



Smoke Signals

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

Chief's Message

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



- Chief's Message
Pg. 1-2
- Logistics
Pg. 2-4
- Ops and Prevention
Pg. 5-7
- CERT
Pg. 7
- In District
Pg. 8
- Through the Lense
Pg. 10-13
- Firehouse Cook
Pg. 14
- Administration
Pg. 16

Ned Booth asked me a question a few days ago that sparked a lot of thought. What do we do if there is a large scale disaster in the Illinois Valley? Not what we do as a Fire District, but what do we do as individuals?

It goes without saying that at least some of us will be impacted. How many times have you heard about wild land fire burning homes of firefighters? Each of us has the drive to try and get to the station so we can help the community. You have to take care of the home front first. You will be no good if you're worried about the safety of your loved ones.

Are you and your family prepared for an extended event where power, communica-

tions, food and water may be in short supply? We talk to the public about having a few weeks worth of supplies due to our rural location and the strong potential that we could be isolated from help for days if not weeks. My experience is firefighters are like electricians, mechanics and plumbers. They do a great job of fixing everyone else's problems but neglect the home front. Does your significant other know how to run the generator, turn off the main power, get food and water and a myriad of other tasks in a large scale event?

Once the home front is in order, what's next? Report to the closest station and contact the Duty Chief or another Chief Officer. Let them know your status and the status of IVFD facilities and equip-

ment. If there is a group of firefighters and support personal at a station, organize them into crews and start handling calls in the area. Remember, Dispatch may be off line. Our repeater will most likely not be operational. Use IVFD direct or RM repeater if it is operational. Ham radio operators become invaluable during disasters.

What if you cannot get to a station due to damage in your area or road outages? We have CERT members located throughout the Illinois Valley. Hook up with them and form search and rescue teams. They're trained for this and how to operate with little to no tools. Keep documentation on what you did and what has been searched.

A windshield survey of an area is critically important. This information is needed for a disaster declaration. A windshield survey is a block by block, road by road survey of any damages or outages. This information will be forwarded from Command to County Emergency Management so they can request a state declaration of a disaster and ultimately be eligible for FEMA assistance.

In a large scale incident such as a Cascadia event or other natural disaster with wide spread impact, an

Area Command may be established. Area Command is a single Incident Command that has numerous sub-IC for specific incident reporting to them and all resource requests will go to Area Command. This is critical when requesting resources. Dispatch will quickly become overwhelmed. We have used this in the past during weather events where dispatch has numerous calls for IVFD. The Duty Officer tracks all the call requests, then prioritizes the calls and assigns resources as they become available. Thus dispatch is not toning each call.

As you can see, there are a lot of things involved in a large disaster event. The first step is preparation at home. We need you, the community needs you; but we need you mentally prepared to handle a tough situation. It starts by knowing your family is taken care of and that they are safe. If you don't know where to start on home preparation please pick up one of the home preparation brochures we have. Start today! Your family and IVFD are depending on you. Thanks, Ned for bringing this important topic to light.

Until next time, let's be safe out there.

Dennis



Logistics

By Kris Sherman;
Division Chief Logistics

Here is an article that I found on calling 911. It is very important that info given to 911 is accurate to keep first responders safe. We go to way too many calls that are not what we are told they are, putting first responders in harm's way.

911 dispatchers are trained to obtain specific information regarding your emergency. They are typically referred to as **the six W's: where, what, when, who, weapons, and welfare.**

1. Where: The first thing the dispatcher will typically ask you is the exact location of your emergency. If the emergency is in your home or business, you should be prepared to give the exact address. It is amazing how many people don't know their own address or the address of their workplace. If you are calling on a land-line, the exact address will typically show up on the

dispatcher's computer screen. Even so, the dispatcher will verify the location you are calling from. Humans enter the information in 911 systems and mistakes are sometimes made. There are occasionally glitches in the systems. The dispatcher knows this and will insist that you verbally verify your location. Technology is advancing rapidly, but most 911 centers do not have the ability to determine your exact location if you are calling from a cell phone.

Remember that apartments have a building number and street just like a single dwelling residence. Many apartment complexes have several buildings and numerous streets. For example, if you give your address as Rolling Hills Apartments #139, the police will likely not know where you are. They need your complete address including the apartment letter or number, if there is one. Many apartment buildings have secured



entrances and require the police to be buzzed into the building or have a keypad with an entry code. Be prepared to give the dispatcher any additional information needed to get to your door. This also applies if you live in a gated community with a keypad code.

If the emergency is in a location that you do not have the address for, you must be able to provide the exact location to the dispatcher. Typically that will be the hundred-block (900-block of East 10th Street) or the nearest intersection (16th Street and Riverside). Be prepared to give additional information such as the name of the business or if it's a residence, which side of the street it's on, color of the house, description of vehicles in front or in the driveway, etc. You may also give the address of the location you're calling from and tell the dispatcher that it's three houses north of that address, or directly across the street or behind the address. Be as specific as possible if you don't know the address. If you're in a residence that you don't know the address for, the dispatcher may ask you to find a piece of mail with the address on it.

In extreme situations, you may simply dial 911 and put the phone down if you are calling from a landline. It may not be feasible or safe for you to remain on the phone in certain instances. The dispatcher will send the police. Do not assume that the dispatcher knows your location if you call on a cell phone. It's always better to call on a landline when you can do so safely and there is one available.

2. What: Tell the dispatcher exactly what you are reporting. A brief description is typically all that is necessary. The dispatcher does not need to know the cir-

cumstances that led up to whatever is occurring. Just tell him what is currently happening.

3. When: Tell the dispatcher when the incident occurred or if it is in progress. In many jurisdictions, the dispatcher will ask you to stop and stay on the phone while he dispatches help with the limited information you have already provided. Be patient and stay on the line until the dispatcher returns to the phone to get additional information. Keep in mind that the dispatcher is probably talking to you on the phone and the police on the radio simultaneously.

4. Who: The dispatcher will ask you for suspect information when that is relevant. This will include the number of suspects, a clothing description, whether the suspects are on foot or in a vehicle, and a description of any vehicles involved. The dispatcher will also ask for the direction of travel of the suspects and vehicles if they have left the scene. If you don't know what direction they went, tell the dispatcher what street, business, or major landmark in the area they left toward.

When providing suspect descriptions, the dispatcher will first want to know what color of hat, coat, shirt, pants, shorts, skirt, or dress the suspect was wearing. Physical descriptions are not essential unless there is something distinguishing such as very tall or short, very overweight, or if the suspect has some other very unusual characteristic such as walking with a limp, or an amputated arm. Clothing descriptions are the easiest way for an officer arriving on scene to identify a potential suspect. Vehicle descriptions should include color, year (if available), make, body (coupe or sedan, van, SUV), and license plate (if available). Other distinguishing characteristics, such as damage to the front end or a door that is a different color from the rest of the vehicle should be noted.

5. Weapons: The dispatcher will ask if anyone has any weapons now or earlier in the incident. This not only applies to criminal suspects, but also anyone else involved in the incident that may have a weapon. Describe the type of weapon involved and give a clothing description of the person who has it. If someone has a gun, tell the dispatcher if it is a handgun (pistol or revolver) or long gun (rifle or shotgun).

It is imperative that you are cognizant of the laws in

your jurisdiction concerning the possession and use of firearms. This is your responsibility. Be very aware that the police arriving on scene cannot tell the suspects from innocent parties and the police can be expected to do whatever they have to do to protect themselves. This could result in the injury or death of a police officer or an innocent citizen. If you or someone else on scene has a firearm, the dispatcher will likely ask you to secure your firearm and have you ask anyone else with a firearm to secure it before the police arrive if it will not compromise anyone's safety. Strict adherence to the dispatcher's instructions is imperative for all concerned.

6. Welfare: The dispatcher will ask if anyone needs an ambulance. Again, be aware that you may be transferred to a fire and EMS dispatcher and that you should stay on the line and give the necessary information.

Final Thoughts

There are a few things to keep in mind when calling 911. First of all, keep as calm as possible and try to listen closely to the dispatcher's questions. Keep your answers as brief as possible and don't ramble. Try not to repeat yourself. Don't ask the dispatcher why he is asking you certain questions. He'll only ask for the information he needs to handle your call quickly and get help on the way to you. You are most likely going to be suffering from some amount of stress when making your call. Try to be polite to the dispatcher. Don't say, "Just send the police!" and hang up. Don't tell the dispatcher to hurry. He's going as fast as he can and that won't get you help any sooner. The dispatcher is very concerned with the safety of the officers who are responding to your emergency and he will be very adamant about getting the information he needs. Don't take it personally if the dispatcher seems demanding or nonchalant and uncompassionate. He isn't, and he wants to help you. Don't try to carry on a conversation with someone else in the room while you're on the phone with the police. Give the information asked for as accurately and as quickly as you can and you'll get the fastest response possible.

Always keep your personal safety in mind when calling 911. Do what is necessary to keep yourself and anyone else on the premises out of harm's way. You

may need to leave the location or lock yourself in a room. The information the dispatcher is asking for is very important, but it does not supersede your safety. It's always a good idea to discuss potential emergencies with your family ahead of time. Formulate a plan that will keep everyone as safe as possible. If you're in a larger community, the police department or 911 center will probably have a liaison available to speak to local organizations, church groups, or company meetings about safety at home and on the job. Invite them to one of your events.

Once again, these are merely guidelines and there are no hard and fast rules on when you should call 911. If you are in a situation that requires a response from a public safety agency, don't waste time debating whether or not it qualifies as an emergency. If there is the slightest doubt, make the call to 911. Just be conscious of the fact that in many instances you will get the proper response by calling the non-emergency number and allow someone in urgent need of assistance to get a quicker response.





Operations & Prevention

By Kamron Ismaili; Division Chief Operations and Prevention

Workouts to Prepare You for the CPAT: The Fire Department Physical Ability Test

John Annillo
Coach
Military Fitness, Law Enforcement and Firefighters

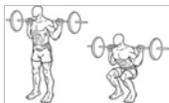
Preparing to be a firefighter is going to be one of the most exciting times of your life. Once you get your great score on the Candidate Physical Ability Test (CPAT), you'll get to the academy, and upon graduating the academy, you'll be in the best shape you've ever been in. You will then start your first day on the line as a firefighter with a newfound physical and mental confidence. **But in order for all this to happen, you'll need to get your conditioning to the next level so you can bring the heat during that crucial CPAT test day.**

This workout plan is comprised of four sessions per week, and you should give yourself a minimum of six weeks training before test day. Then, rest for the four days preceding the exam to ensure your body is 100% ready to go. Additionally, these workouts mimic the movements you will be doing during the CPAT so you can maximize your performance.

After warming up, perform the workout in numerical order. Perform any numbers you see paired up as a superset (i.e. 1a/1b). Try to get all four workouts completed within a week and do not mix the sequence of workouts, do workouts one through four in that order.

Workout 1

1. Barbell Squat 4x5



Set up a barbell on the supports of a squat rack. Step underneath the bar, squeeze your shoulder blades together, and let the bar touch your upper traps. Grab the bar with your hands as close together as is comfortable. Nudge the bar off the rack, take two steps backward, and stand with your feet a bit wider than shoulder width apart and toes turned slightly outward. Take a deep breath and bend your hips and knees, lowering

your body as far as you can (try to squat to where your thighs are below parallel to the floor). Explode back upward to the starting position. That's one rep.

2. Straight Leg Deadlift 3x10



Stand with your feet shoulder width apart, holding a bar at hip level in front of you. Keeping your lower back in its natural arch, bend at the hips and slightly at the knees until your upper body is parallel to the floor. Reverse the motion to return to the starting position. That's one rep.

3a. Walking Lunges 3x12 (Each Leg)



Hold a dumbbell in each hand, step forward a few feet with your left leg. Lower your body until your left thigh is parallel to the floor. Push off from your left foot taking a step forward with your right repeating the sequence for all prescribed reps.

3b. Bar Hip Raise 3x12



Lie on your back with bent knees and a barbell on your upper thighs. Push your feet into the ground as you squeeze your glutes and raise them until there is a straight line from your knees to your chin (like pictured, except you'll have a barbell). Hold for a second and then return to the starting position.

4. Backward Drags (4 x 20 yards)

Drag any heavy object backwards (human dummy, partner, sandbag, fire hose, heavy ropes, etc.)

Workout 2

1a. Barbell Push Press 3 x 8

Hold a barbell at shoulder level and dip your knees as if you were about to jump. Explosively straighten your legs and drive the bar straight overhead. Lower your arms back to shoulder level. That's one rep.

1b. Alternating Medicine Ball Push Up 3 x 6 (each side)



Get into push-up position, resting your left hand on a medicine ball. Lower your body until your chest touches the floor, and then do a push-up. Roll the ball to your left hand, and repeat. That's one rep.

2a. Bent-Over Row 4 x 10

Use any form of resistance that you can (partner, sandbag, fire hose, weighted vest, heavy ropes, etc.). Bent forward so that your upper body is about parallel with the ground. Keep your spine in a neutral position and your head straight throughout the entire exercise.



2b. Leg Lifts 3 x 15

Start on your back with hands across your chest. Brace your abs. Keep your legs straight. Lower as close as you can to the ground without touching.)

2c. Medicine Ball Woodchop 3 x 15

Stand holding a medicine ball above your left shoulder. Explosively rotate your torso diagonally downward and to the right as if you were chopping into a tree, until the medicine ball passes your right knee (allow your feet to pivot naturally). Reverse the motion to return to the starting position. That's one rep. Complete all prescribed repetitions on one side before switching.

3. Stair Climber (20 Minutes)

If you do not have access to a stair climber, you can do a 20-minute jog.

Workout 3

1a. Deadlift 4x5

Stand over the bar with your feet hip width apart. Keeping your lower back in its natural arch, crouch down and grab the bar overhand, your hands about shoulder width apart. Your shoulders should be directly over or even a little behind the bar, and your eyes should be focused straight ahead. Driving with your legs, straighten your hips and knees, pulling the bar to hip level as you come to a standing position. Reverse the motion to return the bar to the floor.

That's one rep.

1b. Squat Jumps 4x5 (each leg)

Get into an athletic stance as if you were about to jump, and lower your body until your thighs are about 45 degrees to the floor. Explode upward, jumping as high as you can off the floor landing with soft knees. That's one rep.



2. Good Mornings 3x10

Set up as you would to do a squat. Begin to lower your body as in a squat, but when you are a quarter of the way down, start bending at the hips as if you were trying to lower only your chest to the floor. Be careful: You must keep your lower back arched at all times. Once you've lowered yourself into a half squat with your torso almost parallel to the floor, reverse the motion and return to the starting position. That's one rep.



3a. Step-Ups 4x6 (Each Leg)

Use an object about knee height (bench, small table, chair (without wheels), etc.) Make sure the object is stable. If you are advanced enough do these with added resistance such as: partner, sandbag, fire hose, weighted vest, heavy ropes, etc. Step up and come to a balanced position without touching your opposite foot to the object, then return to the floor. The foot of the working leg does not come off of the object until all 6 reps. are complete. Do not alternate legs.



3b. 45° Raise 3x12

Set up face down on a Roman chair. Bend at the hips maintaining a natural arch in your torso. Contract your glutes, abs, and lower back as you come up until there is a straight line from the back of your head to your ankles, but being careful not to hyperextend your back.

4a. Object Carry 4 x 30 yards

Carry any heavy object (human dummy, partner, sandbag, fire hose, heavy ropes, etc.)

4b. Lateral Drags 3 x 20 yards

Drag any heavy object sideways (human dummy, partner, sandbag, fire hose, heavy ropes, etc.)

Workout 4



1a. Chin Up 3 x 8

Grab onto a chin up bar with hands shoulder width apart. Hang from the bar with your feet off the floor. Squeeze your shoulder blades together and pull your body up until your chin is over the bar and then reverse the movement to return to the starting position. That's one rep.

1b. Dumbbell T Push Up 3 x 5 (each side)

Hold a dumbbell in one hand and get into push up position. Perform a push-up as normal, returning to the starting position. Now rotate your body 90 degrees, reaching toward the ceiling with the hand that's hold-

ing the dumbbell. Your body should form a T shape. Reverse the motion to return to the starting position. That's one rep. Complete all your reps on that side, and then switch the dumbbell to the other hand and repeat on the other side.

2a. Sledgehammer Slams 3 x 10 (each side)

With a sledgehammer in hand hit a tire on the ground and alternate sides as you go (don't miss and don't let go of the sledgehammer).

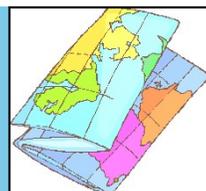
2b. Farmer Walks 3 x 30

With a dumbbell in each hand, walk the recommended distance while standing up straight and avoiding an arching back.



By Sue Williams

CERT



Community Emergency Response Training

Our IVFD CERT unit is in the midst of conducting another basic training course. Now that we have a core group that is trained and operating to assist IVFD, we are redirecting our focus a little bit to getting someone in each household, on each block, and in each service group trained and prepared to help themselves and their neighbors survive an emergency situation.

It's true that if each household in our valley has someone who has training in basic first aid, in how to effectively use a household fire extinguisher (and when not to use it and call IVFD instead), in disaster-proofing their home as best they can . . . if each household has someone with this training, our community will be well on its way to surviving a disaster. Everyone is encouraged to take this free training.

Some topics included in the training may not be fully applicable to our area . . . topics like dealing with a terrorist attack or a hazardous material spill. However, learning how to prepare for an initial 72 hours or even a month without basic services in an emergency can

be a life-saving skill. For example, knowing what kinds of food to stockpile, how much water to have on hand, and what to pack in a "go bag" should they need to evacuate are timely subjects for everyone in our valley. With fire season upon us and with it the potential for having to evacuate, knowing what to take and where to go are important for survival.

Our instructors, Ned and Patty Booth, Sally Cumberworth, and Jean Ann Miles, will be conducting this training aided and abetted by members of our IVFD Fire District. Classes will be scheduled for later this year.





In District

By Neil Kisiela:

Thinking It Through

A human being makes progress in life by being introspective. Character growth - changing for the better - is the human thing - that's what makes us different from animals. We can choose to act on emotions and impulses or choose to take a few steps back and look at the situation objectively and act to our and everyone else's benefit and betterment. If instead we speak or act on impulse we most likely will regret it later.

Nobody's perfect, I heard. Well, everybody has something to work on as far as character flaws. Some struggle with anger, others may be impatient (like myself), some may see the bad in others with a magnifying glass and see the good in others through dark glasses. Some others may have a problem with telling the whole truth-and-nothing-but-the-truth. We all have something we are not very proud of.

A firefighter acting under the spell of anger may use harsh words towards other firefighters or IVFD members, or the public. Words said can't be undone, any more than you can unring a bell. Those words are out there, remembered by others - resulting in hurt feelings, loss of trust, etc.

Also, acts under influence of anger such as hitting things, kicking something, driving more erratically, etc. can damage equipment and cause safety issues. Anger clouds peoples' understanding, and out of anger they may do and say things they later regret.

Often we may want to be the "big

person", the guy on the radio, "in command". We think, "Why should he use the hose and I have to dig with Pulaski getting dirty? No..No..I want to be the engine operator, be the big guy". Every task is important, just like in a machine there are kegs and sprockets and if even one small sprocket gets broken, it affects the whole machine.

Firefighters and first responders need to be dependable in dangerous situations; we are expected to be leaders - calm and focused while the public may be confused, afraid, not knowing what to do. If they see firefighters acting unprofessional, the public will remember this, and won't trust the Fire Department. Firefighters are the ones to depend on in accidents, fires, medical scenes and in the future, who knows - earthquakes, or other disasters. Being mentally composed, calm, focused, and not under the sway of emotions is vital to being a good firefighter. We don't want to add to the confusion or fear, we want to be the **solution**, not be part of the **problem**. Firefighters are expected to be calm and clear headed, not driven by emotions, and therefore be positively influencing those around.

The solution

In order to achieve that very valuable goal/positive outcome - (calming the public) we ourselves have to work towards that goal - be confident in our skills, practice that calmness (intelligence directing the mind rather than acting on impulses). This side of firefighting is not commonly addressed. Firefighters need to be emotionally and mentally prepared. **Character matters as much as being physically skilled.** You can't emphasize one above the other, both are

equally important. It would be like jumping on one leg instead of walking upright on both. This is only possible if in our everyday life we don't get carried away by mind and emotions. Not acting blindly on impulses and emotions needs to be practiced and worked on daily, can't be practiced only on the spot (during some intense incident). A person who habitually acts out of emotions won't be able to just flip a switch as soon as there's an incident, and ...well, immediately become like a peaceful surface of the Lake Selmac.

It is not impossible to improve. Anyone can work and improve or change, or develop the mental or physical aspect. It's just the willingness to do it, see that it is needed. Everyone has the potential to improve character and habits. Like on a boat on the river, if you don't do anything, you will go down the river, get swept with the current or worse - meet a waterfall. But if you make a little effort, you have a chance to move up the river, the height of your profession, the right direction to go. If you want to make progress upstream you have to make some effort. Polish mountain people have a saying : ... *all the small fish goes down the stream, only the best, pricey fish go upstream...*

A good habit - at the end of the day, go over in your mind - what or how did I do today? Could I have done it better? Did I act under control of anger? Said harsh words? Did I take responsibility for any mistakes?

Quote of the day:

Set your course by the stars, not by the lights of every passing ship.

Omar N. Bradley

Holland Loop Rd Barn Fire July 26, 2017



Through the Lenses

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

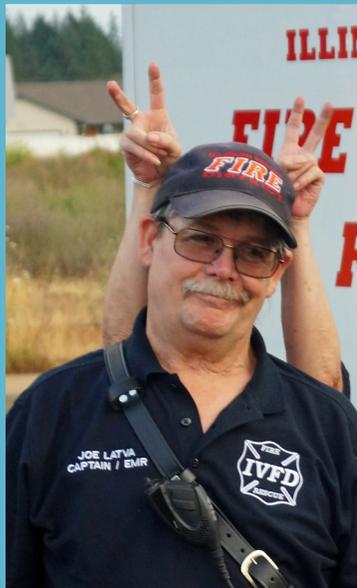




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ILLINOIS VALLEY FIRE DISTRICT SMOKE SIGNALS, AUGUST 2017



The Firehouse Cook



By Pramada Kisiela:

Bean Sprouts At Home - And How To Eat Them and Like It

About 3 months ago in Smoke Signals Division Chief Kris Sherman mentioned going to training about preparing for earth quakes, and that he thought having several months' worth of food on hand might be sensible. That reminded me of the four articles Neil wrote way in the beginning of Smoke Signals called "Be Prepared". Since beans are cheap and easy to store and thus a good basic food to have on hand, here is this month's recipe - Bean Sprouts. Beans can be stored almost indefinitely and are high in nutrition. Taking a look online, bean sprouts are high in protein, Vitamins C and all the Bs, A and even Vitamin K. They're also a good source of potassium (needed for heart health), fiber, and are low calorie.

They're also cheap, so it's easy to buy a 25 pound bag and have not for "just in case" but to eat as a regular part of meal planning. Making sprouts is way to eat them without hours of cooking, which is especially nice when it's hot outside. When people think of "bean sprouts" often what comes to mind are those unpleasant long white things that have no taste, but home made bean sprouts not only look different but taste infinitely better. I made three different kinds - mung bean, brown lentil, and chick pea or garbanzo. It is important to buy only green looking mung beans, as when there are a lot of brownish

mung beans, they are old.

For the photo, I used 1/2 cup of each kind of bean. Wash well, then put in mason jars with sprouting lids*, cover with a lot of water, and soak for 12 to 24 hours, garbanzos need 24, the other beans will soak adequately in 12 but can soak longer. In summer keep them in a cool place.

Then drain out the water and store horizontally but ideally on a slant so excess water can drain out, and rinse them about 3 times a day. Soon you will see tiny tails pop out - and then they are ready. No need to wait for long tails, they get tough and bitter then. As soon as they are ready, store in the fridge until you want to use them, they will last a few days.



Now, how to eat them?

1. Sprinkle on salads - liberally
2. A tasty salad can be made with mung sprouts, minced ginger, chopped cucumbers and salad

dressing.

3. Use in sandwiches
4. Sautee with any spices - mung sprouts go well with curry type spices, garbanzos and lentil seem to like Italian herbs. Heat oil or butter, add spices or herbs, stir for a moment, and add whatever sprouts you are using. Add salt and pepper to taste. Minced onion and peppers are tasty, too. They only need a few minutes of cooking, and you can also help cooking by steaming - add a small amount of water and put a lid on for another few minutes at the end of cooking. Garbanzos are tasty cooked this way and added to tomato sauce.

For the photo I cooked all three kinds of bean sprouts with ginger, spices, and some onion and bell pepper.

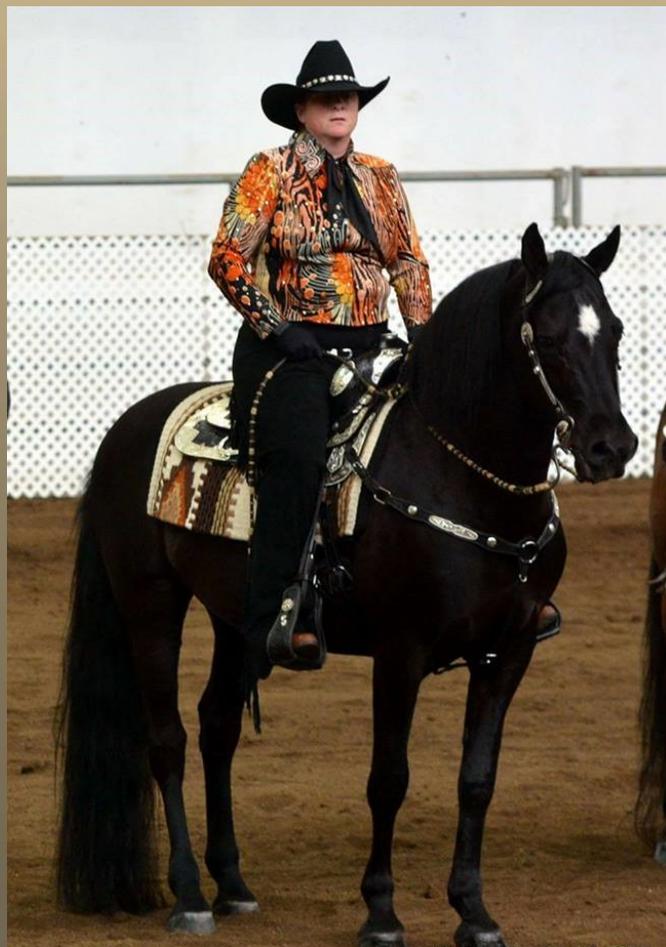
Try serving with rice or pasta.

*Neil wanted me to add that he has some fine brass screen that would work well for using for sprouting lids, just ask him for some, he'll cut to the Mason jar size, then you just need the jars and rings.



RETIREMENT NEWS

THANK YOU, SANDI HUMPHRIES FOR YOUR YEARS OF DEDICATION TO IVFD!





Administration

By Jamie Paul, Executive Administrator



August Birthdays

Jerry Lamb	02
Austin Elesky	03
Sally Cumberworth	08
Joe Latva	11
John Miles	12
Linda Naydol	14
Connie Hoke	20
Charlie Foutch	25
Erik Anderson	25
Tim Norman	26

Anniversary Dates

Celebrating Years of Service..

Kamron Ismaili	Since 2003
Holly Miller	Since 2013
Noah Miller	Since 2016

Joys and Concerns:

Our thoughts and prayers go out to Tom McCauley and his family after the tragic loss of his father.

*If tears could build a stairway,
And memories a lane,
I'd walk right up to Heaven
And bring you home again.*

—Unknown



Company Picnic

Please put the IVFD company picnic on your calendar for August 5th. Chief Gavlik is working diligently at getting fun and games together for us at Station #2. Hoping to see everybody there!!



Keep Your Pet Safe and Cool All Summer Long With These Tips:

A pet in a parked vehicle is not cool. Even when it's a comfortable 70 degrees outside, the temperature inside a parked car can climb to 90 degrees in just 10 minutes—and up to 110 degrees in less than hour—exposing our furry friends to serious risks of discomfort, illness and even death. Responsible animal lovers can do their part to help other pets in danger: if you see a distressed dog inside a parked car on a

warm day, immediately call your local animal control or law enforcement for help.

During hot summer months, regular exercise can be dangerous for pets. Even if your pets are active and in tip-top shape, you may want to adjust their activities to avoid midday sweltering temps during the summer. Remember, our furry friends can't cool themselves as well as we can! They rely on panting and limited sweating through the bottoms of their paws to cool down. Take your pet outdoors during the early morning or late evening, which tend to be a bit cooler, to avoid overheating.

August Observances & Fun Facts

August 2017 is Observed as	▶ National Immunization Awareness Month	
Aug Birthstone	▶ Peridot	
Fruit & Veges for the Month of August	▶ Peaches	▶ Cactus Pear
	▶ Eggplant	▶ Prickly Pear
	▶ Nopales Cactus	▶ Okra
	▶ Celery	▶ Fennel
August Flower	▶ Poppy & Gladiolus	
Aug Astrological Sign	▶ Leo (till 22nd) & Virgo (23rd→)	
Proclamations and Notable August Observances	▶ Aug 5: National Mustard Day	
	▶ Aug 26: Women's Equality Day	

Div. Chief Ismaili recently took some vacation time and happened to be in the right place at the right time.
(or maybe wrong place at the right time)

More lives saved due to the dedication of IVFD's members
(As well as some other travelers)

No man needs a vacation so much as the man who has just had one.—Elbert Hubbard

