



THE FOREST VIEW

THE CITY OF LAKE FOREST

IN THIS ISSUE:

Ready for a New Year

Employee News

Have a Green Holiday

Avoid Burnout

Power of Living Wills

The Library's View

New 457 Videos Online

Views from the desk of ...

Dear Employees:

I don't know about you, but I am looking forward to closing the book on 2009 and look optimistically to 2010. With so much uncertainty in the world, in Washington, D.C. and in Springfield, it is easy to be pessimistic and nervous. However, as challenging as 2009 has been, it has also been marked with some wonderful accomplishments, achievements and fun along the way:

- Completion of the new Municipal Services Facility
- Completion of Phase 1 Western Ave. Improvement Project
- Opening of Townline Park
- Fitness Center celebrated 10 years
- Library Book Sale moved indoors; had one of its best years yet
- First-ever Employee Rib Cookoff

I know that there are still some difficult times ahead and chances are that all of us will have to continue to tighten our belts. However, let us not lose sight of all the positive things that are occurring in our daily lives and know that things will get better. Our lives will be enriched by all of the challenges that we have endured and that have made us stronger and help us better appreciate the really important things – like family, friends, “da bears”, etc.

Have a very safe and happy holiday season.

A stylized, handwritten signature in black ink that reads "Bob". The letters are fluid and connected, with a long, sweeping tail on the final 'b'.



Employee News

Personal Trainer and Fitness Instructor **Esther Gutierrez Sloan** will be inducted into the National Fitness Hall of Fame, Induction Class of 2010. Esther joins a group of professionals “who have dedicated their lives in the service of others. They have helped millions of individuals get fit, stay in shape and live healthy, happy, productive lives.” The induction ceremony will be held in March 2010. Way to go, Esther! We are so proud of you!



Birthdays...

Dave Andersen	Fire	11/27
Mike Gallo	Fire	11/29
Jeff Adams	PW - Fleet	12/1
Rick Anderson	Police	12/1
Jeff Hays	Police	12/3
Michael Silvestri	PW - Streets	12/4
Judy Grasmick	Library	12/4
Bob Henderson	Fire	12/6
Miguel Camarena	P&R - Parks	12/8
Tom Wilson	P&R - Golf	12/9
Nada Sydow	Police	12/10
Carina Walters	OCM	12/12
Jeff Sulkin	Police	12/14
Madeline Palenica	Police	12/15
Mike Tiegs	PW - Streets	12/18
Laronda Haines	Finance	12/18
Joe Stanonik	Fire	12/18
Bill Hensel	PW - Water Plant	12/19
Troy Lyon	PW - Fleet	12/20
Bob Serkowski	Fire	12/23
Bob Kiely	OCM	12/25
Marge Burda	Senior Resources	12/27
Hunter Ratliff	P&R - Rec	12/29
DeSha Kalmar	Human Resources	12/30
Pete Coutant	ComDev	12/30
Nancy Watson	Fire	12/31
Donna Linder	OCM	1/2
Brian Pogachnik	PW - Sanitation	1/2
Judy Nickels	Library	1/3
Cory Kazimour	Fire	1/7
Art Tekampe	Fire	1/13
Craig Lepkowski	Police	1/13
Brian Acello	PW - Sanitation	1/14
Ed Johnson	OCM	1/18
Bob Martinelli	Fire	1/18

Green Team



Have a **GREEN** Holiday Season

BUY ENERGY-SAVING “LED” HOLIDAY LIGHTS

You can decorate your house with LED lights that use 90% less energy than conventional holiday lights and can save up to \$50 on your energy bills during the holiday season! LED lights are available at many major retailers.

MAKE YOUR OWN WRAPPING PAPER

Most mass-produced wrapping paper you find in stores is not recyclable and ends up in landfills. Instead, here's a great chance to get creative! Wrap presents with old maps, the comics section of a newspaper or children's artwork. Or use a scarf, attractive dish towel, bandana or some other useful cloth item. If every family wrapped just three gifts this way, it would save enough paper to cover 45,000 football fields.

ADD ORGANIC & LOCAL FOODS TO YOUR HOLIDAY FEAST

Support local farmers who grow sustainable meat and produce. It tastes better, and you'll be doing your part for the planet.

GET A PESTICIDE-FREE TREE

Demand is on the rise for Christmas trees that are not covered in chemicals; some growers use 40 different pesticides, as well as chemical colorants. The good news is that there are now a number of tree-farms that sell pesticide-free trees, so ask your local Christmas tree seller.

RECYCLE YOUR CHRISTMAS TREE

98% of Christmas trees are grown on farms, not in forests, so at least it's not as if you're cutting down an ancient tree. Each year, 10 million Christmas trees end up in the landfill. While your tree won't fit in the recycling bin with your newspapers and bottles, you can recycle your tree.

Be on the look out for “**Green Target Area**” postings within your department and work on being greener within them – December's area: The Copy Machine.

Happy Holidays from the Green Team!

News You Can Use



How to Avoid Holiday Burnout

We all want the holidays to be a time of hope and renewal. But often they bring with them an unwelcome visitor ... stress. Emotional stress from coping with family tensions; financial stress; physical stress – all of this can just plain wear us out instead of feeling renewed! Fear not! It is possible to stay (relatively) tranquil during the holiday season. Here are some techniques for getting back in control.



Choose what's important for you and focus on that. There are only 24 hours in a day and there are limits on our funds and our energy. Focus only on the things that are most important to you.



Soar to an eagle's eye view. There is a difference between the ant's view and the eagle's view. Ants are quick to handle the first thing that confronts them, while the high-flying eagle sees the entire landscape. The ant in you may get so caught up in cooking that you keep going for hours, producing more ... and probably ending up with too much food! Elevate yourself to the eagle's view, and you will see that you can stop and move on to another productive task.



Look beyond the trimmings. During the holidays many people think if they get the decorations just right, prepare the perfect meal, gather family and friends – it will all work. But that's not true. There may be a deep emotional hunger for something, and if you can figure out what it is and meet that need you won't be so likely to go into overload.



When money is low you can still give love. Think of the holidays as an opportunity to get into the spirit of what the holidays are really about – loving, caring and sharing.



Ask for help. The person who becomes most stressed over the holidays is the person who thinks they can do it all, then feel guilty if they can't. The holiday celebration doesn't have to be a command performance. If you're hosting, ask people to bring a dish. It makes everybody feel better if they contribute something to the dinner.



Children can contribute. Many parents don't ask children to help, but it is important that everyone

contributes. Give each child a special responsibility – like a certain room they are responsible not just for tidying, but also for decorating. It can be their unique offering during the holidays. You might even create a lasting family tradition.

Power of Living Wills

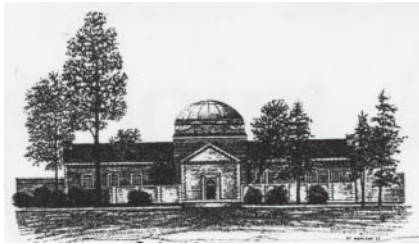
During open enrollment season, we review many of our benefits. Thinking about living wills, advance directives and the importance of making your health care wishes known to family members is just as important as many of your other benefits. It may seem like a difficult topic to approach, but the fact is that this type of preparation can empower your loved ones to carry out your wishes should something happen. A living will is a document that stipulates the kind of life-prolonging medical care an individual wants or doesn't want if he or she becomes terminally ill, permanently unconscious or is otherwise unable to make his or her own decisions.



A durable power of attorney for health care, which is a signed, dated and witnessed document naming another person to make medical decisions for the patient if he or she is unable to make them at any time, is another type of advance directive. Individuals can include instructions about any treatment they want or wish to avoid, such as surgery or artificial nutrition and hydration. Most states have specific laws allowing a health care power of attorney, and many provide suggested forms. Many of us are in the position of dealing with aging parents. It can also be a good idea to make sure your loved ones have their wishes documented so that you can adhere to them if the time comes.

A good resource is Medline Plus, an online service of the U.S. National Library of Medicine and the National Institutes of Health. Information can be found at www.nlm.nih.gov/medlineplus/advancedirectives.html#cat1. The City also has a voluntary participation program through **Pre-Paid Legal Services**. Many of these services, in addition to identity theft services, are also available through them. Contact Human Resources for more information.

The Library's View



Staff News

Liz Behring, Administration Department, announced her retirement from full time work after 18 years, but will still be here for some part time hours. **Robin Lepkowski** will assume her duties beginning November 20. Best wishes to Liz in her new lifestyle and to Robin in her new role at the Library!

Andrea Todd joined the Children's Library in September. A Lake Forest mom, she loves to read, garden and run. She used to bring her kids to story times; now she gets to assist in them, and she is amazed at the library resources she has just discovered. Welcome, Andrea!

Library Honored With Civic Award for Landscaping

The Library was awarded a 2009 Civic Award by the Lake Forest Garden Club for a beautification project that began in 2005 and was completed in 2007, funded by the Friends of Lake Forest Library.

Benefit Update

457 Plan Video Series for Participants Now Online

Current participants and employees who are not yet participating in the City's 457 plan now have a new, convenient way to learn about saving and investing concepts — ICMA-RC's "[457 Deferred Compensation: Your Questions Answered](#)" video series. The video series, which is available online, was designed to provide straightforward answers to some of participants' most common questions in a new and engaging video format.

The videos cover a variety of topics related to:

- 457 deferred compensation retirement plans
- Basic investing concepts
- ICMA-RC's role as a plan administrator

Each video briefly explains a specific topic, and participants can choose to watch all or any of the video segments that may interest them. To watch a video, participants can simply click on the relevant link on the "457 Deferred Compensation: Your Questions Answered" series home page at www.icmarc.org/library/457dvd.

Individuals who may feel overwhelmed by complicated explanations on Web pages or in printed materials now have a way to learn with a more personal approach. And with the complete video series available conveniently on ICMA-RC's Web site, viewers can choose to explore the topics that most interest them at the time that is most convenient for them.

Library Holiday Hours

Closed Thursday, December 24, Christmas Eve
Closed Friday, December 25, Christmas Day
Closed at 5:00 p.m. Thursday, December 31,
New Years Eve
Closed January 1, 2010, New Years Day

City Offices Holiday Hours

Closed Thursday, November 26, Thanksgiving
Closed Friday, November 27, Thanksgiving Friday
Closed Thursday, December 24, Christmas Eve
Closed Friday, December 25, Christmas Day
Closed January 1, 2010, New Years Day