



# Smoke Signals

SMOKE SIGNALS is published monthly for Volunteers, Staff and Friends of IVFD.  
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September  
2017

## Chief's Message

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



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The below article is from the Navy Fire and Emergency Services. Chief Hoke forgoes his article to bring some important life planning information.

### *Life After You*

Originally appeared in July 2010 issue of *What's Happening*

Russ (not his real name) was a fitness fanatic and a decent firefighter who was totally devoted to his new wife and their four year old boy. He had celebrated his 53rd birthday a few weeks before and had just returned from a family trip up north the night before. He was in bed horse playing with his wife and son early that Saturday morning and felt like having a cup of coffee or maybe a glass of milk. His heartburn was acting up; at least that was his complaint to his wife as he headed to the kitchen. Russ never made it to the coffee pot; the heart attack was so severe the doctors said he was probably gone before he fell. Russ had undergone his annual physical a few weeks before his birthday and nothing unusual surfaced. He worked out on a regular schedule being sure to cover every muscle group as well as his flexibility and aerobic capacity. He hadn't had a drink in years and, with the exception of a stray cigar every now and then, had quit tobacco long before that. He looked much younger than his years. And then he was gone.

You probably think this is another of my essays about wellness and fitness which it could easily be, but I want to talk to you about readiness instead.



As the song says, “no one’s getting out of here alive”. This is a cautionary tale based on a true story and each one of you needs to pay close attention. You see, Russ was unconditionally devoted to his family and he was a journeyman firefighter who performed his job well but was not as “ate up” as some. He sometimes let things slide and sometimes seemed like he had more important things on his mind. Some called him lackadaisical. Russ was also somewhat estranged from his parents after his most recent marriage. The folks did not endorse his choice and were not shy about letting him and his new bride know how they felt. They did, however, adore their new grandson. Russ had made his parents his beneficiary shortly after his last marriage ended and was always meaning to change that when he remarried. He would take care of it on his next Kelly Day. Unfortunately for Russ’s new wife, he waited for one too many Kelly Days and when he passed away the drama began.

His parents were the legal beneficiaries and had no intention of sharing any of the assets with the new bride. It was all very ugly and in the end she was equally unyielding and was ultimately left destitute. A very sad story given that everyone knew this was the opposite of what Russ would have wanted.

Do you need to update your beneficiaries? What is the plan for your loved ones when you are gone? Do you have a plan? Do they know what it is? We all know about the Public Safety Officers Benefits program, but do the people who depend on you know?

The best thing you can do to insure your final wishes are carried out and your loved ones are taken care of when you’re gone is to be ready - don’t get ready. The internet contains tons of estate planning information and I encourage you to do your own search. Here is a checklist of 25 things you can do to get your estate in order from Dallas attorneys Webb and Webb. Take a lesson from my friend Russ and make sure your final wishes are known and those you care about are taken care of when you go.

## ESTATE PLANNING

- 1. Make or update your will.** A will allows you to determine what happens to your money and possessions when you die, and who becomes the guardian of your minor children. Otherwise, state laws and courts make those decisions for you.
- 2. Make a living will.** This document can speak for you by outlining the medical procedures you want taken if you become too ill to state your wishes yourself.
- 3. Create durable power of attorney.** These documents allow you to appoint someone to make decisions on your behalf if you become incapacitated. There are two types: one to deal with your personal, legal and financial affairs, and another to deal with health-care decisions.
- 4. Create a letter of instruction.** This document provides a list of instructions for your survivors to follow. For example, it can spell out funeral wishes, people to contact, and where your will and other key papers can be found. It also can provide information about your financial accounts and activities.
- 5. Calculate your net worth, including life insurance proceeds.** If you have substantial net worth, consider talking to a tax or financial adviser to determine steps necessary to minimize or eliminate the impact of federal and state estate taxes.
- 6. Establish a trust if appropriate.** A trust is a legal entity that holds property designated by you for the benefit of you and your beneficiaries. For example, you might need to set up a trust if you name minor children as your life insurance beneficiaries (legally they are too young to receive proceeds directly).
- 7. Consider funeral preplanning.** Preplanning can relieve stress on your survivors and give you control over the ultimate cost of your funeral. If you are a U.S. military veteran, you may want military honors at your service; contact your local funeral home or military installation to check on eligibility and availability.
- 8. Make arrangements for the orderly transfer of business assets.** Business owners can predetermine what will happen to assets through legal agreements and life insurance on business partners.
- 9. Buy or update your life insurance.** Life insurance provides an immediate source of cash that can be exempt from federal and state income tax (but, in general, not estate taxes). It is important to review your ownership, beneficiary and coverage amount every two or three years to make sure your policies still reflect your needs and wishes.

**10. Consider buying health/medical insurance.**

There are three major types of coverage that help protect and stretch your assets. Long-Term Care enables you to cover the cost of long-term health care in your home or at a long-term care facility; Major Medical protects you against the ever rising cost of medical care; and Disability helps protect your income if you no longer can work.

**11. Review your pension plan's survivor benefits.**

This might be a plan offered through your employer or the military's Survivor Benefit Plan (SBP). SBP choices made at retirement can be changed if you divorce or marry. Also, the government periodically offers open enrollment periods that enable the plan owner to make changes.

**12. Review your IRA, 401(k) and other retirement plans for beneficiary arrangements and benefits.**

## ORGANIZING FINANCIAL RECORDS

Note: If you store any of the following information on your computer, make a list of all passwords; indicate where any diskettes are stored and where the information can be found.

**13. Create a list of financial accounts.** List account numbers and pertinent information about your investments, bank accounts, insurance policies (life, disability, homeowners, credit and life) and other financial matters.

**14. List the location of valuable documents.** Your list might include deeds, car titles, military records, birth and marriage certificates, divorce decrees and estate planning documents.

**15. List your personal data.** This can include your Social Security number, driver's license number, VA claim number, your date of birth and the names and phone numbers of family members.

**16. Make arrangements for access to your safe-deposit box.** In many states, safe-deposit boxes are closed upon death and are not opened until probate. Make sure copies of your will and other important documents are available outside of your safe-deposit box.

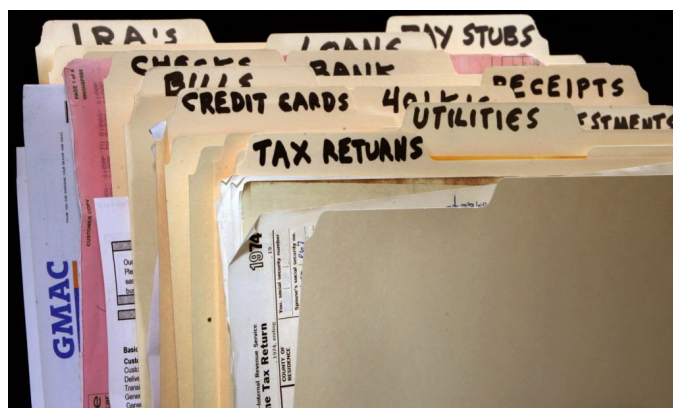
**17. List loan payments.** This listing should include information about credit cards, mortgages, consumer loans, and auto and personal loans.

**18. List other income sources and government benefits.** This includes pensions and Social Security. For information on military benefits, check with the Veteran's Administration or your nearest military installation's casualty assistance office.

**19. List the location of tax records.**

**20. Verify account ownership and beneficiary designations.** Check financial accounts and insurance policies to make sure these conform to your estate planning arrangements.

**21. List all organizations in which you have membership.** They may provide special death benefits and should be noted for your survivors.



## PERSONAL PLANNING

**22. Provide a trusted family member or friend with the location of confidential or valuable items you may have put away for safekeeping.**

**23. Provide a family member or friend with the location of spare keys and security codes.**

**24. Provide easy access to your will and your durable powers of attorney.** Keep signed, original copies in your attorney's office as well as a copy in a fire-proof file at home. Also, give a signed copy to your executor.

**25. Provide the name of your veterinarian and care instructions for pets, if appropriate.**



# Training and Safety

By Jeff Gavlik: Deputy Chief

**H**ow do you build trust within an organization? It starts from the top down and from the bottom up. This is a two way ladder where the top management has to be the example for others to follow and wish to emulate or aspire to be like. The leader of an organization or company needs to have a desire to see the best in its employees or subordinates, to show that they are trust worthy in everything they do by keeping their promises, actively listening, giving good feedback and doing what is best for the whole. However, this is not a one way street. The least among the organization must also do their part to create a trust worthy organization or company as well. This is best accomplished by doing what is right instead of what is easy, be quick to respond, be kind and humble, extend trust to others, be consistent in what you do and become a continual learner.

It is far easier to be negative with gripes and complaints, to talk behind someone's back and subtly tear them down than it is to be someone positive who up lifts and builds one another to be more than they are. Zig Ziglar once said "You can have everything in life you want, if you will just help enough other people get what they want." This is a philosophy of life that often times is hard to fully comprehend. How can I get ahead if I'm always helping others to get ahead first you might ask yourself? When we are willing to place other's needs before our own, they in turn will look for opportunities to help you or open doors for you that you never thought was possible. When you have genuine generosity and kindness towards others, people take notice; they in return look for opportunities to return that kindness. It is also true that when we cause hate and discontent, this too is also noticed but very few wish to be near them much lest feel compelled to reward their behavior.

We are on the verge of a significant change within our organization. With the hiring of 4 new firefighter positions, comes the potential for a culture shift that may not be easy to adjust to quickly. Tempers can elevate and frustrations can build but we need to start with a solid foundation and continued support from the top management down to the rank and file. Remember the words from Zig Ziglar and build up and strengthen one another so that we can maintain a healthy element of trust within our organization and the community can be proud of everything we do and say. It takes years to build trust and only seconds to break it down.

Being successful  
doesn't necessarily  
make you great.  
What makes you  
great is when you  
reach back and  
help somebody  
else become great.

*Joel Osteen*

*Good bye summer.  
Hello autumn.*



# Logistics

By Kris Sherman;  
Division Chief Logistics

Yesterday I was able to sit in on a webinar on the big one (Cascadia Event). It was on tsunamis and earthquakes. The Oregon Office of Emergency Management team has changed stance on the 72 hour kits to 2 Weeks Ready. Studies show that we may be without any assistance for quite a while in the event of an earthquake. It's not if but when we have the big one it could be 1-2 years for the utilities to come back on line, 2-3 years for medical facilities to reopen, and 3 or more years for the road systems to reopen. So it may not hurt to gather up more supplies for that time, you should sit down with the family and decide what you want to stock up on. Food, water, fuel, batteries, clothing items... Don't forget to rotate short coded items. If you are going to buy long term storage items how much water are you going to need. Here is a handout that I found on the Oregon Office of Emergency Management website. Get ready be prepared.

For many years, we've been talking about the importance of being prepared for 72 hours. This is a good start, and helpful in the event of short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the area's transportation routes destroyed. Oregonians will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach you.

The Oregon Office of Emergency Management encourages people to be prepared to be on their own for a minimum of two weeks. This lessens the strain on emergency responders who need to focus limited resources on injured and other vulnerable populations immediately following a disaster.

Start now. Each week, our 2 Weeks Ready Facebook page will suggest an activity or item to include in your preparedness kit. Pick up an extra item at the grocery store once or twice a month, check out garage sales or thrift stores for tools and gear. You probably have many 2 Weeks Ready items already, so check around the house before purchasing a new item.

## What does two weeks look like?

There is no one correct way to put together two weeks' worth of supplies as we all have individual dietary and medical needs. If your family includes children, seniors or pets, you will have additional needs.

Everyone's kit will look different but for a basic starting point, reference the list of items on page 7 of the American Red Cross Cascade Region Prepare! guide (available on line).

## You're more prepared than you think.

Being prepared to be self-sufficient for two weeks is an achievable goal. Many of the standard preparedness kit items such as flashlights, gloves, hand-crank radios, trash bags and a first-aid kit are already in your 72-hour kit. The bigger thing to think about is food and water.

## Prepare Your Pantry

## Prepare to Hydrate

## Think about it. Talk about it.

Being prepared is not just having two weeks of food, water and supplies. There are other considerations in planning the best way to bounce back after a disaster. Have a meaningful conversation with the members of your household to discuss the following:

- Do you have backup transportation methods and routes?
- Who will care for the kids, grandparents and pets if you're stuck on the other side of the river for several hours?
- Where will you meet your family? At school, at the local park, at the corner of the neighborhood? Do you have an out of state contact? Have a conversation with your family and friends and have one person designated to be the main contact for your group.

Disasters – large and small – can strike any time. Begin your 2 Weeks Ready planning today!





# Operations & Prevention

By Kamron Ismaili; Division Chief Operations and Prevention

## How Firefighters Can Manage Stress

Firefighting is cited as one of the most stressful occupations. Indeed, occupational stress is inherent to this job. However, the long-term effects of unmanaged stress can have detrimental effects on firefighters' health. Stress can negatively affect the mind, body, mood and behavior. The human body was designed to respond to stress, but not made to have a continuously aroused stress response. Chronic stress that's left unchecked can contribute to mental health problems, such as anxiety and depression, as well as physical health problems, such as high blood pressure and a weakened immune system. Chronic stress has also been shown to lead to job dissatisfaction and subsequent burnout. If firefighters are able to recognize common symptoms of stress within themselves, then they will be able to better combat the negative effects.

### *Impact on mental health*

Everyone encounters stress in their work and personal lives. People often argue that stress can be helpful in various ways (e.g., motivation). This can be true, depending on the frequency, intensity and duration of stress. Short-term stress can ignite our "Fight-or-Flight" response. As a firefighter, this stress tends to be a staple on shift and can give that adrenaline rush on calls, but at what point does stress become bad?

Unfortunately, there is not a big red side-effect label on stress, so when firefighters feel common signs of stress, such as anxiousness, irritability, nervousness or even experience memory and concentration impairments, stress may not seem like the obvious culprit. And as noted, chronic stress can lead to mental health problems, such as depression and anxiety. Not only does stress impact mental health with mood changes, but it can have lasting effects on the brain. Chronic stress that is not properly managed releases cortisol, which can alter the brain's structure and cause damage over a long period of time.

### *Impact on physical health*

Stress can manifest itself not only mentally but also physically. Firefighters face physically grueling challenges on the job, from transporting patients to climbing flights of stairs while wearing bunker gear. The

physical abilities that a firefighter needs to have in order to perform at optimum level can be greatly affected by stress. Some of the common physical symptoms of stress include dizziness, headaches, grinding teeth or clenched jaws, gastrointestinal problems (e.g., indigestion, nausea), muscle tension, difficulty sleeping, excess fatigue, racing heart, weight fluctuation and changes in appetite. Over time, symptoms of stress can deteriorate the physical health of firefighters by weakening the immune system leading to more sick days and, in the long term, contributing to muscular pain, heart disease, obesity and diabetes.

### *Self-care*

Stress is part of the job, but it can become detrimental if not properly addressed. The numerous mental and physical health problems that stress causes make it vital for firefighters to take part in self-care. If firefighters are able to notice common signs and symptoms of stress in themselves, then they can take the necessary steps to de-stress. Common maladaptive ways people de-stress include overeating or using alcohol, tobacco or other substances. There are healthier alternatives. So what can firefighters do to manage the mental and physical stress of the job?

*Identify Triggers:* Recognizing what triggers your unique stress response is the first step to managing your stress. Although you can try to avoid these triggers, some may be unavoidable. Therefore, finding positive coping mechanisms to deal with unavoidable stress is the next best thing.

*Healthy Nutrition:* Remember to hydrate and eat a healthy balanced diet (e.g., lean meats, fruits and vegetables). Reach for a banana the next time you feel stressed, as potassium can help regulate blood pressure, which can be elevated during stress. Drinking plenty of water is important to flush out the stress-related toxins in your body. The right food will give you the proper energy to tackle whatever challenges may come your way.

*Physical Activity:* Get physical exercise, whether it be a game of basketball, running, swimming, cycling or even just taking the dog for a walk. The endorphins

released can rid the body of toxins to help fight stress.

*Muscle Relaxation/Breathing Exercises:* Yoga may not be everyone's cup of tea, but it does have a long list of benefits to help the body physically unwind. Even if yoga isn't on your to-do list, simple breathing exercises have been shown to balance carbon dioxide and oxygen in the body to help mentally and physically restore the body.

*Sleeping Habits:* Making sure you are getting a quality night's rest is very important. During sleep the body repairs itself, so a lack of quantity and quality of sleep can lead the body to be unable to fight the stressors of the day. Habits like staying away from caffeine and other stimulants before going to bed and creating a cool, calm and dark sleeping environment will help program your body to dial down before sleep. Adopting healthy sleep hygiene habits can help combat stress.

*Humor:* Laughing has shown to have numerous benefits including stress release. Laughing can physically and mentally change the way your body reacts to stress including boosting your immune system, stimulating organs, reducing tension and improving overall mood.

*Treat yourself:* Take time to engage in activities that you enjoy, whether they be by yourself or with a group of friends. Taking part in hobbies or activities that you enjoy allows for the mind and body to concentrate on something other than what is causing you stress.

### In sum

If you feel you are struggling with stress, please seek help from a medical practitioner or a mental health professional. Also, there may be departmental resources through your Employee Assistance Program or outside organizations that are available.

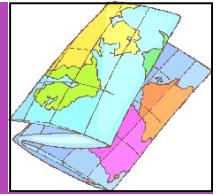
by Todd J. LeDuc, Sarah Henderson, Estefania Masias, Judy Couwels, Vincent Van Hasselt On Feb 1, 2016 Firehouse



## Back to School Starts Tuesday, September 5th!



# CERT



By Ned Booth

## Triage

We have all seen the video and maybe even participated in a mass casualty drill. A group of responders go through a building and triage a mass group of patients; they tag and decorate them with colored ribbons then additional responders move them to a staging area where more responders put them on colored tarps and provide more medical help. Ambulances show up from everywhere to transport them to an advance medical center. I've more than likely left something out, but the take away is, even here in Cave Junction, if we have a mass casualty event, we will have a lot of responders with ALS coming in from all over Josephine and Jackson counties.

Now let's talk about CERT—we certainly train for the above mass casualty incident. We also train for a more personal type of mass event. In our area that would be a Cascadia Earthquake (CEQ). We should not expect any real help for at least 6 months. As CERT training goes, it is always FAMILY FIRST, NEIGHBORS SECOND and then the rest of the valley.

Getting back to Triage—I am not going to tell you how to triage your family, that is up to you but please realize you may have to. Now that you've taken care of your family and you (the only trained 1st responder in your area) move to your neighbor. Here is where personal triage comes in to play. Do the rules change? How much time do you spend with this family before you drive to the next neighbor? If you have a number of homes to check on, how do you keep track of where you have been, what their status is, when you promised to return (trust me you will promise). FEMA has all kinds of forms but none are used fully for this type of event. My suggestion is to carry a 3 ring binder so you can add a page for each neighbor. Patty and I are pre-building a binder for our neighborhood with names and addresses already filled out.

We all have some type of medical training; we can take care of the ABC's. But what to do with a dead body? Our local funeral directors assoc. provided the following info:

These are recommendations if we do not have immediate help coming.

1. Burial needs to happen within the first 24 hours
  - Sooner if it is hot, after that it will be very difficult for any of us to handle the body.
  - It will smell and be oozing after that
2. PPE
3. Take Pictures (put paper on chest with name, address and SS#)
4. Wrap in plastic (if possible)
5. Duct tape (if possible)
6. Write name and address on plastic with sharpie
7. Burial—what should be considered:
  - Water table, creek, river, pond
  - On the other side of the house away from the well
  - Soil conditions (can you dig a 4' hole or shallower with rocks or trees on top)
  - Move to a building that hasn't collapsed (garden shed) where animals CANNOT reach the body; or if the shed moves dig a shallow hole and put the shed over it
8. Take pictures of site with identifying land marks
9. Draw a map
10. How many in one grave? (up to you)
11. Remember, it needs to happen within the first 24 hours, sooner if it is hot
12. If you can, find a neighbor that can help the family

## FOND FAREWELL TO SUE WILLIAMS



BEST WISHES ON YOUR NEXT  
ADVENTURE!!



# Where's the Fire...Everywhere

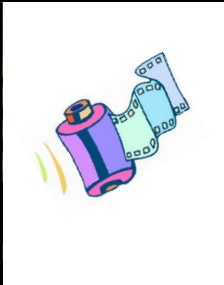


**Chetco Bar Fire....  
Miller Complex Fire....  
Eagle Creek Fire....**



# 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.





# The Firehouse Cook



By Pramada Kisiela:

## Stove Top Rice Pudding

Since I haven't had a good oven for a long time (recently got a new-to-us oven, thank you!) - I haven't made baked desserts for quite some time. Therefore, I've made Stove Top Rice Pudding more than a few times. It is easy, although requires a lot of stirring and thus a bit of time, and is deliciously creamy. Neil likes it much more than baked rice pudding. It is a pleasant dessert for hot weather as it is cool, goes well with some fruits, and unless you eat a huge amount, you don't feel stuffed afterwards. I usually make it with a gallon of milk at a time; for smaller amounts cut all ingredients in half. The pudding thickens due to the starchiness of the rice and the milk reduces by cooking, so the pudding is not one gallon when finished. That may seem like a lot but it keeps a few days in the fridge. It is much less fattening than ice cream; with a lot more protein, so you don't have to feel guilty!



### Ingredients:

1 gallon whole milk  
1 1/2 cups white rice, basmati is tasty  
1 1/2 cups sugar

1 large heavy bottom pot - mine is a 2 gallon size  
1 wooden or bamboo flat stirring spoon

### Optional flavorings or additions

2 t. vanilla or almond extract  
1 t. cinnamon  
1/2 t. cardamom  
1 cup chopped dates

### Method:

In a large heavy bottomed pot, pour 1 gallon whole milk and add 1 1/2 cups washed white rice. I like to let it soak a while as I think it speeds up cooking, but this is not necessary. Bring to a boil on high setting, and it **MUST** be stirred almost constantly until it comes to a boil. The right kind of wooden or bamboo stirring spoon is essential to keep it from sticking and burning. If not stirred, the rice **WILL** stick to the bottom of the pot and burn (ask me how I know this). Once the milk and rice come to a high boil, turn the heat down so the boil is lower and won't overflow the pot. Now you don't have to stir constantly but check it very often and scrape the bottom regularly.



You will see the milk reducing and starting to get thicker as the rice cooks. Dates can be added once the rice is almost soft. If using cinnamon, use a piece of cinnamon stick, and cardamom needs to be the black seeds, as adding powdered spices will cause clumping. The rice pudding is almost done once the rice is soft and easily squishes between your fingers. At this point turn the heat down, stir in the sugar and cook 3 to 5 more minutes, stirring carefully as it likes to stick at this point. Take off the heat and add any flavorings such as vanilla or almond flavoring. Let it cool down before putting in the fridge to get cold. This may sound like a lot of work, but it is not tricky or difficult, it just takes a little time and careful stirring. It may become your favorite rice pudding too.

Delicious served topped with:

Sliced bananas  
Chopped peaches  
Blueberries, blackberries or raspberries  
Sprinkled with cinnamon or cardamom



# In District

By Neil Kisiela:

## Saving Lives

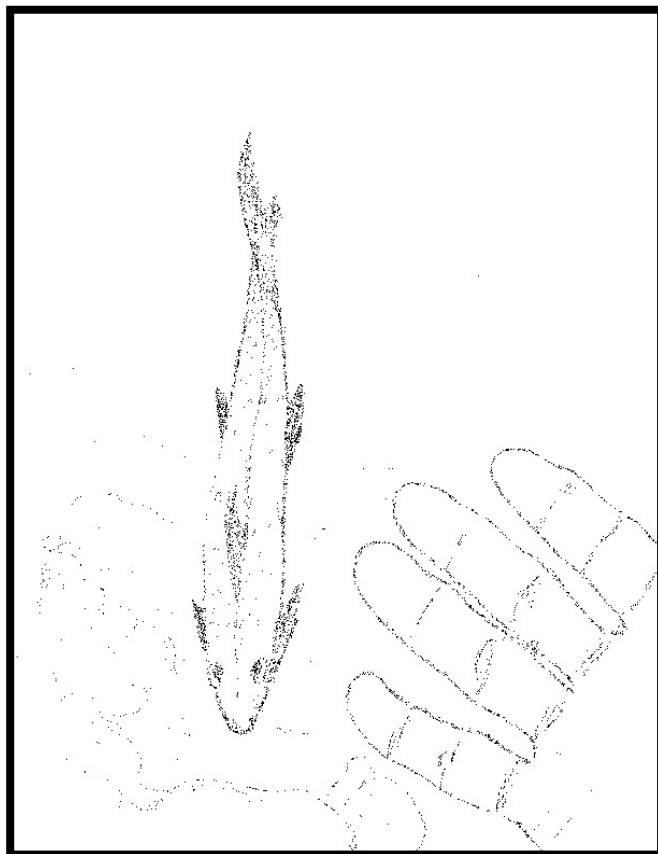
Today I went to the Rough and Ready Creek along with some visiting relatives to watch the eclipse. I noticed Rough and Ready, with the exception of a few puddles, had gone underground as it does every year. While walking along the stones, watching out for snakes, I stumbled upon a spot between rocks with a little bit of water with a 10 inch fish in it. As soon as the fish saw me, he got frightened and tried to escape. There was not enough water so he was flopping partly above the water, as there was barely enough to cover him. Then the fish thought that he hid behind a small rock, but I could see him easily. When I touched the water it was quite warm because it was such a small spot. There was no way the fish could last another two days.

One of the family members had brought a bowl to eat cereal in the car so I asked him to fill it up with water. I slowly stretched my hand towards the fish and he didn't even try to escape as there was no place he could swim to, he didn't struggle or anything. I put him in the bowl, put a plastic bag over it to prevent him from jumping out. Under the bridge there was still a significant amount of water so I decided to free him there.

I squatted down, put the bowl into the larger area of water and he swam out from the bowl. I thought he would be gone instantly but to my surprise he turned towards me and swam straight towards me several inches, lifted his eyes and looked at me for 8 to 10 seconds. He then moved backwards a few inches and swam towards me again, right to the edge of the water and looked at me. It seemed as though he was thanking me for saving his life. Then he slowly turned away and swam to the deeper water.

Saving lives - human or animal - is satisfying and rewarding. It's amazing how many times we may get an opportunity to save a life of a living creature. For example, instead of speeding up and hitting that turkey, we slow down. We try to avoid hitting that squirrel who is just going after his own affairs. Firefighters are in the business of saving lives and then saving properties. Chief Ismaili recently saved a human life while off duty, he said it was a natural instinct for him. I think I got a glimpse of what he talking about; even a fish has its own life to live and appreciates being saved.

***“Not all of us can do great things. But we can do small things with great love.”***  
**Mother Theresa**





# Administration

By Jamie Paul, Executive Administrator



## September Birthdays

Linda Bacon	03
Loretta Webb	10
Jeff Gavlik	13
Jean Ann Miles	14
Ken Gavlik	22
"Q" Lackey	27
Neil Kisiela	28
Carol Sybrant	28
Jason Bayless	30

## Anniversary Dates

*Celebrating Years of Service..*

Pat Tibbs	Since 2014
Jamie Paul	Since 2014
Dan Johnson	Since 2014
Brian Pingree	Since 2015
Kelly Wright	Since 2016
Cathleen Wright	Since 2016
Carol Sybrant	Since 2016

## Joys and Concerns:



I want to Thank all the members of the Illinois Valley who have brought in (or sent in) donations to the Fire District. Your generosity is greatly appreciated.



## STRESS

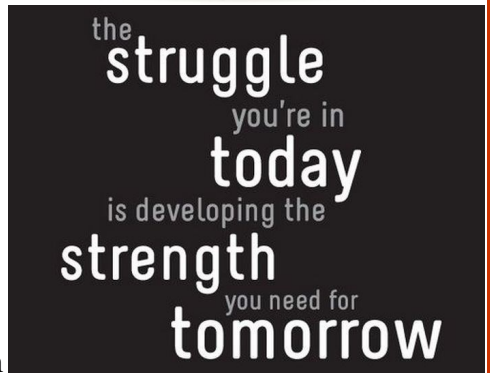
Due to some current events I have had first hand knowledge of how stress can affect our health. I had my first intervention with our EMT's and medics (whom I thank very much for their care and expertise). I seriously thought I was having a heart attack.

Although stress is a normal psychological and physical reaction to the demand of life it can push us beyond our ability to cope.

Our brains are hard-wired so that when it perceives a threat it signals our bodies to release a burst of hormones that increase our heart rate and blood pressure. This "fight—or—flight response fuels us to deal with the threat. Unfortunately when our lives continue to throw obstacles in our way our bodies don't get the relaxation or "down time" it needs to go back to it's normal levels. Chronic stress can lead to serious health issues such as stomach ulcers, stroke, asthma, and heart disease.

I am probably the worse person to talk to you guys about stress management, since I have been unable to manage my own, but believe me when I tell you it's very scary not knowing if you are having a heart attack or not.

Don't wait until stress damages your health, relationships or quality of life. Start practicing stress management techniques today... Oh and be extra nice to your administrator she's had a rough week...lol



September Observances & Fun Facts	
September 2017 is Observed as	<ul style="list-style-type: none"> <li>National Preparedness Month</li> <li>Childhood Cancer Awareness Month</li> <li>National Suicide Prevention Awareness Month</li> <li>National School Success Month</li> </ul>
Sep. Birthstone	Sapphire
Fruit & Veggies for the Month of September	<ul style="list-style-type: none"> <li>Grapes</li> <li>Peppers: Cayenne Pepper...</li> <li>Tomatillos</li> <li>Poblano Peppers</li> <li>Jalapeno Pepper</li> <li>Figs</li> <li>Chili Peppers</li> <li>Serrano Pepper</li> </ul>
September Flower	Aster & Forget-me-not
Sep. Astrological Sign	Virgo (till 22nd) & Libra (23rd —)
Proclamations and Notable September Observances	Sept 30: Family Health & Fitness Day USA



Susan Murphree