

THE SIREN



Presented By

Sisters-Camp Sherman RFPD

July 2008

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the July 2008 edition of the Siren.

The new building is really taking shape. The expected completion date is July 21 with the dedication scheduled for 1000 hours on Saturday, August 2. We decided to upgrade the lawns to turf rather than seeding, and with the completion of the paving, fencing and landscaping, the building should really look great.

A few congratulations are in order this month. Congratulations to Guy Selig for completion of his one year probation. Also, congratulations to Lt. Stuart Honoyman (he will finally receive his Lieutenant badge this month).

We would also like to thank Robert McLean for his many years of service to the Fire District and to the Camp Sherman community. Robert has decided to retire and we will be presenting a plaque to him in July as a thank you for his years of service. I would also like to thank Jeff May for the many hours he gives to the Oregon Fire Service Honor Guard. Jeff is a committed member and always represents our department professionally. Also, thanks to the Association for donating funds to help with purchasing a defibrillator for the Sisters Middle School (Kiwanis agreed to pick up the remaining balance to purchase the unit). Finally, a big welcome-back to Julie. It is great to see her smiling face and the excellent customer service she provides every day.

Speaking of customer service, we will be providing an internet "survey monkey" instrument for our residents to fill out. This should be available in July and is an extension of our work on the strategic plan revision process. The survey will also give us comprehensive feed-back on how our customers perceive the service we provide, what they value, and will give them an opportunity to make suggestions to make our service delivery even better. Chief Karjala and Nick Newport are finishing up the survey and we will have it out shortly. Each district resident will receive a post card directing them to the web site where they can fill out the survey anonymously.

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ASSOCIATION NEWS

-President, Jeff Liming

At our June Association meeting elections were held for officers. John Pagano has accepted the position of vice president and Angie Ward is also continuing as our treasurer. I would like to thank these folks for their support of our Association as officers during the last two years and also for their volunteerism once again. Liz McKittrick was unanimously approved as our secretary and she hit the ground running by providing notes from the June meeting. Thanks, Liz, and thank for your support of our Association as secretary! I am continuing as president of the Association. Thank you for this opportunity and for your help in making our social, civic and charitable Association the best it can be.

Please remember that the Sisters' Quilt show is fast approaching on July 12th and our Association has taken on some projects for this event. Mark your calendar to arrive at Station 701 for a 06:30 departure to hang quilts. We will provide crews for two engines to decorate two buildings as we have in the past. Please wear your uniform and look sharp as we will be representing the Fire Department in front of many interested visitors. Please also bring a small hammer and pliers to manipulate the push pins. They can be tough to place into the siding. You will also need a helmet (wild land if fine) and gloves for protection. In addition to the "hanging of the quilts" we need volunteers to staff our third-out ambulance downtown. With all the visitors in town please also take some time to staff Station 701 as we historically have had many calls and need additional staffing for the ambulances and engines. This is a big day Sisters and our Department! Thanks for your help!

I have been reminded by Jeff May that bogus OVFA fund raising phone solicitations have been made recently. Please be on guard for these calls.

Additional upcoming Association events include Fourth of July patrols, Labor Day MDA fundraiser and September Rodeo ambulance staffing! Terrific!

Thanks you for your continued support of the Sisters – Camp Sherman Fire and Ambulance Association!

RESPONSE INFORMATION

-Captain Brown

At the time this is being written, we are responding to just over 2.5 calls per day for the year. Each call for service has been well attended, including personnel responding to the station to stand by in case a second call is dispatched. Thanks to everyone who helps serve the community in this way. It's also great to see the enthusiasm when you respond. I know we have the reverse mentality in this profession; we are having a good time when someone is generally experiencing some type of tragedy. The understanding and compassion you provide to those in need is really a comfort to them.

There are so many areas to help on calls and your willingness to fill in and get the job done is wonderful. Remember, it is not just the initial response to a call that is important, it is also the ongoing care, the ability to main-

tain your skills, returning the apparatus back to service, maintaining the appearance of all district assets and any follow up on calls as may be necessary. I know the community appreciates what you do and I continue to hear supportive remarks about your service. Living in a smaller community like we do, there is always the possibility that you will know the person you are responding to help and most times it is a relief for them to see a familiar face. Just a small reminder that they have "invited" us to help them and they trust us to maintain their privacy after the call. So, please continue your good practice of not discussing the calls with anyone outside our department. I'm sure you would not want anyone discussing your own personal tragedy around town.

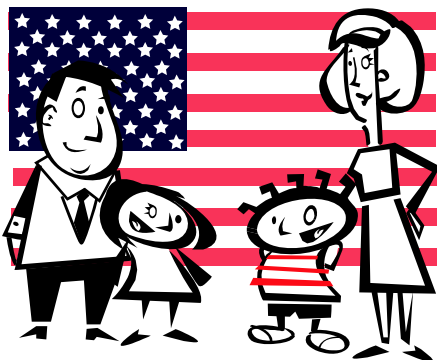
TRAINING

-Chief Karjala

Training for the month of July will consist of engine company standards/waterball, SCBA consumption drill, ladder operation and HIPPA/lockout tag out. Just as a reminder EMS breakfast is the third Wednesday of each month held at station 701 at 0700. I want to encourage all volunteers and career staff to attend this training. The scheduled training this month will be immobilization and patient packaging.

On Monday, June 23rd Evan Jarvis and Nathan Arguien two of our newest students arrived to start their in-service training. Nate and Evan will be in training for their first two weeks and then transition to temporary employees for the summer. The plan is to house all six of our students at station 701 for the next school year. Please welcome the new students as they arrive.

To the right is an overview of the SCBA consumption course that will be set up at station 701. Depending on timing, we may only use 1 cylinder during our drill on July 14th. It will be very important to hydrate prior to arriving for drill since it may still be fairly warm outside.



SCBA CONSUMPTION COURSE OVERVIEW:

1. Each member is provided one S.C.B.A. w/ 2 cylinders filled to capacity (i.e. 4500 psi.).
2. Participants are medically screened prior to the evolution (Including: blood-pressure, pulse, respirations).
3. Vital signs and starting S.C.B.A. pressure are documented.
4. Each participant is then instructed to begin the course at a comfortable pace – NO RUNNING is permitted.
5. Participants are instructed to complete as many tasks/stations as possible without stopping. Partially completed stations will not be counted.
6. Participants continue this process until their low-pressure alarm activates at which point their low-pressure activation time is documented.
7. Members will continue through the course until they reach total exhaustion and/or run out of air at which point their total operating time is documented.
8. Members are provided a 1-minute rest period followed by a second medical screening.
9. Members are provided with a 15-minute break to allow for rehabilitation and fluid replacement.
10. Participants then repeat the process using their second cylinder beginning with medical screening.

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

SCBA INFORMATION

-Captain Brown

Good news! The SCBA compressor is now in its new home in the new part of the station and is hooked up and operational; ready to do its job. I know some of you were disappointed in missing the exercise of moving it from the other side and it was quite an operation. But it was completed without any damage to the compressor, building or personnel moving it. I believe the specifications state the unit weighs 2400 pounds empty.

If you are assigned to fill bottles, ensure you have the proper training and remember to open the doors to the exterior on the west wall. This allows for air flow on the compressor for cooling during filling operations. Be sure to wear hearing protection and close the door to the apparatus bays to reduce noise levels for everyone else. When you are finished, make sure the compressor is filled, turned off and

the exterior doors are closed to maintain security to the building.

One more reminder: when carrying SCBA bottles be sure to keep your hold and hands away from the knob that controls the air release outlet on the bottles. One slip may turn on the knob and start a sudden release of compressed air which could result in damage and injury from a loose bottle rolling or shooting around the area. Thanks for all your efforts to maintain a safe environment in the station and on the fire ground!

FIRE PREVENTION

-Captain Wheeler

This month's topic is about station tours. I've had several people ask what they should do for the tours. I thought that if a few people asked, then more probably have the same questions. I have a guide in my office that explains what to do with the different age groups. A typical station tour should include the following:

1. Determine the number of people and age group
2. Select an age appropriate outline for the age group
3. Choose some handouts

Ensure the adult chaperone knows what to do if we are called out on an emergency during the tour.

Examples of topics for the various age groups are as follows:

Ages 3-5 (Stop Drop and Roll, smoke detectors, 911, exit drills, apparatus tours, and Elmo visits the Fire Station DVD)

Ages 6-8 (Good Fire, bad fire, Stop Drop and Roll, stay low in smoke, Sparky the fire dog costume and apparatus tours)

Ages 9-11 (Fire prevention, EDITH*, smoke detectors and apparatus tours)

Ages 12-15 (babysitting responsibilities, emergencies, cooking, security, home fire safety, EDITH*)

Adult (General fire department information, basic fire prevention, smoke detector, EDITH*, wildland fire safety)

Please note: Children under the age of 9 should not wear our structure helmets as they could injure themselves.

**Exit drills in the home.*



CHAPLAIN CHAT

-Chaplain Hayes

SUMMER "VACATION"?

So many of us head off to work every day (or every third day) maybe wishing we didn't have to, and certainly not always appreciating our employer or having gratitude for a paycheck. With many lay-offs occurring in the construction industry and trickling down to others, combined with the highest fuel prices in history – folks have to make lifestyle adjustments. Some are small, like carpooling or combining errands into one trip and some are large, like selling a home or bankruptcy.

My own household is down to one part-time income which brings us to a place of truly being grateful for "the little things" like: food, water, electricity, savings, unemployment, and friends who share that they're thinking of us. Evenings on the patio listening to frogs are pretty amazing too! Be grateful for "having" to go to work, and especially for having work to go to. We all have plenty to be thankful for.

-Chaplain Gerke

Recently, a high school commencement speaker was invited because he was the successful head of a large corporation. He made a very unusual wish for the graduates. He said, "If I could have one hope for you as you go out into the world, it would be this: I hope you fail at something that is important to you." He went on to say how his own early life had been one failure after another, until he learned to see failure as an effective teacher. I would add that each of us must figure out for ourselves what success is. It usually isn't earning lots of money or being a very powerful or popular person, and we know this is true from the many people who have acquired those things and yet were desperately unhappy. Think of how many movie and rock stars you've

heard of who committed suicide, yet one would think they had it all! Speaking in just a secular way, I think success is doing what you love to do. For me personally, doing what I love to do is what I am doing, and furthermore it is doing what I believe I was created to do, although it took me a long time to figure that out. It's OK to have some failures along the way, so long as you learn from them.

Andrew Mustola, July 12

Jay Crawford, July 13

Jeremy Ast, July 20

Jeff May, July 21

Jeff Denning, July 22

John Pagano, July 22

Les Schell, July 29

COMMUNICATIONS

-Captain Brown

We are still working on getting a link/repeater on Santiam summit to maintain continuous communication capabilities. The call we just had on the west side was a reminder of how bad the communication can be and the added danger we face without being able to communicate our needs or the conditions of the call. We have encountered some opposition to the project from a few small departments down the Santiam canyon, and we are working to resolve these issues in order to obtain FCC approval for the repeater. We will keep you informed on the progress or changes in this project.

There have been a few times that the portable radios in the apparatus have been "dead" on calls. It has been pointed out to me the radios are sometimes left on in the apparatus. It may happen occasionally that we accidentally bump or brush up against the radios and inadvertently turn them on. When this happens, the volume is so low that it is not easy to hear transmissions. The radio is left in this position and the battery is drained, usually to be found at the worst time on a call. Be sure to check radios when exiting the apparatus and after any maintenance or calls to assure they are off and ready for the next use. Also, remember to grab some extra batteries when responding, just in case. We are expected to do this on any call that may turn into an extended event (structure or wildland fire), but vehicle crashes and multiple patient calls may need that extra battery to get through the call.

EQUIPMENT NEWS

-Captain Lovegren

Because of rising fuel costs we all need to be prudent drivers. Here are some fuel saving tips we can all use, both in department and personal vehicles.

Avoid Excessive Idling

This does not apply at an emergency response, you must keep your engine running to run all of the vehicles lights and equipment. If you anticipate being stopped for more than 1 minute, shut off the car. Restarting the car uses less fuel than letting it idle for this time. Idling gets 0 miles per gallon. Vehicles with larger engines typically waste more gas at idle than do cars with smaller engines.

Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money

Observe the Speed Limit

While each vehicle reaches its optimal fuel economy at different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph. As a rule of thumb, you can assume that each 5 mph you drive over 60 mph is paying an additional \$.20 per gallon for gas. Observing the speed limit is also safer.

Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Don't Drive

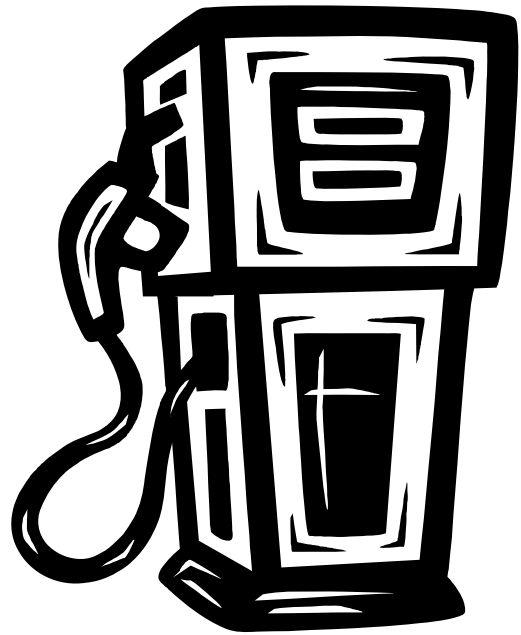
Obviously this is not for the department except for errands; we need to consolidate trips if possible. Walking or biking is good for your wallet *and* your health. And before you get in your car, always ask yourself: "Is this trip really necessary?"

CHIEF'S CORNER cont.

-Chief Robertson

Finally, when we think about customer service, don't forget our internal customers as well. We often think of our customers as the public at large. The reality is that our internal customers (the folks we work with and volunteer with) are equally as important. If we are not providing good customer service to our internal customers, our organization will not be effective and dysfunction and conflict can result. So remember to ask, "How can I help you?"

With just a few simple rules and maybe changing our driving habits, we can do our part to save both ourselves and the district some cash.



whenever you can, and try to follow-up with any requests for assistance. This practice will always ensure you are providing good customer service to our internal customers as well.

As always, my office door is open and I look forward to seeing you. Thanks for your commitment to the fire district.

FIRE FITNESS

- Firemedic Storton

Injury Prevention

“If I huff and I puff, can I blow your house down?”

If you were to construct a building, I expect you would want everything to be plumb, straight and level. Otherwise the building may fall down due to poor construction... right? If your body is a temple, why wouldn't the same construction practices apply? The trick is to identify whether you mostly resemble the leaning tower of Pisa or the Washington Monument, then figure out what to do about it.

Alignment

If you remember that the ankle bone is connected to the knee bone, which is connected to the thigh bone, you'll recognize how inter-related your body is. Unfortunately, with more moving parts you get more problems. If one of your parts gets out of alignment, then all other parts have to be equally and oppositely out of alignment to compensate. In my case, my feet love to pronate (flat feet). This has ultimately led to the right side of my hip being a half inch higher than my left. So what? I don't feel any pain! Well, if you remember from February's Fire Fitness what you do in your 20s affects your 30s, which affects your 40s and so on. I may not have pain or dysfunction now, but I'd like to keep it that way in decades to come! Good over-the-counter orthotics is a great start, but custom made orthotics may be a better foundation for you. Medical professionals such as Physical Therapists and Chiropractors can get your body's blue prints straightened out with some quick and easy tests.

Strength

Did you know that muscles adapt to their demand, but if you don't use them you begin to lose them within 24 hours? Under using your joints and muscles can make them weak and unable to weather the storms of physical abuse? This is why fitness professionals profess the fitness lifestyle.

However, over use can be just as debilitating. It is possible to damage joints by doing too much too soon. Ever been so sore that it hurt to move? If your muscles hurt, you may have begun the building process, but if your joints hurt, you may have begun the deconstruction. Even well trained athletes can have a muscle imbalance that plays a lop-sided tug-of-war with a joint. The classic example is a cyclist with over developed outer quads and under developed hamstrings leading to patellar shift and knee pain. The moral of the story is to cross train well and get plenty of rest.

Stability

While flexibility is a good thing, excessive motion in your joints is not. Excessive motion in your joints equates to excessive wear and tear, which equates to “ouch” in your later years. Physical Therapist Greg Zadow, owner of Green Ridge Physical Therapy has told me that obtaining better joint stability will prevent injury as well as help with chronic injuries. All injuries are different and require different exercises, but an example for bad knees includes standing on a wobble board or half physio ball to improve balance and knee stability.

Flexibility

Think bend, not break with this one. The more properly stretched out you are the less snap, crackle and pop you feel. Chronic stretching can lead to less snap, crackle and break! However, while proper form will lead to flexibility, improper form can lead to unstable joints (see Stability above). See Fire Fitness from Oct and Nov 2007, or see a professional for stretching basics.

Safety, Health & Survival Week

As I am writing this, our first Safety, Health & Survival week is next week. I obviously can't report how successful it was, but the Polar Body Age and 7 Point Functional Movement Screen signups are full and I'm looking forward to some very worthwhile lectures. Please let me know if you have any ideas to implement for next year.

Fitness Room

More equipment is coming in and I'm sure Captain Ast's Equipment News will have the best updates. I can tell you there is plenty of equipment in there right now for some challenging physical training. Everyone needs training on equipment before use. Otherwise, you bring your muscles and I'll bring the sweat towels.

Fitness Challenge

How are your fitness challenges going? I'm still looking forward to hearing of your challenge success. Keep me posted on your progress. If you are still unsure of what to do, I'm willing to help brainstorm some ideas. Speaking of... anyone want to climb South Sister this summer?

Ready... Set... Go!



Happy Fourth of July!



FACILITIES

-Captain Brown

The Station 701 construction project is coming together in a big way. The remodeled exterior is being painted, the masonry is going in and the interior painting is just about completed. The back lot has been paved and it really improves the appearance. This brings up a concern that needs to be addressed: although we are not parking personal vehicles in the back yet, when we do, please be careful about driving on and turning your wheels when maneuvering around. The asphalt is still “setting” and can be damaged by grinding the steering tires on it. It has to do with the type and weight of oil they use in the mix. The next thing to remember is that when they lay the front apron on Elm Street, the same care needs to be applied when moving the apparatus in and out for calls and for cleaning. Thank you in advance for helping us maintain the new appearance of the station and surrounding grounds.

We have the two “summer help” students on line and working until college starts. If you haven’t met them yet, be sure to introduce yourself to Nathan Arguien and Evan Jarvis. They will be completing assignments that include grounds and station maintenance at the substations this summer. Keep an eye out for them and make them feel welcome if you see them.
