

THE SIREN



Presented By

Sisters-Camp Sherman RFPD

April 2009

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the April 2009 edition of the Siren.

It is with deep sadness and respect that we mark the passing of Channing Cathcart, long time board member. Chan passed on at his home in Camp Sherman on March 26 after a long illness. Chan was a man of deep faith and commitment to the community. He will be sorely missed.

Chan was a board member for the fire district for 11 years and was board secretary most of his tenure. When he retired from the board in 2008, he was awarded lifetime board member status by the Fire District Board. We will miss Chan's positive attitude and commitment to the fire district and to the citizens of Camp Sherman. He loved the fire service and the fire department. As a board member, he was always part of the solution and an advocate of positive change. One of his greatest satisfactions during his long tenure on the board was the completion and dedication of the new Station 701.

Chan was an advocate for the Camp Sherman area and took good care of the staff and supported the operation of station 703. He was a leader and mentor in his role as director. Mark Foster remembers Chan as man who "was always there, encouraging folks with a positive and uplifting approach. Chan was supportive....doing whatever he could to keep people positive and moving forward".

Chan bought property and recreated in the Metolius Basin while he was still farming in the Stayton area. He was a board member for Stayton Fire District prior to his retirement and move to Camp Sherman in the 1980's. Chan and Martha built their home and enjoyed many wonderful years together. Our sympathy and support go out to Martha during this difficult time, and the fire district remains ready to help the family in any way we can. Chan Cathcart was a friend to all and will be remembered for the legacy of caring he leaves behind. We will miss him.

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

ASSOCIATION NEWS

-President, Jeff Liming

The time is right to get the Association History Project off and running. Liz McKittrick is chairing this effort and tells me a committee is forming and a schedule of meetings and assignments is to be set soon. Our hope is to bring together multiple elements from our Fire District to be displayed at station 701. We also hope you will participate in this worthwhile project and help the Association make our presentation professional and accurate. Liz has reviewed several display possibilities including...

1. Written history of the Sisters – Camp Sherman Fire District from its early foundations to that of today. This portion requires archival research with local newspapers as well as interviews with persons having ties to our department. Much of this research will impact the other segments.
2. We would like an historical review of our fire chiefs from beginning to present.
3. We would also like to include our fire district board of directors.
4. Displays of department equipment will be of interest from humble beginnings to that currently in service.
5. Historical review of department facilities is also an important part of the display.
6. History of department staffing is key to the display. While we will feature department chief officers we would also like to provide historical perspective on our volunteer and career staff.
7. Maybe you have other ideas for display!

The History Committee membership currently includes Liz McKittrick, Steve Ward, Angie Ward, Don Rowe, Sana Hayes, Bill Hayes, Ben Bruegeman and Jeff Liming. We would be pleased to add your name to this list! Please contact Liz or myself to discuss our plans and add your name. This is going to be fun, so come along!

Liz has called a preliminary meeting of the History Committee for Monday, April 20th at 5:30 pm. This is one half hour before our regularly scheduled Association meeting. Additionally I plan on including this project in the Association meeting agenda.

Letter from Martha Cathcart

Dear Tay, Staff, and Volunteers

April 6, 2009

Thank you very much for all you have done for Chan and me during his ill health years. Especially to you, Tay, for the use of the ambulance to transport him home on his last trip, and for Les, Gail and Bruce to assist at that difficult time. They moved him from his hospital bed at St. Charles to his hospital bed at home where he spent his last nine days.

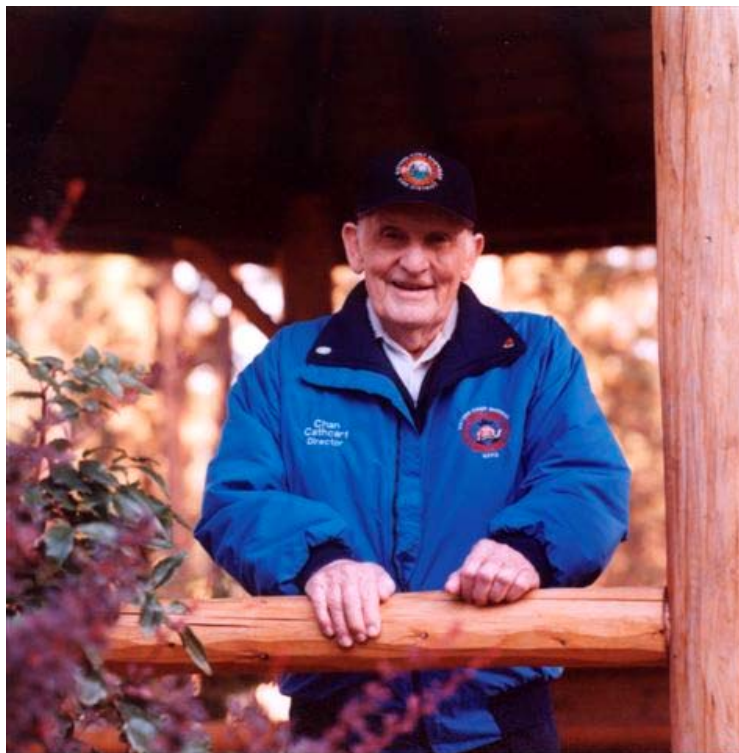
Thanks also to the ambulance teams that were in our home many time during these past years. And to the times someone of you just picked him up off the floor, got him back into bed and check his stats. Chan was always so thankful to be cared for by his friends at the Sisters –Camp Sherman Fire Department. He had such confidence in the care he received from all of you. Much as he hated to go to the hospital, when you recommended transportation he would agree. And although he did not want to be in the hospital, he was always appreciative of the care he received at St. Charles. He was so pleased with the plaque and pictures from his department retirement. He had these displayed in the Care Home while there and in his bedroom since he came home last October.

Chan first became interested in the fire department in 1979 when our son Doug and his wife Barbi became volunteers at the Stayton Department. He soon became a board member there and was very involved in the planning and construction of that new building. He was pleased to have his name on the building dedication plaque both in Stayton and Sisters.

Thanks also for the lovely bouquet you sent last week. It is so bright and cheery on the dining table.

Blessings to you all,

Martha Cathcart



Association News - continued

Thanks for your support of all we do in the Sisters – Camp Sherman Fire and Ambulance Association!

Remember to participate with our Association Easter Egg hunt and mark your calendars for the Rodeo!

CHAPLAIN'S CHAT

-Chaplain Hayes

Here we are finally in Spring, at least according to the calendar! Nature is full of new beginnings; newborn lambs, flowers bursting from frozen ground, animals frolicking. All around us are signs of renewal.

This month, I'm heading off to a dude ranch in Arizona for a little mind, body, spirit renewal of my own – my first real vacation in

three years. It's a vision quest or pilgrimage and is intended as an opportunity to experience new things, new surroundings, perhaps even new challenges and a new way of seeing life.

I invite you to peer into the depths of your own being and see if a ritual of renewal is beckoning you out beyond your own self-imposed borders. If so, saddle up and head out!

Happy Trails – "Chaps" Hayes

COMMUNICATIONS

-Captain Brown

I have heard rumors that there may be some changes in the frequency lists for wildland operations this year. This is due to various agencies assigning different frequencies for use during the season and from making communications better. It may be something as little as changing the frequency or it may be a new list for one of the radio banks. When the changes are published and we have them programmed in to the radios, I will notify you in this article. Until then, review the use and functions of the portable and mobile radios you will be using so that during any

incident it will not be confusing to operate. As always, if you have any questions let me know and we can help you with them.

I am going to commit myself once again by saying...by the time you read this the Santiam Repeater should be reinstalled and operational. Keep your fingers crossed! Chief Karjala contacted the Oregon Department of Forestry radio technician and he agreed to help me with the project and the final installation. This is the person that kept the equipment operating on Black Butte before we received it. With his equipment, we should be able to locate any problem areas and correct them. The repeater itself has been tested and is operating properly, so this could be the last hurdle for this project. Thanks again for everyone's patience

FIRE PREVENTION

-Captain Wheeler

It's hard to believe, but Easter is just a few short weeks away. This year Easter is on the 12th of April and I will need volunteers to help hide the additional 1000 eggs we purchased this year. Please call me or stop by 701 to sign up to help with this event.

April 8th we will be teaching a poison prevention program at Sisters Library from 3-3:30 p.m. This is an important program when you consider over 60% of the poisonings that happen are to children. If you would like to help with this prevention

activity, please call me.

The weekend of May 16-17 is the annual FIREFREE program. Our Department has been a part of this program for the last 5 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.

Have a safe month.

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

- *Dave Wheeler* 4/06
- *Gary Lovegren* 4/08



FACILITIES

-Captain Brown

Each month Chief Enoch is spending part of a day performing station inspections. This is good time to get a feel for how each station is being cared for and what may be done to improve the building or its contents. So far, Stations 701 and 703 have been scrutinized and have needed just a few updates or changes. Mostly what has been found are housekeeping duties that are neglected or need improvement. There have been a couple of needed repairs found but nothing that could be considered major in nature. This is good news and evidence that the stations are being cared for properly. I know that the main emphasis has been the construction completion of Station 701, but the outlying stations are checked regularly and repairs are done as time and money allows. There are some items to improve the stations this year and hopefully we can complete them. If you have any time to assist us, let me know and we will do our best to schedule it around your availability.

Although there are a number of items needing to be completed at Station 701, it is coming along nicely. We are coming up on the end of the first year in the station and we will be going over everything for the one year warranty repairs. The contractor continues to have people come and do repairs or complete items and there have been improvements all along. The biggest that comes to mind is the heating system. It all came down to where the computer was sensing the temperature and getting it adjusted. The result was the sleeping areas were no longer feeling like an ice box, much better conditions to try and rest! All in all, we do have a wonderful facility to work and respond out of. I am reminded how far we have improved each time one of the public comments on how much better the station presents and how professional it looks. The community is really proud of what we have and it is with much thanks to them for their support of our services and needs.

RESPONSE INFORMATION

-Captain Brown

As I am writing this article, it appears that we are going to be a bit down on calls for March since last year. It did seem a bit quiet this month, and the numbers reflect the same. We are beginning to enter the busy time of the year with more visitors in our area and more traffic on the roads, so be prepared for the customary call increase. Make sure any equipment issued for protection is in good repair and if you find any deficiencies let one of the shift commanders know and it will be taken care of.

Something we discussed on our last shift was even though the weather is improving (unless you have been praying for more snow) the severity of MVC's seems to increase during the spring. We all know this is due to the changing road conditions with the chance of ice or frost in shaded areas and the drivers not realizing it with the long stretches of dry pavement. Also

contributing to more severe accidents, people may get more aggressive in their driving with the drier conditions. When responding to call on the highways or even in rural roads, keep aware of your surroundings and always take extra precautions for safety. We certainly don't want anyone to be a part of the problem we respond to and would hate to see any of our own injured.

Thank you again for your continued commitment to the District. We all need everyone to respond as often as you can to assure good outcomes on all calls. And lastly, a reminder to spend time at the station with the duty shift. There are many benefits for you and the crew; training together, a chance to respond to calls, contribute to what each shift may be assigned to do, sharing time with others that want to help people in need, and spending time in the new station and it's atmosphere. And the small return of a meal voucher for your time spent with the crews!

COMMUNICATIONS

-Captain Brown

I have heard rumors that there may be some changes in the frequency lists for wildland operations this year. This is due to various agencies assigning different frequencies for use during the season and from making communications better. It may be something as little as changing the frequency or it may be a new list for one of the radio banks. When the changes are published and we have them programmed in to the radios, I will notify you in this article. Until then, review the use and functions of the portable and mobile radios you will be using so that during any incident it will not be confusing to operate. As always, if you have any questions let me know and we can help you with them.

I am going to commit myself once again by saying...by the time you read this the Santiam Repeater should be reinstalled and operational. Keep your fingers crossed! Chief Karjala contacted the Oregon Department of Forestry radio technician and he agreed to help me with the project and the final installation. This is the person that kept the equipment operating on Black Butte before we received it. With his equipment, we should be able to locate any problem areas and correct them. The repeater itself has been tested and is operating properly, so this could be the last hurdle for this project. Thanks again for everyone's patience and understanding during this project. It has really been a learning experience and the proverbial "one step at a time" process.

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

With the spring weather headed our way, it's time to dust off your wildland PPE and gear up for the fire season. For those of you that may participate in a conflagration response, it's a good idea to start thinking about putting together your personal items pack that will get you by for up to five days away from home. If you have any wildland PPE needs, please let me know.

As a follow-up from last month, the new circular saw has been placed in service on 721. While originally intended for replacement of the saw on 760, it was felt that it would be a valuable tool for ventilation and forcible entry, which is why it was placed on the engine. As such, the old saw on 760 remains in service and will not be replaced until funds allow, which may not be for a few years.

In the event that you weren't aware, we've been working on the reorganization of the compartments on 721. Firemedic Vial spearheaded the project and we are near completion, with only a few mounting brackets left to purchase. The equipment has been reconfigured and is better organized according to fireground function, for the most part. If you haven't seen the new layout, please do so at your earliest convenience, as equipment has moved. I am very pleased with the near-end result and appreciate the hard work from Firemedics Vial and

Crawford on the project. It's my goal to organize all of our fire apparatus in similar fashion and the remaining engines, tenders and rescue will follow as funds allow.

During apparatus checks, it was found that the Holmatro ram on 760 was not operating properly. After inspection by the service tech, it was found that there was damage to the hydraulic piston. While the damage appeared minor, it required an expensive repair. The service tech identified that the damage was preventable and Chief Enoch will be following up with tips to prevent this from occurring again.

You may have heard that the Zoll AED's had a recall advisory due to a battery/software issue where the AED may not operate due to low battery status. I have performed the necessary software upgrade on all of our Zoll AED's and have replaced the batteries on those units that were near the end of their recommended service life.

If you have any other equipment ideas or suggestions, please let me know.

On a separate topic, for those of you that haven't heard the news, my wife and I are expecting our first child, which is due at the end of May. I've been approached several times from those that hadn't heard the news; so my assumption that the rumor mill would function as it typically does, was not accurate and for that I apologize. Thanks for your support, wish me luck, and say a prayer for my wife and baby to be.

EQUIPMENT NEWS

-Captain Lovegren

The new 1993 6X6 is here and looks a bit different than our older 1954 6X6. The axles are different due to the fact that it does not have dual rear wheels. The new style axles are single rim tires with air pressure control from the cab. I will be looking into whether we want to keep this option. It is working properly at this time so I may leave it operational for now. You can set the tire pressure to the type of terrain and weather conditions from a control in the cab. We will be using the tank and pump from the old 6X6 to get the new one in service. We will have to remove the troop carrier from the truck and replace it with the tank skid. The electrical system will need to be upgraded to have

an independent 12 volt system. We need this to run the emergency lights and the radio. The truck 24 volt system will stay intact for all the starting and vehicle lighting. The truck will be painted red so we will need your help prepping the old camouflage paint and tank for painting. This is going to be a big project, so don't get in a hurry to see it completed. I will work on it as much as time allows.

I know you get tired of hearing me talk about winter/spring driving but our patients and our safety is a priority, so here I go again. The winter season is ending and we will be changing our studded snow tires out for highway tires. I will change out the ambulance tires last as they continue to respond on the pass more than the other vehicles. This means if we have spring

SCBA INFORMATION

-Captain Brown

Nothing to report this month.

TRAINING

-Captain Karjala

Training for the month of April will consist of wildland progressive hoselays, wildland mobile attack, annual wildland fire refresher and trauma assessment. As the weather continues to improve we will be concentrating more on wildland fire skills. Please take a few minutes and go through your wildland fire PP&E and make sure you have all required safety gear.

The Oregon Volunteer Firefighters Association conference is going to be hosted in White City June 24th- 27th. The conference classes fill up quickly, so if you are interested in attending and supporting OVFA please see me for registration soon. If you would like further information please go to the OVFA website at OVFA.org.

There are several wildland fire classes coming up this spring in Central Oregon that may interest you. Central Oregon Fire Instructors Association will be hosting an entry level wildland

academy, S-215 wildland fire in the urban interface and S-231 engine boss. If you are interested please see me for additional information.

As always there are many other classes that are being offered statewide on a regular basis that are available as well.

Central Oregon Community College will be conducting student testing on May 15th, 16th and 17th. The test will include a written exam, physical agility and an oral interview. If you are interested in assisting with this process please contact me by May 6th. We will have two student positions open this year so your help in the selection of those student is greatly appreciated.

Just a reminder- you need to complete your EMT recertification form and return it to Chief Enoch immediately for processing if you have questions on recertification hours please come in and see me.

FIRE FITNESS

-Fire Medic Storton

Let's get a couple things straightened out first. I have to give Kudos to Brett Miller, Stuart Honeyman, and Scott Michalek. Brett competed in the Tour of California (nine days, 750 miles) cycling race against Lance Armstrong. Well, Brett didn't really race head to head with the guy, but Lance was in the race, therefore... Stuart and Scott raced in the John Craig Memorial cross country ski race again this year. That was a crunchy 23 miles of skiing!

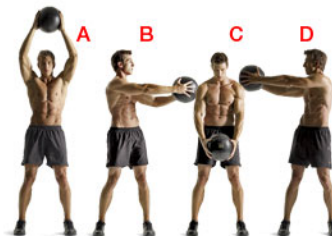
How did you like those four simple power exercises from last month? They left me hurting... and I liked it! I have something else to whet your appetite for power. April is Medicine Ball Month, unofficially of course. Medicine Balls were cool back when Rocky Balboa was pounding beef and Apollo Creed. The good news is medicine balls are back, with handles even. Medicine balls are a great way to prep your core muscles to transfer explosive power where it needs to go. Below are 10 exercises to help you put "pow" back into your power punch.

Before we get into the med ball workout, here are some tips to keep in mind when performing these exercises:

1. Keep your core tight and strong when doing these.
2. Start extra light. I'm talking 5 lbs. If you think 5 lbs is for sissies, then I dare you to try this with 10 lbs!
3. Make it easier – hold the med ball closer to your center (belly button).
4. Make it harder – hold the med ball further away from your center.

5. Want more of a challenge? Do these while balancing on a wobble board or standing in a lunge or a squat.
6. Perform throws with a partner or against a solid wall, such as brick.
7. If you don't have a medicine ball, all but the throws can be done with a dumbbell, gallon water jug, etc.

#1 Circles & Figure 8s



Stand with your feet shoulder width and move the med ball in big circles and/ or figure 8s for 20 repetitions (reps).

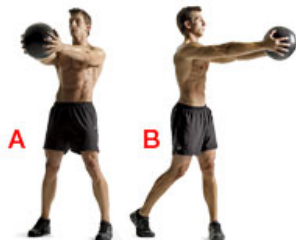
#2 The Woodchopper (aka The Ventilator for firefighters)



Same stance as before, but now hold the med ball above your head as if it were an axe and chop down between your feet for 20 reps. Also try chopping Right, Left, then Center for a little extra.

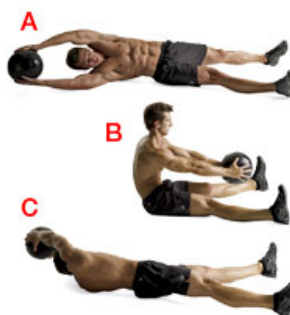
Fire Fitness - continued

#3 The Russian Twist (not a martini)



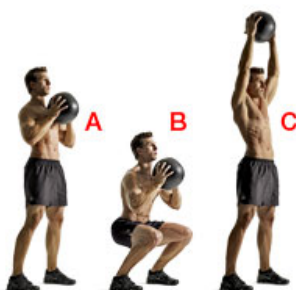
Hold the med ball out in front of you. Explode Left, then right while pivoting your back foot for 20 reps. Feel that? Those are your Obliques!

#7 10:00 & 2:00s



Lie with your legs apart and your torso rolled onto your right hip with the med ball pointed at the 10 o'clock position. Bring the med ball in an arc down to your feet then over to your left hip at the 2 o'clock position. Come back the same way for 20 reps.

#4 Squat Presses/ Throws



Hold the med ball at your chest and slowly squat down. Now explode and thrust the med ball above your head. Slowly lower the ball to your chest and repeat for 20 reps. For a little extra, throw the med ball a short distance above your head.

Sorry, I may be out of pictures, but there is more fitness love to give. Read below to begin throws.

#8 Overhead Throws

There are several ways of doing this one. Stand about 6 - 8 feet away from your partner and play overhead catch. If you are by yourself, stand about 2 - 3 feet away from a brick wall and play catch with yourself. Yet another version is to stand about 8 feet away from a brick wall with the med ball over your head. Bounce the med ball to the ground so that it ricochets off the wall back to you. This motion is similar to a soccer throw-in from the sidelines. Once again, 20 reps.

#5 Med Ball Paddle



Pretend you are sitting on a raft and all you have is a med ball to paddle with for 20 reps. You two have fun. His name is Wilson!

#9 Side Throws

Stand with one shoulder pointed at either your partner or the brick wall. Using either one or two hands, toss the med ball 20 times each side.

#6 Monkey Cracks Coconut



Lie on your back with your med ball coconut above your head. Crunch your torso and one knee toward your chest. Bring the med ball to your lower leg. Lie back and do the same thing with the other leg. That's 1, 19 more to go.

#10 Push Throws

Stand with one foot in front of the other holding the med ball at your center. Step through and throw the med ball to your partner or at the brick wall. This motion should be explosive and not your casual game of granny catch. 20 more reps.

Are you feeling that now? That's because you just did 200 core exercises. Bathing suit body, here we come! Of course you can do more or less reps, but try this workout twice per week with plenty of rest days between. Remember, stretching is your friend and I am here to help.

Ready? Set? POW!

CHAPLAIN'S CHAT

-Chaplain Gerke

My wife and I have just returned from a month long trip to take care of our 13 and 8 year old grandkids in Colorado Springs while our son Jeff and his wife Robin travelled to China to adopt an 11 month old abandoned baby girl. Sophie was born with a severe cleft palate and lip. In that society, which currently values boys but not girls, Sophie quite likely would have died or become a piece of human trash. Now she has the opportunity to have a full, joyful and productive life. (The Shrine Hospital in Chicago has granted her all the surgeries and therapy Sophie will ever need until she is 20 years old.)

All this has put me in mind of how our personnel in emergency services often make a huge difference in the lives of those who need help. Emergency responders don't make judgments based on preference or prejudice about whether or not we will treat someone when we respond, but instead we do the best we possibly can to help. That desire to help save a life, no matter whether that person "deserves" your aid or not, is the key to and the crucial point regarding your actions. Thank you and bless you for what you do!
