

THE SIREN



Presented By

Sisters-Camp Sherman Fire District

June 2011

CHIEF'S CORNER

-Fire Chief, Taylor Robertson

Welcome to the June 2011 edition of the Siren.

As we move into what should be spring but appears to be closer to winter, I would like to reflect on the importance of leadership and positive attitude and their impact on our organization.

We often think about leadership in terms of Captains and Chief Officers. The simple fact is that every one of you are leaders in some regard. Some leaders are clearly expected to be "in charge" and are expected to lead and act reasonably even in difficult emergency situations. Others are informal leaders, but whose impact is no less important. As leaders, we all have a responsibility to anticipate the results of our actions and to act on behalf of the common good and the department.

As I see it, this is where the positive attitude piece comes in. Along with applied leadership, we all have the responsibility to maintain positive attitudes and behaviors. We represent not only ourselves, but the department as a whole, and our actions reflect on every department member every day. So, the next time you are having a bad day, just remember that leadership and positive attitude are our own responsibility and we can make a difference by practicing the notion that you are a leader and a positive force for our department.

I have included a piece from Mother Theresa called "Do It Anyway" which I think captures this positive force and leadership in the face of adversity.

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

Chief Robertson



FIRE PREVENTION

-Fire Marshal, David Wheeler

I can't believe that May is over. Summer season is here and with it comes all of the events that make Sisters busy. The annual "last day of school water spray" is on June 6th from 2 p.m. until 3:30 p.m. We will need personnel to operate the engines as well as hand out stickers. The other big event will be the Quilt Show; we will need to have people to staff the tent in the middle of town, handing out water and information. The quilt show is the second Saturday in July.

With the summer season upon us, let's talk about campfires. Yes they are allowed as long as they are no larger than 3 ft x 3 ft x 3 ft. They should be away from any building and the area must be cleaned up around them. The most important item is putting them out. Use lots of water and stir them up. Don't bury them in dirt.

And don't forget the 4th of July; we will be patrolling again in your respective response areas, so contact me if you are available to help. Thank you and have a great month.

ASSOCIATION NEWS

-President Ben Bruegeman

Thanks for everyone's help with the Easter Egg Hunt last month. 3,500 eggs, 1 hour of set up, several hundred Easter egg hunters, 3.25 minutes after the siren goes off, it's all over until next year.

Chief Enoch, Liz McKittrick and myself are evaluating the calendar fundraiser idea, but if you have others please let us know. The mailer brought in around \$18,000 several years ago and we have almost depleted all of that.

The Sisters Rodeo is quickly approaching and we need EMT's and Firefighters to staff the ambulances both at the rodeo and at the station, a signup sheet is in the Watch Room. On June 11th we'll be participating in the Sisters Rodeo Parade, please be ready for departing station 701 by 0900, the parade starts at 0930.

FACILITIES

-Captain Brown

A huge thank you to Captain Schell and Gail Butler for getting Station 704 cleaned and arranged into shape for the big open house we recently had over Memorial Day weekend. It looks organized and ready for call.

Although wet and cold, Spring has arrived and the annual spring cleaning is upon most of our households. The same can be said for the District stations, let me know if there is any

maintenance issues that need addressed and if there are any items that need to be removed or organized. Please don't just go through the stations and discard items, we need to make sure if they are of value and where they might possibly be needed. Send me a list or arrange a time to meet at your station to look things over. I believe our stations are in pretty good shape, but sometimes things can collect or are stored at the stations. We need to be diligent in keeping the work areas, bays, and living quarters neat and clean. Both are good for our work environment and to maintain safety.

RESPONSE INFORMATION

-Captain Brown

Like many of you, I have been wondering if my pager has stopped working this last month! There was a stretch of 5 days without a call and several other times we went 3 or 4 days between calls. Then there would be only one or two calls on a shift. We have started to receive some Illegal Open Burning calls, which is normal for the time of year. Most are burn piles, and some have been outside the guidelines of our burn policies. There has also been at least one "escaped" burn from a residential burn pile. It may seem too damp to worry about, but one day with a breeze can dry out the fine fuels enough to cause a problem. Check your gear and be ready for the wildland calls, they

are just around the corner.

We are also receiving numerous calls from residents asking about when burning will close. Remember this is set by the county Fire Chiefs each year, they will determine when the conditions are too risky to allow debris burns. Remind anyone who asks to check their burn brochure and call the Burn Line number to see if burning is allowed that day. Once burning is closed, the message will reflect that and will make the call volume to the office staff much more manageable. Although not exactly an emergency response, fire education to the community has proved to be the best way to prevent fires and damage from occurring. Thanks for your help in your neighborhoods and to the people who may ask you that know you are part of our department.

Please wish the following association members a Happy

June Birthday...



- Angie Ward 6/1
- Kirk Metzger 6/1
- Livia Glenville 6/12
- Jeff Living 6/22
- Ben Bruegeman 6/30

Chaplain's Chat

-Chaplain Hayes

Ahhhh, finally, it seems Spring-Summer has arrived – after all, it's been at least two weeks since we've seen a snowflake! Thank goodness, because Sisters Rodeo (and parade) are just around the corner.

June seems to be the month we blast into summertime with graduation, Father's Day, rodeo, weddings, vacations, reunions, not to mention biking, fishing, hiking, and all number of warm-weather outdoorsy activities.

So grab your sunscreen and your flip-flops, a bottle of water and a friend (two-legged or four) and head outside for some vitamin D and good times. Remember what you've learned

about being kind to others, wear your seatbelt (or your helmet), and create some great memories for 2011.

Thank you, again, for all the volunteering each of you do in our community. Though oftentimes your efforts seem to go unnoticed, our little dot in the woods just wouldn't be the wonderful place to live were it not for the countless hours our department gives to the world. That "department" is YOU! Be proud, be strong, be grateful.

FIRE FITNESS

-Fire Medic Storton

Its spring and the question everyone wants to know is... how do you look in your swimsuit? Are you getting ready? Regardless of your training goals cardio vascular training should be a part of everyone's fitness regimen. Cardio training isn't just for endurance athletes. Body builders, people trying to lose weight, people in rehab, etc.all benefit from cardiovascular training. So what's in it for you? Below are some benefits you can expect from your cardio training.

- It just feels good. I know this may take some convincing, but admit it, doesn't it feel good when you're done?
- It gets your heart and lungs in great shape. It also lowers your resting heart rate by increase your volume output. Additionally it helps improve circulation by building extra blood vessels that has saved lives by perfusing hearts that are 100% occluded.
- You'll lose weight and get leaner. Training at a lower heart rate (read easy) burns a higher percentage of fat. Training at a higher heart rate (read hard) burns more calories. Either way it's a win/ win.
- Greater endurance and energy. This is one of the wonderful ironies, the more you workout, the more energy you have. Enjoy.
- Can help diabetics manage their diabetes by making

their cells more receptive to glucose.

- Increases metabolism. The hotter and more consistent your fire burns the less the fuel piles up and stores as fat.
- Overall improvement of your immune system.
- Reduces stress, anxiety and depression.
- Increases bone density, which tends to get worse as we age.
- Sleep better.
- Reduces risk of some cancers and heart disease.
- Lowers overall blood pressure and cholesterol.

Ideally your cardio should take 20 minutes to an hour. However, if you have only short breaks throughout the day, 10 minutes in the morning, 10 minutes at lunch and 10 minutes in the afternoon still accumulate to the same effect as a 30 minute workout. The most common problem is that people try to go too hard too soon. No one ever said you had to go fast unless you are getting paid. Take it easy. Take it slow. A simple and effective indicator of your speed is if you can still carry a conversation you are good. Unless you are training for a specific high intensity event, there is no need to let yourself get breathless. Try working from 2 to 4 sessions per week at 20 to 60 minutes at a time.

Ready. Set. Go!

COMMUNICATIONS

-Fire Medic Bruegeman

We're in the process of getting some radios repaired – Fire Marshal Wheelers' mobile radio quit and we have replaced it with the one from the new heavy brush. When his radio returns it will be placed in the heavy brush. We're getting bids on a new radio for 774. Some of you have mentioned reception problems receiving the 5-mile repeater, so we're getting bids to have it serviced as well.

A Federal Communications Mandate will require us to switch all of our radios over to narrow band in February 2013. Unfortunately, this will result in significant reception/ transmission problems with the repeaters. We are working on a time to test the 5-mile repeater in the narrow band mode to see how this will affect us.

The Oregon Wireless Integration Network aka OWIN has taken a significant budget cut at the state level but the Central Oregon area still remains funded. What this means for

us is we will be able to switch over to the OWIN radio network system. There are pro's and con's to this. The pros are possible state wide communications through their system. It may also result in a better communication system for us locally within the tri-county area. On the other hand, Deschutes County is expected to be 700 MHz while the surrounding counties are suppose to be 150 MHz systems. Unfortunately our current radios are not compatible with the 700 MHz frequencies. We have applied for a grant through the Assistance to Fire Fighters grant for the tri-county area but we haven't heard whether or not it has been awarded. Harris Communications has the contract for the OWIN system, and Deschutes County has been demoing one of their repeaters. At some point we'll get to put it on 5-mile to see how it will work for us. It is unknown if this is a 150 MHz or 700 MHz repeater. We'll let you know more when we have it in our hands.

SCBA

-Fire Medic Crawford

Nothing new with SCBA's this month. Our flow tester is out for calibration so please don't break anything for a few weeks as I can't test any repairs until it is back. Please remember to check and clean your mask periodically so that the mask works well when needed and the valves don't stick or leak due to dirt/dust accumulation as I have seen in the past. Also check to see that the inhalation valve works freely by holding the mask to your face and taking a breath to make sure you can breathe freely and the valve is not sticking. If it does stick it can be freed

by either taking a forceful breath in or manually freeing the valve with your finger. I have seen these valves sometimes stick even after cleaning with solution, possibly due to residue left after drying that causes the rubber to stick together. See me if you have questions about where these valves are and how to check them. It's been quite a while since we've used them so be ready because odds are something's coming soon, it's been too quiet for too long.

TRAINING

-Chief Enoch

June is here and this will be my last Siren article. It has been an honor being your Training Officer this past year as well as your EMS Coordinator for the past twenty one years. It has also been a privilege and honor to work with a group of people as caring, loving and professional as one could ever hope for. You and your family's success will always be in my heart and prayers as I continue life's journey. I will miss you all. Hope to see all of you on the 25th.

Chief Karjala will be over seeing the training and Captain Ast will be your new EMS Coordinator. I have every confidence they will do an excellent job severing your needs and the needs of the department.

June 2011 training:

June 6	Radio Operations	1900	all stations
June 13	Wildland Triage	1900	all stations
June 20	Asso. Meeting	1800	Station 701
June 20	Wildland Communications	1900	Station 701
June 27	Environmental Emergencies	1900	Station 701



Central Oregon Wildfire School is coming up July 8 and 9. Contact Chief Karjala for details.

VEHICLES

-Captain Lovegren

The latest reports for snow and water levels now show above normal snow pack (195 %) over 5,000 feet elevation, and full reservoir levels for this time of year. The wet spring with late upper level snow fall has pushed our fire season into the late spring and early summer. We will just have to wait and see what summer bring, which leads me to our next discussion:

Soon the temperatures will increase and hotter weather will prevail. This means that the engineer will have to watch the engine temperature and may need to use the auxiliary cooling to help keep the engine from overheating when pumping. Also very important is the pyrometer on 720 and 723 that show 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.

The 6X6 transmission is at Pacific Power being rebuilt; the latest information is we should get it back sometime in the last week of May. If all goes well we should be training on it in June. We know that this has been a long process, but we will get it up and running so you will all have a chance to learn to operate the truck before our fire season starts in force.

DO IT ANYWAY

**People are often unreasonable, illogical and self-centered;
Forgive them anyway.**

**If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.**

**If you are successful, you will win some false friends and some true enemies;
Succeed anyway.**

**If you are honest and frank, people may cheat you;
Be honest and frank anyway.**

**What you spend years building, someone could destroy overnight;
Build anyway.**

**If you find serenity and happiness, they may be jealous;
Be happy anyway.**

**The good you do today, people will forget tomorrow;
Do good anyway.**

**Give the world the best you have, and it may never be enough;
Give the world the best you've got....anyway.**

**You see, in the final analysis, it is between you and God,
It never was between you and them anyway...**

MOTHER THERESA