



# 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](mailto:dennishoke@ivfire.com)



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**I** was sent an old video of firefighters riding the back step, putting on their gear as they responded to a call. After 43 years on the job, I am an admitted old fart, dinosaur, relic or whatever you want to call me. I can remember the social aspect of the "Fire hall". The special soda machine (alcohol), parties, racing to calls well beyond safe limits of response. Of course this was long before social media and cell phone cameras.

The good days? I won't go that far, but it was fun. How we survived unscathed is a miracle. A very short fire academy if at all, you got the t-shirt and it was off to the races. Safety officer was unheard of. Most volunteer fire departments had a lounge or a full blown bar in the station. Being a part of the Fire Department was the social

center of the community and the place to be.

My have things changed. Now we are asking new firefighters to spend weeks going to a fire academy, then 100 plus hours for an EMR or EMT course. Training every week and respond to a whole bunch of calls. They will see death, destruction and danger like they have never seen before and get paid nothing for it. Sounds like fun!

We are asking our members to take a big chunk of their limited time to commit hundreds of hours away from home and family for the community. It's dangerous, may effect their physical and mental health and do it for free. Are you ready to sign up yet?

That's the point. How do we bring fun back to the firehouse? I am not saying we need to go back to the wild and crazy days. We cannot afford the lawsuits. We have an annual banquet, a summer BBQ and occasional pizza at the association meeting. We have tried appreciation dinners and other types of events and have had limited success.

Chief Anthony Avillo said it best in *Pass It On: The 2nd Alarm*:

*Lighten up and be happy. You are in the best profession on the planet. There is humor, camaraderie, respect of millions, countless stories, and the satisfaction of doing the job. If you can't have a little fun with those that you entrust your life, you are in the wrong business.*

So that is the question, and I am looking for feedback. What can we do to make this more fun? I think it is OK for the public to see us having some fun. I think most of the public get it that we are an organization made up mostly of volunteers. We use our social media and website to highlight the incredible work all of you do. We show pictures of incidents, training and our fun times.

I am concerned that a small group of our members have a negative attitude toward another group. This concerns me. Being a member of IVFD should be fun and you should be proud of all the accomplishments. We are one team with one mission. Each group or division is a key component to the success of the organization. If you don't understand this then please, take

the negativity to another organization. The power of positive thinking does wonders. A negative attitude is like a cancer. It spreads until there is death. Things can always be better. For the few negative people, turn that energy into constructive efforts to make our organization better. Instead of sitting and complaining, take action, make things better or move on. Enough said.

We are always looking for more volunteers to be part of this great organization. Recruitment and retention of volunteer firefighters is a national issue. We will be putting a lot of effort towards recruiting. Our best advertisement is our current members. If each of you talked to 5 people about the difference you make to the community, we could have a lot more volunteers. I try and talk to prospective volunteers every time I am in public.

I think people want to be part of a great organization. You can help us be great as well as let others know what we do. Lets bring some of the social aspects back into the fire service. We all have the same goal, lets have some fun doing it!

On that note, Christmas is just days away. I want to wish each and every one of you a very merry Christmas and a happy and safe 2018.

Until next time... Lets be safe out there.

Dennis



## Training and Safety

By Jeff Gavlik: Deputy Chief

**W**ith the year coming to a rapid close, I thought I would write about the status of current events. The training facility progress has met up with a few more interesting challenges on the financial side. It's looking like our next available opportunity for securing the money for this project won't be until July. That means I will be working towards fine tuning the details of everything through the winter and spring to be ready to hit the ground running in July.

The VFA Grant that we received will be going towards the purchase of wildland protective equipment helping us to replace some of our old worn out gear.

Speaking of grants, I am writing a grant through the Homeland Security Grant to try to upgrade our radio repeater with a secondary repeater site and additional communication equipment. Also, I am trying to purchase two turnout washing extractors through the AFG Grant. If awarded, this will give us the ability to safely wash and decontaminate our PPE without fear of cross contaminating our personal clothing washing needs. Keep your fingers crossed!

As most of you already know, this month starts the beginning of our newly hired firefighters. I am excited to bring on this new opportunity and look forward to

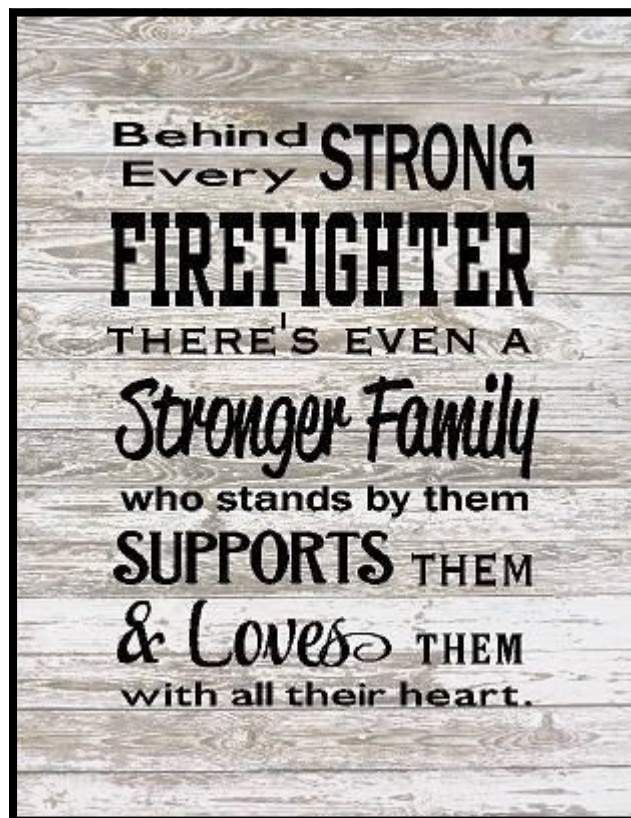
the stability and potential that these individuals bring.

As the new year comes closer, I would ask you if there is anything that you would like to see happen in the training world. Are there training topics you would like to see happen that we haven't done in a while? Are you wanting to further your abilities more by teaching more of the training subjects? What would you like that is different for this new year to come?

Lastly, thank you all for your hard work and dedication to keeping each other safe, meeting the needs of our community and rising to the challenge of a busier year for all around activities and calls for service.



YOU ARE what makes IV Fire a great place to belong to and I'm proud to work side by side with each and every one of you. Thank you for your willingness to serve and may you have a blessed and Merry Christmas!



## \*Logistics\*

By Kris Sherman;  
Division Chief Logistics

**F**irst of all Merry Christmas and Happy New Year to everyone.

The other day I had to run into town, on the way there I noticed that turn signals must have been optional because no one was using them. I saw lane changes in intersections and a lot of vehicles didn't have their headlights on even though it was raining.

No one is a perfect driver all the time, not even me. "Well..." We all make driving mistakes now and then, but it's important to constantly drive defensively and do our best to avoid committing traffic violations, no matter how "minor" they might be. Let's take a look at some of the more common infractions people make that often are committed without the driver even realizing it.

### 1) Changing Lanes without Using a Turn Indicator

Some people call it an indicator, others a blinker or turn signal. No matter what you call it, it's important to use it! A recent study by the Society of Automotive

Engineers showed that over 25% of drivers failed to properly use turn signals when turning, and nearly half of drivers failed to signal before changing lanes.

This is a serious issue! Indicators are your way to communicate your actions to other drivers so they know that you plan on moving your vehicle into a different lane of traffic. Without that communication, other drivers will assume you will continue the same path, and that can, and does, lead to many vehicle collisions. It's important to use your indicator at least five seconds before merging into the signaled lane in order to give all vehicles ample time to respond. Any less is not enough warning for other drivers.

National law requires all automotive vehicles have operational turn signal devices installed and that drivers use those signals to indicate any lane change or turn. And yes, that goes for turns performed in designated turning lanes, too.

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## 2) Changing Lanes in the Middle of an Intersection

Lots of drivers don't change lanes while driving in the middle of the intersection because they believe it is against the law. Even though this is good practice, as changing lanes mid-intersection can be dangerous, a lot of states don't consider it an unlawful act. Oregon is one of them.

Whether your state has a law against changing lanes mid-intersection or not, the action of doing so is still often frowned upon. Intersections are often busy areas. Such areas are often considered unsafe to change lanes in. Even if your state does not have a particular law against changing lanes mid-intersection, it definitely has a law forbidding unsafe lane changes. If a witnessing police officer considers the mid-intersection lane change unsafe, you can be cited for it.

## 3) Not Turning Headlights On When it's Raining

Rain impairs vision and reduces visibility of all drivers, even in the middle of the day. Keeping your headlights on both increases visibility for the person driving the vehicle and makes it easier for other vehicles to spot said driver. Remember, headlights work both

ways for increasing visibility.

Not every state requires headlights to be on while wipers are in use, but it's still good practice to do so. Keeping your headlights on while visibility is low, like in rainstorms, is always a good idea since it increases visibility for all drivers. Doing so could save lives.

*Here is Oregon's law on headlight use.*

### Headlights

- ⇒ Headlights must be in use from sunset to sunrise.
- ⇒ Headlights must also be used when you cannot see at least 1000 feet ahead of you.

### High Beams

- ⇒ High beams must be dimmed when approaching traffic is within 500 feet.
- ⇒ High beams must also be dimmed when following within 350 feet of another vehicle.



# Operations & Prevention

By Kamron Ismaili, Division Chief Operations and Prevention

Why do some firefighters become negative? According to Chief Steve Kraft, who gave the keynote presentation at the Opening Session of FDIC 2012 today, it's because negative officers are ruining them.

"I've never seen a new recruit go through the academy with a bad attitude," Kraft said. Yet once they're assigned to a company, some recruits flourish, while others sink." Kraft believes recruits fail largely because they have poor officers serving as their mentors.

"I don't know about you, but I'm not going to let these negative officers destroy the best profession in the world," Kraft stated defiantly.

### Who Are They?

FDIC brings together firefighters from across the country, Canada and even the world, volunteer and career, of all ranks and positions—yet Kraft noted that the negative people that threaten the fire service from within share common characteristics. They are:

- ⇒ Firefighters who speak badly of the department or individual firefighters.

- ⇒ Firefighters who have been on the job for 18 months but act like they have 20 years on the job.
- ⇒ Firefighters who have 20 years on, but what amounts to one year of experience.
- ⇒ Firefighters who start and spread rumors.

"We're all experiencing similar people issues," Kraft said. He believes these problems crop up because "a few officers and chiefs don't understand their influence over firefighters." Kraft challenged the audience not to assume that he was talking about someone else, but to look within themselves to determine how they can become better officers. "It's easy to listen to what I say and think about your chief, your captain, etc.," he said. "I need you to ask yourself, what can I change? Great leaders take personal responsibility, because they understand that small changes can make a big difference in the behaviors and attitudes of the firefighters in their department."

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## 5 Keys to Being a Better Officer

Kraft, the FDIC's first Canadian keynoter and chief of Richmond Hill Fire & Emergency Service in Ontario, noted that to be a great officer, you first must want to become one. He then laid out five keys to becoming a better officer.

**Be a great coach.** "Encourage and motivate firefighters, show them what good performance looks like," Kraft urged. "If you don't correct people when they do something wrong, don't be surprised when they do it again."

**Show your people you care.** Kraft shared a humble lesson he'd learned when one of his firefighters returned from two years of medical leave. Kraft was eager to welcome him back, but the firefighter challenged him, asking "Why didn't you ever call me at home to see how I was doing?" Great leaders care for their people, beyond the job.

**Learn from your mistakes.** "We should be making mistakes every day," Kraft said.

"Leadership requires the willingness to fail."

**Lead by example.** We hear this expression a lot, but what does it really mean? Kraft pointed out that just as it's possible to lead by good example, it's possible to lead by bad example. "Negative leaders can be louder and more forceful" than positive leaders, he noted. "We need to stand up and tell them to stop."

**Have a positive attitude.** Kraft shared a rule he tries to live by—never complain to anyone lower in the ranks than you. "Negative comments go up the chain, positive comments down," he said. He reminded the audience of a quote from Chief Rich Lasky: "Show me a positive company, and I'll show you a positive company officer."

Kraft's final message to the attendees: "When you leave today, start working on things. Don't wait for anyone else. Just try."

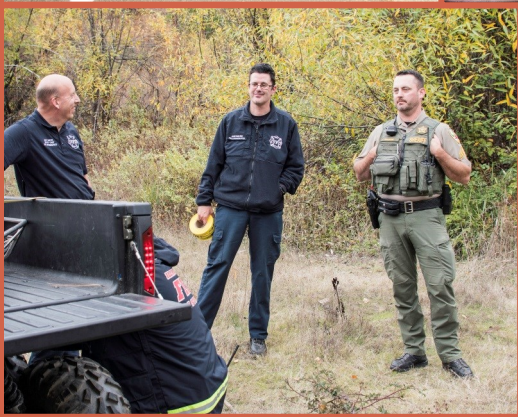
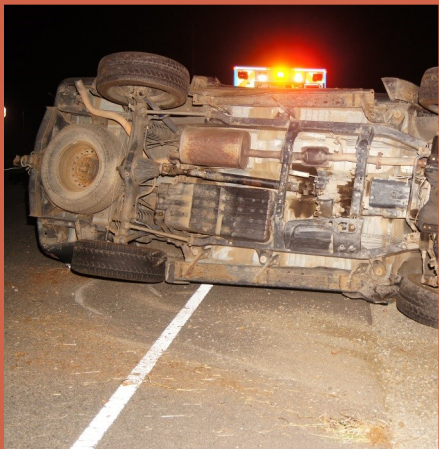
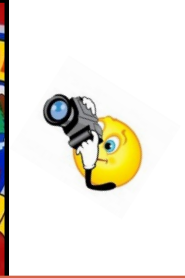
**E**ven though the above article talks about officers and senior firefighters, I am directing this article to everyone with negative attitudes. If you are here to: serve your own self-interest, talk down management, talk down your officers or your fellow members, promote disharmony because of being passed over, promote disharmony because of a certain group, promote disharmony by continually grumbling over other members service record and not work on your own, you need to re-evaluate your decision to remain with the Fire District. We all need to work on being positive towards each other and promote a **POSITIVE ATTITUDE** and work as a **TEAM**.



Meet IVFD's new Career Firefighters Norman, Peterson, Petetit and Miller

# Through the Lenses

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



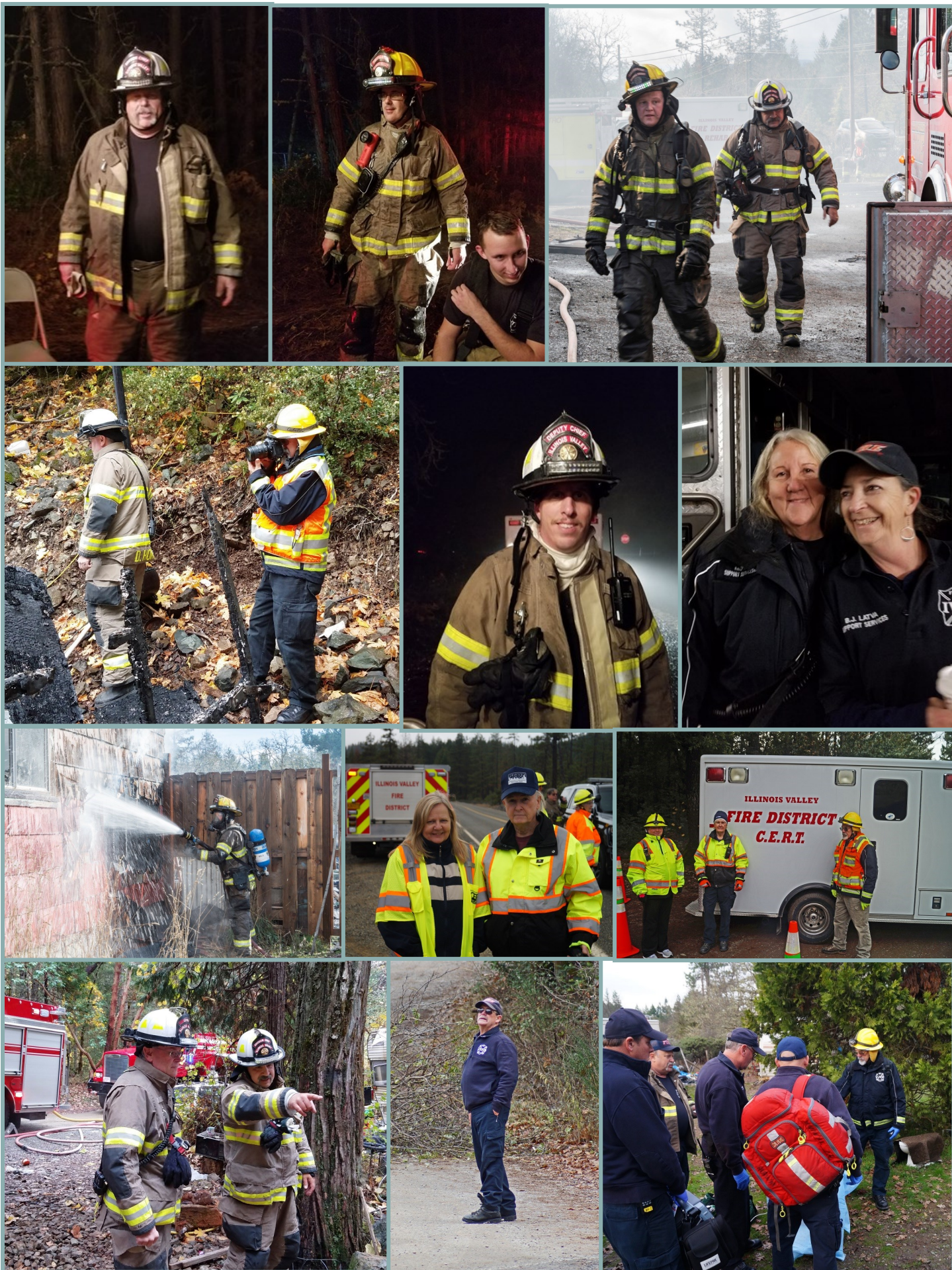


**SMOKE SIGNALS** is a monthly newsletter published by the Illinois Valley Fire District for volunteers, staff and friends. To get a copy please stop by our administration office at 681 Caves Hwy.





ILLINOIS VALLEY FIRE DISTRICT SMOKE SIGNALS, DECEMBER 2017



# The Firehouse Cook

By Pramada Kisiela:

## Christmas Sweet Bread - Italian Pannetone

Actually this is a re-run from a few years ago, but I wanted to have a very Christmas-y recipe, and maybe there are people who missed this the first time around. There are many different variations for this delicious festive sweet bread, so cooks should feel free to mix and match the kinds of dried fruits and nuts they add. This bread is a somewhat sweet holiday bread, and delicious made into toast. Yeast bread is easy and recipes are forgiving, so if it doesn't come out quite the way you want the first time, try it again, and chances are people will eat it before it's cooled down anyway, unless you hide it. This bread makes a nice gift. This made two large loaves; I shaped them round and put each in a cake pan, buttered and floured (shake flour all over the bottom and sides of the baking pan for easy removal).

Heat 2 1/3 cups milk very hot and pour into a large bowl

Add 1/2 cup butter, 2 t. salt, 2/3 cup sugar, stir and let cool to lukewarm

Mix 1 T yeast (or 2 packages) in 1/2 cup lukewarm water, then add to above liquid

Stir in 5 cups flour and beat well.

Then add dried fruits and nuts:

1/2 c golden raisins

1/2 c dark raisins

1/2 c chopped dried apricots

1/2 c chopped dates

3 T grated orange or lemon peel

1 1/2 c chopped walnuts or almonds, or 3/4 c each

1 to 2 t. ground cardamom

Stir well and then add 3 more cups flour, or until it is too stiff to stir. Turn onto a floured board or counter and knead some minutes until smooth. Put dough back into the bowl, sprinkle water on the top to keep it moist, cover and let rise until double.

Turn out onto the board or counter again, knead by folding a few times and cut into halves; shape each piece into a round slightly flat ball and put one in each pan. Slice the top if desired. Bake in a pre-heated oven at 350, usually takes 45 minutes but start checking in 30 minutes. If your oven is not even, move the pans around. When done (check the bottom, should be a bit hard), take out of pans and cover with a clean kitchen towel so the crust does not get hard. When cool, drizzle icing on top made from powdered sugar, very hot water and a bit of vanilla or almond flavoring. How much sugar and hot water? I guess every time...enough to make it thick but still pourable from a spoon. Looks and tastes delicious and festive. Cut when cool.



# CERT

By Ned Booth

## Do you have a Tourniquet with you?

### Tourniquets make great Christmas Presents

Remember when eggs were unhealthy? Research now shows eggs are a healthy source of protein, vitamins, minerals, saturated fat, and are low in calories; the kicker is the cholesterol content, but even that is healthy for the majority.

Remember when it was unhealthy to consume fats? The truth is healthy fats are good for your heart. Fat is needed, and essential, for blood clotting and muscle movement. The true difference is the type of fat not fat in general.

Remember when tourniquets were taboo? Increased evidence and use in the combat field suggests you should use when needed and each individual should own and carry their own for personal use. Emergency Medicine now recommends every disaster responder carry a personal tourniquet for their use; meaning if you are injured you have one for personal use. It is further suggested to carry one for use on others if needed.

The Committee on Tactical Combat Casualty Care (CoTCCC) recommends three different commercially available tourniquets. The 1<sup>st</sup> 2 are for personal use: Combat Application Tourniquet (CAT), the SOF Tactical Tourniquet, and the Emergency and Military Tourniquet by Delfi for medical kits; these tourniquets were tested by the U.S. Army Institute of Surgical Research to ensure that they would reliably be able to obstruct arterial blood flow.

In a recent survey conducted by the US Metropolitan Municipalities EMS Medical Directors Consortium most agencies are carrying the, Combat Application Tourniquet (CAT) from North American Rescue \$28.15 on Amazon and several mention the SOF Tactical Tourniquet from Tactical Medical Solutions \$25 on Amazon. There are CAT by other manufacturers for around \$10.

What are the parameters they are looking for? Essentially the tourniquet should be a specific thickness of 1-1.5 inches as to not cut into skin.

Tourniquets should be placed two-three inches above the wound preferably directly on skin, but over the clothing is acceptable. If bleeding persists, consider placing another tourniquet side-by-side and directly above the first and/or tightening the first. The patient should not be comfortable with the pressure from the tourniquet.

## TERMS TO KNOW

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### FREEZING RAIN

RAIN THAT FREEZES WHEN IT HITS THE GROUND; CREATING A COATING OF ICE ON ROADS, WALKWAYS TREES AND POWER LINES.

### SLEET

RAIN THAT TURNS TO ICE PELLETS BEFORE REACHING THE GROUND. SLEET ALSO CAUSES MOISTURE ON ROADS TO FREEZE AND BECOME SLIPPERY.

### WIND CHILL

A MEASURE OF HOW COLD PEOPLE FEEL DUE TO THE COMBINED EFFECT OF WIND AND COLD TEMPERATURES; THE WIND CHILL INDEX IS BASED ON THE RATE OF HEAT LOSS FROM EXPOSED SKIN. BOTH COLD TEMPERATURES AND WIND REMOVE HEAT FROM THE BODY; AS THE WIND SPEED INCREASES DURING COLD CONDITIONS, A BODY LOSES HEAT MORE QUICKLY. EVENTUALLY, THE INTERNAL BODY TEMPERATURE ALSO FALLS AND HYPOTHERMIA CAN DEVELOP. ANIMALS ALSO FEEL THE EFFECTS OF WIND CHILL; BUT INANIMATE OBJECTS, SUCH AS VEHICLES AND BUILDINGS, DO NOT.



# Administration

By Jamie Paul, Executive Administrator



## December Birthdays

Dan Johnson	02
Pat Tibbs	16
Gary Price	24
Guenter Ambron	26
Jamie Paul	26
Larry Hammersmith	28

## Anniversary Dates

*Celebrating Years of Service..*

Jeff Gavlik	Since 1994
Kyle Lane	Since 2016
Chris Petetit	Since 2017
Chris Peterson	Since 2017

## Joys and Concerns:

Please join me in welcoming Christopher Petetit and Christopher Peterson to the IVFD family.

Please make the time to introduce yourselves and make the new guys welcome!!!



Congratulations Noah Miller on passing your EMT. Great Job!!!



I have noticed lately that our wonderful volunteers have been experiencing some “growing pains” with new members coming aboard and some of our older members feeling displaced or under appreciated.

Just remember that **ALL** of our members are valuable. We each have our own responsibilities and do our best to fulfill them.

Just because we have health issues, are older members, are inexperienced, or are unable to keep up with the more experienced members doesn't mean that we aren't valuable assets to the District.

**Remember that we are all here for the same reasons.**

Each and every one of us has been the “new guy” at one time or another. So please keep in mind that there is a learning curve and helping to train new members is more beneficial than berating them and making them feel bad.

You never know—the person you are negative toward may turn out to be the person who saves your life or the life of a friend or family member.



Take a second... put yourself in their shoes.... And treat others as you would like to be treated!!!

## Holiday Stress

As the Holidays head our direction remember to take care of yourself and try not to let the pressure overtake you. Here are a few tips to remember.

**Sleep:** 7-9 hours of sleep has amazing restorative powers and will help us survive with our nerves intact.

**Eat a veggie:** All those baked goodies can lead to fatigue, gastrointestinal challenges, and depression. By keeping up with healthy eating we can maintain energy levels through the festive season.

**Go for a walk:** Workout routines are hard to keep up with when we have so many commitments. Taking a walk not only enhances our mood it helps to elevate our heart rates, increases Oxygen intake, decreases stress and gets us out of the house for a little while.

**Just say NO:** The pressure to entertain and be entertained is constantly an issue. Remember it's okay to just say NO. Establish boundaries and stick with them.

### The Fire Fighter's Night Before Christmas

'Twas the night before Christmas and all through the town,  
The fire siren echoed blaring its sound.  
The firefighters came running from far and from near,  
And raced to the trucks quickly donning their gear.

And I in my bunkers, my boots and my hat,  
Jumped to the engine to see where the fire's at.  
Down at the corner of Fifth and of Oak,  
The dispatcher informed us of a house filled with smoke.

Smoke poured from the sides, from up and from down,  
Yet up on the roof there was none to be found.  
So up to the rooftop we raised up a ladder,  
And climbed to the top to see what was the matter.

I came to the chimney and what did I see,  
But a fellow in red stuck past his knees.  
Well we tugged and we pulled until he came out,  
Then he winked with his eye and said with a shout.

"These darn newfangled chimneys they make them too small,  
For a fellow as I, not skinny at all."  
With a twitch of his nose he dashed to his sleigh,  
and called to his reindeer, "AWAY now, AWAY."

As we rolled up our hoses he flew out of sight,  
Saying "God bless our firefighters" and to all a good night!