



# Bells and Whistles

Algonquin Lake in the Hills Fire Rescue Newsletter

August 2009

## Where did Summer Go?

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### Congratulations

Our congratulations go to Tom Stubbs on his marriage to Christie on June 20, 2009.

Congratulations to John-Paul Kilanski on attaining Trench Technician certification from the Office of the State Fire Marshal.



### OSFM

The office of the Illinois State Fire Marshal was appropriated \$498,500 for the FY '09 Small Equipment Grant Program. The purpose of this program is to provide grants directly to local units of government for the purchase of small equipment by a fire department, fire protection district or township fire department.

The applications were graded by committee members in a blind review and according to need. Requests for Personal Protective Equipment and Self Contained Breathing Apparatus equipment were given the highest priority.

The Algonquin-Lake in the Hills Fire Protection District was awarded \$24,600.00!

Great Job!

**Bells and Whistles**  
Algonquin Lake in the Hills Fire Protection District

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

### Work Comp

Kim Matz  
Dominick Vassos

### Returned to Active Duty

Scott Burkemper

### Not on Active Duty

Bill Hough

**EMPLOYEE TOTAL 81**

Officials 8

**Full time 52**

Firefighter/paramedics - 34  
Firefighter/EMT - 11  
Firefighter - 1  
Salary - 4  
Civilian - 2

**Part time 22**

Firefighter/Paramedic - 6  
Firefighter/EMT - 10  
Paramedic - 3  
Civilian - 3

## Statistics

### July 1-July 31, 2009

Fire calls 95

EMS calls 234

0130 74

#### Station One

0151 105

0141 153

0150 02

0181 32

#### Station Two

0152 119

0142 132

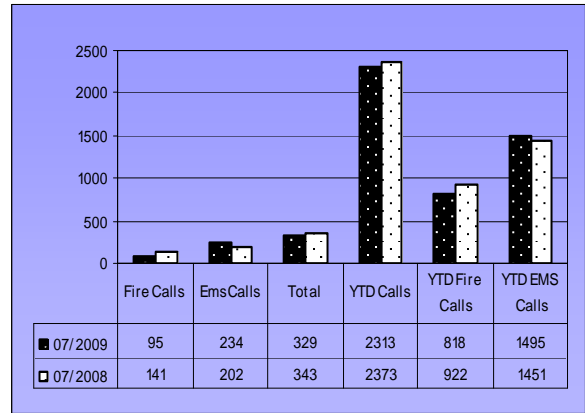
0162 2

#### Station Three

0153 53

0143 77

**Grand Total 329**



## Birthdays

August 1<sup>st</sup> John Knebl  
August 7<sup>th</sup> Jay Atherton  
August 12<sup>th</sup> Eric Kennedy  
August 15<sup>th</sup> Kym Griffiths  
August 16<sup>th</sup> Chris Mika  
August 19<sup>th</sup> Bill Neuner  
August 23<sup>rd</sup> Michele Bauer  
August 29<sup>th</sup> Dave Kimpel  
August 30<sup>th</sup> Eric Surmin

## Anniversaries

In August, the following people are celebrating an anniversary on the Algonquin/Lake in the Hills Fire Department.

Don Kublank 28 years  
Charles Teson 28 years  
Joe Teson 28 years  
Mary Christiansen 17 years  
Bill Todd 16 years FT and PT  
John Knebl 14 years-FT and PT  
Bill Pelinski 14 years-FT and PT  
Jon Escamilla 11 years FT and PT  
Mike Gruenes 10 years FT and PT  
Matt Berg 9 years FT and PT  
Steve Ciaccio 9 years FT and PT  
Bryan Dierck's 9 years FT  
John Paul Kilanski 8 years FT and PT  
Andrew Pieri 8 years  
Chris Bremner 3 years  
Eric Busby 1 year as LT  
Scott Olsen 1 year FT

# Reflections

## *'Get Your Mojo Back'*

By Rhonda Scharf *'On-the-Right-Track.com'*

I'm getting married! We bought a house! We're having a baby! I got accepted into university!

Remember those moments? Remember how excited, how full of energy, how positive you were? When was the last time you felt that energized? When was the last time you wanted to jump out of bed in the morning because you were so excited about what was on your schedule?

If you are like most people, those events occurred sometime in your 20s or early 30s. There are many years between those events and the words, "I'm retiring!" Most of the days in those intervening years just get us to the next day; those in-between years are fairly stagnant. We get caught up in the day-to-day chores of going to work, raising a family, watching TV and sleeping. We seem to put our lives on hold for 20 or 30 years, waiting for the next big event to come along.

The danger of this holding pattern is boredom. Boredom sinks in and everyone and everything looks better than what we have. Even so, we don't bother to shake things up in order to get more. We achieve all of our goals and we get into a rut. We've done it - now what?

We need to regenerate the positive energy we feel when there's a big event coming up, and let that excitement spill over into all areas of our lives. We need to get motivated, in our professional and personal lives.

### **Creating that 'big event'**

**Take up a new hobby or sport.** Plan to get good at it. Don't decide that this is the year you are going to learn to play golf, plan on this being the year you break 100 in golf (or 90!). Set a goal that causes you to really work hard at it.

Start planning **next year's vacation now.** Don't wait until the last minute. Research every possible destination, every option, every upgrade. Take the

time to enjoy planning the trip. Get excited about it.

**Take a course or two** at your local college or university. Something you are interested in, something that will stretch your brain and get you excited. Perhaps you will never actually get your law degree, but who says you can't take a couple of courses in criminal law? Plan your graduation - in 2015!

If you are stuck in your job and feel you are in a holding pattern, **dust off your resume.** It doesn't mean you have to go out and get a new job, but maybe it will help you understand why you are stuck. When you look your career on paper, it is often very obvious. Ask yourself, "If you could do anything in the world, what would it be?" Then, find a way to do it, even if it is in your spare time. Stop digging your rut deeper. Find the time to motivate yourself, and stop justifying your boredom.

Maybe it's your relationship that's in a holding pattern. **Plan a second honeymoon.** Do something for the two of you that you used to do when you were dating. Do something you haven't done in a long time. Take the time to plan it. Get excited, motivated, energized about your relationship. Lots of marriages fall apart due boredom. Don't be a statistic.

Getting married, buying a new home, having a baby, going to university all take a long time. But it's time well spent. The journey is what keeps us motivated, energized and positive.