Council Approved R-22-06 Staff Memo and Resolution Accepting the Arlington Countryside Storm Sewer Bid Recommendation of \$3,382,978.40 from Bolder Contractors, Inc. Staff memo (E.R-22-09) and Resolution Authorizing a Civil Engineering Services Agreement with Gewalt Hamilton Associates, Inc. for Construction Engineering and Construction Staking Services for the Arlington Countryside Storm Sewer Project. City Administrator, Joe Wade, noted that a pump station is on order, and easement and restoration issues with this Project. The recommended award for construction engineering is Gewalt Hamilton. The amount of the Contract is \$242,363.00. Brian Wesolowski is the Project Manager.

The City Council Approved R-22-09 Staff Memo and Resolution authorizing a Civil Engineering Services Agreement with Gewalt Hamilton Associates, Inc., for construction engineering and construction staking services for the Arlington Countryside Storm Sewer Project.

Staff, Elected Officials, and Commission Reports:

Alderman Morgan-Adams said she is a member of the Northwest Municipal Conference legislative committee for seven years. Alderman Morgan-Adams said Governor Pritzker has proposed to suspend grocery sales tax. Prospect Heights is non-Home Rule; therefore, our city relies heavily on sales tax. The Governor indicated that he would reimburse the municipalities but does not say how or when. This proposes significant concerns for the City's revenue and translates to about \$400,000 in lost revenue per year. Further, the Governor wants to suspend the MFT tax increase, which would negatively impact our city with another loss in revenue.

City Administrator, Joe Wade, said there are two major projects going forward: (1) the Arlington Countryside Stormwater Project and (2) the Wolf Road sidewalks. Joe Wade reminded Councilmen that the Ad Hoc Committee on Live Meetings/Teleconference Meetings will meet on February 16, 2022 at 7:15 p.m.

City Council of Prospect Heights, Illinois – February 28, 2022 City Council Meeting

New Business: R-22-13 Staff Memo and Resolution Authorizing a Civil Engineering Services Agreement with Gewalt Hamilton Associates, Inc., for Analysis of McDonald Creek and Tributary A to McDonald Creek. Approved by the City Council. Further details provided in pages 38 to 48 of the Agenda posted on the City's website for the City Council Meeting of February 28, 2022.

Planned City and Community Activities for the month of June as reported by Karen Schultheis, Deputy Clerk:

June 4: Community Days
June 11: Shredding Event
June 18: PHPD Block Party
June 25: Rock the Runway (Chicago Executive Airport)

Dan Peterson, Director of Building and Development said that cottage garden businesses, such as farmer market businesses, have been forming and growing in our town. This brings more jobs and employees into neighborhoods to do the work. We currently have very little documentation on this.

Ad Hoc Council Committee to review Live Council Meetings, Teleconference Meetings, met on February 16, 2022. The City Council will conduct hybrid meetings and be prepared for live meetings going forward. When the Disaster Declaration ends, may have to return to live meetings. This topic will be revisited end of March.

Next Meetings: The City Council Workshop Hybrid Meeting will be held on Monday, March 14, 2022 at 6:00 p.m. The City Council Regular Meeting will be held on March 28, 2022 at 6:30 p.m.

Prospect Heights Park District – Board Meeting of February 22, 2022

Administrative/Operational Summary: Christina Ferraro, Executive Director, reported that Shawn Hughes, the new Superintendent of Finance, HR and IT started employment on February 1, 2022. The Superintendent of Recreation position has been posted, and interviews started this month.

Christina has communicated with the Prospect Heights City Manager, and the 214 South Wheeling Road project is moving along.

Approved: Combined Budget and Appropriation FY 2022 as submitted.

Artwalk: The ArtWalk will return to Izaak Walton Park this spring and summer. The theme will be mushroom art: “Shroom Show.” Local artists will be invited to complete mushroom tops to display. They will be provided with a stem.

Izaak Walton Park: Tree locations were submitted to the Morton Arboretum for the scheduled May tree planting. NRC will plant the trees in the perimeter and Slough area. The Park District will do the planting in the main area. All trees that will be planted are native species and supplied by the Morton Arboretum.

New Business: Approved: Ordinance #02.22.2022 Tree Preservation. The exact Ordinance is attached with these minutes.

Summer Brochure Production: The brochure design will be completed by March 2, 2022. The summer brochure will be posted on the PHPD website on March 4, 2022. The brochures will be mailed on March 18, 2022.

Urban & Community Forestry Grant: The PHPD was awarded \$11,375 Urban & Community Forestry Grant for the tree inventory and management plan. The plan will be finalized to enhance the tree pruning, planting and removal schedule. Moving forward, the corporate fund will transfer \$30,000 to the capital budget to support tree management each year. The PHPD must have a tree preservation ordinance before the end of the grant period, which is June 30, 2022. The Morton Arboretum aided with the proposed ordinance for approval at the Board Meeting.

Next Meeting: The next scheduled PHPD Board Meeting is Tuesday, March 29, 2022 at 7:00 p.m. at the Gary Morava Recreation Center on Camp McDonald Road in Prospect Heights, IL.

Announcements to the Public

Seth spoke of one of our natural resources, and they are critters that are living in our area that are not the most popular of creatures: possums. The opossum holds the distinction of being North America’s only marsupial.

Opossums are born after an 11-to-13-day gestation period. The infants are the size of a bumble bee upon birth then crawl up and into the mother's pouch where they remain until they are two months old. Between two and four months of age, they may ride on their mother's back and are dependent on the mother for help in finding food and shelter.

Possoms do not win any beauty or popularity contests, but they are underrated. They eat 5,000 ticks in one season.

Jill mentioned that Landscape Waste pick-up begins March 18, 2022.

Visitors' Comments

No visitors were present to comment.

OTHER BUSINESS

Next Meeting

The next scheduled meeting of the Prospect Heights Natural Resources Commission is April 7, 2022, at 7:00 p.m. Central Time.

ADJOURNMENT

There was no further business to come before the meeting. Therefore, the meeting adjourned at 7:50 p.m.

Jill E. Moskal, CPS
PHNRC Commissioner and Recording Secretary