

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

February 2010

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the February 2010 edition of the Siren.

I was excited to read the article in this morning's edition of the Nugget News, "Firefighters climb for a cause".

Our firefighters (Jay Crawford, Jeremy Ast, Jeremy Storton, Andrew Mustola, Cody Meredith, and Laura Thost) have trained hard for the 19th annual Firefighter Stair Climb in Seattle on March 7. Firefighters Clay Davis and Brett Miller will travel to Seattle to support the team. Of course, their efforts send a positive message about our department and personnel to the public we serve. However, the most profound and uplifting part of their efforts is not about PR or firefighters in the news.....it is the fact that they are doing this work to support the Leukemia and Lymphoma Society which funds research, education and patient services to help those in need. What a wonderful thing that we have our own staff and friends giving of themselves with hard work and commitment, with their only purpose to serve others.

I encourage you all to contribute anything you can to this worthy effort. I am proud to say I have given as well. My hope is that all of our fire department family will turn out to support this effort.....with monetary donations or any way you can.

You can donate through a fund set up at South Valley Bank in Sisters (SBBST). Also, please try to participate in the fundraisers at Ray's Food Place February 7 and 14 from 10 a.m. to 1:30, Sisters Movie House on Wednesday, February 17, and Three Creeks Brewing Co. on Friday, February 26. Please check with our stair climbers for specific times for some of the events. You may also donate to the cause through any of our personnel who are participating in the event.

I wish our team the best in the competition. No matter what your final team times and standing, you are all winners to us.

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



ASSOCIATION NEWS

-President, Jeff Liming

The annual Sisters- Camp Sherman RFPD and Association dinner is slated for Saturday, February 20th in our community room at Station 701. Please check your home mail for invitations that are being sent to department members and friends. We look forward to seeing you at this catered dinner and evening of fellowship and fun. The venue is perfect for our event and promises to be memorable. Come and share some memories and make some new ones.

In addition to mailing dinner invitations Julie is mailing ballots to department members for voting on 2009 award winners for Firefighter, EMT, Volunteer, Rookie, Student and Fitness. The fitness award is new this year. The coveted "Water Shovel" award will continue to be awarded by last year's winner at our dinner. We are making a change in our ballot this year by including names presented by a nominating committee as opposed to voting from our entire department membership. Additionally I have asked the committee to propose members that have not received an award in the last year. Our nominating committee this year is lead by Chief Karjala and includes two shift commanders and two award winners from last year. To register your votes this year please return your ballot to the voting box at station 701. We require your vote by February 8.

Fire Marshal Wheeler already has the thousands of Easter Eggs we need for our community egg hunt packed away in storage in his office. I hope you will be available on Easter Day late morning for the "hunt." It takes a little while to scatter the eggs and prepare for the hundreds of children that will attend. Please mark your calendars now for the event.

I look forward to working with you in the year ahead! If you have questions regarding upcoming Association events or have ideas for us please contact me at jeffliming@msn.com. If there is anything I can do for you please contact me as well!

Thank you for supporting the Sisters - Camp Sherman Fire and Ambulance Association!

CHAPLAIN'S CHAT

-Chaplain Gerke

The "To Be a Better Man" article which Chief Robertson passed out during the training on ethics on Jan. 18 got me to thinking a little. The article pointed out that athletic ability, sexual conquest and economic success are not the best measurements of manhood (or womanhood). So, what are? I'm sure each of you has your own ideas about that, and you might find it interesting to kick ideas around while you're having dinner at the station. I'm going through a study on that very valuable topic right now with the elders and pastors at my church. There is a biblical basis to our 12 week study, but the principles apply to everyone's life. One of the main ideas in our study so far is that a mature person recognizes that we don't exist in a world where we can live life like it is laid out on a straight path so all we have to do is follow the rules and everything will be just fine. There isn't a 12 point plan where you

can check off the points as you go along and you'll live happily ever after!

A "real" man or woman recognizes that we have to make critical, sometimes life-changing decisions and commitments without knowing everything we'd like to know. We don't have a crystal ball that tells the future for us so we can make guaranteed good and safe decisions. Truth is, we don't know what the outcome will be. Still, we must make those big decisions and commitments. Then we must accept responsibility for them, right or wrong. Perhaps that is the key – accepting responsibility. It is up to each of us to make our decisions based on what is true, not on what we want to be true. That puts the onus on each of us to discover what is true and what is baloney. I would be happy to talk to any one of you more about this topic.

Of course, there's much more to it all, and I plan to talk more about it as time goes by. Meanwhile, know that I always pray for you when you are responding to emergencies.

FIRE PREVENTION

-Captain Wheeler

House Bill 2377 (Cell Phones While Driving) took effect January 2010. This bill prohibits the use of mobile communication devices (cell phones) while driving unless you are using a hands-free device. Violation of the new law is a Class D traffic violation and comes with a fine of \$90. There are certain exceptions to this rule for public safety personnel, however most people have personal cell phones they use while driving.

USA.Safekids.org has a pledge to stop distracted driving. The pledge says: **I pledge** to put safety first and focus on the road while driving. I will not use any hand-held electronic devices like cell phones and text messaging while behind the wheel. I encourage you all to take the pledge and set a good example for the rest of the community. The link to the website is: <http://sk.convio.net/site/PageNavigator/PledgetoStopDistractedDriving>

Have a great month!

EQUIPMENT NEWS

-Captain Lovegren

Has anyone seen winter yet? January almost missed us with virtually no snow. Now it seems we are getting a taste of what winter should look like: white stuff on the ground and roads that act like skating rinks. Do not let your guard down and keep up your good driving skills. We want to continue our excellent driving record this winter. Thank you for doing a great job so far. Remember we still have more winter yet to come so don't put your galoshes and boot chains away yet.

I have installed a new Q1 spotlight on 770's roof and it is much easier to move into position. If you feel the handle is hard to move up and down or side to side, make sure the locking

device is off, or you will probably break the handle again. You can lock the handle into position by squeezing the handle and applying the locking lever. To unlock it you squeeze the base of the handle where the locking lever pivots at the end of the handle and it will pop out the lever to release it. Any questions about the spotlight come in and try it so you will be familiar with it when responding to an emergency.

We are continuing to work on the 6X6 and Captain Ast has ordered the flatbed for the unit. The tank will be worked on this next month to get it ready for installation and painting. We are starting to get more of the components ready and ordered, and we should be ready to begin assembly soon. This will be a fun project and you are welcome to help as the assembly process continues. Keep up the good work and safe driving.

TRAINING

-Chief Karjala

Training for the month of February will consist of Wall Breaches at the BTL structure, Safety and Survival/RIT, Ladder Operations and case reviews with Dr. Carnes.

Central Oregon Community College will be conducting

student testing on April 30th and May 1st and 2nd. 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 April 21st. We will have at least one student position open this year so your help in the selection is greatly appreciated.

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

COMMUNICATIONS

-Captain Brown

We are all aware of the inconsistent operation of the Santiam Repeater and use of 744 staging at the top of the pass to relay information. Remember to try the repeater as you near the top of the pass to see if it is working. I have a hunch that it will probably be working when the temperatures come up, not what we need during our critical season when we seem to get the bad accidents. Be assured we are still pursuing reliable

equipment purchased and installed at the site so we can count on it.

As always, be familiar with all of our radio models. We have worked hard to get everything the same throughout the district but we still have some different models of the Motorola product. They pretty much operate the same, but some differences still exist. If you have any questions or difficulties, ask your station Captain or one of us and we will be glad to assist you.

RESPONSE

-Captain Brown

We have had a good start to the New Year, both with number of calls and response times. Thanks to Stations 703 and 704 for their excellent turnout. There may not be a need for extra personnel for any particular incident, but when it is necessary it is a big help. There have been a few times when I have been questioned as to why there is a "fire truck with all those people at my house." When we answered with the possible

need for extra personnel for patient care or to just help control the scene (traffic or otherwise), there is a relieved, understanding look on their faces. Keep up the great work and commitment, it is appreciated!

Once again, a quick reminder to come down and spend some time with the shift personnel. There are many benefits, both for you and the crew. We can train together, hopefully respond to a few emergencies, and at the least have some laughs together at the station.

SCBA

-Captain Brown

In reference to the voice amplifiers and radio interface pieces, when communicating through them remember to speak clearly and in normal tone/volume. I know this goes against the

excitement of the moment and in some cases we revert to past experience when the voice amplifiers were not available. When you speak normally and clearly, you eliminate most of the distortion factors that can occur. Remember, clear communication is necessary for safety and completion of assignments during incidents.

FACILITIES

-Captain Brown

What can be said...we have really great facilities. The new fire station, and the substations in the communities around Sisters are in good shape. I know we are not through the winter season quite yet, but thank you for making sure the stations are sealed up to maintain heat and security. Keep it up; we still have a few months of cold left. As for security, I can remember back when I started with the fire department it seemed like almost everyone knew how to get into the stations, whether they were a member or not. It wasn't a huge concern, as the community was smaller and everyone knew each other. But times have changed and the area has grown. Good for our responses, per-

sonnel, and operational concerns but not so good for security. We have a lot of value in our equipment and supplies and we have to protecting them. We installed security cameras at the main station in response to an incident several years ago. Thankfully, we have not had a problem since then, due to everyone doing their part in keeping the buildings locked and secured.

Please contact me if you see any repairs (or need to remind me of some) at your station. Especially if there is a project you would like to see accomplished. Contact your station Captain to discuss it, and he can then contact me for budgeting or scheduling. As we enter a period that stretches our budget, it is nice to know that all of our facilities are working well and in good repair.

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

• **Stuart Honeyman**

2/5

• **Laura Thost**

2/24



FIRE EQUIPMENT NEWS

-Captain Ast

I'll be introducing a couple of new pieces of EMS equipment in the near future. The ResQPOD and Zoll E-Series defibrillator will go in-service over the next month after the necessary in-service training has been delivered.

The RESQPod is used during cardiac arrest resuscitation and is classified as an impedance threshold device (ITD). The ITD is attached to the bag-valve assembly during CPR and as air is expelled from the thorax during chest compressions, the ITD doesn't allow air to return into the lungs before the next ventilation. This creates a vacuum in the thorax during compressions, which significantly enhances coronary blood flow. The device can be used by all personnel, both before and after endotracheal intubation. The device is recommended by the American Heart Association and is another good tool to increase

FIRE FITNESS

-Fire Medic Storton

There were five January LODDs that came over the Daily Dispatch so far. The fifth was a vehicle crash. The pertinent details of the other four are below.

1/2/10: 59 year old Lieutenant was incident commander at the scene of a residential structure fire when he collapsed on the fire ground and later succumbed to an apparent stroke.

1/2/10: 51 year old Captain was not feeling well while operating at the scene of a working fire incident and reported to the Rehab Sector where his vital signs were irregular and did not return to normal. He subsequently worked one more shift during which he responded to several incidents before going to a doctor after reporting that he still did not feel well. Although the doctor hospitalized him, the captain later passed away after surgery from complications associated with an undisclosed cardiac problem.

1/14/10: 55 year old firefighter collapsed at the scene of a structure fire. CPR efforts were started immediately by firefighters on-scene and the firefighter was transported by LifeCare EMS to Laird Hospital where he succumbed to an apparent heart attack.

1/17/10: 52 year old volunteer, passed away from an apparent heart attack shortly after responding to a residential fire alarm.

Notice the common theme? The only way for these statistics to hit closer to home is for them to hit at home. I know you've heard this before, but let's review heart health for kicks and giggles.

Nine Tips for Heart Health:

1. Get fit and stay fit.
2. Lose weight and/ or maintain a healthy weight.
3. Don't smoke. This includes 2nd hand smoke.
4. Control high blood pressure.

the probability of a successful resuscitation from a cardiac arrest.

The Zoll E-Series defibrillator is an updated version of the defibrillator that we are currently using, and is "on loan" to us from Zoll. We have been experiencing some technical issues with our older M-Series machines, and are going to try the newer model to see if the issues are resolved. While the E-Series has a different shape than the M-Series, you will notice that the screen layout, buttons and menus are very similar to what you're accustomed to. The newer model has an updated hardware platform with room for growth in the future, where our current model is at capacity. Chief Enoch and I will be working on some grant funding to replace the M-Series and LifePak defibrillators.

Thank you for your suggestions regarding new equipment. Please keep them coming in 2010!

5. Control high cholesterol.
6. Control Diabetes.
7. Control your stress levels.
8. Eat more fruits, vegetables and whole grains, and reduce saturated and Trans fats, cholesterol, sugar and salt.
9. Monitor your family history. You may not change much, but you'll know what you are dealing with.



I have several easy challenges for you if you choose to accept them. One is tracking your caloric intake with a food log and/or a website listed on the sheet for two weeks. The other is tracking your fitness for two weeks. Finally fill out the Cardiac Risk Profile Sheet to see how you fare. These are easy to do and are very enlightening. The reason being we tend to think we do better than we really do. How many times have you said or heard, "I try to eat healthy" or "I try to get exercise"? What exactly does that mean? Well, let's see how good we really are. I was surprised by the results of my food log after two months and it affects my nutritional thought process now.

The Sisters – Black Butte Stair climb team is hitting its stride. We have fundraisers set for Feb 7th & 14th at Rays Food Place from 10:00 to 13:30 and Feb 26th at Three Creeks Brewery. No times set yet for the brewery, but I'll keep you posted. The Seattle Stair climb is Sunday March 7th and we look forward to raise funds and to get in great shape for the event.

Finally, the Pole Pedal Paddle is May 15th. Last year we fielded one team and hope to race again. I would love to have a couple teams participate in the race. It's a great excuse to get in shape and it was an absolute blast. The race includes an Alpine ski and Nordic ski, bicycling, running, paddling and final sprint leg. Let me know if you are interested.

Ready. Set. Go!