

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

January 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the January 2010 edition of the Siren.

With the holidays behind us, the tradition for many is to establish a New Year's resolution. Unfortunately, often the resolution soon becomes "dissolution" and little is accomplished.

I have been thinking about what might be a good New Year's resolution for 2011 for the department. My resolution looks like this: I think we should rededicate ourselves in our commitment to excellent customer service, professionalism, and the best emergency service delivery possible. Additionally, we need to remain patient as the economy in Central Oregon labors through tough times. We should always be respectful of those less fortunate than ourselves and never forget who we serve and in the end, who pays the bills. My hope is that this resolution does not quickly result in "dissolution". It is up to all of us to work as a team and I salute you all for your commitment.

A big thanks to all of you who helped with the Christmas dinner this year. It was well attended and thanks to Liz and Rita for their hard work as well as the rest of the crew. I think it is also a great thing that many of our citizens who are not affiliated with the department come in to help set up and serve the meal. Remember to mark your calendars for the Department Awards Banquet on February 12.

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

Chief Robertson

ASSOCIATION NEWS

-President, Ben Bruegeman

Happy New Year! Thanks to everyone who once again made the Association Christmas Dinner a success. We had a great turnout. A lot of hard work and planning goes into the preparation and we could not do it without our Association members and their family's support!

As you are probably already aware, we moved January's Fifth Monday party to the second Monday in order to get together and watch the big Oregon Ducks game. Unfortunately the Ducks lost, but a good time was had by all. Please mark it on your calendars to attend drill on the 31st of January since we made that switch.

I'm looking forward to seeing everyone at the Association's annual Awards Banquet and dinner on Saturday, February 12 in the Community Hall. Tate and Tate will be catering the event for us again.

Have a great month of January and be safe!

Christmas Dinner preparation!



Fifth Monday party—
Oregon Ducks Game!

FACILITIES

-Captain Brown

Wishing everyone a Happy New Year! I trust everyone had a wonderful Christmas with family and friends with maybe some new memories were made and some favorite older memories were relived. It is always fun to see the transformation of Station 701 to the familiar light decorations outside and the festive trees and cards in the lobby and the day room. I know we may get used to seeing the lights, but it has been enjoyable to watch the residents and visitors drive by slowly in the evening, admiring the station. The fresh blanket of snow, and lots of it, was a nice finishing touch to the facility for the Christmas Dinner for the community. I was not able to participate in the dinner; I was busy herding kids and grandkids at my house (it never does end if you are a parent!). I did hear there was a good

turnout, with some of the "regulars" returning. This is a great way we can give back to our community who supports us so very well the rest of the year. Again, Happy New year to everyone, I am looking forward to working with all of you in 2011!

RESPONSE INFORMATION

-Captain Brown

At the time of the writing of this article, it looks like we will be down about 50 calls from last year. Not that this is necessarily a bad thing, as there were fewer circumstances that people needed our skills to help them through a difficult time. There is usually "enough" opportunities to serve others and use our skills, just a few less this year. We have responded to over 900 calls to service in 2010, and all of you that have turned out have contributed to the best outcome possible and have filled a need in your own unique way. All of you, and each response, have made a difference to someone out there. Some calls are exciting, others are routine, and a few can be downright mundane. But each deserves our very best and everyone in the department has done a great job each time this last year.

As we look to 2011, how can you personally contribute to the calls for service for our department? From signing up for a shift, responding to the station to cover for the next due call, to staffing an engine for a medical assist, filling a role for a medical call, driving an ambulance, and....well you can see there are many ways to get on board for all emergency calls. I know we all have busy lives and many responsibilities, but for being a part of a team that gives back to our community, a little time for a call or two does go a long way. And remember there are other opportunities than training and emergency calls to give back through the department. Just ask if you can help, I am sure there are folks just waiting to hear that.

FIRE PREVENTION

-Fire Marshal Wheeler

Thank you to all who helped in the Christmas Tree of Giving this year. We were able to provide gifts for 304 kids in our community this year. Our incredible shoppers bought presents for approximately 100 kids again in the last two days before we handed out presents. Nothing like adding a little more stress for the holiday season. A big thank you to the volunteers that helped move and hand out bags on the 23rd. Thank you for all that has been done for the kids in our community this year.

On the fire prevention side, make sure that we get the message out to get the Christmas tree out of the house as soon as possible. We do not need a fire this year due to Christmas trees. As always if you need anything please call or stop by. Happy New Year.

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

- Garret Caster 1/5
 - Rob Harrison 1/14
 - Karen Sheldahl 1/19
 - John Nitcher 1/21
 - Lee Pyke 1/24
 - Dave Wellington 1/25
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FIRE FITNESS

-Fire Medic Storton

Motivation and Moving Forward

Perhaps it is due to the holiday's caloric excess. Perhaps it is due to so much going on during the holidays. Or, perhaps it is because we have gotten out of the habit. Whatever the reason, most of us have let ourselves go and therefore we tend to look at Jan 1st as the time to get back into shape and eat better. Jan 1st represents renewal, a fresh start, a clean slate. Unfortunately and statistically, mid February usually represents the end of good intentions. Unfortunately we can't afford the excuses if we are involved in the emergency response business. So let's look at strategies to renew our fitness and wellness program started and most importantly, to keep it going all the way through 2011.

- **Pay yourself first:** When discussing retirement with a financial planner one usually hears "pay yourself first." I suggest you all use the same theory when it comes to your fitness. If you place your fitness at the top of your to do list, you will see greater energy, productivity and quality of life. Studies, personal experience and anecdotal experience prove this. Find out for yourself.
- **Annual Physical:** We spend a lot of time and energy with fire prevention and vehicle maintenance. Why aren't we doing this with ourselves? Especially since we are a part of a group that has a greater rate of heart attacks and cancer, we need to conduct ongoing maintenance and annual testing on our most important equipment... us. We know they're quick, easy, inexpensive and potentially life saving. What are you waiting for?
- **Short term and long term plan:** Short term fitness plans are easy. "I'm going to workout everyday this week." The problem is short term plans run out too soon. I suggest you spend at least 5 minutes or more to set a goal for your fitness plan and strategy for the entire year. The more detailed the better, but put some thought into it. How will you know how to get there if you don't know where you are going?
- **Pick an event/ partner:** A great way to plan out farther is to pick an event as a fitness goal. There are easy 5k walks to marathons. The event can be a sanctioned event that benefits a good cause or it can be something you concoct on your own to benefit you. Pick it, plan it and do it. One step further, get a partner so you will keep each other on track.
- **Tell others your plan:** This is the old "Now I have to, because I told them I would" trick. It works. For some reason and for some people, it's easier to let yourself down than it is to let others down. So tell others your plan and don't let them down.
- **Make it easy to workout:** Have your workout clothes laid out when you wake up. Have your work clothes and shower stuff ready so you can go to work after working out. Get your food packed the night before. It's like preplanning for a motivational low and giving your future self every chance to just go anyway.
- **Make it easy to eat well:** The above works really well for eating well too. Buy all the stuff you know you should be eating from the store and put them in pre-packed baggies. Stick carrots and apples in your lunch along with the potato chips. Measure the portion you want to eat and pre-doggie-bag your leftovers so you won't over eat. The trick is to outsmart your bad habits and move your life in the direction you truly want it to go.
- **Remember your reasons for getting fit and healthy:** Are you a few pounds overweight? Are you flabby? Are you tired of feeling stiff and inflexible? Would you like to get in shape for some event or activity? Do you want to look sexy for your spouse again? Do you want to chase your kids or grandkids? Whatever your reason, write it down. Take a picture of yourself. Find a way to keep your motivational fire burning and don't let it fade.
- **Workout opportunities and fitness accumulation:** Yes, I know you are busy and tired. You have kids or you work 25 hours a day. There are still times for micro investments into your fitness. Do you watch T.V.? How about doing sit-ups, pushups and lunges during commercials? How about stretching while watching your program. Try hallway lunges in your house while getting chores done. If your legs hurt, work your arms. If your arms hurt, work your abs. Park farther away so you have to walk more. There are myriad opportunities throughout the day to get fit. Did you know that working out for 10 minutes 4 times during the day gives you the same benefit as working out for 40 minutes straight? Fitness accumulation is real and kills the "I'm too busy" excuse.
- **Responsibility:** Still not convinced? Need a bigger push? Allow me to be direct. Your responsibility to yourself notwithstanding, you have a responsibility to your family, to your fellow firefighters/ EMS and you have a responsibility to the district that you serve. We are tactical athletes. Our job responsibility requires it. The demands of the job don't care if you are a volunteer, how much you get paid or if you spend most of your time pushing paper. Do you ever see out of shape SWAT officers? How about obese soldiers on the front line? Me neither.
It's time. We need you. We depend on you and so does your family. Happy New Year! Happy New You!

SCBA

-Fire Medic Crawford

When you fill SCBA bottles you may have noticed some air leaking from the compressor at times and I have been looking into this with our rep and have found the problem and have the parts coming to fix it. In the mean time it is safe to use if the leaking does not get significantly worse and should be fixed this

month when the parts get here. Please continue to let me know when you notice a problem with some of the SCBA equipment in order to help me keep up on the maintenance of our equipment. There is nothing else new for this month.

TRAINING

-Chief Enoch

Happy New Year!!! In January and February we will be offering the NFPA firefighter 1 training to bring all fire personnel to this level of certification. This will meet the Assistance to Firefighter Grant requirement established in 2009. There will be more information at drill January 3, 2011.

Our EMS training for the next few months will be focusing on clinical skills competency needed for recertification. Please make every attempt to attend.

January Fire Drill:

Jan 3,	Fire Behavior Part 1	Station 701	1900 hours
Jan 10,	Fire Behavior Part 2	Station 701	1900 hours
Jan 17,	Building Construction	Station 701	1900 hours
Jan25,	Engine Company Stds	Station 704 Only	1900 hours

January EMS Drill:

Jan 6,	Paramedic Skills Comp	Station 701	0900 hours
Jan 19,	EMS Breakfast Trauma	Station 701	0700 hours
Jan 24,	Splinting, Immobilization	Station 701	1900 hours

EMT B Skills Competency



Chief Enoch's "Last Official day of Employment" celebration!

VEHICLES

-Captain Lovegren

I know this sounds like a broken record, but we must remember to drain the pumps and the hose pre-connect lines on the engines after use. With the below freezing temperatures we are experiencing, the lines and pumps could freeze en route to an emergency. Damage could occur to the equipment and the engine could be inoperable on scene allowing the fire to escalate while waiting for another engine.

721 has had some webbing attached to the outside of the hose beds, this is to keep the hose from sliding out of the hose tray and causing an accident or worse, causing injury or death to someone. The webbing has some quick release clips that allow the webbing to be released and moved out of the way easily. Please take a moment to familiarize yourself with the way they work so it will not be a surprise on scene.

I hope you all have a Happy New Year!

