



Whalen

Fire, Smoke, Soot, Water & Mold Remediation Services
Board-up * Cleaning * Deodorizing * Reconstruction

Summer Newsletter 2017



Campfires, bonfires and fire pits!

As the weather warms up backyards and camp sites come alive! Priceless memories can be built around campfires and who doesn't have some favorite variation of s'more!

Whether you're planning to add a fire pit, or even if you already have one, it's especially important to make sure you're safely using it.

[Follow these safety tips and enjoy the great outdoors!](#)



Racing with the Community

One of the best ways to get outside, enjoy the scenery and be part of the local community is by participating in a race! It gives you something to train and set goals for, brings people together forming fun themes and teams, and you get to really enjoy the beauty of the places that the courses run through.


We had a blast last fall at the the Dennis Police 5K

Halloween Hustle! The stunning piece pictured here recently arrived reminding us of all the fun and inspiring us to see what's coming up next!



Interested in participating? [Find some great race options here!](#) Pick a cause, distance or location. If you don't want to walk or run the courses, sponsor or donate and go cheer on the runners!

Dates to Remember

<h2>June</h2>	<h2>July</h2>	<h2>August</h2>
Is the month of:	Is the month of:	Is the month of:
<ul style="list-style-type: none"> • National Safety Month • Men's Health Month 	<ul style="list-style-type: none"> • UV Safety Month • National Parks • National Picnic Month 	<ul style="list-style-type: none"> • National Immunization Awareness Month
6/5 – Monday World Environment Day	7/4 – Tuesday Independence Day	8/6 – Sunday National Sister Day
6/8 – Thursday World Oceans Day	7/16 – Sunday Nat'l. Ice Cream Day	8/12 – Saturday Int'l. Youth Day
6/14 – Wednesday Flag Day	7/23 – Sunday Parents' Day	8/13 – Sunday Int'l. Left-Handers Day
6/18 – Sunday Father's Day	7/30 – Sunday Int'l. Friendship Day	8/19 – Saturday Nat'l Aviation Day
6/21– Wednesday Summer Solstice & Int'l. Yoga Day		8/26 – Saturday Women's Equality Day & National Dog Day

New Summer To-Do List

June

1. Test all of your smoke detectors and carbon monoxide detectors.
2. Seal your deck. You will need 3 consecutive warm and sunny days. Give the deck a full day to get nice and dry. On the second day, scrub and clean it early. On the third day, at

- least 24hours after cleaning apply the sealer.
3. Hire a certified chimney sweep. Cleaning and inspecting the chimney now instead of in the cooler fall months allows for ample time to complete any necessary repairs. It will also be easier to schedule the service since many people wait until just before the heating season.
 4. Clean your home's exterior with a mild detergent and a water hose. Pressure washers are great tools, but when it comes to siding they are so powerful that they can actually force water underneath, encouraging the growth of mold and mildew.
 5. Clean your dryer vent system. This is a key task for fire safety. Lint is extremely flammable. Open up the back of the dryer and clean in there too. If you're looking for a professional to do it, ask your local duct cleaners.
 6. Make sure that your motion detector lighting systems and automatic timers are all set and working properly. Those automatic timers are particularly important if you plan to be away on vacation.

[June Printable Version Here](#)

July

1. Test all of your smoke detectors and carbon monoxide detectors.
2. Check for peeling or cracked paint on your exterior walls. South and west facing walls deteriorate the fastest.
3. Repair any cracks or missing mortar in your brick or masonry siding. You can use fresh mortar or concrete caulk.
4. Check your roof, inside and out, for cracks, loose or missing shingles, or signs of leaks. Pay close attention to valleys around chimneys, and around vent stacks.
5. Trim shrubs and branches so that they are not coming in contact with your siding.
6. Repair your driveway where necessary. Cracks in concrete can be sealed with an epoxy patching material, asphalt can be repaired with an asphalt material, and driveways should be sealed every other year.
7. Clean your refrigerator inside and out removing all food, shelves, trays, and old ice from the ice maker. Replace the baking soda.

[July Printable Version Here](#)

August

1. Test all of your smoke detectors and carbon monoxide detectors.
2. Inspect your foundation for signs of termites. Look for tunnels and dirt bridges. If you suspect them call an exterminator right away.
3. Use a vacuum with a narrow nozzle to clean the condenser coils on the back or underneath your refrigerator.
4. Make any necessary faucet repairs. Check for any worn washers and signs of leaking both on top of and underneath the faucet.
5. Clean your range hood and either clean or replace the filter.
6. Replace your air conditioner filter.
7. Hoping to do any interior remodeling projects this fall? Start the planning and estimate collection now so that they can be done early in the season.

[August Printable Version Here](#)

Poppy Seed Fruit Salad

by *The Girl Who Ate Everything*

Serves 8

Ingredients

- 8 cups mixed cubed fresh fruit (any kind: pineapple, apples, berries, oranges, or grapes)
- 3 tablespoons fresh orange juice
- 3 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1 teaspoon poppy seeds

- ½ teaspoon grated fresh ginger or ¼ teaspoon ground ginger
- (optional) 1-2 tablespoons sugar (see Note)

Instructions

1. Put fruit in a large bowl.
2. In a Mason jar or a small bowl, combine the orange juice, honey, lemon juice, sugar (if needed), poppy seeds, and ginger. Shake (or whisk) well.
3. Pour half of the dressing over the fruit and toss. Drizzle the remaining dressing over and serve immediately.

Notes: Depending on the time of year and what fruit is in season, you may or may not need to add sugar to sweeten your fruit. You definitely don't need it if your fruit is very ripe. Source: Add a Pinch Cookbook; with permission from the author and publisher to post this recipe.



[What's your favorite summer recipe? Share it with us!](#)



Don't Take Our Word For It

Diane & Howard Becker of Brewster, MA wrote a testimonial e-mail for Whalen Restoration Services Inc.- May 30 "Dear Bill, Howard and I wish to send a sincere thank you to you and your crew who worked exceptionally well to restore our basement after water damage. Each and every one involved did an incredible job. All work was done in a timely fashion. We recommend Whalen to anyone who would need your services. A million thanks to everyone. Most sincerely."

R.R. of Wellfleet, MA wrote a review for Whalen Restoration Services Inc. on Yelp - January 30 "Bill Whalen and his crew ticked all the boxes you could possibly hope for in a restoration/reconstruction project. From the evening we had the disaster their cleanup and restoration efforts have been thorough, considerate, and punctual. The workmanship is first quality and all our dealings with them have been professional and thoughtful, with everyone on Whalen's team who worked in our home reliable in every way."

[See more testimonials here!](#)

Contact

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WEBSITE

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Connect with us!



"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you."
~ Langston Hughes

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."
~ F. Scott Fitzgerald, *The Great Gatsby*

"One benefit of summer was that each day we had more light to read by."
~ Jeanette Walls, *The Glass Castle*

"The first week of August hangs at the very top of summer, the top of the live-long"



year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color."
~ Natalie Babbitt, *Tuck Everlasting*