



# UCR Diversity and Inclusion Group (DIG)



Volume 2 | Issue 3

Winter 2019

## The Headlamp

People, places and things >>>

### UCR News

#### Welcome new employees

##### On the Move

Chris Lockwood-Squadleader-Craig IHC

Rita Clipperton-Fuels Tech-Tahoe NF

Ali Richards-R2 Regional Fire Planner

Tim Spurr-Skyway WFM-GMUG

Dani Shedden-Skyway WFM-GMUG

Chad Bakken-Engine Captain-ARF

Chris Reed-AFEO-ARF

Lathan Johnson-UCR Deputy FMO

Dan Nielsen-White River WFM Lead

### Off-Season Thoughts and Perspectives

As the field season ends for our seasonal workforce, it seems prudent to offer some resources to get through these winter months better off than when it started.

#### Health Insurance:

Did you know you need to have health insurance year round or can face deductions from your taxes? Or even possibly an insane hospital bill? If you have federal coverage as a permanent seasonal, make sure to fill out A-07 to maintain coverage during the offseason. Temp seasonals who elect for coverage must pay the entire premium during the off season, or get the first 30 days free to find new coverage. Colorado Health insurance exchange: <https://connectforhealthco.com/>

#### Exercise:

This may seem like a no brainer, but take advantage of winter sports, such as snow shoeing, cross country skiing, and uphill skiing to maintain fitness. Switching from your usual running, weightlifting, etc. could potentially break through weight loss plateaus, build new muscles, prevent overuse injuries, prevent boredom, make new friends, and keep your brain healthy if the exercise is engaging.

#### Mental Fortitude:

In 2015 and 2016, 52 wildland firefighters committed suicide. In a 2015 study on suicide risk in firefighters, 50% of respondents reported that they had contemplated suicide. You are not alone if you feel this way, please reach out to anyone if you are feeling suicidal. Remember to maintain relationships with coworkers outside the fire season, your reaching out could make all the difference for one person. Great article with help links for wildland firefighters: <https://wildfiretoday.com/2017/11/04/suicide-rate-among-wildland-firefighters-is-astronomical/>

#### New Skills:

Idle hands are the devil's playground. Put down the remote or game controller and use your free time to learn a new skill: welding, carpentry, learn a musical instrument, knitting, webpage design, ARCGIS, emergency medicine, scuba diving, a new language, short story writing, public speaking, beer-making, baking, ballroom dancing, yoga, fly-fishing, or bee-keeping. We have community colleges throughout the area, so check out their catalogs.

#### Retirement:

See a retirement planner this winter. A small amount of money now will grow huge by retirement age (you can put up to \$5500 dollars a year in an IRA). If you are 25 and put \$2500 dollars a year in an IRA for 5 years straight and do not touch it until you are 65, you will have \$96,000 at 6% growth. <https://www.tsp.gov/PlanningTools/Calculators/howSavingsGrow.html>



Funny Pictures on [www.lefunny.net](http://www.lefunny.net)

Life is a grindstone. Whether it grinds us down, or polishes us up, depends on us. —L. Thomas Holdcroft

## Employee highlight >>> Lathan Johnson-Deputy FMO

Lathan was recently promoted into the Unit Deputy Fire Management Officer position, vice Josh Tibbetts. He's one of the few that has worked in all three zones here on the UCR, but has also worked on other Forests throughout his career. He's a second generation federal employee and he already has over 21 years in with the Federal Government and over 20 years on the UCR and is still going strong for many more!

He's been married to Phoebe for 18 years and has three amazing kids Carson 14, Abbey 12 and Suzy 7. He enjoys snowboarding even though the kids prefer skiing, which is a fun family rivalry. On his time away from work, which we all know is few and far between as Lathan is always available, he's out Mountain Biking, Fishing or Elk Hunting in remote CO.

He's hard to miss and is one of the nicest people around, always willing to help out a fellow employee.

## Blast from the Past

December 1955-1956

The Montgomery Bus Boycott was a civil-rights protest during which African Americans refused to ride city buses in Montgomery, Alabama, to protest segregated seating. The boycott took place from December 5, 1955 to December 20, 1956, and is regarded as the first large-scale U.S. demonstration against Segregation.

## Brainteasers

1. What is  $\frac{1}{2}$  of  $\frac{2}{3}$  of  $\frac{3}{4}$  of  $\frac{4}{5}$  of  $\frac{5}{6}$  of  $\frac{6}{7}$  of  $\frac{7}{8}$  of  $\frac{8}{9}$  of  $\frac{9}{10}$  of 1,000?
2. Form a mathematically correct equation using each of the numbers and symbols once: 2345+ =
3.  $A+B=76$ ,  $A-B=38$ ,  $A\div B=?$
4. Subtract 1000, add 40 add 1000 more, add 30, 1000 more, plus 20 plus 1000 and plus 10.

## UCR Diversity and Inclusion Group Team Members

Kelly Boyd-Unawep WFM Lead

Justin Conrad-EZ Asst. FMO

Sarah Culhane-Unit Aviation Manager

Mary Flynn-WRNF Recreation – Special Uses

Sarah Hankens-WRNF Rifle District Ranger

Linde Jacks-GIS Specialist

Chad Johnson- Rifle Helitack Foreman

Patrick Kieran-WZ Fire Ops Specialist

Jake Lloyd-Asst. Tanker Base Manager

Courtney Murray-Incident Business Specialist

Stewart Robertson-CZ Fire Ops Specialist

Sarah Westendorf – EZ Engine 609 Engineer

Lisa Loncar-Fuels Mgt. Specialist

*The DIG is always looking for new members, and different perspectives!!*

## Suggested Wellness Resources

### Websites

[USFS Comprehensive Wellness](#)

[Man Therapy](#)

### Mindfulness Apps



### TED TALK

# TED

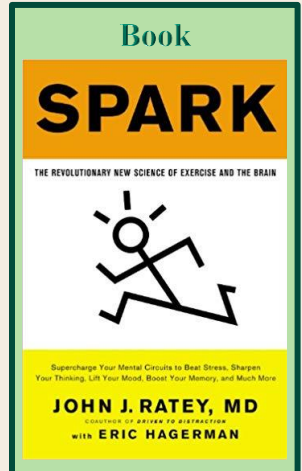
*Vulnerability*

### WORTH YOUR TIME

[Wildland Firefighter Suicide Article](#)

[Two More Chains-Spring 2017](#)

### Book



### Fitness

[Strava](#)

[myfitnesspal](#)

[sworkit](#)

## final thoughts...

Do you have an idea for our newsletter (ex: topic, photos, employee to highlight, etc.)?

Feel free to contact any DIG member or you can email us at [ucr.dig@gmail.com](mailto:ucr.dig@gmail.com)

If you want to join the DIG please contact any member.