

# THE SIREN



Presented By

## Sisters-Camp Sherman Fire District

December 2010

### CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the December 2010 edition of the Siren.

As we move into the Christmas Season, I think it is good to take a moment to give thanks for the many blessings we experience as a department and a family. We are blessed with the best volunteers and employees possible. We have wonderful facilities and equipment. We have a community who regards our department in the highest way, and who cares about us deeply. We have excellent relationships with our public safety partners and neighboring fire departments. And finally, we have a family. As in any family, there are disagreements and struggles, but nevertheless, a wonderful family who cares for one another and sticks together.

I have been in Salem much more than I would like, but we are moving forward legislation that will hopefully provide for a local option to adopt residential sprinkler ordinances across Oregon in the next year or so. This is huge step for the safety of our citizens and an effort you can be proud of. Additionally, the Chief's Association is supporting legislation authored by the OVFA which will provide a tax break for firefighters who volunteer in Oregon. This would supplement the EMT tax break which is already in place on the state tax form.

I appreciate your patience during my OFCA presidency. With only six months remaining of my term, I can see the light at the end of the tunnel and I look forward to being able to spend more time with all of you. I also thank the Board of Directors for their support and understanding. It is great to work with a board and staff who understand that if the organization is not looking outward, forward, and for opportunities to be a part of bigger solutions, we are losing ground. I am proud to say we are gaining ground.

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

Chief Robertson

### ASSOCIATION NEWS

-President, Ben Bruegeman

We had a great turnout for the Ugly Sweater Party at Three Creeks Brewery. Congratulations to Andrew Mustola for first place and Shawn Vial for second place in the Ugliest Sweater contest. We may try to do something like this at the next 5<sup>th</sup> Monday party. Also a big thanks to Jeff May, Bill Hayes, Rick Davidson, Nick Newport, Liz McKittrick, C Shifters and anyone else that helped out with the Christmas Parade. #3 looked great!

Looking ahead at the calendar we have the Christmas Dinner on Christmas Day. Liz will need help with setup on Christmas Eve starting around 1300 hrs. We will also need help with cooking on Christmas Day. If you're not able to help with the set up or cooking down here but have extra time to make up an extra dessert dish to bring down, that would help us out as well.

Thanks for everyone's help, have a safe and happy holiday season.



## FACILITIES

-Captain Brown

As the snow begins to accumulate around the stations, take a little more time to be safe. Stay alert to conditions that cause slippery surfaces and move carefully. Use the tools and products at each station to remove or minimize the packed snow or ice. If you notice that the snow shovels are missing or the ice melt compounds are getting low, please notify me and we will get them replaced. Be extra careful when moving the apparatus: stay aware of your surroundings and the personnel moving around the equipment. I mention the slick conditions caused by the winter weather outside the stations; also remember the possibility of slick conditions in the stations caused by melting snow and accumulation of water on the bay floors. If you notice standing water, please move it to a drain with the

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## RESPONSE INFORMATION

-Captain Brown

It seems to have been very quiet lately; the first snow came with no major incidents on the highways or fires from residents starting to use their wood stoves for additional heat. Compared to last year, the number of calls is down, closer to the 2008 total. This could be due to the fact that there is not much travel going on, but we still have the Christmas holidays to look forward to. Everyone hopes that there are no tragedies to contend with, but history shows there is an increase in our calls around the holidays. Combine the weather conditions, people visiting relatives, and an increase in illness and we will soon see the call volume increase.

I know we always get the reminder to drive especially careful when operating the apparatus on the winter roads. Also

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## FIRE PREVENTION

-Fire Marshal Wheeler

Christmas is fast approaching and the annual Spirit of Christmas clothing and toy drive program is well under way. Gifts will undoubtedly start pouring in to the station and they need to be placed in the front office or in my office for check in. Check-in is important to ensure that the appropriate names are being checked off and to let us know which names didn't get filled and who we'll need to shop for.

We will be taking the bags to the school on the 21<sup>st</sup> or the 22<sup>nd</sup> of December. The pick-up date is December 23<sup>rd</sup> from 0800 to around 1600. Any and all help is greatly appreciated. Also, remember to help remind people to please be safe during the holiday season.

floor squeegee at the station. I realize that sometimes the buildup of snow and ice from calls take some time to melt off the trucks, just remember that there could be water on the floors when you respond to the station to get your gear.

If we have a large accumulation of snow at the stations, we will be using removal services to clear the aprons and parking areas. If you notice the snow building up at your station, give us a call to report it. If for some reason you need to leave your car at a station, make arrangements to have your keys accessible if it needs to be moved for snow removal. Your help in keeping the sidewalks and pathways clear is appreciated and keeps the properties safe for us and the public.

remember to drive carefully when responding to the station for the call. No one wants to be part of the problem we are trying to help mitigate, and if something happens to any of us, it places a larger workload and worry on everyone else. Be especially safe this time of the year, for your family, for yourself and for the rest of your department "family".

Hoping everyone had a wonderful Thanksgiving and wishing you a great Christmas and Happy New year!

As always if you have any questions or comments please stop by.



## FIRE FITNESS

-Fire Medic Storton

~Jingle Bells, Wafting Smells

Temptations all around

If only we'd eat all we want

Without gaining a pound~

T'is the season when we enter into the guilt and neglect that coerce 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, parties, I have to go shopping, etc. There will be no shortage of distractions that pull us away from our fitness, especially in December. **BUT**, health and wellness must go on. Here are some tips to keep your fitness fire burning bright this December.

- Block out time for a very important client, YOU, and don't let anything encroach upon your time.
- If all you have is 10 to 30 minutes a day then take advantage of it. In regards to fitness, quality is better than quantity. Thirty minutes of high intensity is better than 60 minutes of going through the motions. Keep in mind, however, that even a light workout is better than none.
- You're going shopping anyway. Park further away so you have to walk farther, and go at a slightly uncomfortable pace. You'll get your cardio in and get your shopping done faster.
- How about a tour of Christmas lights... on foot. You'll save gas and that's what warm jackets are for.
- Chopping wood the old fashioned way with an axe will get your heart rate up in no time. Time yourself to see if you can go 30 seconds, 1 min, 2 minutes straight. Better yet, go outside and have a snowball fight!
- Drink a lot of water. Flavor it with lemon if you have to. We all need to hydrate and it will help control hunger.
- Grab a handful of veggies or nuts before the handful of cookies. That's fair...right?
- Oh man! Everything looks so good. Try fixing yourself a small plate of Christmas appetizers 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.

- How about getting up 10 minutes earlier to do 10 minutes of core work and calisthenics or some other mini-workout. You won't miss the rest you missed.
- Take a break. The more stressed out you get the more your stress hormones will course through your body. When this happens, your body goes into survival mode and holds onto fat stores for future energy.
- Remember the Golden Rule of weight loss and gain: 1 calorie in + 1 calorie out = 0. Fat equals 2x the calories of carbs or protein. So the more fat you eat you'll have to work double time to burn it off. Moderation is your friend and 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 to everyone.

**Ready. Set. Ho Ho Ho!**



**Please wish the following people a  
Happy December Birthday...**



- **Ken Enoch** 12/3
- **Scott Michalek** 12/14
- **Doug Myers** 12/28
- **Shawn Vial** 12/29

## SCBA

-Fire Medic Crawford

Fire Medic Shawn Vial and I have been getting the SCBA masks flow tested again for this year and we are finding a common occurrence as we did last year. Many of the masks are not passing the initial flow test because of dirt or dust in the mask and on the exhalation valve which causes it to leak air when in use. This is easily fixed by regularly cleaning your mask after each use and cleaning periodically when sitting and collecting dust over long periods of not being used.

When cleaning your mask, run water through the exhalation valve by filling the mask with water and depressing the button inside the mask which opens the exhalation valve and runs the water inside the mask through the valve. This will flush out any dust or debris that has collected on the valve. If you need assistance, please ask myself, Captain Brown or Shawn to show you how to do this. This minor leaking is not a danger to you because of the positive pressure that the regulator supplies

which will not let smoke enter the mask, but the mask will function better and use less air if working properly. It also reduces the amount of positive pressure you have at your mask when this valve is leaking though.

If you have not had your mask flow tested, please stop by on either Shawn's or my shift with your mask to have it tested this month. We will also replace your batteries when we do the flow test but it is up to you to check your equipment during the year to make sure your batteries are good. Another less common problem I see is that the amplifier is left on and the batteries are dead. A quick check of your equipment will ensure it is ready for use when you need it.

## TRAINING

-Chief Enoch

This month I will be recertifying our firefighters with DPSST. A few of the volunteer firefighters need to come to Station 701 and complete wildland tasks to keep their state certification. Please check the training calendar for the date. I will contact those who need to attend.

Other continuing education to be completed this month is EMT B, I, and Paramedic. We need to do this now so I can send in the roster to the State Health Division for the 2011 group recertification. The career staff has been training on EMS daily and is pleased to add you into their schedule. Contact the shift captain early in the morning and advise him what classes you need and if he can work it into his schedule that day. If you are not sure where you stand with your continuing education hours, contact me any time between 0800 and 1600 hours or leave a message on voice mail and I will let you know.

Training for December 2010

- Dec 6 SCBA and N95 fit test
- Dec 7 EMS Pediatrics and OB
- Dec 11 Interface Firefighter Task Performances
- Dec 20 Gift Wrapping
- Dec 27 No drill
- Dec 28 Engine Company Standards at station 704 only

*Have a Merry Christmas.*



## VOLUNTEER COORDINATOR NEWS

-Captain Liming

I would like to invite you to welcome three new volunteers to our department!

Stephen Huffman, Garret Caster and Warren Snyder have been, or soon will be participating in training and call response. All of these men are living or working in Sisters and will be responding to Station 701.

Stephen Huffman is currently finishing his EMT-B certification in support of his goal of paramedic/firefighter. Garret Caster has completed his EMT-I and FF1 certification and is planning on a career in EMS. Warren Snyder has previous emergency response in our military and looks forward to fire certification and possibly EMT-B.

I encourage you to introduce yourself to our new department volunteers as you welcome them into our fire department.



## VEHICLES

-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. If we fall and are injured we are no good to our patients. Safety first!

The thermometers on the vehicles can tell you when the outside temperature is near freezing, but this is just a tool to help you predict icy road conditions. They are not to be used in how you determine your driving speed. They are accurate to within a few degrees and the road can become icy before the temperature drops below 32 degrees. When driving in this morning I hit a 100 yard stretch of black ice, with the thermometer showing 38 degrees outside. Cold air had settled in a low spot and caused the freezing on the road. Continue to be vigilant and let's keep everyone safe.

## FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

Recently, we noticed that the hydraulic ram on 760 has a small nick in the large piston. While this should not affect its performance, it's something that those of you that work on the rescue need to be thinking about. Whenever the ram is extended, is when it's most vulnerable to damage. Be cautious when working around the ram with other tools and avoid dam-

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.

770 had an issue with the on-spot chains causing tire damage to the inside duels. If you are using the on-spot chains and you no longer hear them rotating, stop and see if they have become tangled and are wearing on the tires. We are going to see if they need adjustment for proper alignment against the tires.

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

age to the equipment whenever possible.

As we begin to respond to winter vehicle crashes, it's important that you use your boot chains and traffic vests. If you find any boot chains that need to be replaced, please contact Captain Lovegren.

I hope that you and your families have a safe and happy holiday season!