ADIOS WINTER, HELLO SPRING!

By: Jeff Casillas

Winter is behind us and spring is here. Spring is a time of renewal. Now is a great time to start sprucing up your property. Property improvements do not have to cost excessive amounts of money. Simple things such as picking up your garbage on and around your property can have a great impact on the appearance of the neighborhood. When property is maintained it shows pride in ownership. This translates to a more attractive and habitable community. An attractive community will contribute to stable and rising home values. Everyone wins when the community as a whole, displays good neighborly conduct. In future newsletters, we will address common code violations and educate the residents to avoid unnecessary citations. As always, any questions or concerns, please contact me, at the village hall, at (708)-385-0139 Ext. 2610

Thank you.

Trustee Jeffrey Casillas
Community Health & Development

Village of Posen to Hire Two Full-time Police Officers.

From the Desk of Donald W. Schupek.

I would like to take the time to speak about the upcoming changes, which I find exciting. Spring is upon us and as we look forward to warmer weather and seasonal change, we also look forward to personal change. Over the last several months your administration has been diligently working to conscript new businesses in town, renovate and repurpose existing structures in town, and work with the Illinois Dept. of Transportation to finally finish construction on the 147th St. project. Garage sale season is also upon us, as are BBQs, swimming, and increased pedestrian traffic. I ask that everyone stay safe and enjoy this wonderful time of year! –Donald W. Schupek

Also in this issue...

- The initial meeting of the Village Book Club!
- New Businesses coming to town.
- Big changes happening in Posen!
- Results for the 2015 Trustee Election!
Appointed as Fire Chief of the Village of Posen on April 8, 2006, Kevin Szewczyk reached the pinnacle of his fire service career. Kevin began his fire service career in 1988 as a Paid on Call firefighter with the Village. 5 Years later he was promoted to the rank of Engineer and continued to rise through the ranks in his 27 years with the Posen Fire Department. When he began his career with the Posen Fire Department the department responded to just over 300 calls per year. Presently the Posen Fire Department responds to over 1300 calls for service per year.

Kevin took over a Department that had a Fire Chief and approximately 30 part-time firefighters. With the increased call load the Department has grown to a force of forty (40) personnel. Several notable projects Chief Szewczyk has managed with his fire department staff include; securing over $1 million dollars in grant funding to replace a Ladder truck, Self-Contained Breathing Apparatus, Updated Communications equipment, as well as EMS equipment for each of our ambulances. In 2008, He worked with the Insurance Services Organization to lower our Public Protection Classification from a rating of Five (5) to a lower rating of four (4) reducing fire insurance ratings for the Village. Chief Szewczyk is a member of the Illinois Fire Chief’s Association, International Fire Chief’s Association, as well as the Mutual Aid Box Alarm System Division 22 serving as President for the past 5 years.

PAST ACHIEVEMENTS

Joined the Posen Fire Department in October of 1988
Promoted to Engineer in 1993
Promoted to Fire Prevention Officer in 1994
Promoted to Lieutenant 1996
Promoted to Captain in 2001
Promoted to Asst. Fire Chief in 2004
Appointed Fire Chief in April 2006

Mayor Donald Schupek’s First Annual Golf Outing

JUNE 5TH, 2015 AT 10:00AM

SHOTGUN/FOUR MAN SCRAMBLE

MEADOWS GOLF COURSE
2802 W. 123RD ST. BLUE ISLAND, IL

$100.00 PER GOLFER
$100.00 HOLE SPONSOR

GOLF OUTING INCLUDES 18 HOLES OF GOLF, BOX LUNCH, DINNER, AWARDS, AND PRIZES!
DINNER $20.00 PER PERSON (HOG WILD PORKCHOPS)
In today’s fast paced environment, busy schedules, availability of unhealthy foods, it is easy to become wrapped up in choosing ‘not so good’ eating habits. However, it is important to keep in mind that like anything else, our body responds to how well we take care of it. That’s why it is important to be mindful of what foods we are choosing to eat, our daily water intake, physical exercise, and our levels of stress.

Every month, the village of Posen will include in the newsletter ways to improve your overall health and mood, and how to maintain a happy and healthy lifestyle. We will also be interviewing individuals who are certified and specialize in various areas of nutrition, health, and wellness. This month’s topic is going to be focused on exercise. As the warmer months are upon us it is important to make sure we include daily exercise in our routine. This will leave us with a feeling of accomplishment and happiness.

There are a multitude of ways that our body can receive the proper exercise needed to maintain a healthy lifestyle. The American Heart Association (AHA) recommends getting at least 30 minutes of cardiovascular exercise four to five days a week. This can be achieved in a variety of ways, including:

- Walking/Running
- Swimming
- Recreational Sports
- Exercise Classes
- Outdoor activities such as yardwork & gardening

Even though you may feel ‘up to the task,’ it is important that you check with your doctor before starting any exercise regimen.

Especially if you have any medical history. However, do not be discouraged if you are limited. ANY and all movement is appreciated by your body! The key is to stay positive and stay happy! Also, make sure you keep your doctor appointments and stay current with any medication you are taking. Good communication with your primary physician is key, especially as we get older in age.

VITAMINS & NUTRIENTS

It’s important to receive the proper amount of vitamins and nutrients every day. This can be achieved through a variety of ways, including the foods you eat, fluids taken in, and supplementing your diet with vitamins and supplements.

80%

The percentage of American Adults who do NOT get the recommended amount of daily exercise!

25%

The percentage of American Adults who die from Heart Disease related illnesses.
Its residents are a proud group, undaunted by the magnitude of neighboring towns, content within their own minuteness. Posen has come a long way, both socially and economically, since its founding in 1887 and its incorporation in 1900. It is indeed a community of “Peace, Pride, and Progress”. The area that would later become known as Posen began as a broad stretch of unbroken prairie and farmland. Brennan Highway, which is now I-57, is the Indian Boundary Line. This was the trail the Indians used to travel from Starved Rock to Lake Michigan; they would site the hill in Blue Island at Grove Street, and it was called Blue Sky, which in Indian is “Blue Island,” and how they got their name. Countless wildlife and birds were the main inhabitants, a few humans, if any, would come across this land and think of it as anything more than a continuation of the fields and farms that were a large part of this young prairie state. The attitude of insignificance, the quiet undisturbed region would be loved and appreciated by all those who have known it at one time or another.

It was not until 1887, when the Columbian Exposition was being constructed for the 1892 World’s Fair to be held in Chicago, that two sub-dividers recognized the potential for development in the area. Two of these were James J. Smith and Co. who subdivided a farm between 144th place to 146th from Kedzie Ave. to Albert Ave. now Richmond Ave. and A. & G. Spaulding Co, who subdivided a farm from Division St. to California Ave. between 143rd Pl. to 145th Pl. into 25-foot lots.

**UPDATES AND REMINDERS AROUND THE VILLAGE!**

- **DIXIE DASH.** June 20th, 2015, 10:00AM – Antique vehicles drive through the village, passing the municipal building and show casings from a simpler time.

- Village Wide Garage Sale, June 20th, 2015, 9:00AM to 3:00PM. NO permit necessary, free to village residents. Call Municipal office to register, (708) 385-0139

- American Legion Memorial Service and Dixie Dash sign dedication, May 30th, 2015, 10:00AM. At municipal building.

- 50/50 sidewalk program, call municipal building, (708) 385-0139, for details and registration.

- Branch pickup, first week of every month starting May 1st.

- The Village Book club will meet Saturday May 30th, 2015 at 11:00AM at the Village Hall!

- *Legislation passed to eliminate the need for an annual reapplication for the Senior citizen homestead application!*

**CONGRATULATIONS!!**

The Village of Posen would like to congratulate the newly elected trustees on their recent victory this past election!

Jeffery Casillas
Richard Klapkowski
Andrew C. Hulsey
FIRE DEPARTMENT UPDATES

Fire Chief Szewczyk has reviewed multiple bids for the asbestos removal for the property at 2415-2445 Walter Zimny Dr.

“We are recommending the Village Board accept the bid received by Kinsale Contracting Group, Inc in the amount of $108,300.00 for the complete removal project of asbestos at this location.”

The Fire Chief has also found an area of savings for the village. An unused and outdated direct line that runs from the Community Center to the Blue Island Dispatch center. It is no longer used because at some time the alarm was changed over to a telephone lines. Due to the Chief’s diligent work and knowledge, the village will realize a savings of $4,141.92 per year.

The Posen Fire Dept. will be hosting a Fire Academy this year. All of the details in regards to the academy can be found on the village website at www.villageofposen.org

Always remember! If you see a fire or smoke coming from ANY structure, building, or area or hear a smoke detector or fire alarm IMMEDIATELY dial 9-1-1 to report what you see or hear and the location of the incident.

Always make sure the batteries in your smoke detectors and Carbon Monoxide detectors are up to date and working. Smoke detectors save lives!

THE POSEN POLICE DEPARTMENT OFFERS 24/7 SERVICE AND PROTECTION TO ITS RESIDENTS. PROVIDING SAFETY AND SECURITY TO THE VILLAGE.

THE POSEN FIRE DEPARTMENT OFFERS 24/7 SERVICE AND PROTECTION TO ITS RESIDENTS. PROVIDING SAFETY AND SECURITY TO THE VILLAGE.

TRAINING

Officer Hammond attended “Chapter 720: Illinois Criminal Code Review LEG720R” (8 Hours) at the Orland Park police dept. 3/4/15

Officer Bartels attended “Gang Enforcement Skills Program PAT903R” (40 Hours) at the Estelle Sieb community center, Norridge. 3/16/15

Corporal Luna attended “Sovereign Citizens and Anti-Government Extremists PAT297R” (8 Hours) at the Orland Park police dept. 3/16/15

NEW OFFICERS

New hires Officer Guiterrez and Officer Knight are now in the police academy. They will graduate in 12 weeks. They then will start the 12 week Field Training Program.

NEW PATROL SUV’S

Two 2015 Ford SUV’S have been delivered to the police dept. are in the process of having the equipment being installed.

NEIGHBORHOOD WATCH

The Neighborhood Watch meeting was held on 3/26/15, at the Village Hall. The meeting was well attended. Watch your water bills and the Village Marquee for the next meeting date.
Start Your Journey to a New and Healthier You!

Armor Nutrition located at 4818 W. 148th St. Midlothian, IL 60445
(708) 926-2599

10% first time customer discount! -- 10% Discount for Fire, Police, and EMS!

Interested in having your business featured in the Posen Press? Please contact Trustee Andrew Hulsey at (708) 385-0139 ext. 2163