

# FLN Networker No. 143: October 16, 2013

---

*The FLN Networker is a publication of the Fire Learning Network—a partnership of the USDA Forest Service, Department of the Interior (BIA, BLM, National Park Service, US Fish & Wildlife Service) and The Nature Conservancy—intended to foster communication within the network and among its friends. Submit comments, links and subscription requests to Liz Rank.*

For more about the FLN, visit [www.conservationgateway.org/fln](http://www.conservationgateway.org/fln) or contact Lynn Decker.

## News from the Field

**California:** The new **FireScape Mendocino** landscape, just to the south of the Klamath-Siskiyou FLN, will be holding its **first planning workshop** on **November 6-7** (see listings below). All stakeholders in the landscape, which is centered on the Mendocino National Forest, are encouraged to attend. A flyer for the workshop is attached.

**Nebraska:** **Jeremy Bailey** is quoted in an [article](#) by **Jill Wells** ([jwells@tnc.org](mailto:jwells@tnc.org)) in the *Lincoln Journal Star*, “Nature Conservancy Observing **Niobrara Valley Preserve's Recovery from Wildfire**.” The preserve is proving to be an effective “**natural laboratory**,” where the effects of controlled burns (including several conducted through prescribed fire training exchanges), no burns, grazing, and now, wildfire, can be studied.

**New Mexico:** A **second prescribed fire training exchange** took place in the northern part of the state this fall, hosted by the **Forest Guild**. The burning was part of a larger Collaborative Forest Restoration Program, and was aimed at improving **forest health** and **community safety** near Angel Fire, while **building local capacity**.

The burn unit was very close to homes, so organizers conducted **community outreach** before the event. A [story](#) in the local paper just **before the event**—“Residents Brace for Sept. 30 Burn near Angel Fire”—suggested that **not everyone was sold** on the burn, as the Los Conchas Fire is still well-remembered. However, the [story](#) written as the burn wrapped up was **quite positive**, and included a [video interview](#) of **Jeremy Bailey** describing the extensive precautions and mop-up procedures in place to prevent escapes.

According to **Eytan Krasilovsky** ([eytan@forestguild.org](mailto:eytan@forestguild.org)), “Some of the most **important outcomes** were that we showed that we could **use fire close to communities**, and a local fire department that was resistant to using fire **turned around** and was an **important operational partner** by the end of the week.”

The exchange was also covered by the national business/environment journal, *Greenwire*; “Fighting Fire with Fire Brings Both Benefits and Challenges, N.M. Project Shows,” is available by subscription.

**New Mexico:** **Anne Bradley** and **Eytan Krasilovsky** are among the organizers of a November public **workshop on living with fire**; see the Training etc. listings below for details.

**Oregon:** **Prescribed burning** was in the news this week in Klamath Falls—in the *Herald and News*, to be specific: “**Sycan Marsh Undergoes Prescribed Burn**.” The [article](#) quotes FLN landscape lead **Craig Bienz** ([cbienz@tnc.org](mailto:cbienz@tnc.org)) describing the **watershed-scale work** in the area, and its benefits to forests, grasslands and streams.

**Virginia:** The **Wildland Fire in the Appalachians conference** went ahead as scheduled in Roanoke last week in spite of the partial government shutdown. Particular kudos to **Sam Lindblom**, as one of the only non-furloughed members of the **organizing committee**, and other Virginia TNC staff, in making the conference, co-sponsored by AFE and the regional JFSP consortium (Coalition of Appalachian Fire Managers and Scientists), a success. **McRee Anderson**, **Margit Bucher**, **Debbie Crane**, **Sam Lindblom**, **Dean Simon**, **Marek Smith**, **Nicole Swaney** and **Adam Warwick** all spoke at

the conference, and work of the **FLN was featured in four talks** and mentioned in at least five or six others. The keynote speaker on the opening day, **Andrea Thode**, also included mention of prescribed fire training exchanges in her talk.

Organizers plan to publish **proceedings with all invited speakers' presentations**, whether or not they were able to attend. Check [www.appfireconference.org/](http://www.appfireconference.org/) for updates.

**Washington:** **Reese Lolley** ([rlolley@tnc.org](mailto:rlolley@tnc.org)) reports that the **Working Together: Collaboration for Fire Adapted Communities conference**, held in late September in Wenatchee, was quite successful, with about 90 people in attendance. The conference brought together federal and state agencies, community organizations and elected officials to **develop strategies** and **make connections** that will **transform wildfire-prone areas** in the state into fire adapted communities. The agenda covered the different roles, responsibilities and issues involved before, during and after wildfires, and how those players in those roles can collaborate more effectively. Fire codes and programs were also covered, as well as Community Wildfire Protection Plans and how to integrate a FAC framework into their development. Initial feedback suggests that the conference will lead to many new efforts to incorporate the concepts discussed into local efforts across the state. For more information, including slides from presentations (including **Nick Goulette's** good [introduction to FAC](#) concepts and FAC Net) and **links to numerous resources**, visit [www.scwrcd.org/wui2.html](http://www.scwrcd.org/wui2.html).

**FAC Net:** The Fire Adapted Communities Learning Network recently held its **first quarterly webinar**, with more than 30 people attending. In addition to some general network business, partners from four of the communities gave presentations on **lessons learned from the recent wildfire season**; these were based on **local community experiences** with the Eagle Fire (central Washington), Salmon & Orleans Complexes (Mid Klamath), Tres Lagunas and Thompson Ridge Fires (Santa Fe County) and the Douglas Fire (southern Oregon). A [summary](#) is available on Conservation Gateway. For more information, contact **Michelle Medley-Daniel** ([wrtc@hayfork.net](mailto:wrtc@hayfork.net)) or **Wendy Fulks** ([wfulks@tnc.org](mailto:wfulks@tnc.org)).

**FAC Net:** There is now a page on the **Fire Adapted Communities website**, [fireadapted.org](http://fireadapted.org), introducing the learning network. This website is a clearing house for a wide **range of resources and programs** to help residents, businesses, responders, land managers and community leaders adapt to living with wildfire.

## Resources & Reports: NEPA / Smokey Bear / Patch Burn-Grazing

**NEPA:** Hot off the presses from the National Forest Foundation is “A Roadmap for **Collaboration Before, During and After the NEPA** Process,” written by **Annie Schmidt** (a key partner in the Leavenworth, Washington, FAC Net community). The document, which is [available in several formats](#), is packed with resources, as well as guidance for **dealing with common challenges** along the way.

**Smokey Bear:** While Smokey is known for “Only you...,” for some **more nuanced messaging** from the bear himself—“Prescribed fires are good fires”—see the [prescribed fire page](#) and others on the **wildfire science section** of [www.smokeybear.com](http://www.smokeybear.com).

**Patch Burn-Grazing:** A [summary](#) of the **annual PBG workshop** held in South Dakota this fall is available on Conservation Gateway. The workshop—hosted and sponsored by numerous partners, including South Dakota State University Extension and two JFSP fire science consortia—focused on PBG in **fragmented landscapes**. The summary includes some **management findings** highlighted during the field tours, as well as the results of the **workshop evaluation**. To be added to the patch burn-grazing **listserv**, contact **Carol Blocksom** ([blocksom@ksu.edu](mailto:blocksom@ksu.edu)).

## Articles: Land Use Policy / Twitter & Science

**Land Use Policy:** *ScienceDaily* reports on a [story](#) about a study of **wildfire risk** over the next several decades under three **land-use scenarios** in Montana's Flathead County. **Modeling growth** under three possible scenarios, researchers found that **moderately restrictive land-use policies** can significantly **curb the potential damage** of rural wildfires, but highly restrictive planning laws will not provide much more protection.

**Twitter & Science:** Authors of the [article](#) "The Role of **Twitter in the Life Cycle of a Scientific Publication,**" published in *Ideas in Ecology and Evolution*, conclude that in spite of its limitations, "we believe Twitter is a useful social media tool that can provide a valuable contribute to scientific publishing in the 21<sup>st</sup> century." The paper also includes a box on "**Twitter 101,**" a **scientist-friendly introduction** to the social media platform.

## Working Wiser

Some items not about fire, restoration or collaboration directly, but that speak to working amid a flood of too much information, too much to do, too little time. If that's not you, skip this section...but share your secrets.

**Resource Allocation: Willpower and cognitive processing** come from the **same pool of internal resources:** resisting the brownie in the breakroom, tracking down the elusive spare roll of TP, (figuratively) biting your tongue in a meeting—and all your best work—dip from the same well. In a light-hearted essay (attached) from the last issue of *Science Chronicles*, "**Designing Your Day for Optimal Cognitive Output,**" **Tara Schnaible** and **Dan Majka** come up with a **quick list** of ways to **tip the balance** in favor of spending your energy "saving the world" (with links to supporting articles and more).

**Remembering Stuff:** *Slate* recently ran an [article](#) titled, "Is Google Wrecking Our Memory?" (Spoiler alert: no.) Google can be considered an extension of what we've always done—**outsourcing some of our memory**, which we've done in the past through the people around us. While Google has access to far more information, as an aside the article points out an **advantage of memories built with other people:** in experiments, **groups that work together** to solve a complex task "don't just **remember better:** They also **analyze problems more deeply**, developing a better grasp of underlying principles."

## Webinars

October 22

### **Predicting Long-Term Wildfire Effects across Complex Landscapes**

10:00 Pacific / 11:00 Mountain / noon Central / 1:00 Eastern

Steve Norman will present this Forest Service webinar.

Information: see the [series flyer](#) for a "join here" button, or contact Amy Daniels ([adaniels02@fs.fed.us](mailto:adaniels02@fs.fed.us)) to be added to the mailing list to receive a detailed flyer

October 23

### **Prescribed Burning Techniques and Lessons Learned**

October 31

### **Techniques, Planning, and Precautions in Oklahoma, Arkansas and Texas**

November 6

### **Planning Large Scale Burns**

all webinars: 10:00 Pacific / 11:00 Mountain / noon Central / 1:00 Eastern

The Southern Fire Exchange, North Carolina State University Extension Forestry, and Southeast Regional Partnership have organized a fall series of webinars on prescribed fire.

Information: <http://www.forestrywebinars.net/>

**November 12**  
**new listing**

**Fire Legacy's Role in Current & Future Fire Management in the Southwest**  
11:00 Pacific / noon Mountain / 1:00 Central / 2:00 Eastern  
Forest Service fire ecologist Tessa Nicolet will present this Southwest Fire Science Consortium webinar.  
Information: details and registration will be at <http://swfireconsortium.org/events/> when available

## FLN Workshops

**TBD**  
**rescheduling**

**Parashant Partnership / St. George, UT**  
This workshop, originally scheduled for October 15-18, will be rescheduled to allow furloughed federal partners to attend. The date for a one-day workshop on the Uinkaret Mountains Vegetation Management Plan will be set soon.  
Information: **Eli Lauren-Bernstein** ([eli.bernstein@nau.edu](mailto:eli.bernstein@nau.edu))

**October 22**

**Georgia Blue Ridge Mountains Landscape / Blairsville, GA**  
The inaugural workshop of this new landscape will include introductions to fire adapted communities, fire ecology and lessons learned from the FLN as a diverse partnership comes together in north Georgia.  
Information: **Malcolm Hodges** ([mhodges@tnc.org](mailto:mhodges@tnc.org)) or **Jim Wentworth** ([jwentworth@fs.fed.us](mailto:jwentworth@fs.fed.us))

**November 6-7**  
**new listing**

**FireScope Mendocino / Stonyford, CA**  
This new FLN landscape will be hosting its first planning workshop, and is putting out a call for all interested stakeholders.  
Information: See attached flyer, or contact **Marilyn Perham** ([mperham@tnc.org](mailto:mperham@tnc.org))

**December 4**

**Southern Blue Ridge FLN Leads Workshop / Asheville, NC**  
Information: **Margit Bucher** ([mbucher@tnc.org](mailto:mbucher@tnc.org)) or **Beth Buchanan** ([bbuchanan@fs.fed.us](mailto:bbuchanan@fs.fed.us))

**December 5-6**

**Northern California Prescribed Fire Council / Redding, CA**  
Save the date for this fall meeting, which will focus on prescribed fire and oak woodlands, wildlife and habitat. As usual, there will be a full-day meeting with research and management presentations, an evening social with good food and drink, and a field tour guided by local land managers and scientists.  
Information: Details will be available soon; contact Lenya Quinn-Davidson ([nwcapfc@gmail.com](mailto:nwcapfc@gmail.com)) to be added to the mailing list.

## Training, Conferences & Workshops

**October 21-24**

**IAWF International Smoke Symposium / Adelphi, MD**  
Information: <http://www.iawfonline.org/2013SmokeSymposium/>

**October 28-30**  
**new listing**

**Region 2 & 3 CFLRP Workshop / Montrose, CO**  
Through a field trip and large and small-group sessions, attendees will network and gain valuable insight into the state of CFLRP projects in Colorado and the Southwest. Hosted by numerous partners, the workshop will go forward whether the federal government is up and running or not.  
Information: <http://nff.wildapricot.org/R2R3-CFLRPWorkshop>

- November 5-6**      **Southern Sierra Prescribed Fire Council / Clovis, CA**  
 The inaugural meeting of this prescribed fire council will include discussions of fire management, air quality, fire research and outreach in support of the council's mission of working collaboratively "to promote, protect, conserve, and expand the responsible use of prescribed fire and cultural fire in the southern Sierra Nevada's fire-adapted landscapes and fire-dependent landscapes, and to promote public understanding and acceptance on the ecological and cultural importance of burning."  
 Information: <http://www.sosierrapfc.org/calendar-of-events>
- November 14**      **Complex Prescribed Burning for Scrub Jays / Ocala NF, FL**  
**new listing**  
 The Northeast Florida Scrub Working Group is presenting this one-day workshop, which includes a demonstration burn.  
 Information: see the attached agenda; RSVP to Parker Titus ([ptitus@tnc.org](mailto:ptitus@tnc.org))
- November 14-16**      **Backyards & Beyond: Wildland Fire Education / Salt Lake City, UT**  
 This National Fire Protection Association conference will bring together wildfire experts, Firewise community representatives, community planners, civic leaders, homeowners, insurance professionals, landscape architects and others for a chance to network and share best-practices.  
 Info: <http://www.firewise.org/courses-and-training/backyards-and-beyond.aspx>
- November 15**      **Professional Development Workshop / Ft. Collins, CO**  
**new listing**  
 The Society of American Foresters is sponsoring this workshop for early-career professionals and students.  
 Information: see the attached flyer, then [register online](#)
- November 16**      **Living with Fire in Northern New Mexico / Santa Fe, NM**  
**new listing**  
 This free public Southwest Fire Consortium workshop will feature presentations and the opportunity to interact with regional scientists and land managers in breakout sessions and one-on-one.  
 Information: see the [flyer](#), or contact Eytan Krasilovsky ([eytan@forestguild.org](mailto:eytan@forestguild.org))
- Jan 13-17, 2014**      **Rx510 – Advanced Fire Effects / Tucson, AZ**  
 The National Advanced Fire & Resource Institute (NAFRI) is offering this course; nominations are due (through GATRs) by November 1.  
 Information: [http://www.nafri.gov/pages/description\\_rx510.htm](http://www.nafri.gov/pages/description_rx510.htm)
- Feb 8-13, 2014**      **Society for Range Management: 67<sup>th</sup> Annual Meeting, Technical Training & Trade Show / Orlando, FL**  
 The theme for the meeting, "From Dusty Trails to Waning Wetlands," will bring drought and water management to the fore. The technical sessions, workshops and symposia will cover a wide range of topics, from wildlife to fire ecology.  
 Information: <http://rangelands.org/orlando2014/>
- Feb 20-22, 2014**      **Fire Ecology of the Northeast: Restoring Native and Cultural Ecosystems / New Haven, CT**  
 The call for papers is open (through October 31) for this workshop hosted by the Yale School of Forestry & Environmental Studies and Tall Timbers Research Station & Land Conservancy .  
 Information: <http://www.talltimbers.org/YALEworkshop/>



- Feb 25-27, 2014**     **Fostering Resilience in Southwestern Ecosystems: A Problem-Solving Workshop / Tucson, AZ**  
 This JFSP workshop will help develop answers to pressing questions such as “How can managers build resilience when ecosystems are undergoing rapid change?” and “What are our options when megafires removes huge swaths of forests not adapted to this disturbance?”  
 Info: <http://swfireconsortium.org/Fire%20and%20Resiliency%20Ecology%20Workshop/>
- April 8-10, 2014**     **Oregon Prescribed Fire Council / Bend, OR**  
 The first meeting of this new prescribed fire council will be held in conjunction with the Central Oregon Fire Science Symposium at OSU. Rx310 Fire Effects will be offered that week as well.  
 Information: [oregonrxfirecouncil@gmail.com](mailto:oregonrxfirecouncil@gmail.com)
- May 19-23, 2014**     **Large Wildland Fires: Social, Political & Ecological Effects / Missoula, MT**  
 The call for workshops and special sessions for this conference co-hosted by the Association for Fire Ecology and the International association of Wildland Fire is now open. Early bird registration is open.  
 Information: <http://largefireconference.org/>

## Send News, Links & Comments

**Lynn Decker** – [ldecker@tnc.org](mailto:ldecker@tnc.org) – Lynn is in the office.  
**Jeremy Bailey** – [jeremy\\_bailey@tnc.org](mailto:jeremy_bailey@tnc.org) – Jeremy is in California October 18-November 7.  
**Wendy Fulks** – [wfulks@tnc.org](mailto:wfulks@tnc.org) – Wendy is in Boise October 22-23 (furlough permitting).  
**Mary Huffman** – [mhuffman@tnc.org](mailto:mhuffman@tnc.org) – Mary is in California October 20-30.  
**Heather Montanye** – [hmontanye@tnc.org](mailto:hmontanye@tnc.org) – Heather is in the office.  
**Liz Rank** (Networker Editor) – [lrnk@tnc.org](mailto:lrnk@tnc.org) – Liz is in the office.

To stop receiving the FLN Networker, please reply to this message and include your request in the body of the message.

## Full Links

News from the Field—NE—Niobrara preserve: [http://journalstar.com/sports/local/outdoors/nature-conservancy-observing-niobrara-valley-preserve-s-recovery-from-wildfire/article\\_b78e4f64-d687-5a17-8508-9d2f9025f50b.html](http://journalstar.com/sports/local/outdoors/nature-conservancy-observing-niobrara-valley-preserve-s-recovery-from-wildfire/article_b78e4f64-d687-5a17-8508-9d2f9025f50b.html)

News from the Field—NM—Before burn: [http://www.sangrechronicle.com/articles/2013/10/03/angel\\_fire/doc52432f6004d45905488586.txt](http://www.sangrechronicle.com/articles/2013/10/03/angel_fire/doc52432f6004d45905488586.txt)  
 Story after the burn: [http://www.sangrechronicle.com/articles/2013/10/03/angel\\_fire/doc524caa70b6c28003140200.txt](http://www.sangrechronicle.com/articles/2013/10/03/angel_fire/doc524caa70b6c28003140200.txt)  
 Greenwire: <http://www.eenews.net/qw/2013/10/04>

News from the Field—OR—Sycan Marsh burn: [http://www.heraldandnews.com/news/local\\_news/environment/article\\_768c8fd8-323c-11e3-b7a3-001a4bcf887a.html](http://www.heraldandnews.com/news/local_news/environment/article_768c8fd8-323c-11e3-b7a3-001a4bcf887a.html)

News from the Field—FAC Net webinar summary: [https://www.conservationgateway.org/ConservationPractices/FireLandscapes/Pages/FACNet\\_Webinar1.aspx](https://www.conservationgateway.org/ConservationPractices/FireLandscapes/Pages/FACNet_Webinar1.aspx)

Resources & Reports—NEPA: <http://www.nationalforests.org/conserve/learning/collaboration-and-nepa>

Resources & Reports—PBG: <https://www.conservationgateway.org/ConservationPractices/FireLandscapes/FireLearningNetwork/Pages/PBG-Workshop-2013.aspx>

Articles—Land use policy: <http://www.sciencedaily.com/releases/2013/10/131008091723.htm>

Articles—Twitter & science: <http://library.queensu.ca/ojs/index.php/IEE/article/view/4625/4830>

Webinars—FS series: <http://www.fs.fed.us/research/docs/landscape-science/webinar-series.pdf>

Training, Conferences & Workshops—Professional development (Nov 15): [https://docs.google.com/forms/d/1-nbcN0OgkVqYZUzvFSwuTwscRoivmU\\_fuoivRKpDOI/viewform](https://docs.google.com/forms/d/1-nbcN0OgkVqYZUzvFSwuTwscRoivmU_fuoivRKpDOI/viewform)

Training, Conferences & Workshops—Living with fire: [http://swfireconsortium.org/wp-content/uploads/2013/10/Save\\_the\\_date\\_flyer.pdf](http://swfireconsortium.org/wp-content/uploads/2013/10/Save_the_date_flyer.pdf)

The Fire Learning Network is supported by *Promoting Ecosystem Resiliency through Collaboration: Landscapes, Learning and Restoration*, a cooperative agreement between The Nature Conservancy, USDA Forest Service and agencies of the Department of the Interior.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



## FireScape Mendocino Workshop 1

### We need people...

- ... With local community perspectives
- ... With Timber & Ranching experience
- ... Who enjoy outdoor recreation (camping, hunting, hiking, OHV, etc)
- ... With perspectives on living with wildfires
- ... Who manage land, whether it's a ranch, timberlands or their backyard
- ... With thoughts about community and landscape planning
- ... With enthusiasm and an interest in the future of our local landscapes

*All meetings will be open to the public and all will be welcome to participate. Space may be limited, so if you are part of a large family or organization, please consider sending a few folks from the larger group.*

### Location & Dates:

**Wednesday, November 6 &  
Thursday, November 7**

Stonyford Community Hall  
239 Market Street  
Stonyford, CA 95979  
9:30 a.m. to 4:30 p.m.

### Our Scope, Vision & Values for the Land

Please join us for the first FireScape Mendocino Workshop in Stonyford **Wednesday, November 6 and Thursday, November 7, 2013** from 9:30 a.m. to 4:30 p.m. daily.

FireScape is a voluntary collaborative effort to shape the future of our fire-prone landscape in and near the Mendocino National Forest. Working together, we will emphasize shared learning, problem solving and action on the ground. To build the foundation for this work, our first workshop has the following goals:

- Define the geographic scope of FireScape Mendocino.
- Articulate a vision for the future of this landscape.
- Begin work on shared values.
- Advance shared learning about this special place.

During this two-day event, participants will work in both small and large groups, indoors and outdoors. Guided by the best practices of the North America Fire Learning Network, our collaboration is designed to enable people with diverse perspectives to find zones of agreement where we can achieve tangible results in our communities and the surrounding landscape. Some examples from around the country can be found at [www.conservationgateway.org](http://www.conservationgateway.org).

***Lunch will be provided both days.***

*There will be a short field trip on Wednesday and participants should be prepared for changing weather conditions in the field. The trip will be accessible, not leaving roads or trails.*

To RSVP, or if you are unable to join us but are interested in learning more, please contact Marilyn Perham at 530-897-6370 extension 200 or by email at [mperham@tnc.org](mailto:mperham@tnc.org)

Thank you and we look forward to your participation in this collaborative effort.

# Tara Schnaible & Dan Majka

## Designing Your Day for Optimal Cognitive Output

By [Tara Schnaible](#), usability analyst, and [Dan Majka](#), senior cartographer/analyst, The Nature Conservancy



We recently renovated my office and the new toilet paper holders are destroying my best work.

Insane idea? Maybe.

The signs something was wrong came early: within a week of installing them, no one would replace the toilet paper when the roll ran out. Within a month, the cleaning crew gave up putting new rolls on. Multiple times a day I'd find both rolls empty, have to sacrifice a chicken and run a half-marathon (effort-wise) to replace the rolls BEFORE doing anything else. At first I thought, "One Conservancy ... I'll write this into my objectives next year," but slowly I grew to loathe the designer of this terrible device, and wonder if they hadn't given them away for free when it came to light how un-usable it truly was.

To quote [an excellent cognitive-behavioral article](#), "Willpower and cognitive processing draw from the same pool of resources." The implication of this study is profound: You have a limited ability to exert willpower and think critically every day.

This means, *every time I exert my cognitive energies on the toilet paper holder I sacrifice cognitive quality in my actual work.* The broader lesson is that these daily, small moments impact the quality of our work.

**Image: A few rolls of toilet paper can ruin your work day. Image credit: Flickr user [Joe Plocki](#) via a [Creative Commons](#) license.**



In an effort to exert as much excellence toward achieving our mission, I propose we banish these invisible thieves. Instead, design your day to do your best work.

Here are some ideas to get you started:

- **Refill the Cognitive Well (Eat snacks more often).** The brain [consumes more energy](#) than any other organ of its size. Studies have demonstrated connections between cognitive energy, the amount of snacking they do and the rate of granting parole. **Lesson:** Eating throughout the day will increase your ability to think critically.
- **Stop Holding Back in Meetings.** Holding back anger, disagreement, and emotion [will not only impact your health negatively](#), it leads to additional meetings to eventually discuss the disagreement once it comes to the surface. Learn [better ways to disagree/critique](#) and you will improve your work on those days. **Lesson:** Practice being true to yourself: just say it.
- **Big Words/Jargon/Acronyms.** In the course of becoming experts in our professions, we learn the words to better describe how we work, ideally to become more efficient. Jargon mostly obscures meaning. [Use this calculator](#) to estimate how “readable” your last email was. The more effort someone spends reading your communications, the less effective they are at their job. **Lesson:** Use simple, clear language in your communications.
- **No One Can ACTUALLY Multi-Task Well.** Most [people can reasonably focus on two tasks](#) at any given time. Close down Outlook when you need to focus on work. Exerting self-control while Outlook is open will sap your energy for real work. Can’t escape the world of multi-tasking? [Practice better focus](#). **Lesson:** Limit the number of things you work on simultaneously to 1 or 2.
- **Think Once, Not 100 Times.** Look at your daily habits and choose how you’ll exert that beautiful brain of yours. [Effective dieters](#) put healthy snacks in their desk so they don’t **have to** tap willpower to resist the cake in the kitchen. Replace the demonic toilet paper holder. Protect yourself and your time: from [counter-productive people](#), or tasks that sap your energy. Shut off your cellphone/iPad/e-whatever during meetings so you can focus fully on one task. **Lesson:** Reduce unnecessary thinking, emotions, and temptations.

Save your energy for “saving the world.” (And don’t buy the Bradley 5236 double roll holder.)

“The implication of this study is profound: You have a limited ability to exert willpower and think critically every day.”

# Workshop on complex prescribed burning for scrub-jays

Hosted by Impediment-Busters of the Northeast scrub working group: Ocala National Forest & St Johns Water Management District

November 14<sup>th</sup>, 2013

## Location:

9:00am-12:00pm

Classroom presentations – Lake Bryant conference room, Lake George Ranger Station, Ocala NF, SR 40

12:00pm-16:00pm

Practical demonstration – Prescribed burn of Seminole Ranger District Scrub-jay Management Area, FR 05 (5 miles from conference room)

(lunch on tailgates during burn demo)

## Impediment-Buster Presentations:

1. *“Breaking Limitations Into Burnable Formation”* – John Ramsay – Assessing scrub for burning; using weather parameters, time of day, altering fuels, capturing opportunities with other projects, and developing contingencies.
2. *“Achieving Balanced Scrub Burning Objectives”* – Jay Garcia – how the burn objectives affect other species before, during, and after the burn; how to approach incidental take; concerns with adjacent habitat types (e.g., burning next to sandhills); achieving multiple management objectives at once.
3. *“Burning For Scrub-Jays on Buck Lake Conservation Area”* –Pete Henn – A case study for burning in the wildland-urban interface.
4. *“Up In Smoke”* – John Ramsay – getting it planned; communicating the plan; having several contingencies to capture “what if” situations; getting variances and managing them with contingencies; requesting a permit that is hard to deny.

## Impediment-Buster Burning

How to pre-treat and burn scrub – Dwight Snow presents burn conducted by Ocala Fire & Militia, TNC, SJRWMD – field visit to live prescribed burn, see examples of different fuel loads, risk factors, field examples of contingency plans, pre-burn mechanical treatments.

What to bring Brown bag field lunch, water, field clothes and footwear, sunscreen, your questions and insights.

Please RSVP to **Parker Titus** ([ptitus@tnc.org](mailto:ptitus@tnc.org)) if you wish to join us.

**For Natural  
Resources  
Professionals**

# Professional Development Workshop

**Free**  
(Space Limited)



- Social Media– Friend or Foe
- Resume Building
- Networking
- Finding an entry-level job
- Building a career ladder
- Curriculum Vitae Development– Graduate School Applications
- Speed interviewing

**Date: 11/15/13**

**Time: 12:00-7:30**

Located at the Drake Center in *Fort Collins, CO*



For More Information  
Contact:  
[LongsPeakSAF@gmail.com](mailto:LongsPeakSAF@gmail.com)

**Get  
Connected**