

The Forest View

VIEWS FROM THE DESK OF...

Happy New Year!

With the new year come new resolutions and new goals. Here are our 2014 Goals and Resolutions.

Community Goals:

- ◆ Purposeful Community Engagement – Continuing the Community Engagement meetings with a focus on Ravines & Native Plantings, and Diversity of Housing.
- ◆ Leverage Service Delivery Collaborations – Continue to work with other communities and organizations in exploring ways to deliver quality and efficient services to the public.
- ◆ Redevelop Laurel Ave. Site – Find a development partner to help transform the 10 acre parcel in accordance with established development parameters.
- ◆ Financial Acumen – Continue our thoughtful, long-range financial planning.

Priority Goals:

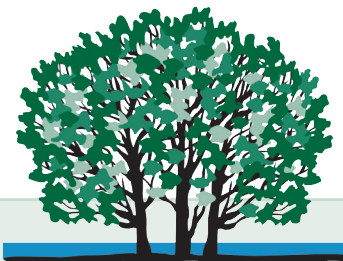
- ◆ Strategic Plan – Continue the implementation of its goals and objectives.
- ◆ Hospital Expansion – Assist Northwestern Lake Forest in creating a world-class health facility.
- ◆ Enhancement of Community Assets – Continue to reinvest in our local assets like Forest Park, the CBD Train Station, trees, etc.

- ◆ Create a “Place to Be” – Create an environment which reflects our history of Family, Education, Tradition, and Philanthropy. Being a “Place to Be” rather than a “Place to Do”.

Resolutions:

- ◆ Think Big, Execute Well – Be inspirational in your planning, but be sure to deliver as promised. Set high goals which grab people’s attention and creates excitement.
- ◆ Embrace Collaborations – Be open to work with others to provide desired services to our residents. The Municipal Partnering Initiative and Park & Recreation Task Force are good examples.
- ◆ Achieve with Enthusiasm – Enjoy your work, life is too short not too. Your attitude can be infectious.
- ◆ Limit “Turnovers” – While accidents or mishaps can happen, minimize the damage and public fallout. Months of hard work can easily be overshadowed by one foolish action.

Have a great 2014!



THE CITY OF
LAKE FOREST

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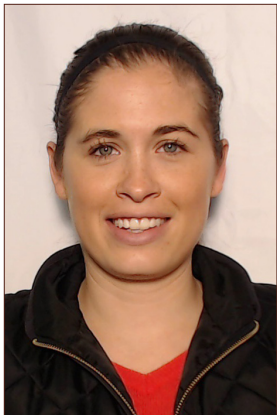


BIRTHDAYS

Matt Jakob	Police	2/1
Jim Shelton, IV	PW - Streets/San	2/1
David Corona	Finance/IT	2/4
Mike Thomas	PW - Admin.	2/7
Michelle Kousins	Fire	2/9
Jeff Wait	P&R - Admin.	2/11
Bill Hooper	PW - Streets/San	2/12
Brian Joyce	PW - Engineering	2/13
Wendy Dumont	Police	2/14
Marla Schachtel	Senior Resources	2/15
Brian Esmon	Police	2/16
Rafael Davila	PW - Engineering	2/18
Liss Rogoz	Police	2/24
Kevin Zelk	Police	2/27

Gil Barajas	P&R - Golf	2/28
Becky Pocasangre	PW - Admin.	3/1
Brian Pannier	P&R - Rec	3/2
Ray Spetz	PW - Streets/San	3/3
Matt Brugioni	PW - Building Maint.	3/5
Chris Freund	PW - Fleet	3/6
Kevin Cronin	Fire	3/10
Conrad Christensen	Police	3/10
Ed Yep	Police	3/11
Pete Gordon	P&R - Forestry	3/11
Shelley Walker	OCM	3/17
Cathy Japuntich	P&R - Admin.	3/21
Dave Cerer	Police	3/26
Billy Loyd	PW - Bldg Maint.	3/27

EMPLOYEE NEWS



Lauren Reaumont has joined the City as a Youth Worker for CROYA. She previously worked with Back on My Feet as a program director. Lauren has a Bachelors in Health Promotion and a Masters in Social Work.

She enjoys running, volunteer work, reading and spending time with friends.



Congratulations!

Rich Paulsen has been promoted to Parks Supervisor. Rich began working for the city in August 1997 as a maintenance worker. He became assistant supervisor in February 2002.

EMPLOYEE TIPS

Did you know you can get discounts because you are a government employee?

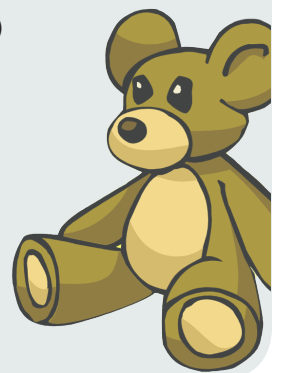
You can get discounts on hotel reservations, cell phone bills, insurance and more. Always be sure to ask what is available.

Example: Verizon offers a discount up to 18% off the monthly access fee on eligible plans and up to 25% on accessories.

GROWING FAMILIES

Lynnea and **Andy Barnes** (Fire)
Liam Pearson Barnes
November 22

Tara and **John Baldwin** (Parks)
Jase John Baldwin
November 22



You Should Know

Do you know the City's core values?

These core values are the heart of who we are as an organization. They serve as the keystone of things we look for in hiring employees. If personal core values and City core values clash, no matter how hard you try, it will never be a good, comfortable fit. They form the basis of our organizational structure and our expectations. So what are they?

Integrity, an unconditional adherence to our moral and ethical values, is at the heart of everything.



Respect, being considerate and accepting of others.

Trust, being dependable, demonstrating confidence and faith in others and being willing to let go and to empower others.

Excellence, commitment to professional growth, teamwork, optimum community service, and doing what is right.

As we move through 2014, keep these values in mind in all that you do and as you fit them in with our 2014 Resolutions.

Benefits Update Retiree Health Savings Account (RHS)

All full-time employees contribute 1% of salary to a Retiree Health Savings account administered by ICMA-RC. (A few collective bargaining agreements have negotiated something different than this 1%.) This RHS program allows you to save money on a tax-free basis to be used for qualified health expenses when you retire.

Our plan defines retirement as “termination of employment” and age isn’t a factor.

Due to requirements of the Affordable Care Act, the City was required to change one of the provisions of this RHS program. Prior to January 1, 2014, once you reached age 55 you could access the funds for qualified expenses, even if you were still actively employed. As of January 1, that is no longer the case and the funds are not available until you retire or leave employment with the City.

Please contact Human Resources if you have any questions.

THE LIBRARY'S VIEW

Tech Tutorials at the Library

The Lake Forest Library is now offering residents half-hour tutorials on a range of technology topics, including:

- Microsoft Word and Excel
- Blogs
- Best practices for online searches
- Email
- How to use an eReader or tablet

All tutorials need to be scheduled in advance and you must have a current Lake Forest Library card for this service. To schedule an appointment call the Reference Desk at 847-810-4610 or send an

email to mneer@lfl.alibrary.com. Please come with a specific goal in mind, such as how to create an email account or how to format a Word document.

Library Earns Four Stars ★★★★★

In its most recent survey, Library Journal named Lake Forest Library a 4-Star-library, based on a complex formula that measures expenditures and service. Our library is one of only 20 Illinois libraries to make the list.

Library Closing

The library will be closed all day **Friday, April 11, 2014** for scheduled water valve work.

Winter Safety: Frostbite Tips for prevention and treatment

Causes: Frostbite is caused by prolonged exposure to cold temperatures, usually accompanied by a low wind-chill factor, or by brief exposure to excessively frigid or wet conditions.

Risk Factors: Certain people are more susceptible to developing frostbite, including children, the elderly and those with circulatory problems. People who have diabetes are also at a greater risk.

Symptoms: Symptoms of frostbite may include partial or complete numbness, discoloration of the skin and burning and/or tingling sensations. If left untreated, frostbitten skin gradually darkens after a few hours. Skin destroyed by frostbite is completely black and looks loose and flayed, as if burnt.

Prevention: To reduce your risk of frostbite, it's important to

protect your hands, feet, nose and ears. Bundle in warm, layered and loose-fitting clothing when heading out into winter's worst weather.

At the first sign of redness or pain in your skin, which may indicate the frostbite is developing, get out of the cold. Also, avoid drinking alcoholic beverages – alcohol may prevent you from realizing that your body is becoming too cold. Also pass on smoking cigarettes, which can affect your blood vessels, increasing your risk of frostbite.

Treatment: Move to a warm area as soon as possible. While it's tempting to rub or massage the affected area, it's best to place the affected area in warm water until the skin is soft and sensation has returned. Next, wrap the area in clean dressings and seek medical help. If it is unlikely that



- A shovel and small broom
- Flashlight with extra batteries
- Battery powered radio
- Water and snack food
- Matches and small candles
- Extra hats, socks and mittens
- First aid kit with pocket knife
- Necessary medications
- Blankets or sleeping bag
- Tow chain or rope
- Road salt, sand, or cat litter for traction
- Emergency flares and reflectors
- Whistle to attract attention
- Cell phone adapter to plug into lighter

the affected area can be kept thawed, treatment should not be carried out as a second round of freezing can cause more extensive and severe damage.