



THE SIREN



Presented By Sisters-Camp Sherman RFPD

February 2009

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the February 2009 edition of the Siren.

Sharon and I just returned from a quick trip to California. I have to report that it is a different place. As I struggled with traffic (why is it they all drive slow in the fast lane?), urban sprawl, a dismal economic outlook for the state, and local governments (and fire departments) in serious financial trouble, I thought about the wonderful place we live and how fortunate we are to be a fire department family. Of course, it was great seeing my own family and celebrating together, but the truth is I could hardly wait to get home when our reunion was done (flying today is the worst part of any travel plans).

We take so much for granted in our lives. Even in the difficult financial times we are experiencing in this country, the District, this community, and our staff is indeed a treasure. We will get through these budget challenges, and because we are a fire district, our revenue stream is not particularly dependent on fees for service or sales tax as seen in Oregon cities, California and other states. We do depend on ambulance revenue, but we will take the current financial situation into consideration when we do our projections for 09/10. In our case, the biggest concern for financial stability during the recession will be tax revenue and particularly uncollected taxes. History shows us that during tough economic times, our taxpayers struggle to pay their tax bills and our plan is to anticipate less tax revenue collected over the next few years until the economy recovers completely. While the assessed value of property in the district will remain the same or increase slightly, the past revenue increases due to new construction will not be a significant factor. In short, we will be "treading water" for a bit as we ensure we have the planning in place and the revenue available to provide the current level of service and staffing.

So, we need to count our blessings and rest assured we will not experience the depth and severity of the recession that California and its fire departments are now trying to deal with. We have a great organization with wonderful staff and we will move forward even in the face of these tough times. I appreciate your commitment to the district and your willingness to help take this organization to a new level. As always, my office door is open and I look forward to seeing you. Chief Robertson

ASSOCIATION NEWS

-President, Jeff Liming

Please take a minute to mark you calendar for our annual Department awards dinner scheduled for Saturday, March 7! We plan on a catered event to be held at our new community hall at Station 701. Your invitation has either been mailed to you or hand delivered at a scheduled training session at your station. If you did not receive one please contact Julie for another. We look forward to seeing you and your guest! Please contact Julie with your RSVP as soon as you are able so we can firm up our plans with the caterer!

In addition to your dinner invitation please take a minute to vote for your choice of award winners on the attached ballot. Categories for your consideration include firefighter, EMT, volunteer, rookie and student of the year. Our students are an important part of our department, of course, and we are pleased to include them in a new awards category! As always, our annual "water shovel" award will be given by the current recipient. If you have department sins to atone for from 2008 keep your head down. Lyle Miller is looking for you.

Dave Wheeler is scheduling the installation of the smoke alarms received in our recent grant. He and I will be phoning those of you who expressed interest in the program to schedule the installations. You can beat him to the phone and give him a call at his office if you would like to confirm now. Look for a couple of articles in upcoming Nugget newspaper editions advertising the program to the public.

We have ordered six thousand plastic eggs for the Easter hunt this year. We will be looking for a dozen Association members to help with the event which entails about three hours of your time mid-day Easter Sunday. Look for a great day with hundreds of enthusiastic hunters!

Thank you for your support of our Sisters – Camp Sherman Fire and Ambulance Association. Because of your support our programs and events are a substantial benefit to our communities!

CHAPLAIN'S CHAT

-Chaplain Hayes

Sharing the Love

In this month that's all about love, I want to share some information about a new program that I love, and that is really all about love!

"Friends with Flowers" brings beauty and joy to hospice patients with flower arrangements repurposed from florist leftovers and after weddings and other

events. Volunteers collect and clean donated vases, gather flowers, break down large floral arrangements, redesign small bouquets and deliver them to hospice patients. Brides and grooms can enjoy knowing that their wedding décor will go on to be a delight to others.

If you are interested in learning more about this excellent program, please give me a call!

Happy month of L O V E --- Sana

FIRE PREVENTION

-Captain Wheeler

Well, the New Year has already started and it has been a busy time. First I would like to thank Jan Liming, Don Rowe and the on-duty shift personnel who helped at the middle school fire safety program. I have had feedback that it has been a great program and one of the teachers wants to try to do the same thing for the fifth graders. So again, thank you for the help.

Now on to this month's big project: the smoke detector campaign is going to take place on February 21st and 22nd. This project is an important piece in helping our community become more safe and hopefully avoid fire injuries and fatalities. I will need as many people as we can get to help check and install new smoke detectors. We have over 50 smoke detectors to install, so any and all

help will be needed. Each installation also requires a signed waiver as well in order to gather information for the grant. So, if you are able to help, please call me as soon as possible.

If you have any questions please call me anytime. Have a great month of February.



FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

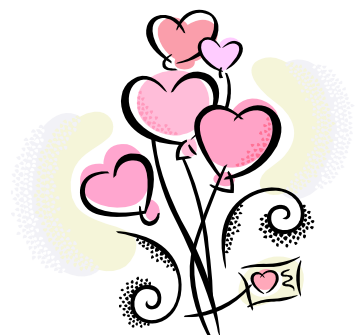
Equipment news for February is short and sweet.

As mentioned last month, the turnout dryer has arrived and is now operational. I'll be coordinating with Chief Karjala for the in-service training. Until then, please ask one of the line staff for assistance.

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

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

- Dave Elliott 2/2
- Stuart Honeyman 2/5
- Laura Thost 2/24



FIRE FITNESS

-Fire Medic Storton

The Heart of the Matter

According to the American Heart Association, “cardiovascular disease (CVD) is the No. 1 killer in America.” We all know that this is especially and bitterly consistent with Line-of-Duty deaths for firefighters. That’s the bad news. Want the good? We all can improve our heart’s health and beat (pun intended) the odds that we too will become another statistic.



The Test

Short of seeing your Doctor, here are a couple of ways to assess your risk of CVD.

1. The National Institute of Health has an online risk-assessment calculator at hp2010.nhlbi.nih.net/atpiii/calculator.asp. You will need to know your cholesterol scores and your average systolic (top number) blood pressure. After you plug in your numbers, it will give you a percentage as well as links for more info about reducing your risk of a heart attack.

2. How quickly your heart recovers after exercise is also a fair, albeit simple indicator of your risk.

Step 1: Exercise for ten minutes at a pace that's difficult to carry a conversation. Stop exercising and count your heart rate after stopping.

Step 2: Wait one minute and count your heart rate again.

Step 3: Do the math. Your heart rate should have dropped by at least 25 beats per minute. If your heart rate dropped fewer than 25 beats per minute, you may want to keep reading.

The Warning Signs & Solutions

The American Heart Association, CDC and a 2004 study called Interheart agree that more than 90% of first-time heart attacks are preventable. Below are the risk factors and ways to control them.

I. Cigarette smoking: This one is simple; quit.

II. High cholesterol: “Lethal” LDL is bad cholesterol that wants to plug your pipes. “Healthy” HDL is the good cholesterol that serves as the roto-rooter. If you are older than 20, you should consider getting your levels checked at least every few years. Your LDL should be under 100 mg/dl and HDL above 40 with your total number under 200. Medications aside, exercise and a good diet will keep you from calling the cardiac plumber.

III. High blood pressure: Limit your salt intake, exercise, and relax.

IV. Diabetes: Control your weight (exercise) and decrease sugar intake (proper diet).

V. Obesity: Skinny people aren't off the hook on this one. It is possible to have a thin frame, but a high body fat %. Check your body comp and if you're still unsure, keep reading.

VI. Stress: Between Yoga classes and trips to Mexico, is it any wonder why Rob Harrison is such a laid back guy? Here are some tips on reducing stress:

1. Love Your Job: A British study found that people who feel they are being treated unfairly, at work or elsewhere, have higher rates of heart disease.

2. Relax More: We seem to tend toward the go-go-go-crash mentality. I've been reading lately that periods of effort, whether physical, mental or emotional, should be followed by periods of recovery.

3. Take a Nap: A study in Greece and at Harvard found that subjects who regularly took midday siestas were 37 percent less likely to die of heart disease.

4. Exercise: Did you see this one coming? “Working out” your stress and replacing it with an endorphin high has always been a well documented and effective stress buster.

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EQUIPMENT NEWS

-Captain Lovegren

Wow can you believe this winter, beat us down with lots of snow over Christmas and then rain, rain and more rain. January is starting to look like spring with the plants getting new buds and leaves. This is just the conditions we have to look out for, fooling us into lax driving habits. We have a great record this winter for very little damage done to the vehicles and we want to keep it that way. Thank you for doing such a great job on your driving skills. Remember we still have more winter yet to come so don't put your galoshes and boot chains away yet.

I'm sure all of you are grateful for the lower fuel prices. My fuel budget certainly likes the reprieve, but we want to continue watching our fuel consumption and

keep practicing the fuel saving measures. Thank you for helping watch our fuel use during the peak of high fuel prices.

I am working on the fix for 721's left turn signal. It turns out that it is controlled by a power supply that has to be programmed to make the LED's do cool stuff. As with all electronics that are specialized they are very expensive. This repair could run as much as \$1,500. What happened to the old days when you replaced the flasher with a HD flasher for \$12.00 and everything would last forever? Hughes Fire Equipment will be coming when they can and either reprogramming the old one or replacing the power unit for us. Just know we are working on the fix. The foam probe has been replaced on 721 and again reads the foam level correctly. Unfortunately the foam/soap is very corrosive and causes these probes to fail every few years.

Keep up the good work and safe driving.

TRAINING

-Chief Karjala

Training for the Month of February will consist of Hose Loads, Engine Company Standards #3 and #13, Eye injuries and Pediatrics. Pediatrics will be instructed by the Mobile Training Unit from Department of Human Services. As a reminder Chief Paul LeSage will be here on February 7th to discuss high reliability organizations. Please see the attached flyer.

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.

It is that time again when we need to register for COWS (Central Oregon Wildfire School). If you are interested in attending COWS on July 10th and 11th, please come see me. Also, I have posted several other training events that are scheduled for this spring on the training board. I encourage each of you to look at the training board and sign up for additional training.

As always I look forward to seeing you!

CHAPLAIN'S CHAT

-Chaplain Gerke

I saw a video on YouTube the other day about a conference championship girls' softball game between Western Oregon and Central Washington. During the game, a senior Oregon player, Sarah, hit a home run with two runners on base. It was the first homer Sarah had ever hit in her career. When she rounded first base, she failed to touch the bag, and so she abruptly turned to go back to it. When she turned, she tore an ACL and down she went in real pain. She crawled to first base, crying all the way. The ump was asked if a pinch runner could come in, and he (mistakenly) said yes, but the hit would count only as a two-run single, not a homer. The ump also said no one on the Oregon team could help the player in any way or she would be ruled out. At that

point, one of the Washington players, Mallory, asked the ump if her team could help Sarah get around the bases, and he said yes, because there wasn't anything in the rule book about that. Mallory and a Washington teammate picked her up in a fireman's carry and toured the bases with her, lowering her at each base so that her good foot touched the bag. Final score was 4-2, Western Oregon. When asked why she helped, Mallory simply said that Sarah deserved it. That statement really got to me. You know that we rarely get what we deserve, good or bad. But because one person had the character to do the right thing at the right time, someone did get what she deserved. I see a parallel here with First Responders, who also have the character to do the right thing at the right time and often are put into a position to demonstrate it. In a real sense, everyone we help deserves the best we can give them. Way to go!

FIRE FITNESS cont.

-Fire Medic Storton

VII. Heredity: While there may not be a solution to this one, you can monitor it with stress tests and control all the other factors listed.

VIII. Poor diet: We've known for decades that people in the Mediterranean countries like Greece and Italy have less CVD. Here are some of the commonalities that nutrition experts have found:

1. Extra Virgin olive oil has much higher HDL and lower LDL than it's dairy equivalent, butter. A good rule of thumb is if it congeals at room temperature, i.e. butter and animal fats, it can do the same in your arteries. Fats that clean out your arteries tend to be more liquid, such as olive and vegetable oils.

2. Fish: "Fish oil lowers triglyceride levels," says Dr. Brian Kahn, a cardiologist with Baltimore's Mercy Medical Center. Triglycerides are a major component of LDL and therefore eating baked or grilled fish weekly will lower one's risk of CVD.

3. Fruits and vegetables: I know, I know, I know. But you've known this all your life. One key point, darker veggies are better for you and Iceberg lettuce and cabbage are next to useless.

4. Red wine: Ah, the silver lining. New evidence shows it's better to drink one to two glasses of wine or beer a day to reduce your chance of heart disease and stroke. However, more is not better. If you abstain from alcohol, drink tea. Flavonoids in tea have blood-thinning, artery-relaxing properties. "British" style tea with milk unfortunately negates these effects. One question... Would a dirty martini work as the alcohol, olive oil and the veggies?

5. Nuts: Almonds are especially good for you. Just avoid tropical nuts like Macadamia nuts, as they tend to increase bad cholesterol.

6. Whole grains: See Fruits and vegetables above. Plus Wonder Bread processes out all the good nutrients and puts in too much sugar to get kids and scholarship students to eat it more.

IX. Lack of exercise: The American College of Sports Medicine recommends at least 30 minutes of moderate physical activity every day. The Institute of Medicine also recommends 60 minutes of moderate activity every day for people who need to lose weight. Here's the plan:

1. Build your Cardiovascular (CV) foundation: If you are doing very little, then mild exercise like walking a few times a week will cut your heart disease risk in half. Start with 20- to 30 minute walks or other exercise at a brisk pace three days a week, then build up to 45 to 60 minutes or more nearly every day. If you can still have a conversation, but with some difficulty, your pace is good.

2. Improve your CV Fitness: Adding intervals 2-3 days per week will boost your CV fitness to a new level. Intervals will train your heart to work more effectively and efficiently, and then to recover more quickly. A sample workout would be a 10 minute brisk warm up run/walk. Then do a series of 1-minute sprints, each followed by 1-minute slow run/ walk. Finish with a slow cool down and a stretch. Are you feeling the love yet?

I hope to see you in the gym soon and let me know how I can help.

Ready. Set. Go!

