



BELLS AND WHISTLES

ALGONQUIN LAKE IN THE HILLS FIRE RESCUE NEWSLETTER

February 2009

Happy Valentine's Day!



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Condolences

Our prayers and thoughts go out to Lenny Murray and family for the loss of his father on January 24th and to Steve Witkus whose aunt passed away.

Anniversaries

Mike Kern (FT)	15 years
Michele Bauer (PT)	10 years
Warren Olsen	8 years
Kim Matz (PT)	7 years
Matt Berg (FT)	5 years
Mike Gruenes (FT)	3 years
Tammy Pullin (FT)	3 years
Shane Cummins (FT)	2 years
Greg Jones (FT)	2 years
Frank Pelanek (FT)	2 years
Scott Olsen(FT)	6 months

Birthdays

February 7 th	Joe Teson
February 14 th	John Greene
February 18 th	Mary Christiansen
February 22 nd	Gail Kloepper
February 23 rd	Charles Cox
February 24 th	Pat Caskey

Bells and Whistles
 Algonquin Lake in the Hills Fire
 Department

Station 1
 1020 W. Algonquin Rd
 Lake in the Hills, IL 60156
 (847) 658-8233
 fax (847)854-2609

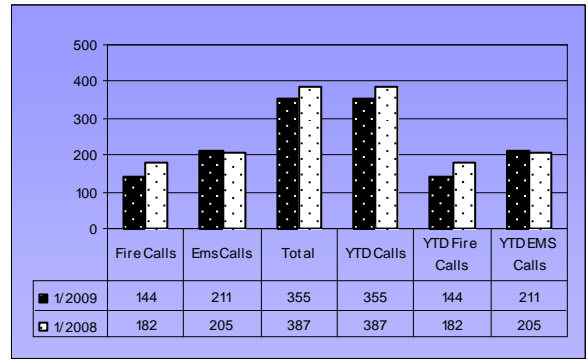
Station 2
 2440 Harnish Dr
 Algonquin, IL 60102
 (847) 658-8224

Station 3
 1691 Cumberland Pkwy
 Algonquin, IL 60102
 (847) 658-0930

Personnel Status-January

New Hire John Bradach-appointed Trustee
Status Change Warren Olsen- From Commissioner to Trustee
Work Comp Kim Matz

EMPLOYEE TOTAL 80
Officials 8
Full time 52
 Firefighter/paramedics - 34
 Firefighter/EMT - 9
 Firefighter - 3
 Salary - 4
 Civilian - 2
Part time 22
 Firefighter/Paramedic - 6
 Firefighter/EMT - 10
 Firefighter - 0
 Paramedic - 3
 Civilian - 3



Statistics

January 2009

Fire calls	144
Ems calls	211
0130	77
Station One	
0151	133
0181	15
0141	173
0146	1
0150	3
0154	2
Station Two	
0152	107
0142	125
Station Three	
0153	32
0143	88
Grand Total	355

Helpful Tips

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A sealed envelope - Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed.

(hmmmmm...)

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Use empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

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For icy door steps in freezing temperatures: get warm water and put Dawn dish washing liquid in it. Pour it all over the steps. They won't refreeze. (I wish I had known this for the last 40 years!)

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To remove old wax from a glass candle holder, put it in the freezer for a few hours, then take the candle holder out and turn it upside down. The wax will fall out.

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Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is!).

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Permanent marker on appliances/counter tops (like store receipt BLUE!) rubbing alcohol on paper towel.

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Whenever I purchase a box of S.O.S pads, I immediately take a pair of scissors and cut each pad into halves. After years of having to throw away rusted, unused and smelly pads, I finally decided that this would be much more economical. Now a box of S.O.S pads last me indefinitely! In fact, I have noticed that the scissors get 'sharpened' this way!

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Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood. Works every time! (Now, where to put the body?) LOL

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Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.

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Spray a bit of perfume on the light bulb in any room to create a lovely light scent in each room when the light is turned on.

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Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks to come. You can also do this with towels and linen.

John's Note: I also use a half sheet in my shoes to keep the odor out.

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Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.

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To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will

absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

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To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove top.

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Spray your TUPPERWARE with nonstick cooking spray before pouring in tomato based sauces and there won't be any stains.

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Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks. Also, place a paper towel in a zip lock baggie with the mushrooms, onions, lettuce, etc. The towel will absorb the moisture.

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When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness. Or you can cook it in a microwave--3 min. each ear.

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Cure for headaches: Take a lime, cut it in half, and rub it on your forehead. The throbbing will go away.

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To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

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Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

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Use air-freshener to clean mirrors! It does a good job and better still, leaves a lovely smell to the shine.

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When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the Scotch tape over the splinter, and

then pull it off. Scotch tape removes most splinters painlessly and easily

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Now look what you can do with Alka Seltzer.....

Clean a toilet.

Drop in two Alka Seltzer tablets; wait twenty minutes; brush and flush.

The citric acid and effervescent action clean vitreous China .

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Clean a vase.

To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.

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Polish jewelry.

Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

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Clean a thermos bottle.

Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

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Unclog a drain.

Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar.

Wait a few minutes, and then run the hot water.

Reflections

A Hero for the Books

A Hero for the Books From Chicken Soup for the Soul: Happily Ever After

His grin and twinkling eyes were the first thing I noticed.

I was a regular at the public library and had seen librarians come and go like Heinz goes through tomatoes, but this guy was different. He talked to patrons like they were special and the most important people ever to grace the

earth. It didn't take many visits to feel like we were old friends, and trips to the library became social events.

Sharing New York humor made for some belly grabbing laughs; Mark's deadpan quips made tears roll down my face. I never tired of leaning against the front desk to hear his latest spin on some inane happening, which only he could make into a comedy routine. My book returns were notoriously overdue, but it was so much fun to visit with Mark that promptness became my habit.

Over time, though, Mark seemed tired. He would rub his eyes while in the middle of a story, and his quips weren't as frequent. Yet, he never lost his smile and always made a point of asking about my family. We still discussed books and motorcycles and religion, but I could tell something was wrong in his life. I couldn't just blurt out, "What's wrong?" based solely on a gut feeling. Or, could I?

It was during one of our chitchats that Mark let slip that he had taken his wife to the doctor. Not wanting to lose the opportunity, I pursued the subject. What did he mean by sick?

"ALS, Lou Gehrig's disease," he replied. His answer shoved me into the proverbial brick wall. As a nurse, I had seen the destruction wrought by the disease and knew there was no cure. For once in my life, I was speechless.

Heartbroken for his situation, I gently pressed him for more details. He was willing to talk, and talk he did. His words gushed like water from a crack in a dam, flowing until there was nothing left. He had kept his secret well hidden behind the jokes, the stories, the exchange of wit, but he couldn't mask the pain any longer. The lump in my throat prevented any reply. The tears in my eyes reflected his.

The debilitating disease was diagnosed shortly after their second child was born. Mark and his wife were sucked into the quicksand of illness in

the prime of their lives.

They were fast-forwarded through the marriage experiences, living out their vows "in sickness and in health." While other young mothers taught their babies to speak, their little boy translated his mother's increasingly slurred speech. She was now at the point where one blink of the eye meant "yes," two blinks, "no."

After working all day, Mark rushed home to oversee homework, prepare dinner and drive the children to their activities. He survived his first shopping trip with his preteen daughter, and, when their son was old enough to play ball, he purchased a van so his wife's wheelchair could be rolled into it. As long as she had breath in her body, she was determined to see every game. She loved being a mother.

When Mark exhausted his monologue, he poignantly added, "Did you know we both love the beach? One of our favorite things to do together was to sit on the sand at sunset. We'll never be able to do that again." Now, their dates were trips to the hospital during bouts of pneumonia or wild-goose chases to doctors, hoping for a new solution.

On subsequent visits, I learned how draining the responsibilities of caring for a spouse with ALS are. After carrying her into the bathroom and preparing her for bed, Mark then wakes up at least once every hour to turn his wife so she doesn't choke. The muscle activity in her body has diminished, and she has to be physically lifted, rolled over, suctioned and repositioned. He gently rubs her legs to ease the pain, and he whispers in her ear as he wedges pillows around her. A little smile peeks up at him in gratitude, and they drift off for a few minutes sleep, until the routine is repeated. He is up at dawn to send the children off to school, greet the aide and leave for work at the library.

It's been a gift to become a part of his life, to witness the incredible bond of a man's love for a woman. His commitment to her shines like a

beacon in a dark world where marriage is devalued. He is a testimony to what men and women are called to do in their lives -- to love unconditionally, selflessly and without end.

A lesson that's long overdue.