

Whalen

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

Fall Newsletter **2019**



Summer sun may be fun, but fall's a ball!

After the record-breaking heat of this summer who else is ready for fall? I'm thinking of those perfect September days, football Sunday, fire prevention week, breast cancer awareness month, Halloween, Thanksgiving and everything else that goes with it! Looking back on the summer though we sure have learned a lot. It has reminded us that we can never underestimate nature or rule out the possibility of any disaster type. It showed us how far we've come in disaster restoration, and thankfully has folks thinking more seriously about being prepared. With each disaster there are lessons learned, communities unified and growth. We're glad to be part of the Cape Cod community and ready to give thanks with everyone in the upcoming season.

Hurricanes, Nor'easters and... tornadoes?

When you think of Cape Cod, Massachusetts what sort of weather dangers come to mind? Hurricanes and Nor'easters are common answers, but "tornado" isn't common at all. Seeing the aftermath of the high grade EF1 that impacted Yarmouth, Dennis, Harwich, Chatham and surrounding areas, that may change.

[Read on for more about cleaning up after Cape Cod's recent tornadoes.](#)

That July storm is a reminder that weather can turn

extremely severe with little notice. Now more than ever it's of dire importance that you have an emergency plan in place and an updated [emergency kit](#) for your home and your business.



Emergency Preparation... not just a kit



September being National Preparedness Month makes it the perfect month for this new blog. Hurricanes are a risk that all southern and eastern coastal communities are in danger of. The storms can form and can strengthen rapidly leaving little time for proper preparation. From insurance to property protection and evacuation, this list details things you can do within a week to help get your family and your home ready for the impact.

[A Week of Hurricane Preparation](#)

Dates to Remember

September Is the month of...	October Is the month of...	November Is the month of...
<ul style="list-style-type: none"> • Nat'l Preparedness • Childhood Cancer Awareness • Nat'l School Success 	<ul style="list-style-type: none"> • Breast Cancer Awareness • Domestic Violence Awareness 	<ul style="list-style-type: none"> • National Diabetes • Lung Cancer Awareness • National Native American Heritage
9/2 – Monday Labor Day	10/14 – Monday Columbus Day	11/3 – Sunday Daylight Savings Ends
9/11 – Wednesday Patriot Day	10/24 – Thursday United Nations Day	11/5 – Tuesday Election Day
9/17 – Tuesday Constitution Day	10/31 – Thursday Halloween	11/11 – Monday Veterans Day
9/21 – Saturday Int'l Day of Peace		11/28 – Thursday Thanksgiving
9/23 – Monday First day of Autumn		11/29 – Friday Black Friday
9/29 – Sunday Nat'l. Coffee Day		11/30 – Saturday Small Business Saturday

Fall To-Do List

September

1. Test all of your smoke detectors and carbon monoxide detectors.
2. Have your heating system serviced and stock up on filters for heating season so that you have enough to change them every 4-6 weeks.
3. Visually inspect your exterior foundation, roof and siding for cracks, gaps and missing/loose shingles. Calk and seal as necessary.
4. Be on the lookout for season-end close-out sales on lawn and garden equipment.
5. Do any interior painting, carpet cleaning or carpet replacement while it is still warm enough to have the windows open.
6. Remove all paints, caulks and liquid materials from your garage or shed.
7. Check that the soil around your foundation slopes 4-6 inches for a distance of 3 feet from the foundation walls. If it doesn't, regrade the lawn.
8. Check your sump pump. Remove any debris and dirt from your sump pit, make sure the discharge line is free of obstructions and test the pump by pouring water into it. If it doesn't pump out call a plumber for service.

[September Printable Version Here](#)

October

1. Test all of your smoke detectors and carbon monoxide detectors.
2. If you haven't already done it from our June list have your chimneys and wood stoves swept and inspected by a professional.
3. Add extra insulation to any exposed pipes in unfinished rooms that may drop below 65°F.
4. Vacuum and clean dust from vents, baseboard heaters and cold-air returns.
5. Clean your windows and if they aren't double pane replace the screens with storm windows.
6. Once the leaves have fallen clear your gutters and downspouts. Consider replacing old gutters with new ones that include built-in leaf guards.
7. Clear your lawn of all debris from trees and shrubs. If the health of a tree looks questionable contact a tree professional and consider having it removed.
8. Check your windows and doors for air leaks and apply weather stripping and caulk where needed. Incense is a great tool for identifying the source of drafts. Don't forget the basement!

November

1. Daylight savings ends this month. Replace the batteries in your smoke and carbon monoxide detectors when you change your clocks.
2. Shut off outdoor water spouts. Remove and empty hoses for storage.
3. Make sure everyone in the household knows where the main water shut-off is and how to use it.
4. Drain or stabilize the fuel from your gas powered lawn equipment that you won't be using for the winter season, and test your winter equipment.
5. Inspect your automatic garage door opener and lubricate it according to the manufacturer's directions.
6. Reprogram your thermostats for the winter season and reverse the direction of your ceiling fans.
7. Clean your refrigerator inside and out removing all food, shelves, trays and old ice from the ice maker. Replace the baking soda.
8. Restock and update your severe weather emergency kit. Check expiration dates on first aid supplies. Need to make a new kit? [Start with this easy printable list.](#)
9. Back-up your computer files either on the cloud or on an external hard drive that you keep in a weather tight place. [Here's a helpful list of important documents.](#)

[November Printable Version Here](#)

Ham & Cheddar Cheese Ball

by *The Girl Who Ate Everything*

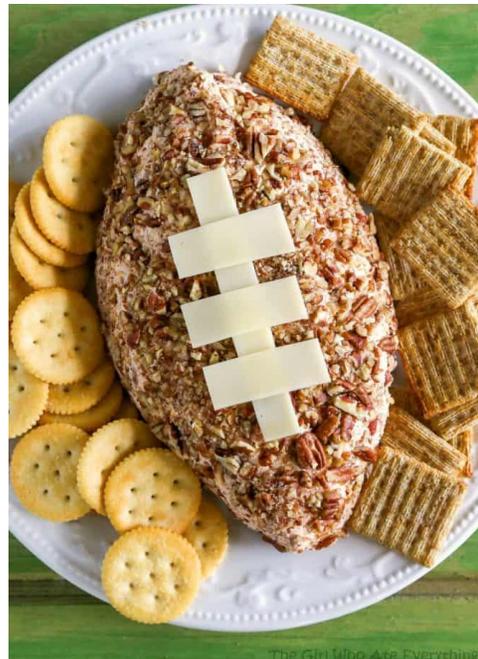
Serves 32

Ingredients

- 1/2 pound thinly sliced deli ham
- 1/2 medium onion, cut into wedges
- 2 cups (8 ounces) finely shredded cheddar cheese
- 2 packages (8 ounces each) cream cheese, softened
- 1 cup chopped pecans
- 1 slice Swiss cheese
- Assorted crackers

Instructions

1. Place ham and onion in a food processor; pulse until finely chopped. Add cheddar cheese; pulse until blended. Add cream cheese; process until smooth.
2. Place mixture in plastic wrap and shape into a football; refrigerate at least 1 hour.
3. Place pecans on a plate. Unwrap football and roll in nuts until covered. You can shape it more here too. Refrigerate until ready to serve.
4. Cut cheese into strips; arrange over the top for laces. Serve with crackers.



Recipe Notes

Source: Taste of Home

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

Don't Take Our Word For It

On 5/8/19 Patti of Provincetown, MA [wrote us](#) "Everyone did an excellent job! Thanks so much"

On 5/24/19 Mr. & Mrs. Collins of North Eastham, MA [wrote us](#) "Hi



Glenn, I want to thank you and your terrific team for all the excellent services provided to restore our home's lower level after the flood disaster on April 3. From the very beginning your team was on site within a couple of hours and worked efficiently and professionally to clean up and restore our home in time for our rental season. Everyone, from Greg to Steve, Ron and Jamie were awesome, and so attentive to details, plus being genuinely nice people to work with...you included! The quality of the work is outstanding and all was completed on time. Please extend our thanks to them all and to Bill Whalen as well. We will recommend Whalen to our Homeowners Association members

and post our recommendation on line for others to see. During a very stressful time, it was a pleasure to work with you and your team. Thank you, thank you!!"

[See more testimonials here!](#)

Contact

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[WEBSITE](#)

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Connect with us!



*"Every leaf speaks bliss to me, fluttering from the autumn tree."
~ Emily Bronte*

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."

~ Sarah Addison Allen, First Frost

"In the entire circle of the year there are no days so delightful as those of a fine

October, when the trees are bare to the mild heavens, and the red leaves bestrew the road, and you can feel the breath of winter, morning and evening -- no days so calm, so tenderly solemn, and with such a reverent meekness in the air."

~ Alexander Smith

"The season for enjoying the fullness of life -- partaking of the harvest, sharing the harvest with others, and reinvesting and saving portions of the harvest for yet another season of growth."

~ Denis Waitley