

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

April 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the April 2010 edition of the Siren.

As we move into Spring (always a slow process in Central Oregon), there is more change in the air than just the weather. At the March board meeting, the board approved the new volunteer auxiliary program. Liz McKittrick has kindly taken on the coordination of the program with Captain Wellington's support. Liz is scheduling a meeting in April to kick things off for the group. Remember, our goal is to be inclusive, not exclusive.....and the auxiliary will remain a part of our operation and our family. It will provide an opportunity and framework for those who are not able or certified to enter the fire and EMS hazard zone to continue to provide support and participate in our department activities. Thanks, Liz for your work on this project!

We are still working on finding a low-cost solution to the Santiam repeater project. It is my hope that we can find the funding and complete this project prior to the first of the fiscal year. Currently, Firemedic Ben Bruegeman is looking into reasonably priced repeater units and a weather-proof, temperature controlled housing for the unit.

We still have a few items that have not been completed by the contractor and architect on the new building. Of particular note is the roof repair which still needs attention on the front of the building. Additionally, Captain Brown has arranged for new floor installation upstairs. Part of this project will be paid by the contractor. This new flooring was a result of improper installation of the original flooring. It is amazing that we dedicated this new building in August of 2008. We will all be very happy when this work is finally completed.

Please begin to think about preparing for the upcoming wildland season and be sure your equipment is in order and that we are focused on the safety of our personnel above all else.

As always, my door is open and I look forward to seeing you.



ASSOCIATION NEWS

-President, Jeff Liming

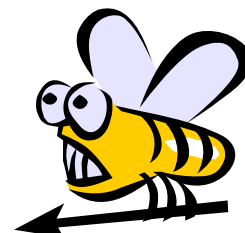
We had a busy meeting in March and completed nearly all of our planned agenda items. One of the pieces of unfinished business was a presentation from our LOSAP coordinator. She will be visiting with us at our April meeting to review LOSAP and answer any of your questions.

We hosted the Association Easter Egg Hunt on Sunday, April 4th at Creekside Park. Thanks for your help with this important community event.

Please also mark your calendar for helping with the Oregon Fire Chief's Conference dinner on Thursday, April 15th at Eagle Crest Conference Center. I have heard from several Association members who are interested in volunteering for this event and if you would like to add your name it is much appreciated. Please contact me and plan on arriving at the conference center at 3:00 pm for dinner prep. We will also serve and clean up and...have dinner ourselves in between activities. Our own Chief Robertson will be inducted as incoming President of the OFCA at this event!

I am including an agenda item for our April meeting regarding a new Santiam Pass repeater. As you know, the District has concerned itself for some time with solving this challenge. Funding this project has proven difficult for the District now that our previous used equipment has failed. I propose that the Association provide \$2,500 for what amounts to about one half of the cost of the new equipment and installation. We have not funded a project like this for a long time and I believe the repeater deserves our consideration and dollars. We have the money, the project is appropriate for funding per our past fundraising letter and the need is great. Please give this idea serious consideration and let's provide for a portion of a new repeater to be installed very soon.

Thanks very much for your continued support of the Sisters – Camp Sherman Fire and Ambulance Association!



COMMUNICATIONS

-Captain Brown

It looks like we are moving forward with the purchase of a new repeater for the Santiam site very soon. All the information and bids are in and as long as the funds can be found and released, it will be completed as quickly as the equipment can be delivered. Finally, not only the light at the end of this long and frustrating tunnel, but the end of the project (we hope). The safety issue of communications on the western front of our response area should be mitigated and consistent, clear communication will be possible. Again, we will keep you informed and any training for use of that repeater will be scheduled as soon as it is installed and operational.

It's only the end of March, and we've already responded to wildland incidents. We had a grass fire (out of control field burn) and a mysterious burning log incident. I am sure you have heard the reports of how low the snowpack is this year

and the predictions of a busy wildland season. To be prepared, go over the use of the radios (especially the portables) so communications can be maintained at all times. I am sure there will be some changes in the frequencies and their order for the wildland banks, this seems to always be the case as the state and federal agencies rearrange the priority channels and usage. If, or when, this happens, we will notify you of any changes and special considerations for the communications.



EQUIPMENT NEWS

-Captain Lovegren

I know it can be tiresome listening to me talk about winter/spring driving, but safety is a priority for both you and our patients. The winter season is ending and we will be changing our studded snow tires out for highway tires. I will switch out the ambulance tires last, as they continue to respond on the pass more than the other vehicles. This means if we have spring snows or frosty/icy mornings, your traction with highway tires will not be what it was with the studded tires. Please be cautious in those situations and remember to slow down.

We are slowly completing the NFPA recommended inspection on 723 and it should be back home at Station 703 shortly. Next in line will be the 2nd and 3rd out ambulances.

You will notice that the pyrometer (turbo heat gauge) on 720 and 723 have been moved to the right for better viewing while driving. Please use the gauges to watch the turbo temperature while driving. The temp should not exceed 1,300 degrees and is best below 1,100. You can cool the turbo by letting up on the accelerator, thus slowing the amount of fuel and exhaust gas passing through the unit. The turbo will not overheat while the engine is in pump mode at the scene of an emergency or at drill.

The 6X6 water tank has been taken apart, cleaned and fixed for use and is ready for painting. The truck is at the painters getting a new red and black look, no more army camo! The truck should be back sometime in April for fitting of the flat bed and other components.

Keep up the good work, and drive safely.

FACILITIES

-Captain Brown

Spring....Spring cleaning! Time to check over our facilities to ensure they are ready for inspections or station tours. Not that there should be any major tasks to complete or major cleaning to do; all the facilities are in good shape due to regular cleaning schedules and everyone picking up after themselves. Remember, this is just the start of the season when people start to visit our area for recreation and vacations. If you are at any of the stations doing something and any doors are opened, the chance is that someone would like to admire the equipment or tour the station. We should have everything in order and clean so we make a good impression, on both visitors and our residents. If something needs to be put away, take a few seconds to put it in its proper place. If something needs to be cleaned up, please do. There really is nothing more embarrassing than to be

giving a tour of the station and find that the floors are a mess, equipment is dirty and loose in the compartments, cabs with dirty floors, or just things a mess in general. Well, there are probably other things more embarrassing, but in the context of this article you know what I mean!

Thank you to all; your help in maintaining the stations is appreciated. If you do notice anything needing repair, please drop me a note or email.

RESPONSE

-Captain Brown

March was a slightly slower month, but we still responded to over two calls per day. Knowing that our busiest time is yet to come and with our response totals so far for this year, we will most likely break the 1000 calls for service. Your responses are critical for us to maintain the standards for turn-out times, response times, and for care or suppression efforts. As we get busier this summer, your help becomes that much more important. I understand some of you feel that with the staffing at the station, you can't get on the call because the first-out leaves right away. Yes, we are required to respond to all calls as quickly as possible, but there are a couple of options still available. There is usually an engine assist that would be beneficial for scene help and if you commit to a time slot, we always try to get you on the first out depending on your certification level or skills (driver, firefighter, etc.). There are still lots of opportunities

to respond to calls and help out the district and those in need.

I did notice an increase in people in town over the Spring Break week and weekend. Remember to be aware of the traffic, both vehicular and foot, when responding from any of the stations and down the roads. Our first responsibility is to make it safely to the scene and to provide safety for the public by driving appropriately for the amount of congestion on the way to the incident.

SCBA

-Captain Brown

As you all know, there are always improvements or "bigger and better" things being developed for just about anything. With technology changes and research, there seems to be no limit to how processes and equipment are refined and improved to make it better, more efficient, and safer. This is no surprise when it comes to our SCBA's. Just during my career in the fire service, there have been major improvements in the design and function of the breathing apparatus. New information about the fire environment and threats we may respond to have created an apparatus that meets the needs to keep us safe and still able to do the work demanded of us. Our SCBA's are not that old, but in the development scheme, there are always new options available that need to be purchased. We applied for a grant last year, which will allow us to upgrade our packs to meet all the requirements for new SCBA standards (NFPA). We will keep you informed of the progress of this application as we receive information. There is a new type of breathing apparatus being developed that is a vast improvement over any current de-

signs on the market. For a quick article and a picture of the new style SCBA, go to the following link:

<http://www.firerescue1.com/firefighter-safety/articles/774401-scba-flat-pack-prototype-expected-in-september/>

Be sure to read the comments at the end of the article for some interesting thoughts and observations on the new design. I think it looks pretty cool, eliminates a lot of bulk, and would make our tasks much easier.

I will make one "last call" for those of you who still need to bring in your face pieces to be flow tested by Firemedics Crawford or Vial. We need to get this completed for your safety, ease of use, maintenance, and to comply with safety standards for our profession. We will be contacting you, so please make every effort to get them to us for a few hours on A-Shift. Thank you.

FIRE PREVENTION

-Captain Wheeler

The weekend of May 15-16 is the annual FIREFREE program. Our Department has been a part of this program for the last 6 years and works in conjunction with ODF, U.S.F.S. and the fire departments from the tri county area. This is an important program focusing on reducing the risk of wildfire damage before it happens. Volunteers will be needed at the Fryrear Transfer Station to help unload the debris and keep track of how much is dropped off. Please contact me for more information and to schedule a shift.

Please wish the following people a
Happy April Birthday...

Dave Wheeler 4/6

Gary Lovegren 4/8

FIRE FITNESS

-Fire Medic Storton

First let me be clear, any activity is better than no activity. However, doing only one activity will eventually begin to have some drawbacks. As you have worked toward getting in better shape, have you ever become bored? Have you ever gotten in really good shape doing something specific like walking, only to discover that other activities leave you breathless? How about injuring yourself with a repetitive motion? I'm sure many of you have experienced being in such good shape, but no matter what you do you can't lift any more weight or run any faster. All of these fitness problems can be solved with one thing... Cross training. Cross training is essentially adding a variety of exercises, body positions and intensity to your workouts. The benefits of cross training include:

1. Avoid boredom by doing something different
2. Work muscles differently by changing movement patterns
3. Avoid overuse injuries by avoiding repetition
4. Break through plateaus to create a new overload

The General Adaptation Syndrome shows how we adapt to any type of stress. The Alarm Phase causes our bodies to respond to the stress by releasing stress hormones and getting the immune system ready to work. The Resistance Phase causes physiological change including greater muscle recruitment, better synergistic coordination among muscle groups and improved system efficiency. The Exhaustion Phase occurs when the stressor is either too intense or too long lasting. Cross training helps avoid the exhaustion phase and keeps you in the resistance phase longer.

Let me give you an example: Let's say Joe is overweight and determined to get back in shape. If Joe were to walk 3 miles everyday for six months, calories aside, he is going to lose weight. The problem is that once the body adapts to walking three miles, which takes approximately 8 weeks, his body will become so efficient at walking 3 miles everyday that he really isn't getting as much benefit per the effort anymore. In fact he may become at risk for getting bored or injured from doing the same motion over and over again. He will then become at risk for quitting his workout routine and fall back into old ways. Any of this sound familiar?

The firefighter fitness pentagon above shows the areas we as emergency responders need in order to be effective. Body composition (a.k.a. body fat %) has to do with caloric balance and overall workload. We also need to have strength, endurance, flexibility and power. We cannot improve our endurance by only lifting weights and we cannot get more powerful by getting on the elliptical trainer and turning on the T.V. If flexibility grew from reclining I'd join a circus. Sadly, that doesn't work either.

There is enough difference between bench press and push ups to allow for a difference. However, I encourage everyone to incorporate cardio, strength and flexibility training. If you are a cardio bunny because you want to lose weight, strength training will also do wonders for your weight loss. If you are buff enough to curl extrication equipment, how is your flexibility? Can anyone comfortably go three miles without needing motorized equipment?

I urge you to consider what is missing in your fitness routine and fill the void.

The Stairclimb was a phenomenal success. We raised close to \$3,000 dollars for Leukemia and Lymphoma and had a blast doing it. Yes, climbing the stairs was hard, but it was a good hard. Every single one of us can't wait for next year. The camaraderie and the buzz of 1500 firefighters is something that needs to be experienced. There is going to be a shorter stairclimb in Portland in September if anyone is inspired. Talk to either me, Jay, Cody, Andrew, Clay or Laura if you want to know more. Thank you to everyone who donated and supported our efforts.

Finally, the Fire/ EMS Safety, Health & Survival Week is coming again June 20 – 26. This year's theme is "Fit for Duty". I'm looking at different presenters and events to put on this June, but I'd like to hear from you. What are you interested in doing or learning about? Please let me know if you have any ideas.

Good luck and let me know how I can help.

Ready. Set. Go!



CHAPLAIN'S CHAT

-Chaplain Gerke

I previously wrote about the series of sessions I experienced with a forensic psychologist who has an extensive background of working with pro football players and also with prisoners. The process is winding up now, and each of us who took part received a profile of ourselves. The profile outlines what shapes our thoughts when we are successful in our relationships, and the profile also addresses what you might call the "dark side", or those thought patterns that drive us when we are making a mess of things. The process was fascinating and different than any other "personality" profile I've ever done!

As an example, it turns out that the predominant of the five thought patterns I use when I am being successful in my relationships is "honest thinking". The opposite of honest thinking is "manipulative thinking", which is what I may do when what I believe is important in life is undervalued or when I have a fear of feeling put down. Those are what can activate my "twisted thinking".

We all have good, positive ways of thinking, but we can all fall into the opposite of those ways, and that's when other people perceive us as something other than how we want to be

seen. Ever wonder why someone just doesn't like you? It may well be that they saw the twisted side of you. The good news is that once you know what triggers your dark side to make you may think in a twisted way and to be perceived as someone you wouldn't like either, you have the choice of catching yourself and not going there!

The bottom line is to be responsible for our thinking and take ownership of it when we mess up. Let me know if you'd like to know more about this subject. The book Twisted Thinking, written by Jerry Price (the psychologist working with us) is one you may want to look into.

As always, I think of you every time you respond!

