

THE SIREN



Presented By Sisters-Camp Sherman RFPD

December 2008

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the December 2008 edition of the Siren.

In my usual "either fly-fishing or in the office" style, I am writing this early in the morning on the Friday after Thanksgiving, with an empty office and time to contemplate. It is amazing how much you can accomplish with a little quiet and time on your hands.

Unfortunately, in our business it is not usually quiet nor do we have much leisure time when the bell rings.

Commitment is critical to our mission, and I want to thank every one of our staff for another great year and the hard work and commitment you have shown. Evidence of our success is everywhere, particularly the new fire station, a new regional emergency plan in progress, a successful year for fire prevention and education, the pending completion of the Santiam Summit repeater, and a year when the two major fires we had in the area did not immediately threaten our communities (for a change).

Our success is also evidenced by the hard work and dedication of our volunteers and career staff during emergencies, and the fact that we continue to be held in high esteem by the people and community we serve. The Association has done an outstanding job again this year (see President Liming's message), and much of the reason we are so well respected is due to the work our association members regularly do for our community.

We have again this year been able to add new tools, and new equipment to the fleet; our training program is excellent and continues to improve, and we have had a number of career and volunteer staff attend the National Fire Academy. We now have a career development program in place to help our staff develop and promote, and we have finished a comprehensive update of our department strategic plan. There are plenty more success stories, and I thank each of you for your contributions.

Finally, on behalf of the entire department, I want to thank the Fire District Board of Directors (President Dave Elliott, Chuck Newport, Peter Storton, Don Boyd, and Al McKenzie) for their leadership, support and guidance over the past year.

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ASSOCIATION NEWS

-President, Jeff Liming

Many thanks to all of you for supporting our Sisters – Camp Sherman Fire and Ambulance Association in 2008! With your help we have provided social, civic and charitable contributions to our community and our Fire Department this year. Perhaps you were a part of some of the following activities.....

We voted in a new Association Board this year and these members will serve until June of 2010. Our Association completed a fund raiser that has brought in about twenty thousand dollars to date. With many of these funds we decided to donate a new AED to Station 701, contribute to Department health and wellness with gym equipment, furnish multiple pocket masks to all members and provide for fifteen high school scholarships over three years in the name of Jim Gentry. Our pool table was refinished and now is the best table in Sisters! Volunteers staffed Starry Nights and we staffed BLS ambulances for two separate professional rodeos at our local grounds. A time capsule was prepared and placed in 701 with much help from our committee. The airport AirLink landing zone is a far better LZ thanks to Association members who repaired the surface making patient transitions to the helicopter much safer. Association volunteers helped with the Oregon Fire Chief's dinner here in Central Oregon and showed ourselves and our Department off very well! We enjoyed a terrific annual District dinner at Five Pines Resort and honored our own with well deserved awards. We provided a new portable BBQ on our trailer and terrific audio speakers for the new television in our 701 day room. The Rodeo, Homecoming and Christmas parades were well attended with Association apparatus drivers and riders! Our members kept the homecoming bonfire safe and fun for students and staff. Quilt day in Sisters saw thousands of visitors, and Association members were on hand for the "hanging of the quilts" and additional EMS services downtown.

ASSOCIATION NEWS cont.

-President Jeff Liming

Our annual Easter Egg Hunt was enjoyed by hundreds of local kids in our park as was the ever popular Halloween event in the bays at 701. We raised over four thousand dollars for MDA this year and had a great family BBQ and softball outing in July. Hundreds of Association member hours were volunteered with our new station move and public tours.

FIRE PREVENTION

-Captain Wheeler

Thanks to everyone that helped out with all of our station tours this past month. We did 6 tours for a total of approximately 250 people. The feedback we got from those attending the tour was great and the kids loved watching the movies and climbing in the trucks. Some of the big highlights for the kids were the refrigerators upstairs, fire poles, the Murphy beds and of course, Blaze, the fire dog!

The Halloween event included over 300 people this year. The kids had a lot of fun and the return of the haunted house was a huge success!

Christmas is fast approaching and the annual Spirit of Christmas clothing and toy programs are well under way. Once again, Stuart Honeyman and Jeff May took time out of their busy schedules to pick the perfect tree, which was placed at Rays market the week of Thanksgiving.

Last year's Association Community Christmas dinner and "giving tree" charitable children's gift program were wonderful successes. Thank you for your support of those events as well as those planned for this December Holiday Season! I look forward to seeing many of you on Christmas Day as well as in the weeks ahead as we organize the gifting for many of our neighbors in need.

We have enjoyed a good year and I look forward to another in 2009. Thank you for your support of the Sisters – Camp Sherman Fire and Ambulance Association!

The deadline for delivery of gifts to 701 is December 17. Gifts will undoubtedly start pouring in to the station, and will need to be placed in the front office for check-in. Gifts will be bagged and marked on the evening of December 22nd and we will need volunteers to help deliver toys to the school sometime during the weekend of the 20th and 21st and we will need help on December 22nd with distribution. Please contact me if you are interested in helping with this important project.

Finally, I received a grant from the Oregon State Fire Marshal's Office for 50 smoke detectors and \$250 to help with installation. The grant requires that *we* install the smoke detectors in citizen's homes and *not* just hand them out. I have scheduled February 21st and 22nd for this project. This is a great opportunity to help the community with a life saving gift, courtesy of the State Fire Marshal's office. If you are interested in helping, please contact me.

Have a safe and happy holiday season!



CHIEF'S CORNER cont.

-Chief Robertson

The directors have done an excellent job providing good policy decisions and have represented the public well as we manage a multi-million dollar business. A special thanks goes to the board for their recent approval of the comprehensive (almost \$50,000.) list of items and projects needed to complete the 701 building project.

All of these accomplishments give testimony to the fact that we are still moving forward with our goals of outstanding emergency response, professionalism and quality customer service. I look forward to visiting with you again next month as we discuss what 2009 holds in store. As always, my office door is open and I look forward to seeing you.

Thanks for your commitment to the fire district.
Chief Robertson

FIRE FITNESS

-Fire Medic Storton

Jingle Bells, Wafting Smells

Temptations all around

If only we'd eat all we want

Without gaining a pound

It's time to enter into all the guilt and neglect that coerces us to set things straight on January 1st. It's dark, it's cold, we're busy, the kids, work, my spouse, there's that thing at church, I have to go shopping, etc. There will always be those distractions that pull us away, especially in December. **BUT**, fitness must go on. Here are some tips to keep your fitness fire burning bright this December.

1. Block out time for a very important client, YOU, and don't let anything encroach upon your time.
2. If all you have is ten minutes a day then take advantage of it. In regards to fitness, quality is better than quantity. A ten minute fast walk, run or circuit is better than a 30 minute slow version. Keep in mind, however, that even a light workout is better than none.
3. You're going shopping anyway. Park further away so you have to walk farther, that way you'll get your cardio.
4. How about a tour of Christmas lights... on foot. You'll save gas and that's what warm jackets are for.

5. Chopping wood the old fashioned way, with an axe, will get your heart rate up in no time. Time your self to see if you can go 30 seconds, 1 min, 2 minutes straight.
6. Drink a lot of water. Flavor it with lemon if you have to. We all need to hydrate and it will help control hunger.
7. Grab a handful of veggies or nuts before the handful of cookies. That's fair...right?
8. Oh man! Everything looks so good. Try fixing yourself a small plate instead of the massive mound of good food that you can't bear to waste. Eat slowly so your body has time to tell you it is full. No one ever said you had to eat it all right now.
9. How about getting up 5 minutes earlier to do the "5 Minute Abs" or some other mini-workout.
10. Remember the Golden Rule of weight loss and gain: 1 calorie in + 1 calorie out = 0. If in doubt, work it out.

Remember, only Santa's belly should be like a bowl full of jelly! Good luck with your early winter fitness and Merry Christmas, Happy Hanukah and have a great Kwanza.

Ready. Set. Ho Ho Ho!

CHAPLAIN'S CHAT

-Chaplain Hayes

Ho, Ho, Holly Days...

Holidays, or holy days are celebrated by many different cultures around the world. We, in the West often tend to think locally but not globally. It's important to remember that not everyone celebrates the same holidays you do, nor in the same way you do. A nice way to be respectful is to ask what someone celebrates rather than assuming you know.

So, whether you are celebrating Bodhi Day, Chanukah, Christmas, Kwanzaa, Winter Solstice or some other event, being thoughtful of others is one of the greatest gifts you can give. May peace find its way to you always.



EQUIPMENT NEWS

-Captain Lovegren

Boot chains are on the trucks and when the roads are icy please remember to use them. Your safety on scene is one of our highest priorities. To go along with this icy condition idea, remember that in the winter time the Jake (exhaust) brakes are not used. They can cause the rear wheels to lock up on the ice and send the rear end of the truck past the front end of the truck. A fun ride at a carnival but not while driving a fire truck. Along this same vein, please remember not to use the cruise control on icy conditions. On hills the engine will down shift and you can lose control of the vehicle, while in cruise control it does not allow you back off the throttle and the vehicle will go into a spin.

COMMUNICATIONS

-Captain Brown

The backup repeater on the Santiam Pass is very close to being operational, but still waiting for upgrades/repair that only the repair shop can do. I also received information from an ODOT technician concerning the placement of the equipment at the sand shed. This has resulted in the need to move the current placement to a higher, safer location; out of the way of any equipment or material that is stored in the building. Not a big thing, just a bit more time and "opportunity" to serve the district. Now, with the granting of the license from FCC, once all the equipment is in place we will begin training on policy and use. Just another reminder: it is going to be for transmissions to dis-

FACILITIES

-Captain Brown

As I am writing this article, it feels as if winter has not yet arrived. It was in the high 50's today and clear skies, absolutely beautiful! But we all know the cold weather is waiting just around the corner. I hope everyone is ready for this season; homes prepared and any necessary heating supplies gathered. I was lucky enough this year to have Thanksgiving off and enjoy a large segment of our family for the dinner at our house. I hope you were just as blessed as I was. The Thanksgiving season and the reminder that the year is almost over is staggering. Where did 2008 go?

Regarding the colder weather we are sure to be experiencing soon, I cannot emphasize enough keeping our facilities sealed from the harsh weather and colder temperatures. Make sure that each station is closed up and locked after you respond or enter. If it seems a bit cooler than it should be, check around for obvious reasons (open windows or doors, furnace shut down). If it needs further

The thermometers on the vehicles can tell you when the outside temperature is near freezing. This is just a tool to help you predict icy road conditions. They are not to be how you determine your driving speed.

This is the worst time of year for driving because of the different conditions we will encounter over just a few miles. Watch your speed when travelling up the pass as conditions change rapidly in just a few feet of elevation change. Also those pesky shaded corners will not only give us business but can catch us unaware also. Slow down and get to the scene safe.

Please be safe over the Holidays and I wish you all a very Merry Christmas and Happy New Year.

patch only and for use as a command channel. Any scene operations will need to be on a tactical channel to reduce interference with the departments in the Santiam corridor. We want to be good neighbors and be able to continue to use this site to maintain a high level of safety for our personnel on emergency scenes on the pass.

Is each station still training with the use of the mobile and portable radios? Although we seldom have to navigate the channels and zones on our emergency scenes, everyone still needs to be familiar with the capabilities of the equipment. If you are unsure, be sure to ask your station captain or one of the career staff for assistance. Training each week with the radios will only make us better using our communication tools, and will in turn provide a safer environment on emergency scenes.

attention, be sure to notify me either by email or a phone call to the station. I would like to assure the problem is fixed before major damage occurs.

We are still attempting to reduce the electric bill for the new station. All areas of obvious air leakage have been sealed and thermostats set to conserve as much energy as possible. We were prepared for and budgeted for a larger bill with the larger station, but have been surprised the last two months. The outlying stations are what we would normally expect, so we are doing well with them. If you are visiting or responding to Station 701, please continue to help us by turning off lights after you leave rooms and make sure heated areas are sealed (doors closed). Thank you for your cooperation and being good stewards of the funds the public affords us!

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

Tis the season for increased response to winter vehicle crashes. As a reminder for all personnel working on these incidents, a department issued safety vest must be donned while working at the scene per OSHA rule. We're also issuing vests to all EMT personnel as part of your EMT PPE. Please stop by and pick up a vest at your earliest convenience. Helmets and wildland gloves will also be issued to EMT personnel, so pick them up as well. As a reminder, vests should be stored pre-donned on your turnout/EMS coat in order to be ready for immediate use and to prevent their loss. We are also working to address providing appropriate safety footwear for EMT's operating on emergency scenes.

For those of you that are wondering, our traffic safety vests meet the requirements of the recently updated federal standards. They are compliant with the ANSI 107-2004 Class 2 traffic safety vest requirements.

As mentioned last month, hose bed covers were installed on 720, 723 and 724. I also mentioned that a change in the location of the hose tail was necessary with the cover installations on 720 and 723. Currently, I have placed the hose tail up on the bed with the remainder of the hose. The hydrant gate (720) and siamese (723) are still pre-connected to the tail. In order to avoid having to climb up on the tailboard, I attached a piece of webbing to the appliances so that you can pull the web-

bing to deploy the hose. When deploying the hose, remember that there is an appliance attached, so pull slowly until the load emerges from beneath the cover. The webbing is long enough so that the pre-connected appliance can be stored away from the rear edge. Please familiarize yourselves with the load and its deployment. If you have any recommendations on how this load can be improved, please forward them to me. I also made a slight change to the location of 724's hose tail. I moved the holder bracket to the step that is beneath the suction compartment, as this step is no longer usable and this placement allows you to remove the hose without stepping up onto the tailboard.

As part of this year's capital equipment improvements, the equipment committee has been researching upgrades to our hydraulic rescue tools. The current hydraulic hose that is on 760's pre-connected hose reels needs replacement. We recently participated in a live demonstration of the "Genesis" brand rescue tools. The pump that we used during the demonstration showed amazing speed in comparison to both the Holmatro pump that we currently use and others that are currently offered by Holmatro. The Genesis pump can be used with our existing tools, which makes this choice possible. We are researching the cost of this new pump, as the increased speed gained during extrications could be a lifesaver.

As always, if you have any equipment needs or suggestions, please let me know.

Have a safe and happy Christmas and New Year!

CHAPLAIN'S CHAT

-Chaplain Gerke

Many of you may have seen this allegory before, but it's still a good one.....it's about how life is like a mayonnaise jar. The story is that a philosophy professor took a large, empty mayonnaise jar into his classroom one day and filled it with golf balls. He asked the students if it was full, and they said yes. Next he poured small pebbles into the jar, shook it to let the pebbles fill the empty spaces between the golf balls, and again asked if it was now full. They said yes, it's full. Then he poured sand in until the jar would hold no more. Full now? Yes, they said. Then he produced two cups of coffee from under his desk and poured them in, and finally the jar was full. The professor then told the students, "I want you to recognize that this jar represents your life."

The golf balls are the truly important things. Your family, spouse, children, faith, health, friends and favorite passions. Things that, if everything else is lost

and only they remained, your life would still be full. The pebbles are the other things that matter, like your house, job and car. The sand is everything else, the small stuff. If you put the sand in first, there is no room for pebbles or golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are really important to you.

Pay attention to the things that are critical to your happiness and true joy. Set your priorities so that you have time for the things that are the golf balls in your life. The coffee? Well, no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.

Hope you had a great day of "Thanks-giving" and may you have a wonderful Christmas. Be safe!



- Chief Epoch 12/3
- John Barton 12/8
- Scott Michalek 12/14
- Lyle Miller 12/16
- Doug Meyers 12/28
- Shawn Viel 12/29



TRAINING

-Chief Karjala

Training for the month of December will include Engine Company Standards 3 & 4, Gas Detector In-Service, OR-OSHA Compressed Gas/MSDS, Trauma-Splints and Bariatric Patients. With the weather becoming colder and wetter we will be transitioning to additional indoor training, this will continue until spring. As a reminder with the snow and ice here we need to use our boot chains for traction during training and on emergency incidents to ensure our safety.

At the last EMS drill I discussed having a representative from the Department of Human Services EMS Mobile Training Unit come to our department and instruct EMS drill. After discussing this with DHS they will be coming to the next four EMS drills starting in January and ending in April to instruct trauma assessment, medical assessment, cardiac emergencies and obstetrics. These classes will be very informative and beneficial toward your recertification process.

With Department of Public Safety Standards and Training (DPSST) aligning further with the Na-

tional Fire Protection Association (NFPA) standards we have some additional classes we all must have. So, in January I have scheduled DPSST to come and instruct Weapons of Mass Destruction (WMD) and Hazardous Materials Awareness/Operations on the evening of January 23 and all day on the 24th and 25th. **WMD and Haz-Mat Awareness/Operations are required training for all EMT's and Firefighters.** If you have already been through Haz-Mat Awareness and Operations you do not need to attend those classes. If you are unsure if you have the certificates please see me and I will let you know.

There are many statewide classes being offered including the OFIA firefighter safety symposium in January, DPSST winter fire/ems school in February and two EMS conferences one in Seaside and the other in Newport. If you are interested in attending out of district training please see me ASAP.

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

RESPONSE INFORMATION

-Captain Brown

Although it seems like it has been quiet for this month, looking back over the responses there were only four shifts without any calls and several where they ran more than four calls in 24 hours. We are right on track for this time of the year with a slight increase over last year. Even in these uncertain economic times, our ser-

vices are essential and calls for service have steadily grown. At times, we need to remind ourselves that everyone expects that the fire department will come when called, especially for those public assist requests that "interrupt" our plans. People are grateful to have us help them, and this is an important way to keep with a positive image in the community. As the season brings increased call volume, it is important that everyone continue to respond from home even if it is just for station stand-by to be ready for the next call. Our response in

SCBA INFORMATION

-Captain Brown

This month I am reminded that even though we have some of the best equipment available, particularly safety equipment, there is still the possibility that it may malfunction or fail from time to time. I have had a couple of members turn in their voice amplifier units for repair and they have needed to be sent off to the factory. I am glad they checked them before an emergency re-

sponse and made sure their equipment was operating properly. I know how frustrating this can be when presented with a piece of necessary, but malfunctioning equipment on an emergency scene. Most times when it is in the heat of the battle, there is not much I can do to fix it right away and the person is out of the picture for that period of time. So, be sure and check your face piece and amplifier monthly and if anything is not working properly, bring it in to me and we will do whatever is necessary to keep you and your equipment ready to do your part when called on!

Twas the night before Christmas and all through the station
 All were quiet despite pure elation
 The rigs were parked in their very own bay
 Ready to respond be it night or day

Firemedics were sleeping in their brand new beds
 Students had their own rooms to rest weary heads
 The volunteers had bunks in which to bed down
 There were even two poles to slide to the ground.

Then, from outside there came a loud bang
 The Captain arose saying "Come on gang."
 Out of bed and into our clothes we flew
 To what we were responding, nobody knew

The night was crisp and oh, so clear
 The station looked better than it did last year
 Suddenly I remembered what might be going on
 Then a 12 reindeer drawn engine landed on the lawn

A striking new figure gave me pause
 He looked like a thinner, leaner St Fire Claus
 He unhooked his reindeer one by one
 They gave a loud grunt and began to run

Come on Thornton, Jeremy , Gary, Ryan, Tay and Ken
 Let's go Dave, Jeremy , Jay, Rob, Shawn and Ben
 Hurry up boys and move with a hustle
 I want to go flex us some muscle

The snow covered us like a giant wake
 There were 12 sprinting reindeer for goodness sake
 Julie and Susan, two of his elves
 Were right behind him pushing themselves

They sprinted up the stairs and ran through the door
 You could hear the huffing and puffing from under the floor
 With the pounding of weights and treading of mills
 It was apparent they had some serious skills

I couldn't believe what had just happened
 With an inquisitive look I turned to the Captain
 With palms to the sky, he said "Let's go see
 But I'd stay out of their way if it were up to me".

We slowly crept up to the fitness room
 From inside we could hear a bang and a boom
 His handle-bar moustache was at least an inch longer
 And it was quite obvious he was a heck of a lot stronger

They pushed and pulled with all of their might
 It really was one incredible sight
 You could see the room getting hotter and hotter
 When St Fire Claus saw us and said "I need a spotter"

"St Fire Claus" I said, "what's going on?
 You all have gotten... well... uh... strong."
 "You know", he said "I've been soft for years
 And I want to inspire you and the volunteers."

I used to eat all the milk and cookies I could
 I gave up the cookies, but milk; It does a body good!
 In case you're wondering, Mrs. Fire Claus doesn't mind
 She's been working out too. You should see her behind.

Now that we're pumped I want to tell all the crews
 That getting fit is easy and you have nothing to lose
 You've received my Christmas message, now it's time to go
 Have a great Christmas and, well... you know!"

