

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

July 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the July 2011 edition of the Siren.

Thanks to all of you who were able to attend Chief Enoch's retirement party. I think it was a huge success, and thanks particularly to Julie Spor, Liz McKittrick, Tom Andrade (head chef) and to all of you who helped and donated to his gifts and to the event.

I will always have the highest regard for Ken and I respect very much his 22 years of excellent service to the citizens of the District. As I said in my remarks during the party, some of my favorite things about Ken are his integrity, dedication, and love for his family. We wish Ken the best in his new retirement and may he catch plenty of large trout.

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

Chief Robertson



FIRE PREVENTION

-Fire Marshal, David Wheeler

Quilt Show, a huge event in Sisters, is tomorrow! As you may know, this is a very big day for our department. We will staff a tent in the downtown core by Leavitt's and we will need people to staff the tent. Thanks to those of you who have volunteered to help with this event. We will meet at Station 701 at 0700.

Deschutes County Fair is right around the corner on August 3-7. If you're interested in helping, please contact me as soon as possible.

Thanks and have a safe month of July.



SCBA NEWS

-Fire Medic Crawford

We had a URC fitting (quick fill) fail this past month and I would like to pass-on what to look for so you would notice if you found a defective one. If you ever notice air leaking from the coupling, take the pack out of service. A test you can do is to draw a line through the line on the coupling where the 2 pieces connect and try to tighten the outer end of the coupling by hand. If the lines don't match after tightening, take the pack out of service.

If you have any questions as to how this test is done, either ask one of the line staff or look at the service bulletin on the cork board in the SCBA room. Basically what you are looking for is a loose coupling where the coupling screws together, not where it screws into the pack. This is something that is checked during pack tests annually, but obviously can be found at any time during the year.

FACILITIES

-Captain Brown

What a great retirement celebration for Ken Enoch! The Community Room looked great with all the decorations and worked well for all the people who came to wish him a happy retirement and enjoy all the good food. I heard from many of the people not connected with our department their appreciation of the facility and the option of the room for events like this. I got to talk with several folks who were volunteers from prior years and of course to visit with Ken's family for a bit. There was a lot of history floating around that night, and all of it

was good as we remembered all that he had done for the District and its people. For me personally, it was hard to believe that he asked if I would like to volunteer for the department 21 years ago! There have been a lot of great memories, friendships, and changes through the years. Although sometimes the upkeep, repairs, and planning for our District facilities is difficult, I am grateful for all we have and the opportunity to use it for meetings and celebrations like Ken's retirement. Of course, to be able to house and maintain our equipment in good buildings is nice, too!

RESPONSE INFORMATION

-Captain Brown

Last month has seen a return to a near "normal" call for responses. We have seen an increase to an average of 2+ calls per day, and the expected grouping around the weekends. We have definitely entered the tourist season with the expected increase in visitors out enjoying the area. The local businesses and chamber have organized pretty much each weekend with an event, or multiple events, that draw people to Sisters. This is good for the local businesses and raises the possibilities that someone will need our services. Additionally to our favor, it

sounds like the weather may be more summer like with hot, dry weather on the horizon. Perfect timing for the July 4th celebrations! We patrolled the neighborhoods again this year to make sure everyone was safely enjoying the holiday. It is kind of fun to cruise around in the big red engines and in some cases; show off our "toys" to the kids of all ages! This is just another small way to serve our community and keep our best foot forward.

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



- Gail Butler 7/3
- Andrew Mustola 7/12
- Peter Storton 7/12
- Jay Crawford 7/13
- Jeremy Ast 7/20
- Jeff May 7/21
- Les Schell 7/29
- Nicole Ruwaldt 7/30

Chaplain's Chat

-Chaplain Hayes

As I hurry to write this, ominous black storm clouds are blowing in from over the mountain threatening rain or thunder and lightning. The prospect of a possible power outage has me scurrying to finish and unplug from technology.

Life is occasionally like that too – we can feel dark days and gloomy thoughts overtaking us and, at some point, we begin to scurry around to try and find our way out into the light again. Sometimes it is nature's reminder for us to unplug from everything and take a break to reorient ourselves.

Now that the second half of 2011 has begun, finally bringing warm dry days, we can

each assess the ways in which time spent outdoors can enrich our lives. For some this means rivers and lakes and water sports of all kind. For others, travel brings a renewed sense of spirit and connection. Take a moment to remember or discover what enjoying summer is for you then get out there and "be in the light".

FIRE FITNESS

-Fire Medic Storton

The symptoms of Summeritis have set in: Longdaysemia, don't want to go to work plegia, and especially Needacoldonealgia. Good hydration will protect from the effects of this illness. Have you been drinking enough water? If any of you ever worked during Quilt Show, then you have seen the effects of poor hydration. Let's discuss it over a drink shall we? Below are my rules of hydration that I adopted after intense research on the subject:

1. Don't let yourself get thirsty.
2. If you become thirsty, then drink.
3. Remember rules 1 and 2.

The hydration adage I've always heard is your pee should be copious and clear. Keep in mind it takes around a half hour before the water you drink now is absorbed so plan ahead. It is possible to consume too much water, but that is more common with extreme endurance athletes and not a problem any of us are likely to encounter. It is also possible to consume too many sports drinks and not enough water. However, alternating between the two or watering down your sports drink works great.

We all know that sometimes water gets boring and doesn't satisfy. Squeezing some lemon or other citrus into your water bottle helps the hydration doldrums pass. There are also a lot of water flavorings you can buy, but be careful about falling into the sports drink trap mentioned above.

Besides thirst, dehydration can lead to poor brain and muscle function, poor kidney function, poor temperature regulation, minimal or low urine output, constipation, hunger and dry itchy skin. 8 – 12 glasses of water is recommended daily. It's not as tough as it sounds. About 20% comes from your food. Try drinking a glass every hour. Make it easy to hydrate and keep a water bottle with you.

We especially need to hydrate during wildland season, when exercising, hot weather, cold weather, high fiber diet, losing weight, at elevation, traveling, sick, or thirsty. Beware of the dehydrators: coffee, soda, tea, alcohol, salt, poor hydration, activity and sweating, and some medications. You don't need to avoid these, just plan ahead and drink up.

Finally, now that you are done reading this issue of the Siren, it's beautiful outside, time to get out and get active. What are you doing still reading this...? Go outside, get active and have fun. Just don't forget your water bottle.

Ready. Set. Drink!

VEHICLES

-Captain Lovegren

We are moving into fire season now that hot summer days are coming, that's what the weatherman is saying anyway. Warmer temperatures are harder on you, the equipment and vehicles. Watch the temperature gauges more often in the vehicles and make sure your pumps are circulating water. The pumps and shafts can heat up more quickly in hot weather. Remember to open the hoods for better radiator cooling when the engine is stationary for long periods of time.

The summer season is also the time to remember to keep you rested, cooled and hydrated. You don't work any better than your engine if you are overheated. We are coming into the high-risk time of year for heat related illnesses, on and off the job. Heat illnesses can begin in temperatures as low as 80 -85 degrees. Outside temperature is not the only contributing factor; work effort and clothing also affect your temperature. Working on the fire line in our nomex, digging line will quickly over heat our bodies. Set a safe pace, drink lots of liquid and take breaks to help stay cool. Be safe this summer in all your activities.

The 6X6 is ready for driving and as soon as all the tools have been mounted and hose loaded we can train with it. We were concerned about the maximum gross weight of the truck

and we stripped as much as we could before mounting the tank, pump and boxes on the flat bed. I am pleased to report we are just under the truck maximum weight limit and we do not exceed any of the individual axle weight limits. We got some great comments from people at the rodeo parade who thought it was an awesome looking truck. Thanks to everyone who has been working on it and made it possible to put the truck together.

771 is going to be rotated to second- out for the summer to help keep us from racking up too many miles too quickly on any one vehicle, same as last year. 775 will take its place until winter season starts when they will be rotated back to the way they are now. This way we can even out the mileage on all the medics and not have one vehicle getting all the miles, wear and tear.

Have a wonderful summer