



The Forest View

VIEWS FROM THE DESK OF...

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair..." Charles Dickens, A Tale of Two Cities, 1859

The famous opening line from the Charles Dickens' Book A Tale of Two Cities sums up the two very different economic outlooks when comparing and contrasting The City of Lake Forest and the State of IL. Whereas Lake Forest abided by sound financial practices and self-imposed fiscal rules, the State elected to knowingly skip required pension payments, delayed payments to vendors and chose to make long-term legislative promises that exceeded budget capacity.

Unfortunately the State's financial condition does affect local communities like Lake Forest and will put added pressures on our future operating budgets. My thanks to all who participated

in preparing the FY15 Annual Budget. The City of Lake Forest has traditionally engaged in long-term financial forecasting. Our approach has been and will continue to be open, inclusive and most importantly enduring.

The City and Mother Nature Bid Winter Farewell!

With the difficulties that Mother Nature presented the City with this winter, I would like to commend Public Works, Parks & Forestry and Public Safety for their continued efforts this season. As the season draws to a close we can be proud of the teamwork everyone exhibited. Winter kept dropping in to say hello but we prevailed and conquered! Your passion, commitment and tireless efforts this season are truly appreciated.

Spring is coming!



THE CITY OF
LAKE FOREST

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BIRTHDAYS

Matt Neer	Library	3/31
Sherry Miller	Senior Resources	4/1
Lou Decker	PW - Streets/San	4/1
Joanne Yorro	CROYA	4/1
Bernard Pondester	PW - Engineering	4/2
Yoni Garcia	PW - Streets/San	4/3
Dominick Bellino	Police	4/6
John Bardi	Fire	4/10
Dave DeMarco	PW - Fleet	4/13
Mary Jo Kutyna	Finance/IT	4/16
Marty Blitstein	Police	4/17
Mike Gernenz	PW - Streets/San	4/17
Rickey Parham	PW - Streets/San	4/18
Matt Wert	P&R - Parks	4/19
Carla Ward	Human Resources	4/20
Brian Verbeke	Police	4/20
Ismael Ramirez	PW - Streets/San	4/21
John Baldwin	P&R - Parks	4/22
Rob January	P&R - Parks	4/23

Mary Good	Library	4/27
Joe Mobile	P&R - Rec	4/29
Mike Glomski	Com Dev	5/1
Karl Walldorf	Police	5/1
Matt Goodman	Com Dev	5/5
Ken Pierini	P&R - Rec	5/8
Anthony Anaszewicz	P&R - Rec	5/8
Sandy Ragsdale	P&R - Rec	5/9
Kevin Issel	Fire	5/12
Paul Petersen	Com Dev	5/12
Mary Van Arsdale	P&R - Admin.	5/14
Charlie Flesch	Police	5/14
Mike Hughes	Police	5/14
Jian Tan	Library	5/17
Kate Parker	Library	5/19
Thai Jamieson	Police	5/19
Choosri Goebel	Library	5/20
Jamila Foster	Police	5/20
Scott Irish	Com Dev	5/21

EMPLOYEE TIPS

Have you noticed Rx savings cards in the mail? They are not a part of your insurance with the City or the Affordable Care Act.



Rx Savings Card

Member Identification Number

BYW4662

Save up to 75% on every prescription medication at pharmacies everywhere.

For pharmacy use only

BIN	005947
GRP	9789DGT
PCN	CLAIMCR

For more information on benefits or questions regarding your card, please visit us online: NPSNcard.com or call us toll-free at 1-888-601-7255

No pre-approval needed. This card is not insurance.
You will not be turned down for a pre-existing condition.

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- Some companies use confusing language.
- These do not work *with* insurance but *instead* of it. So if you don't have insurance, the discount card could save you money.
- While a legitimate savings card, most savings don't live up to the "up to 70% off" very often. Average savings from studies are 16%-25%
- Very likely if the card will give a discount, our insurance already covers it.
- Some cards are free, but not all; some have annual fees.

SAFETY

With warmer weather approaching, many want to get out and exercise or work around the yard. Remember:

- Take it easy at first
- Make sure your shoes fit well
- Know Your Limits & Your Needs

A big part of exercise safety is prevention. Just as your car will run better when you service it regularly, your body will protect itself from injury when you give it the food, water, rest, and attention it needs.

SPOT

GROWING FAMILIES

Jennifer and Brian Acello (PW)

Hailey Victoria Acello

January 27

5lbs 15oz



Congratulations on your promotion!

Matt Penar has been promoted to Lieutenant PM. Matt began working for the city in May 1997 as a firefighter. He spent time serving in the fire prevention bureau. Matt will serve as the department's new medical officer.

In this photo Matt is receiving his lieutenant bars from his children Olivia and Sawyer. Matt's proud parents were also present at the promotion ceremony. His mother pinned his badge and his father presented him with his new lieutenant helmet.



Congratulations! Firefighters receive Red Cross Heroes Award

The Red Cross saw the article in the Chicago Tribune in relation to Lake Forest Hospital's 'Cut Above' award ceremony. They were recognized for a collaborative effort among Lake Forest firefighter/paramedics which saved the life of a 51-year-old man experiencing a severe asthma attack. Recognition of the severity of the patient's status, along with quick and accurate intervention, exemplifies the Lake Forest Fire Department's high quality care.

(left to right) Steve Grost, David Tisinai, Corey Kazimour and Patrick Issel



Nice Job! \$1000 raised for the Coloma Volunteer Fire Department

In February members of 4 City departments (3-fire/2-com dev/ 1-sanitation/ 1-fleet) went on their annual 'pilgrimage' to Coloma, Wisconsin on an ice fishing trip. As a way to give back to this small town they had a Raffle and raised \$1000 for the Coloma Volunteer Fire Department.

What a great example of inter city department vacationing/bonding, all while raising money to give back.

(left to right) Eric Kositcki , Bob Wolff, Kevin Issel, Tom Minarek, Patrick Issel, Josh Hucker, Matt Goodman



Acts of Kindness

The Parks and Recreation Department in conjunction with our Kinderhaven Preschool Program's annual "Compassion-Acts of Kindness" raised money, gift cards and goods to benefit the victims of Washington, Illinois that were so devastated by the recent tornado. Penny Robbins, our Director of Kinderhaven, has friends and family in Washington.

The Parks and Recreation Department prepared a "recreation care basket" for the local park district to help them support the many needs they have in providing the expanded day care and recreation programs for children while the community cleans up and rebuilds.



THE LIBRARY'S VIEW

Head of Tech Services in Concert



Jian Tan (left), Head of Technical Services, is a member of the Yellow River Performance Arts group. She recently participated in a concert held in the Blanche M. Touhill Anheuser-Busch Performance Hall in St. Louis, Mo.

The program was a mix of Chinese and Western classics, featured the piece "Ask the Sky and the Earth: a Cantata for the Sent-Down Youth".

The Technical Services Department orders, classifies, and processes all library materials including books, DVDs, magazines and e-materials.

Sycamore Public Library Visits

Sixteen staff and board members from Sycamore Public Library visited Lake Forest Library on February 7 in preparation for their upcoming strategic planning meeting. Sycamore was interested in learning how Lake Forest moved from a 3-star rating in 2013 to a 4-star rating in 2014.

Library Journal, an industry publication, annually reviews library services across the country and issues ratings based on a complex formula that measures expenditures and service. Lake Forest is one of only 20 Illinois libraries to make the list.



Bring spring early, and combat late winter blues



Spring is almost here, but sometimes it's darkest before the dawn. If you're suffering from cabin fever, try these steps at home and work to perk yourself up:

Bring the sunshine in. Clean the windows and open curtains to allow sunlight.

Go outside. It can be difficult to spend time outdoors during winter months, but even time on a sun porch or other area with lots of sun exposure

can help. If your sunny area is unheated, use a space heater.

Get moving. Exercise enhances mood, so do simple stretching exercises during breaks. Take fitness classes or go to the gym.

Go outside AND get moving. The combination of being outdoors and moving can double the positive effect. When the weather is nice, take a walk outside during breaks.

Improve rest. If you suffer from the blues, you may not be sleeping well. Drink soothing caffeine-free tea, such as chamomile, and do something quiet before bed, such as reading or watching a nonstimulating TV program with the volume low. Quality rest positively affects mood.

Plant happiness. Green plants in the work environment improve both air quality and mood. Add a few green plants.