



Smoke Signals

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

Chief's Message

By Dennis Hoke: Fire Chief, Paramedic, EFO dennishoke@ivfire.com



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A Look Back

As we approach a new year, I can't but help look at where we have been and what has been accomplished. First, I want to say thank you to every member for a successful 2016. The efforts of each of you was instrumental in making 2016 and incredible year. Again, we saw an increase in our call volume closing out the year with **1379** calls for service.

The significant fires in Southern Oregon, of course, were hosted in the Illinois Valley. The Redwood (Selma) Fire and Gold Canyon Fire both had potential to become major conflagration events. The quick decisive action of IVFD and our mutual aid partners undoubtedly saved countless homes. It is unfortunate that three homes were lost, the potential to lose hundreds of residences was very real. KUDOS for the great work!

We continue to upgrade our fleet of apparatus. IVFD received a grant to build a new engine for the Selma Station. Ironically, this engine has seen more fire action than all the other engines combined proving just how well this engine is designed. The 4 wheel drive and front mounted turret of 8902 were significant on a number of fires in 2016.

Our participation in the state excess equipment program once again proved invaluable. IVFD acquired a 6X6 military chassis which is being converted to a 3000 gallon tender. Expected delivery will be mid-January. This saved the District over \$150,000. We also received two 60Kw generators for the Selma and O'Brien Stations. As a result, the three highway stations now have emergency power during power outages.

As you are aware, we have a number of medical helicopter flights from the Illinois Valley. Selma has been one of our main landing zones for helicopters. Community volunteers got together and designed and built a landing pad at Fire Station 2. Mercy Flights paid for the materials. Support member Steve Knight and his wife donated their time and materials to paint the landing pad making it very recognizable from the air. The landing pad greatly improved helicopter and landing zone safety.

While our primary role is emergency response, we also were involved in a number of public education and community events. We participated in 21 local and regional events. Community preparedness is a critical aspect of what we do based on the wildfire and natural disaster events we are prone to.

IVFD has a number of programs that has flourished in 2016. Our Explorer Post and Club targets youth from the 6th grade to high school seniors. This program provides vocational opportunity and ultimately opportunities to become a full time or volunteer firefighters. The Citizens Emergency Response Team (CERT) has developed into the most robust CERT team in Southern Oregon. CERT's primary function is disaster response and support. They have become an intricate part of the Fire District providing on scene traffic control and support. Their role at the Redwood and Gold Canyon fires freed up fire resources for fire attack.

Our Media Department has really performed in 2016. Our photos and videos have become the go to for the news media. OSP continues to rely heavily on our pictures for scene documentation. Jason Bayless, our Public Information Officer, has literary put us on the map with the media. Josephine County has asked to use him for County emergencies. I call REHAB "the Rock Stars of IVFD". They have a very specific role in preventing firefighter injuries. As an ancillary duty, they provide food and drinks for firefighters on scene. During the two large fires in 2016 and numerous other events, they proved their value over and over.

Great year with a great team. What will 2017 bring? You will have to wait for next month's article to see!

Until next time, let's be safe out there

Dennis



When the Deputy Chief drives the "Big Red Truck"

Logistics

By Kris Sherman; Division Chief Logistics



Hope everyone had a Merry Christmas and a Happy New Year.

We will be picking up our new tender sometime this month. We are still looking to name the new tender' so submit your suggestions to Jamie. So far we have received these suggestions:

- | | |
|------------------------------|------------------|
| Beauty | Monsoon |
| The Hulk | The Tank |
| Esmeralda | IV Hydro Power |
| Anna Belle | IV Thunder Cloud |
| Clifford (the big red truck) | Big Red |
| Broom Hilda | |

I'm glad to say that during last month's bad weather we didn't have any accidents.

All the SCBA packs and face masks have been tested and passed, check out your trucks to make sure that they are in order. The air trailer was also tested.

8931 Extraction system has been updated. There is a new hydraulic pump and spreaders, and has been converted to the single core system. We are currently working on a grant to update Station 2 equipment.

Please get familiar with the new tools. The hose reels have been removed. **Don't wait to find out how they work on an accident scene.**

Thanks, Kris



And the Fire Chief pulls him out!!!!



Operations & Prevention

By Kamron Ismaili; Division Chief Operations and Prevention

The Importance of Obeying the Rules & Regulations in the Workplace

From time to time, workers may violate the policies you have established for your business. Even if an employee breaks the rules with the best of intentions, the flow of the workplace can be impacted negatively. When your entire team is working toward the same goal and following the same regulations, it can be easier for you to fulfill the goals you have for your company. When you truly understand why your rules are in place, it can be easier to communicate that urgency to your team.

Following State and Local Laws

Sometimes the rules and regulations you establish in your workplace are necessary so you remain in compliance with the law. If these rules are broken, you may be liable if one of your employees contacts the authorities. For example, the legal advice website Nolo points out that the Civil Rights Act grants workers the legal right to speak whatever language they like during break periods. Another employee may complain about this rule, but you must keep the rule in effect to protect the company from possible legal action.

Keeping Workers Safe

Many workplace rules are in place to keep workers or customers from hurting themselves. These regulations may be put in place before an incident based upon anticipated threats or after an accident to prevent a recurrence of an accident. When your employees follow safety rules, you may see your health-care costs decrease as fewer people visit the hospital. Even better, your productivity may increase because your workforce is more stable and your best people are on the job, not in the doctor's office.

Projecting a Positive Image to Customers

Your customers may get a more favorable impression of your business if your employees understand the rules and follow them. Enforcing a dress code may be unpleasant for some employees, but the clothes your employees wear can shape the customer's perception of your business. A uniform enforcement of customer service policies can reassure customers, as they know what to expect when they enter your business.

Reinforcing Company Credibility

Many businesses rely upon the reputation they have built over years or decades. When an employee violates company policy in a major way, the public may no longer trust the business. Newspapers such as "The New York Times" pride themselves on being accountable and reporting the truth. It is important that employees of these kinds of companies don't hurt the brand by violating established policies.

by Ethan Pendleton





Training and Safety

By Jeff Gavlik: Deputy Chief

My son asked me the other day, as I was preparing to head off to work, "why do I have to do the morning chores? I'm tired". My response to him was "because they need to get done". Sometimes we need to do things because it needs to get done or because it's "the right thing to do". This is what builds character and some things need to happen whether we feel like doing it or not.

This simple but hard truth is what defines each one of us as we travel down this journey of life. How easy it would be if we had the luxury of not having to do anything that we didn't "feel" like doing but where then would we be in life. Unfortunately, this is part of the problem with today's generations in that they are just "not feeling it" and so they do not participate. This country was made great in large part because of the willingness and hard work that every citizen put into the job they were responsible for. Somewhere in the ease of life that this country has afforded us we have lost the responsibility to keep the hard work going and have turned into an entitlement society.

The fire service (especially a volunteer department) is not immune from this line of thinking either. Yes, the majority of people that volunteer for emergency services are there because they want to help or are looking for a future career. They desire to run the good call, the call that is interesting and can change someone's life. However, most of what is done behind the scenes of emergency services is not so glorious and fun to do; things like washing dirty hose at four in the morning on a thirty degree day after a structure fire or training on the weekend after you have worked all week

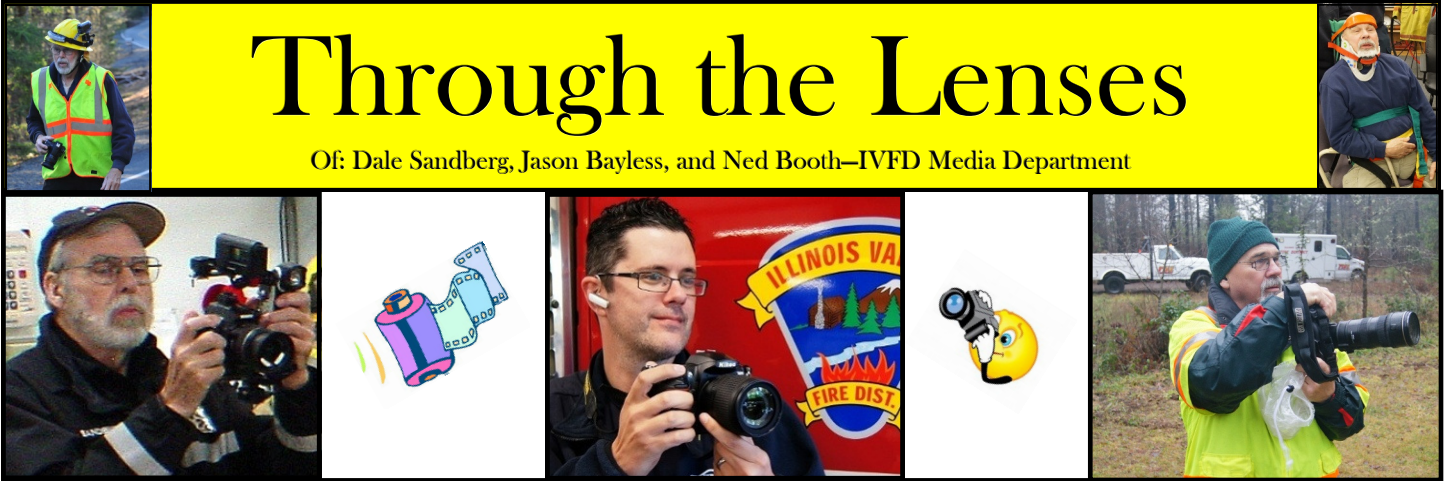
long. Yet they still need to get done! Can you imagine what would happen if everyone that had the "I don't feel like doing that" mentality was allowed to not perform that day during their jobs, how that would affect your day to day lives. The one processing your paycheck deciding that they will do it later, or the mechanic that tore your vehicle engine apart not desiring to put it back together again. How would anything ever get accomplished? Obviously this mentality would not be accepted as being okay, so why would we think it is acceptable in the small things of the daily tasks around the fire station. It is not!

Every function no matter how small is important and affects someone else. From truck checks, to incident reports, to washing your turnouts. They all matter in keeping us safe. When your assigned a shift and life throws you a curve ball, make it your responsibility and desire to find a replacement. Don't make it someone else's responsibility.

Instead of looking at life as only having to perform the minimum of what is expected, look for how you can positively impact those around you regardless as to whether or not it is your responsibility to perform or not. Family is supposed to take care of family. When everyone does their part the entire family benefits. When one of us is struggling we fill in and support them because our day of struggle may be just around the corner. I am grateful for each and every one of you within our IV Fire family. Build up the one another, do what you're supposed to do and help make this family great! Happy New Year!

Through the Lenses

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



Christmas at Station 1





And Snow



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.

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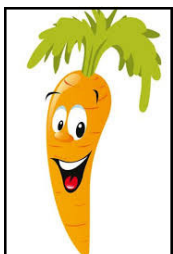
The Firehouse Cook



By Pramada Kisiela:

Yellow and Orange Veggies

Nature has made so many choices of good food that supplies all the nutrition we need; but it helps to take advantage of her gifts. Yellow and orange vegetables have a lot of concentrated nutrients. Many of these veggies contain Vitamins such as A, C, B, E, and important trace minerals, amino acids, fiber and natural sweetness that makes them tasty. I just found orange veggies contain substances that protect the heart and "go after" cancer cells, and winter squash and sweet potatoes also contain decent amount of protein as well. But just knowing that these veggies are "good for you" isn't enough to get people to eat them. As a child, and to this day, I hate cooked carrots so I mostly eat mine raw. But I found a way to cook them that even carrot haters like. Here are a few ways to prepare carrots, sweet potatoes and yams, and winter squash in ways that make new convert eaters.



Gingered Carrots

Wash and peel at least 5 or 6 good sized fresh, firm, and juicy carrots. Cut in half long ways and slice large halves into quarters lengthwise again. Then chop up the long slices into small squares or half circles.

Heat oil or butter in a heavy bottomed pot or frying pan, when getting hot add 2 t. minced peeled ginger root and saute just for a minute - don't let it turn brown. Add all the carrots, sprinkle with salt and stir well. Turn heat to medium and stir frequently. If they start to stick, add a tiny bit of water and put a lid on for a few minutes to finish cooking. Add some

black pepper. Even carrot haters may like these.

Sweet Potatoes and Yams

Most people love these baked or fancied up with lots of brown sugar. Here's another way to cook them that is quicker than baking whole or making candied sweet potatoes. Wash and peel several sweet potatoes, cutting off funny looking ends. Slice into rounds, trying to make the slices the same width. Place on a well buttered or oiled baking sheet and bake in a hot oven until tender and the edges are getting a bit crispy. Pouring on maple syrup right before they're done turns them into dessert.



Stir Fried Butternut Squash

This recipe works with butternut squash and other types of hard winter squash. I "invented" this method when I needed to get dinner ready fast and had no time to bake the squash and now it's the only way I cook it. Wash the squash, cut off stem end, and chop in half. Scoop out the seeds and membranes and peel off all the tough peel; I use a sharp knife rather than a peeler. Chop into small slices approximately 1 inch square. Use a very heavy bottomed pot or large skillet and heat oil or butter. Toss in the squash slices and stir well. Sprinkle with a bit of salt and pepper and just keep stirring as needed. Adjust the heat as needed, maybe add a bit of oil and cook until almost done and are starting to brown. Then add a cup of frozen peas, a few tablespoons of water, and put a lid on until the peas are tender. Chopped green onions can be stirred in if desired. It's a beautiful looking dish even winter squash non-eaters will probably love it.



Tech Tips: By David White—Systems Administrator

Edit and share photos

You can use the built-in Photos app to fix many common photo flaws. You can straighten and sharpen images and apply filters and effects. If you have installed social apps such as Facebook or Twitter you can use Photos to share images with friends and family.



In District

By Neil Kisiela:

Unknown Future

I had already written down notes for my article about "changes" when I read Chief Hoke's article in the last Smoke Signals, and he mentioned at the end about changes. So, I'm just going to add some thoughts about changes.

People remember when they were a kid - always looking forward to learning how to drive, graduation, growing up, future events. Now when you've achieved a lot of them - or most - they aren't the special things once they're in your hand. Everyone looks to the future and tries to make changes now to bring that future about. But in reality no one really knows exactly what the future holds. We may think that something would be for the best but darn it, it turns out opposite. Once we achieve our goals, there are always zillions more that we have to strive for.

People often are under the impression that change is always good - new is always better. This may be a catchy sales pitch because people like variety. But inner dissatisfaction and therefore always wanting new new new is not necessarily a good thing and change is not always for the better.

What is positive change or negative change? You can't always tell in the beginning. Be accepting of changes that you cannot control. For example, a firefighter shows up for a shift, and the engine he finally learned how to drive and run all the bells and whistles is gone! Now he has to learn to drive a new "improved" engine even though he liked the other one better.

People often like to make changes by making New Year's Resolutions. How about making a New Year's Resolution to be more adaptable to changes that happen beyond your control? This saves the stress and anxiety from worrying about the future.

I never met anybody who made changes in order to suffer. No sane human goes out of their way to make

themselves miserable voluntarily, people want positive change that brings us closer to happiness. But the grass is always greener on the other side of the fence. Often the best change we can make is a change in our attitudes. Happiness is often making do with what you have, and has to be found inside ourselves. Even millionaires and highly successful people who "have it all" are often miserable.

By serving something and Someone higher than ourselves, it's easier to do one's duty throughout all the changes, hardships and difficulties that always happen in the fire business, or any path of life.

Summarizing, it's not a good reason to make changes just for the sake of change. Changes often happen without our consent or control, so to save ourselves anxiety and frustration, it's important to be adaptable. We can't see the future, therefore just focus on what you can do today, and the future will come on its own accord. And most important, there is one constant in life throughout all changes - we are all serving something or someone; either our communities, our families, our country, or ourselves. Firefighters have that in their hearts - the service attitude, and act on it. And that makes us a special breed.

Food For Thought:

The future is already here. It's just not evenly distributed yet.

Anonymous





Administration

By Robin Paulson; Division Chief Administration



Joys & Concerns



Happy Birthday



NEW YEAR Reset Time

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It's that time of year - when we have a tendency to make New Year's Resolutions - promises and dreams that most of us have a hard time keeping.

Need healing prayers for some of our volunteers...

Lt. Latva is having back pain.

Katelyn Cumberworth is healing from a minor injury.

And others are fighting long term health issues.

We need everyone of you....

Be careful and take care of yourself.

Anniversary Dates

Celebrating Years of Service..

But, I was reading an article the other day - "Resets - Where Do We Go From Here?".

The "Reader's Digest" version (for those who don't know what that means - *short version*)... the article reminds us that taking a few minutes and seeing if you are going the direction you want - is the best way to **"reset"** your path.

If I continue doing the same thing next year that I have done over the past year, will I be any closer to reaching my goals? If not - then stop - **reset** - and make a conscience effort to change your path.



There's A **DIFFERENCE** BETWEEN **INTEREST** AND **COMMITMENT**.

When you're **INTERESTED** in doing something, you DO IT ONLY WHEN ITS CONVENIENT.

When you're **COMMITTED** to something, you ACCEPT NO EXCUSES; **ONLY RESULTS.**

Kris Ismaili	Since 2008
Neil Kisiela	Since 2012
Sherryl Baker	Since 2015



Sometimes it's healthy to **stop** doing things. Other times, it's healthy to **start** doing some things. It's a personal choice.

As 2017 begins, my hope for each of us - that it is a year of **resetting"**.

Our condolences go out to Tim Norman for the loss of his father. Our prayers are with you and your family.