

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

April 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the April 2011 edition of the Siren.

I am very happy to report that, contrary to popular rumors, I am still very much alive and well and committed to you and the fire district. I received some excellent news last week from the cardiologist: the minor damage to my heart has completely repaired, and if I continue to eat right, exercise, keep the stress level low, and keep smiling, I will live for many more years. By the way, rumors of my retirement, death, and termination are not true....I am committed to the fire district and plan to work a few more years before retirement. Thanks to all of you for your thoughts and prayers and encouragement.

One of the lessons from all of this is that even if you think you are healthy and immune from health issues, that is not always true, and keeping ourselves in shape and eating right (watch that blood pressure and cholesterol) is critical. I will be spreading that message to my peers in the fire service through the Chief's Association.

As I announced at the Association meeting in March, our good friend Bruce Shaull is retiring from the line and joining the department's Auxiliary force. A big thank you to Bruce for many years of service (9 years) as a firefighter, for his service particularly to the folks in Camp Sherman, and for all of those long trips up on the pass to assist others in need. I am happy that Bruce chose to stay with the department and the auxiliary. It is important that we can retain our members and allow them to continue to participate and be a part of the family.

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

Please wish the following association members a
Happy April Birthday...

- David Wheeler 4/6
- Gary Lovegren 4/8

FIRE PREVENTION

-Fire Marshal, David Wheeler

Where is Spring? It's hard to believe, but Easter is just a few short weeks away. This year Easter is on the 24th of April, maybe we will finally see some spring weather by then. I will need volunteers to hide Easter eggs in the park prior to the Community Easter egg hunt. This is always a big event in Sisters and your help is appreciated. Please call me or stop by 701 to sign up to help with this event.



Poison Control

April 12th we will be teaching a poison prevention program at Sisters Library from 3:30-4:00 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.

Have a safe month.

ASSOCIATION NEWS

-President, Ben Bruegeman

We have a few upcoming events in the next few months so if you're available, we can use your help. We'll be helping out with the Oregon Fire Chiefs Association Dinner Thursday April 14th. If you signed up, please plan on meeting at Station 701 for a 1415 hrs departure or at Eagle Crest at 1445 hrs. I believe we'll be prepping food and helping serve. This is a great fundraiser for the Association.

Also we have the Easter egg hunt April 24th, if you can help please meet at the Creekside City Park around 1100 hrs for set up.

The Sisters Park and Recreation District will be hosting a lacrosse tournament May 6th 1600-1930 hrs & 7th 0800-1800hrs and has requested that we staff an ambulance for the event. Last year we had several injury evaluations and transports.

We'll be having the May 5th Monday BBQ and Softball game, if you can help with this please let me know.

Be safe out there!

FACILITIES

-Captain Brown

After some difficulty with the heating equipment at Station 704, it appears our facilities have weathered another winter very well. No major damage or problems that needed repairs and no other emergencies such as loss of power that led to other damage over the winter. I know it seems like sometimes the repair needs that you report take forever to complete, but most of those situations are usually pretty minor.

Thankfully, our facilities are well maintained and fairly new so there are not many maintenance issues other than the accidental damage that occurs. All of your efforts to keep the stations in a condition that is clean and organized are appreciated. Remember to look around as you visit, respond, or train at any of the stations to head off any problems that may occur

RESPONSE INFORMATION

-Captain Brown

As I write this article for our newsletter, I think about the multitude of comments surrounding the longings for spring weather. Everyone is tired of the colder temperatures, the days that snow shows up and we have to deal with it “one more time”, or just the fact that we still have to bundle up to go outside. I have to remember that we live in central Oregon for many reasons and along with the positives we get to experience some opportunities that may be a bit difficult or uncomfortable. In my opinion, the reasons I enjoy living here far outweigh any difficulties that present themselves. There are many reasons to be thankful for so much.

With that said, remember to be ready for adverse conditions when responding this time of the year. Cold mornings with icy streets, unexpected snow that lingers on shaded corners, or even just the time change that suddenly leaves you

CHAPLAIN'S CHAT

-Chaplain Hayes

I guess if you asked, most people might admit to having a favorite month of the year. Maybe it's their birthday month or a summer vacation month or the month that brings their favorite holiday. I have to admit that April is not my favorite month – by a long shot.

Oh, I've tried to participate in the “fun” of practical (?) joking on the first – fun if you are the jokester, not so fun when you are the joked upon. And I don't know anyone who thinks April 15th is fun, except maybe those having a birthday that day or finding out unexpectedly that the IRS owes them a refund!

The arrival of kitten season has me dreading flipping the calendar to April. Easter is okay, but often the hype to sell

from missing needed repairs.

If any materials or supplies are needed at your assigned station, drop me a message and we will make sure to get them out to you, or repairs completed, as quickly as possible.

Use your training when responding out of the station and a backer when returning the apparatus to assure there is no accidental contact with the buildings. I am sure we all have heard of, or even watched, as a minor correction in the direction of the apparatus ended up striking the edge of a doorway or backing up just a little too much resulted in contacting the wall or object that someone was trying to get just a little closer to. We have not had any major damage or anyone seriously hurt at our facilities. Keep up the great work and maintain that record. Always remember to keep yourself safe and watch out for others safety.

looking at the sun as you drive a familiar route. Keep alert, drive defensively, and watch for others who may not be as cautious as you. Others are depending on you, as we are, to be in good condition and ready to help with unexpected situations. Thanks to everyone who make our responses quick and safe, and to those who remain available to next due call. Remember, if you have the time and are willing, there is always a spot for you at the station to wait for a call and interact, train, and enjoy the personnel on shift. I encourage you to take advantage of it!

So far, the call volume for the year is a bit lower than 2010. We are still averaging over two calls per day, but remain in the lower portion of the 2+ percentage. I honestly thought after an unexpected run of calls in the shortest month of the year (February), that we were off and running to increase the total calls. But it seems that last month, everyone out there was staying healthier and safer with their activities. Don't be fooled though, we need to be ready for anything. It could turn out to be a very busy spring and summer people begin to get out and enjoy many of the reasons we all live in this wonderful area.

candy overshadows the original intent of the celebration. I wish I could think of April as the harbinger of spring, but so often here in Central Oregon May barely brings that.

So, for me, April is one of those months when I must work a little harder to locate good tidings. They are still there, but like a well-hid egg... harder for me to find. If you find a month of the year that is more difficult for you, for whatever reason, **be kind to yourself, take a deep breath and maybe a cup of tea and know that “this too shall pass”** and soon enough happier days will find their way to you again.



FIRE FITNESS

-Fire Medic Storton

By now many of you know that Firemedic Jay Crawford ruptured his Achilles tendon last month and is happily sporting his light duty beard. If any of you have spoken to him, you know that caging the wild man is a miserable experience as he has a very long healing time; about a year including physical therapy. This presents the opportunity for all of us to learn more about this injury pattern and how to prevent it. In order to protect Jay's privacy, let's call him "Norm".

About a month ago, Norm, 45 years old, woke up to go play basketball with his buddies. It was cold outside and he was running late. He spent all of 10 minutes warming up, which was half of his normal warm up. Jay... I mean Norm is a driven and competitive guy who has played basketball all his life and he is not likely to take it easy despite a short warm up.

A ruptured Achilles tendon is a partial or complete tear of the tendon. It is a common sports injury especially for men over 30 with a higher incidence after 40. As we age there is less water content in the tendon and therefore less healing blood flow. However, this middle age group has just the right combination of deterioration of the tendon and enough strength in the calf muscle to rip it in half. Any younger and the tendon is still healthy. Older and the strength isn't there. Ruptured Achilles Tendons are most common to sports where there are sudden and explosive movements such as basketball, soccer, tennis and other court sports. This injury is also found with mid and long distance runners.

Norm had been playing basketball all of 10 minutes and was moving back on defense. He saw an opening and shot forward to grab the ball. In an instant and without warning, he felt a painful snap in his left heel. He knew what happened before he hit the ground. He looked down at his calf muscle expecting it to be balled up like a window shade. Fortunately he was still able to move his foot up and down.

Contributing factors to this injury pattern include being out of shape or not warming up properly before activity. The weekend warrior is especially prone to this due to performance expectations and performance ability being out of sync. Previous Achilles injuries and wearing higher and harder heeled boots with poor arch support such as cowboy boots, logging and wildland firefighting boots make the tendon more prone to rupture as well.

Later, while in the Dr.'s office, Norm was prone (on his belly) when the Dr. asked him to lift his foot up. Norm couldn't. While on the court thinking that he was pushing his toes down, gravity was actually doing all the work. Norm's Achilles tendon had almost completely torn in two. He opted for surgery, which would give him a better chance, someday, of getting back to an

active lifestyle. However, he would spend the next 4 months taking it easy and pushing paper at work; twelve months before he was considered "back to normal".

So, how do we prevent injuries like Norm's?

- Stay in shape: Make it a lifestyle and not a weekend or monthly event.
- Stretch: It can be boring, but so is sitting on your butt for 4 months.
- Warm Up: Get a good warm up before planned activities. The older we get, the more time we need to warm up.
- Cool Down: Get a good cool down including general stretching after activity and exercise.
- Know Your Limits: Take it easy and/ or train more (See #1). You're not 20 years old anymore. If you are... remember this 20 years from now.
- Proper shoes: Use good athletic shoes for your activity. Athletic shoes also wear out before they fall apart. Save your body and spend money on a new pair of shoes.
- Arch Support: Our feet have become used to linear movement and a flat world. Unless you grew up barefoot in the dirt, your feet probably need some help. The absence of pain does not necessarily mean there is an absence of problems.

The motto of this story is not to end your basketball career. The motto is to keep yourself strong and flexible in hopes to avoid debilitating injuries that will surely end any career. There is no guarantee, but with the prevention tips above, you'll tip the odds in your favor. Good luck.

Ready. Set. Go!



SCBA

-Fire Medic Crawford

While I'm on light duty, I'm getting the SCBA flow testing done for this year. I would like everyone to bring in their masks to have them tested during business hours (8 a.m – 5 p.m.) while I'm at work. If I don't get your mask to test I will be calling you to remind you to bring it in. If you're gear is stored at 701 you don't need to worry about it as I will be grabbing it off the rack to test. I know it is early this year but I'm getting on a schedule to do the testing in the early spring each year before we get busy and this works well with me being on light duty. I

have completed a lot of the flow testing already and have been having some problems with the HUD units on the masks working properly and would like some feedback from everyone in regards to how the HUDs have been working for you and if you have seen any consistent problems with them. Please let me know what you think and if you have seen any issues. The packs have been much easier to get tested and keep adjusted than the previous packs we had. I'm sure you have noticed how much easier they breathe than the old ones. Remember to keep up the practice.

TRAINING

-Chief Enoch

It is time to take advantage of some warmer weather and get outside to train. This month we will start the refresher on Wildland training, but first we will need to finish the practical training with class B foam.

• April 4—Class B Foam	1900 hrs	Sta. 701/ Training grounds
• April 11—Progressive Hose lay	1900 hrs	All Stations
• April 18—Wildland Refresher	1900 hrs	Sta. 701
• April 20—EMS Breakfast: Chest Trauma	0700 hrs	Sta.701
• April 25—Case Reviews	1900 hrs	Sta. 701
• April 26—Eng. Company Standard.	1900 hrs	Sta. 704

EMT's don't forget to recertify your EMT this month, before May 1, 2011. Go online at <http://healthoregon.org/emtrecent> and put in your pin number. It was mailed to you by Oregon Health Authority. Your recertification has been paid for by the department. If you have any question please contact Chief Enoch at 541-549-0771.

VEHICLES

-Captain Lovegren

We have been changing out our studded snow tires for all season tires so most of the vehicles no longer need studded tires to be rotated off and highway tires put back on. The ones that do, will be done at the end of April. Remember to watch out for those icy mornings, warm wet days can leave very icy roads when the temperatures dip below freezing during the night. Continue your safe driving skills and let's keep being accident free.

771's automatic step is acting up because the door switch is not functioning properly. A new switch has been ordered but is on back order for at least 4 weeks. The step has been deactivated so if you need to help someone into the ambu-

lance the folding step is on the top shelf in the front driver's side compartment.

We are slowly completing the NFPA inspection on all of the vehicles; we have only some of the second and third out left. 722 is next up for inspection and will be completed by April if possible.

The new 6X6 should be repaired and ready for use by the end of March if all goes as expected with the National Guard. They are scheduled to come and work on it the last weekend in March (26th and 27th).

Keep up the good work, and drive safely.