

# THE SIREN



Presented By

## Sisters-Camp Sherman RFPD

June 2009

### CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the June 2009 edition of the Siren.

It is true that we all need an opportunity to have input into the business we do. In our case, it is the opportunity to provide honest and open feedback to the department about each individual's needs, concerns and suggestions to make the fire district the best that it can be.

Since I came to the district over 5 years ago and had a chance to meet with every career staff member and volunteer, I am afraid I have been somewhat remiss in obtaining that honest feedback, particularly from our volunteers. Emma Thompson said: "Any problem, big or small, within a family, always seems to start with bad communication. Someone isn't listening."

We intend to be better listeners.

We have annual performance reviews for career staff where we have an opportunity to exchange ideas, concerns and issues. I believe it is time to expand this opportunity and include our volunteers in a once-a-year interview and exchange of information. I have discussed this plan with Association President Liming, Volunteer Coordinator Wellington, your company and chief officers.

We intend to schedule every volunteer for an interview and feedback session with a chief officer on an annual basis. A simple form will be utilized to provide feedback and document performance over the year. It is critical that these meetings provide for open and honest communication and we will provide that environment for you.

Please contact me if you have questions or concerns. As always, my door is open and I look forward to seeing you.

Chief Robertson

### ASSOCIATION NEWS

-President, Jeff Liming

It was my pleasure to have had the opportunity, along with Chaplain Gerke, to represent our Association at the Sisters High School Scholarship and Awards Program May 26<sup>th</sup>. John and I awarded five Sisters students with scholarships in the amount of seven-hundred fifty dollars each in the name and memory of Jim Gentry. The five recipients are Levi Rowe, Dylan MacKenzie, Daisy Lopez, Shea Kotal and Angela Barry. Our Association received more than thirty applications for these scholarships and thanks to the fine work of our scholarship committee these five deserving students were chosen. I would like to thank all of the applicants for their interest in the Jim Gentry scholarship and congratulate our five recipients! Best wishes to you all.

Thanks for keeping Rodeo Week on your schedule! The whole extravaganza revolves around the second weekend in June. We have names of several volunteers prepared to crew the rodeo ambulance and we can use some more! Please contact me with your interests. The shows are: Thursday all day, Friday evening, Saturday afternoon, Saturday evening and Sunday afternoon. We can crew three or four folks per crew including a lead paramedic. Let me know! Thanks also for crewing apparatus for the Rodeo Parade! We still have seats to fill so let me know if you would like to be in a vehicle as driver or rider. Friends and relatives are welcome!

Thanks also for keeping the Sisters Quilt Show in mind as we are crewing the third-out ambulance downtown as in years past. We will have our tent, cold water and directions available as well as 772. Come for the whole day or part! Quilt hanging will take place at seven am and the take down is usually about four pm. Come on down to 701 at 06:30 for instructions and take part in a historic part of the Quilt Show experience!

John Gerke has reserved the ball field at Sisters Community church for our fifth Monday softball game and BBQ on the last Monday of June. Mark your calendar and start searching for your bat, glove and ball. I'm cooking and looking for BBQ volunteers!

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

## CHAPLAIN'S CHAT

-Chaplain Hayes

As we head towards the halfway mark of 2009, I'd like to remind you that as one of your department chaplains, I stand ready to assist you spiritually and emotionally. Just as all emergency service providers train continually to be at the ready for any number of scenarios, we spiritual care providers continue to quietly learn and grow and nurture our own spiritual connection

so that when called upon, we can be supportive to you. If you find yourself in a place of confusion, doubt, anxiety, frustration, anger, fear or any other troublesome emotion – remember that finding a connection to some spiritual practice can bring understanding and peace. Your chaplains are here to help you do just that, so please do not hesitate to call on us. As an interfaith minister, I have an appreciation for ALL beliefs, so please know that you will be respected no matter what path you follow.

## SCBA INFORMATION

-Captain Brown

The district has applied for a grant to upgrade our Breathing Apparatus to the current new standards as set forth by NFPA. Chief Enoch is in charge of this grant application and after discussion with Firemedic Crawford and myself, we felt we had a better chance for receiving the grant by upgrading instead of trying for all new SCBA equipment. After the upgrade we will

basically have all new packs with the exception of a few minor parts. This includes new frames, regulators, heads up display (for air management), and pass devices with new and improved alarm systems for down firefighters. There will also be some changes to the face pieces. We will keep you informed when we hear the results of our application. A special thanks to Liz McKittrick for her help in the narrative and data entry of this grant.

## TRAINING

-Chief Karjala

Training for the month of June will include mobile attack/ progressive hoselays, DPSST drivers training, radio refresher/ropes & knots, and EMS anatomical terms and body systems. With the weather getting warmer and drier you will notice we are transitioning to outdoor training, which will continue until fall.

DPSST instructors will be here on June 8<sup>th</sup> to cover changes in driving laws, legal responsibilities and driving techniques. This session will be classroom only and will provide valuable information to all of our drivers. All volunteer staff are encouraged to participate in this training.

The student testing process we completed at Central Oregon Community College last month went great! We have identified four individuals through the process that will fit into our organization very well. These four individuals will be rotating through shift assignments over the next couple of weeks at station 701 to determine if they will be selected for a student slot. If you see them at the station please introduce yourself and get to know them. If you have any feedback please pass it along to one of the Shift Commanders or myself. I want to thank all the staff that assisted with this evaluation process.

As a reminder we have a fifth Monday Party on June 29<sup>th</sup>.

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

## Please wish the following people a Happy June Birthday...

P.S. Sorry Angie & Kirk that our wishes are late!



- *Angie Ward* 6/01
- *Kirk Metzger* 6/01
- *Jeff Liming* 6/22
- *Evan Jarvis* 6/23
- *Ben Bruegeman* 6/30



## FACILITIES

-Captain Brown

We are nearing the one year anniversary of the completion of the new Station 701, just one month off. It is great to be in such a nice facility with all the new and special touches in place. The small touches like the artwork in the lobby and throughout the station really give it a personal and inviting feel and of course the fire poles really are part of the firehouse heritage we all appreciate! I keep hearing from the public how much they enjoy seeing the station and how nice it is to have the Community Hall available for meeting use. The last Saturday that A-Shift worked, Firemedic Bruegeman was showing off the station to some family friends and one of the ladies commented to me after seeing the entire building that "we must feel very fortunate to have this facility. It is so much nicer than many of the firehouses in the valley." I am not sure who she is comparing us to, but I

assured her we do feel fortunate to have this building, supplied by a bond from the residents we serve. There have been some difficulties, but most have been overcome and I am sure the remainder will be resolved to our approval. Thanks to our Administration and Board for their support while getting these details resolved, they have been the final say and hold the "club" of payment which seems to make a big difference.

To address the outlying stations, as is the routine each year we will be visiting each this summer for any maintenance and grounds cleanup with the temporary help. If you have noted any needed repairs or concerns, please contact me so it can be included in the schedule. Also, if you are available to help any time we will make sure the materials are available or notify you when others will be there working. We have great facilities located in our district and it takes more than a little effort to keep them working properly. Thank you again for the help you provide.

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## RESPONSE INFORMATION

-Captain Brown

After an unusually slow month in April for calls, we are back to our usual pace and possibly a small increase over last year. If Memorial Day weekend is any indication of the vacation season this year, it will be busy. I had to smile as I was sitting at an intersection waiting to turn left. There seemed to be no end to the traffic coming from the west, the proverbial "who left the gate open." It is all good as it helps the local economy and the influx of people usually means we have a little more to respond to.

example of this need. We may not have responded to it, but how many people had looked their wildland gear over to make sure everything was there and in good working condition. After it is stored for six months or more there is a good chance that it needs something done to be response ready. Check your lights and batteries, look over your PPE for repairs or cleanliness, make sure your fire shelter is in good repair, check your boots for sound laces and a good seal, try on your shirt and pants to make sure they didn't shrink last winter in storage, and make sure you have enough personal clothes and items with your gear for any extended stay. I am sure we will be reviewing more of our wildland training and requirements soon, use these drills to prepare for the season's responses.

Remember to check your issued gear regularly. The wildland fire in the Geneva area the last weekend of May was a good

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## COMMUNICATIONS

-Captain Brown

After considerable effort and time, it seems the Santiam repeater is working. I discussed the equipment with Chief Karjala who has some history with it when he worked with the Oregon Department of Forestry. There seemed to be a consensus that it may have been possessed as it was somewhat temperamental when it lived on Black Butte. This was due to the solar/battery power supply employed at that site and we hoped to eliminate that with the permanent power and battery backup. All that said to report it is now working and once again the chief is scheduling a test to check the coverage on the west end of our Ambulance Service Area. I am hoping for a favorable test and to not have to tell any of you that the Santiam repeater is not working, again. Keep your fingers crossed!

There have been some frequency changes in the wildland channels in our radios and Firemedic Bruegeman is working to get them programmed and installed in each of the portable and mobile radios. If you are an officer and have a department issued radio, please contact Bruegeman or myself to get it programmed. You will probably not notice any changes in our daily operations or responses as these are just new assigned frequencies or names of channels for wildland operations with state and federal agencies. Please do take any opportunity to refresh yourself with the operation of our portable and mobile radios. The operation is not difficult, but if you haven't negotiated around the zones, channels, and button assignments lately, you may struggle to navigate to the right operational channels. As always, if you have any questions, contact one of the shift personnel for assistance.

## FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

With the fire season upon us, if you haven't checked your wildland PPE, now is the time to do so. For those of you that would like to participate in conflagration responses, I hope that you've taken the opportunity to prepare your extended leave bag for immediate response.

Rescue 760 has been reorganized in order to better group its equipment compliment according to function. If you haven't reviewed the new layout, please do so at your earliest

convenience. Thank you to Firemedic Vial for his work on this project.

As part of my final EMS supply purchase for the fiscal year, I have purchased a set of King Airway tubes that will be stocked on each ambulance. I am coordinating with Chiefs Enoch and Karjala for the in-service refresher training that will take place before the ambulances are equipped. If you are not able to attend that training session, please contact Chief Karjala to schedule the training.

As a reminder, I will be absent on paternity leave during the first half of the month and AIC Crawford will be filling my vacancy.



*Congratulations to Captain Ast and his wife Michelle on the arrival of their beautiful, healthy baby boy!*

*Dane Andrew Michael Ast*

*Arrived on 6-6-09 at 0115*

*6 lbs. 10 oz.*

## EQUIPMENT NEWS

-Captain Lovegren

We had a problem with 734's rim coming loose and cracking the rim around the wheel studs. This damaged the rim, wheel drum and bearings on the front axle. We have investigated the problem and think it was due to heat building up from the brakes and causing the lug nuts to back off from the wheel. We are unsure when this started but because of the chrome lug nut covers on the studs we did not see the nuts backing off. To help keep this from happening again we have removed all the chrome covers from the truck wheels and we will be painting the lug nuts, studs and rims if needed to match the trucks. We will no longer use the chrome covers as they hide any damage or loose nuts from visual inspection. When we complete our weekly inspections on the trucks we will now look at the wheels for any sign of damage. The paint has been ordered and I will

begin touching up the paint as soon as I can. 721 will be the most difficult as the rims underneath are painted black and will need several coats of new paint. The chrome wheel covers have been left on until the paint arrives. If you have any question about this please contact Captain Lovegren or Chief Karjala.

Remember that soon the temperatures will increase and hot weather will prevail. This means that the engineer will have to watch the engine temperature and use the auxiliary cooling to help keep the engine from overheating when pumping. Also very important is the pyrometer on 720 and 723 that shows the temperature of the turbo. If the temp rises above 1100 – 1200 degrees you have to reduce your throttle (fuel load) and let the turbo cool down. It is the excessive amount of unburned fuel going through the exhaust portion of the turbo that causes it to overheat. This will happen only while driving the truck with heavy throttle not while pumping.

## FIRE PREVENTION

-Captain Wheeler

In the last two months I have visited over 20 1<sup>st</sup> grade classrooms around Central Oregon. Big thanks to Don Rowe who went to over 40 classrooms. We have been teaching them about matches and lighter safety. It is amazing the results we have seen in the last 10 years of this program. Central Oregon's juvenile fire setter statistics show that per capita we have fewer fires than the rest of the state.

The school has asked us to come back this year with the engines and tenders to spray the kids on the last day of school. I would also like to have Sparky the fire dog there this year. If you are

interested in helping please call me. We are also getting asked to participate in some other fair type activities during the summer. As I learn more on the dates and times, I will be asking for help.

The Forest Service has asked if we could help with a fire prevention program on June 6<sup>th</sup> at the free fishing day at Wizard Falls fish hatchery. This is a great opportunity to go out and have fun watching kids go fishing and help the adults understand fire safety both at home and when in the woods. There is also the bonus of when the children are done, the volunteers are allowed to go out and fish the overflow pond where the big fish live. If you would like to help, please call or stop by.

## FIRE FITNESS

-Fire Medic Storton

One doesn't have to be a "Treky" to remember that whenever the starship Enterprise was in a bad situation and needed to flee, Captain Kirk would call down to the Engineer, Scotty. Do you remember the famous line? "She just can't do it Captain. She doesn't have the powerrrr!" Consider for a second how this situation might arise in a fire ground operation, or even trying to quickly move a larger patient; hence the need for power in our line of work. Plyometrics will end my series on power, but I hope it will be the sign of great things to come for you all.

**Plyometrics** is a type of exercise training designed to produce fast, powerful movements, and improve the functions of the nervous system. These exercises, in which a muscle is loaded and then contracted in rapid sequence, uses the strength, elasticity, and innervation of muscle and surrounding tissues to jump higher, run faster, throw farther, or hit harder, depending on the desired training goal. The caveat to Plyometric training is one needs to have a good fitness base in order to avoid injury. The other caveat is that it is task specific. If one wants to get stronger at chopping, for example, then he/she needs to do Plyometric chopping.

The following are examples of Plyometric exercises. Keep in mind that Plyometrics has to do with technique, not a particular exercise. Think quick and explosive through the full range of movement. To begin, do two sets of each exercise, 8 – 10 reps each. ***Please do not do these exercises until you have established a good fitness base.***

### Lower Body Plyometric Exercises:

1. Squat Jumps: Squat down and jump as high as you can like you are trying to grab on to a bar just out of your reach.
2. Box Jumps: Jump up to a slightly elevated platform. One can also use the flat bench or stairs. Start low and make sure your aim is true to avoid missing and injuring yourself.
3. Split Squat Jumps (aka Telemark Lunges): Squat down with one leg forward and one back, then jump up and switch legs while in the air.
4. Lateral Box Pushoffs: Step sideways up to an elevated platform (the flat bench work great). Switch feet on platform and step down the other side.

The above four exercises are my personal favorites. See me if you want to learn about more of them or go to this link to see animated examples of lower body Plyometric exercises. <http://www.sport-fitness-advisor.com/plyometricexercises.html>

### Upper Body Plyometric Exercises:

1. Truth be told, the Medicine Ball throws from last months Fire Fitness are Plyometric exercises. Remember, quick and explosive.
2. Power Pushups: Instead of simply raising your body off the ground, explode upward and get your hands off the ground. Some people like to clap. I'll leave that up to you.

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## Fire Fitness - continued

Once again, the link will show you animated drills for upper body Plyometric exercises. I'm also available for help if you want to go over these.

<http://www.sport-fitness-advisor.com/plyometric-drills.html>

### Upcoming events

I'd like to challenge you all to create or sign up for an event that will motivate you to move forward with your fitness.

[www.racecenter.com](http://www.racecenter.com) is a great resource for knowledge and event listings locally and regionally. There are plenty to choose from if you are willing to travel, but here are some good local events are listed below:

6/6	Try a Triathlon	Sisters Athletic Club	
6/7	Heaven Can Wait	Bend	Walk/ Run
6/ 26-28	Pacific Crest	Sunriver	Tri/ Du/ Walk/ Run
7/ 18-19	Deschutes Dash	Bend	Triathlon/ Duathlon
9/20	Stride Into Autumn	Sisters Athletic Club	Walk/ Run

### Fitness room orientation

We have a fitness policy that is about to make its official debut. Before anyone can use the fitness room, volunteers and staff

will need to go through a quick 5 – 10 minute orientation with me. Please see me on C shift to get the low-down before you pump up. Among other things, the policy will address safety, hours of use, cleaning, etc. After going through the orientation, department members will be able to use the fitness room. Sorry, but due to liability reasons, family members will not be allowed to use the fitness room.

### Fire/ EMS Safety, Health and Survival Week

This coming June 14 – 20 we will be observing the Safety, Health and Survival Week put on by the International Association of Fire Chiefs (IAFC). This year's theme is: *Protect Yourself: Your Safety, Health and Survival Are Your Responsibility*. I am still getting things together for this week, but we are planning to have free cholesterol screening for the first 20 people to sign up sometime around June 1<sup>st</sup>. If there is anything you would like to see during this week let me know right away so I can look into planning it.

The fitness ball is beginning to roll here at the department. Are you ready to play? Let me know how I can help.

Ready. Set. Go!