



# GF&RD

the Gilbert Fire and Rescue Department

# VOLUNTEERS

Volume 8, Issue 8

December 2015

## Kim's Corner

By Kim Yonda

Gilbert Fire & Rescue Department  
Volunteer Coordinator

This time of year is always so magical! And especially when the spirit of Volunteerism, and making a difference, heightens and brightens the day for so many. The increased use of Random Acts of Kindness, and Pay It Forward movements is inspiring! The Gilbert Fire & Rescue Volunteers should please watch their emails. Later this month there will be information on how to get involved with one of these movements.

This year's National Conference on Volunteering and Service was

inspiring in many aspects. Together Volunteer Leaders celebrated 25 Years of "Points of Light." The "Points of Light Award" is provided daily, and honor exceptional Volunteers. (Have you looked in the mirror lately?) Our Volunteers have that spark that ignites, and makes a difference in our community. I strongly encourage you to nominate a "Point of Light" at [www.pointsoflight.org](http://www.pointsoflight.org).

It was great to see so many of you at our Annual Meeting! We talked about adventures in Texas, Spoon Therapy, Kaleidoscopes, and much more. Your thoughts and feedback during activities was insightful. If you missed the meeting perhaps you can catch up on all details with a

Volunteer peer during your next Volunteer shift. And be sure to check out the photos in this newsletter of some of the Superheroes who showed up at the meeting!

There are still many opportunities to get involved this December. We have "Everyday Heroes," "Rides with Santa," the Toy Drive, and much more. What great ways to spread a little cheer! Thank you for seizing the moments to make a difference in our community. And please remember to always capture those precious moments in your life with your family, friends, and loved ones.

Happy Holidays,  
Kim

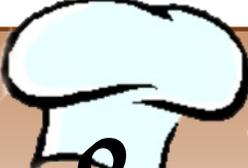


## SWEET SUGGESTION!!!

Are you still wondering what to do with the extra Halloween candy in your house? Consider donating it to our Volunteer Program. You know how much our Volunteers appreciate a sweet treat during meetings, trainings, and their Volunteer service. (If this is 5 pounds too late, please remember for next year.)



These photos are of and from **Gerhardt Obrikat**. This is the Fire Station he worked many years ago in Germany.



# Cook & Ladder

## Slow Cooker Easy Cornbread

- 1 box 8 1/2 oz corn muffin mix
- 1 box 9 oz yellow cake mix
- 2 eggs
- 1/3 cup milk
- 1/2 cup water



Flour and grease your crock pot as if it were a baking pan

Whisk all the ingredients together & then pour into the prepared slow cooker

Cook on high for about 2 hours, or until it is firm in the middle

Enjoy with, perhaps, honey butter

### A Little Laugh

“**M**y Grandmother started walking five miles a day when she was sixty. Now she's 97, and we don't know where the heck she is.” Ellen Degeneres

And For The Small Fry

Q: How do you get 6 elephants in a Volkswagen?

A: 3 in the front, and 3 in the back.

## Welcome New GF&RD Volunteers

Bill Bruyn  
Bryan Eisen

Carlos Campos  
Chad Keehner

# Reviewing CERT

By Johnna Switzer  
GF&RD Volunteer

One of the topics discussed in the CERT course was Disaster Psychology. There was a lot of good information in the class that relates not only to times of disaster but also times of stress in one's personal life.

Now that we are in the midst of the holidays, it is a good time to highlight some of the items and thoughts presented in that class. The holidays do bring on both good and bad stressors in many people.

There are many possible psychological and physiological symptoms that one may experience. These include but are not limited to:

- irritability or anger
- isolation and withdrawal
- feeling numb or overwhelmed
- feeling helpless
- mood swings
- sadness, depression, and grief
- concentration and memory problems
- relationship conflicts/marital discord
- loss of or increase in appetite
- headache or chest pain
- diarrhea, stomach pain, or nausea
- hyperactivity
- increase in alcohol or drug consumption
- nightmares
- inability to sleep
- fatigue or low energy.

What can you do to reduce your own stress? Only you can know what reduces your stress. But you can take the following preventive steps in your everyday life:

- get enough sleep
- exercise regularly
- eat a balanced diet
- balance work, play, and rest
- connect with others
- use spiritual resources.

Allow yourself to receive as well as give; you should remember that your identity is broader than that of a helper.

No matter which holidays you celebrate during this time of year, please remember to take time for yourself as well as your loved ones, reduce your stressors if at all possible, and celebrate the blessings of the season.

# Reviewing **C**ommunity **A**ssistance

By Neil Acevedo and Dianna Erickson  
GF&RD Volunteers

- 1) How do you get into a gated community?
  - a) Wait for a car and follow it in
  - b) Call Kim
  - c) Use the lock box key
  - d) Call Alarm and they will let you in
  
- 2) What is the procedure to open/close the bay doors at Station 7?
  - a) Use the remote in the Suburban
  - b) Use remote to open and close the back door
  - c) Use the closest panel by the bay to open and shut the front door
  - d) Use the panel on the wall by the door going in to the station. The door closes by itself.
  
- 3) Where can you drop off hazardous material?
  - a) Administration by the batteries
  - b) Closest fire station
  - c) Station 8— Hazmat
  - d) Hazardous waste facility by south yard
  
- 4) What is the procedure for putting COM251 “in service”?
  - a) Push the “in service” button on the MCT
  - b) Call alarm
  - c) Press the AIQ (available in quarters) button in the station
  - d) Press the AOR (available on radio) button if out of the station

Answers: 1) c 2) a,d 3) d 4) c,d

## **You've Been Spotted**

**Thank you for doing something great!**

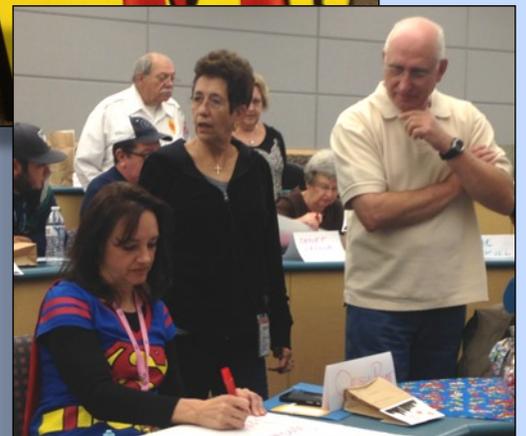
Sonja Grosch  
Diane Howard  
Sharon Judy  
Janet LaTour  
Ann O'Neill



Judy Slack  
Johnna Switzer  
Jon Switzer  
Ed Taggard  
Karen Wolf

**You are appreciated!**

# BOOM!





By Judy Slack  
GF&RD Volunteer

**Polly Turner joined CERT about four** and a half years ago after just finishing training for Community Assistance. She was looking for a new Volunteer opportunity and called Gilbert, Tempe, and Mesa to find out what was available. Kim called her back faster than the rest. (Yay, Kim!)

Polly is married to a retired United Methodist pastor, and has a son, Justin, and a daughter, Diana. They both live, with their families, no more than 10 miles away. She has called several states home over the years: Oklahoma, Texas, and New Mexico, but she has lived in East Mesa for the last 34 years.

One of the biggest accomplishments of Polly's life is attending the University of New Mexico Medical School while raising three preschool children. This meant major shuffling to have family meals, get housework and shopping done, books read, and children tucked in bed each night.

With the children grown, and having retired after serving as Chief of Staff at Banner Desert Hospital, Polly enjoyed Volunteering as a trainer for UMC Early Response Teams. These Teams go into natural disasters immediately after emergency responders open the areas. They mitigate further damage, help salvage what can be saved, and guide survivors through the first days after disasters occur.

Polly is grateful for the amazing experiences and travels she has experienced, and for being able to donate to causes that help those struggling with low incomes. Volunteering has given her the opportunities to do things that matter to others, to help those facing a crisis, to perhaps brighten a smile, or maybe help others feel important. When not Volunteering, Polly works with her sisters writing the stories of her family's ancestors.



*Many A True Word Is Spoken*

“I like an escalator because an escalator can never break. It can only become stairs. There would never be an “Escalator Temporarily out of Order” sign. Only “Escalator Temporarily Stairs”

~ Mitch Hedberg

# COMING UP

## DECEMBER & JANUARY

December 1 <sup>st</sup>	Bloodborne Pathogens	5:30-8:30pm
December 4 <sup>th</sup>	Rides With Santa	3:30-7:30pm
December 5 <sup>th</sup>	Everyday Heroes	Varies
December 8 <sup>th</sup>	Citizen Corps Meeting	6:00-8:00pm
December 12 <sup>th</sup>	Riparian After Dark	4:30-9:30pm
January 12 <sup>th</sup>	CPR PRO Train the Trainer	5:30-8:30pm
January 19 <sup>th</sup>	First Aid Train the Trainer	5:30-8:30pm
January 26 <sup>th</sup>	Volunteer Credential Renewal	8:00am- 1:00pm

