



THE FOREST VIEW

THE CITY OF LAKE FOREST

IN THIS ISSUE:

What's Your Resolution?

Employee News

Benefits Update

Rec Activities

Health News

The Library's View

Views from the desk of ...

Dear Employees:

Happy New Year! Did you know that New Year's Day celebrations date back to 2000 BC? Back then people paid off debts, returned borrowed goods and, I am sure, enjoyed their favorite beverages! In Roman times worshippers offered resolutions of "good conduct" to the two-faced god **Janus**, which is where the month January comes from. Janus looked backwards in the old year and forward into the new year.

One additional interesting fact is that a recent study found that approximately 80 percent of Americans who make New Year's resolutions give up on them after just two months! Are you one of them? Or, don't you even bother? Identifying a resolution is very personal and challenging. First I have to admit where I need to improve or follow "good conduct". Then, I need to have the commitment, willpower and tenacity to bring about the change. Finally, if I am really brave, I will announce my resolution to someone close who may hold me accountable to achieving or not achieving my resolution.

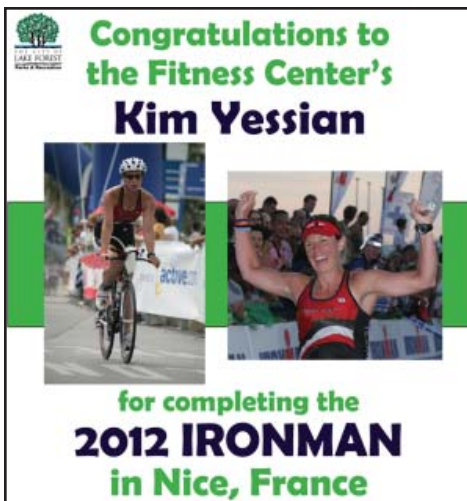
By now you know that I strongly believe in continuous improvement and embrace resolutions and opportunities to improve. I feel the same for our organization. So stay tuned because in early February I will be presenting our 2013 Resolutions to the Management Staff! Feel free to share with me your thoughts and ideas for possible City Resolutions. Just don't ask me to become a White Sox or Packers fan!



Birthdays...

Tricia Schwall	P&R - Admin.	1/20	Gil Barajas	P&R - Golf	2/28
Cathy Czerniak	ComDev	1/31	Becky Pocasangre	PW - Admin	3/1
Bryan DeBaets	P&R - Parks/For	1/31	Mike Evert	Fire	3/2
Matt Jakob	Police	2/1	Brian Pannier	P&R - Rec	3/2
Jim Shelton	PW - Bldg Maint	2/1	Ray Spetz	PW - Streets/San	3/3
David Corona	Finance/IT	2/4	Matt Brugioni	PW - Bldg Maint	3/5
Mike Thomas	PW - Admin	2/7	Chris Freund	PW - Fleet	3/6
Michelle Kousins	Fire	2/9	Rob Goepfner	Police	3/8
Jeff Wait	P&R - Admin.	2/11	Kevin Cronin	Fire	3/10
Bill Hooper	PW - Streets/San	2/12	Conrad Christensen	Police	3/10
Brian Joyce	PW - Engineering	2/13	Ed Yep	Police	3/11
Wendy Dumont	Police	2/14	Peter Gordon	P&R - Parks/For	3/11
Steve Creighton	CROYA	2/14	Shelley Walker	OCM	3/17
Marla Schachtel	Senior Resources	2/15	Cathy Japuntich	P&R - Admin.	3/21
Brian Esmon	Police	2/16	Dave Cerer	Police	3/26
Liss Rogoz	Police	2/24	Billy Loyd	PW - Bldg Maint	3/27
Kevin Zelk	Police	2/27			

Employee News



Jason Bus-decker from the Fitness Center also participated in his first IronMan in Wisconsin in 2012



Growing Family ...

Jennifer and **Brian Acello** (Streets/San) welcome baby #5, Charlie Lynn, November 13, 6 lbs. 7 oz.

Benefits Update

Flexible Spending Account Reminders

Aflac Remember that charges incurred by December 31, 2012, can be submitted to **Aflac** until March 31, 2013. Be sure to include your receipts.

Eligible medical, dental and dependent care expenses incurred after January 1, 2013, must be submitted to **PBA** for reimbursement.



Claim forms for both organizations, like all benefit forms, are available on the HR website at www.citylf.org/flex.htm. PBA claims can also be filed online at www.pbaclaims.com.

January is a Good Time to Review Beneficiaries

Take the time to look at the beneficiaries listed on your various benefits. This is a good time to make sure they are up to date. Change forms are available at IMRF and ICMA-RC.

News You Can Use

Focus on Fitness in 2013 Keep your New Year's Resolution

Lake Forest Fitness Center can help you keep your New Year's Resolution and discover a happier and healthier you in 2013. We have fitness classes for all ages and abilities. Sign up today. To help you with your focus on fitness we are now offering our new **All Access Pass**. Pay one annual fee and have unlimited access to any punch pass classes.

Try a Fitness Center membership and get fit for less than \$1* a day! City employees receive resident rates (20% savings), pay no enrollment fee (\$50 savings) and they receive \$100 off of membership. Stop by the Fitness Center and sign up today and you are on your way to a healthier you in 2013!!



*Based on Individual Membership.

Deerpath Golf Course



Membership registration has started! Check out our website, www.Deerpathgolf.com for up to date information. NEW this year, you can now register online!

Indoor Lessons at Deerpath!

Indoor lessons are available through the Deerpath Golf Academy on an appointment only basis. Director of Instruction Richard Franklin will feature the most current technologies available for analyzing every dimension of the game, as well as an extra-large hitting bay and a customized 12 -foot putting deck. He will be offering hourly lessons from January 10 to March 30, 2013.

What is happening at the Parks and Recreation Department?

The Parks and Recreation Department offers a lot of great programs and community events that you and your family can enjoy. Get the latest information by

signing up for our email newsletters, that go out once a month. Remember City of Lake Forest employees receive resident rates on classes and programs. Go to the Parks and Recreation section of The City of Lake Forest website and sign up today!

Ice Skating Races, Exhibition and Barrel Jumping Competition

The annual skating races and exhibition is scheduled for Sunday, February 17 from 1:00 to 3:00 p.m. at the Lake Forest College Ice Arena. Figure Skaters from the Ice-Skating School will present an exhibition which will be followed by the ever popular skating races for 4 year olds through adults. If that were not enough excitement for one day, this year's event will feature the time honored sport of barrel jumping!

This special event is co-sponsored by the Lake Forest Parks and Recreation Department and the Lake Forest American Legion Post #264 and Auxiliary. Refreshments will be served. This is a free event and open to the public! If you have any questions, please call Joe Mobile, Program Manager, at 847-810-3941.



Can you do this?

Health News

According to the Center for Disease Control..... An ounce of prevention keeps germs away.

We are in the height of cold and flu season. The best thing you can do is to **STAY HOME** if you are sick! By coming into work, all you do is make yourself feel worse and possibly infect your coworkers. Another prevention is frequent handwashing.

- **Why handwashing is important** – Germs are everywhere, but good handwashing is the most effective way to reduce and prevent the spread of infectious diseases. In a pinch, use hand sanitizer.
- **When to wash**
After you cough or sneeze into your hands (using the crook of your arm or a tissue is better)
Before, during and after you prepare food
Before you eat
After you use the bathroom
After changing a diaper
After handling money
- **If you don't wash your hands** – You pick up germs from other sources and then infect yourself when you touch your eyes, your nose or your mouth. One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others or onto surfaces that other people touch.

Since we're deep into the cold season, let's all take a few more precautions to help each other stay healthy by washing our hands frequently and thoroughly!

If you missed getting a flu shot, those on the City's health insurance, can still get a free flu shot at all of the local pharmacies.

The Library's View

The Library Honors Employees

In December the Library recognized three staff members for their 10 years of service: **Susan Halle** and **Diana Karis** in the Adult Circulation Department, and **Lynn Krambeer** in Technical Services. They were commended for their hard work and dedication to the library's mission -- "*to make accessible to all residents of the city, as economically and effectively as possible, books and other information resources and services for the community of Lake Forest.*"

Other long-term Library employees include **Judy Gummere**, Adult Services (44 years); **Patty Kreischer**, Web Management/Graphics Department (33 years); **Kaye Grabbe**, Administrative Librarian (24 years); **Felicia Song**, Adult Services (24 years); **Lorie Rohrer**, the Children's Library (22 years); and **Liz Behring**, Adult Circulation/Administration (21 years).

Woman of the Year, Guild of St. Mary's

Susan Barr, Adult Circulation Department, was honored by The Guild of St Mary's Church in Lake Forest as their *Woman of the Year*. She has been an active volunteer in the city and surrounding communities for many years. Look for Susan at the upstairs Circulation Desk the next time you visit the library.

Administrative Librarian Becomes Grandmother

Say "Congratulations" to **Kaye Grabbe**, Administrative Librarian, on the arrival of her grandbabies on December 17, 2012. Owen Victor (5 lbs.) and McKenna Rose (5 lbs, 5 oz.) Grabbe, are the children of Max and Megan Grabbe, Kaye's son and daughter-in-law. The twins are Kaye's first grandchildren.