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Employee Highlight – Molly Seim

Benefits of Investing Early



Volume 1 | Issue 2

September 2018

# The Headlamp

## people, places and things >>>

### UCR News

#### Births

Mary Flynn and Chad Sewell  
welcomed a boy – Everett in June

#### Welcome new employees

Jake Desserich – Initial Attack Dispatcher

#### On the Move

John Craig – Training Specialist, BLM  
Colorado State Office  
All 2018 seasonals – hope to see you next  
year!

#### 2018 Stats

In early September the number of gallons of  
retardant used at the Grand Junction Air  
Tankerbase was 1,331,804!!

#### 2019 Seasonal Jobs

The application window for FS seasonal  
positions is early this year  
Fire positions are open  
September 14 – October 12, 2018  
<https://www.fs.fed.us/working-with-us/jobs>  
<https://www.fs.usda.gov/detail/r2/>  
BLM positions are usually open for application  
in November/December

## Suicide Prevention Awareness Month

### One life lost is too many

September is suicide prevention awareness month, we have included some risk factors, warning signs and what you can do to prevent suicide.

There is hope

It is important to talk about suicide

HELP is available

#### Risk Factors

- Sleep deprivation
- Heavy alcohol or drug use
- Witnessing traumatic event(s)
- Major physical illness or injury
- Loss of a close relationship
- Isolation or lack of social support (e.g. off-season, retirement)
- Knowing others who have died by suicide

#### Warning Signs

- Sudden withdrawal from social contact
- Persistent feeling of hopelessness
- Increasingly reckless behavior
- Mood swings/change in behavior
- Having a suicide plan

The above information came from the Fire and Aviation Management Behavioral Health Advisory- Summer 2018. Please see the next page for resource in getting help.

#### What You Can Do

- **TAKE CARE OF YOURSELF AND OTHERS**  
Monitor and manage mental health, just as you would physical health. Do not be afraid to ask for help and seek medical treatment. Thoughts of suicide can occur in anyone. It is not their fault, but rather a need to treat a mental health issue
- **TALK OPENLY AND ACTIVELY LISTEN**  
Peer support goes a long way to protecting mental health. Open communication is especially important for the survivors after a firefighter suicide occurs. Listen actively, let someone who is seeking help talk at their own pace and ask them open-ended questions.
- **SHOW COMPASSION**  
Psychological risk is an undeniable part of the job. Be patient and supportive; do not judge or stigmatize individuals experiencing a mental health challenge.
- **BE DIRECT**  
If someone seems at risk or shows warning signs, ask "Are you thinking of suicide?" and "Do you have a plan?" Recognizing a potential suicide is critical to preventing it
- **BE PROACTIVE**  
If someone you know has a suicide plan, connect them with a higher level of care as soon as possible. If it is safe for someone to stay with them, do not leave them alone. Call 9-1-1 immediately.

*Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.*

*- Mary Anne Radmacher*

employee highlight >>>

# Molly Seim



Molly Seim is the engineer on BLM Engine 2411 in Grand Junction. Molly started working with a trail crew for the GMUG NF, she took assignments on the river crew and as an engine crew member in her first few years. In 2011 she began working for the UCR in the West Zone on Engine 2411.

She enjoys working outside and working with people. She never envisioned herself going into a career as a wildland firefighter, she was encouraged to try it after her work on the trail crew.

She found a love for the job and credits the people she works with for encouraging her to pursue it.

Molly grew up and currently lives on Glade Park, a rural community south of Grand Junction. She has a bachelors degree in Natural Resource Management and a minor in Range Ecology from Colorado State University. Her twin sister, Jessi, also works in West Zone on Engine 2412. A fun fact about her is that she has built ice caves and stayed in them but she prefers warmer places like the desert and the beach. When she is not busy with her job in the summer she enjoys spending time with her three horses, hunting, fishing, traveling to new places, and helping with her church high school youth group.

talking points >>>

National Suicide Prevention Lifeline 24/7, free confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals 800-273-8255

<https://suicidepreventionlifeline.org/>

American Addiction Centers Firefighter and First Responders

Peer support for behavioral health and substance abuse. 888-731-FIRE (3473)

<https://americanaddictioncenters.org/firefighters-first-responders/>

Treatment Placement Specialists

Individualized behavioral health assistance program (BHAP) with intake specialists trained to work with first responders.

877-540-3935

<http://www.treatmentplacementspecialists.com>

Question. Persuade. Refer. Suicide Prevention Training

<https://qprinstitute.com/>

Suicide in the Wildland Fire Service

<https://gacc.nifc.gov/cism/suicide.html>

UCR Diversity and Inclusion Team Members

Kelly Boyd, Unaweep WFM Lead

Rita Clipperton, Rifle Asst. Helitack Foreman

Justin Conrad, EZ Asst. FMO

Sarah Culhane, Unit Aviation Manager

Mary Flynn, WRNF Recreation – Special Uses

Jeff Frimel, Admin Specialist

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, Admin Specialist

Welcome our newest members – Tim Spurr (WZ Engine 2613 Engineer) and Max Guest (White River Wildland Fire Module Seasonal)! ☺



## In Remembrance Gary D. Helming

April 14, 1970 – August 31, 2017

personal growth >>>

# Investment Knowledge

AGE	A Invests	B Invests
19	2,000	2,240
20	2,000	4,749
21	2,000	7,558
22	2,000	10,706
23	2,000	14,230
24	2,000	18,178
25	2,000	22,599
26	2,000	27,551
27	0	30,857
28	0	34,560
29	0	38,708
30	0	43,352
31	0	48,554
32	0	54,381
33	0	60,907
34	0	68,216
35	0	76,802
36	0	85,570
37	0	95,383
38	0	107,339
39	0	120,220
40	0	134,646
41	0	150,804
42	0	168,900
43	0	189,168
44	0	211,869
45	0	237,293
46	0	265,768
47	0	297,660
48	0	333,379
49	0	373,385
50	0	418,191
51	0	468,374
52	0	524,579
53	0	587,528
54	0	658,032
55	0	736,995
56	0	825,435
57	0	924,487
58	0	1,035,425
59	0	1,159,676
60	0	1,298,837
61	0	1,454,698
62	0	1,629,241
63	0	1,824,773
64	0	2,043,746
65	0	\$2,288,996
		\$1,532,166

## Brain teaser

Answer to the Fox, goose and bags of beans puzzle from last newsletter:

1. Take the goose over
2. Return
3. Take the beans over
4. Return with the goose
5. Take the Fox over
6. Return
7. Take the goose over

Thus there are seven crossings, four forward and three back

A invests a total of \$16,000 for eight years  
B invests a total of \$78,000 for 39 years

Would you believe that A had more money when they both turned 65??

A turned \$16,000 into almost \$2.3 Million.

This was calculated at 12% interest

The critical piece of this example is to show how *if you invest early*, this allows compound interest to work for you.  
**However it's never too late to start investing, all is not lost if you don't start at 19!!!**

The limits for Roth IRA and traditional IRA contributions haven't changed over the last several years. The current combined annual limit is:

- Under age 50: \$5,500
- Age 50 or older: \$6,500

**This is only a suggestion – please see a certified financial planner or tax professional for more specific advice.**

# 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.