



# Smoke Signals

SMOKE SIGNALS is published monthly for Volunteers, Staff and Friends of IVFD.  
681 Caves Hwy, Cave Junction, OR 97523  
541-592-2225



July  
2017

## Chief's Message

By Dennis Hoke: Fire Chief, Paramedic, EFO [dennishoke@ivfire.com](mailto:dennishoke@ivfire.com)



Chief's Message  
Pg. 1-2

Training and Safety  
Pg. 3

Logistics  
Pg. 4

Ops and Prevention  
Pg. 4-5

CERT  
Pg. 5-6

Firehouse Cook  
Pg. 6

In District  
Pg. 7

Through the Lense  
Pg. 8-11

Administration  
Pg. 12



### *Random Thoughts*

**T**his month I am going to stay away from the usual leadership or strategy topics and just talk about some random thought that have been on my mind. As most of you know I have been off work for the last four weeks as I had surgery for a total knee replacement. Yes, surgery not a procedure! (Inside joke for those in the know). I hope to be back to light duty by early July.

Sitting at home doing rehab exercises and trying to get better has really been a challenge for me. I am not a sedentary person and my hyperactive personality has been challenged. But I think I am on the mend. My advice... take care of your joints and don't have the surgery unless absolutely

necessary and it hurts!

I have been listening and watching all of you go on calls. Yes, it drives me crazy especially when we have multiple calls and I could help. Thank you for doing what you do. I really want to especially thank the career staff. For the last month they picked up the ball covering duty, going to meetings and handling projects that I am involved in. I really appreciate what you have done. Thank you. Thank you Capt. Latva for stepping up as a new duty officer covering my shifts!

I was thinking about this as I was preparing to speak at the recent regional fire academy graduation. We have great people, great policies and training. It doesn't matter who is or is not on scene. If we play like we train and follow established procedures, the end result is a safe operation that

shows our commitment to our customers. At the end of the day, this is what it's all about, the people we serve.

David White has decided to go on a different path and has left the Fire District. He wants to build on his house and garage and potentially sell it and travel. David has been a tremendous asset to the District and we will miss him. He is still in the area and we can reach him if needed. David helped up find a replacement, Erik Anderson who had previously been with the District. He will be working most afternoons on our IT needs and helping us upgrade to an Exchange network. Erik, welcome back to the IVFD family.

As most of you know, there has been a little discord between the IVFD District Board and me. This dealt with an ex-employee. I believe the drama is over and this was a little bump in the road. What would life be without drama? There were mistakes and missteps on both the Boards and my part. I think we all lost focus on our number one responsibly, which is to the taxpayer, the people we are sworn to serve. For that I am sorry. However this had no effect on the day to day operations. The Board and I are committed to providing the best possible service to the District and the community.

Carol Dickson has decided to leave the Board and prepare for an eventual move from IV to Grants Pass. I will miss her candid view, questioning if we are doing the right thing and keeping the Board and the Fire Chief in check. I wish her and Mark the best of luck and I am sure we will also have a strong advocate for IVFD and public safety in the Illinois Valley.

Congratulation to Joe Feldhouse as our newest Fire District Board member. As some of you know Joe is a retired IVFD firefighter. Joe also has extensive wild-land firefighting experience. I look forward to working with Joe and utilizing his experience to better help out District.

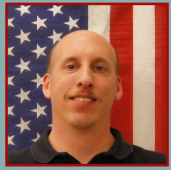
A special congratulations to Kyle Lane as he graduated from the Fire Academy on June 21<sup>st</sup>. Not only was I the guest speaker and the event, I got to watch his father pin on his badge. This is really cool when a parent is part of the ceremony. Congratulations to Probie Kyle Lane!

Well that's enough random thoughts for the moment. Until next time...let's be safe out there!

Chief Hoke

## YOU CAN NEVER BE TOO PREPARED....





# Training and Safety

By Jeff Gavlik: Deputy Chief

**A**ttitude is everything! Everything that we do and say can and will be interpreted by the perception of others based on the attitude expressed at the moment you said or did something. Much like communicating through email or text messages, the reader's perception of the words used will bring emphasis to their mind (based on how they feel about you) as to how the information will be received. If we are having a bad day and our attitude turns sour, we tend to be short with others and not so approachable; or when we are joyful and things are going well, we are usually more willing to give of our time towards others.

We all have a choice and control over our attitudes. Yes, there are days when you may feel wronged, abused, underappreciated, frustrated or whatever, but how you deal with those feelings can make or break you when it comes to work and with friends. Does this mean you should become a "void of emotion" robot who says nothing and bottles up all feelings of ill repute? I think most of us would say of course not. So how do you work through this volcano of issues waiting to erupt? The first and best answer is to talk about the issue with an open mind and a willingness to understand someone else's point of view, concern or reasoning. However, knowing human nature, that isn't always going to change things. Sometimes changing your physical circumstances isn't possible or not possible soon enough to make yourself happier. Change your perception, belief or opinion of the situation - and that will help you change your attitude.

The Greek philosopher Epictetus said: "People are disturbed, not by things (that happen to them), but by the principles and opinions which they form concerning (those) things. When we

are hindered, or disturbed, or grieved, let us never attribute it to others, but to ourselves; that is, to our own principles and opinions."

Have no clue how to change your perception and improve your attitude? Here are a few easy ways to start:

## 1. Figure Out What Exactly Needs To Be Changed

Before you can change anything, you first need to figure out what the problem is. Did you snap at your friend because you're unhappy at work? Are you feeling in a dark mood because you feel lonely? Are you frazzled at work because you feel unfulfilled? Find the real culprit of your bad attitude.

## 2. Find Role Models

It's easier when you're not self-improving alone, so for inspiration and encouragement find role models you want to emulate. And these don't have to be in real life — follow go-getter entrepreneurs on Twitter, follow happiness-seekers on Instagram, or read the encouraging posts of a self-development blogger. Surround yourself with positive role models and their vibes will start rubbing off on (and teaching!) you.

## 3. Change The Way You Look At The Situation

If you have a nagging issue that won't go away, instead of caving into your bad attitude, try to find a different way to think of the situation. After all, reality is what we construct, so the way we respond to an experience is the way we end up feeling.

## 4. Take Stock Of What's Amazing In Your Life

When we're stuck in a bad attitude, it can be hard to see the way out. If work sucks, then everything else does. Your boss makes you feel like you don't bring value, your cash flow makes you think you don't have enough to enjoy a Saturday night, and your mindless tasks make you feel like you're wasting your life. Yes, these are all terrible things. But they're not the only things in your life, are they?

## 5. Start Using More Positive Speech

If you want to change your bad attitude, change your negative speech. Instead of thinking that you can't finish something in time, change it to "I can finish this portion of the project on time." Or if you're feeling particularly lonely and unwanted, change "No one wants to hang out with me," to "I have so much time to work on passion projects." And it's true — these are just different ways of looking at the situation and will have your brain going in a more positive direction.

## 6. Steer Clear Of The Victim Mentality

Don't turn yourself into a victim: If you constantly think that things are happening to you, you're taking responsibility out of your hands and folding. This only stunts your ability to change something negative into positive. Remember, nothing is ever out of your hands; you are responsible for your own thoughts and how you handle a situation.





# Logistics

By Kris Sherman;  
Division Chief Logistics

From the Maintenance Department

Hot weather is upon us and will be taking a toll on us and our apparatus. Remember to keep yourself hydrated and to check the temperature and oil pressure gauges of the apparatus while responding to the scene, while on scene, and while returning from the scene. If you notice over heating or low oil pressure please report it to Tom or I. We don't need any unnecessary break downs.

Also, remember to turn off the a/c if you are going to open a window for fresh air. The units are working overtime with open windows and are prone to breaking down in extreme heat.

Wildland season is here you should know what your apparatus capabilities are and aren't while on-scene. If you have any questions stop by my office I will be glad to assist.

Have a great summer and keep it safe out there.



# Operations & Prevention

By Kamron Ismaili; Division Chief Operations and Prevention

## *Air Conditioning*

### **Leaving the AC On with Windows Open to Increase Air Flow**

Listen, air conditioning systems are meant to keep the building cool from within.

As the air conditioner gives off cool air, it moves towards the warm areas. Eventually the entire area becomes cool.

However, this process takes some time. There are many individuals who believe that they can cool an area by using alternative techniques.

They turn on the air conditioner and open the windows to cool the room faster. One may come across this application of air conditioners quite often. There are many people who believe that this method is efficient. The

theory behind leaving the windows open is that the air conditioner will cool the room and the windows will let in fresh air. But this cannot be further away from the truth.

It is highly recommended that you close all windows and doors when the air conditioner is turned on. This will keep the cool air inside the room and keep the temperature moderate. In addition to cooling efficiency, leaving the windows open will also put stress on the air conditioner. This is because the open windows let warm air inside. This extra stress may cause the air conditioner to become faulty prematurely.

### **Make Sure Your Building Isn't Leaking**

When it is said that the building should be **leak-proof**, it means that warm air from the outside shouldn't come in. (Make sure that the doors and windows are closed)

Air conditioners have an automatic system. When you set the cooling level to a specific temperature, the air conditioner starts giving off cool air.

The temperature monitor or thermostat in the AC constantly keeps a check on the room temperature. As soon as the room temperature is up to the level you pre-entered, the AC will turn itself off. As soon as the temperature drops, it will turn on again. This is a feature designed to optimize the AC's performance while providing the cooling you desire.

When the temperature in the room reaches the preset level, the AC turns off to make sure that the room is not getting too cold. This keeps the users comfortable. Otherwise, the AC would make the room uncomfortably cold. All air conditioners, regardless of the type, have this feature. You can enter a temperature level and the unit will

maintain it.

Another reason the AC is designed in a way that it turns off automatically is to conserve power. If an air conditioning unit does not turn off, it will work constantly and spike up your electricity bill.

#### If the air conditioner works excessively:

- It is more likely to malfunction
- The air conditioner will struggle to maintain a specific temperature when the room is letting in warm air
- It will work extra hard to maintain the temperature and

in the process get damaged. It consumes extra energy as it has to work harder.

#### Air Conditioner Cooling Rating

All air conditioners are rated to cool a specific space. This rating is directly related to the cooling capacity of the AC. If you install the AC in a larger room, it will work harder and use more electricity. In addition, the cooling will also be ineffective. The same concept applies when the windows are left open. **In order to make sure that you make the most of your investment, you have to minimize the stress placed on it.** You also have to make sure that heat does not enter the room.

At the same time, you have to make sure that the cool air does not leak.

#### Keep the Curtains or Blinds Drawn

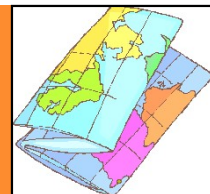
This is one thing you should do on a regular basis. The times of the day when it gets particularly hot, you should draw the curtains or drop the blinds. This will keep the sunlight away from your room. When sunlight does not hit the room, it will remain cool.

**In conclusion**, stay cool through the summer with a working air conditioner. There may not be another \$5,000 to replace it **EVER**.



By Sue Williams

# CERT



## Prepared Neighborhoods

One of the goals of our CERT organization is to help prepare our citizens and their neighborhoods to stand alone to survive a major disaster. One of those neighborhoods in our valley is well on the way to just such a self-sufficient status.

Lead by three residents, all CERT trained, this neighborhood of about 150 people is getting themselves prepared to survive a disaster through preparation, training, and the ability to respond when needed by others in their neighborhood.

How have they done this? They have identified what they will need to survive and meet fairly regularly to train.

Having been challenged by an all-too-real threat of being wiped out by a wildfire a few years ago, the urgency of being prepared became real. They recognized that in another wildfire or a major earthquake, their area will most likely be cut off from major evacuation routes as well as sources of supplies and help, that they will be one of several "islands" in our valley. And they are not alone. All one needs to do is look at a map of our valley to realize the potential for isolation: the number of bridges we have,

the amount of forest interface our residential areas have, the exposure of overhead utilities, and our aging roadways.

In light of these realities, residents need to take to heart the FEMA guidelines for self-sufficiency taught in the CERT training: storing the food, water and medications recommended to survive an initial 72-hour period following an emergency. FEMA also recommends that whenever possible, preparing for a longer time of self-sufficiency is even better, recommending a 90-day supply of food, water and medications for family and pets

CERT teaches that when you have ensured that your own family is safe after a disaster, checking on your neighbors is the next step. Having a method to communicate with your neighbors can be as simple as having an inexpensive 2-way radio that can be used to check on others. In use in our valley by several groups is the Multi-Use Radio Service, a.k.a. MURS, a capability that only requires loading their frequencies into the radio and establishing a protocol for communicating to each other. No formal training and no licensing is required. These MURS users regularly practice with their radios in order to make this kind of communication second nature, so when they need to use their radios in an actual emergency, their use will be easy.

Every neighborhood has its own characteristics. For example, some areas have neighbors with access to heavy equipment (e.g., tractors, graders, logging equipment). In a dis-

aster, knowing who might be able and willing to bring this kind of equipment to the scene of a collapsed bridge or home would be incredibly helpful in saving lives but also in getting the area back on its feet. In our valley, chain saws are fairly common. Knowing who might have one and be willing to help clear downed trees in an emergency is another step in the right direction. Our “snowmageddon” event this past winter had many neighbors helping neighbors clear downed trees from roadways and property as a result of this storm.

Ideally, each neighborhood identified as a potential “island” after a major disaster would have a larger store of supplies. FEMA recommends storage containers, like a Connex trailer, to house larger items for emergency use like blankets and tents, basic first aid items, as well as additional non-perishable food and water storage.

Obviously, the first step in getting prepared is meeting with others in your immediate neighborhood and identifying what might happen in a disaster which would make your neighborhood an island. Beginning the process of food and water storage is an easy first step: just begin buying a few extra cans of non-perishable food each time you grocery shop. Better yet is attending the free CERT Basic Class where additional survival techniques are taught including basic first aid, simple search and rescue techniques, and much more.

If everyone reading this article begins to prepare for a potential emergency and encourages their neighbors to do so as well, our valley will be able to survive and recover quickly. Remember, preparedness means survival.

## The Firehouse Cook



By Pramada Kisiela:

### Potato Salad Polish Style (Sort of)

Potatoes are very common use in Polish cooking, and my potato salad recipe reflects some of the Polish recipes. Summer is a good time to eat salads and few people do not like filling but cool potato salad. I use sour cream and some yogurt instead of mayonnaise, sour cream is often used in Polish cooking. Two tablespoons of mayonnaise is about 190 calories, sour cream 60, and yogurt about 19. So for those not wanting to gain weight, the choice is clear!

Some hints to making really good potato salad:

Use yellow, white or red skinned potatoes, not russet/baking potatoes. Red you need to peel, sometimes white or yellow skinned are okay not to peel

Mince the parsley very fine and first pull or cut off the stems  
De-string the celery carefully and dice in small pieces, no big chunks

Use enough dressing so the result is not dry but not too gooey  
Wait until the potatoes are cooled down before assembling the salad

Mix in a large bowl:

3 quarts boiled and diced potatoes - cook until fork tender but not falling apart  
2 bunches of green onions chopped  
1 bunch of regular parsley minced

1 bunch celery de-stringed and chopped - about 3 cups - more is fine

1 cup frozen green peas cooked

Mix in a separate bowl (adjust amounts to liking)

3 cups sour cream

1 cup yogurt

2 t. salt

2 t. sugar

1/2 t. black pepper

1 heaping t. dill weed (or more!)

2 dill pickles chopped fine

When the dressing is well mixed, stir into the other ingredients, check to see if you need more sour cream or yogurt, and store in the fridge. Polish potato salad often has some small cubes of cooked beets in it as well. Try sprinkling with dill and paprika.





# In District

By Neil Kisiela:

## Details, Details, Details

Grabbing control over the mind - focusing on the task at hand - is the way to go. Today you are thinking about the problem you encountered yesterday, yesterday you were thinking about the future problems or solutions, and tomorrow your mind will not be present either.

Dwelling on the past (that is irreversibly gone) or future (that nobody knows) does not make anybody happy or productive. The silly saying "be here now" makes the most sense. In order to find a solution to a problem, first you have to see that there is a problem, and define and understand it. We have to keep our eye on the big picture - but the big picture is made out of a lot of "little details".

What does "careless" mean? It means lack of care - not caring how it looks, what it does to others, if people have to clean up after you, if things break or whatever. It takes just a few seconds of attention to detail to fix things - clean it up, make it pleasant, working right. In order to pay attention to details, you have to be focused on what you're doing right now and not yesterday or tomorrow. If FD members (volunteers) don't care about what happens at the IVFD stations, don't pay attention to important details (here are just a few I've noticed lately), then who WILL care? Being responsible means if you didn't have time or a chance to take care for that particular detail, let somebody know that you didn't take care of it and maybe they'll be able to. But at least it shows that you care. If you left socks or gloves lying around, let somebody know and they can pick it up for you. Be considerate. If you forgot to plug in a vehicle and you're home already, call someone at the station.

No Mommy at the IVFD to pick up after anyone!

## Examples:

At Station Three someone stepped in an oil pan and then tracked it all over.

After driving any FD rig, make sure you:

- Do not leave windshield wipers on
- Do not leave heater on
- Do not leave A/C blasting

- Do not LISTEN to regular radio at all while driving rig - (can't hear other sounds etc)
- Make sure dispatch radio is on repeater and not Tac 6 or Direct and volume is on
- Do not leave trash in rigs - empty bottles, candy wrappers, etc
- Before you leave the vehicle look around and make sure you take out your candy wrapper, water bottle, ripped glove  
*Maybe there should be a penalty for leaving these things? -if it pinches - then people learn - like \$5 penalty*
- Safety vests should be folded so when you pull it out it unfolds without Velcro sticking & tangling.

At Station Three recently lights were left on in the bathroom and the storage supply room off the kitchen. Also in the other storage/mechanic room boxes of stuff from the recent pancake breakfast was just tossed in without stacking up properly to the previous condition.

A lot of heavy trash was put into the trash container and there is no trash service at Station Three, so it means someone else needs to bring it to Station One. Whoever dumped it there could have easily taken it to Station One instead of leaving it to marinate.

Station One has a box with all the keys and often, the box is wide open instead of being closed. When it's wide open it sticks out, how hard is it to close it?

After all these negatives I finish with very positive statement. This kind of carelessness disease is reversible. That's the fortunate thing. Anyone who sometimes has been careless can just make the decision to be responsible, it's really that simple.

***"Waste no more time arguing about what a good man should be. Be one."  
Marcus Aurelius***

# Through the Lenses

Of: Dale Sandberg, Jason Bayless, and Ned Booth—IVFD Media Department







**SMOKE SIGNALS** is a monthly newsletter published by the Illinois Valley Fire District for volunteers, staff and friends.

To get a copy please stop by our administration office at 681 Caves Hwy.

ILLINOIS VALLEY FIRE DISTRICT SMOKE SIGNALS, JULY 2017



ILLINOIS VALLEY FIRE DISTRICT SMOKE SIGNALS, JULY 2017





# Administration

By Jamie Paul, Executive Administrator



## July Birthdays

Leah Hammersmith	02
Kamron Ismaili	10
Ned Booth	12
Robin Binkley	13
Meredith Rodrigues	16
Larry Smith	31

### Anniversary Dates

*Celebrating Years of Service..*

Ron Humphres	Since 2009
Joe Latva	Since 2013
Richard Bouchard	Since 2013
Carol Dickson	Since 2013
"Q" Lackey	Since 2014
Dan Marler	Since 2014
Tim Norman	Since 2016

### Joys and Concerns:

Thank You Carol Dickson for time spent on the Board of Directors! You will be greatly missed.

Congratulations to our newest Fire Commissioner Joe Feldhaus. Good Luck in your new position.



## National Hot Dog Day Facts & Quotes

- According to the National Hot Dog and Sausage Council, the proper etiquette required to eat a hotdog is finish the hot dog in five bites. In the case of a foot-long wiener, only seven bites are appropriate.
- Across the United States, consumers spent more than \$2.5 billion on hot dogs in 2014. Los Angeles residents consume more hotdogs than any other city. In 2014, Los Angeles consumed more than 39 million hotdogs.
- The Physicians Committee for Responsible Medicine has stated that hotdogs contain carcinogenic (cancer causing) compounds, are high in fat, cholesterol and salt. In fact, a recent study by the Harvard School of Public Health has found that a single daily serving of processed meat can increase the risk of colorectal cancer by 21%.
- Every year on July 4th, Nathan's Famous Hot Dogs hosts a hot dog eating contest in which contestants must consume as many hot dogs as possible in 10 minutes. The current male record holder ate 69 hot dogs while the female record holder inhaled 45 hot dogs in only 10 minutes.
- A hot dog at the ball game beats a roast beef at the Ritz. - Humfrey Bogart, Famous 1940s actor



**IT'S NOT WHAT WE DO...  
IT'S WHAT WE'RE WILLING TO DO**



**The Statue of Liberty is a great symbol of American Freedom. It was given to the US by France in 1886. It was delivered in 214 crates and assembled on what is known as Liberty Island, in New York Harbor.**

July Observances & Fun Facts	
July 2017 is Observed as	▶ National Parks Month ▶ National Picnic Month ▶ UV Safety Month
Jul Birthstone	Ruby and Onyx
Fruit & Veggies for the Month of July	▶ Papaya Mango ▶ Nectarine ▶ Garlic
July Flower	Larkspur & Water Lily
Jul Astrological Sign	Cancer (till 22nd) & Leo (23rd →)
Proclamations and Notable July Observances	▶ July 29: National Lasagna Day