



Ron Nasso of KGO, Channel 7 in San Francisco, dons his Nomex for some "live-fire training" during Media Day at the CDF Fire Academy.  
(See story on pg. 2)

**JULY 1988**

# Forestry features

## MEDIA DAY '88

by Laurel Goddard

It was deemed "a reporter's Disneyland" by participating press members, who donned nomex and helmets and became firefighters for a day at CDF's second annual Media Day, June 1, at CDF's Fire Academy.

Reporters from all over California came to Ione to experience first-hand the dangers and difficulties of fire fighting. They drove a 22,000 pound fire engine through an obstacle course, doused a 2000 degree wall of flame, battled a structure fire, tested their aim on the firing range, and spun out on the skid pan.

Following registration and sign-in, the activities began with a 12-minute video titled "It Takes a Pro," an overview of the Academy, to help reporters decide what they want to cover in the upcoming fire season.

After a top-notch Academy lunch, the activities continued, including a demonstration of the sand table, a miniature community that employs basic firefighting principles on a small scale, using tiny fire trucks, string for fire hoses and tomato juice for fire retardant. "It's pretty realistic as long as you keep people under control," said John Brayton, Operations Officer at the Academy, who added that this activity tends to bring out the child in a person.

Later in the afternoon, an oak sapling was dedicated on the Academy grounds in memory of the firefighters who lost their lives during last fire season.



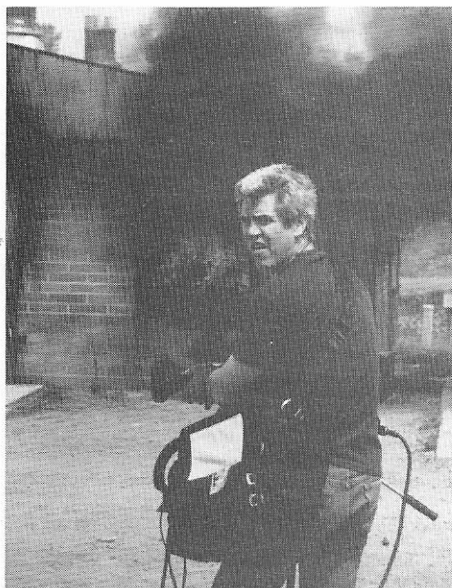
*Even at only 15 mph it doesn't take much to lose control on a slick surface, as Fran Henson from CDF headquarters demonstrates with this 360.*



*The sand table represents a tiny community, and can depict any kind of firefighting scenario. The sand is covered with wood shavings specially treated with sodium nitrate to make them more flammable (notice the tiny blaze in the lower left hand corner inching its way up to the tower).*



*A CDF helicopter sprays a crowd of onlookers as it demonstrates a water drop.*



*Camerapersons were able to get up close shots of all the action whether they decided to participate or just shoot footage of Fire Academy training techniques.*

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(Cont. from pg. 2)



Director Partain and FAE John King conduct dedication of this oak sapling in memory of the firefighters who lost their lives in 1987. Also pictured, the Academy from the air.

## '88 FIRE SEASON IS UNDERWAY

Fire Season 1988 has arrived, and "drought" seems to be the word for the western half of the United States. All indications point to a long, hot summer. For example:

Statewide precipitation is only 70 percent of normal.

February and March 1988 was the fourth driest on record (1849 - 1988).

Water content and projected run off from the snow pack are at the same level as last year and very nearly as low as the drought years of 1976-77.

Of course we did receive some "extra" rain late this spring, however that rain did not improve our drought conditions or fuel moisture levels. And, to quote Director Partain, "To bet that we will be saved by additional precipitation would be greater odds than winning the "Big Spin."

## HOW ARE WE DOING?

(Fire stats on SRA through June 18)

	FIRES	ACRES
1988	3212	9694
1987	4901	17,764

## FUNDS RAISED FOR DENIS LEE CULLINS FUND

The California Department of Forestry Employees Association (CDFEA) of the Humboldt-Del Norte Ranger Unit succeeded in raising \$4,000 for the Denis Lee Cullins Memorial Scholarship Fund at Humboldt State University by hosting an authentic fire camp breakfast at Rohnner Park in Fortuna.

Local businesses contributed food items and door prizes for the event. Smokey Bear, Copter 102, Coast Guard Search and Rescue helicopter, Fortuna Ambulance, special CDF apparatus, and County Supervisor Harry Pritchard highlighted the breakfast. Firefighter Cullins' parents were also in attendance.

A sincere thanks to everyone who helped make this event a success.

## FIREFIGHTERS

Here's a thought from the firefighters at the Alta Station in the Nevada-Yuba-Placer Ranger Unit.

**F**earless

**I**ntense

**R**aging

**E**nergy

**F**or

**I**mportant

**G**ung

**H**o

**T**echniques

**E**xhibiting

**R**adical

**S**aves

(Good thought guys/gals at Alta. Thanx)

## NFPA NOMINATES CDFer



Fire Safe Program Manager Rich Schell was elected May 16 to the National Fire Protection Association's (NFPA) Wildland Fire Management Section board of directors to serve a two-year term as Western Region Director.

Because of the overlap of wildland and structural fire environments, the newly established section of NFPA serves as a forum to share issues, ideas and concerns about wildland fire management in both the U.S. and other countries. Activities will center on communication between fire fighting agencies on major issues such as firefighter safety and professional standards.

Rich was chosen by a nominating committee comprised of several forestry and fire management specialists. His experience includes 20 years of wildland and rural fire protection with both the USDA Forest Service and CDF.

Congratulations, Rich!

## MILITARY RESERVE SUPPORT

The California Department of Forestry and Fire Protection has long been a supporter of its employees who are members of the military reserve and the national guard. The CDF/San Bernardino County Fire Warden was recently presented a certificate from the Department of Defense commending the department for that support. The Certificate of Support was presented to San Bernardino County Fire Warden Glen Newman by Rear Admiral George Sayer, U.S. Navy Reserve.

There are seven CDF/San Bernardino County Fire Warden employees who are reservists and they were recognized with awards for their devotion to duty as "twice protectors" of the communities they serve both as firefighters and reserve and guard members.

Those seven include Fire Captain Dan Frias who is an Infantry Squad Leader with the California Army National Guard; Firefighter George Pahl, also a member of the California Army National Guard; Fire Apparatus Engineer Mark Hotchkiss who is the commanding officer of the Delta Company, U.S. Marine Corps Reserve; Fire Captain Bob Buhrle who is a training officer in Crash and Rescue Techniques with the U.S. Air Force Reservists; Fire Captain Phil DeClerck who is a master sergeant with the U.S. Air Force Reservists; Materials and Stores Supervisor I Sisto Holguin,



Receiving a plaque for his contribution to the U.S. Marine Corps Reserve is Fire Apparatus Engineer Mark Hotchkiss. He was one of seven CDFers who were recently commended for their service to the military reserves. Deputy Director Dick Ernest and San Bernardino Ranger Unit Chief Glen Newman were there to congratulate all seven. The San Bernardino Ranger Unit also received a certificate from the Department of Defense commending the Department for its support of employees who are members of the military reserve and the national guard.

who is also a member of the U.S. Air Force; and the only female reserve member Fire Prevention Assistant Holly

Kress who works as a C-141 Mechanic in the U.S. Air Force.



## CALIFORNIA VIETNAM VETERAN'S MEMORIAL FUND

"There were no parades, no marching bands or cheering crowds, no rousing speeches, no thanks. It was no way to treat the men and women who served in Vietnam. Now there is the California State Vietnam Veteran's Memorial. The site for the Memorial is on the Capitol grounds in Sacramento. The design is finished. But only you can build it. The



Memorial will be funded entirely from your contributions. Won't you please send a tax deductible donation today. Your name will be included with all of the other contributors and placed in a corner stone located at the base of the Memorial."

Donations should be sent the California Vietnam Veterans Memorial Fund, P.O. Box 3040, Sacramento, CA 95812. Make checks payable to CVVMF.

If you would like further information on the Memorial you can contact Al McNulty here at Sacramento Headquarters at (916) 324-1642.

## BFC 105 "Top Three"

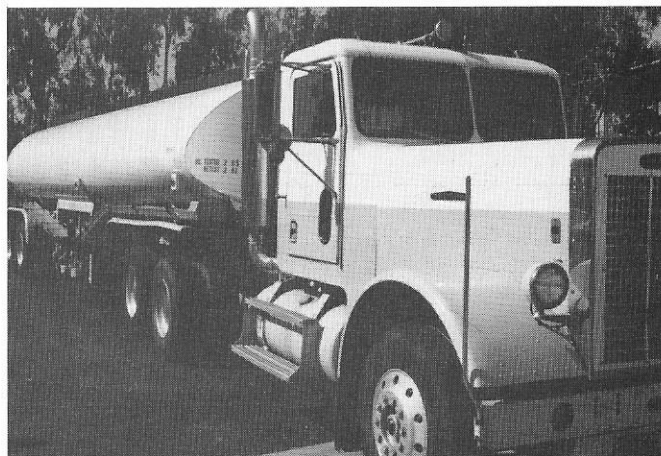


Pictured from left to right are the top three graduates of Basic Fire Control class #105: Timothy Walsh of the San Bernardino Ranger Unit with a score of 93.175; Gilbert Barrier of the Riverside Ranger Unit with a score of 94.0229; and Robert Wolf of the Lassen-Modoc Ranger Unit with a score of 93.6414. Good work guys! And Congratulations to all the graduates!!

## WATER TANKER DONATION

A South Santa Clara County Fire District volunteer firefighter's quick thinking recently resulted in the addition of a new water tanker to the district's arsenal of fire fighting equipment.

The donation came about when Paid Call Firefighter George Kievlan, who is employed by Chevron USA, started the wheels in motion. George has been a volunteer for South County for almost 20 years, therefore he knew that their current water tanker was badly in need of repairs. He also knew that there would be an upcoming auction of surplus tractors and tanks at his company. George looked into the matter of his fire district bidding on the equipment.



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Within a week, George received word that Chevron's Western Division Manager, had approved the donation of a 1978 white freightliner tractor with less than 6000 miles on the motor, and a 7,000-gallon tanker, cleaned, inspected, and ready for release.

George brought the good news back to his battalion chief, Frank Borge, and to Dick Clanton, Santa Clara Ranger Unit Chief, who in turn received the necessary approval to accept the generous donation.

On March 17, 1988 CDF and South

Santa Clara County Fire District were presented with the tanker from Chevron USA at the San Jose facility. The tanker is currently being inspected and painted to be put into service sometime this summer.

## 44TH ANNUAL CAL RURAL CONFERENCE

The California Rural Fire Association held its 44th Annual Training Conference in Fresno at the end of April. The conference theme "Communicable Diseases: The Fire Service Dilemma" was addressed by a knowledgeable group of experts who covered the legal, medical and fire service perspectives.

Other highlights of the three-day conference included guest speaker State Senator Rose Ann Vuich; "Education Day" during which events blended old-time firefighting tactics and athletic competition and, an awards banquet at which all winning teams and individuals of the Education Day were honored.

The evening concluded with Cal Rural President Gary Buzzini presenting his gavel to the incoming President Kurt Luderitz and his corp of officers for 1988-89.

Next year's conference will be held in Redding.



Education Day Make & Break Competition featured CDF's Sonoma Ranger Unit Team.



Cal Rural President Gary Buzzini, speaks at the awards banquet.

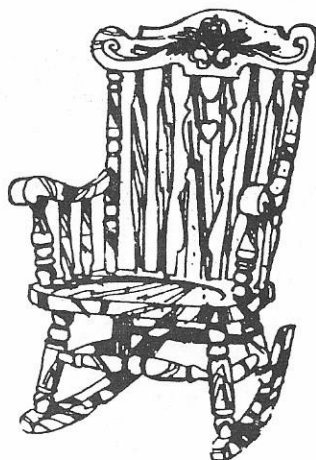
## 25-YEAR CLUB MEETS AGAIN

The 30th Annual meeting of the CDF 25-Year Club took place in April in Fresno and was attended by 336 members and guests.

The event included the traditional Saturday afternoon registration-socializing period and evening dinner dance as well as the miniature rocking chair presentations to those attending for their first time. President Bob Kutz was assisted by Gerv Nash and Don Peterson in making the presentations to the following people: 1981 Jan Newman; 1983 Paul Elliot and Stony Loft; 1984 Will Donaldson and Dwain Wilson; 1987 Gary Harlow, Pete Lewis, Chuck McDonald, Lew Smith, and Hank Weston; 1988 Doug Allen, Bill Clark, Lee Friedman, Jay Gaskill, Howard Hawk, Doug James, Dwaine Martin, Sam Mendenhall, Dave Phillips,

Carol Romo, and Bill Weaver.

Incoming President Ron Thomas; Vice President Bob Jackson; Secretary-Treasurer Frank Quadro; directors, Duane Kelly, Hud Banks, and Walt Bolster; and junior past president Bob Kutz announced the 1989 meeting will be held in the Santa Rosa area April 15 - 16, 1989. Mark your calendars now!!!



## CDFers PLAY HOST

by Laurel Goddard

Imagine having the opportunity to live in another country as a guest for a summer, a semester or even a year. Because of the generosity of three CDF families, three lucky students from abroad are getting that chance through the Youth For Understanding International Exchange program (YFU).

Founded in 1951, YFU enables thousands of teenagers to participate in its exchange program, its goal being to promote international understanding and world peace.

When CDF Fire Academy Fire Captain Instructor Lee Benion was 18 years old, his parents hosted an exchange student from Denmark. It was such a positive experience that he encouraged his daughter to participate in the

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program — she spent a year in Colombia. Lee's family now hosts Marie Paula Giacconi from Chile. Paula attends Amador High School in Jackson, and enjoys gymnastics, playing the guitar, and art. She also participated in CDF's Media Day at the Fire Academy.

"Having Paula has encouraged us to do more things," Lee said. "We've gone to Disneyland, and taken the kids to Carson City and Virginia City. We probably would have put those things off again if not for her."

William Franklin, heavy fire

equipment operator, and his wife, Linda, are hosting Anne Marie de Ridder from Holland this year. Last year they hosted a Finnish boy, and next year they will host Victoria Berg from Sweden. Anne Marie goes to Middletown High School, and enjoys a "typical teenage lifestyle," including watching TV and sun worshipping.

Birgit Luczak from Germany is the guest of Fire Captain John Monday and his wife Donna. Birgit goes to Middletown High School, where she was on the championship volleyball team.

John said having Birgit around renews his appreciation for his environment. "I took her and her friend up to the lookout. I never realized it could be such an unusual experience." Apparently, dirt roads winding up steep hills aren't too common in Germany.

All agree that it is a rewarding experience. If you would like to host a teenager, contact YFU at 1-800-USA-0200, or write to International Center, 3501 Newark St., N.W., Washington, D.C. 20016-3167.

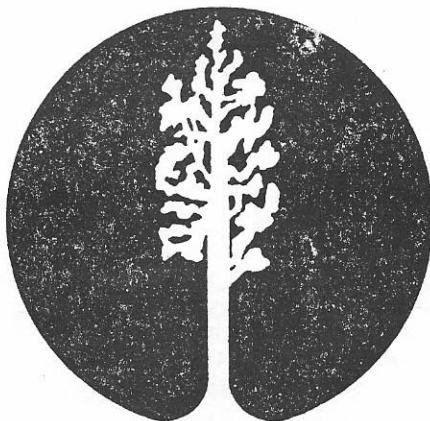
## THE BIG BURN OF 1297

by Forester II Dave Dulitz

Imagine being able to step back in time more than 2500 years to see how wildfires were burning in the southern Sierra Nevada. That's exactly what happened last summer at Mountain Home Demonstration State Forest, not with a time machine, but with cross sections of Giant sequoia trees.

Because fire is an important part of the natural history of wildlands the National Park Service is interested in learning more about the ecological consequences of fire as well as a better history of fire as it occurred naturally in the Giant sequoia timber of the Sierra Nevada. To that end, the University of Arizona Tree Ring Institute has been commissioned by the National Park Service, in cooperation with CDF, to make preliminary fire history investigations at Mountain Home.

During the summer of 1987, Dr. Thomas Swetnam and his associates visited Mt. Home Demonstration State Forest to determine whether or not an in-depth fire history study was feasible.



The method to be tested involved dating fire scars on Giant sequoia stumps which had been cut around the turn of the century. These giant trees were scarred by the frequent fires that ran through the forest, but were rarely killed. The scars were later grown over by the tree, sealing the record beneath the bark. Six Giant sequoia stumps, one Wind-fall sequoia, and one Sugar pine stump were studied.

Of the 130 fire scars dated the oldest went back to 516 B.C. Two of the Mt. Home specimens contained fire records

that seemed remarkably complete back to approximately 500 A.D. One stump had 46 fire scars on it, from 46 different fires.

A most interesting discovery was made during the investigation. A fire scar in 1297 A.D. was recorded on all dated fire scar specimens. Apparently this fire was very intense and covered a large area. When comparing these specimens with other tree ring studies from the same area, a growth increase was noted on the trees immediately after the fire. That indicates that much of the surrounding timber was consumed by this fire, allowing the surviving Giant sequoias to grow faster in the following years. It also appears that many of the Giant sequoias in the area became established within the 20 years following the fire of 1297. Giant sequoia seed needs bare mineral soil to germinate which would indicate a major disturbance caused by this fire. If only CDF had been around in the year 1297!

Dr. Swetnam will be back at Mt. Home this summer to continue studying the ecology of the Giant sequoia as it relates to fire and to expand our knowledge of the frequency and intensity of historical wildfires.

## BATTALION RUNS HALF MARATHON

### PHYSICAL FITNESS PAYS OFF

by Fire Apparatus Engineer  
Gregory Royat

Sweat was pouring off the forehead of the captain as he completed his 20th kilometer (13 miles), yet he had completed a goal he and his team mates had set a few months earlier. The weeks of training had paid off, the run wasn't as bad as was envisioned when the team had decided to go for it.

On March 5, employees of Battalion 4 of the Nevada-Yuba-Placer Ranger Unit, along with other CDF employees, ran the Bidwell Classic Half Marathon at Chico. This was one of the goals set for the winter Physical Training (PT) program at Smartsville FFS. The primary goal is staying physically fit on a year round basis, rather than in summer only. We have found that this greatly enhances our ability to perform under physically and mentally stressful situations whenever they occur.

The winter program consisted of running about four to six miles daily,

occasionally nine miles, and aerobics on days when the weather was extremely bad. We would start our day at 7 a.m. by reporting to work in sweats and beginning our personal warmup routines. At about 7:30 we would decide where we wanted to run and then arrange transportation if needed. After the run we would clean up and be available the rest of the day for assignments.

Our summer PT program involves starting at 9:30 a.m. with warmups and a few calisthenics, followed by engine drills and a two- to four-mile run or a canyon hose pack. On cooler days we might even run six miles.

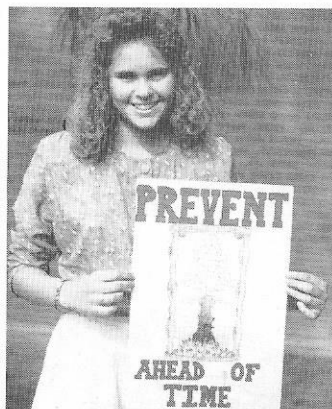
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Those physically fit CDFers who ran in the Bidwell Classic Half Marathon were State Forest Ranger I Ed Waggoner, Fire Captain Glen Ford, Fire Captain Bryce Keller, Fire Apparatus Engineer Greg Royat, Fire Captain Glen Weinreber, Fire Captain Herb Miller, Fire Apparatus Engineer Mic McHugh and Heavy Fire Equipment Operator Bernie Paul.

Good work guys!

## PREVENT —AHEAD— OF TIME



Tracey Merrill, a sophomore at McLane High School, was the first place winner in the 34th Fresno County Sportsmen's Club Fire and Pollution Contest. The contest was open to students in grades 7 through 12 within Fresno city and county. It is sponsored by the Fresno County Sportsmen's Club and CDF. Tracey will receive \$100 for her first place finish. Way to go, Tracey!!

## LOOKOUT INSPIRES POEM

The following poem was submitted by CDF lookout Anne Schnarr, in Madera-Mariposa Ranger Unit. It was written by Mary Grambusch, a lookout visitor.

Look out for the Lord  
on the hilltops that surround you  
for He owns each one.

Look out for the Lord  
in the distant haze  
for His face is there if you search.

Look out for the Lord  
in the wind that blows  
for it's love He sends your way.

Look out for the Lord  
in the rays of the sun  
and He will enter your heart.

Look out for the Lord  
in the stars at night  
and angel dust will sparkle in your eyes.

Look out for the Lord  
when you're admiring His land  
and remember that  
you too are His creation.

## Camp log

## FOUR NEW CAMPS DEDICATED

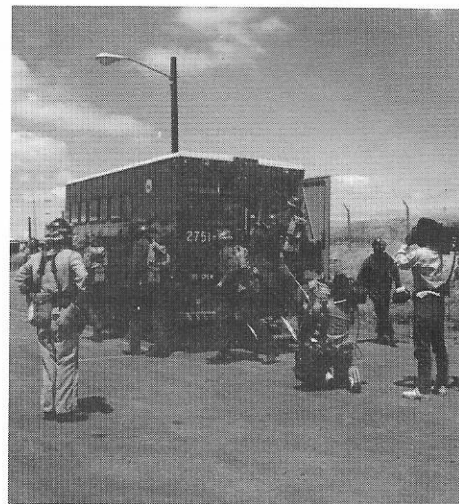


The single largest opening of new camps in the 42-year history of the CDF and the Department of Corrections (CDC) cooperative program took place on June 3, at the Delta Conservation Camp in Solano County.

A total of four new camps, located in Shasta, Modoc, Solano and Trinity counties will add nearly 500 inmate

firefighters to the state's firefighting arsenal, bringing the total number to more than 4,200. Although each of the four camps are in various stages of completion they will all be on line at some point during the 1988 Fire Season.

The dedication ceremony at Delta CC, (one of the four), drew a large crowd of officials, news media, and local citizens



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from the areas around Fairfield where Delta is located. The crowd was treated to a staged firefighting demonstration, a fireline crew drill, tours of the facilities, and a "Sonoma kitchen style" fireline lunch.

Both Director Partain and CDC Director Jim Roland were on hand to preside over the ceremonies. These important facts were stressed for those in attendance to consider: The possibility of another horrendous fire season like last year; and the approximately three million hours of fireline and conservation duties that camp staff and inmate firefighters logged in 1987; saving California taxpayers nearly \$25 million.

## GREEN VALLEY CC #12

by State Forest Ranger II Bill Draper

Sitting atop the highest point in Sacramento County, Green Valley Conservation Camp overlooks Folsom Lake and the Sacramento Valley. A fitting site you'll see as you read about all the work this camp's crews have put into the areas they look down on.

Green Valley started operation in 1956 as the Beaver Creek Camp at Calaveras State Park. The 40 inmate crew stayed at Beaver Creek during the spring and summer and then moved to Altaville in the winter. The inmates were from Folsom Prison.

In 1959, with the construction of Folsom Lake, the winter site was moved to the present Green Valley CC location, was known as Folsom-Beaver camp, and was expanded to 60 men. From about April 1 through the end of October the crews lived and worked at Beaver Creek for the Calaveras Big Trees State Park. When the snow came the crews moved down the hill to Folsom.

The Folsom-Beaver Camp crews built Peninsula and Granite Bay Campgrounds during the winter months and burned driftwood along the beaches at Rattlesnake Bar.

The camp's primary summertime function continued to remain the same—that of providing fire protection to the 'Big Trees.' The winter projects included rehabilitation of the lighthouse at Folsom and development of the campground at Negro Bar, and the marina site at Brown's Ravine. A crew would also go the Nimbus Fish Hatchery in the fall and help with the salmon run. Their reward for this operation was truckloads of salmon; brought back to camp for cleaning and freezing. A large

## EEL RIVER RECEIVES AWARD



*Chuck Land, president of the Garberville Kiwanis Club on the far RIGHT presents Virgil Harvey, Eel River Division Chief, and his staff with a certificate of appreciation for the camps community service work.*

A Certificate of Appreciation was recently presented to the Eel River Conservation Camp for the community services projects they have completed in areas of southern Humboldt County.

Virgil Harvey, Eel River Division Chief, accepted the certificate from Chuck Land, president of the Garberville Kiwanis Club this past May.

Crews from Eel River have been very active in projects that have included repair and maintenance of the local little league baseball fields, maintenance of the community cemetery, roofing of the Redway Volunteer Fire Department's apparatus room, maintenance of the Redway Community Services Water Filtration System and beautification of the Garberville Community cul-de-sac.

Land had praise for the professionalism and willingness that was demonstrated by Eel River crews and staff. Many of the projects completed could not have been done without the help of CDF.

portion of the year's meat ration was obtained this way.

In April 1967 Folsom-Beaver was closed. The facility was used by the Department of Corrections (CDC), the U.S. Marshal's Office and the Department of Food and Agriculture, off and on, until October 1981.

At that time Green Valley Conservation Camp opened. The facility was cleaned out and given a facelift. Green Valley is unique in that it has remained a 60-man camp and is still the only CDF camp owned by CDC.

In order to make ends meet financially, the camp runs a cement shop. Currently, picnic tables with benches are being made; the major user being the Department of Parks and Recreation. The camp also made camp stoves for some Southern California recreation sites prior to the 1984 Summer Olympics in Los Angeles.

Green Valley projects still include Folsom Lake Recreation Area. Most of the horse riding trails along the lake were built by the camp crews and they fireproof all the campsites around the lake annually. This past winter, crews were active in building fish habitat structures at Folsom Lake under the

guidance of the Department of Fish and Game.

Green Valley crews have also done a lot of trail work at Sly Park near Pollock Pines, as well as helping the park fireproof their facility. The manpower for the Lewis A. Moran Reforestation Center is supplied by Green Valley and crews were used to build water tanks at the new Delta Conservation Camp in Region I.

Green Valley was most recently given an award from Sierra College as the Outstanding Industry of the Year. This honor was shared jointly with the Nevada-Yuba-Placer Ranger Unit. Green Valley was acknowledged for the work they've done on the campus, wildland area and adjacent school structures. NYP was honored for their years of fire protection and their advisory capacity for curriculum development.

Green Valley Conservation Camp is freeway close; sitting near the interchanges of Highway 99 and 50, and Interstate 5 and 80. They have a quick response time to many areas in the state and serve as a good stop-over for crews traveling up and down California. Their kitchen is always open!!!

## ALMA HELITACK

By Forestry Pilot-(Helicopter)  
Fred Nunes

If you're traveling to the Monterey Bay or on your way to the beach in Santa Cruz from northern California, you will likely pass the Alma Helitack Base on Highway 17. Alma is one of four helitack bases in Region I, and is located above the Santa Clara Valley in the Santa Cruz Mountains.

At Alma, situated on the shore of beautiful Lexington Reservoir, you'll find Copter 106, a Bell UH-1F model helicopter manned by a highly trained helitack crew ready to respond to fire and disaster emergencies.

The base has been one of the most active helitacks in the state since it opened in 1970. First located at the Smith Creek Station at the base of Mount Hamilton in the Santa Clara Ranger Unit, the helitack unit was moved to its present location in 1975. Alma is responsible for over three million acres of state lands and more than 200,000 acres of federal lands within its direct protection area. This area encompasses timber, brush, and grass fuel types, and ranges geographically from San Francisco in the north, to the Monterey Bay in the south, and east to the Central Valley.

Alma's high activity level can be attributed to its central location in the state and the density of the urban interface in the San Francisco area. Over the past few years Alma has responded to fires from the Oregon border to the southern deserts and has carried the governor and the Board of Forestry to relief operations during the floods in 1986.

In cooperation with the local fire departments and neighboring ranger units, Santa Clara Ranger Unit Chief Dick Clanton has supported joint



*The Alma Helitack crew.*

training operations at the base. "We attribute our operational success and safety record to the caliber of people we place in helitack," says Alma District Ranger Don Collins, himself a former Army helicopter flight crew member.

The day-to-day helitack operations and administration is left to the three captains and two pilots assigned to the unit. Fire Captain Steve Espe provides the depth on the crew as he brings 20 years of forestry experience and begins his seventh year on helitack. Fire Captain Wayne Drager starts his third year at Alma after spending time in the CDF Camp Program. Fire Captain Robert Lee is entering his second year with the helitack after 12 years of fire fighting experience. Pilot Fred Nunes has been flying helicopters since 1967 and has both military and civilian

experience. He has been with Alma since 1982 when the base brought on their UH-1 helicopter. Pilot Tom Short signs on with the base this year after several fire seasons as a contract pilot and a flying background in medical evacuation and the National Guard. The Alma crew is brought to full strength during fire season with six seasonal firefighters and six California Conservation Corps crew members.

In an area with a high population density and extensive urban interface area like Alma's, the significance of the helitack crew as a fire protection resource grows in importance. It is with this realization and sense of duty that the Alma Helitack crew and the Santa Clara Ranger Unit strive to provide the best possible service to the public.

## Your health and safety

### OBESITY AND WEIGHT CONTROL

by Karen Krstich, M.A.

Obesity is a very prevalent health hazard in our culture. Estimates of obesity in the adult population range from 20-40 percent; one to two people out of every five.

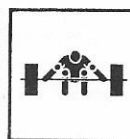
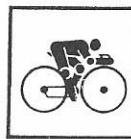
Body fat can be estimated in several ways; giving an estimate of the percentage of body fat. Normal body fat

for males ranges between 13-18 percent of body weight (over 20 percent is considered obese), and for females about 23-28 percent (over 30 percent is considered obese).

Many people tend to get fatter with age and therefore accept it as a consequence of getting older. There

really is no biological reason for gaining weight with age. There is however, a simple explanation. First, your body's metabolism (the rate at which you utilize food as energy) slows down after about age 25. Second, most people find that as they get older they are less active. At work you may be a supervisor or

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# Personnel Transactions

## COAST REGION

**Transfers** - FAE Steve Anderson to Mendocino; FC "B" Tom Mansur to Delta; and FAE Alfred Gomez to Lake-Napa.

**Promotions** - Don Ferguson to SFR III, Region I Hdqts.; and Ed Shriver to SFR II, Sonoma.

**Appointments** - Nadine Moore to PA I, Region I Hdqts.; Judith Riedle to OA II, Mendocino; John Rotter to HEM, DED, SO; Diane Sanders to FPA, Lake-Napa; and Allen Robertson to Forstr. I, DED, SO.

**Separations** - OA II Lynne Buffa, Region I Hdqts.

**Retirements** - PA I Judy Bowman, Region I Hdqts.; FC Richard Olsen, Alder; and FC William Jarosz, Lake-Napa.

## SIERRA CASCADE REGION

**Transfers** - FC "A" George Morris, Jr. to Butte; FC "B" James Benson to Washington Ridge; FC "A" Daniel Bessent to Siskiyou; FC "B" John Osborn to Antelope; FAE Michael Carr to Butte; SFR I John Watt to Shasta-Trinity; and FC "B" Daniel Collins to Washington Ridge.

**Promotions** - Ruben Sanchez to FC "B", Crystal Creek; Christopher Paulus and John Berggreen to FC "A", Siskiyou; and Cesar Partida to FC "B", Ishi.

**Appointments** - Barry Rudolph to FAE Shasta-Trinity; Gary Lott to For. Pilot (helicopter), Lassen-Modoc; and Richard Patterson to Maint. Mech., Devils Gardens.

**Retirement** - FC "A" Walter Dillon, Shasta-Trinity.

## CENTRAL REGION

**Transfers** - HFEO Frederick Bullard to Amador-El Dorado; FC "B" Tony Crawford to Growlersburg; FAE Gary Kimura and David Moore to Madera-Mariposa; FC "A" Jose Rios to Madera-Mariposa; FC Dennis Trammell and Robert Buckles to Fresno-Kings; FC "B" Ronald Shipman to Miramonte; FF II Richard Cooley to Fresno-Kings; FC Steven Fennell to Fresno-Kings; FF II Peter Marquez III to Fresno-Kings; FC "A" John Self to Tuolumne-Calaveras; and FAE Dennis Townsend to Tuolumne-Calaveras.

**Promotions** - Ben Nunley Jr. and Keith Jacobs to FC "B", Mt. Bullion; Jeffery Millar and Lisa Anderson to FC, Madera-Mariposa; David Roberts, Leonard Elam, Johnny Krum and Randolph Wetzell to FC, Fresno-Kings..

**Appointment** - Donald Brooks to FC/Paramedic, Madera-Mariposa.

**Separation** - Steno. Mary Sue, Tulare.

## SOUTHERN REGION

**Transfers** - FC William Harkey to Riverside; FC Alan Black to San Diego; and FAE Monique Shockley to San Bernardino.

**Promotions** - Wayne Minier to FC, Fenner; Charles Pruett to FC, McCain; Felix Pena and Verline Eakins to FC, Puerta La Cruz.

**Appointments** - Bruce Fosdike to FF II, Riverside; David Paxton, Danny Lerma and John Romero to FAE, Riverside; Don Camp and Jeffrey Ohs to FF II/Paramedic, San Bernardino; John Weems to FF II, San Bernardino; Alton Taylor to M & S Sup. I, San Bernardino; Kathy Brown to Dispatcher Clerk, San Luis Obispo; Ronnie Alsop to San Luis Obispo; Asha Anderson to M & S Sup. I, San Luis Obispo; Jorge Juarez to FAE, Riverside; Michael Linton, Fred Daskoski and Glen Delgadillo to FC, San

Diego and David Stonum to FAE Paramedic, San Bernardino.

**Separations** - FAE John Gutierrez, Jean-Luc Devulder and OA II (T) Madeline Burt, Riverside; and FAE Valeri Kawakami, San Diego.

## SACRAMENTO HEADQUARTERS

**Transfer** - Sr. Acct. Clerk Janice Whaley to Sacto.

**Promotions** - Donna Meyers to Staff Prog. Anal.; Larry Tjoelker to Assoc. Prog. Anal.;

**Appointments** - Sandy Crumley to Off. Tech.; Cheryl Pinola to Steno.; Sharon Applegate to Exec. Sec. I; and Lee Johnson to Acct. Tech.

**Separations** - PA I Kathy Matsunaga and Regina Anderson; and Labor Relations Officer Judy Guerrero.

## EXAMINATION CALENDAR

### Upcoming Examinations

Title	Exam Base	Final Filing Date
Fire Captain	Promotional	July 21
Fire Captain (Paramedic)	Promotional	July 21
Forestry & Fire Protection Administrator (Formerly Assistant Deputy State Forester)	Promotional	July 21

### Examinations in Progress

Title	Status
Aircraft Mechanic	Interviews anticipated in July
Business Services Officer I (Sup/Spec)	Interviews anticipated in July/August
Carpenter I/II	Interviews anticipated in August/Sept.
Electrician I/II	Interviews anticipated in July/August
Forestry Equipment Manager IV	Interviews anticipated in October
Graphic Artist	Interviews anticipated in August/Sept.
Materials and Stores Supervisor I	Interviews anticipated in July
Personnel Assistant II	Interviews anticipated in July
Personnel Assistant III	Interviews anticipated in August/Sept.
Personnel Technician	Written test July 23

Do **Not** submit applications for examinations until the Bulletin has been released.

(Cont. from pg. 10)

manager and therefore do less physical work. You may also find that you spend more time at "leisure" during your leisure time. And third, most people do not adjust their food intake to account for the decreased energy demands of the body. Over time this will lead to increased body fat and what is typically called "creeping obesity." If you gain one pound of fat a year starting at age 25, by the time you are 60 you will be 35 pounds overweight.

What can you do to prevent this problem or decrease your weight if you're already overweight? The first thing to understand is that you do not gain the weight in one week or even one month, so do not expect to get rid of your excess fat that quickly. Crash diets are not only dangerous because they nearly always deprive the body of essential nutrients, but they are ineffective. Most people quickly regain any weight they lost as soon as they stop dieting. These people find themselves on a sort of dieting roller-coaster all of their lives.

The most effective way to decrease body fat and maintain ideal body weight is to combine regular endurance (aerobic) exercise with moderate food intake. For example, a pound of fat equals approximately 3500 calories. If you decrease your caloric intake or increase your caloric expenditure by 500 calories per day you will lose one pound of fat per week. So, 500 calories may seem like a lot, but if you divide it between exercise and moderate food intake it doesn't seem so bad. First, you can decrease your food intake by 100 calories per meal. This is not very much. Some examples of food with about 100 calories include:

- 12 fl. oz. light beer
- 8 fl. oz. cola
- 1 oz. dry cereal
- 1/3 slice combination pizza
- 1/6 Big Mac
- 2 oz. cooked lean beef
- 2 T. salad-dressing  
(creamy or oil & vinegar)
- 1 corn-on-the-cob (4 inch)
- 1/2 cup cooked rice
- 1 1/2 slices whole wheat bread

- 1 pear
- 1 apple
- 1 banana

You can see that it doesn't take very much to decrease a meal by 100 calories.

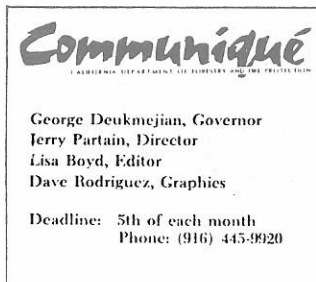
Next, you can increase your energy expenditure by 200 calories per day. One mile of brisk walking or jogging uses about 100 calories. Two miles of brisk walking would take 30-40 minutes and use up about 200 calories. Keep in mind that if you are walking up and down hills or on rough terrain you will use slightly more calories.

Not only is this technique of combining endurance exercise with moderate food intake an effective way to decrease body fat, studies have shown that it is nearly impossible for a formerly overfat person to maintain goal weight without participating in regular aerobic exercise.

Here are some helpful guidelines for anyone who is considering decreasing body fat.

1. Set realistic goals (not more than 1-2 pounds per week).
2. Use a combination of moderate food intake and regular aerobic exercise to reach your goal and stay there.
3. Learn the calorie content of foods you eat most often. Become a label-reader.
4. One mile of walking or jogging uses about 100 calories.
5. Allow yourself occasional indulgences. It is difficult to succeed if you feel constantly deprived.
6. Reward yourself for reaching your goals.

GOOD LUCK!!



## Kudos

To Rich Schell for his nomination as a Western Region Director for the National Fire Protection Association.

To Legislative Program Manager Carol Williams Bryant for an informative and entertaining presentation on the legislative process to the Political Science I class at Consumnes River. From Tricia McFadden.

To CDF Information Officer Karen Terrill, Legislative Program Manager Carol Williams Bryant and Assistant Director Maryn Pitt for their commitment to physical fitness by completing this year's Bay to Breakers Run in San Francisco.

One thousand Kudos to Mike Catlin and his crew for the outstanding displays, physical fitness program and cholesterol testing at the Statewide Managers Meeting. From Director Partain.

To Fire Apparatus Engineers Don Graham and Rich Batchelder and volunteer firefighters Barry "Slim" Cook and Dave Matzdorff all of the Butte Ranger Unit for receiving the prestigious Firehouse Magazine Heroism Awards.

To Heavy Fire Equipment Operator Wayne Stevens of the Santa Clara Ranger Unit for achieving 25 years of State service this month.

To State Forest Ranger II John Hawkins of Butte for his "excellent contribution" to the I-400 course in Fairbanks, Alaska. Your presentation was dynamic, informative and creative. On behalf of the Alaska Division of Forestry employees who attended, "May the forest be with you." From Jim Colla, fire management forester, Alaska Division of Forestry.

To Fire Captain "B" Gary Ninman of Crystal Creek and his crew who have had the lowest accident rate in camp.

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